

Botanologia. The Brittish physician, or, The nature and vertues of English plants. Exactly describing such plants as grow naturally in our land, with their ... applications and vertues, physical and astrological uses, treated of, each plant appropriated to the several diseases they cure ... / [Robert Turner].

Contributors

Turner, Robert, active 1654-1665

Publication/Creation

London : Printed by R. Wood for Nath. Brook, 1664.

Persistent URL

<https://wellcomecollection.org/works/eh4tzm96>

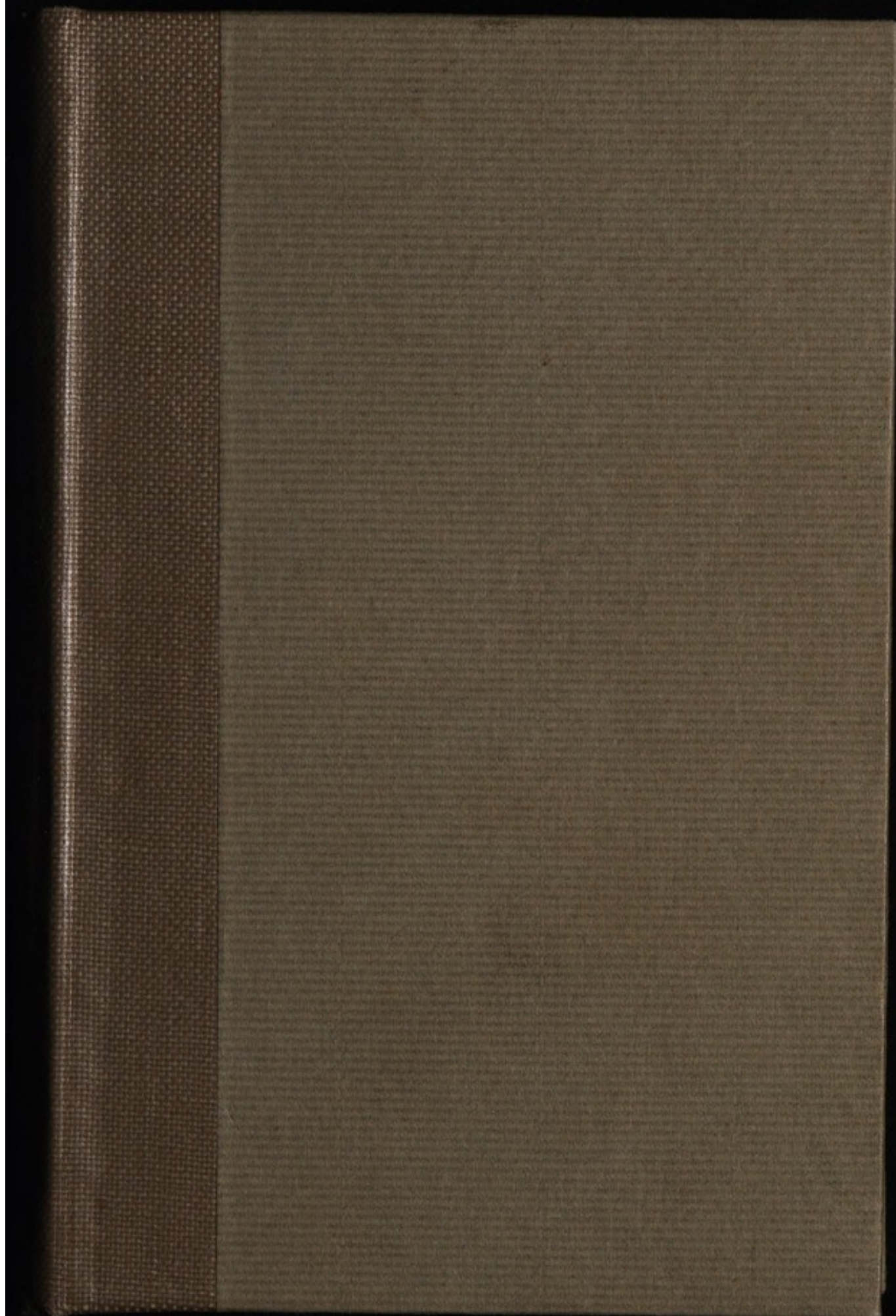
License and attribution

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

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



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



THE BRITISH PHYSICIAN.....R. TURNER 1664







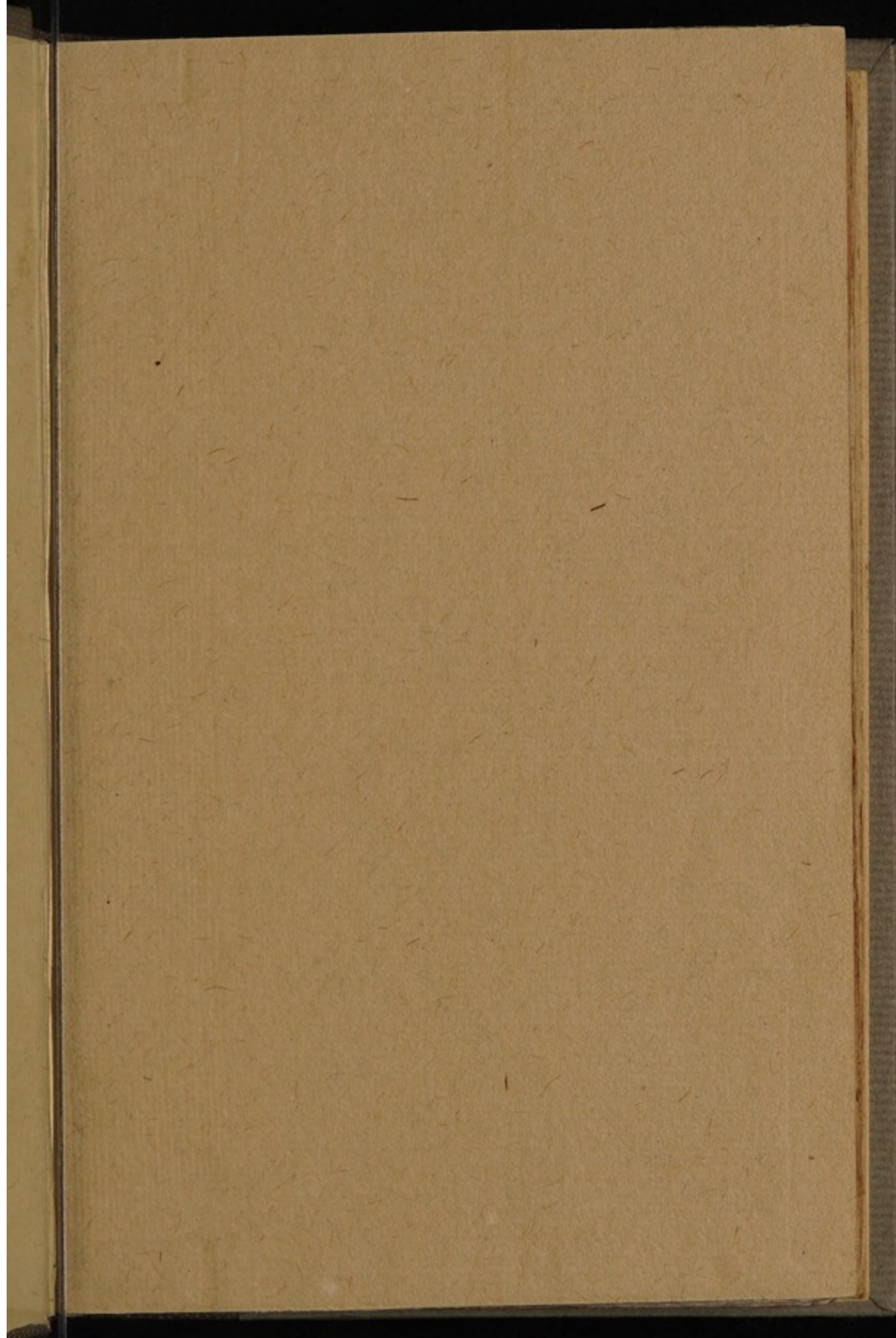
52258/A

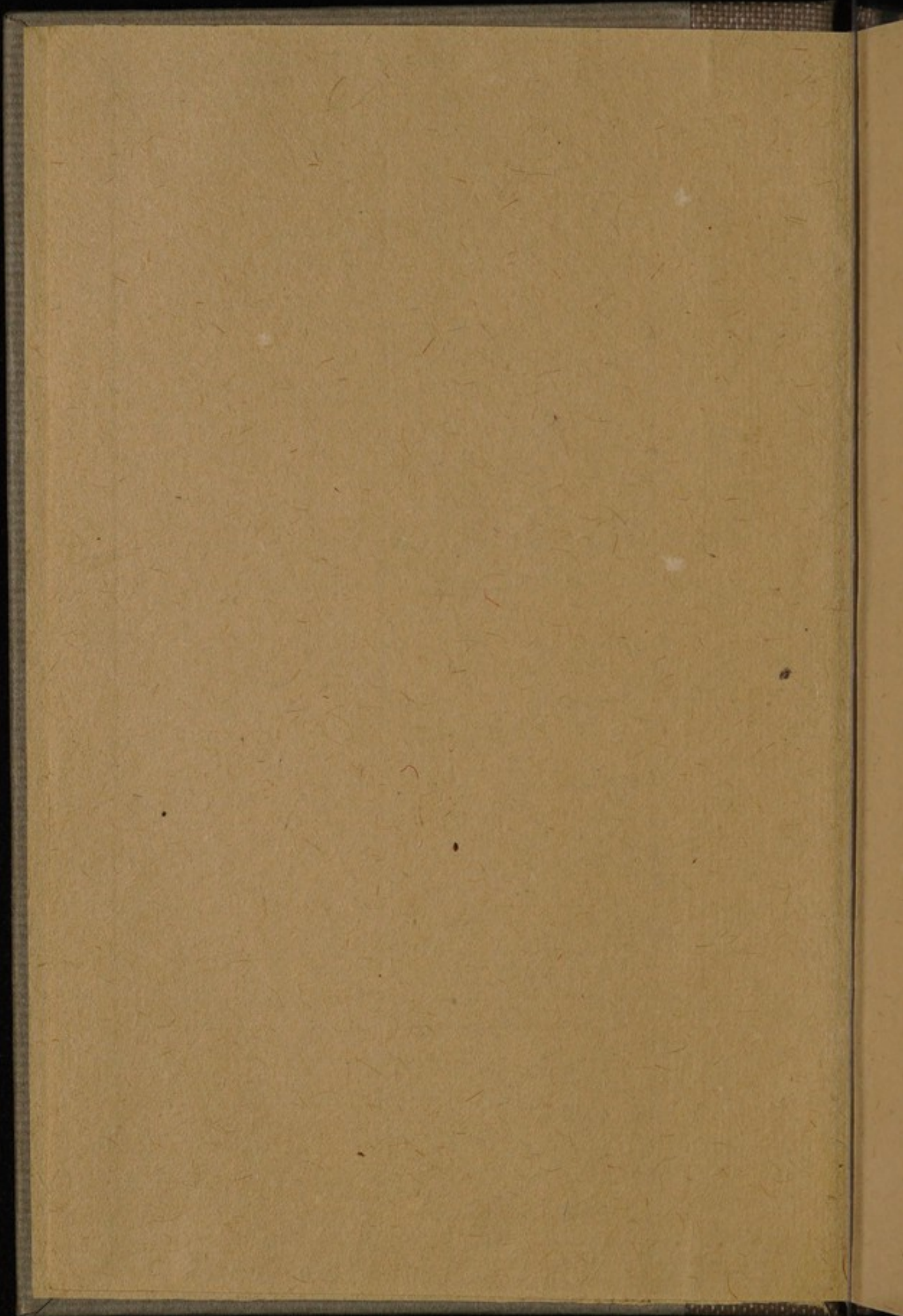
TURNER, R.

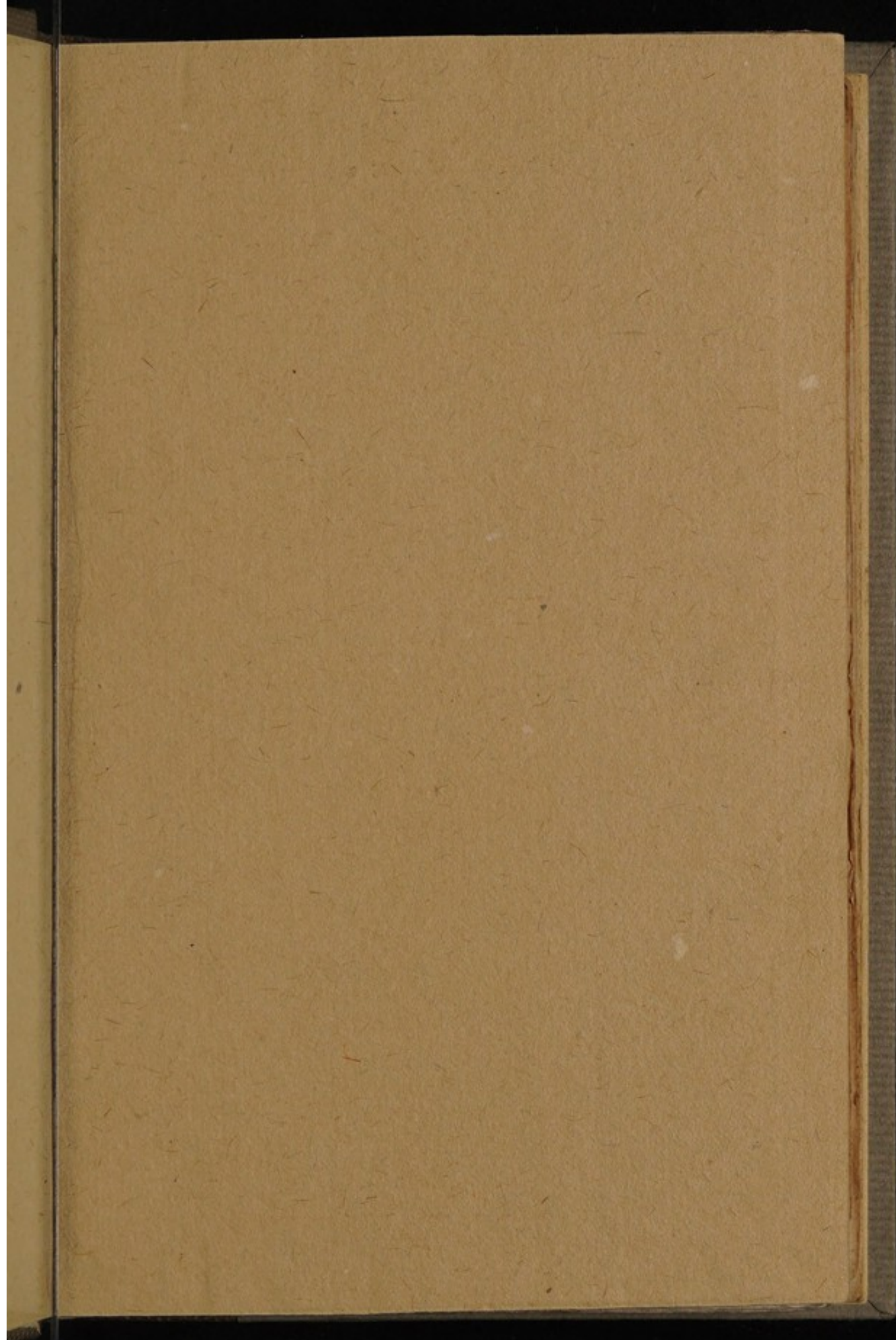
Wanting sigs. A₁ (front.),
G-1, G-8, N1-8, XI-Aa8

