

A compendious enchiridion touching most distempers incident to the body of man, with the best and easiest cures thereof ... In all my travels with Salvator Winter, and ... John Ponteus ; I never ... denied the poor my skill, and medicines gratis ... I have now added ... a true way of making some cheap and necessary medicines / [John Church].

Contributors

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Ponteus, John.

Publication/Creation

[Place of publication not identified] : [The author?], [1682]

Persistent URL

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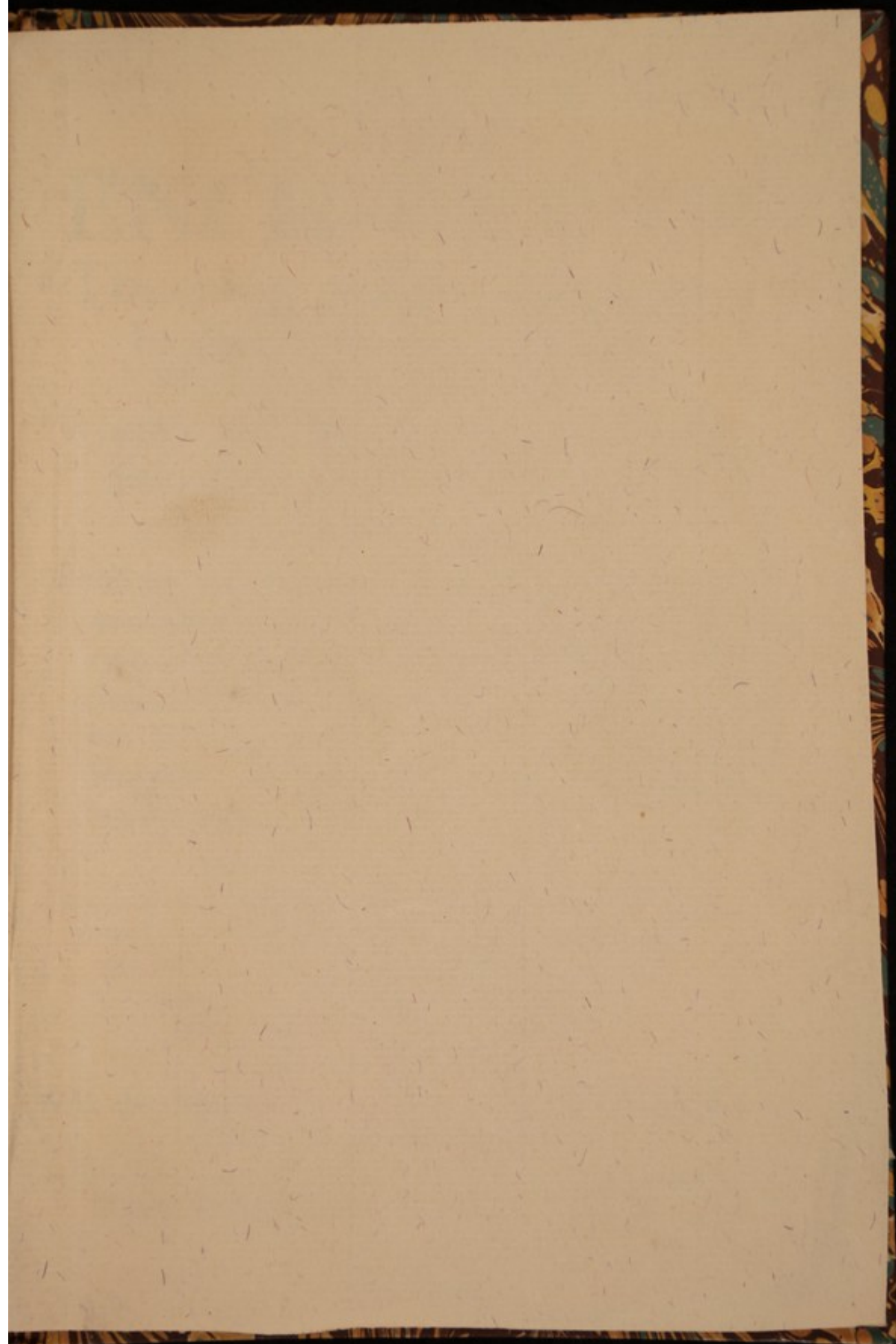
CHURCH — COMPENDIOUS ENCHIRIDION, 1682

