

**A choice manual of rare and select secrets in physick and chyrurgery ... /
published by W.I., gent.**

Contributors

Kent, Elizabeth Grey, Countess of, 1581-1651

Publication/Creation

London : printed by G.D[awson for W. Shears], [1653]

Persistent URL

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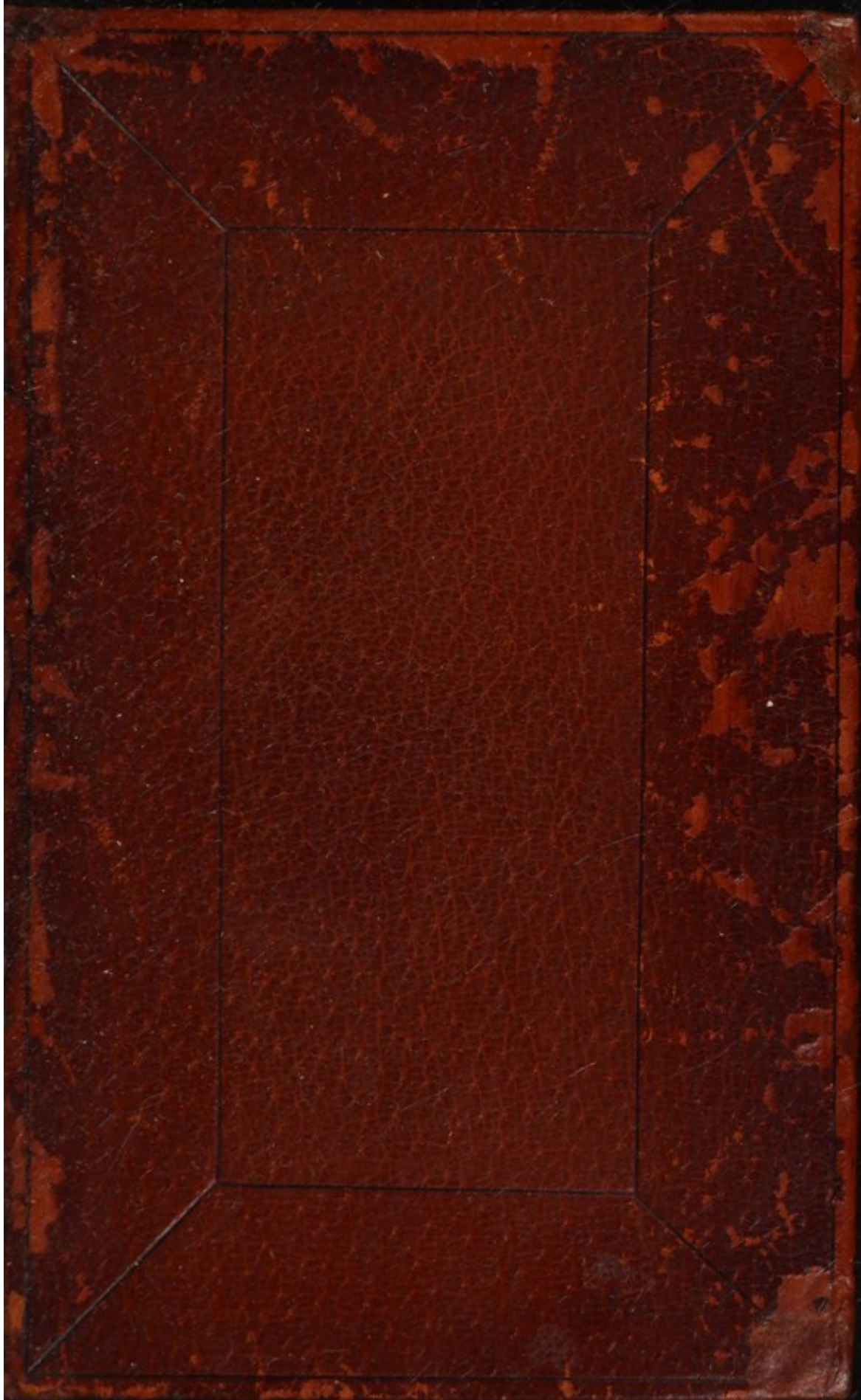
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GREY (Elizabeth) Countess of Kent

Secrets in Physick and
Chirurgery, by the
Countess of Kent.

1659

~~1660~~

1st ed.

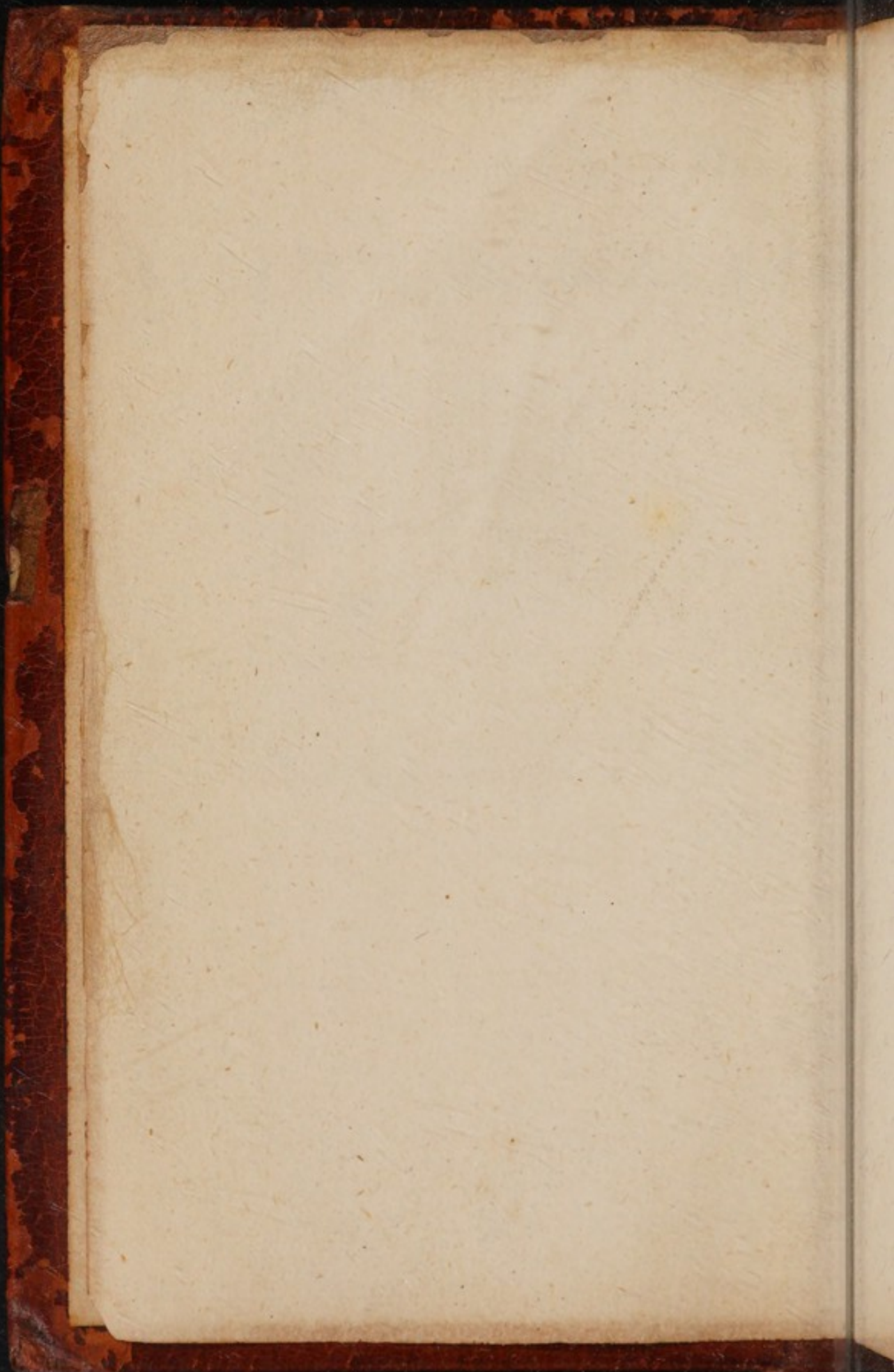
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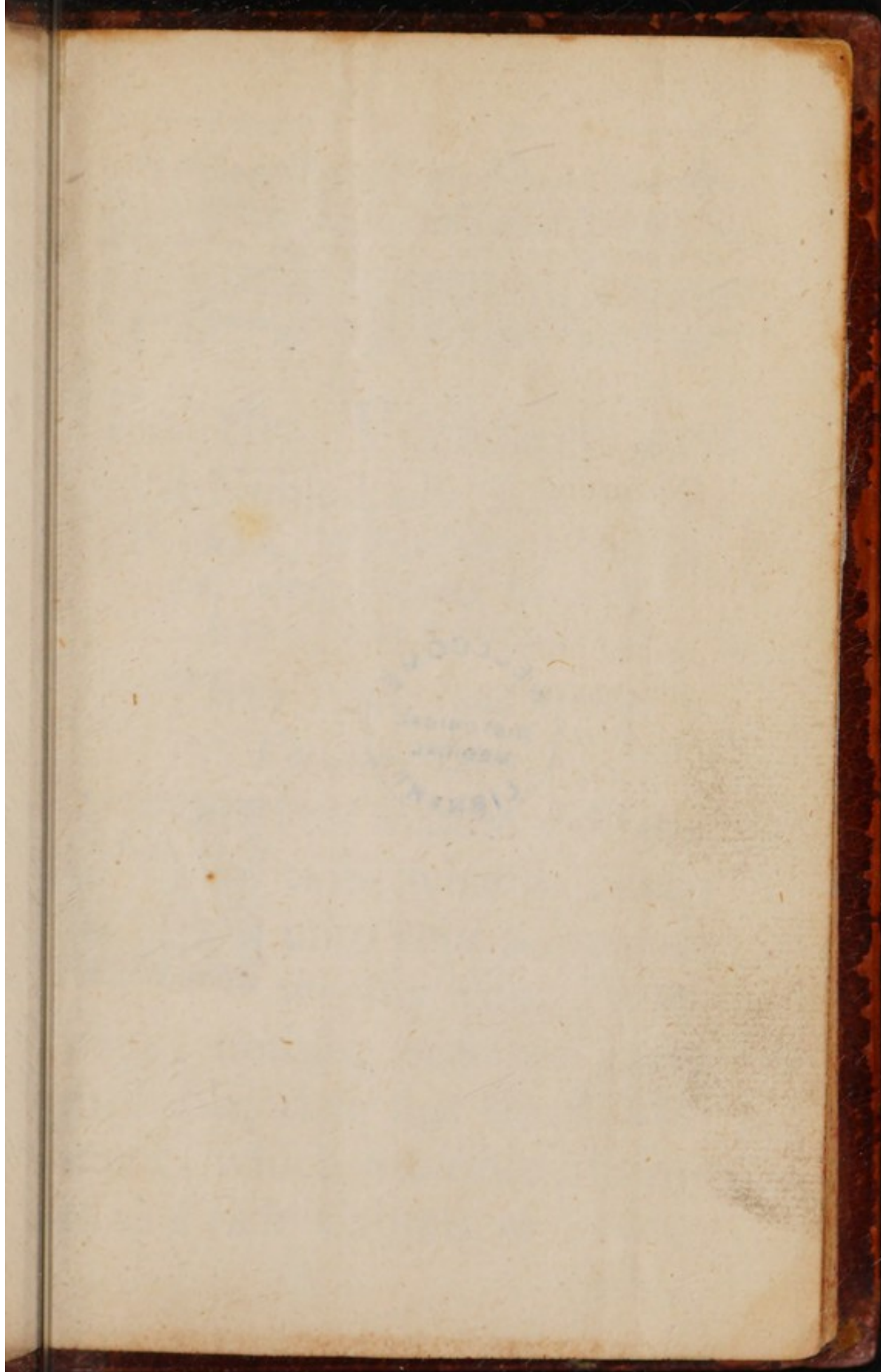
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To the Vertuous and
most Noble Lady, LETITIA
POPHAM, Wife of the Honorable
and truely Valiant Colonell
ALEXANDER POPHAM.

*Thrice Noble and truely
Vertuous Lady,*

After mature delibera-
tion, what to tender
unto your acceptance
worthy your Patro-
nage, nothing occurred more
probable, than this small Ma-
nuall; which was once esteem-
ed as a rich Cabinet of know-
ledge,

The Epistle Dedicatory.

ledge, by a person truly Honorable. May it auspiciously procure but your Honours like friendly Estimation, and then I doubt not, but it will find a universal acceptance amongst persons of greatest Eminency. Sure I am, it may be justly deemed as a rich magazene of experience, having long since taught the world its approved excellency, yea, even in many dangerous exigencies. All I humbly crave for tht present is my bouldnesse might be favourably excused, since twas my lawfull ambition, thereby to avoid ingratitude for the many singular favours I have already received

The Epistle Dedicatory.

received from your endeared
truely Honorable Husband, my
always true noble friend, and
most happy Country-man. God
multiplie his blessings on all
your noble Family, and make
you no lesse honourable heer on
Earth, than Eternally happy
hereafter: which shall be the
daily prayer of him, whose
highest Emulation is,

In all due ways abundantly

to Honour and Serve you.

W. J.

A 3

To

TO THE READER.

COURTEOUS READER.

Well remembering, that we are all born for the weal-publique good: I here tender to thy perusal this small, and yet most excellent Treatise, Entituled, A choicce Manuall of rare and Select Secrets in Physick. If thereby thou suck abundance of Profit, I shall be superlatively glad: but if any, or perchance many unlook'ed for mistakes, for want of a due application, bids thee entertain contrary thoughts, the effect not answering thy curious expectation, upon a more serious reflex, know, that nothing is absolutely perfect, and withall, that the richest and most soveraign Antidote may be often missapplied: wherefore the fault not being mine, excuse and cease to censure: For which just, and but reasonable favour, thou shalt deservedly oblige me,

Thine,

W. J.



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A
 CHOICE MANUALL,
 OR,
 RARE AND SELECT
 SECRETS
 IN
 PHYSICK,

By the Right Honourable
 the Countess of *Kent*.

*A very good Medicine for a Consum-
 ption, and Cough of the Lungs.*



Take a pound of the best Honey
 as you can get, and dissolve it
 in a Pipkin, then take it off
 the fire, and put in two pen-
 niworth of flower of Brimstone, and two
 penniworth of powder of Elecampana, and

B

two

two penniworth of the flower of Lique-
 rice, and two penniworth of red Rose-
 water, and so stir them together, till they
 be all compounded together, and put itt
 into a gallee pot, and when you use itt,
 take a Liquorish stick beaten at one end,
 and take up with itt as much almost as
 half a Walnut, at night when you goe to
 bed, and in the mornings fasting, or at
 any time in the night when you are trou-
 bled with the Cough, and so let itt melt
 down in your mouth by degrees.

*St. John Digbies Medicine for the
 Stone in the Kidnies.*

Take a pound of the finest Honey
 and take seven quarts of Conduit water
 set them on the fire, and when it is ready
 to seeth, scum itt, and still as the froth
 doth rise scum itt, and put in twenty
 whole Cloves, and let itt seeth softly for
 the space of half an hour, and so bottle itt
 up for your use, and drink itt morning
 and evening, and at your meat, and no o-
 ther drinke untill you are well.

A Medicine for the falling Sicknes.

Take a penny weight of the powder of Gold, six pennie weight of Pearl, six pennie weight of Amber, six pennie weight of Corral, eight grains of Bezar, half an ounce of Pionie seeds; Also you must put some powder of dead mans scull that hath been an Anatomie, for a Woman, and the powder of a woman for a man, compound all these together, and take as much of the powder of all these as will lye upon a two pence for nine mornings together in Endive water, and drink a good draught of Endive water after it.

For Cordials and Restoratives use these things following.

In any faintness take three drops of oyle of Cinnamon, mixed with a spoonfull of Sirrup of Gilliflores, and as much Cinnamon water, drinke this for a Cordiall.

Against Melancholie.

Take one spoonfull of Gilliflowres, the
weight of seven Barlie corns of Bever
stone, bruise it as fine as flour, and so put
it into two spoonfuls of Sirrup of Gillii
flours, and take it four hours after supper
or else four hours after dinner, this will
cheer the heart.

If you be sick after meat, use this.

Take of the best green Ginger is pre-
served in Sirrup, shred it in small peeces
put it into a gallee pot, and put Cinnam-
on water to it, then after dinner or sup-
per, eat the quantity of two Nutmeggs
upon a knives point.

Aqua mirabilis.

Take three pints of White wine, one
pint of *Aqua vita*, one pint of juice of
Salandine, one drachm of Cardamer, a
drachm of Mellilot flours, a drachm of
Cubeb, a drachm of Galingal, Nutmeggs,
Mace, Ginger and Cloves, of each a
drachm

drachm, mingle all these together over night, the next morning set them a stilling in a glafs Limbeck.

The Vertues.

This Water dissolveth swelling of the Lungs, and being perished doth help and comfort them, it suffereth not the blood to putrefie, he shall not need to be let blood that useth this water, it suffereth not the heart burning, nor Melancholy or Flegm to have dominion, it expelleth urine, and profiteth the stomack, it preferreth a good colour, the visage, memorie, and youth, it destroyeth the Palsie.

Take some three spoonfuls of it once or twice a week, or oftner, morning and evening, first and last.

Another way to make Aqua Mirabilis.

Take Galingall, Cloves, Quibs, Ginger, Mellilip, Cardamonie, Mace, Nutmegs, of each a drachm, and of the juyce of Salledine half a pint, adding the juyce of Mint and Balm, of each half a pint more, and mingle all the said Spices being beaten into powder with the juyce,

and with a pint of good *Aqua vite*, and
 three pints of good Whitewine, and put
 all these together into a pot, and let
 stand all night being close stopt, and in
 the morning still it with a soft fire as can
 be, the still being close pasted, and a cob
 still.

A Medicine for the Stone in the Kidniess

Take a good handful of Pellitorie
 the wall, a handfull of Mead Parsley,
 Saxifrage, a handfull of wilde Thime,
 handful of garden Parsley, three spoonfulls
 of Fennel Seeds, six Horse Raddish root
 sliced, then shred all these together, and
 put them in a gallon of new milk, and
 let them stand and steep in a close pot
 one whole night, and then still the
 milk and all together, this must be done
 in *May* or *June*, for then hearbs are
 their best state, and when it is taken, you
 must put to two or three spoonfulls of the
 water as much White wine, as Rennish
 and if you please a little Sugar, and
 take it two dayes before the change, and
 two dayes after, and two dayes before
 the full, and two dayes after, continuing
 taking

...and
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...let i
...and i
...as can
...a cold

taking the same all the yeare, and the Patient undoubtedly shall find great ease, and void many stones, and much gravell with little pain.

To make Horse Raddish drinke.

Take half a pound of Horse Raddish, then wash and scrape them very clean, and slice them very thin, crosse wayes on the root, then put them into six quarts of small ale, such as is ready for drinking, which being put into a Pipkin close covered, set on the Embers, keeping it little more then bloud warm, for twelve hours, then take it off the fire, and let it stand to cool untill the next morning, then pour the clear liquor into bottles, and keep it for your use, drinking a good draught thereof in the morning, fasting two houres after, and the like quantitie at four in the afternoon, this drink is excellent good against winds, as also for the scouring, and Dropsie being taken in time.

An excellent Sirrup against Melancholly.