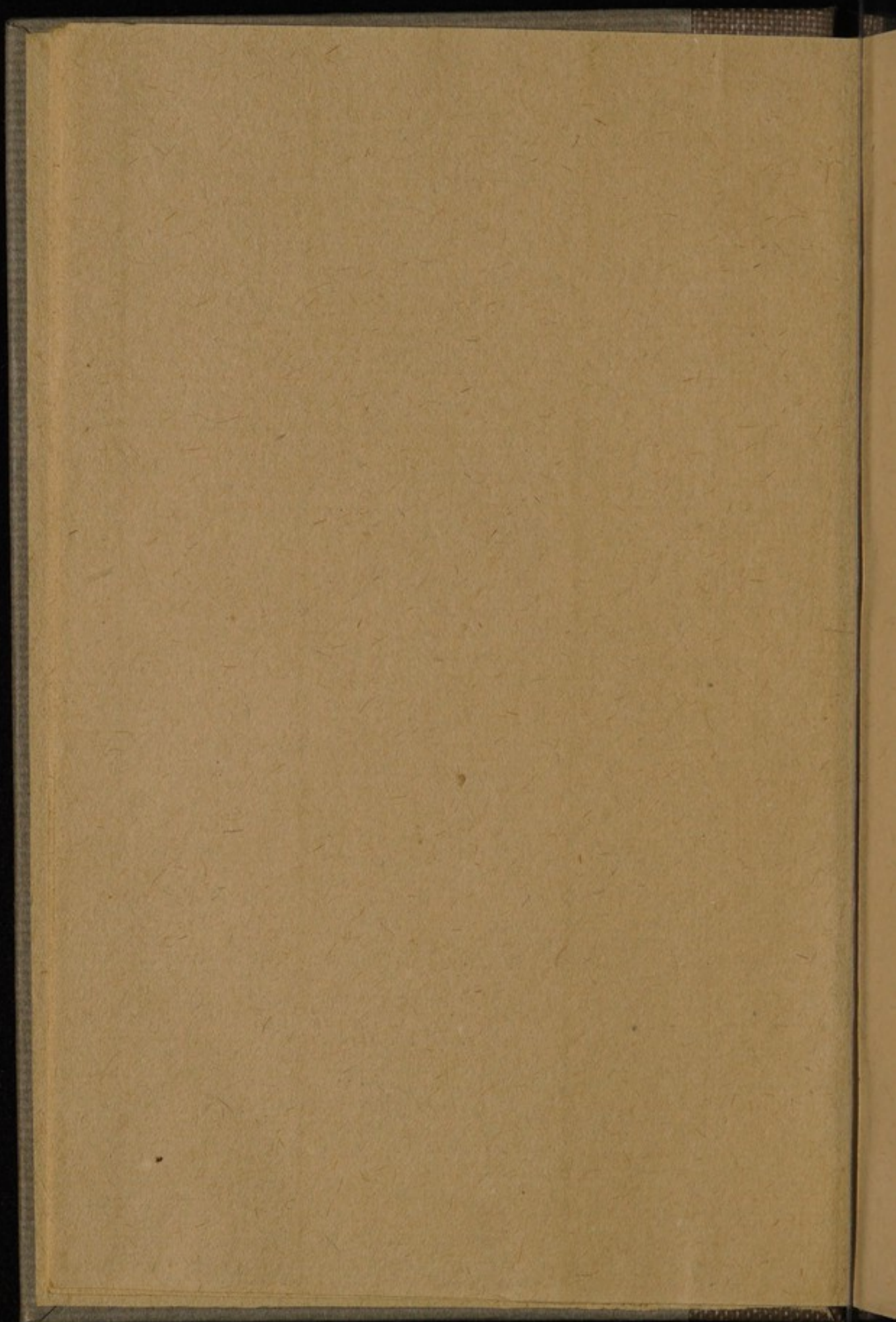
Wing T. 3328

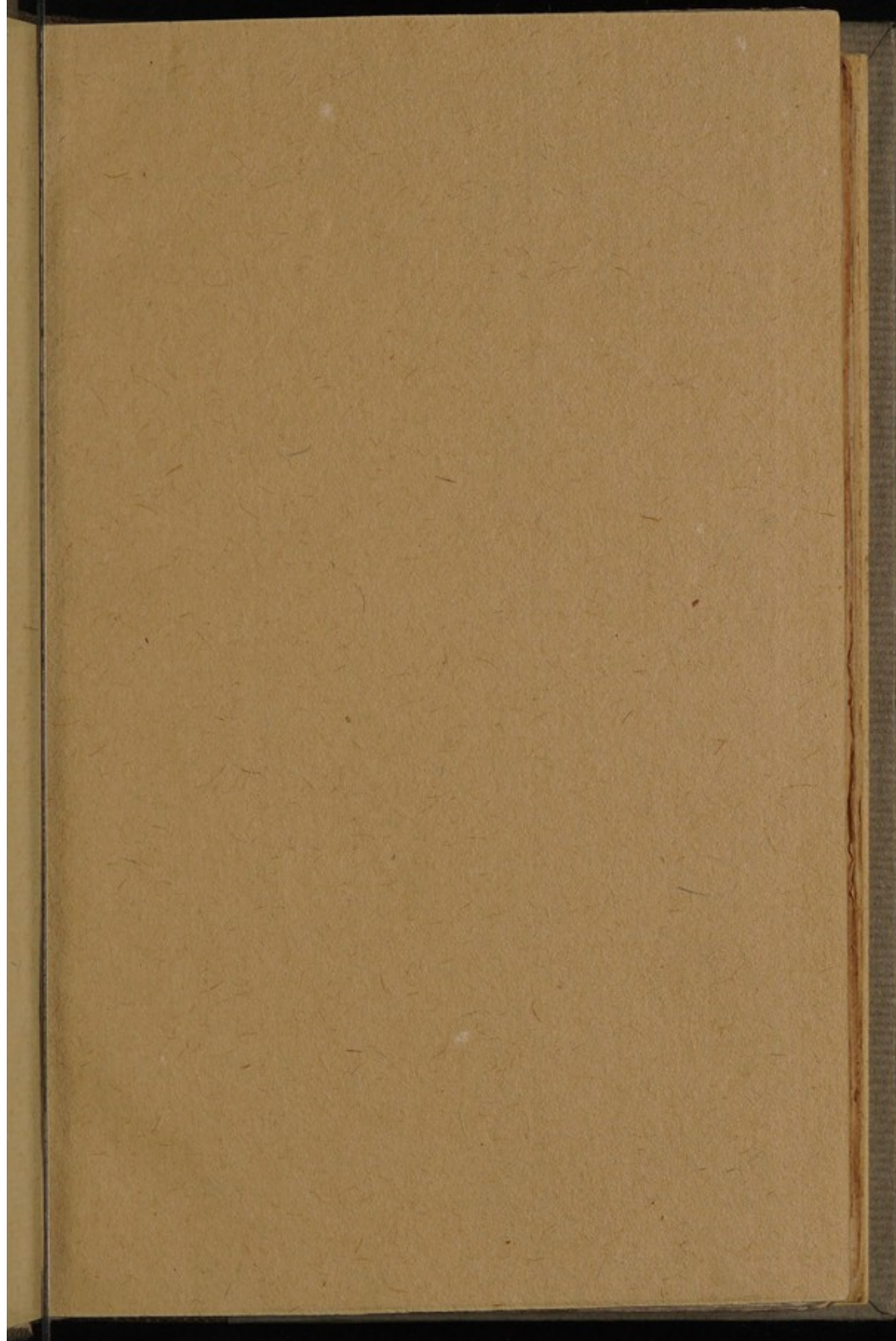
H4-S transposed

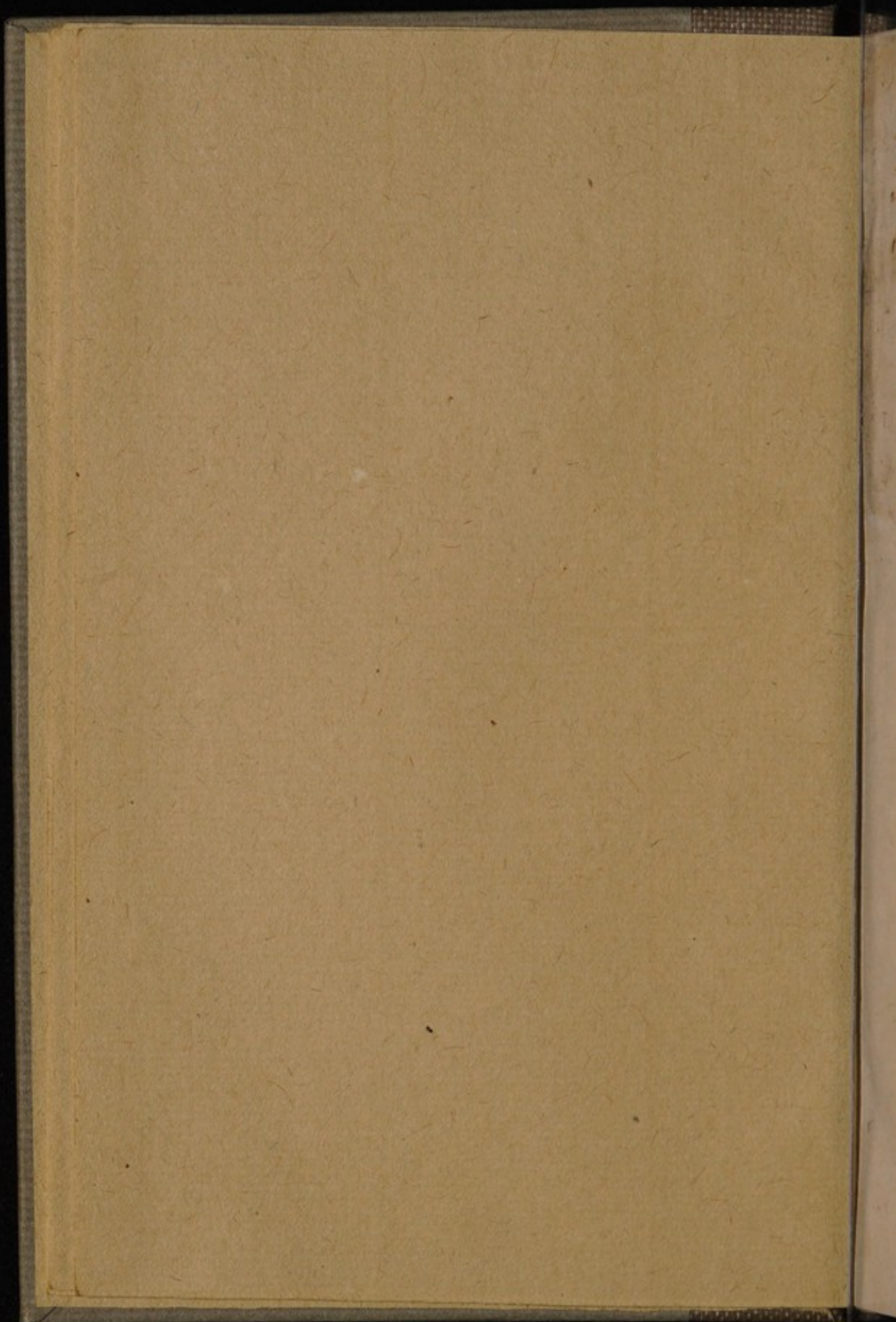






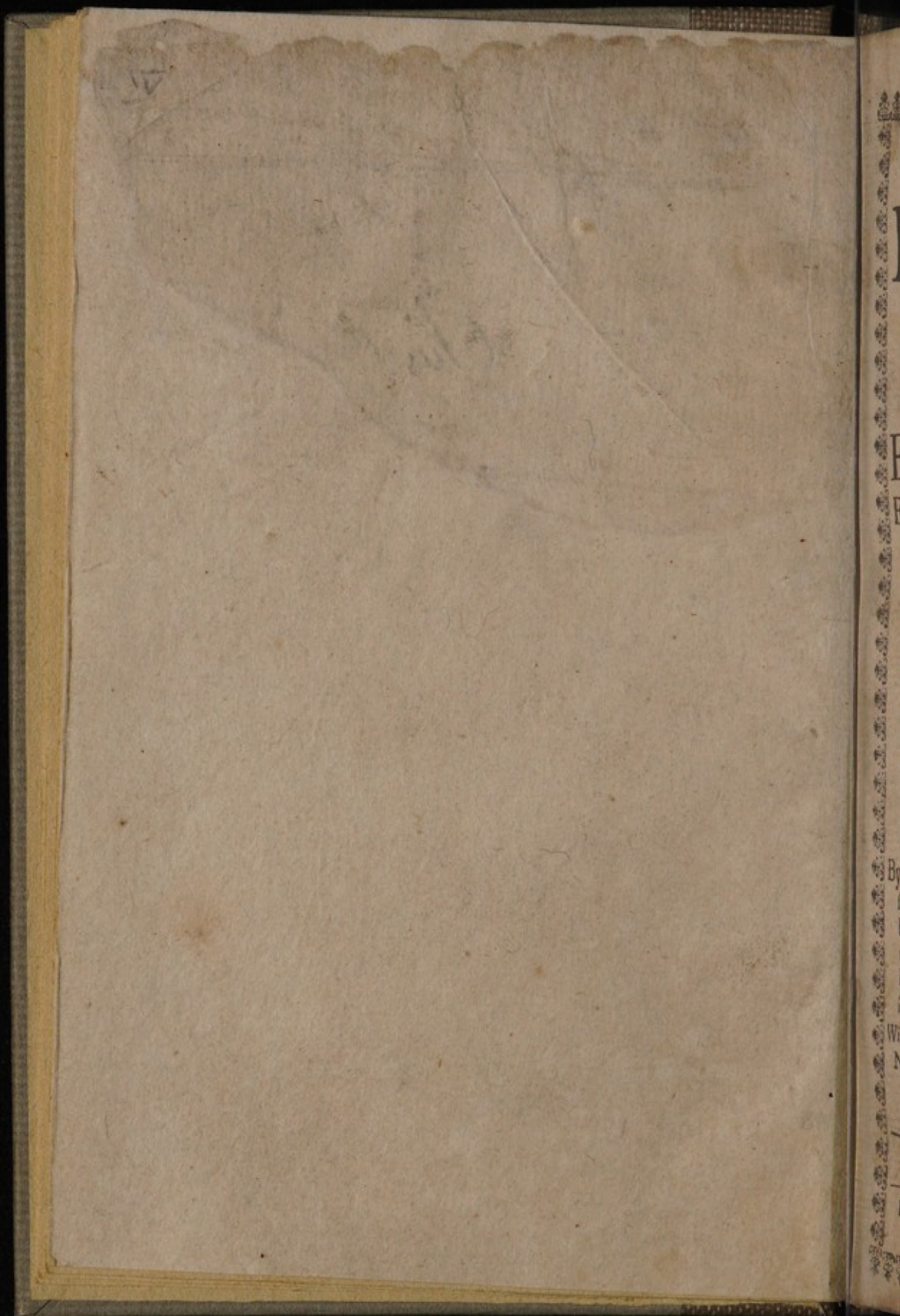






10
The main body of the manuscript is written on a single page of aged, yellowed paper. The text is written in a cursive script, likely from the 18th or 19th century. The handwriting is somewhat faded and the ink is brown. The text is written on a single page of aged, yellowed paper. The text is written in a cursive script, likely from the 18th or 19th century. The handwriting is somewhat faded and the ink is brown. The text is written on a single page of aged, yellowed paper. The text is written in a cursive script, likely from the 18th or 19th century. The handwriting is somewhat faded and the ink is brown.

Cha 14



BOTANOLOGIA.

THE

Brittish Physician:

OR,

The NATURE and VERTUES

OF

ENGLISH PLANTS.

Exactly describing such Plants as grow Naturally in our Land, with their several Names, Greek, Latine, or English, Natures, Places where they grow, Times when they flourish, and are most proper to be gathered; their degrees of Temperature, Applications and Vertues, Physical and Aströlogical Uses, treated of; each Plant appropriated to the several Diseases they cure, and directions for their Medicinal Uses, throughout the whole Body of Man; being most special helps for sudden Accidents, Acute and Chronick Distempers.

By means whereof People may gather their own Physick under every Hedge, or in their own Gardens, which may be most conducing to their Health, so that observing the direction in this Book, they may become their own Physicians: For what Climate soever is subject to any particular Disease, in the same Place there grows a Cure.

With two exact Tables, the one of the English and Latine Names of the Plants; the other of the Diseases, and Names of each Plant appropriated to the Diseases, with their Cures.

By ROBERT TURNER, Botanolog. Stud.

London, Printed by R. Wood for Nath. Brook, at the Angel in Cornhill. 1664.

43288



Viro optimo

Prudentiâ speciatissimo, omnique Virtu-
tum genere Cumulatissimo

Richardo Chawortho, Equiti Aurato,

Legum Doctori, (Nec non Reverendissimo
in Christo Patri Domino *Gilberto*, Pro-
videntiâ Divinâ, *Cantuar.* Archi-
Episcopo, totiusque *Angliæ* Pri-
mati & Metropolitano,

E T

Reverendo in Christo Patri *Hunfredo*, per-
missione Divinâ, *London.* Episcopo)

In Cancellarium merito ac ritè cooptato,

Hanc suam Botanologiam,

Robertus Turnerus

Summo suæ erga eum observantiæ indicio,
& utilitatis publicæ desiderio, Patro-
ciniique spe exoptatissimi, piè
submissèque

Dat, Dicat, Dedicat.



To the READER.

Reader,

THere are now some few Years over-
past since I last appeared publick
amongst you ; yet I cannot think my self
quite forgotten and obliterated out of
your Memories, or at least of some of
you, by whom I presume I have been of-
ten read, though not seen : Give me leave
after some silence to trouble you once
more ; and I doubt not after you have
well considered the subject, you will ea-
sily dispence with the trouble and pains I
give you ; finding that vanquished by the
pleasure and profit you will reap by it :
For if the Axiom be true, as undoubtedly
it is, that three things principally concurre
as the moving causes in the atchievement
of

5

To the Reader.