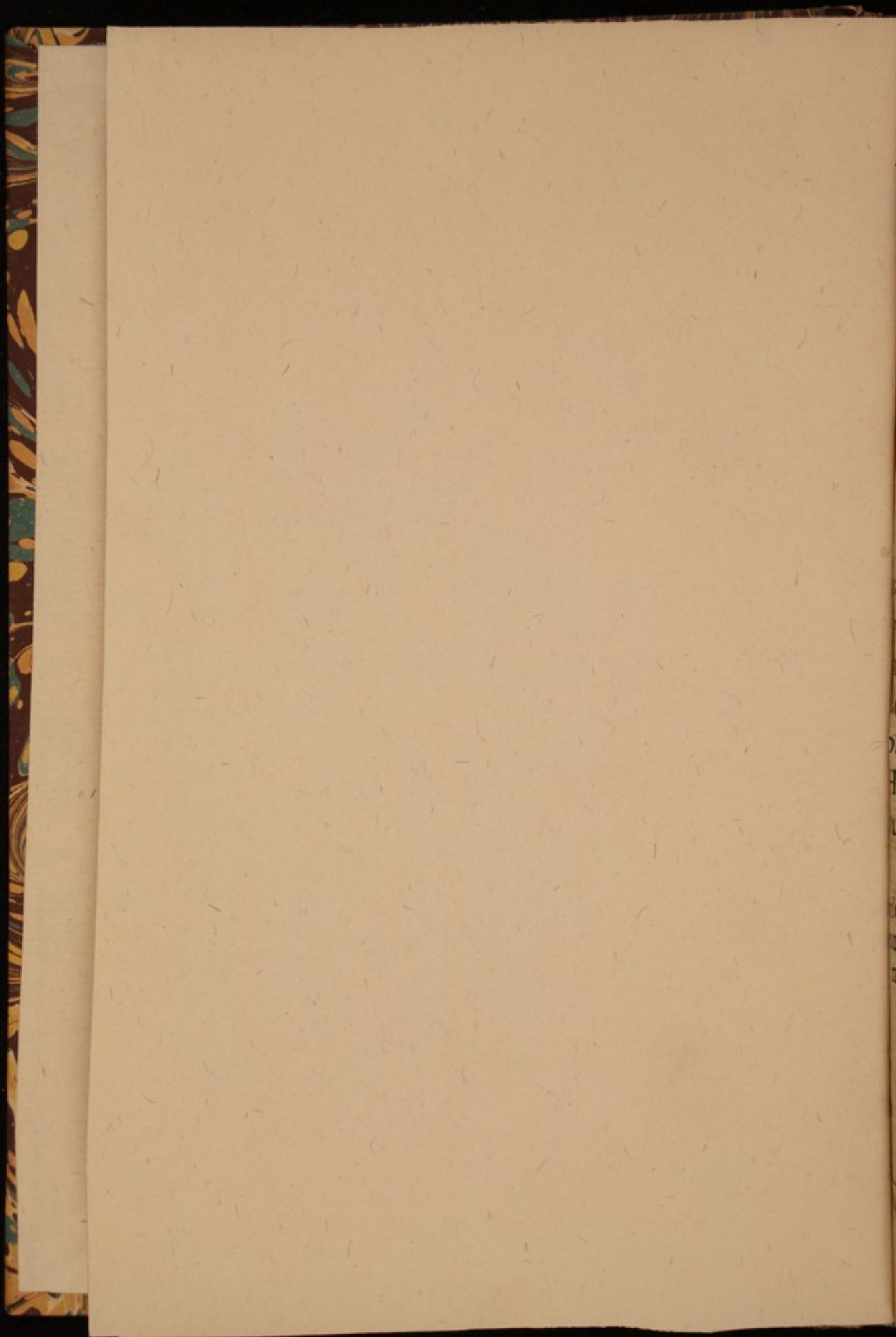






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A Compendious
ENCHIRIDION

Touching most Distempers
Incident to the body of Man,

With the best and easiest Cures thereof.

Wherein the Author desires the Reader
seriously to consider the Particulars
before Censure be passed.

In all my Travels with *Salvator Winter*, and many
years after with that famous Physitian and Chi-
rurgeon *John Ponteus*; I never exacted on, or
denied the Poor my skill and Medicines *Gratis*,
but still my house to them was as free as an
Hospital; the like never hath been performed
but by your Friend and Neighbour

J O H N C H U R C H.

Gentlemen take notice, that besides the old Tract I gave
you; I have now added for the good and benefit of
my Countrymen, a true way of making some
cheap and necessary Medicines; As *Bal-
somes, Plaisters. Oyntments, Diascor-
dium and Mithridate.*

With the number of all the *Bones, Veins, Muscles* and
Arteries in the Body of Man.

Printed for the Author in the year 1682.

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A Compendious

ENCIPHERION

Touching most Difficult

Incident to the Body of Man

With the best and easiest Cures thereof

Whereto the Author desires the Reader

seriously to confide in the Truth

before Entering the Field

In all my Travels with 20 Years Experience and many

Years since with that famous Physician and Chir-

urgian John Boerhaave, I have learned and

acquired the most my skill and Medicine from

but still my thought to them was as true as an

Hospital; the like never hath been performed

but by your Friend and Neighbour

J. W. C. M.

When I gave notice in the old Trade I gave

you I have now added to the old and benefit of

my Countrymen, a new making some

of the most necessary Medicines as well

as the most famous Physicians, Physicians

and Astrucians

In the number of all the new, new, new, and

new in the Body of Man

Printed for the Author in the year 1682





The Prologue.

Gent. **A**Lthough I have not time to give you a Catalogue of all the Famous and admirable Cures performed by me in mine own Country, and other places of this Kingdome, by reason it would be tedious for your reading, and too large for the Press; yet I am willing to give a touch in short of some Cures performed by me amongst your neighbors, who were left uncured by some Chirurgeons, counted able men. Nevertheless you may see that Gods blessing daily attends my endeavours. For when I am at work for the poor, my delight is to perform their cures Charitably, believing that God will crown my endeavours with success. Blessed be his glorious name for ever,

Gentlemen, we are not unsensible that there are too many Pretenders in our time, who promising to perform great cures, have taken your mony, and left you worse than they found you. But my way is to perform your cures before you part with your mony. Some few Cures I shall instance in for brevities sake.

I shall not stand on curious delivery, nor on high quaint termes of Art, although I am a great lover thereof: but in a low and plain way, so that the meanest capacity may understand, what with Gods blessing I can do for them. As followeth.

A Declaration of some Cures performed by J. C.

Sirs, **I** will begin with the Eyes, being seated in the most noble and principal part, and are as Christal Windows to let light to all manual operations, For God hath hollowed out in the Scull two Windows, into which the outmost Membranes of the Brain send two things fill'd like bags, with the Humours that come from the brain: In the midst of which there is a Pipe interwoven of an Opacous thin Membrane, yet full of a most pure and Christaline Humour, called the Apple of the Eye, in the which vision is made. This is compassed with a Net-work full of a watry or glassie humour. And

last of all that Membrane which is commonly call'd the White of the Eye: but Philosophers (because it is hard and polish'd over like horn) call it *cornea*; and this is transparent over against the Apple & the Net-work. Elsewhere it retains its whiteness. Now under the Root of the Apple lies the Optick Nerve, by which the image of the thing perceived passeth straight to the center of the Brain. For sight is only the resiliencie of the species from the object to the eye, &c.

I couch'd Cataract's for *Richard Smart* a Hempdresler living in *Cow lane* near *Smithfield*, and many others to their comfort and my credit.