Take four quarts of the juyce of Pear-
mains, and twice as much of the juyce off
Buglosse, and Borrage, if they be to be
gotten, a drachm of the best English Saf-
fron, bruise it, and put it into the juyce,,
then take two drachms of *Kermes* small
beaten to powder, mix it also with the
juyce, so being mixt, put them into an
earthen vessell, covered or stopt forty
eight houres, then strain it, and allow a
pound of sugar to every quart of juyce,,
and so boyle it to the ordinary height of a
sirrup; after it is boyled, take one drachm
of the Species of Diamber, and two
drachms of the Species of *Diamargariton*
frigidum, and so sew the same slenderly
in a linnen bag, that you may put the
same easily into the bottle of Sirrup, and
so let it hang with a thread out at the
mouth of the bottle; the Species must
be put into the Sirrup in the bag, so soon
as the Sirrup is off the fire, whilst it is
hot, then afterwards put it into the bot-
tle, and there let it hang: put but a spoon-
full or two of Honey amongst it whilst

it is boyling, and it will make the scum rise, and the Sirrup very clear.

You must adde to it, the quantity of a quarter of a pint of the juyce of Balm.

An excellent Receipt for the Plague.

Take one pound of green Walnuts, half an ounce of Saffron, and half an ounce of *London Triacle*, beaten together in a mortar, and with a little *Carduus*, or some such water, vapour it over the fire, till it come to an Electuary: keep this in a pot, and take as much as a Walnut, it is good to cure a Fever, Plague, and any infection.

An excellent Cordiall.

Take the floures of Marigolds, and lay them in small spirit of Wine, when the tincture is fully taken out, pour it off from the floures, and vapour it away, till it come to a consistence as thick as an Electuary.

For

For a Bruise, or Stich, under the Ribs.

Take five or six handfuls of Cabbage, stamp it, and strain it, after it is boyled in a quart of fair water, then sweeten it with Sugar, and drink of it a wine Glasse, in the morning, and at four in the afternoon, for five or six dayes together: then take a Cabbage leafe, and between two dishes stew it, being wet first in Canary Wine, and that lay hot to your side evenings and mornings.

An excellent Receipt for an Itch, or any foule Scabs.

Take Fox gloves, and boyle a handful of them in posset drink, and drink of it a draught at night, and in the morning, then boyle a good quantity of the Fox gloves in fair running water, and annoint the places that are sore with that water.

A Receipt good for the Liver.

Take Turpentine, slice it thinne, and lay it on a Silver, or Purflane Plate, twice
or

or thrice in the Oven with the bread till it be dry, and so make it into powder, every day take as much as will lie on a sixpence in an Egg.

For Flegm, and stopping in the throat and stomach. D. T.

Take oyle of Almonds, Linseed oyle, buds of Orange floures, boyle all these in Milk, and annoint the stomach well with it, and lay a Scarlet cloth next to it.

For an extream Cold and a Cough.

Take of Hyfop water six ounces, of red Poppy water four ounces, six Dates, ten Figs, and slice them small, a handfull of Raisins of the Sun, the weight of a shilling of the powder of Licorice, put these into the aforesaid waters, and let them stand five or six houres upon warm embers close covered, and not boyle, then strain forth the water, and put into it, as much Sugar of Roses as will sweeten it, drink of this in the morning, and at four of the clock in the afternoon, and when you goe to bed.

To distill Triacle water.

Take one ounce of Harts-horn shaved, and boyle it in three pints of *Carduus* water till it come to a quart, then take the roots of Elecampane, Gentian, Cipresse, Turmentill, and of Citron rindes, of each one ounce, Borrage, Buglosse, Rosemary floures, of each two ounces, then take a pound of the best old Triacle, and dissolve it in six pints of white Wine, and three pints of Rose-water, so infuse altogether, and distill it.

It is good to restore spirits, and speech, and good against swooning, faintnesse, Agues, and Wormes, and the small Pox.

Triacle water.

Take three ounces of *Venice* Triacle, and mingle it in a quart of spirit of Wine, set it in horse-dung four or five dayes, then still it in ashes or sand twice over, after take the bottome which is left in the Still, and put to it a pint of spirit of Wine, and set it in the dung till the tincture be clean out of it, and strain the
clear

clear tincture out of it, and set it on the fire till it become to be a thick consistence, it must be kept with a soft fire.

And so the like with Saffron.

To take away a Hoarsnesse.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar-candy, and so roast it in the embers, and eat it with Butter.

To take away the Head-ach.

Take the best Sallade oyle, and the glasse half full with the tops of Poppy floures which groweth in the Corn, set this in the Sun a fortnight, and so keep it all the year, and annoint the Temples of your head with it.

For a Cough.

Take Sallade oyle, *Aqua vita*, and Sack, of each an equall quantity, heat them altogether, and before the fire rub the soles of your feet with it.

To make a Jelly of Harts-horn.

Take a quart of running water, and three ounces of Harts-horn scraped very fine, then put it into a stone Jug, and set the Jug in a Kettle of water over the fire, and let it boyle two or three houres untill it jelly, then put into it three or four spoonfuls of Rose-water, or white Wine, then strain it: you may put into it Musk, or Ambergreece, and season it as you please.

To make a Glister.

Take half a quart of new Milk, or three quarters, set it on the fire, and make it scalding hot, then take it off, and put into it a yoalk of a new laid Egg beaten, two ounces of brown Sugar Candie, or Black Sugar, give it the party bloud-warm.

To make a Glister.

Take the bone of a neck of Mutton, or Veal clean washed, set it on the fire

to boyl in three pints of fair water, and when it is clean scummed, then put in the roots of Fennel and Parsely clean washed and scraped, of either of them the Roots bruised, a handfull of Cammille, and Mallows a handfull, let all these boil together till half be wasted, then strein it, take three quarters of a pint of this broth, brown Sugar Candie two ounces, of Oyle of Flaxseed two ounces, mingle all these together, and take it for a Glister bloud-warm, when it is in your body keep it half an hour, or three quarters of an hour, or an hour if you can.

A Comfortable Cordial to cheer the Heart.

Take one ounce of conserve of Gilliflowres, four grains of the best Musk bruised as fine as flower, then put it into a litle tin pot, and keep it till you have need to make this Cordiall following; *Viz.* Take the quantitie of one Nutmeg out of your tin pot, put to it one spoonfull of Cinnamon water, and one spoonfull of the Sirrup of Gilliflowres, Amber-greece, mix all these together, and drink them in the

the morning, fasting three or four houres,,
this is most comfortable.

*A Cordial for Winde in the Stomack,
or any Part.*

Take six or eight spoonfuls of Penny-royall water, put into it four drops off oyle of Cinnamon, so drinke it any times of the day, so you fast two houres after.

Restoratives.

Take a well flesht Capon from the barn-door, and pluck out his Intrais, then wash it within with a little white-wine,, then flea of all the skin, and take out his bones, and take the flesh, onely cut it in little peeces, and put it into a little stone bottle, and put to it an ounce of white Sugar-candie, six Dates slit, with the stones and piths taken out, one large Mace, then stopp the bottle up fast, and set it in a Chafer of water, and let it boil three houres, then take it out, and pour the juice from the meat, and put to it one spoonful of reced Rose water, and take the better part for your breakfast four hours before dinner.

and

and the other part at three a clock in the afternoon, being bloud-warm.

Another Restorative.

Take half a pint of Claret wine, and half a pint of ale, and make a caudle with a new laid egg, put in half a Nutmeg, cut into two peeces, then take it off the fire, and put in seven grains of Ambergreece, drinke this for two breakfasts, for it will increase bloud and strength.

Another Restorative.

Take two new laid Eggs, and take the whites clean from them, and put the yolks both in one shell, then put in two spoonfulls of Claret wine, seven grains of Amber-greece small bruised, and a little Sugar Candie, stir all these together, and make them bloud-warm, and sup them up for a breakfast three or four hours before dinner.

Another Restorative.

Take a young leg of Mutton, cut off
C the

the skin, and the fat, take the flesh being
cut into small peeces, and put it into a
stone bottle, then put to it two ounces of
raisins of the Sun stoned, large Mace,
an ounce and half of Sugar Candie, and
stop the bottle very close, and let it boill
in a Chafin three hours, and so put the
juice from the meat, and keep it in a cleane
glasse, it will serve for three breakfasts,
or if he will, he may take some at three
a clock in the afternoon being made
warm.

A restoring Broath.

Take two ounces of Chene roots, first
slit very thin, then put it in a new Pip-
kin with five pints of running water, be-
ing close covered, and so set it upon em-
bers all night long, where it may be very
hot, but not seeth, then put to that wa-
ter, a great cock Chicken, and when it is
clean scummed, put into it two spoonfulls
of French Barly, six Dates slit, with the
pithes and stones taken out, two ounces
of Raisins of the Sun stoned, large Mace,
let all these boyle together till half be
consumed, then take out the Cock, and
beate

eat the flesh of it in a clean Morter, and
a little of the broth, then strain it altoge-
ther throughout a hair Collender, then
put it in two Spoonfuls of red Rose-water,
and sweeten it with white Sugar-candy,
and drink of this broth being made warm
half a pint in the morning early fasting,
and sleep after it if you can, drink a good
draught at three of the clock in the after-
noon; this broth is very good for a Con-
sumption, and the longer they taste it, it is
the better.

A Strengthening Meat.

Take Potato roots, roste them, or bake
them, then pill them, and slice them in-
to a dish, put to it lumps of raw marrow,
and a few Currans, a little whole Mace,
and sweeten it with Sugar to your taste,
and so eat it in stead of buttered Pars-
nips.

Broath for a Consumption.

Take three Marrow bones, break them
in pieces, and boil them in a gallon of wa-
ter till half be consumed, then strain the

liquor through a Collender, and let stand while it be cold, then take off all the fat clean, and put the broth into a Pippin, and put to it a good Cock chicken and a knuckle of Veal, then put into the bottome of a white loaf, a whole Mace two ounces of Raisins of the Sun stone six Dates slit, let all these boil together till half be consumed, then strain it, instead of Almonds take a few Pistachio kernels, and beat them, and strain them with your broths as you doe Allum milk and so sweeten it with white Sugar, and drink half a pint early in the morning and at three a clock in the afternoon and so continue a good while together or else it will doe you no good.

Another Cordiall.

Take a preserved Nutmeg, cut it in four quarters, eat a quarter at a breakfast, and another in the afternoon, this is good for the head and stomack.

A Cordial for a Breakfast fasting.

Eat a good peice of a Pomecitron preserved

ved, as big as your two fingers in length
d breadth, and so at three of the clock
the afternoon.

A Restoring Breakfast.

Take the brawn of a Capon, or Pullet,
elve Jordan Almonds blanched, beat
em together, and strain out the juyce,
th a draught of strong broath, and take
or a breakfast, or to bedward.

A Medicine for any gripings of the Belly.

Take a pint of Claret wine, put to it a
poonful of Parseley seed, and a spoonful
sweet Fennel seed, half a dosen Cloves,
branch of Rosemary, a wild Mallow
ot clean washt and scrapt, and with the
h taken out, with a good peece of Su-
; set this on the fire, and burn the
aret very well with all these things in
then drinke a good draught of it
the morning fasting, and at three a
ck in the afternoon.

To keep the Body Lapintine.

Take half a pint of running water, put it in a new Pipkin with a cover, then put into the water two ounces of Manna, when it is dissolved, strain it, and put it four ounces of Damask Prunes, eight Cloves, a branch of Rosemary, let these stew together while they be very tender, then eat a dosen of them with a little of the liquor an hour before dinner or supper, then take a draught of broth and dine.

To make the China Broth for a Consumption.

Take *China* root thin sliced two ounces, steep it twenty four houres in eight pints of fair water, letting it stand warm the time, being close covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrell, or two Chickens cleane dressed, and scum it well, then put five leaved grass two handfuls, Maidee hair, Harts tongue, of either half a handfule, twenty Dates sliced, two or three

Ma

place, and the bottome of a Manchet, let
all these stew together, untill not above
one quart remains, then strain it, and take
all the flesh, and sweet bones, beat them
in a stone Morter, and strain out all the
juyce with the broth, then sweeten it with
two ounces of white Sugar Candie in
powder, and take thereof half a pint at
once, early in the morning warm, and
sleep after it if you can, and two houres
before supper at your pleasure, when you
steep the root, slice two drachms of white
sanders, and as much red Sanders, and let
them boyl in the broth.

A gentle Purge.

Take an ounce of Damask Rofes, eat it
all at one time, fast three quarters of an
hour after, then take a draught of Broth,
and dine.

Another Purge.

Take the weight of four or five pence
of Rubarb, cut it in little pieces, and take
a spoonfull or two of good Currants
washt very clean, so mingle them toge-

ther, and so eat them, fast an hour after
and begin that meal with broth, you may
take it an hour before if you will.

Broth for a Consumption.

Take a course Pullet, and sew up the
belly, and an ounce of the conserves o
red Roses, of the conservs of Borage
and Bugloss flours, of each of them hal
an ounce, Pine apple kernels, and Pista
ties of each half an ounce bruised in a
morter, two drachms of Amber powder
all mixed together, and put in the belly,
then boyle it in three quarts of water, with
Egrimonie, Endive, and Succorie, of each
one handful, Sparrowgrass roots, Fennel
roots, Caper roots, and one handfull off
Raifins of the Sun stoned, when it is al
most boiled, take out the Pullet, and beat
it in a stone Morter, then put it into the
liquor again, and give it three or four
walmes more, then strain it, and put to itt
a little red Rosewater, and half a pint off
white wine, and so drinke it in a morning,
and sleep after it.

To prevent Miscarrying.

Take Venice Turpentine, spread it on black brown paper, the breadth and length of a hand, lay it to the small of her back, then give her to drinke a Caudle made of Muscadine, and put into it the husks of twentie three sweet Almonds dried and finely poudred.

For Boils or Kibes, or to draw a Sore.

Take strong Ale, and boil it from a pint to four spoonfuls, and so keep it, it will be an ointment.

To make Cammomile Oyle.

Shred a pound of Cammomile, and knead it into a pound of sweet Butter, melt it, and strain it.

A Receipt for the Plurisie.

Take three round Balls of Horse-dung, boil them in a pint of white Wine till half be consumed, then strain it out, and sweeten

sweeten it with a little Sugar, and let the Patient goe to bed and drink this, then lay him warm.

For an Ague.

Take a pint of Milk, and set it on the fire, and when it boils put in a pint of Ale, then take off the curd, and put in nine heads of *Carduus*, let it boil till half be wasted, then to every quarter of a pint, put a good spoonful of wheat-flower, and a quarter of a spoonful of grosse Pepper, and an hour before the fit, let the Patient drinke a quarter of a pint, and be sure to lye in a sweat before the fit.

An excellent Balm for a green Wound.

Take two good handfuls of English Tobacco, shred it small, and put it into a pint of Sallet oyle, and seeth it on a soft fire to simper, till the oyle change green, then strain it, and in the cooling put in two ounces of *Venice Turpentine*.

For an Ach.

Take of the best gall, white Wine Vinegar, and *Aqua vite*, of each a like quantity, and boil it gently on the fire, till it grow clammy, then put it in a glasse or pot, and when you use any of it, warm it against the fire, rub some of it with your hand on the akeing place, and lay a linnen cloth on it, doe this mornings and evenings.

To make a Searcloth.

Virosius Wax, *Sperma ceti*, Venice Turpentine, oyle of White Poppie, oyle of Ben, oyle of sweet Almonds.

For Wind in the Stomack, and for the Spleen.

Take a handfull of Broom, and boil it in a pint of Beer or Ale, till it be half consumed, and drinke it for the wind, and the stomack, and for the Spleen.

A most excellent Water for a Consumption, and Cough of the Lungs.

Take a running Cock, pull him alive, then kill him when he is almost cold, cut him abroad by the back, and take out the Intrals, and wipe him clean, then cut him in quarters, and break the bones, put him into such a Still as you still Rosewater in, and with a pottle of Sack, a pound of Currants, a pound of Raisins of the Sun stoned, a quarter of a pound of Dates the stones taken out, and the Dates cut small, two handfulls of wilde Thyme, two handfulls of Orgares, two handfulls of Pimperball, and two handfulls of Rosemary, two handfulls of Bugloss and Borage flours, a pottle of new Milk of a red Cow, still this with a soft fire, put into the glasse that the water doth drop into, half a pound of Sugar Candie beaten very small, one book of leaf gold cut small among the Sugar, four grains of Amber greece, twelve grains of prepared Pearl, you must mingle the strong water with the small, and drink four spoonfulls at a time in the morning fasting, and an houre before supper,

Supper, you must shake about the glasse when you drinke it.

A Medicine good for the Liver.

Take Turpentine, slice it thin, and lay it on a silver or Purflane plate twice or thrice into the Oven with the bread till it bee dry, and so make it into pouders every day, take as much as will lye on a sixpence in an Egg.

For a Bruise.

Take six spoonfuls of Honey, a great handful of Linseed, bruise these in a mortar, and boyle them in a pint of Milk an hour, then strain it very hard and annoint your breast and stomack with it every morning and evening, and lay a red hose upon it.

*The Eye-Water for all the Infirmities
and Diseases of the Eye.*

Take of the distilled water of the white wild Rose, half a pound of the distilled water of Celendine, Fennel, Eyebright,
and

and Rue, of each two ounces, of Cloves one ounce and a half, of white Sugar-candy one drachm, of *Tutia* prepared four ounces, pulverise all these Ingredients each by themselves, saving that you must bruise the Campihre with your Sugar-candy, for so it breakes best, then mix all the Pouders together in a paper, put them in a strong glasse, pour the distilled waters upon them, and three pints of the best French white Wine that can be had, shake it every day three or four times long together for a moneth, and then you may use it; remember to keep it very close stopt; this is *verbatim*, as it was had from the Lord *Kelley*.

A Medicine very good for the Dropsie, or the Scurvy, and to clear the blond.

Take four gallons of Ale, drawn from the tap into an earthen Stand, when the Ale is two dayes old, then you must put in four handfuls of Brooklime, four handfuls of Watercresses, four handfuls of water-Mints with red stalkes, half a peck of Scurvy-grasse, let all these be clean picked, and washed, and dried with a cloth, and
shred

red with a knife, and then put into a
g, then put in the Ale, and stop it close,
that it have no vent, stop it with rie
ste; the best Scurvy-grasse groweth by
e water side: it must be seven dayes
ter the things be in before you drink it.
ake two quarts of water, and put in four
ances of *Guaiacam*, two ounces of *Sarsa-*
rilla, one ounce of *Saxifrage*, put it into
Pipkin, and infuse it upon the embers for
elve houres, and then strain it, and put
into the Ale as soon as it hath done
orking, this being added makes the more
audle.

For sore Eyes.

Take half a pint of red Rosewater, put
herein four penny of *Alloesuckatrinay*,
s much *Bole armoniack* in quantity, let
his lie four and twenty houres in steep,
then wash your eyes with it evenings and
ornings with a feather, and it will help
them.

*A Sirrup to strengthen the Stomack, and
the Brain, and to make a sweet Breath.*

Take rindes while they be new one
pound

pound, of running water the value of five wine pints, then seeth it unto three pints, then strain it, and with one pound of Sugar seeth it to a Sirupe, and when you take it from the fire, put to it foure graines of Musk.

For the burning in the Back.

Take the juyce of Plantain, and womans Milk, being of a woman Child, putt thereto a spoonfull of Rosewater, and wet a fine cloth in the same, and so lay it to your Back where the heat is.

A very good Medicine to stay the vomiting.

Take of spare Mince, Wormwood, and red Rose leaves dried, of each half a handfull, of Rye bread grated a good handfull, boyle all these in red Rosewater, and Vinegar, till they be somewhat tender: then put it in a linnen cloth, and lay it to the stomack as hot as you can indure it; heating it two or three times a day with such as it was boyled with.

For weaknesse in the Back.