of every Action, viz. *Pleasure, Profit, and Honesty*, you will finde them all conspired together in the Enterprize of this Work : A Work perchance, which at first blush will be by some (especially by those of the *Romantique Physicians* Tribe) censured as superfluous ; and by others objected against as not copious enough for their thoughts, although too perfect and compleat for their practice : they may both easily be answered , and if they will soberly consider it, the Book it self sufficiently answers all objections may be made against it ; there being compendiously contained in it the compleat body of Medicinal Vegetables ; the several names both Latine, Greek, and English ; the degrees of Temperature, whereby their Nature and Faculties are known and distinguished of all such Herbs , Plants , Seeds , Fruits, and Roots as are useful in Physick, whether naturally growing in *England*, or common to be had at our Druggists and Apotheca-

6
To the Reader.

ries Shops : so that when I tell you the Vertues of Fruits or Drugs which grow in the East or West Indies, I do not bid you go thither and fetch them ; the more industrious Merchant hath saved you that labour, and brought them home to your Doors. And this hath not been exactly performed by any English Physician in such a Method before.

I have likewise set down to many Plants the Astral influence assigned unto them by Astrologers : those that are studious in that Science may soon acquaint themselves with the rest, which I have willingly omitted ; having to every Plant laid down the Degrees of the Temperature thereof, whereby the Nature, Vertue, or Danger thereof is easily known : and indeed he fell a great deal too short, that pretends he studied to finde a reason why such a Herb cured such a Disease, and concludes he found it in (the secondary Cause I grant) the Stars ; but if he would have added a little

To the Reader.

little Christianity to his study, it would have raised his Contemplation higher, and he would have found the true reason and primary Cause to have come from above the Stars, from him that gave the Stars their Vertues; and concluded with the same reason that the Heathen Poet did, touching the Creation of the World, and the Stars themselves,

Sic onus inclusum numero diffinxit eodem

Cura Dei. —————

Even so it seem'd to the Creator best.

Nevertheless let us give the Stars their due, and all the candid and ingenious Students and Contemplators of their Celestial Vertues and Influences; but let us not abuse them, and dishonour the Creator of all, as the spurious *Sigillators*, and *Talesmen*, or *Telesmemongers* do. Let us likewise be thankful unto Almighty God for those blessings he hath bestowed upon us, in enduing the Plants and Grasse of the Field with such salubrious Faculties for our health and preservation; but let us

not

To the Reader.

not offer Sacrifices unto them, and say Charms over them as the *Druids* of old, and other Heathens; and so do some Cacochemists, Medean Hags, and Sorcerers now adayes; who not contented with the lawful use of the Creatures, out of some Diabolical intention, search after the more *Magical* and occult Vertues of Herbs and Plants to accomplish some wicked ends; and for that very cause King *Hezekiah* fearing lest the Herbals of *Solomon* should come into prophane Hands caused them to be burned.