I cured *Mary Millard* liveing within two miles of *Chealtenham* in *Gloster-shire* of the *Falling sickness* (who had been afflicted 14 years) by anointing the Spundles of her back with my Balsom, and giving her my *Essentia Mercurialis*, &c.

I Cured *Humphry Blackwel* living in *Eastwell* in *Stockly* Parish in *Oxfordshire* (being shot through part of his head with a Rammer of a Gun) with *Linnimentum Archæi*, and *Emplastrum magistrale cum Bitum.*

I Cured *Margaret Carter* living within three Miles of *Bracklie* in *Buckingham-shire*, who had been Blind for the space of 15 years. With many too long to nominate.

Also in the Diseases of the Eyes I commonly use *Medicamen sive Collirium nostrum*, made of *Tutta Magistralis*; where with I do not only cure watry eyes, but also the great pain of the Eye-lids; and also where there is flesh growing over the sight; that it seemeth to be past the cure of common Phisitians and Chirurgions that profess themselves to be very skilful in Occulism, or griefs of the Eyes.

I cured *John Ball* of *Bloxom* near *Banburie*. He was a Baker, who did suck his meat through a Quill two years, by reason of a Cancer in his face. I gave him *Flores Veneris*, and did use *Oleum Vitrioli*; and with my Balsom & Plaisters finished the cure. I Cut and cured *Martina William* of *Michael Deane* on my Stage in *Gloster-shire*, a Broommans Daughter of a Hare or cloven Lip, who had been cut and much abused by one endeavouring to cure it before; but left her very deformed. With many others, whom I have perfectly cured which I for brevities sake omit.

I Cured *James Fisher*, a Scholler of *Oxford* of a *Fistula* in his side, between the Ribs and the intercostle Muscles, giving him inwardly
my

my Golden Balm, and using *Flos unguentorum* about the said wound; with *Emplastrum Stipticum*, and injections with *Mel Rosarum*, and Tents dipped sometimes in *Egyptiacum*.

I Cured a Fistula in *Ano* for *John Rogers* living in *Stratford on Avon*.

I Cured *Robert Clements*, living in a Village within a mile of *Banbury* of an Ulcer in his Leg.

I Cured *Anthony Michel* living in *Easom*, who had 27 Ulcers or holes. Insomuch that it was threatned and doom'd to be taken off. Who I did perfectly cure, and others with the foresaid Remedy.

I Cured a Wry-neck for *John Scot* living in *Sadbury* in *Glostershire*.

I Cut and cured *David Harris* living in *Downings Allie* in *Bishopsgatestreet*, of a Wen being on the side of his neck, weighing above a pound and a half. And many others.

Also I cure all Ruptures, or burstings, commonly called broken-bellies, either with, or without cutting, which are curable. And also all those tumours or startings out of the Navil.

I Cut and cured *Samuel West* of the Stone in the bladder, *Malmesbury*

In the *Dropsie, Ascites*; I do sometimes use Tapping with good success. I Tap't, and did extract from one *Joan Gamble* at times, 2, or 3 and 20 Quarts of undigested Urine, or water. Also I do often cure the *Dropsie, Tinpanies* and *Anasarca*, with my Balsom, Fomentations, & Cataplasms, giving *Elaterium*: I use *Sudorificks*, according to the age, strength, and constitution of the diseased parties.

Cancers cut and cured 6 this year 1681 at *Chippingnorton*.

I Cured *John Prat* of *Keynton*, *Robert Savage* of *Long-compton*, *George Roberts* of *Shipton upon Stover*, all of Cancers in the Lip.

I Cured *John Cox* of *Uffington*, near *Farringdon* of a Cancer in the rough of his Mouth which had by its continuance eaten through his Jaw.

I Cured *Richard Shirborn* of *Ascott* near *Burford*, of a Cancer in his Tongue left uncured by able Chyrurgions.

I Cut and Cured the Tongue of a woman of *Chippingnorton* which had a large Stone in the middle, weighing half an Ounce, to the admiration of all spectators: who is now alive and ready to justify the truth of it.

Directions for the Composing of that incomparable Medicine called the Golden Balm.

Take *Olei Terebinth.* lb. 4. *Mirrha* 32 ss. *Mastices* 31. *arcacollo*
2 Gums

32. Gum. Elemi 35. Gum. vel pinguedinis Palma 37. Spirit. Vini
 Opt. lb. 2. Mix them together in a strong Glass, and infuse them in
 Balneo Maria, 10 daies. Afterwards put to it Olei Hypper. lb. 1 ss
 Tereb. purissim. 3 4. Cera alba 36. ellis 3. Misc. fiat Unguent. ve
 alme.

This Golden Balm or Unguent, is of so great virtue, that it is
 to be admired, for it's wonderful efficacie and operations, both in-
 wardly and outwardly; for all great Squats, Bruises, Falls, give half a
 drachm, or safely a whole drachm in Sack, or any convenient drink;
 anointing the greived place outwardly.

For all wounds, new or old, make pledget of fine Tow or Lint,
 the bigness of the wound, and lay on any common plaister; as *Dia-*
chilon, or *Deminio*, and if the wound be deep, you may make Tents
 of the same.

Also anointing any greived part, or painful swelling, it giveth
 speedy ease, and asswageth.

And for all Sinewes that are contracted, or shrunk. For Cramps
 and Convulsions, anointing the Spindles of the back. Truly it would
 require a wise Pen, and a large Volume to set down all it's healing
 Virtues, and curious Operations.

Of Physick, Chirurgery, and Anatomy.

Also I am bold to give you a touch of Physick and Chyrurge-
 ry: For I am much streightned for want of time.

The moving principle in a living man, is the vital soul, which is
 nothing else but the spirit of life, thick and strong, mightily filling,
 and powerfully governing the bodies which it inhabiteth.

For the body of man is Compound, and consisteth of Spirit, Flesh,
 Blood, Membranes, Veines, Nerves, Gristles, and Lastly Tones
 being as it were the props and pillars, least the frame should fall
 Which are in number as followeth.