Take Nixe, and Clary, and the Marrow
of an Oxe back, chop them very small,
then take the yolks of two or three Eggs,
and strain them altogether, then fry them,
use this six or seven times together, and
after it drink a good draught of Bastard,
or Muskadine.

*To make a Cap for the pain and coldnesse
in the Head.*

Take of Storix, and Benjamine, of both
some twelve pennyworth, and bruise it,
then quilt it in a brown paper, and wear it
behinde on your head.

To make Pectorall Roules for a Cold.

Take four ounces of Sugar finely bea-
ten, and half an ounce of searsed Lico-
rice, two graines of Musk, and the weight
of two pence of the sirupe of Licorice, and
to beat it up to a perfect paste, with a little
sirupe of Horehound, and a little Gum-
dragon being steeped in Rosewater, then
roll them in small roules, and dry them, and
so you may keep them all the whole year.

*A proved Medicine for any one that have an
Ague in their Breast.*

Take the Patients own water, or any others that is very young, and set it over the fire, put therin a good handfull off Rosemary, and let it boyle, then take two red clothes and dip them in the water, then nip it hard, and lay it on the breast as hot as it may be indured, and apply it till you see the breast asswaged, then keep it very warm.

For the running of the Reines.

Take the Pith of an Oxe that goeth down the back, a pint of red Wine, and strain them together through a cloth, then boyle them a little with a good quantity of Cinnamon, and a Nutmeg, and large Mace, a quantity of Ambergreece, drink this first and last daily.

For Sun-burnt.

Take the juyce of a Lemon, and a little Baysalt, and wash your hands with it, and let

et them dry of themselves, wash them
gain, and you shall find all the spots and
taines gone.

For a Pin and Web, and rednesse in the eye.

Take a pint of white Rosewater, half a
pint of white Wine, as much of *Lapis*
Talaminaris as a Walnut bruised, put all
these in a glasse, and set them in the Sun
one week, and shake the glasse every day,
then take it out of the Sun, and use it as
you shall need.

A speciall Medicine to preserve the sight.

Take of brown Fennell, Honeyfuckles
of the hedge, of wild Daisies roots picked,
and washed, and dryed, of Pearl-wort,
of Eyebright, of red Roses the white clip-
ped away, of each of these a handfull dry
gathered, then steep all these Hearbs in a
quart, or three pints, of the best white
Vine in an earthen pot, and so let it lye
steep two or three dayes close covered,
stirring it three times a day, and so still
with a gentle fire, making two distillings,
and so keep it for your use.

*A proved Medicine for the yellow
Jaundies.*

Take a pint of Muscadine, a pretty quantity of the inner bark of a Barberry tree, three spoonfuls of the greenest goose dung you can get, and take away all the white spots of it, lay them in steep all night, on the morrow strain it, and put to it one grated Nutmeg, one penniworth of Saffron dried, and very fine beaten, and give it to drink in the morning.

To make Pectorall Roules.

Take one pound of fine Sugar, of Licorice and Annise seeds two spoonfulls, of Elicampane one spoonful, of Amber and Corral of each a quarter of a spoonfull all this must be very finely beaten and searsed, and then the quantity that is set down must be taken, mix all these powders together well, then take the white of one egg, and beat it with a pretty quantity of Musk, then take a Brasen mortar very well scoured, and a spoonful of two of the Pouders, and drop some of the

Egg

gg to it, so beat them to a paste, then
ake them in little roules, and lay them
a Plate to dry.

A Plaister for a sore Breast.

Take crums of Whitebread, the tops of
nt chopped small, and boil them in
ong Ale, and make it like a Poultefs,
d when it is almost boyled, put in the
uder of Ginger, and oyle of Thyme,
spread it upon a cloth, it will both draw
d heal.

*A Medicine for the dead Palsie, and
for them that have lost their speech.*

Take Borage leaves, Marigold leaves
flours, of each a good handfull, boil
n a good Ale Posset, the Patient must
nke a good draught of it in the morn-
g and sweat, if it be in the arms or legs,
y must be chaffed for an hour or two
en they be grieved, and at meals they
ust drink of no other drink till their
ech come to them again, in Winter if
Hearbs be not to be had, the Seeds will
ve.

*An approved Medicine for an Ach
or Swelling.*

Take the flours of Cammomile, and
Rose leaves, of each of them a like quannack;
titie, and seeth them in white Wine, and
make a plaister thereof, and let it be laid
as hot as may be suffered to the place grieved,
and this will ease the pain, and
swage the swelling.

*An approved Medicine for a stink-
ing Breath.*

Take a good quantity of Rosemary
leaves and flours, and boil them in white
Wine, and with a little Cinnamon and
Benjamin beaten in powder, and put there
in, and let the Patient use to wash his
mouth very often therewith, and this will
presently help him.

A good Broth for one that is weak.

Take a part of the neck of Lambe, and
a pretty running fowl, and set them on
the fire in fair Spring water, and when

boylet

Boyleth scum it well, so done, put in two
large Mace, and a few Raisins of the Sun
stoned, and a little Fennel root, and a Par-
sey root, and let them boil, if the party
be grieved with heat or cold in the sto-
mack; if heat, put in a handfull of Barlie
boyled before in two waters, and some
Violet leaves, Sorrel, Succorie, and a lit-
tle Egrimonie; if cold, put in Rosemary,
Thyme, a Lillie, Marigold leaves, Borage,
and Bugloss, and boyle this from four
pints to lesse then one.

A Receipt for Purging, D. T.

Take the leaves of new Sene six ounces, of
Chosen Rubarb one ounce and half, leaves
of Sage, red Dock roots of each an ounce,
of Barberies half an ounce, Cinnamon
and Nutmegs of each an ounce, Annise-
seeds and Fennel seeds of each six
drachms, of Tamarisk half an ounce,
Cloves and Mace, of each half a drachm,
beat them into a grosse powder, and hang
them in a linnen Bag, in six gallons of
new Ale, so drinke of it fasting in the
morning, and at night.

*To comfort the stomach, and help
Windiness and Rheum.*

Take of Ginger one penniworth, Cloves
four penniworth, Mace seven penniworth,
Nutmegs four penniworth, Cinnamon four
penniworth, and Galingale two penni-
worth, of each one ounce, of Cubebs, Co-
rall, and Amber, of each two drachms, off
Fennel seed, Dill seed, and Carraway seed,
of each one ounce, of Liquorice and An-
nise seeds of each an ounce, all beaten
into fine powder, one pound and a halfe
of fine beaten Sugar, which must be sett
on a soft fire, and being dissolved, the pou-
ders being well mixed therewith till it bee
stiffe, then put thereunto half a pint off
red Rosewater, and mix them well toge-
ther and put it into a gallie pot, and take
thereof first in the morning, and last in
the evening, as much as a good Hasell
Nut, with a spoonfull or two of red
Wine.

To make a Callice for a weak Person.

Take a good Chicken, and a peece of
thee

the neck end of Lamb or Veal, not so much as the Chicken, and set them on the fire, and when they boyl and are well nummed cast in a large Mace, and the piece of the bottome of a Manchet, and half a handfull of French Barlie boyled in three waters before, and put it to the broth, and take such hearbs as the partie requireth, and put them in when the broth hath boyled half an hour, so boyl it from three and a half to one, then cast it through a strainer, and scum off all the fat, so let it cool, then take twenty good Jordan Almonds, or more, if they be small, and grind them in a Morter with some of the broth, or if you thinke your Broth too strong, grinde them with some fair water, and strain them with the broth, then set it upon a few coals, and season it with some Sugar not so much, and when it is almost boyled, take out the thickest, and beat it all to pieces in the mortar, and put it in again, and it will doe well, so there be not too much of the other flesh.

For

For the Gout.

Take six drachms of Cariacostine fasting in a morning, and fast two houers after it, you may roll it up in a Wafer, and take it as Pills, or in Sack, as you conceive is most agreeable for the stomach; this proportion is sufficient for a woman, and eight drachms for a man, and take it every second day untill you find remedie for it, it is a gentle purge that works onely upon winds and water.

The Poultesse for the Gout.

Take a pennie loaf of Whitebread, and slice it, and put it in fair water, two Eggs beaten together, a handfull of Red-rose leaves, two penniworth of Saffron dried to powder, then take the bread out of the water, and boil it in a quantity of good Milk, with the rest of the Ingredients, and apply it to the place grieved as warm as you can well indure.

For

For them that cannot hear.

Put into their eares good dried Suet.

*A Sovereign Water good for many Cures
and the health of Bodies.*

Take a gallon of good *Gascoign* wine,
White or Claret, then take Ginger, Galin-
gall, Cardomon, Cinnamon, Nutmegs,
Grains, Cloves, Annise seeds, Fennel seeds,
Carraway seeds, of each of them three
drachms, then take Sage, Mints, red Rose
leaves, Thyme, Pellitorie, Rosemary, wild
Thyme, wild Majoram, Organy, Penny-
mountain, Pennyroyall, Cammomile, La-
vender, Avans of each of them a handful,
then beat the Spices small, and the hearbs,
and put all into the wine, and let it stand
for the space of twelve houres, stirring it
divers times : Then still it in a Limbeck,
and keep the first water by it self, for it
is best, then will there come a second wa-
ter which is good, but not so good as the
first ; The Vertues of this Water be these,
It comforteth the Spirit vitall, and preser-
veth greatly the Spirit vitall, and preser-
veth

veth greatly the youth of man, and helpeth all inward diseases coming of cold, and against shaking of the Palsie, it cureth the contract of Sinnews, and helpeth the conception of the barren, it killeth the Worms in the Belly, it killeth the Gout, it helpeth Tooth-ach, it comforteth the stomack very much, it cureth a cold Dropsie, it breaketh the stone in the back, and in the reins of the back, it cureth the Canker, it helpeth shortly the stinking Breath, and whosoever useth this water oft, it preserveth them in good liking; This Water will be the better if it stand in the Sun all the Summer, and you must draw of the first water but a pint, and of the second as farre as it will run, untill the whole gallon of Wine and Hearbs be all done out, but the last water is very small, and not half so good as the first; if you doe draw above a pint of the best water, you must have of all things more, as is before said.

To stanch the bleeding of a Wound.

Take a Hounds turd, and lay that on a hot coal, and binde it thereto, and that shall

all stanch bleeding, or else bruise a long
worm, and make powder of it, and cast it
in the wound, or take the ear of a Hare,
and make powder thereof, and cast that
in the wound, and that will stanch bleed-
g.

*For spitting of Blood, after a Fall
or Bruise.*

Take Bittanie, Vervain, Nosebled, and
ve leaved grasse, of each alike, and
stamp them in a Morter, and wring out
the juyce of them, and put to the juyce as
much Goats milk, and let them seeth to-
gether, and let him that is hurt drinke of
that liquor seven dayes together, till the
waxing of the Moon, and let him drink
also Osmorie and Cumferie with stale
Ale, and he shall be whole.

For to heal him that spitteth Blood.

Take the juyce of Bittanie and temper
that with good Milk, and give the sick to
drink four dayes, and he shall be whole.

*For to know whether he that hath the
Flux shall live or die.*

Take a pennie weight of Trefoyll
seed, and give it him to drinke in Wine
or water, and doe this three dayes, and
if it cease, he shall live, with the help of
Medicine, if not, he shall die.

For to stanch the bleeding of a Vein.

Take Rue and seeth it in water, and af-
ter stamp it in a Morter, and lay it on the
Vein, then take Lambs wooll that was ne-
ver washed, and lay that thereon, and that
shall stanch bleeding.

For a Vein that is euill smitten.

Take Beanes, and peel away the lacke,
and seeth them well in Vinegar, and lay
them on the Vein hot in manner of a
Plaister.

For one that pisseth Blood.

Take and seeth Garlick in water, till
the:

The third part be wasted away, let him
winke of the water, and he shall be
whole.

For a Woman travelling with child.

Take and give her Titany to drink in the
morning, and shee shall be delivered with-
out peril, or else give her Hysop with
water that is hot, and shee shall be de-
livered of the child although the child
be dead and rotten, and anon when shee
is delivered give her the same without
vine, or binde the hearb Argentine to
her nostrils, and she shall be soon delive-
red, or else Polipodie and stamp it, and
lay that on the womans foot in manner
of a Plaister, and she shall be delivered
quick or dead, or else give her Savorie
with hot water, and shee shall be delive-
red.

*For one that hath surfeited, and can-
not digest.*

Take the bottome of a wheaten loafe,
and tost it at the fire, till that be very
brown and hard, and then take a good
quantity

quantity of *Aqua vite*, and put that upon the same so toasted, and put that in a single linnen cloth, and lay that at the breast of the Patient all night, and with the help of God he shall recover, and he shall vomit or purge soon after.

A Water to comfort weake eyes, and to preserve the sight.

Take a gallon and a half of old wheate fair and clean picked from all manner of soil, and then still it in an ordinary still with a soft fire, and the water that comes of it must be put in a glasse, then take half a pound of white Sugar Candie, and bruise it in a mortar to powder, and after three dayes when the water hath been in a glasse, then put in the powder of Candie, then take an ounce of *Lapis Stewordie* prepared, and put it into the glasse to the rest of the stuffe, then take an ounce of Camphire, and break it between your fingers small, and put it into the glasse, then stop the glasse close, and the longer it stands, the better it will be.

Fine

For tender Eyes, or for Children.

Take a little piece of white Sugar Candie, as much as a Chesnut, and put it into three or four spoonfulls of White-wine to steep, then take it out again, and dry it, and when it is dry bruise it in a clean Morter that must taste of no spice, then put it upon a piece of whitepaper, and so hold it to the fire that it may be thorough dry, and then searce it through a little sieve.

For hot Eyes and red.

Take slugs, such as when you touch them will turn like the pummel of swords, dozen or sixteen, shake them first in a clean cloth, and then in another, and not wash them, then stamp them, and put three or four spoonfulls of Ale to them, and strain it through a dry cloth, and give it the partie morning and evening, first and last.

For Cornes.

Take fair water half a pint, Mercurie
E sub-

Sublimate, a penniworth, Allum as much as a Bean, boyle all these together in a glass Still, till a spoonfull be wasted, and alwaies warm it when you use it, this water is also good for any Itch, Tetter, Ringworm, or Wart.

A Scarcloth for a Sore or Sprain, or any Swelling.

Take Vervain seven ounces, of *Siros* seven ounces, of Camphire three drachms, of oile of Roses ten ounces, let the Wax and the Oyle boil till the Wax be melted, then put in your *Siros* finely beaten, stirring it on the fire till it look brown. Then put in the Camphire finely beaten and let it boil two or three walmes, and then dip in your cloths.

A Poultice for a Swelling.

Take a good handfull of Violet leavess and as much Groundsel, half a handfull of Malloes, and half a handful of Chickweed, cut all these with a knife, and seeth them well in conduit water, and thicken it with Barlie meal, being finely

ely sifted, and so roule it sure, and lay
to the swelled place, and shift it twice a
y.

*To make a strong Water good for a Canker,
or any old Sore, or to eat any lump of flesh
that groweth.*

Take of Celandine a handfull, of red
ge a handfull, and of Woodbind leaves
handfull, shred all these together very
all, and steep them in a quart of white
ine, and a pint of Water, letting it stand
night, and on the morrow strain it,
d put therein of Borex nine penny-
orth, of Camphire nine pennyworth,
d of Mercury four pennyworth, and set
em on a soft fire, boyling softly for the
pace of an hour, and when you will use
warm a little of it, dip it in a cloth, and
y it to the Sore, or in any Cotten.

To heal any Bruise, Sore, or Swelling.

Take two pound of Wax, and two
pound of Rosin, and two pound and a half
f Butter, and four spoonfuls of Flower,
and two good spoonfuls of Honey, put

in your Wax, Rosin, and your Butter all together, boyle all these together and clarify it, then put in two ounces of Camerick, and when it hath thus boyled quarter of an hour, put a little water in a dish, and put it in, and let it stand till it be cold, and when you will use it, you may melt it on a soft fire, and put in your clothes and make Searcloth, and you may spread it plaisterwise to heal any Wound.

A Medicine for any Wound old or new.

Take a pint of Sallade oyle, and four ounces of Bees Wax, and two ounces of Stone-pitch, and two ounces of Rosin, and two ounces of Venice Turpentine, and one pennyworth of Frankincense, and handfull of Rosemary tops, and a handfull of Tutson leaves, and a handfull of Plantain leaves; these Hearbs must be stamped, and the jayce of them put to the things aforesaid, and let them boyle altogether about a quarter of an hour, thereabouts, this being done, put it into an earthen pot, and when it is cold you may use it as you have occasion, and

keepe

For it two year a most excellent Medi-

A Medicine for a Wen.

Take black Sope, and unquencht Lime,
each a like quantity, and beat them very
small together, and spread it on a wollen
cloth, and lay it on the Wen, and it will
consume it away.

For breaking out of Childrens heads.

Take of white Wine, and sweet Butter,
each a like quantity, and boyle them together till it
be reduced to a Salve, and so annoint the head
with.

*to mundifie, and gently to cleanse Ulcers,
and to break new flesh.*

Take Rosin eight ounces, Colophonia
four ounces, Era, & Olia, ana. one pound,
Lapis ovini, Gum Amoniaci, Opoponaci, ana.
one ounce, fine Eruginis raris, boyl your
Oyle with the Rosin, Colophony, and Rosin, with the Oyle
together, then strain the Gums, being first
dissolved in Vinegar, and boyle it with a

gentle fire, then take it off, and put in your
Verdigreese, and fine powder, and use it ac-
cording to Art.

A Fomentation.

Take the liquour wherein Neats feet
have been boyled, with Butter, and new
Milk, and use it in manner of a Fomenta-
tion.

For the falling Sicknesse, or Convulsions.

Take the dung of a Peacock, make
it into powder, and give so much of it to
the Patient as will lie upon a shilling, in
Scurvy water fasting.

*For a Tetter, proceeding of a salt humour
in the Breast and Paps.*

Annoint the sore place with Tan-
ner's Ouse.

For the bloody Flux.

Take the bone of a Gammon of Bacon
and set it up an end in the middle
of the

Charco

marcoal fire, and let it burn till it looks
De Chalk, and that it will burn no longer,
then powder it, and give the powder
thereof unto the sick.

A Plaister for all manner of Bruises.

Take one pound of mede Wax, and a
quartern of Pitch, half a quartern of Gal-
banum, and one pound of Sheeps Tallow,
melted them, and seeth them softly, and
put them to a little white Wine, or good
Vinegar, and take of Frankincense, and
Mastick, of each half an ounce in powder,
and put it to, and boyle them altogether,
and still them till it be well relented, and
spread this salve upon a mighty Canvas
that will over-spread the Sore, and lay
thereon hot till it be whole.

*To make an Ointment, called Flos Un-
guentorum.*

Take Rosin, *Perrosin*, and half a pound
Virgin Wax, Frankincense a quarter of
a pound, of Mastick half an ounce, of
Sheeps Tallow a quarter of a pound, of
Sulphure two drachms, melt that that is to

melt, and powder that that is to powder
 and boyl it over the fire, and strain it
 through a cloth into a pottle of white
 Wine, and boyle it altogether, and there
 let it cool a little, and then put thereto a
 quartern of Turpentine, and stir all well
 together till it be cold, and keep it well
 This Ointment is good for Sores old and
 new; it suffereth no corruption in the
 Wound, nor no evill flesh to be gendereed
 in it; and it is good for head-ach, and
 for all manner of Imposthumes in the
 head, and for wind in the brain, and for
 Imposthumes in the body, and for boyll
 ing eares and cheeks, and for sauce-flegme
 in the face, and for Sinewes that be knite
 or stiffe, or sprung with travall; it doth
 draw out a Thorn, or Iron, in what place
 soever it be, and it is good for biting or
 stinging of venomous Beasts; it rotte
 and healeth all manner of Botches with
 out, and it is good for a Fester, and Carr
 ker, and *Noli me Tangere*, and it draweth
 out all manner of aking of the Liver, and
 of the Spleen, and of the Mervis, and it
 is good for aking and swelling of man
 Members, and for all Members, and
 ceaseth the Flux of Menstrua, and of Emec
 roidee

roides, and it is a speciall thing to make a fumed cloth to heal all manner of Sores, and it searcheth farthest inward of any Ointment.