God hath imprinted upon the Plants, Herbs, and Flowers, as it were in Hieroglyphicks, the very signature of their Vertues; as the learned *Grollius* and others well observe: as, the Nutmeg being cut, resembles the Brain, the *Papaver Erraticum*, or red Poppey flower, resembleth at its bottom the settling of the Blood in the Plurisie; and how excellent is that flower in Diseases of the Plurisie and Surfeits,
hath

9

To the Reader.

hath sufficiently been experienced. In the *Heliotrope* and *Marigold*, Subjects may learn their duty to their Sovereign ; which his Sacred Majesty King *Charles* the First mentions in his Princely Meditations, walking in a Garden in the *Isle of Wight*, in the following Words, viz.

The Marigold observes the Sun

More then my Subjects me have done, &c.
Reader I shall not trouble you any longer without doors, but onely give you one advertisement by the way, and conclude. The Book, for the more ready finding any Plant you would look for in it, is composed according to the order of the Letters in the Alphabet ; and besides an Alphabetical Table of each Plant contained in the Book : Now because one Plant may have several appellations, when you look for any one in the Table in the page of the Book which you are directed to, perhaps you may not finde the same name in the Title of the Plant there treated of ; then
do

10

To the Reader.

do but cast your eye to the Names under the Description of the Plant you finde in that Page you are directed to, and there you will finde the Plant here described called by the same name you look for. I shall at present say no more, but wish this Book, and the Students therein happy success, and their desires both in pleasure and profit; subscribing my self

*Christopher Alley in St.
Martins le Grand,
London. 23. March,
1663.*

Reader,

Your devoted
Friend,

Robert Turner.

To

*To his Esteemed Friend Mr. Robert Turner,
on this his Excellent and Useful Treatise,
entituled, BOTANOLOGIA.*

OUr Age hath been with Books so fully Blest,
And Arts and Learning have advanc'd their Crest
So high therein; a Thousand Years before
Hath not produc'd [in English] Equal Store:
And should we judge of th' Study, Brain, or Wit,
Fancy, and whatsoe're appends to it,
Of Former Times, and these our Present Dayes,
And to the best deserving give the Bayes;
Antiquity must strike its sail, and say,
This Age Arts truest Honour doth enjoy!

The Muses Sons here purchase all anew,
Their Trebled-trials vouch their Studies true:
No Antick Crutches yields Support to them;
Their Grandfires Knowledge gives no Diadem!
As Poets, so an Herbarist, is Born;
Without Celestial Succour, he's a Scorn:
Not all the Acquisitions Schools can lend,
Will make True Science a poor Mortal's Friend!
Yet where both Art and Nature do unite,
In one Physician; — He's the onely Wight!

And thus 'tis here: — Our Author hath for Friend,
Not onely Learning; which doth aptly lend
Wings to Industry: — But Nature too,
Hath given him Stars, Great Things in Arts to do.

In's Book he hath a Method plain devis'd,
All parts of it, so curiously compriz'd;
That Vulgar men, which have but skill to read,
May be their own Physicians at need:
The better sort are hereby taught, how all
Things springing from Earths Bowels, safely shall
By Love or † Hatred, [as the Stars dispose] † Sympathy &
Each Sickness cure, that in the Body grows. Antipathy.

Learned Physicians, (whose better hands
And Brains are subject unto Fates Commands)
Who have the Fortune, [maugre all their skill]
As many Patients, for to suffer ill;
As (ever) finde a Cure! — Let them but look
With serious Aspect o're this Learned Book;
They'l finde the Cause of their Unhappiness,
And unto safer means themselves Address.

Let's then the Author thank, who thus imparts
(For publick good) these secret useful Arts:
And when we Read him, wish All Men as free,
As Learn'd and Able (that shall write) as He.

John Gadbury, Φιλομαθηματικὸς.

Ad Lectorem in laudem Operis, & Authoris ΕΞΕΤΙΧΘΕΝ.

Consere nunc Hortum Lector tibi candide latum,
Unde egrotantem tu medicare queas.

Turneroque tuo grates persolve, quod Herbas
Expertus, quicquid profuit arte canat.

Perge igitur Turnere, tuum nomenque per Orbem
Sparge Libris, raras pande salutis opes.

Jo. Bo. Βουπολάτης.

13

*To the Author upon his useful and excellent BOTANO-
LOGIA, or, The Brittish Phyfician.*

FOR th' Sea-encompast *Little World* [our *Isle*]
A flowery Wreath your fragrant Leaves compile ;
Her secret (and reserved) worth you fing,
The precious Herbs o'th' odoriferous Spring,
Prove *Antick dayes*, had reason good to stile
(Long fince) *Britannia*, the *Happy Isle*.

I once admir'd, yet wonder now no more,
Old *Rome's* ambitious *Eagles* storm'd our Shore ;
That *Picts* from Mountains periwigg'd with Snow,
Infest a Region where fuch *Simples* grow ;
That treacherous *Saxons* sack what *Picts* did fpare,
And from *Sea-Rovers* turn our Land to fhare ;
That the encroaching irreligious *Dane*
Shov'd the ufurping *Saxon* down again ;
That the audacious *Norman* did lay down
A meaner *Ducall* for a *Regall Crown*.

Let not tann'd *Africk* boast fhe Wealth doth hide,
Nor swelling *Asia*, [the firft Nurse of Pride]
Nor the yet-barbarous *New World* Roots unfold,
Weeds and Difeaſes to confound the *Old* ;
Our *World* (our *Isle* but fearcht) affordeth ftore
'Gainft moſt of *Natures* foes. If we need more,
You fhew the Vertue ; you the worth commend
Of *Drugs* foft *Asia*, *Drugs* ſcorcht *Africk* fend ;
Drugs our politer *Europe*, *Drugs* that home
From that great *Monarch*, remote Nations come ;
From ſome of whom kinde *Phæbus* goes not down,
But's never difcontinued Rayes do crown.

March 10.
1663.

William Smith, late of
Clare-Hall, Cambr.



To my truly Ingenious Friend Mr. Robert
Turner, upon his well accomplished Bo-
tanologia ; or, The Brittish Physician.

THat rude seditious *Quack* (who sought to raise
A Monument to himself, a lasting praise
In that licentious *Time*, by wronging those
With his illiterate filthy *Nonsense*, whose
Substantial, Solid, and deserving worth,
His *Dirt* made with more splendor issue forth)
You scorn to *Ape* ; nor mention of him make,
But when reforming of some *Grand Mistake*.
How are we all engag'd ! th' *Apothecary*,
Surgeon, *Physician*, hath his *short Library*
Included in this Book : your worthy pains
Miss not one *Herb*, that *Flora* on the *Plains*,
When she her verdant *Mantle* spreads, doth show ;
What *Star* doth govern each is told by you.
Then lets conclude in *you*, and *you* alone
Compriz'd are *Gerrard* and old *Perkinson*.

March 8th.
1663

Barthol. Goodrick,
M. Licent.

The



THE
Brittish Physician :
 OR,
 The Vertues of English Plants.

Adders Tongue. Ophioglossum.

THis Hérb ariseth out of the ground with one leaf, much like a Water-plantain Leaf, being of an oyley substance, and a little more then half a finger long: at the bottom of the leaf sprouts forth a tender stalk about three inches long, and at the top thereof grows a little speer like a snakes tongue: sometimes, but very seldom, there springeth forth two or three crooked stings, or tongues, like the rest; but this latter sort is seldom found.

Place. It groweth in moist low grounds and Meadows in many places of England: as in the Meadows of Holsot in Hampshire, and near Colbrooke, and many other places.

Time. It springeth in April, flourisheth in May, is gone quite in June, or July, at the furthest.

Names. It is called in Latine, Ophyoglossum, Lingua Serpentina;

pentis, Linquoce Lingualace, Lancea Christi, Enephillon, & Lingua vulneraria. In English, Adders tongue, Serpents tongue, and of some, Adders grass; in Dutch Natertonguen; in high Dutch Nater-zungelin.

Temperature and Vertues.] Adders Tongue is hot and dry in the third degree, a Herb of the Sun in Aries: It is an excellent wound Herb, and thereof may be made an excellent Balsome for green wounds after this manner: take the leaves of the Herb and pound them in a stone Mortar, till they are sufficiently bruised and macerated, then boil them in a sufficient quantity of oyl Olive, till the herbs be dry, afterwards strain it, and reserve it for the purpose aforesaid, as a precious Medecine. The green Herb bruised, or the juyce thereof applyed to any green wound at the time of the year when it may be had, worketh the same effects.

Agrimony. Eupatoria.

Descri-
ption. **O**F this Plant there be two kindes, the field or wood Agrimony, and bastard or water Agrimony, called also water-hemp. Wood Agrimony groweth up with a long and hairy stalk, the leaves green above, and grayish underneath, parted into divers other small leaves, and jagged about the edges: the flowers are small and yellow, growing one above another towards the top of the stalk, the seeds are somewhat long and rough, it hath a large blackish root.

Place and Time.] It grows frequently in Hedge-rows of Corn Fields, and by high-way sides, and in Woods and Copses; in the fields and Woods near Rochester, and towards Dulwich in Surry, you may gather loads of it; about July it is in its prime, the seed is ripe towards the latter end of Summer: you may gather the herb any time the year.