The Head hath 8. The upper jaw 2. The lower jaw 1. The Teeth
 are 32, sometimes but 28. The Spina hath 24. The Os sacrum 5. The
 Ribs are 24. The Breast bone 1. but composed of 3. The Cannell bones
 2. Th Shoulder-blades 2. The Ischium 3. In the Armes 6 In the
 Feet

Feet 64. The great feedlike bones of the great Toes 4. If with some Anatomists you reckon 24 seed-like bones in the two hands, and so many in the two Feet, and two in each Ham, and the 8 bones in each Hand between the *Carpus* and the *Metacarpus*; and the bony substance annexed to the *Cuboides* in both the feet. In old persons you shall have 54 more, which being joyned to 245, make up 302 bones expressed thus.

*Tercentum binis compactum est ossibus istud,
Quod gerimus corpus, non est quod plura requirit.*

If you 302 bones chance to find,
Few, or none, are left behind.

The principle transmutation of the nourishment in man is by Pro- generation of the Four Vital humours, Blood, Flegm, Yellow and Black Choler. For the nourishment received being tempered (as indeed all bodies of the world are) of the Four Elements, is resolved in the body of a living creature into four again. The fattest part of it is turned into Blood: a part into Spittle or Flegme: a part into Yellow Choler, and a part into Black Choler, or Melancholy. For Melancholy by its terrene grossness, represents the Earth. Flegme, Water, Blood, Air. Choler, Fire. But they differ in colour and relish. For Melancholy is black, and something bitter. Flegme, white, and without taste. Blood, red, and sweet. Choler, yellow, and very bitter.

Note that amongst those Four, Blood is most copiously generated, containing the very substance of our nourishment, to which yellow Choler only adds a more easie penetration through all. Black Choler fixes it again; and applieth it to the members. Lastly Flegm tempers the Acrimonies of them both, (least they should Corode) with penetrating and fixing: and gently agglutinates the blood to the members. Hence it is that Physicians also, with the Vulgar, speak of the Blood, as if it were the only food of life. Now the principle concoction in a living creature is threefold. 1. Chilification. 2. Sanguification. 3. Membrification. The First is made in the Stomach. The Second in the Liver. And the Last in all the members. Now the Stomach is the common Sink-port, or receptacle of all maladies. Crudity is the seed of all diseases. From thence gross vapours arise, causing inflations: the same condensed in the head, causeth distillation 1. the other member, of the body it causeth obstructions, whence followeth

loweth rottenness or inflammation. Therefore let it be taken for granted, that he taketh the best course for his bodily health, that endeavours to prevent Crudities. Now the best waies to prevent them is Temperateness: as in food, sleep, and daily exercises. O the strange virtue of Labor! whereby our ever to be adored God ordered our first Parents to get their bread and health in the sweat of their browes intimating that they should get their bread and health together: which mistery, if the debauched and slothful Gentry of this Kingdom would rightly weigh, and seriously consider, they would not waste their lives in idleness &c.

I must beg your pardon, and break off abruptly, as touching these things: or I shall walk into so pleasant a field, that I shall not be able to get forth; I must therefore but only hint at things.

Of the Quantities of Weights which are at this daie in use in preparing, and composing Medicines,

For as much as the perfect knowledg of Medicines cannot be attained unto, without the knowledg of the quantities of Weights, which are at this present day most commonly used in making and preparing Medicines. I thought good to declare them, as followeth.

<i>A Grain, is a Barly corn, taken out of the middle of the ear</i>	Granum.	℞.
<i>A Scruple, is twenty Barly cornes.</i>	Scrupulus.	℥.
<i>Three Scruples containes a Drachme.</i>	Drachma.	℥.
<i>Eight Drachmes contain one Ounce.</i>	Unicia.	℥.
<i>Quart; signifieth a quart of any thing.</i>	Quar.	qr.
<i>Libra, is a pound And hath this Note.</i>	Libra.	lb.
<i>Semis is the half of every weight.</i>	Semis.	ss.
<i>Manipulus, is a great handful.</i>	Manipulus.	M
<i>Pugilus is a small handful.</i>	Pugilus.	p.
<i>Ana, is of every one a like much.</i>	Ana.	A

Ne parva averferis, inest sua gratia parvis.

FINIS.

1. *Artemisia* Mugwort.

Grows by the borders of Fields and High-way-sides, and it flowreth in *August*, and it is somewhat Astringent, and not too hot, pound it with Oyl of Sweet Almonds, and lay it as a Plaster, easeth the pain of the Stomack, also it cureth the Ach and Shaking and drawing together of Sinews

2. *Tussilago* Coltsfoot,

It groweth in Watry-places, and moist fields, is of a drying nature; pounded with Honey, it cureth hot Inflammations, and St. *Anthony's* fier being laid thereon, it is good for any Impostumations of the stomack.

3. *Petasites*: Butter Burre.

It groweth in moist places: it flowereth in *March*, and it is dry in the third degree, being dried to powder and drunk in Wine, provokes Sweat, it killeth Wormes, and is of great force against the Suffocations or Fits of the Mother, it cureth all Ulcers or old filthy Sores.

4. *Britannica* Bistort,

They be of two sorts and flowereth in *May*, cold and dry in the third degree, being boyled in red wine and drunken stopeth the Bloody-flux, it also stopeth the overmuch flowing of Womens Purgations and all other Issues of blood

5. *Fumaria* Fumitory.

It grows amongst Wheat and Barley, hot and dry in the second degree, flowers in *June*, the decoction is good in all hot Collectick humours, also against the fowl scurf or old sores butifying the skin and purging the body.

6. *Chamedrys* Germainder.

It groweth in stony Hills and Gardens flowereth in *July*, hot and dry in the third degree, opens all obstructions of the Liver and Spleen it bringeth down Womens natural purgations, it purgeth the body.

7. *Bitonica* St. Pauls Bitony.