An Ointment for all sort of Aches.

Take Bettany, Cammomil, Celendine, Rosemary, and Rue, of each of them a handful, wash the Hearbs and presse out the water, and then chop, or stamp them very small, and then take fresh Butter unwashed and unsalted a quart, and seeth it untill half be wasted, and clarified, then scum it clean, and put in of oyle Olive one ounce, a piece of Virgins Wax for to harden the Ointment in the summer time, and if you make it in the Winter, put into your Ointment a little quantity of Footsenne instead of the Virgins Wax.

An excellent Syrupe to purge.

Take *Sena Alexandrina* one pound, Polipodium of the Oak four ounces, Sarsaparilla two ounces, Damask Prunes four ounces, Ginger seven drachms, Anniseeds one ounce, Cumminseed half an ounce,

ounce, Carraway seeds half an ounce, Cinnamon ten drachms, *Aristolochia rotunda*, *Peonia*, of each five drachms, Rubarb one ounce, Agarick six drachms, Tamarisk two handfulls, Boil all these in a gallon of fair water unto a pottle, and when the liquor is boyled half away, strain it forth, and then put in your Rubarb and Agarick, in a clean thin handkercher, and tye it up close, and put it into the said liquor and then put in two pound of fine Sugar, and boil it to the height of a Sirrup, and take of it the quantity of six spoonfulls or more, or lesse as you find it worketh in you.

To make drinke for all kind of Sursets.

Take a quart of *Aqua*, or small *Aque vite*, and put in that a good handfull of Couflip flours, Sage flours a good handfull, and of Rosemary flours a handful, sweet Majoram a little, Pellitorie of the wall, a little Bittanie and Balm of each a prettie handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel-seed, Annise seed, Colliander seed, Carraway seed, Gromel seed, Juniper berries,
of

of each a drachm, bruise your spices and seeds, and put them into your *Aqua* or *Aqua vite*, with your hearbs together, and put to that three quarters of a pound of very fine Sugar, stir them together, and put them in a glasse, and let it stand nine dayes in the Sun, and let it be stirred every day, it is to be made in *May*, steeped in a widemouth'd glasse, and strained out into a narrow mouth'd glafs.

A Medicine for the Reins of the Back.

Take Housleek, and stamp, and strain it, then dip a fine linnen cloth into it, and lay it to the reins of the back, and that will heal it.

A Medicine for the Ache in the Back.

Take Egrimonie, and Mugwort, both leaves and roots, and stamp it with old Bores grease, and temper it with Honey and Eysell, and lay it to the back.

For a Stitch.

Take Rofes, and Cammomile, of each
a hand-

a handfull, and oyle of Roses, and oyle of Cammomile, of both together a saucerfull, and a quantity of Barlie flower, boil all these together in milk, and then take a linnen bag, and put it therein, and lay the plaister as hot as may be suffered where the stitch is.

To make a Salve for Wounds that be cankered, and doe Burn.

Take the Juyce of Smallage, of Morrel, of Waberd, of each alike, then take the white of Eggs, and mingle them together, and put thereto a little Wheat flower, and stir them together till it be thick, but let it come nigh no fire but all cold, let it be laid on raw to the sore, and it shall cleanse the wound.

A Medicine for Bone-ach.

Take Brooklime, and Smallage, and Daises, with fresh Sheeps tallow, and fry them together, and make thereof a Plaister, and lay it to the sore, all hot.

For

For Sinews that are shrunk.

Take young Swallows out of the nest, a dozen or sixteen, and Rosemarie, Lavender, and rotten Strawberie leaves, strings and all, of each a handfull, after the quantity of the Swallows, the feathers, guts and all, bray them in a mortar, and fry all them together, with *May* Butter, not too much, then put it into an earthen pot, and stop it close nine dayes, then fry it again with *May* Butter, and fry it well, and strain it well, when you shall use it chafe it against the fire.

A Water for the biting of a mad Dog.

Take Scabios, Matfiline, Yarrow, Nightshade, wild Sage, the leaves of white Lillies, of each a like quantity, and still them in a common still, and give the quantity of three or four spoonfulls of the Water mingled with half a spoonfull of Triacle, to any man or beast that is bitten, within three dayes after the biting, and for lack of the water, take the juyce of these Hearbs mingled with Triacle,
it

it will keep the sore from rankling ; take Dittanie, Egrimonie, and rustie Bacon, and beat them fine together, and lay it unto the wound, and it will keep it from rankling.

To kill a Fellon.

Take red Sage, white Sope and bruise them, and lay it to the Fellon, and that will kill it,

To breake a Felon.

Take the grounds of Ale, and as much Vinegar, the crumbs of leavened bread, and a little Honey and boil them altogether till they be thick, and lay that hot to the joynt where the Felon is, and that will heal it.

Doct̄or Stevens Sovereign Water.

Take a gallon of good Gascoign wine, then take Ginger, Galingal, Cancel, Nutmegs, grains, Gloves, Annise seeds, Caraway seeds, of each a drachm, then take Sage, Mints, red Rosēs, Thyme, Pellitorie, Rosemary,

; take
Bacon
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to the
it will
wine,
Nut-
Car-
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tone,
mary,

Rosemary, wild Thyme, Cammonile, Lander, of each one handfull; then bray both the Spices and the hearbs, and put them all into the Wine, and let them stand for twelve hours, divers times stirring them, then still that in a Limbeck, but keep that which you still first by it self, for that is the best, but the other is good also, but not so good as the first.

The Vertues of this Water are these, it comforteth the spirits Vitall, and helpeth the inward diseases which come of cold, and the shaking of the Palsie, that cureth the contraction of sinnews, and helpeth the conception of women that be barren, it killeth worms in the body, it cureth the cold cough, it helpeth the toothach, it comforteth the stomack, it cureth the cold Dropisie, it helpeth the Stone, it cureth shortly the stinking breath, and who so useth this water enough, but not too much, it preserveth him in good liking making him young.

Doctor Willoughbies Water.

Take Galingal, Cloves, Cubebs, Ginger, Melilot, Cardamome, Mace, Nutmegs,
of

of each a drachm, and of the juyce of Cee-
lendine half a pint, and mingle all thesse
made in powder with the said juyce, and
with a pint of good *Aqua vita*, and three
pints of good white Wine, and put all
these together in a still of glasse, and let
it stand so all night, and on the morrow
still it with an easie fire as may be.

The Vertue is of secret nature, it dis-
solveth the swelling of the Lungs without
any grievance, and the same Lungs being
wounded, or perished, it helpeth and
comforteth, and it suffereth not the bloud
to putrifie, he shall never need to be let
bloud that useth this Water, and it suffe-
reth not the heart to be burnt, nor melan-
cholly or flegm to have dominion above
Nature, it also expelleth the Rheum, and
purifieth the stomack, it preserveth the
visage, and the memorie, and destroyeth
the Palsie, and if this water be given to
a man or woman labouring toward death,
one spoonfull relieveth: in the Summer
time, use once a week fasting the quantity
of one spoonful, and in Winter two
spoonfuls.

*A Medicine for them that have a pain
after their child bed.*

Take Tar and fresh Barrows grease,
and boil it together, then take Pigeons
dung, and fry it in fresh grease, and put
it in a bag.

For the drinke, Take a pint of Malmsey
and boil it, and put Bay berries in it, and
Sugar, the Bay berries must be of the
whitest, and put therein some Sanders.

Take some fair water, and set it over
the fire, and put some ground Malt in it,
when they use these things they must keep
their bed.

For Running of the Reins.

Take Venice Turpentine rolled in Sugar
and Rosewater, swallow it in prettie rouls,
and put a peecé of Scarlet warm to your
back.

For Coods that be swollen.

Stamp Rue, and lay thereto.

*To draw an Arrow head, or other Iron
out of a Wound.*

Take the jayce of *Valerian*, in thee
which you shall wet a Tent, and put it
into the wound, and lay the same Heartb
stamped upon it, then your band on
binding as appertaineth, and by this
meanes you shall draw out the Iron, and
after heal the wound as it requireth.

A Plaister for a green Wound.

Take Flower and Milk, and seeth them
together till it be thick, then take the
white of an Egg, and beat them together
and lay it to the Wound, and that will
keep it from rankling.

For a Laske.

Take an Egg, and *Aqua vite*, and
boil it with the Egg till it be dry; then
take Cinnamon and Sugar, and eat it with
the Egg.

For him that hath a bunch or knot in his head, or that hath his head swollen with a fall.

Take one ounce of Bay Salt, raw Honey three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloth, and thereof make a plaister, the which you shall lay hot to his head, and it will altogether assuage the swelling, and heal it perfectly.

Against the biting of any venomous Beast.

As soon as the person feeleth himself bit with any venomous beast, or at least, as soon as is possible, let him take green leaves of a Fig-tree, and presse the milk of them three or four times into the Wound: and for this also serveth Mustard-seed mingled with Vinegar.

*A perfect Remedy for him that is sore
wounded with any Sword or
Staffe.*

Take *Taxus barbatus* and stamp it, and
take the juyce of it, and if the Wound
bleed, wipe it and make it clean, washing
it with white Wine or water, then lay the
said juyce upon the Wound, and the hearb
whereof you take the juyce, upon it, then
make your band, and let it abide on
whole day, and you shall see a wonderfull
effect.

*A Bag to smell unto for Melancholly, or to
cause one to sleep.*

Take dry Rose leaves, keep them close
in a glasse which will keep them sweet
then take powder of Mints, powder of
Cloves in a grosse powder, and put the
same to the Rose leaves, then put all these
together in a bag, and take that to becom
with you, and it will cause you to sleepe
and it is good to smell unto at other
times.

For Spitting of Bloud.

Take the juyce of Bettony tempered
with Goates Milk, and drink thereof three
or four mornings together.

*An Ointment for all Sores, Cuts, Swellings
and Heat.*

Take a good quantity of Smallage, and
Sallowses, and put thereto two pound of
Soyes grease, one pound of Butter, and
a quantity of Neats foot, stamp them
all together, then fry them, and strain
them into an earthen pot, and keep it for
our use.

A Salve for a new Hurt.

Take the whitest Virgins Wax you can
get, and melt it in a pan, then put in a
quantity of Butter, and Honey, and seeth
them together, then strain them into a
dish of fair water, and work it in your
hands, and make it in a round ball, and
to keep it, and when you will use it, work
some of it between your hands, and strike

it upon a cloth, and lay it upon the Sore
and it will draw it and heal it.

*Against the biting of a mad Dog, and the
rage or madnesse that followeth a man
after he is bitten.*

Take the Blossomes or Floures of white
Thistles dryed in the shade, and beaten to
powder, give him to drink of that powder
in white Wine half a Walnut shell full
and in thrice taking it, he shall be healed.

*Against the greif in the Lungs, and spitting
of Bloud.*

Take the Hearb, called of the Apothecary
Ungula Caballina, in English Colts
foot, incorporate it well with the Lard of
Hog chopped, and a new laid Egg, boyl
it together in a pan, and give it the Pa-
tient to eat, doing this nine mornings
you shall see a marvellous thing, this
also good to make a man fat.

Against

Against Spitting of Bloud by reason of some
vein broken in the Breast.

Take Mife-dung beaten into powder as
much as will lye upon a groat, and put
in half a glasse-ful of the juyce of Plan-
tain with a little Sugar, and so give the
patient to drink thereof in the morning
before breakfast, and at night before he
goe to bed, continuing the same, it will
make him whole and sound.

For to cleanse the Head.

Take Pellitory of Spain, and chew the
roots three dayes a good quantity, and
it will purge the head, and doe away
the ach, and Fasten the teeth in the
gummes.

A good Remedy against the Plurisie.

Open a white Loaf in the middle new
baked, and spread it well with Triacle on
both the halves on the crown side, and
heat it at the fire, then lay one of the halves
on the place of the disease, and the other

half on the other side of the body directly
 against it, and so bind them, that they
 loose not nor stirre, leaving them so
 day and a night, or untill the Imposthume
 break, which I have sometimes seen in two
 houres or lesse, then take away the bread
 and immediately the Patient will begin
 to spit and void the putrefaction of the
 Imposthume, and after he hath slept
 a little, yee shall give him meat, and
 with the help of God he shall shortly
 heal.

For a Pin or Web in the Eye.

Take two or three Lice out of one
 head, and put them alive into the eye that
 is greived, and so close it up, and most
 assuredly the Lice will suck out the Web
 the eye, and will cure it, and come forth
 without any hurt.

*A Remedy to be used in a Fit of the Stone, when
 the water stops.*

Take the fresh shels of Snails, the new-
 est will look of a reddish colour, and are
 best, take out the Snails, and dry the shels
 with

with a moderate heat in an oven after the bread is drawn; likewise take Bees and dry them so, and beat them severally into powder, then take twice so much of the Bees powder as the Snails, and mix them well together, keep it close covered in a glasse, and when you use it, take as much of this powder as will lye upon a sixpence, and put it into a quarter of a pint of the stilled water of Bean floures, and drink it fasting, or upon an empty stomack, and eat nor drink nothing for two or three houres after.

This is good to cause the party to make urine, and bring away the gravell or stone that causeth the stopping, and hath done very much good.

A Syrupe for the pain in the stomack.

Take two good handfuls of young Rue, boyle it in a quart of good white Wine Vinegar till it be half consumed, so soon as it is thorough cold strain it, and put to every pint of the liquor a pound and a quarter of loaf-Sugar, and boyle it till it come to a Syrupe, when you use it, take a good spoonfull of this in the morn-
ing

ing fasting, and eat nor drink nothing for two or three houres after, it is good for pain in the stomack that proceeds of windy vapours, and is excellent good for the Lungs, and obstructions of the breast.

Receipts for Bruises, approved by the Lady of Arundell.

Take black Jet, beat it to powder, and let the Patient drink it every morning in beer till he be well.

Another for the same.

Take the sprigs of Oak trees, and put them in paper, roast them, and break them, and drink as much of the powder as will lye upon a sixpence every morning, untill the Patient be well.

To cause ease Labour.

Take ten or twelve dayes before her looking six ounces of brown Sugar-candy beaten to powder, a quarter of a pound of Raisins of the Sun stoned, two ounces
of

of Dates unstoned sliced, half an ounce of Annise-seeds bruised, a quarter of an ounce of Cowslip Floures, one drachm of Rosemary floures, put these in a fine lawn bag with a flint-stone, that it may sink into a pottle of white Wine, let it steep four and twenty houres, and after take of it, in the morning, and at four in the afternoon, and in the evening, the quantity of a wine glasse full.

A Cordiall for the Sea.

Take one ounce of Syrupe of Clove-Gillifloures, one drachm of *Confectio albernus*, one ounce and a half of Borrage water, and the like of Mint water, one ounce of Mr. Mountfords water, and as much of Cinnamon water, temper all these together in a Cordiall, and take a spoonfull at a time when you are at Sea.

A Plaister to strengthen the Back.

Take eight yolks of Eggs new laid, one ounce of Frankincense beaten into fine powder, mingle them well together, put in as much Barly flower as will make
it

it thick for a plaister, spread it on leather, lay it to the small of the back, letting it lye nine houres, use four plaisters one after another, you must slit the plaister in the midst, so as it may not lye on the back bone.

A present Remedy for a woman with child, that hath taken harm by fall, or fright, or any mischance.

To stay the Child and strengthen it, take one ounce of Pickerell jawes, fine beaten and searsed, of Dates stones, and *Bole armoniack*, of each one ounce, of *Sanguis draconis* half an ounce, give of these, being well searsed and mingled together, a French Crown weight in Muscadine or Malmsey, and let the woman keep her very warm.

For a weak Back.

Take of red Lead half a pound, of white Lead half a pound, boil these in three pints of Sallet oyle in a Pipkin, stirring them continually with a peece of Iron, untill it be of a gray colour, then
roul

roll it up in roulds and keep it for your
use.

Oyle of Saint Johns Wort.

Take a quart of Sallet oyle, put
thereto a quart of flour of S. *Johns wort*
well picked, let them lye therein all the
year till the seeds be ripe, the glasse must
be kept warm, either in the Sun, or in wa-
ter all the Summer untill the seeds be ripe;
then put in a quart of S. *Johns Wort* seeds
whole, and so let it stand twelve hours,
then you must seeth the oyle eight hours,
the glasse being kept open, and the water
in the pot full as high as the oyle is of
height in the glasse, then when it is cold
strain it, that the seeds may remain, not
in the oyle, and then put up the oyle for
your use.

A green Salve for an old Sore.

Take a handfull of Groundsell, as much
Housleek, of Marigold leaves a handfull,
pick and wipe these Hearbs clean, but wash
them not, then beat all these Hearbs in a
wooden boul, as small as is possible, then
strain

strein out all the juyce, and put in a quantity of Hogs greafe, as much as two eggs; beat all these together again, and then put in the juyce again, and put in 10 Eggs; yolks and whites, and five spoonfuls of English honey, and as much wheat flower as will make all this as thick as a salve; and so stir it very well together, and put it close up in a pot, that it take no ayre; and so keep it for your use.

A most Excellent powder for the Collick and Stone.

You must take it morning and evening before you goe to bed, *Sperma ceti* one ounce and half, Cloves and Mace one quarter of an ounce, Annise seeds and *Peru stone* of each two ounces, Cinnamon and small Pepper, of each one quarter of an ounce, Date stones a quarter of an ounce, Liquorice, Fennel, Red Sage, Bay berries of each three quarters of an ounce, *Alcornes* one quarter and half of an ounce, Lillie roots two drachms, the white Oyster shels burned in the fire one quarter of an ounce; beat all these into fine powder, and drinke as much thereof in

Ale or Beer, as will lye on a sixpence, and fast one hour or two after it: If the hartie be fore grieved, take one handfull of Parsely, and seeth it in Ale untill halfe be sod away, with twentie or thirtie Prunes herein streined, and put thereto two spoonfulls of this powder, and drinke it mornings and evenings somewhat warm.

*A present Remedie for the Running
of the Reins.*

Take an ounce of Nutmegs, half an ounce of Mastick, then slice the Nutmegs, and put them in steep in Rose Vinegar all one night, then lay them in a dish to dry before the fire, then take the Mastick and lay it in Papers, and beat it with a hammer very small, and put a little Corral well beaten unto it, and as much Amber-greece, then mingle these things together with Sugar, and make it pleasant to eat, and so take a good quantity morning and evening.

A Salve for a green Wound.

Take two handfulls of Water Dittanie,
two

two handfuls of Rosemary shred very small, a quarter of a pint of Turpentine, half a pound of yellow Wax, a quart of Sallet oyle, half a pint of white Wine, boil all these together, while the white Wine be quite consumed, then it will be green, and come to the height of a Salve.

A proved Medicine for a burning or scalding, by lightning or otherwise.

Take Hogs grease, or Sheeps Treacle and Alehoofe, beat these very well together, then take more Hogs grease, and boyle it to a Salve.

To use it.

Annoint the place grieved with this ointment, and then lay upon the sore foote annointed Colewort leaves, which must be boyled very soft in water, and the strings made smooth, with beating them with a Pestel.

A Ponder for the green Sicknesse, approved with very good success upon many.