Names.] It is called in Greek *εὐπατόριον*, in L he

Eupatorium and Eupatoria, in Italian and Spanish Agrimonia. The Germans call it Odermeng Bruckwurtz. The Low Dutch, French, and English call it Agrimony and Egrimony.

Nature and Vertues.] Agrimony is an Herb of Jupiter, and is of temperature moderately hot and dry, having a fine binding quality; it removes obstructions of the Liver, and strengthens the same, and therefore is profitable in dyet drinks for naughty Livers and Consumptions: the decoction thereof is good for infirmities of the Kidneys, and for such as piss blood by any inward bruise; as experience hath taught me. The leaves made into an unguent with Hogs Lard, healeth and closeth up Ulcers; and the herb or seed boiled in Wine helps Fluxes which proceed from weakness of the Liver, especially if you boil a little Scabious with it.

Water Agrimony. Eupatorium

Descri-
ption.] It hath stalks of a dark purple colour, a foot and a half high, sometimes higher, the leaves jagged like the other; it hath many branches upon a stalk, the flowers grow at the top of a dark yellow colour.

Place and Time.] It grows almost in every Ditch, it flowers about the middle of Summer, the leaves and stalks wither in Winter. The Latines call it, Eupatorium Cannabium, and Hepatorium, because it's good for the Liver: It's called in English Water-hemp, Bastard and Water Agrimony.

Nature and Vertues.] This Plant is hot and dry in the second degree, and of a bitter taste, it hath a scouring opening quality, it cleanses the blood, and attenuates gross humors, purging them by Urine.

Agarick. Vide Larch tree.

Ague-tree. Vide Sassafras.

Agnus, or, the Chaste-tree.

Descri-ption. **T**His Plant groweth up somewhat higher then a Shrub, having many dark coloured branches, being very flexible like Willow; the leaves are long and narrow, somewhat smaller then Willow leaves, and jagged like those of hemp. The flowers are of a white colour, and grow in spikes on the tops of the Branches: the seeds are round, almost like pepper, having also a biting taste.

Place and Time. It grows in moist grounds, and by waters sides in hot Countreys; as in *Spain*, and *Italy*, and other hot Countreys: the seeds are brought hither, and sold by our Druggists and Apothecaries.

Temperature and Vertues. It is reputed by Authours to be hot and dry in the third degree, of a subtle essence, and of a sharp astringent quality. This Herb hath a great antipathy to Venus, and by its nature must needs be judged to be under the dominion of Mars in Capricorn; for the seeds of Agnus taken in any manner do dry up the natural seed, and restrain all venereal motions; and yet it is of the temperature of Pepper which incites thereunto.

A Pultis being made of the leaves of Agnus Castus, and Vine leaves stamped together with Butter, and applyed to the Cods, dissolveth and asswageth the hard swelling thereof.

The seeds being parched, or fryed, and eaten, dissolve winde, and being taken with penny-royal in powder in wine, it's effectual against the Dropsie, and Spleen, and provokes Urine, and resists the poisons of venomous Beasts: An Oyntment may be made therewith to heat and mollifie benumbed Members. Being used with honey, it's good for sores of the mouth and throat; it takes away freckles being used with Niter and Vinegar.

The hot fumes of the decoction of the leaves and seeds is good

Good for women to sit over who are subject to fits of the Mother, or troubled with inflammations in their privy parts. And a pultis made therewith easeth pains of the head, and being mixed with oyl and vinegar, it is effectual against the Frenzy and Lethargy.

Alecoast, Maudlyn, or Costmary.

Costus hortorum.

The kindes and Description. **T**Here are found six sorts of this herb, three whereof are common to us, viz. Ale-coast, or Cost-mary, common Maudlin, and white Maudlyn.

Place and Time.] Alecoast is a sweet herb, having pale long green leaves, jagged finely about the edges, the flowers are yellow, the seeds small, flat, and long: it grows plentifully in our Gardens, and I think is known to most housewives, it flowers about July.

Names.] The first is called in Latine *Costus hortorum*, *Balsamita major*, or *Mas*, *Mentha Græca*, *Saracenica officinarum*, *Salvia Romana*, *Herba lassulata*, *Herba Sanctæ Mariæ*. In English Costmary and Alecoast. And Maudlyn is called in Latine *Costus hortorum minor*, and in Greek *Ανίσχυρον*.

Temperature and Vertues.] Alecoast and Maudlyn are both of a nature hot and dry in the second degree, and qualified by Jupiter to help cold and weak Livers; for which purpose it's a singular herb; or to be used in Ale, it will make it drink both pleasant to the taste, and far exceeding Coffee and Chocolate for health.

It may also be used in an Electuary for the purposes aforesaid; it opens obstructions of the Breast, Liver, Spleen, Kidneyes, and Bladder, provokes Urine, womens courses, expells Choller and Phlegm: a Conserve made thereof helps Defluxions of Rheumes, flowing from the brain. The decoction of the

flowers kills Lice in the head, and cures Scabs therein, they being washed therewith.

It helps also the Rickets and worms in Children, strengthens the stomach, and staves vomiting, and is good for them that have eaten Hemlock, or the like.

Alehoof, or Ground-Ivy. Hedera terrestris.

Descri- **T**His Plant creeps along upon the ground, **ption.** having a round leaf dented about the edges of a dark green colour, the flowers are hollow and long, of a blueish purple colour, the root small and fibrous.

Place and Time.] It grows almost under every hedge, and also under house sides; it flowers betimes in the year, the leaves are to be found usually all the Winter.

Names.] In the Countrey, especially in Hampshire, it's generally known by the name of Hay-hoe, and Gill-goby-ground; it is also called Ale-hoof, Ground-ivy, and in Latine *Hedera Terrestris*.

Temperature and Vertues.] It hath an opening cleansing quality, of temperature hot and dry, in taste bitter. Culpepper ascribes it to Venus, I rather judge it to be Solar. The Countrey people often make use of it to sweeten and cleanse musty Bottles, by filling them with the decoction thereof; it's a singular herb for the Eyes. The juyce thereof with the juyces of Celandine and Daisies being clarified, and some fine Sugar dissolved therein, helps the Pin and Web, Filmes, watering and redness of the Eyes: it's likewise a good wound Herb, helps Ulcers of the Lungs, and expells windy and cholerick humours, Venome, and the Plague: It opens obstructions of the Gall, Liver, and Spleen, and therefore is good for the yellow Jaundies, it provokes Urine and womens tearms. The decoction of the herb in wine being taken, gives ease in the pains of the Gout and Sciatica, and by adding thereto some honey, and a little burnt allome, it's excellent for to gargle sore mouths

mouths and throats, and also to wash foul Ulcers of the privy parts; and the juyce thereof used with honey and verdigrease, cleanseth Ulcers, and stayeth their spreading, and cureth the Itch and Scabs, or other breakings out: it is sometimes used as a partner with hops in drink, and in dyet drinks I have found it effectual for the Lungs.

All-heal. Panax Herculeum.

Description, I Shall forbear much description hereof, **Names.** because it is not growing with us in England, unless it be in Gardens; it hath many large rough leaves growing upon one foot-stalk, of a hot biting taste; it yields a yellowish juyce called *Opponax*, which is to be had at our shops: it is called by some Hercules Woundwort, and All-heale, and in Latine *Panax Herculeum*.

Place and Time. It grows in *America*; and in some places of *Italy*; it flowers and feeds in the latter part of Summer.

Temperature and Vertues. The Gum called *Opopanax* is hot and dry, hot in the third degree, and dry in the second; it is effectual, being taken with Wine, against the sores of the bladder, and Strangury; it purgeth tough slegm, and is profitable against an old Cough, and difficulty of breathing; helps also windiness, Convulsion, Cramps, and the Gout, expells womens Courses; is good against the Dropsie, and the biting of venomous creatures; it dissolves congealed Blood, caused by falls and bruises; it is good to stop hollow teeth, and the decoction thereof in Vinegar easeth pains of the teeth, the mouth being washed therewith; it's also effectual to be applied in plaisters against the Kings Evil, and hard swellings, as also to Boils, and other sores.

Alexanders. Hipposelinum.

Description, and Names, and Place. **T**His Herb is generally known in most Gardens, the leaves are of a dark green, and much jagged about the edges, and of a hot bitter taste, the flowers white, the seeds black and streaked; it is called in Latine *Hypposelinum*, and *olus Atrum*, in English, *Alexanders*.

Time.] It flowers in June and July, and the seed is ripe in August.

Temperature and Vertues.] It is hot and dry in the third degree, of a cleansing quality, and therefore is frequently used in broth in Spring time to cleanse and rarifie the blood: the roots stewed in the Spring time cleanse the Stomach from slimy humors, it opens obstructions of the Liver and Spleen, and for that purpose, and to help a weak stomach, the roots are a good Sauce being pickled: the seeds given in white wine, powerfully drives down the Courses, and expells the after birth, it likewise provokes Urine, breaks Winde, and helps the Strangury: The dose of it in powder is from one Scruple to two Scruples; it is very good also for the Chollick,

Black Alder-Tree. Alnus nigra.