Male and Female, the Male *Veronica*, it groweth in sandy places
A about

about Woods, the Female groweth in low moist places, they flower in *July*, it is dry and something hot, it is very good for stoppings and pains of the Kidneyes, it is good in old Coughs and corrupted Lungs and Ulcers.

8. *Ajugo* Ground-pine.

Grows in stony ground flowers in *August*; it is hot in the second degree and dry in the third, it is good to apply to the Stings of any Venomous Beast, boyled in Vinegar and drunken delivereth the dead Child, dissolves congealed blood, anointing the body with the Juice provokes sweating.

9. *Chamaeparissus* Lavender-Cotten.

Grows in Gardens if Planted, or else not in this Country; it flowers in *August*, it is hot and very dry; the Hearb drunken in Wine is good against Serpents Scorpions, and any other kind of poysons both to Man and Beast.

10. *Steophularia* Celandine,

Grows about old rotten walls; flowers in *May*, hot and dry in the third degree, the Juice in Wine is good to wash fretting sores, it openeth the stopping of the Liver, it helpeth the Jaundice, it is very good in the Hemorrhoids, the Juice of it mingled with Wine and wash therewith.

11. *Pervinca* Pervinckle.

Grows in moist shadow places; flowers in *April*, it is very dry and Astringent, the herb sodd in Wine and drunken stops the bloody flux, it stayeth the immoderate course of the flowers, and all other fluxes of blood.

12. *Crocus Saracenicus* Bastard Saffron,

They use to plant it in Gardens, it flowreth in *August*, hot in the first degree dry in the second, the Juice of the Seed taken with Broth helpeth the stopping of the Bowells and Guts, it is also very good for dropsys; the flowers drunk with honied water openeth the Liver and are very good against the Jaundice.

13. *Tanacetum* Tanfie.

Two sorts, the one yellow, the other asminald white, both flower

ers in *August*, it is hot in the second degree and dry in the third ;
the seeds are very good to kill the Wormes, the same drunken in
Wine is for pain in the Bladder, and them that cannot piss but by
drops, the Juice of the Herb is good for fits of the Ague.

14. *Parthenum* Fetherfew.

It groweth in dry places by old walls ; it flowreth in *August*,
it is hot in the third degree and dry in the second, Feverfew dry-
ed and made into powder, and two drams of it taken in honey, very
well purgeth Melancholy and purgeth the Stone.

15. *Abrotonum* Sothenwood.

It grows in Gardens flowers in *August*, it is hot in the third
degree, it is good against the Scatica and stoppings of Urine and
Womans natural Purgations the Seeds being steeped in Wine and
drunken.

16. *Absynthium* Wormwood.

Hot in the first degree dry in the third, comforteth the Sto-
mack from hot Collick humours, the decoction.

17. *Buglossa* Bugloss.

There be five sorts, they all flower in *June July* and *August*,
apt to grow in barren Soyl, the decoction of the Roots with Hyssop
and Cresses being drunk every Morning drives out all manner of
flat Wormes ingendred in the Body of Man.

18. *Lingua Canis* Dogs Tong.

Grows about high-ways and Path sides, flowreth in *June*, the
Root roasted in hot Imbers and laid to the Fundament helpeth the
inward Hemorrhoids, pounded with Barly Meal and laid to any In-
flamations or Wild fier is a Sovereign Remedy.

19. *Barago* Borage.

It is hot and moist, it is good against Roughness and Harshness
of the Throat, being boyled with water and honey is good also
against Melancholly

20. *Anthillis* Anthillon.

Hot and dry in the first degree, flowreth in *June* it groweth in

the Axen of this Herb is used in making Glasses ; the decoction of it drunk is good against the Strangury and pain in the Reins also very good for green wounds to heal them up.

21. *Bardana* The Clote Burre.

Groweth by highways and dry Ditches, their season is in *August*, being very good steeped in Wine to provoke Urine and break the Stone in the Reins or Bladder, also for such as spit blood or corrupted matter, and in Ointments good for hot swellings.

22. *Ranunculus* Crowfoot.

Grows in Ditches and standing waters, flowers in *April*, good against Tettors and Ringworms. The Powder of the Root dried causeth Sneezing.

23. *Poligranthemum* Gouldenknobs.

Grows on Grassy Downs and in Gardens, if planted flowers in *April*, and almost all the Summer is hot and dry, seldom used in Physick, the Roots are good to draw Blisters being outwardly applied.

24. *Dipsacum* or *Virga pastoris*, Teasel.

It flowers in *June*, and is planted in this Country, is dry in the Second degree, an Ointment made with it is good for chops in the Fundament.

25. *Succisa Morsus Diaboli*, Devils-bit

Hot and dry in the Second degree : inwardly taken it easeth the Fits of the Mother, and breaks Wind, very good to stop Swellings in the Jaws being outwardly applied.

26. *Trifolium* Trefoil.

There be several sorts, and are hot and dry in the Third degree and flowers in *August*, good to purge Worms, Natural Purgations, and against the Strangury provokes Urine.

27. *Alleluia* & *Oxys* Wood Sorrel.

Grows in shadowed Woods, flowreth in *April*, is cold and dry it is good for them that have a cold feeble Stomach, the decoction is good for sore Mouths.

28. *Gramen*

28. *Gramen Couch-grass.*

Is cold and dry, it groweth in Corn Fields and in low places, it is good to boil in Wine for Grawings of the Belly, very much provokes Urine, and brings forth the Stone and Gravel.

29. *Phenix Way-bennet.*

Grows in the Borders of Fields, of nature dry and warm, stops the Flux of the Belly, and womens Natural Purgations.

30. *Bromos Oatgrass.*

Grows on Borders of Fields, and by way sides may be found in ear, all the Summer is dry of complection: the decoction is good for stinking Breaths, or stinking smells, or corrupt sores in the Nose being washed therewith.

31. *Crataegonum Stichwort.*

Grows under Hedges and Bushes, flowers in April, the Seed heateth and dryeth: Some write that if a Woman drinks the decoction of the Seed three days after her Natural Purgations she may conceive of a man child if she conceive within Forty days.