Take of Cloves, Mace, Nutmegs, of each one quarter of an ounce, beat them severall

severally, and then altogether very well,
fine Sugar very small beaten one quarter
of a pound, and then mix and beat them
all four together, Pearl the sixt part of half
an ounce very finely beaten, mingle it
with the rest, and beat them altogether
again, the filing of Steel or Iron one
ounce and a quarter, sift it very fine, and
mingle it with the rest, but if so small a
quantity will not serve, adde a quarter
more of the mettall, let it be sifted be-
fore you weigh it, but if all this will not
serve the turn, put in a little Rubarb, or a
little *Alexakatrina*.

The manner of using this powder.

In the morning when you rise take half
a spoonful of it, take as much at four a
clock in the afternoon, and as much when
you go to bed, walk or stir much after
the first takings of it, I mean every morn-
ing and evening, fast one hour after the
taking of it, or more, and then eat some
Sugar sops or thin broath.

The Patients Diet.

She must forbear Oatmeal in broth or
any other thing, Cheese, Eggs, Custards,

or any stopping meat. Take care that this be not given to any woman that hath conceived, or is with child.

A Drink to stanch blood inwardly.

Take the juyce of one handfull of Shepherds purse, of Parsley, and Five-finger, of each as much, take five slips of Egrimony, strain all these juyces into the milk of a red Cow, and drinke thereof early and late warm.

A Poudre to keep the Teeth clean, and from Worm-eaten.

Take Rosemary burned to ashes, Cuttlebone, Harts-horn burned to powder, *Sid gemme* twelve pennie weight, the floures of Pomegranets, White Coral, of each five pennie weight, make all these in powder, and with a little Rosewater and a Sage leaue rub the Teeth.

A Salve to heal all manner of Sores and Cuts.

Take one pint of Turpentine, one pint

of Oyle olive, a quarter of a pint of running water, nine branches of Rosemary, one ounce of unwrought Wax, two ounces of Roset, seeth all these together in a little pan over the fire, let it seeth untill there arise a little white scum upon it, then stir it with a stick, suffering it to boil untill one quarter be consumed, then take it from the fire, strain it through a course cloth, but it must be done quickly after it be taken from the fire for cooling, after you have strained it into an earthen pot, let it cool, and keep it for your use.

*To make Oyle of Sage good for the grief
in any joynt, or for any ach.*

Take Sage and Parsley, seeth them in Oyle Olive; till it be thick and green.

*A Medicine to purge and amend the Heart,
Stomack, Spleen, Liver, Lungs,
and Brain.*

Take Alexander, Water-creffes, young Mallows, Borage, and Fennel roots pared, Mercurie, Harts tongue, and Cla-

rie, and make of these Pottage.

To drive infectious Diseases from the Heart

Take of Mithridate, and Centurie, of each two ounces, eight spoonfuls Dragon water, one pint of White wine seven spoonfuls of *Aqua vita*, boil altogether a little, strain it, then set it on the fire again a little while, and drinke of morning and evening.

For the Tooth-ach.

Take Pepper, and Grains, of each one ounce, bruise them, and compound them with the water of the diseased, and make it of a good thicknesse, and lay it outwards on the cheek, against the place griev'd, and it will help it for ever after.

Another.

Take dried Sage, make powder of it burnt Allum, Bay Salt dried, make all in fine powder, and lay it to the tooth when the pain is, and also rub the gums with it

For the Strangullion or the Stone.

Take the inner rind of a young ash, between two or three yeares of growth, dry it to powder, and drinke of it as much once, as will lye on a sixpence in Ale White wine, and it will bring present remedie: The partie must be kept warme six or seven hours after it.

For the Stone.

Take the stone that groweth within the gall of an Oxe, grate it, and drink of it in White wine, as much as will lye upon a sixpence at once, for want of white wine make a posset of Ale, and clarifie the Ale upon the curd, then boil one handful of Allitorie therein, and drinke of the powder with it.

For the Black Jaundies.

Take earthen Wormes, wash them in White Wine, then dry them, and beat them to powder, and put to a little Saffron, and drinke it in beer.

A drawing Salve for an old Sore.

Take Rosin half a pound beaten to powder, Sheeps tallow, one quarter of a pound melt them together, and pour them into a Bason of water, and when they begin to cool a little, work them well with your hands in the water, and out of the water, drawing of it up and down the space of one hour till it be very white, then make it up in rouls, and reserve it to strike the Plaisters upon old Sores.

A Water to wash Sores withall.

Take Wormwood, Sage, Plantain leaves of each one handful, Allum two ounces, Honie two sawcers full, boil all these together in three pints of water, till half is sod away, then strain it, and reserve the liquor to wash the sore withall.

A Medicine to cure the Garget in the Throat.

Take a pint of *May* butter, and put it on the fire in a postnet, and put into it

the inner bark of Elder one good hand-
ful, and some Daisie roots, seeth it to
half the quantity, and strain it, and so keep
cool, take this Ointment, and annoint
your throat, then take the ointment, and
strike a long plaister with it very thick of
the Ointment, then strike upon the Oint-
ment the best Jane Triacle, and upon that
renew grosse Pepper very thick, strike it on
with a knife, warm the plaister, and bind it
round your throat to your eares, renew
once a day with the Ointment, and the
Triacle and Pepper, and lay it on again;
before you use this Ointment, scour the
mouth and throat with the powder of
Loch Allom burned, mix it with the pou-
der of Madder or Pepper.

For the Hearing.

Take one Onyon, take the core out of
it, fill it with Pepper, slice it in the midst,
being first wrapt in Paper, and roasted in
the Embers, lay it to each ear.

For a dead Child in a Womans Bodie.

Take the juyce of Hysop, temper it in

warm water, and give it to the Woman
drink.

*For a Woman that hath her Flowers
too much.*

Take a Hares foot, and burn it, make
pouder of it, and let her drinke it with
stale Ale.

A Medicine for the Gout.

Take Tetberrie roots, and wash
scrape them clean, and slice them thin
then take the grease of a Barrow hog, the
quantity of either alike, then take an
earthen pot, then lay a lane of grease
the bottome, then a lane of Roots, then
the grease again, and so Roots and grease
till the pot be full, then stop the pot ve
ry close, and set it in a dunghil one an
twentie dayes, then beat it altogether in
boul, then boil it a good while, then strain
it, and put in a penniworth of *Aqua vita*
then annoint the place grieved, very warm
against the fire.

*A Diet drinke for the running Gout, ach
in the joynts, and for all infections.*

Set seven quarts of Water on the fire, and when it boileth, put therein four ounces of *Sarsaparilla* bruised, and let it boil two hours very softly, close stopped, or covered, then put in four ounces of Sene, three ounces of Liquorice bruised, of *Stecados*, *Hermodaëtil*, *Epithymum*, and of Cammomile flours, of every one half an ounce, and so boil all these two houres very softly, then strain it, and keep it in a close vessel close stopped: when it is cold, then boil again all the aforesaid Ingredients in seven quarts of Water, four hours with a soft fire close covered, then strain it, and keep it as the other by it self, and take of the first a good draught one hour before you arise in the morning, and a draught at the beginning of dinner, and another at supper, and going to bed, and and at all other times, drinke of the latter when you list, and eat no meat but dry roasted Mutton, Capon, Rabbet, without Salt, and not basted, but to your Breakfast, a poched Egg, no bread but Bisket, or dried

dried crust, and at night Raisins of the Sun, and bisket Bread, drink no other drinke but this.

A Plaister to heal any Sore.

Take of Sage, Herb-grace, of each a like quantitie, Ribwort, Plantain, and Daffie roots, more then half so much of each of them as of the other, with Wax, fresh grease, and Rosin, make it a salve, if the flesh grow proud, then put alwaies upon the plaister, before you lay it to the sore, burnt Allum, and it will correct the flesh.

To cause a woman to have her Sickness.

Take Egrimonie, Motherwort, Avens, and Parsley, shred them small with Oat-meal, make Pottage of them with Pork, let her eat the Pottage, but not the Pork.

For the Stone.

Take the green Weed of the Sea, which is brought with Oysters, wash it, and dry it to powder, drinke it with Malmsey fasting.

To kill Worms.

Take *Alexakatrina* two ounces, let it stand in a quart of Malmfie eight houres, drink of it morning and evening.

For a hot Rheum in the Head.

Take Rosewater, Vinegar, and Saller Oyle, mix them well together, and lay it to the head warm.

For a Lask.

Take the nether jaw of a Pike, seeth it to powder and drinke it.

For an Itch or dry scurf of the Body.

Take Elecampane roots or leaves, stamp them and fry them with fresh grease, strain it into a dish, and annoint the Patient.

For one that is bruised with a Fall.

Take Horse dung, and Sheeps suet, boill them

them together, and apply it to the same place, being laid upon a cloth.

For the Emeroids.

Take Hops and Vinegar, fry them together, and put it into a little bag, and lay it as hot as it may be endured to the Fundament, divers bags one after another, and let one continue at it.

*For one that is burned with Gunpowder,
or otherwise.*

Take one handfull of Groundsel, twelve heads of Housleek, one pint of Goose-dung, as much Chickens dung, of the newest that may be gotten, stamp the Hearbs as small as you can, then put the dung into a mortar, temper them together with a pottle of Bores grease, labour them together half an hour, and strain it through a Canvas bag with a cleft stick into an earthen pan, and use it when need requi-
reth, it will last two year.

*To heal a Prick with a Nail or
a Thorn.*

Take two handfuls of Salendine, as much Orpen, cut it small, and boyl it with oyle Olive, and unwrought Wax, then strain it and use it.

To stop the Bleeding of a Cut or Wound.

Take Hop, stamp it, and put it into the wound, if hop will not doe it, then put to it Vinegar with the Hop.

For a Scald.

Take the leaves of ground Ivie, three handfuls, Housleek one handful, wash them, and stamp them in a stone mortar very small, and as you stamp them, put in one pint of Cream by little and little. then strain it, and put it in a pot with a feather, take of this and annoint the scalded place, and then wet a linnen cloth in the same Ointment, and lay it on the place, and over that roul other cloathes.

An Ointment for a Tetter.

Take *Sal armoniack* one ounce, beat it into fine powder, then mix it with *Sope* and fresh *Grease*, of each two ounces, make an Ointment, and annoint the place.

For the singing in the Head.

Take one *Onyon*, cut out the core, and fill that place with the powder of *Cumin*, and the juyce of *Rue*, set on the top again, and roast the *Onyon* in embers, then put away the out-side, and put in a cloth, wring out the Juyce, take black *Woll* and dip it in, put this in thine eare where the singing is, and if it be on both sides, then serve one after another.

A Drink for one that is weak, and misdoubting a Consumption.

Take three handfuls of *Rosemary*, bruise it a little, and close it in paste, bake it in an *Oven* untill it be well dryed, then cut the paste, and take forth the *Rosemary*,
infuse

infuse it in two quarts of Claret Wine, with two ounces of good Triacle, one ounce of Nutmegs, of Cinnamon, and Ginger, of each half an ounce bruised, let them stand infused two nights and one day, then distill it in a Limbeck, drink hereof one spoonfull or two next your heart.

A Drink for the Plague.

Take red Sage, Hearb-grace, Elder leaves, red Briar leaves, of each one handfull, stamp them and strain them with a quart of white Wine, and then put to it *Aqua vite* and Ginger, drink hereof every morning one spoonfull nine mornings together, and it will preserve you.

For a Bruise or Stitch.

Take the kernels of Walnuts and small-nuts, Figs, Rue, of each one handfull, white Salt the quantity of one Walnut, one race of Ginger, one spoonfull of Honey, beat them altogether very fine, and eat of it three or four times every day, make a plaister of it, and lay it to the place griev'd.

A Drink for one that hath a Rupture.

Take Comfery one good handfull, wild Daisie roots as much, and the like called knotted Grasse, stamp all these together, and strain it with Malmsey, and give it to the Patient to drink morning and evening nine dayes bloud-warm: If it be a man that hath been long so, he must lye nine dayes upon his back, and stir as little as he can: If he be a child, he must be kept so much lying as you may for nine dayes, if you think the drink too strong for the child, give it him but five dayes in Malmsey, and the rest in stale Ale; have care that the party have a good Trusse, and keep him trussed one whole year at the least.

A Plaister for a Rupture.

Take the juyce of Comfery, wild Daisie roots, and knotted Grasse, of each a like quantity, fresh Butter, and unwrought Wax of each a like quantity, clarifie them severally, then take of the root of Comfery dry it, and make powder of it; take the powder

pouder of Anniseed, and Cumminseed, but twice as much Cumminseed as Anniseed, boyle these pouders in the Butter and unwrought Wax upon a soft fire a good while together, then put in your juyce, and let it boyle one wa~~m~~ or two, then take it from the fire, and stir it altogether till it be cold, take hereof, and spread it, and lay it to his Codd~~s~~ as hot as he can suffer it, and use this till he be whole: this plaister is most excellent for a Child that is burst at the Navill.

*Gratiosa Cura.**A Water for a Cut or a Sore.*

Take Honeysuckles the knots nipt off, Houres of Celendine, floures of red Sage, of each three spoonfuls, Five-finger, Camphery such as is to knit bones, Daisies with the roots thereon, Ladder of Heaven, Blossomes of Rosemary, Setwell, Hearb-grace, Smalledge, red Roses with the knots on, or else red Roscakes, Adders-tongue, of each of these one handfull, Teeth all together in six gallons of water that runneth towards the East, untill two gallons be sod in, then strain them, and

H

put

put to the water three quarts of *Englij*
 Honey, one pound of Roch Allum, om
 pennyworth of Madder, one pennywort
 of long Pepper, seeth all together untill
 one gallon be consumed, then cleanse the
 water.

For the Wind Collick.

Take the floures of Walnuts, and dr
 them to powder, and take of them in your
 Ale, or Beer, or in your Broth, as you likk
 best, and it will help you.

*To make a soveraign Oyle of a Fox, for the
 numme Palsie.*

Take a Fox new killed, cased, and bow
 elled, then put into the body, of Dill, Mugg
 wort, Cammomil, Campits, Southernwood
 red Sage, Origanum, Hop,, *Stecad*, Rose
 mary, Costmary, Cowslip floures, Balm
 Bettony, sweet-Majoram, of each a good
 handfull, chop them small, and put therett
 of the best Oyle of Castor, Dill, am
 Cammomill, of each four ounces, mix the
 Hearbs and Oyles together, and stre
 over them *Aphronitum* a good handfull

put them all into the Fox, and sow up his belly close, and with a quick fire roast him, and the Oyle that droppeth out is a most singular Oyle for all Palsies or numbnesse. Approved.

To comfort the Brain, and procure sleep.

Take brown bread crums the quantity of one Wainut, one Nutmeg beaten to powder, one drachm of Cinnamon, put these into a Napkin, with two spoonfuls of Vinegar, four spoonfuls of Rosewater, and one of womans milk.

For the weaknesse in the Back.

Take the Pith of an Oxe back, put it in a pottle of water, then seeth it to a quart, then take a handful of Comphelly, a handful of knotted Grasse, one handful of Shepherdspurse, put these into a quart of water, boyle them unto a pint, with Dates boyled therein.

For a Canker in any part of the Body.

Take Filberd Nut leaves, Lavender-

cotton, Southernwood, Wormwood, Saggs,
Woodbine leaves, sweet-Bryar leaves, &c
each a like quantity, of Allum, and Horie
a good quantity, seeth all these till they be
half sodden, wash the sore with it.

For an old Bruise.

Take one spoonful of the juyce of Taur
sie, and as much Nip, two pennywort
of *Sperma Ceti*, put it into a little Ale, and
drink it.

*Oyle of Foxes, or Badgers, for Ach in thoe
Joynts, the Sciatica, diseases of the Si-
news, and paines of the Reines
and Back.*

Take a live Fox, or Badger, of a midd
age, of a full body, well fed, and fat, kill
him, bowell him, and skin him, some take
not out his bowels, but onely his excre
ments in his guts, because his guts ha
much grease about them, break his bo
small that you may have all the marro
this done, set him a boyling in salt Br
and Sea water, and salt water, of eac
pint and a half, of Oyle three pints,

alt three ounces, in the end of the decoction put thereto the leaves of Sage, Rosemary, Dill, Origany, Majoram, and Juniper Berries, and when he is so swollen as that his bones and flesh do part in sunder, strain all through a strainer, and keep it in a vessel to make Linaments for the ach in the joynts, the Sciatica, diseases of the Sinnews, and pains of the reins and back.

To make the Leaden Plaister.

Take two pound and four ounces of Oyle Olive of the best, of good red Lead one pound, white Lead one pound very well beaten into dust, twelve ounces of Spanish Sope, and incorporate all these well together in an earthen pot well glazed before you put them to boil, and when they are well incorporated that the sope cometh upward, put it upon a small fire of coals, continuing the fire for the space of one hour and a half, still stirring with an Iron Ball upon the end of a stick, then make the fire somewhat bigger, till the redness be turned into a gray colour, but you must not leave stirring it

till the matter be turned into the colour
of oyle, or somewhat darker, then drop
it upon a wooden trencher, and if it cleave
not to the finger it is enough, then make
it up into rouls, it will keep 20 yeares, the
older the better.

The Virtue of the Plaister.

The same being laid upon the stomack
provoketh appetite, it taketh away all
grief in the stomack, being laid on the
Belly is a present remedie for the Collicke
and laid unto the reins of the Back, it
good for the bloudie Flux, the running
the Reins, the heat of the Kidnies, and
weaknesse of the back, the same healeth
swellings, bruises, and taketh away ach,
breaks Felons, pushes, and other Impos-
humes, and healeth them, the same draw-
eth out any running humour without
breaking the skin, and being applied
the fundament, it healeth any disease
there growing, being laid on the head
good for the Vvula, it helpeth the head
ake, and is good for the eyes.

For a pricking of a Thorn.

Take fine Wheat flower boulted, temper it with Wine, and seeth it thick, lay it hot to the sore.

A Medicine for the Plague.

Take a pint of Malmſie, and burn it well, then take about six ſpoonfuls thereof, and put to the quantity of a Nutmeg, of good Triacle, and ſo much ſpice grains beaten, as you can take up with the tops of your two fingers, mix it together and let the partie ſick drink it bloud-warm, if he be infected it will procure him to caſt, which he doe, give him as much more, and ſo will again and again, obſerving ſtill ſome quantity, till the partie leave caſting, and after he will be well, if he caſt not at all, ſince taking is enough, and probably it is not the ſickneſs; after the partie hath left caſting, it is good to take a competent draught of burnt Malmſie alone with Triacle and grains, it will comfort much.

Another Medicine for the Plague.

Take of Sétwel grated one root, Jane Triacle two spoonfuls, of wine W negar, three spoonfuls, of fair water three spoonfuls, make all these more then lukewarm, and drinke them off at once well steeped together, sweat after this six seven houres, and it will bring forth the Plague sore.

To break the Plague Sore.

Lay a roasted Onion, also seeth a white Lillie root in milk, till it be as thick as Poultesse, and lay it to the same, if they fail, launce the sore, and so draw it, and heal it with salves for Botches, or Bilees.

To make a Salve to dresse any Wound.

Take Rosin and Wax of each half a pound, of Deer Suet, and Frankincense, of each one quarter of a pound of Mastick in powder one ounce, beat all these in a pint of white Wine half an houre with a soft fire, and stir

in the boyling, that it run not over, then take it from the fire, and put thereto half an ounce of Camphire in powder, when it is almost cold put thereto one quarter of a pound of Turpentine, after all these be mingled together, then put it into white Wine, and wash it as you wash butter, and then as it cools make it up in rouls.

A most excellent Water for sore eyes.

Take a quart of Spring water set it upon the fire in an earthen Pipkin, then put into it three spoonfuls of White salt, and one spoonful of white Coperas, then boil them a quarter of an hour, scum it as it doth boil, then strain it through a fine linnen cloth, and keep it for your use.