Description, and Names. **T**His groweth up like a small shrub, or bush, and spreads into many branches; the wood is white and red at the Core, the bark blackish, with white spots, the inner bark yellow, the leaves somewhat like the common Alder, the flowers are white, and come forth at the joynts with the leaves, the berries are round, first green, then red and black when they be ripe. The Latines call it *Frangula*, and *Alnus nigra baccifera*; in Hampshire we usually know it by the name of *Dogwood*.

Place and Time.] It grows commonly in moist Woods, and boggy places, as in a Wood called *Dane-Moor* in

Hamp-

Hampshire : it flowers in May, the berries are ripe towards Michaelmas.

Temperature and Vertues.] It's of a purging dry quality, and the inner bark thereof being steeped in Wine and drunk, is a strong vomit, and cleanses the stomach, it purges also hydropick humors, and a decoction thereof made together with Agrimony, Wormwood, Dodder, Hops, and some of the five opening roots, and drunk every morning, cures the Dropsie and Jaundies : The bark ought to be dried before it be used, and being boiled in Vinegar, it's a good remedy to kill lice and cure scabs and itch. Some write that the leaves are good fodder for Cattle, to cause them to give good store of milk, but I could never see any Cow that would eat them.

Alleluiah, Vide Wood-sorrel.

Almond-Tree. Amigdalum.

Description, **O**F this tree there be two kinds, the and Names. one bears fruit sweet, the other bitter, they grow bigger then any Peach tree : I have seen a bitter Almond-tree in Hampshire as big as a great Plum-tree, it hath leaves much like Peach-leaves, it is called in Latine Amigdalum ; they grow plentifully in Turkey and Barbary.

Nature and Vertues.] The sweet Almonds are hot and moist in the first degree, the bitter dry in the second ; it is a Plant of Jupiter : the sweet Almonds nourish the body and increase seed, they strengthen the Breath, cleanse the Kidneyes, and open the passages of Urine. There is a fine pleasant oyl drawn out of the sweet Almonds, which being taken with Sugar-candy is excellent against dry Coughs and hoarseness, it is good for those that have any inward sore, and for such who are troubled with the Stone, because it makes slippery the passages of the Urine. Bitter Almonds also opens obstructions of the Liver and Spleen, cleanseth the Lungs from Phlegm, and

provokes Urine; they expel Winde, and provokes womens Courses, the oyl of them kills worms, and helps pains of the Womb. Some write that the bitter Almonds preserve from drunkenness, five or six being eaten fasting; the oyl of both cleanse the skin, it easeth pains of the head, the temples being anointed therewith; and the oyl with honey, powder of liquorish, oyl of roses, and white wax, makes a good oynment to help dimness of sight.

Alkekengi, or Winter-Cherries.

Descri- **T**His Plant groweth up with a stalk about two
ption. foot high, the leaves are of a dark green; at the joynts the stalks shoot forth whitish flowers, and afterwards green berries which grow in a little thin skin, much like a purse or bladder; the berries when they are ripe are red much like a cherry, the seeds are flat and yellowish, and are contained in the Cherries.

Names, Place, and Time.] Some have taken this plant for a kinde of Nightshade, and therefore call it *Solanum*: it is generally called in shops *Alkekengi*, and winter Cherries; it grows onely in Gardens, flowers in August, and the fruit is ripe in October.

Temperature and Vertues.] It is an herb of Saturn, cold and dry, the leaves cool, and the fruit openeth; the distilled water of the fruit, or leaves, or both together, is good to be drunk morning and evening with a little milk against the heat of the Urine, and therefore is effectual in virulent Gonorrhea's; it cleanseth foul Ulcers in the reins and bladder, dissolves the stone in the reins, kidneyes, and bladder, opens the uritory passages, and provokes Urine, and helps those that make foul or bloudy Urine, the decoction of the fruit being taken in wine or water; it likewise opens the liver and gall, and therefore is good for the yellow Jaundies.

An-

Angelica.

Descri-ption. There is both garden Angelica, and wilde Angelica, some also reckon up a water kinde; it groweth up with great hollow stalks four or five foot high, having broad divided leaves of a pale green colour, at the top cometh forth large umbells of white flowers; after which succeedeth flat round seeds, somewhat whitish, the root perisheth every year, if it be suffered to seed, not else.

Names, Place, and Time. It's common name with us both for Latine and English is Angelica, it grows common in our Gardens, and wilde likewise in many places, flowers about July, and the seed is ripe soon after.

Temperature and Vertues. It is an herb of the Sun, hot and dry almost to the third degree, it opens and digesteth; it is a great cordial for the heart, in defending it from poison; a dram thereof in powder being taken in the distilled water of the same plant, and sweat upon it, it heats and comforts the Blood and Spirits, and is good against the Plague, Pestilence, and other infections: the root being taken green, helps such as are troubled with stuffings in their Stomack, it also abates lust; the water thereof, and some of the root in powder helps cold and winde, the Collick and Strangury, Coughs, Ptisick, and other diseases of the Lungs and Breast; it provokes womens Courses, and helps to expell the after-birth, it likewise provokes Urine, and helps the Chollick and Strangury: The decoction helps inward bruises, discusseth congealed blood, it helps digestion, is an excellent remedy for a Surfeit. The decoction helps an Ague at two or three times taking, if it be drunk and sweat upon before the fit comes. The roots being taken in powder, and made into a plaister with a little pitch, helps the bitings of venomous creatures and mad dogs; the water or juyce being dropped into the eyes and ears, helps dimness of sight and deafness.

The

The Apple-Tree. Pomus.

IT is needless to describe the Apple trees, nor reckon up their several kindes, many sorts of them being generally known to almost every boy, and is out of my purpose here; many of them are early ripe in Summer, others more late towards Winter, which are most durable to keep; some of them are sweet, fragrant, and odoriferous, others more sharp.

The Names.] The tree is called in Latine, *Pomus* and *malus*, the fruit *Pomum* and *malum*. The English name you have already.

Places and Time.] They grow wilde in the hedge rows and Woods in many places of this Land, but the best are manured in Orchards; they flower in April, the fruit of the latest is ripe in October, which is the John Apple.

Temperature, and Vertues.] There is a great difference in Apples, in regard there are both sweet, sowre, and bitter, they are generally held to be cold and moist, but the sweet and bitter do somewhat incline to heat; but to omit the general use which is made of Apples both in City and Countrey, they are effectual in hot diseases, cooling the stomach and heart. The Apple called a Pomewater being roasted, and the pulp labour'd in fair water, till it be like that we call Lambs-wool, and drunk going to bed, helpeth such as are troubled with an involuntary passage of the seed, either in dreams or otherwise; and is also effectual for such as piss by drops. Rotten apples are good to be applyed to the eyes which are blood-shotten, or bruised by any stripe or stroke. Apples expel melancholly humours, and stir up mirth, being roasted and eaten with rose water and sugar: Cider and also Verjuice do both singularly cool the stomach, and is effectual in hot Agues, and is good against casting and vomiting; and the verjuice being applyed to burnings or scaldings, draweth out the fire, and cools and heals the same.

Apri-

Apricock-Tree. Malus Armeniaca.

THis plant needs no description, being very well known, yet it is a tender plant in our cold Countreys; for if a frost meet with the flowers, or young fruit, they are quickly gone.

Names.] It is called in Latine *Malus Armeniaca*, the fruit, *Malum Armeniacum*. In English Apricocks.

Place and Time.] They are planted against walls in most Gentlemens Gardens, and against the walls of houses too in many places. They flower in March, and the fruit is ripe about the latter end of July.

Temperature and Vertues.] This is one of Venus plums, and is cold in the first degree and moist in the second; the fruit is better to be eaten before meals then after, because of their quick descension into the belly, they cause other meats to descend the sooner. There may an oyl be pressed out of the kernells of the stones; which being taken in wine, helpeth the Chollick, and driveth forth the stone out of the reins and bladder, helps pains in the ears, hoarseness of the voice, inflammations of the Piles, Ulcers, and the roughness of the tongue and throat. The leaves I have proved effectual to dry up the corrupt matter of hot running scabs.

Archangel, or Dead nettles. Lamium.

Descri- **T**His herb is generally known, it needs no description.

Names.] It's called in Latine *Lanium*, and *Urtica mortua*. In English dead or blinde Nettle, or Archangel. Herbarists reckon up eight sorts hereof, but I shall here mention onely three which are common; and those are, that with the white flower, the red, and the yellow.

Places and Time.] And these may be found under hedges, old walls amongst rubbish, by high wayes sides, and

and in corners of Gardens which are not digged nor planted; they flower about the Spring of the year, and so continue all Summer.

Temperature and Vertues.] Archangel is hot and dry in the first degree, bitter in taste, under the dominion of Mars, and it is good against Quartain Agues; the flowers of the Archangel, or the distilled waters stayeth the whites in women, and the flowers of the red Archangel stayeth the reds: The herb is effectual for Tumors or swellings of the Kings Evil in the throat to dissolve them, being bruised with some Hogs Lard and applyed thereunto. It also allayes the pains of the Gout or Sciatica, and aches of the joynts; being used in like manner, it openeth obstructions, and dissolveth the hardnesse of the Spleen, by drinking the decoction of the herb in wine, and applying the herb hot pulturise to the Region of the Spleen; it is a good repercussive in inflammations, and stayeth the corroding of old Ulcers; it cureth the rising up of the skin about the roots of the nails, being applyed thereunto; and is said to stanch bleeding at the nose, the bruised herb being applyed to the nape of the neck.