32. *Junci Rushes*, there be Five sorts.

Grows in low watry places, of dry complexion, they flower in July, it purges very much by Urine, the Seeds steeped and drunken in Wine stops any Flux in the Belly.

33. *Arundo Reeds*, there be Nine sorts.

All hot and dry, they grow in standing Waters and by Brook sides, tis good in Dropsies, it provokes Urine and breaks the Stone the Ashes are good for Scald heads.

34. *Hydropiper Water Pepperwort.*

Hot and dry in the Third degree, flowreth in August, groweth in Pools and Ditches, it washeth all cold Swellings, it scattereth congealed Blood being laid thereto; the dry Leaves being powdered may serve instead of Pepper.

35. *Perficaria Arsemart.*

Grows in watry places, is cold and dry, is good to lay to fresh wounds

wounds the Juice being droped in; good against Impostumations and Inflammations and such hot Swellings.

36. *Staphisagria* Stavifaker.

Grows in shaddow places and in Gardens, flowreth in *June*, it is hot almost in the Fourth degree: Fifteen of the Seeds is a strong Vomit taken in any convenient Liquor, carries of gross flame and slimy matter, it is also good with Vinegar to rub on Loufie Apparel to kill Lice.

37. *Cucumis* Wild Cucumber.

Grows in Gardens if Set there, flowreth in *August*, is hot and dry in the Second degree, is good against Dropsies, good for Squinancy and the Swellings in the Throat.

38. *Colocinihis* Coloquintida.

It grows in *Spain* and *Italy* and brings forth fruit in *September* like unto great Apples being very full of Seeds; it is hot and dry in the Third degree: it purges Cholerick humours; a Scruple is enough at a time, for it openeth the Belly mightily, not fitting nor safe for the Vulgar to meddle with.

39. *Sena* Sene.

It grows in *Italy*, it flowreth in *June*, hot in the Second degree and dry in First: the Codds and Leaves in the quantity of a Dram gently purgeth the Belly especially Choler and Melancholy, a very safe and harmless Purge.

40. *Sambucus* Eldar.

Hot and dry in the Third degree, especially the Bark grows in shaddow moist places; flowreth in *May*, it is profitable in the Dropsey, the green Leaves pounded are good to aswage hot Swellings and to ease the pain of the Gout.

41. *Humilis Sambucus* Deanwort.

Grows near Highways, especially in good ground, flowreth in *July*, it is hot and dry. The Root boiled in Wine and drank is good against the Dropsey and purgeth watry humours.

42. *Vitis*

42. *Vitis alba* Brion.

Grows at the bottom of Hedges and Ditches, flowreth in *May*, hot and dry in the Third degree. The Root purges very well, provokes Urine, good against Falling Sicknefs; very good against old Coughs and Paines in the sides being outwardly applyed.

33. *Polytrichon* Maidenhair.

Grows in moist shadow places, the Hearb between hot and cold in degree keeps always green; good in all inflamations of the Liver and Reins.

44. *Lichen* or *Hepatica* Liverwort.

Grows on Stones in shaddow places, and flowers in *July*, is cold and dry: good for inflamations of the Liver and foul spreading Scabs.

45. *Bursa Pastoris* Shephards Purse.

Cold and dry, binding stops blood and cools Inflamations, stops Womens Purgation.

46. *Buphthalmum* Ox-Eye.

This is good against Melancholy and Madnefs.

47. *Buxas* Box Tree Leaves.

Is hot, dry and binding, good against Tenams, or bitings of any Venomous Beasts, taken inwardly.

48. *Calaminta Montana* Mountain Calamint.

Hot and dry in the third degree, provokes Urine, hastens Birth, and brings the after Birth and terms.

49. *Calendula* Marigolds.

The Leaves are hot in the second degree, loose the Belly with Vinigar it Cools greatly.

50. *Carduncellus* Groundsel.

Cold and Moist, it Purgeth Urine and Gravill.

51. *Carduus B. Marie* Lady Thistle.

Far more temperat; the Cardus good against the Jaundice, provokes Urine and breaks the stone.

52. *Cera*

52. *Carduus Benedictus* Cardus.

Hot and dry in the second degree, a great Clenser good to clem
the Stomack and Belly, resisteth Poyson, provokes Sweat.

53. *Cataria Nepela* Nep or Cat Mint.

The Verme is like Calamint, only Genteeler.

54. *Canda Epuina* Horse-tail.

Is of a Binding, Drying Quality, very good to stop bleeding
at the Nose or any other part,

55. *Caulis Brassica* Collworts.

They are Cool and binding in Quallity.

56. *Ceniaurium* Centauri.

They Purge the Liver and Spleen very well, good for green
Wounds and green Sickness.

57. *Centinodium* Knot Grase.

Cold in the second degree, binding stops any fluxes of the
Reines in Man or Woman.

58. *Cerefolium* Cherail.

Being taken inward provokes Lust in old People.

59. *Capea Anagalis Aquatica* Brook-Lime.

Hot and dry good for Scurvey and Maingy Horses.

60. *Ceterachus* Spleen-wort.

Good for Mellancholy People, and Purgeth the Reines

61. *Chamamelum* Garden Chamomel.

Helps Gripings in the Belly, and Purgeth the Reines.

62. *Chamadvis* Garmander.

It opens the Liver and spleen and provokes Terms.

63. *Cinara* &c. Artichokes.

They Provoke Lust and Purge Urine and Fluxes

64. *Cicuta* Hemlock.

Cold in the fourth degree, good in all hot humours outwardly ap
plied.

65. *Consolida Regalis Delphinum* Larks Heels

It resisteth Poysons and Venomous Beasts.

66. *Contonaria* Chaffweed.

Boyled in Iye it kills Nits in the head, smoked in a Pipe it
very good for old Coughs of the Lungs.

67. *Cruciata* Cross-wort.