When you take it you must lye down upon the bed, and drop two drops of it into your eye, so rest one quarter of an hour, not wiping your eyes, and use it as often as need shall require.

If the eye have any Perle or Film growing upon it, then take a handfull of red double Daisie leaves, and stamp them and strain them through a linnen cloth, and drop

drop thereof one drop into your eye using it three times.

A Plaister for one that is bruised.

Take half a pint of Sallet oyle, or Neats-foot oyle, half a pint of English Honey,, two or three penniworth of Turpentine,, a good quantity of Hogs grease, two or three penniworth of *Bole Armoniack*, halff a pint of strong wine Vinegar, half a dosen of Eggshels, and all beaten very small,, one handfull of white Salt, put all these together into an earthen pot, and stir and mingle them together exceedingly well, then as much Bean floure, or Wheat flour as will thicken it plaister-wise, then with your hand strike it on the grieved place once a day, and by Gods help it wil ease any sore that cometh by meanes of striking, wrinching, bruising, or other kind of swelling that proceedeth of evill humours.

Balm Water for a Surfet.

Take two gallons of strong Ale, and one quart of Sack, take four pound of young

young Balm leaves, and shred them, then take one pound of Annise seeds, and as much Liquorice beaten to powder, put them all into the Ale and Sack, to steep twelve hours, after put it into a Limbeck, and so still it, it is good for a Surfet of cholera, for to comfort the heart, and for an Ague.

A Restorative Water in Sicknes, the Patient being weak.

Take three pints of very good new Milk, and put thereto one pint of very good red Wine, the yolks of twenty four eggs, and beat them together, that done, put in as much fine Manchet as shall suck up the Milk and Wine, then put the same into a fair Stillatorie, and still it with a so-king fire, and take a spoonfull of this water in your Pottage or drinke, and this in one or two moneths will prevent the Consumption.

To make a Caudle to prevent the Lask.

Take half a pound of unblanched Almonds, stamp them, and strain it into a quart

of Ale, and set it on the fire, then take
the yolks of four Eggs, and make it for a
caudle, and so season it with a good quan-
tity of Cinnamon and Sugar, and eat it
every morning at breakfast.

*For one that cannot make Water, and to
break the Stone.*

Pare a Raddish root, and slice it thin,
and put it into a pint of white Wine, and
let it infuse six or seven hours, then strain
it, and set it on the fire, and put thereto
one Parsley root, and one spoonful of Par-
sley seed, and half a handful of Pellitorie
of the wall, and seeth it untill half be wa-
sted, and give it lukewarm to drinke.

The Diet against Melancholly.

Take Sene eight ounces, Rubarb six
drachms, Polipodie of the Oke, *Sarsapa-
rilla*, and Madder roots of each four oun-
ces, Annise seeds, Fennel seeds, *Epithi-
mum*, of each one ounce, Mace, Cloves,
and Nutmegs, of each two ounces, Egri-
monie, Scabios, and red Dock roots, of
each one handful, make them all small,
and

and put it into a long narrow bag of boulder, hang it in a vessel of Ale that containeth six gallons, when it is a week old, drinke it morning and evening for the space of one fortnight, keep you all that time warm, and a good diet.

A Sirrup to open the Liver.

Take Lungwort, Maidenhair, Egrimonie, Scabios, of each one handful, Chamepitis, Hyfop, of each a dosen Crops, Endive and Succorie, of each three or four leaves, of young Fennel and Parsley, of each one root, one stick of Liquorice, one spoonful of Barberies clean washed, one spoonful of Annise seeds, twenty Raisins of the Sun stoned, boil all these in a pottle of water to a quart, then strain it, and put thereto of the best Sugar one quarter of a pound, conserve of Violets one ounce, and so boil it as long as any scum ariseth, then strain it again, and use this very warm.

For one that cannot make Water.

Take the seeds of Parsley, of red Fennel,

nel, of Saxifrage, of Carrawayes, of the
kernels of Hip Berries, of each a like quantity,
put in some powder of Jet, mingle
these, being beaten to powder, well together,
and drink it in stale Ale luke
warne.

To make Aqua Composita.

Take of Anniseeds, and Licorice bruised,
of each half a pound, Thyme, and
Fennel, of each half a handfull, Calamint
two handfulls, Coriander, and Carraway-
seeds braised, of each two ounces, Rose-
mary, and Sage, of each half a handfull,
infuse these a whole night in three gallons
of red Wine, or strong Ale, then still it in
a Limbeck with a soft fire,

An Ointment for any Swelling.

Take of marsh Mallowes, of Worm-
wood, of Smallage, of each one handfull,
boyle it with one pound of the grease of a
barrow Hog until it be very green, then
strain it, and keep it very close. *Lady
Pawlet.*

A Plaister for the Back.

Take half a pint of Oyle of Roses, four ounces of white Lead ground into fine powder, put your Oyle into a clean Pot-let, and set it on the fire, and when it is warm put in your white Lead, ever stirring it, then put into it of your Wax one quarter, stir it untill it be black, then take it from the fire, and in the cooling put hereto two pennyworth of Camphire, of white Sanders, and yellow Sanders, of each the weight of fourpence, fine Bole, and Terra sigillata, of each two penny weight in fine powder all, still stirring it till it be almost cold, and so make it up in roules: use it as need requires, for all weaknesse, waisting, or heat in the Kidneyes. *Cranib.*

To make Oyle of Swallowes.

Take one handful of Mother-Thyme, of Lavender-cotton, and Strawberry leaves, of each a like, four Swallowes, feathers and altogether well bruised, three ounces of Sallade Oyle, beat the Hearbs, and the Swallowes, feathers, and altogether,

ther, until they be so small that you can see
no feathers, then put in the Oyle, and stir
them well together, and seeth them in a
posnet, and strain them through a canv
cloth, and so keep it for your use.

For a Thorn, Fellen, or Prick,

Take the juce of Fetherfew, of Sma
lage, of each one Saucer full, put to it
much wheat of Flour as will make it some
what thick, and put to it of good black
Sope the quantity of one Walnut, mix
gle them together, and lay them to the
fore.

A Drink for one that hath a Rupture.

Take of Comfili, otherwise called
Bonafel, a pretty handful, of Woodbittee
as much, Bread, Plantain, and leaves, of
Cammock somewhat more than a hand
ful, of Vervoin as much as of the Cam
mock, of Daisie roots a small quantity,
Elder tops, or young buds, the least quan
tity, stamp all these together, and put unto
them, being stamped, one pint of pur
white Wine, then strain it, and drink of
mornim

morning and evening, one hour or more before breakfast or supper, a good draught cloud-warm.

If it be a sucking Child, let the Nurse drink posset-ale of the aforesaid drink, and let the Childe suck immediately: If it be an old body, let him take it lying in his bed nine dayes, if it may be conveniently; or otherwise to use no straining.

For the Lask, or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, leech these half away, and give the Patient six spoonfuls to drink morning and evening, if you think it be too harsh, put in a piece of Sugar.

A Lotion water for the Canker.

Take one gallon of pure Water, four handfuls of Woodbine, of Marigolds, and Tetsal, of each two handfuls, of Celendine, Rue, Sage, and Egremony, of each one handful, boyle all these to a quart, then strain it, and put thereto two great spoonful

fuls of the best English Honey, and one ounce of rock Allum, boyle them all againe as long as any skum ariseth, then takee off, and put it in a close bottle, and use it bloud-warm when need requireth.

For the Mother.

Take three or four handfals of Ferrous that groweth upon a house, seeth it in Renish wine till it be well sodden, then put it in a linnen cloth, and lay it to her Nose, as hot as she may suffer it, four or five times.

A Water for an old Sore.

Take Honeyfuckles, water Betton, Rosemary, Sage, Violet leaves, Elce leaves, cut them all small together, and seeth them in a quart of running water, put thereto two spoonfals of Honey, and a little Allum.

*For one that hath a great heat in his Tempore
or that cannot sleep.*

Take the juyce of Houseleek, and
Lettice

and one Lettice, of each one spoonful, of womans
milk six spoonfuls, put them together, and
set them upon a Chafingdish of coales,
and put thereto a piece of Rose-cake, and
lay it to your Temples.

To quench or slack your thirst.

Take one quart of running Water out
of the Brook, seeth it, and skum it, put
thereto five or six spoonfuls of Vinegar,
a good quantity of Sugar and Cinnamon,
three or four Cloves bruised, drink it luke-
warm.

*For one that hath a great heat in his Hands
and Stomack.*

Take four Eggs, roast them hard, peel
them, lay them in Vinegar three or four
houres, then let the sick man hold in ei-
ther hand one of them, and after some
space change them and take the other, and
it will allay the heat.

Against all Aches, and especially of a Womans Breast.

Take Milk, and Rose leaves, and see them on the fire, put thereto Oatmeal, and Oyle of Roses, boyle them till they be thick, and lay it hot under the sore, and renew it so till it be alwayes hot.

For the Ptisick and dry Cough.

Take the Lungs of a Fox, beat them to powder, take of Licorice, and Sugar-candy a good quantity, a small quantity of Cumin, mix these all well together, and put them in a Bladder, and eat of it as often as you think good in the day.

To take away Warts.

Take Snailes that have shells, pick them and with the juyce that cometh from them rub the Wart every day for the space of seven or eight dayes, and it will destroy them.

A perr

A perfect Water for the sight.

Take Sage, Fennel, Vervin, Bettony, Eyebright, Pimpernel, Cinquefoil, and Hearbgrace, lay all these in white Wine one night, still it in a Stillitory of glasse, this water will restore the sight of one that was blind three yeares before.

To restore the Hearing.

Take Rue, Rosemary, Sage, Vervin, Majoram, of each one handful, of Cammomil two handfuls, stamp them, and mould them in Rie dough, make thereof one loaf, bake it as other bread, and when it is baked break it in the midst, and as hot as may be suffered bind it to your eares, and keep them warm and close one day or more, after it be taken away forbear yee to take cold.

For a Felon in the Joints.

Take Rue, Fetherfew, Bores grease, Leaven, Salt, Honey, six leaves of Sage, shred them altogether small, then beat them together, and lay it to the sore place.

To comfort the Brains, and to procure sleep.

Take a red Rose cake, three spoonfuls white wine Vinegar, the white of one Egg, three spoonfuls of Womans milk, set these one a chafing dish of coals, heat them and lay the Rose cake upon the dish, and let them heat together, then take one Nigmeg, and strew it on the Cake, then put betwixt two clothes, and lay it to your forehead as warm as you may suffer it.

A Medicine for a sore head with a Scald

Take one peck of Shoemakers three set them over the fire in a Brass pan, water to them, and seeth them so long as any Oyle will arise, and evermore scumming off the Oyle, then take Plantain, Ribwort, Housleek leaves, ground Ivy, knotted grasse, wild Borrage, Tuttle herb Bennet, Smallage, Serwel leaves every one a like quantity, and beat them in a mortar and strain them, then take half a penniworth of Rosin, half a penniworth of Allum, a little Virgins Wax, the

them, and put them into a pan, and set it
over the fire, put thereto the Hearbs and
the Oyle, let them seeth till all be melt-
ed, then strain them into a pan, and stir
them till they be cold, and put it into a
box for your use, when you dresse your
head, heat a little in a saucer, annoint it e-
very day twice, pull out the hairs that stand
upright, and with linnen cloth wipe away
the corruption.

A Salve for a green Wound, or old Sore.

Take the leaves of green Tobacco two
pounds, of *Valerian* two pound, beat them
very small, then strain them, and take the
juyce thereof, put one pound of yellow
Wax, one pound of Rosin, one pound of
Deer suet, boyl them together till they be
very green, and when it is half cold, put
to it a quarter of a pound of Turpentine,
and keep it for your use.

For the running of the Reins, Approved.

Take the Rows of red Herrings, dry
them upon the coals, till they will beat
to powder, then give it to the Patient to
drinke

drinke in the morning fasting, as much as will lye upon a shilling in five spoonfull of Ale or Wine, be he never so weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrows greasce two good handfulls of Mugwort choppe very small, boil it with the Barrows greasce upon a soft fire, by the space of foure hours, then strain it from the Mugwort and put it up in an earthen thing for your use, and annoint your feet as you go to bed:

A Medicine for any Heat, Burning, or Scalding: Approved.

Take half a pint of the best cream you can get, and set it in a fair Posnet upon the fire, then take two good handfulls of Daisies roots, leaves and all clean washed, and very finely shred, put them into the same Posnet, and boil it upon the fire, untill it be a clear oyntment, then strain it through a cloth, and keep it for your use.

To make Aqua composita to drink for a
Surfet, or a cold Stomack, and to avoid
flegme, and glut from Stomack.

Take one handful of Rosemary, one
good root of Elecampane, one handful of
Hop, half a handful of Thyme, half a hand-
ful of Sage, six good crops of red Mints,
and as much of Pennieroyal, half a hand-
ful of Horehound, six crops of Majoram,
two ounces of Licorice well bruised, and so
much of Annise seeds, then take three gal-
lons of strong Ale, and put all the afore-
said things, Ale and Hearbs into a brasse
pot, then set them upon the fire, and set
your Limbeck upon it, and stop it close
with paste, that there come no air out,
and so keep it with a soft fire, as other
Aqua vite.

For an ach in any Joynt.

Take clarified Butter a quarter of a
pound, of Cummin one pound, Black Sope
a quarter of a pound, one handful of Rue,
Sheeps suet ζ . ii. Bay Salt one spoonful,
bray these together, then fry them with
the

the gall of an Oxe, spread it on a Plaister
and lay it on as hot as you can, and lett
lye seven dayes.

*A Plaister to lay to the head, for a Rheum
which runneth at the Eyes.*

Take the powder of Rose-leaves, Roff
water, and Betonie water, of each a lill
quantity, and a little Vinegar, put you
pouder into the Water and Vinegar, st
them and temper them, and make thee
in a Plaister, and put to it a little poude
of *Terra sigillata*.

*A Water to be used with the Plaister
abovesaid for the same purpose.*

Take one quart of new Milk, two poun
of green Fennel, a quarter of a pound
Eyebright, put the Hearbs and Milk into
Stillatorie, cast half an ounce of Cam
phire thereon, and with this Water, wash
your eyes and temples.

For the Emeroids, Approved.

Take a peece of tawnie cloth, burn it in
a fryin

a frying pan to powder, then beat it in a Morter as fine as may be, searce it, then lay it on a brown Paper, and with spittle make it Plaister-wise, and lay it to the place, and trusse it up with clothes.

To break any Sore.

Take hot bread to the quantity of a farthing loaf, grate it, put thereto Sallet oyle three or four spoonfuls, and a pint of Milk, and seeth them together to a good thickness, spread it on a cloth and lay it to the sore, in stead of Sallet oyle, you may use Deer fuet.

*A Bath for an ach in the Back,
and Limbs.*

Take Mugwort, Vervin, Fetherfue, Dill, Rosemary, Burnet, Tunhoof, Horehound, and white Mints, Senkil and Sage, of each one handful, seeth all these in four gallons of running water, and let it seeth till one gallon be wasted, then bath your leggs with it five nights together.

*A Medicine for any joynt that is numme
with any ach, Approved.*

Take Virgin Wax one ounce, Verdigrease half a quarter of an ounce, Brimstone, Sope, oyle of Eggs, of Allum, and Honey, of each a like quantity, temper them altogether, and lay it upon the place griev'd somewhat warm.

A Medicine for a Felon of any Finger.

Take as much gray Salt as an Egg, wind it in gray Paper, lay it in the Embers a quarter of an hour, then beat it in a mortar very fine, then take the yoalk of a new laid egg, beat it with this powder, untill it be very stiffe, spread it upon a cloth, lay it upon the joynt griev'd twenty four houres, and so dresse it three times.

For a Boil or Pussh.

Take the yolk of a new laid Egg, a little English Honey, put it into the shell to the yolk, put in as much wheat meal as will make it to spread, then take one
branch

Or,
branch of Rue, and one of Fetherfew, shred
them very fine, and put it to the same Me-
dicine, stir them very well together, spread
upon a peece of leather, and lay it to the
place grieved.

*An Electuarie to cause good digestion, and
to comfort the Stomack.*

Take Setwel, and Galingal, of each three
lices, Nutmegs, Ginger, and Cinnamon, of
each two lices, three Berberries sliced fine
and husked, three lices of Liquorice, half a
spoonful of Annise seeds clean dusted, one
ong Pepper cut small, white Pepper six
grains, as much black Pepper, beat them
all into a grosse powder, then put thereto
two grains of Musk, one grain of Amber
greece, then take Mint water and Sugar,
boil them together, and when they are
come to the right perfection of thick-
nesse, put in those Pouders above menti-
oned in the cooling, with a little conserve
of Rosemary floures, of this take the
quantitie of a Nutmeg, half an hour be-
fore you eat or drinke at meals.

A Powder for the Rheume, or Sore Eyes.

Boyle one pint of Hop-water, when the
Hop

Hop is in the flower, till it be scalding hot, then put into it half a pound of Licorice very fine powder, the Water being taken from the fire, for the Licorice must be boyle in the Water, stirre them together till the Water be clean consumed, then adde to them, of Anniseeds, and Fennee seeds, of each half a pound made into very fine powder through a Searce, Angelico roots, Elicampane roots, and leaves, and flowers, of Eyebright made into very fine powder, of each one ounce and a halfe mingle these together, and so keep it close and when you eat of this Powder weigh out of the whole quantity two ounces whereunto adde as much good *Aqua vitæ* as will moisten it, or Angelico-water, or *Rosa solis*, to keep it from being musty, feed it near the fire; eat of this Powder at any time as much as you may take up with groat, and it is special good for the rheume, for cold, or for sore eyes. *Mint Bendlow.*

A Salve for any Wound.

Take Rosin, Perrosin, Wax, of each eight ounces, of Sheeps Suet, and Frankincense.

Or,
ense, of each four ounces, one ounce of
Mastick made in powder, boyle all these
in a pint of white Wine half an hour, then
take it from the fire, and put thereto half
an ounce of Camphire in powder; when it
is almost cold put thereto four ounces of
Turpentine, and make it up in roules, but
before it be rouled you must wash it up in
running Water. *A. T.*

To deliver a Child in danger.

Take a Date stone, beat it into powder,
let the Woman drink it with Wine, then
take Polipody and emplaster it to her
feet, and the Child will come whether it be
quick or dead; then take Centory, green
or dry, give it the Woman to drink in
Wine, give her also the Milk of another
Woman.

*A most singular Sirupe for the Lungs, and to
prevent the Consumption.*

Take Egrimony, Scabias, Borrage,
Buglosse, of each twenty leaves, Folefoot,
Lungwort, Maidenhair, of each half a
handful, Suckory, and Endive, of each six
leaves,

leaves, of *Carduus benedictus*, Horehound
 Nip, of each four crops unset, Hop halff
 handful, Fennel roots, Parsly roots, Smal
 ladge roots, of each three roots sliced and
 the piths taken out, Elicampane four roots
 sliced, Iris roots half an ounce sliced
 Quince-seeds one ounce, Licorice three
 good sticks scraped and sliced small, twent
 ty Figs sliced, Raisins of the Sun one good
 handful sliced, and the stones taken out
 boyle all these in a gallon of runnir
 Water till half be consumed, then take
 from the fire and let it settle, then strain
 it, and boyle it again with as much white
 Sugar as will make it thick as sirupe, that
 may last all the year.

A Poulder for the Stone.