Dry and binding good for wounds Inward or outward.

68. *Crassila* Orpine.

It is good for Bloody-fluxes being inwardly taken.

69. *Crythamus* Samphier.

It opens the Liver and Spleen, good for yellow Jaundice.

70. *Cianus* Blew-bottles.

It is good for broken Veins and inflammations.

71. *Dictamnus* Dittany of Crete.

It brings away dead Children, and hastens Birth.

72. *ErUCA* Rocker.

It greatly provokes Lust being taken inwardly.

73. *Euphrasia* Eybright.

A very comfortable Herb for the dim sighted Eye.

74. *Malabathrum* Indian leaf.

It Comforts the Stomack, helps Digestion and Appetite.

75. *Faniculum* Fennel.

Increaseth Milk in Nurses and Purgeth the Reines.

76. *Fragerica* Strawberry Leaves.

Cools Inflammations in the Lungs, inwardly taken.

77. *Fraxinus* Ash Tree Leaves.

Helps Rickets in Children and stoping of the Liver.

78. *Galega* Goats Rew.

Good against Pestilence, Feavers and the Falling Sickness.

79. *Galion* Ladys Bead Straw.
Dry and Binding, good to stop Blood and Fluxes.

80. *Genista* Broom.
It breaks the Stone, good in dropsies &c.

81. *Geraium* Doves Foot.
Good for Collick, Breaketh the Stone.

82. *Gratiola* Hedg Hyssop.
It Purgeth Phlegm and Dropsies very well.

83. *Hedera Arborea* Terrestries Ground Ivy
Helps Burning and Scalding and old Ulcers &c.

84. *Primula Veris* Cowslips.
The Leaves are good for pains in the Head and Joynts.

85. *Herba Paris* Herb Truelove.
Good for Aposthumes and Inflammations in the privities.

86. *Herba Venti* Anemone Windflower.
It helps to Milk in Nurfes, in Oyntment cures Leprosies.

87. *Helxine* Pellitory of the Wall.
A cool moist cleansing Herb good for Inflammations.

88. *Hippoglossum* Horsetongue.
It easeth hard Labour in women, and womens Purgations.

89. *Hippocistis* Alixander.
It purgeth Urine and brings away the after birth.

90. *Hysopus* Hyssop
Helps old Coughs and Distillations upon the Lungs.

91. *Hysciamus* &c. Henbane.
A cold Herb, not to be taken inwardly but in cooling Oyntment.

92. *Hypericon* St. Johns wort.
Good for spitting of Blood, or to cure fresh wounds.

93. *Inguinalis* After Sharewort.

It helps Inflammations in the Grine and Fundament.

94. *Isatis* Glaſtum Woad.

The Side being bathed with it eaſeth the pains of the Spleen.

95. *Lactuca* Lettice.

It provokes Sleep, and reſt Drunkenneſs and Heart burnings.

96. *Marvum* the Herb Maſtick.

Hot and dry in the Third degree ; good againſt Cramps.

97. *Mellilotus* Melilot.

Inwardly taken it purgeth the Urine and Reins.

98. *Meliſſa* Bawm.

A fine comfortable Herb for a cold Stomack.

99. *Mentha Sativa* Spear Mints

It is very good Herb for to ſtop Vomiting.

100. *Mentha Aquatica* Water Mints.

It eaſeth pains in the Belly and Reins.

101. *Mercurialis* Mercury.

It purgeth watery humours and further conception.

102. *Mezerion Spurg* Olive.

A dangerous Purge not fit for every one to meddle with.

103. *Millefolium* Yarrow.

A healing Herb in wounds, and ſtops Bleeding.

104. *Muscus* Moſs

Of the Oak is uſeful for ſtopping womens Fluxes.

105. *Myrtus* Myrtle tree.

The Leaves ſtop Vomiting and piſſing of Blood.

106. *Nasturtium Aquaticum* Water Crefs.

It cleaſeth the Blood, good for Scurvies and the Terms.

107. *Nicotiana* Tobacco.

A famous Herb in Oyatments for cold Gouty humours.

108 *Lavendula* Lavender.

Very good for Swimmings, Palsies and Coldness of Brain.

109 *Laureola*. Laurell.

It Purgeth upwards and downwards (I mean the Leaves.)

110. *Lentissens* Mastick Tree.

The Leaves and Bark stop Fluxes and spitting Blood.

111. *Lens Palustris* Ducks-meat.

It cools Inflammations and hot Swellings in any Part.

112. *Levisticum* Lovage.

It Clears the Sight, takes away Redness and Freckles.

113 *Linaria* Toad Flax.

It openeth the Liver and spleen, and Purgeth the Reins.

114. *Lingua Cericea* Harts Tongue.

It stops all manner of Fluxes in Man or Woman.

115. *Lupulus* Hops.

A Clensing Herb Purging the Liver and Spleen.

116. *Malva* Mallows.

A fine Cooling Herb good to assuage hot Swellings.

117. *Mandragora* Mandrakes.

Not fit for any inward use but in Cool Oyntments.

118. *Marubium* Whie Hore hound.

It is a very good Herb for the Lungs and Consumptions.

119. *Ophioglosson* Adderstongue.

A very good Herb for Bruises inward or outward.

120. *Origanum* Organy.

It helps old Coughs: in Oyntments it helps Itch.

121. *Persicorum folia* Peach leaves.

A fine gentle Purge for Choler and Flegme &c.

122. *Plantago* Plantain.

A very cooling Herb, good in all hot Gouts and Pains.

123. *Portu-*

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123. *Portulaca* Purslain.

It cools the Blood and Liver, stops Fluxes and Terms.

124. *Pulegium* Pennyroyal.

Provokes Urine and helps Virgins to their Purgations.

125. *Quercus* Oak leaves.

They stay the Whits in women and dry up old Ulcers.

126. *Rosmarinum* Rosemary.

It helps Stuffings in the Head, Palsies and Jaundice.

127. *Rumex* Docks.

Are of a cool and drying Nature ; stops Fluxes.