Take Hawes, and Hips, of each a good
 handful, Ashen keyes half a handful, three
 or four Acorns, the shels of three new
 laid Eggs, Grounwel seeds, Parsly seeds,
 each half an ounce, Perstone a good hand
 ful, Camock roots half a handful, make
 these in fine poulder, then put thereto two
 ounces of Sugar-candy beaten somethim

small

Small, take a sixpenny weight of this powder at a time in the morning fasting, and drink not after it one hour.

For the Collick and Stone.

Take one handful of *Philipendula*, of Rosemary, of Saxafrage, of Ivy growing on the wall, of Harts-tongue, of Thyme, of Parsly, of Scabias, of each four handfuls, of Marigolds one handful, of Majoram three handfuls, of brown Fennel, of Longdebeefe, of Spernits, of Borage, of each two handfuls, of Maidenhair three handfuls, still all these in *May*, keep it in a glasse till you have need of it, then take of it five spoonfuls, and three of white Wine, and of clean powder of Ginger half a spoonful, put these together, and warm it to a luke-warm, and let the Patient drink it in the morning two houres before he rise out of his bed, let him lay more clothes upon him, for it will provoke him to sweat, after the sweat is gone let him rise and walk whither he will.

*A good Water to drinke with Wine, or
without to cool Choler.*

Take Borage roots, and Succory roots
of each two, wash and scrape them fa
and clean, and take out their cores, th
take an earthen pot of two gallons, fill
with fair spring water, set it on a fire
charcoal, put the roots in it, and eig
pennyworth of Cinnamon; when it h
ginneeth to seeth, put into it four ounces
fine Sugar, and let it seeth half an hou
then take it off, let it cool, and drink her
of at your pleasure.

*To make Aqua Composita for the Collic
and Stone.*

Take of strong Ale one moneth old
many gallons as your pot will hold, an
for every gallon take two ounces of Lic
rice, and as much of Annise seeds, and
these Hearbs following two handfuls
each to every gallon, of Birch leaves, Bu
net, Pasphe, Pellitory of the wall, Water
cresses, Saxifrage, Grumwel, *Philipend*
Pennyroyal, Fennel, half a root of Elican

pane; of Hawes, of Hips, of Berries, and Brambles, and Berberries of each half a pint, distil them as you doe other *Aqua vita*.

A Medicine for the Collick passion.

Take the smooth leaves of Holly, dry them, and make them into powder, of Gromwel seed, and of Box seed, of each a little quantity, let the patient drink hereof.

To take away the fervent shaking and burning of an Ague.

Take of the rind of the Wilding tree, with the leaves in summer, of each half a handful, as much Bettony, three crops of Rosemary, seeth them in a quart of posset Ale to a pint, and let the sick drink of this as hot as he can, and so within three times it will ease him.

For the hardnesse and stiffenesse of Sinewes.

Take twelve fledgd Swallowes out of the nest, kill them, beat them feathers

and all in a Morter, with Thyme, Rosemary, and Hop, then seeth them with *May* Butter a good while, then strain them through a Strainer as hard as you can, and it will be an Ointment, take the strings that grow out of the Strawberries and beat them amongst the rest.

To stay the Flux.

Take white Starch made of Wheat two or three spoonfulls, and take also new Mill from the Cow, stirre these together, and let them be warmed a little, and give it to the party grieved in manner of a glisterr a present remedy.

An approved Medicine for the Plague called the Philosophers Egge, it is a most excellent Preservative against all Poysons, or dangerous Diseases that draw towards the Heart.

Take a new laid Egg, and break a hole so broad as you may, take out the white clean from the yolk, then take one ounce of Saffron and mingle it with the yolk

but be careful you break not the shell, then cover it with another piece of shell so close as is possible, then take an earthen pot with a close cover, with warm embers, so that the shell be not burned, and as those embers do cool, so put in more hot, and doe so for the space of two dayes until you think it be dry, for proof whereof you shall put in a Pen, and if it come out dry it is well, then take the Egge and wipe it very clean, then pare the shell from the Saffron, and set it before the fire, and let it be warm, then beat it in a Morter very fine, and put it in by it self, then take as much white Mustardseed as the Egge and Saffron, and grind it as small as meal, then searse it trough a fine Boulter, that you may save the quantity of the Egge so searced, then take a quarter of an ounce of Dittany roots, as much of Turmentil, of *Nuces Vomica* one drachm, let them be dryed by the fire as aforesaid, then stamp these three last severally very fine in a Morter, then mix them three well together, after that take, as a thing most needful, the root of Angelica, and Pimpernel, of each the weight of sixpence, make them to powder, and mix them with the rest,

then compound therewith five or six
 simples of Unicorns horn, or for warmth
 thereof of Hartshorn, and take as much
 weight, as all these fine pouders come to
 of fine Triacle, and stamp it with the pouders
 ders in a Morter until all be well mixed
 and hang to the Pestle, and then it is perfectly
 fectly made, then put the Electuary in
 stone pot well nealed, and so it will continue
 tinue twenty or thirty yeares, and the longer
 ger the better.

How to use this Electuary.

First when one is infected with the
 Pestilence, let him take, so soon as he can
 or ever the disease infect the heart, or
 crown weight in gold of this Electuary
 and so much of fine Triacle, if it be for
 man, but if it be for a woman or child, take
 lesse, and let them be well mixed together,
 ther, and if the disease come with cold
 then give him this Electuary with half
 pint of white Wine warm, and well mixed
 together; but if it come with heat, then
 give it him with Plantain water, or Wee
 water, and Vinegar, mixt altogether, and
 when he hath drunk the same, let him goe
 inat

Or,
e of heat
for want
e as much
come to
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n it is per
tury in
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lectuary
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child, rare
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well used
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him go
into

into his naked bed, and put off his shirt, and cover him warm, but let his bed be well warmed first, and a hot double sheet wrapped about him, and so let him sweat seven, eight, or ten houres, as he is able to endure, for the more he doth sweat the better, because the disease fadeth away with the sweat; but if he cannot sweat, then heat two or three Bricks or Tiles, and wrap them in moist clothes wet with water and salt, and lay them by his sides in the bed, and they will cause him to sweat, and as he sweateth, let it be wiped from his body with dry hot clothes being conveyed into the bed, and his sweat being ended, shift him into a warm bed with a warm shirt, and all fresh new clothes, using him very warily for taking of cold, and let his clothes that he did sweat in be well aired and washed, for they be infectious; and let the keeper of the sick beware of the breath or air of the party in the time of his sweating, therefore let her muffle her self with double old cloth, wherein is Wormwood, Rue, Fetherfew, crumbs of soure bread, and Vinegar, and a little Rosewater, beat all these together, and so put it into the muffler, made new

every day while you doe keep him, and
let the sick party have of it bound in a
cloth to smell on while he is in his sweat
then after doe it away and take a new, and
because he shall be faint and distempere
after his sicknesse, he shall eat no flesh
nor drink Wine the space of nine dayes
but let him use the Conservatives for his
health, as Conserve of Buglosse, Borage
and red Roses, and especially he shall
drink three or four dayes after he hath
sweat, morning and evening, three ounces
of the juyce of Sorrel mixed with an ounce
of Conserve of Sorrel, and so use to eat
and drink whatsoever is comfortable for
the heart; also if one take the quantity
of a Pea of the said Electuary with some
good Wine, it shall keep him from the
infection, therefore when one is sick in
the house of the Plague, then so soon as
ye can, give all the whole household some
of this Receipt to drink, and his keeper
also, and it shall preserve them from the
infection, yet keep the whole from the
sick as much as you can, beware of the
clothes and bed that the sick party did
sweat in.

To make Balm water.

Take four gallons of strong Ale and stale, half a pound of Licorice, two pound of Balm, two ounces of Figs, half a pound of Annise seeds, one ounce of Nutmegs, shred the Balm and Figs very small, and let them stand steeping four and twenty houres, and then put it in a Still as you use *Aqua vite.*

To make Doctor Stephens Water.

Take one gallon of good Gascoign Wine, of Ginger, Galingal, Nutmegs, Grains, Annise seeds, Fennel seeds, Caraway seeds, then take Sage, Mints, red Roses, garden Thyme, Pellitorie, Rosemary, wild Thyme, Penniroyall, Cammomill, Lavender, of each one handful, bray your Spices small, and chop the hearbs before named, and put them with the spices into the Wine, and let it stand twelve houres, stirring it very often, then still it in a Limbeck, closed up with course paste, so that no air enter, keep the first water
by

by it self, it is good so long as it will burn.

*An Ointment for any Strain in the
Joints, or for any Sore.*

Take three pound of fresh Butter unwashed, and set it in an Oven after the bread be drawn out, and let it stand two or three houres, then take the clearest of the butter and put it into a Posnet, then take the tops of Red nettles as much as will be Moistned with the butter, and chop them very Small, and put them in the butter, set it on the fire, and boyle it softly five or six houres, and when it is so boyled, put thereto halfe a pint of the best Oyle Olive, and then boyle it a very little, and take it off, and strain it into an earthen pot, and keep it for your use.

If you thinke good instead of Nettles onely you may take these hearbs, Camomile, Rosemary, Lavender, Tun-hoo otherwise Ale-hoof, Five finger, Vervain, and Nettle tops.

For an Ague.

Take the inner bark of a Walnut tree, a good quantity, boyl it in beer untill the beer look black, and then take a good draught and put it into a pot, then take six spoonfuls of Sallet Oyle for an extream Ague, brew it too and fro in two pots, then drinke it, and let the party labour to any exercise untill he sweat, then let him lye down upon a bed very warm untill he hath done sweating, this doe three times when the Ague cometh upon him.

A Ponder against the Wind in the Stomack.

Take Ginger, Cinnamon, and Gallingal, of each two ounces, Annise seeds, Carraway, and Fennel seeds, of each one ounce, long Pepper, Graines, Mace, and Nutmegs, of each half an ounce, Setwel half a drachm, make all in powder, and put thereto one pound of white Sugar, and use this after your meat or before at your pleasure, at all times it comforteth the stomach marvellously, carrieth away wind,

wind, and causeth good digestion.

For a Pin and Web in the Eye.

Take the white of an Egg, beat it to oyle, put thereto a quarter of a spoonfull of English Honey, half a handful of Daifid leaves, and in winter the roots, half a handful of the inner rind of a young Hazle not above one yeares growth, beat them together in a Morter, and put thereto one spoonfull of Womans Milk, and let it stand infused two or three houres, and strain all through a cloth, and with a feather drop it into the eye thrice a day.

For bloud-shotten, and sore Eyes, coming of heat.

Take Tutty of Alexandria, or Lapis Tutty one ounce, beat it into fine powder, and temper it with a quart of white Wine, put thereto one ounce of dried Roffe leaves, and boyle them altogether with a soft fire until one half be consumed, then strain it through a fine linnen cloth, and keep it in a glasse, and use it evening and morning, and put it into the sore eye

with

with a feather or your finger.

If the Tutty be prepared it is the better, which is thus done, steep the Tutty in Rose-water, and let it lye half an hour, then take it forth, and lay it on a white paper to dry, then take it when it is dry, steep it, and dry it again, as before, twice or thrice, and then use it as before.

For an Ach in the Bones.

Take Southernwood, Wormwood, and Bay leaves, of each one handful, one Oxe Gall, one pint of Neat-foot oyle, put all these together, and let them so stand two or three dayes, and let them boyle upon a very soft fire, then put in of Dears suet a good quantity, strain them, and put them into a pot, and so annoint the Patient, put to this a good quantity of Tarre, and as much Pitch as the bignesse of a Walnut, and of the juyce of Pimpernel a good quantity.

*For Children that are troubled with an
extream Cough.*

Take Hyfop water, and Fennel water,
of

of each half a pint, of sliced Licorice, and
 Sugar, of each a pretty quantity, seeth them
 easily over a good fire, strain it, and let
 them take a little hereof at once, and
 when you may dissolve pellets therein, and
 you may annoint their chest with oyle
 of Almonds, and a little Wax.

A Medicine for sore Eyes.

Take red Fennel, and Celendine, of each
 one handful, stamp and strain them, then
 done, take five spoonfuls of Honey, and
 white Copperas the quantity of one Peece
 of Rosewater five spoonfuls, boyle all these
 together in an earthen pot, skum it well
 and clarifie it with the white of an Egge
 this is an excellent Medicine to clear the
 sight of the eye if there be any thing in
 the eye superfluous to hinder the sight, but
 if there be nothing but heat, it is nothing
 so good.

To help one that is inwardly bruised.

Take of Borrage, and red Sage, of each
 a handful, stamp these together, and strain
 them, and put thereto as much Clarified
 Wine

Wine, as the juyce therof, and let the party drink it warme, and if it keep within him four and twenty houres, after he will recover; if he be bound in the body, let him take three spoonfuls of Sirupe of Damask Roses, and two spoonfuls of Sallade oyle, and drink it fasting, and an hour after let the party take some warme broth.

For the Spleen.

Take of Lavender, Fennel, Parsly, Camomil, Thyme, Wormwood, Angelica, of each one handful, of Sage, and Rue, one handful, of Annise seeds, and Fennel seeds, of each one handful, of Cummin seeds two handfuls, of Cloves four spoonfuls, and of Mace two spoonfuls, gather these hearbs in the heat of the day, and dry them in the Sun two dayes, laying them very thinne on a sheet, and bruise the seed grossly, and steep them in as much Sallade oyle as will cover all these things, and somewhat more, and so set them in the Sun ten dayes, which being done, strain your oyle from your Hearbs and your Spices, and then infuse it new again as before, with Hearbs and
and

and Spices in like manner, and to that oyle thus infused or strained, adde bitter Almonds, and oyle of Capers half a pintt then take a quarter of a spoonful of the said oyle, and put it in your hand, your hand being warm, rub them together, and annoint and rub the Patient grieved with both your hands, the one on the right side, the other on the left, from the loines down to the bottome of the belly, drawing your hands as hard as you can, and make them to meet at the bottome of the belly, and continue in continual rubbingg about a quarter of an hour.

For a burning or Scald.

Take a quantity of Sheeps Suet, the white of Hen dung, and fresh Grease, boyle all these together, strain it, and annoint the party with a feather.

For the Emeroides and Piles.

Take juyce of Elder, *May Butter*, and Deares Suet, melc them, letting the Juyce and the Butter simmer, and then put the Suet to them, make them into pills, and

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you make a Suppositor, you must put in
more Deeres Suet.

For the Canker in the Mouth or Nose.

Take the ashes of green leaves of Hol-
ly, with half so much of the burnt powder
of Allum; blow with a quill into the place
greived, and it will help Man, or Child, or
Beast.

A Remedy for the Mather.

When the fitt beginneth to take them,
take the powder of white Amber, and burn
it in a chafingdish of coales, and let them
hold their mouths over it, and suck in the
smoak, and annoint their nostrils with the
oyle of Amber, and if they be not with
child, take two or three drops of the oyle
of Amber in white Wine warm or cold,
but the oyle of Amber must be taken in-
ward but once a day, and outward as often
as the fitt taketh them.

A Medicine for the Wormes.

Take one penniworth of Alloes with

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the like quantity of Oxe gall and Mithridate, mix them together, and lay them on the childs navel upon a plaister.

A Preservative against the Plague.

Take one dry Walnut, take off the skin and peel, cut it small, and with a bramm of Rue shred fine, and a little White Vinegar, and Salt, put all into a slice of Fig, take it up fasting, and then you may drink a little Wormwood after it, and go where you list.

A Pill for those that are infected.

Take of Aloes succatrine half an ounce of Myrrh, and English Saffron, of each a quarter of an ounce, beat them into small powder with Malmsey, or a little Sack, and Diafcordion, make two or three small pills thereof, and take them fasting.

A Poultesse to break a Plague Sore.

Take a white Lilly root, and seeth it in a pennyworth of Linseed, and a pretty quantity of Barrowes grease, beat the Linseed

first very soft, afterwards beat altogether in a Morter, make thereof a plaister.

An Electuary to be taken for the Plague.

Take the weight of ten graines of Saffron, two ounces of the kernels of Walnuts, two or three Figs, one drachm of Mithridate, and a few Sage leaves stamped together, with a sufficient quantity of Pimpernel water, make up all these together in a masse or lump, and keep it in a glasse or pot for your use, take the quantity of twelve graines fasting in the morning, and it will not onely preserve from the Pestilence, but expel from those that be infected.

Against a Tertian Ague.

Take *Dandelion* clean washed, stamp it, and put it in Beer, and let it stand all night in the Beer, in the morning strain it, and put half a spoonful of Triacle into it, make it luke-warm, and let the Patient drink of it fasting upon his well day, and walk upon it as long as he is able, this hath been approved good for an

Ague that cometh every second day.

Against the Wind.

Take Cummin seeds, and steep them in Sack four and twenty houres, dry them by the fire, and hull them, then take Fenugreek seed, Carraway seed, and Annise seed, beat all these together, and take every morning half a spoonful in broth or beer fasting.

Against Wind.

Take Enula campana, grate it, and drink half a spoonful fasting.

For the Sting of an Adder.

Take a head of Garlick and bruise with some Rue, adde some Honey thereto and if you will some Triacle, and apply to the place.

For the biting of a Dog.

Take Ragwort, chop it, and boyle with unwashed Butter to an Ointment.

A Medicine for a Woman that hath a dead Child, or for the after-Birth after deliverance.

Take Date stones, dry them and beat them to powder, then take Cummin-seed, Grains, and English Saffron, make them in powder, and put them altogether in like quantitie, saving lesse of the Saffron then of the rest, then searce them very finely, and when need is to drinke it, take a spoonful at once with a little Malmfie, and drinke it milk-warm, it is good to bring forth a dead child, or for the after-birth, or if the woman have any rising in her stomack, or flushing in her face during her childbed, the Datestones with round holes in the sides are the best, if you put a quantity of white Amber beaten amongst the powder, it will be the better.

To make the best Paracelsus salve.

Take of Litharge of Gold and Silver of each three ounces, and put to it one pound and half of good Sallet oyle, and as much of Linseed Oyle, put it into a

Large earthen vessel well leaded, of the fashion of a milk boud, or a great bason, set it over a gentle fire, and keep it stirring till it begin to boyl, then put to it of red Lead, and of *Lapis Calaminaris*, of each half a pound, keep it with continuall stirring, and let it boyl two houres, or so long till it be something thick, which you may know by dropping a little of it upon a cold board or stone, then take a skillet, and put into it a pound of yellow Wax, as much black Rosin, half a pound of gum Sandrach, of yellow Amber, Olibanum, Myrrh, of *Aloes Hepaticae* of both the kinds of *Aristolochias* round and long, of every of these in fine powder searced one ounce, of *Mummi*a one ounce and a half, of oyle of Bayes half a pound, of oyle of Juniper six ounces, dissolve all these together in the aforesaid Skillet and then put them to the former Plaster, set it over a gentle fire, and keep it with stirring, till it boile a little; Then take your five gums, Popanax, Galbanum, Sagapenum, Ammoniacum, and *Bdelium* of each of these three ounces, which must be dissolved in white wine Vinegar and strained, and the Vinegar exasperated

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ed from them before you go about the
plaister, let there be three ounces of each
of them when they are thus prepared, then
when the Plaister hath gently boyled,
about half the bignesse of a Nutmeg at
a time, continuing that order untill all
the Gums be in and dissolved, then set it
over the fire again, and let it boyl a very
little, but before it boil, be sure that the
gums be all dissolved, for else it will run
into lumps and knots, after it hath boyled
a little take it from the fire again, and
continue the stirring of it very carefully,
and put to it these things following, being
in readinesse, take of both the Corals
red and white, of mother of Pearl, of
Dragons blood, of *Terra lemnia*, of white
Vitriol of each of them one ounce, of
Lapis Hematitidis, and of the Loadstone,
of each of them one ounce and a half,
of the floures of Antimony two drachms,
of *Crocus Martis* two drachms, of Cam-
phire one ounce, of common Turpentine
half a pound, mix all these together, but
first let those things that are to be pou-
dred, be carefully done, and fully searced,
then put them altogether among the for-
mer things, and again set it over the fire

with a moderate heat, and gentle, to boyll till it be in the form of a Plaister, the which you may know by dropping it on a cold peece of Wood, or Stone, or Iron you must above remember to keep it with continuall stirring from the beginning to the ending, when you make it up, lett your hands and the place you roul it on be annointed with the oyle of S. Johnns Wort, and of earth worms, and Juniper, Cammomile and Roses together, wrap itt in Parchment or Leather, and keep it for your use.