128. *Ruta* Rue or Herb of Grace.

It resisterh Poysons, kills Worms, good against Small-pox.

129. *Sabina* Savin.

It expells both Birth and after Birth and Terms.

130. *Salvia* Sage.

It strengthens the Senses, stops Vomiting, spitting Blood.

131. *Salix* Willow Leaves.

is very good in Fluxes and spitting of Blood.

132. *Sanicula* Sanicle.

It is very good to clens old Wounds and Ulcers.

133. *Saponaria* Sope Wort.

A Herb much used in the Disease called the French-Pox.

134. *Salvia* Savory.

A very good Herb to Expel Wind in the Body.

135. *Saxifraga* Saxafrag.

It breaks Wind helps the Collick and Stone.

136. *Scabiosa* Scabious.

A very clensing Herb to the brest and Lungs.

137. *Ser-*

137. *Serpillum* Mother Time.

It is a very good Herb to bring down Womens Terms.

138. *Salanum* Night Shade.

It is a very Cooling Herb in Oyntments outwardly,

139. *Soldanella* Bindweed.

It Purgeth Dropfies and all watery Humours.

140. *Sonchus* Sowthistle.

Good for Frenzies, Cools Heat of the Fundament.

141. *Tamariscus* Tamaris.

It is good for Rickets in Children, and very Hot,

142. *Thymum* Time.

It Clenseth the Brest, Lungs, Reins and Matrix.

143. *Trenitalis* Harts-Ease.

They are good for Falling-Sickneses &c.

144. *Verbascum*, *Thapsus*, *Barbatus* Mullin.

It stops Fluxes and the Hemorrhoides and Horses Coughs,

145. *Verbena* Vervain.

It is a very good remedy to cleanse after Child bearing.

146. *Violaria* Violet leaves.

A fine harmless Herb, inwardly or outwardly cooling.

147. *Vitis Binifera* the Vine Tree.

The Leaves are binding, cooling, stops Vomiting.

148. *Vincitoxicum* Swallowwort.

A Poultice made of the Herb cures womens Breasts.

149. *Urtica* Nettles.

They stop bleeding at the Nose, helps Pleurifies.

150. *Umbilicus Veneris* Navil Wort.

A cooling Herb, helps Kiby heels, Burnings and Scaldings any hot Swellings outwardly.

151. *Rosa Alba Rubra Damascena* White, Red, Damask-ro

White good for sore Eyes. Red cheareth the heart. Dye purgeth.

Diafcardium 106.

Take of Cinamon, Cassia lignea, of each half an ounce, Scordium an ounce: Dittany of Creet, Tormentil, Bistort, Galbanum, Gum Arabick, of each half an ounce: Opium one dram and a half: Sorrel Seeds one dram and a half: Gentian half an ounce; Bole-Armenick an ounce and an half; Earth of Lemons half an ounce; long Pepper, Ginger, of each two drams; clarified Honey two pound and an half; Sugar of Roses one pound; Canary Wine ten ounces: make them into an Electuary according to art.

It is a well composed Electuary, something appropriated to the Nature of women, for it provokes the terms, hastens their labour, helps their usual sickness at the time of their lying in, I know nothing better; it stops fluxes, mightily strengtheneth the heart and stomack; neither is so hot but it may safely be given to weak people; and besides provokes sleep. It may safely be given to young children ten grains at a time; ancient people may take a dram or more: It is given as an excellent cordial in such feavers as are accompanied with want of sleep.

Mithridate 106.

Take of Mirrh, Saffron, Agrick, Ginger, Cinnamon, Spicknard, Frankincense, Treacle, Mustard Seeds, of each ten drams; the Seeds of Hartwort, Opobalsamum, or Oyl of Nutmegs by expression, Schenanth, Stœchas, Costus, Galbanum, Turpentine long Pepper, Castorium, Juice of Hypocistis Styrax calamitis, Opopanax Indian leaf, or for want of it, Mace, of each one ounce: Cassia lignea, Poley mountain, white Pepper, Scordium, the Seeds of carrots of Creet, carpobalsamum or cubebs, Troch, cypheos, Bdelium, of each seven drams: Celtick, Spicknard, Gum Arabick, Macedonian Parsly Seeds, Opium cardamoms the less, Fenel Seeds, Gentian, red Rose Leaves, Dittany of Creet, of each five drams; Annis seeds, Asarabacca, Orris, Acorus, the greater Valerian, Sagapen, of each three drams: Meum Acacia, the bellies of Scinks, the tops of St. John's wort, of each two drams and an half; Mallego wine so much as is sufficient to dissolve the Juices
and

and Gums, clarified Honey the treble weight of all, the wine excepted: make them into an Electuary according to art.

It is good against poyson and such as have done themselves wrong by taking filthy Medicines; it provokes sweat, it helps continual watrings of the Stomack, ulcers in the body, consumptions, weakness of the limbs, rids the body of cold humours, and diseases coming of cold, it remedies cold infirmities of the brain, and stopping of the passage of the senses (*viz.* hearing, seeing, smelling, &c.) by cold, it expels wind, helps the chollick, provokes appetite to ones victuals, it helps ulcers in the bladder, if *Galen* say true; as also difficulty of Urine, it casts out the dead child, and helps such women as cannot conceive by reason of cold, it is an admirable remedy for melancholly, and all diseases of the body coming through cold, it would fill a whole sheet of Paper to reckon them all up particularly. You may take a scruple or half a dram in the morning, and follow your buisiness; two drams will make you sweat, yea one dram if your body be weak, for then two drams may be dangerous because of its heat.

Reader in my first sheet I told you the number of the Bones, being 302 according to the Latine Dictick, Thus Englished

If you 302 Bones chance to find
Few or none are left behind.

The Muscles are according to the Best Anatomists 270: And for the Veins and Arteries they so disagree in their judgments that I think it needless to trouble my self or thee with setting here the number it being Little Material, unless their Names and Places were given an account of which will be too long for this, and my design.

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