Memorandum, That the Camphire be dissolved in the oyle of Juniper, mix them together with the Gum Sandrach, and putt them in towards the latter end.

An Ointment for any strain in the joynts, or for any sore.

Take three pound of fresh Butter unwashed, and set it into an Oven after the bread be drawn out, and let it stand two or three hours, then take the clearest of the Butter, and put it into a posnet, then take the tops of red Nettles, and chop them very small, and put so many Nettles to the Butter, as will be moistned with the Butter, and

and so set it on the fire, and boil it softly
five or six hours, and when it is so boyled,
put thereto half a pint of the best oyle O-
live, and then make it boil a very little, and
take it off, and strain it into an earthen
pott, and keep it for your use.

Mr. Ashleys Ointment.

Take six pound of *May* Butter un-
salted, one quart of Sallet Oyle, four
pound of Barrows grease, one pound of
the best Rosin, one pound of Turpentine,
half a pound of Frankincense; To this
rate take these hearbs following, of each
a handful, *viz.* Smallage, Balm, Lorage,
Red Sage, Lavender, Lavender-Cotton,
Herb-grace, Parsley, Cumferie called
Boneseet, Sorrel, Laurel leaves, Birch
leaves, Lungwort, Majoram, Rosemarie,
Mallows, Cammomile, S. Johns Wort,
Plantain, Allheal, Chickweed, English
Tobacco, or else Henbane, Groundsell,
Woundwort, Betony, Agrimonie, *Carduus*
Benedictus, wild wine, or white Wine called
Bryan, Adders tongue, Mellilot; pick all
these Hearbs clean, wash them, strain
them clean from the water, all these must
be gathered after the Sun rise, then stamp

all

all these Hearbs in a stone or woodern
morter, so small as possible may be, then
take your Rosin, and beat it to poudee
with your Frankincense, and melt them
first alone, then put in your Butter, your
Hogs-grease and Oyle, and when all is
melted, put in your hearbs, and let them
all boil together half a quarter of an
hour, then take it from the fire, and leave
stirring of it in no wise a quarter of an
hour after, and in that time that it is from
the fire, put in your Turpentine, and two
ounces of Verdigrease very finely bea-
ten to powder, and when you put in your
Turpentine and Verdigrease, stir it well
or else it will run over, and so stir untill
it leave boyling: Then put it in an earthen
en pot, stopping the pot very close with
a cloth and a board on the top, and set
it in a dunghil of horse-muck twenty one
dayes, then take it up and put it into a kett
tle, and let it boil a little, taking heed that
it boil not over, then strain all through
course cloth, into an earthen or gally
pot, and when all is strained, put to it hal
a pound of Oyle of Spike, and cover the
pot close untill you use it, and when you
use it make it warm in Winter, and use it
cold in Summer.

*An approved Medicine for any ach in
the joynt whatsoever.*

Take half a pound of Rosin, half a pound of Frankincense, of Olibanum and Mastick, of each one ounce, Wax, Deer Suet, Turpentine, of each two ounces, Camphire 2 drachms, beat the Olibanum, Mastick, Rosin, and Frankincense, and Camphire in powder, then put it in a brass pan with a pottle of white Wine, and put in the Wax and Deer Suet into it, and when it doth boil, put in your Turpentine, and let it boil a quarter of an hour, then take it from the fire and let it stand and cool untill the next day, then work it with your hand to work out the Wine, anointing your hands first with Oyle, then make it up in rouls, then as need shall serve, take thereof and spread it with a warm knife upon a fleshie side of a Sheeps skin, and apply it warm to the grieved place, and take it not off untill it fall off of it self, pricking the Plaister full of holes.

A Searcloth to be used against Carbuncles, red Sores, Biles, Swellings, or any hot Causes.

Take a wine pint of pure Sallet oylee and put it into an earthen pot that is very large, and set it upon a very soft fire of Charcoal, and when it beginneth to boyl, stir it with a Hasel stick of one yeares shooting, then put into it two ounces of *Venus Sope*, that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boil very softly, stirring it continually with this Hazle stick for the space of two or three houres, you shall know when it is boyled by this, drop one drop thereof upon a board, and it will be stiffe, when it is enough, then take it from the fire, and put into it half an ounce of oyle of Bayess then let it boil again a little, then let your cloathes be readie cut of a reasonable size to dip them in it, then you must have two sticks which must be hold low in the middle, to strip the cloathes through, then lay them abroad, untill they be cold upon a board, then roul them

up and keep them, and when you use them
lay them upon the place grieved, and let
them lie twelve hours, then take it off and
wipe it, and lay the other side, and let that
lie as long.

*Plague Water to be taken three times, for
the first helpeth not.*

Take a gallon of white Wine, Ale or
Beer, and to that quantity take a quarter
of a pound of each of these Hearbs fol-
lowing, Rosewater a quarter of a pint, Rue,
Sage, Vervain, Egrimonie, Betonie, Sal-
lendine, Carduus, Angelica, Pimpernel,
Scabios, Valerian, Wormwood, Dragons,
Mugwort, all these hearbs must you shred
in grosse together, and steep it in the a-
forefaid liquor the night before you di-
still it in a Rosewater still, and then keep
the first water by it self being the weak-
er, and therefore fitter for Children, it
helpeth all Fevers, Agues, and Plagues,
being thus taken seven spoonfuls or there-
about of the strongest bloud warm, and
give it to the partie to drinke, in an ague
or fever an hour before the fit come, and
so to sweat either by exercise, or in your
bed,

bed, but your stomack must be empty
and if it be taken for the Plague, then
into it a little Diascordium, or Methu-
date.

A defensive Plaister.

Take the white of an Egg, and Bow
Armoniack, spread it on leather.

A Sirrup for a Cold.

Take Coltsfoot, Water Hyfop, wau-
and Honey, put Liquorice, Annise seeed
and Elecampane, put thereto the juyce
Fennel, and boil them well.

To stay the bleeding of a Wound.

Take a Charcoal red hot out of the fire
and beat it to powder.

A Poultesse.

Take Milk, Oatmeal, and red Rose
leaves, and a little Deers Suet.

For the running of the Reines.

Take cups of Acornes, and grate them, and grate some Nutmeg, put this in Beer, and drink.

For a Poultesse.

Take Linseed, and beat it to powder, boyle it in Milk with Mallowes and Sheeps Suet.

For a Blast.

Take a good quantity of Vervin, and boyle it in Milk, and wash the Blast therewith very well, then bind the Hearbs very close to it some few houres, after wash it again the Milk being warmed, and so bind it up again, the oftner it is done the better, and in a day or two it will be well, if it be taken before it fester.

For a Blast.

Take a good quantity of Vericon being green, with as much Dill, chop them together,

ther, and boyle them in Bores grease :
 much as will cover them , and for want
 thereof so much *May Butter*, and whee
 they be boyled together, let them stam
 two or three dayes, and then boyle it a li
 tle, and so strain it through a cloth.

A Balsamum.

Take in the latter end of *September*
 good store of *Honeysuckle berries*, and
 put them in a body of a glasse Still stopp
 ped, and set it in hot horse-dung eight
 dayes, distil it in Balm, then when you
 have drawn the water forth, pour the wa
 ter into the stuffe again, stop it close, and
 put it in the dung four and twenty houres
 then set it in ashes, and distil both water
 and oyle with a great fire as much as will
 come forth, and at last separate the water
 from the oyle in Balm.

To make an excellent Oyle of Hypericon.

Take floures, leaves, and seeds of *Hy-*
pericon as much as you list, beat them to
 gether, and infuse them in white Wine
 that they may be covered therewith, and
 fe:

Set them in the Sun for ten dayes, then put
hereto so much Oyle Olive as all the rest
doth weigh, and let it stand ten dayes more
in the Sun, but look that you weigh the
Oyle to know how much it is, then put
thereto for every pound of Oyle two
pounces of Turpentine, and one drachm of
Saffron, and of Nutmegs, and Cloves, of
each half an ounce, of Mirrh, and Rosin,
of each an ounce, and of the root of Brio-
ny two ounces, put them all in a vessel of
glasse, and mix them well together, and
set them in a vessel of hot water, and then
set thereto a head of glasse and Receiver
well shut, and boyle it so long until no
more will distil from it, which will be
about four and twenty houres, then take
it out, and strain it whilest it is hot, and
keep it in a vessel of glasse, and when you
use it first heat it well, and apply it upon
a wound without using any tent at all, this
is excellent for a green wound, especially
if there be vaines, sinews, or bones offen-
ded or cut, it keepeth wounds from putri-
faction, it cleanseth them, and easeth pain,
and doth incarnate and skin them; it
helpeth bruises, paines, aches, or swel-
lings in any part, and is wonderful good

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against venome or poyson.

For the Falling Sicknesse.

Take the roots of single Pionies, grate them, drink them, and wear some of them about your neck.

For kibed heeles.

Take a Turnip, make a hole in the top of it, take out some of the pith, infuse in that hole oyle of Roses, then stop close the hole, roast the Turnip under the embers when it is soft, apply it plaister-wise wadded to the Kibe, bind it fast.

Lapis Prunellæ.

A Medicine for sore Eyes.

Take one pound of Saltpeter, boyled in a Goldsmiths earthen pot, with a vessel of hot fire round about it, let it boyle till it be very black and melted, then take a quarter of an ounce, or sixpenny weight of Roch Allum, and a quarter of an ounce of Brimstone, break them, and put them

A Water for sore Eyes.

Take a pint of fair running Water, of
old Daisies, and three leaved Grasses, of
each a good handful, wash the Hearbs
very clean in a Collender, and put them
into a clean Skillet of Water, let them
boyle very well over the fire, until the
water look green, then take a little piece
of Allum and put into the water when it is
boiling, then taste of the Water, and when
it sticks to the mouth, take as much Honey
as will make it very sweet, then after it
is boyled a little while take it off the
fire, strain it, and drop a little every night
into the eyes.

*An approved Application against any
Surfeit.*

Take the bottome of a Muncorn loaf,
cut it about an inch thick, and as broad as
the palm of your hand, toast it very well,
then take of Sallade oyle, and Claret
wine, of each a like quantity, as much as
will wet the toast well and thoroughly,
when it is hot, then put the toast into it,

when the toast is well soaked, strew the
 powder of Cloves and Mace thereupon
 thick, then apply it to the stomack of
 Patient as warm as he can indure it, it will
 purge upwards and downwards so often
 as you apply a fresh toast made as aforesaid,
 this may be applyed so often as
 one findeth their stomack ill at ease,
 though then it will not purge, except
 case of a Surfeit.

A Medicine against the Plague.

Take of the root called Setwel
 quantity of half a Walnut, and grate
 of Triacle green one good spoonfull
 fair water three spoonfuls, make all
 more than luke-warm, and so drink
 off in bed, and sweat six or seven hours
 and in your sweat drink small posset
 made of small drink as you need, but
 till an hour and half after the taking
 the Potion, and it will bring forth
 Plague, for if you cast the Medicine,
 may take it the second, third, or fourth
 time by the whole half, or lesse measure
 as your stomack will bear it: if any
 take it, and thereupon happen presenc

amendment, or a rising, or sore, you may think it to be the sicknesse, for the nature of the Medicine is to prevent the Plague, and in others, to expel the sore, if it be not taken too late, in which case the stomack will not break it easily, nor after two or three times taking, if you minister it to any, let it be at their first sicknesse, least if their disease be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in *March*, and still it in a glasse Still, it is a good Medicine to stop bloud, and for the heat and rednesse of the face, and good to cure green Wounds.

For the Tooth-ach.

Take of Sparemints, and ground Ivy, of each a handful, and a good spoonful of Bay Salt, stamp all these very well together, and boyle them in a pint of the strongest Vinegar that you can get, let these boyle altogether until they come to a quarter of a pint, then strain it, and put

it into a glasse, and stop it very close, when your teeth doth ake, take a spoonful of it bloud-warm, and hold it in your mouth on that side the pain is.

For to make teeth stand fast.

Take roots of Vervin in old Wine, and wash the teeth therewith.

For the perillous Cough.

Take white Horehound, and stamp it and wring out the juyce, and mingle it with Honey, and seeth it, and give it the sick to drink; or else Sack, and Garlic seed, and rost it in the fire, and take away the peelings, and eat the rest with Honey, or else take Sage, Rew, Cummin, and powder of Pepper, and seeth all these together in Honey, and make thereof an Electuary, and take thereof a spoonful in the morning, and another at night.

*For a man that hath no taste in meat
or drink.*

Take a pottle of clear Water, and
good

Or, a good handful of Dandilion, and put it in
an earthen pot, and seeth it till it come to
a quart, and then take out the Hearbs, and
put in a good quantity of white Sugar,
till you think it be some what pleasant, and
then put it into a vessel wherein it may
soole, and then take twenty or thirty Al-
monds, blanch them, and beat them in a
Morter, and when the Water is cold put
it to the Almonds, and then strain it
through a clean Cipris bag without com-
pulsion, and if it be thick let it run through
a gain, and so keep it in a vessel, and drink
of it often, at all times as you please.

To preserve a man from the Plague.

Take *Aloe epaticum*, and *Aloe succatrine*,
one Cinnamon, and Myrrh, of each of
them three drachms, Cloves, Mace, *Lignum*
Aloe, Mastick, *Bole Armoniack*, of each of
them half a drachm, let all these things
be well stamped in a clean Morter, then
minge them together, and after keep them
in some close vessel, and take of it every
morning two penny weight, in half a
massful of white Wine, with a little water,
and drink it in the morning at the dawn-
ing

ing of the day, and so may you, by the
grace of God, goe safely into all infections
of the air and Plague.

For a Tetter, or Ring-worm.

Take *Mercury* a quarter of an ounce
Camphire one penny weight, make them
into powder, and rub them in a fair powder
renger, then take and mix them with the
water of the Vine four or five spoonfulls
stir them well together, then put as much
more water to that, then strain it through
a cloth, and take Poppey seeds one quarter
of an ounce, beat that in a stone Mortar
with a spoonful of the water of the Vine
putting a little and a little, till you have
spent the quantity of a pint, then put to
half an ounce of the Milk of Coker-nut
so mix them well together with your first
Receipt, and strain them as you make *Almond*
mond milk through a fair cloth, then keepe
it in a glasse for your use.

To keep ones body loose whensoever you need.

Take two ounces of Sirupe of Rose
one ounce of Sine, one pennyworth of

Annise

Annise seeds, one stick of Licorice, one pint of Posturn water, seeth them altogether till it seeth to half a pint, then strain them forth, then boyle the two ounces of Sirupe of Roses, and drink it warm.

For a red Face.

Take Brimstone that is whole, and Cinnamon, of either of them by even proportion by weight, beat them into small powder, searse it through a fine cloth upon a sheet of white paper, to the quantity of an ounce or more, and so by even proportions in weight mingle them together in clean clarified Capons grease, and temper them well together until they be well mollified, and then put them to a little Camphire to the quantity of a Bean, and so put the whole confection in a glasse.

For a young Child to make water.

Boyle Organy in fair water, and lay it warm to the Childs Navel.

*A Medicine for the falling of the Uvula
into the Throat.*

Take a red Colewort leaf, whereof cutt away the middle rind, then put the leaff into a paper, and let it be burnt in hot embers or ashes, then take the leaf out, and lay it hot on the top or crown of the bare head, and it will draw it up into his place, and rid you of your pain.

*A Medicine for the heat of the soles of the
feet, that cometh by rheume or blond.*

Take a quantity of Snails of the garden, and boyle them in stale Urine, then let the Patient bath and set his feet therein, and using that often, he shall be cured.

Gascons own Powder.

Take of pouders of Pearl, of red Coral, of Crabs eyes, of Harts-horn, and white Amber, of each one ounce, beat them into fine pouders, and searce them, then take so much of the black toes of the Crabs claws as of all the rest of the pouders,

pouder, for that is the cheif worker, beat them, and searce them finely as you doe the rest, then weigh them severally, and take as much of the toes as you doe of all the rest of the five pouders, and mingle them well together, and make them up into balls with jelly of Hartshorn, whereunto put or infuse a small quantity of Saffron to give them colour, let them lye till they be dry and fully hard, and keep them for your use.

The Crabs are to be gotten in *May* or *September*, before they be boyled.

The dose is ten or twelve grains in *Dragon* water, *Carduus* water, or some other *Cordial* water.

The Apothecaries in their composition of it, use to put in a drachm of good *Oriental* *Bezar* to the other pouders, as you may see in the prescription following.

This is thought to be the true composition invented by *Gascon*, and that the *Bezar*, *Musk*, and *Ambergrice*, were added after by some for curiosity, and that the former will work without them as effectually as with them.

The

*The Apothecaries Gascon Powder, with
the use.*

Take of Pearles, white Amber, Hartshorn, eyes of Crabs, and white Corraia of each half an ounce, of black thighs of Crabs calcined two ounces, to every ounce of this powder put a drachm of Oriental Bezar; reduce them all into very fine powder, and searce them, and with Hartshorn jelly with a little Saffron put therein, make it up into a paste, and make therewith Lozanges or Trochises for your use.

You must get your Crabs for this powder about *May* or in *September*, before they shall be boyled; when you have made them, let them dry and grow hard in a dry air, neither by fire nor Sun.

Their dose is ten or twelve graines, as before prescribed in the former page.

*The Powder prescribed by the Doctors in their last London Dispensatory, 1650. called
by the Powder of Crabs claws.*

Take of prepared Pearles, eyes or stoness
off

of Crabs, of red Corral, of white Amber, of Hartshorn, of Oriental Bezar stone, of each half an ounce, of the powder of the black tops of the clawes of Crabs to the weight of all the former; make them all into powder according to Art, and with jelly made with the skins or castings of our Vipers, make it up into small Tablets or Trochisces, which you must warily dry as before prescribed, and reserve for your use.

The Countesse of Kents Powder, good against all malignant and pestilent, Diseases, French Pox, Small Pox, Measels, Plague, Pestilence, malignant or scarlet Fevers, good against Melancholy, dejection of Spirits, twenty or thirty grains thereof being exhibited in a little warm Sack or Hartshorn jelly to a man, and half as much, or twelve graines to a Child.

Take of the Magistery of Pearles, of Crabs eyes prepared, of white Amber prepared, Hartshorn, Magistery of white Corral, of *Lapis contra Parvam*, of each a like quantity, to these pouders infused put of
the

the black tips of the great clawes of Crabs
to the full weight of all the rest, beat these
all into very fine powder, and searce them
through a fine Lawn Searce, to every ounce
of this powder adde a drachm of true Ori
ental Bezar, make all these up into a lump
or masse with the jelly of Hartshorn, and
colour it with a little Saffron, putting
thereto a scruple of Ambergrice, and
little Musk also finely powdered, and drie
them (made up into small Trochises) nei
ther by fire nor Sun, but by a dry air: you
may give to a man twenty graines of it
and to a child twelve graines.

F I N I S.

Or,
of Crabs,
beat these
searce them
very ounces
of true Ori-
into a lamp
shorn, and
, putting
ice, and a
d, and dry
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y air: you
arnes of it