Aron, Vide Cuckow pintle.

Arrach wilde and stinking. Atriplex.

Descri- ption. **S**tinking Arrach groweth up with a little stalk, having many branches, the leaves are smaller then those of the Garden, and pointed towards the top, of a whitish green colour which we call an Ash colour; it beareth yellow flowers, which afterwards turn into small mealy seeds. It may easily be known by the smell, being very like stinking Fish.

Names, Places, and Time.] It is called in Latine *Vulvaria*, and *Atriplex*, in English stinking Arrach; you may finde it upon most Dunghills, under old walls, about the mud walls in the fields about London it grows plentifully, and

and also by ditches sides: It flowers and seeds from June till after Bartholomewtide.

Temperature and Vertues.] This Plant Saturn rules; it is cold, moist, and earthy, an excellent plant for Womens diseases. It cures fits of the Mother, Dislocation, or falling out of the Womb, being taken inwardly: It cools the over much heat of the womb, and causes easie Delivery; being rubbed and held to the nostrils, it causeth the Womb to descend to its right place, and cleanses and strengthens it. It provokes the Terms if stopped, and also stops the immoderate flowing of them; and makes Barren women fruitful. It is therefore good for such Women as are subject to be troubled with any of the aforementioned Distempers, to prepare and keep alwayes by them, a Syrup made of the juyce of this Herb and sugar, or honey, which is best to cleanse the Womb, otherwise sugar is more proper.

Arsmart. Persicaria

Descri- **T**His Herb grows with a little joynted greenish stalk, the leaves growing at the joynts of the stalks, being not very long, many times having blackish spots upon them: the flowers grow in spiky heads of a bluish colour, after them come little blackish flat seeds; the root is fibrous and perisheth every year. There is dead or milde Arsmart, and biting Arsmart, which if you taste of, it will bite your tongue very much.

The Names.] It is called in Latine *Piper Aquaticum*, and *Persicaria*, because the leaves do something resemble Peach leaves; in English Water Pepper, and Arsmart.

Place and time.] It is common in most ditches, especially such as are muddy, and grows also upon dunghils of mud which hath been cast out of ditches. I have seen them covered with it in Hampshire, and other places. It is in flower in June, and seeds about August.

Temperature and Vertues.] The milde is said to be cold and

and dry, the biting hot and dry; then sure there Mars and Saturn grow together: The biting Arsmart being rubbed upon a tired horses back, will make him go again lively; it is good to kill Fleas, being strewed in Chambers. The powder of the milde Arsmart being given to the quantity of two drams at a time in a little Vinegar, opens obstructions of the Liver; being bruised with Rue and Wormwood, and fryed with Butter or Suet, and applyed to the belly or stomach, destroyes the worms in them: the distilled water thereof mixed with a little oyl of Spike, and the gall of an Oxe, is good to ease the pains of the Gout, the grieved place being anointed therewith, and a blue woollen cloath applyed upon it; so likewise being mixed with Aqua vitæ it takes away Aches: The herb being stamped with Wine and applyed to the Matrix draweth down the Terms. The leaves being stamped and applyed to green Wounds, cools them, and defends them from inflammations. The root or seed applyed to an aking Tooth, takes away the pain; and the juyce of the Herb dropped into the ears; kills worms in them, and is good against Deafness.

Alkanet. Fucus Herba.

Descri- ption. There are accounted four kindes of this Plant, but never a one of them common, nor easily found in England, though Culpepper saith there is one kinde grows commonly in this Nation; which is as true as the story he tells of one of his Disciples, whose horses shooes were pulled off by riding over Moonwort, (as he saith.)

The red great Alkanet groweth up about a foot and a half high, having usually one round stalk, with many leaves prickly and hoary over like small Bugloss, the flowers much like them of Echium, or small Bugloss, of a sky colour, tending to purple, yielding a small pale coloured seed, somewhat long; the root is about the thickness of

ones

ones finger, having a woody pith within, of a bloody colour, dying whatsoever it toucheth.

The other kinde hath more plenty of leaves, more hairy and woolly then the former, the stalks grow higher having yellow flowers, the root of a shining purple colour, yielding more juyce then the first.

The third kinde hath a greater and more juycie root then the former, but the plant smaller, and the leaves narrower, the flowers red like those of small Bugloss, the seeds are ash-colour, tasting like Bugloss; and the fourth kinde is much like common Summer Savory, the flowers blueish or sky colour.

Names.] It is called in Greek *αρχόβρα*, from the Greek word *αρχόβρεν*, *Illinere succo, vel Pigmentis*, to colour or paint, because of its painting property; it is also called *Eucus herba*, and *Onocleta Buglossa Hispanica*, or Spanish Bugloss, and *Orchanet* and *Alkanet* in English, and in Shops likewise *Anchusa*.

Place and Time.] They grow all naturally about Narbonne and Montpelier in France, and may be had, especially the Roots, at our Shops; yet Gerhard saith he found them in the Isle of Thanet in Kent; but that is contradicted by his Reviser. They flourish in the Summer moneths, and best yield their juyce in Harvest time.

Nature and Vertues.] The roots are cold and dry according to Gallen; yet being endued with some bitterness, argues them not very cold; they cleanse chollerick humours, the leaves kinde and dry, but not so powerfully as the roots. Culpepper calls this herb one of the darlings of Venus; I suppose because he had heard the Madams used it to paint their faces; and likewise it is used by Gentlewomen to colour Syrrups, Waters, and Jellies, as is also Turnsole; and the root being used as a Pessary, draweth forth the dead Birth: the decoction inwardly drunk with Mead or honied water, cures the yellow Jaundies;

dies, diseases of the Kidneys and Spleen, and is effectual in Agues: a Searcloath made with the root and oyl is good for Ulcers, and with parched Barley meal, it helps the Leprosie, Tetters, and Ringworms, as saith Dioscorides. But Culpepper teacheth how to kill Serpents with it, which he saith is done, if any one hath newly eaten the root and spits in a Serpents mouth, the Serpent instantly dyes; but this is as ridiculous as Culpepper himself: yet the decoction is said to drive out the Measels and small Pox, if it be drunk in the beginning with hot beer, the leaves boiled in wine and drunk, is good against the Laske; the root boiled in Wine and sweet butter without salt till it is red, is good for bruises received by falls, and for green wounds made with pricks or thrusts. Make an oyntment of it thus, Take of Oyl Olive one pint, the root of Alkanet two ounces, Earthworms purged twenty in number, boil them together, and keep it as a singular remedy for the use aforesaid.

Amara dulcis, Bitter-sweet, and *Woody Nightshade* is all one; therefore Vide Bitter-sweet.

Amaranthus, Vide Blites, and *Flower Gentle*.

Anemonies. Herba venti.

**Descri-
ption.** **T**Hese are of various kindes, altering as they are often and frequently transplanted out of one Garden into another, for whose adornment they are most used, so that a further description is needless.

Names. It is called in Greek ἀνεμών, in Latine *Anemone*, and *Herba venti*, because it reported these flowers never open but when the winde bloweth. The Gardners commonly call them Emonies, and they are likewise called in English, Winde flowers.

Nature and Vertues. They are of a sharp hot quality, biting the tongue, and of a binding quality; the wilde ones
called

called Pulsatilla's being stamped and applyed, will eat into the skin; they are all taken to be a kinde of Crowfoot.

The leaves of Anemonies boiled in white Wine, and the decoction drunk, powerfully provokes the Terms; the leaves and stalks being boiled with clean blanch'd Barley, increaseth milk in Nurses, if they eat thereof: the iuyce of the leaves snuffed up into the nose, or the root chewed in the mouth purgeth the head mightily of watery and phlegmatick humours, by spitting, and being so used, is good for the Lethargie; they cure the Leprosie, the body being bathed with the decoction thereof; and an oyntment thereof helps Inflammations of the Eyes, the eye-lids being anointed with it, and cleareth the sight by taking away the Web or other spots therein: the same oyntment also cleanseth corroding Ulcers being used for that purpose.

Artechokes, Cinara.

OF this Plant I need make no description; it's very well known to all that desire it.

Names, Place, and Time.] It is called in Latine Cinara; in English Artechokes. They are plentifully nourished by our Gardners about London, and in Gentlemens Gardens in the Countrey: They are ripe in June, and will flower at the latter end of the Summer, if they be suffered to stand.

Temperature and Vertues.] They are of a temperate nature, inclining to heat, certainly under the dominion of Venus, being great friends to venerious persons, by whom they are dressed after all the luxurious wayes as may be thought on; they do mightily stir up lust by increasing seed, and therefore are good for married persons who are weak in the act of generation: they restore nature, and strengthen the stomach. The Decoction of the young buds in wine provoke Urine, and though they increase seed, yet they stay the involuntary flowing thereof in dreams, or otherwise.

Affarabacca, Asarum.

Descri- ption. **T**His plant riseth up with many heads shooting from the roots, from whence spring the leaves, which are round much like a Violet leaf, but larger; they are of a dark green shining colour on the upper side, but paler underneath: There springeth up likewise amongst them round husks upon stalks, wherein are contained many small seeds, much like the seeds of Violets, but somewhat bigger.

Names, Place, and Time. It is called by us commonly *Asarum*, and *Affarabacca*. It is planted frequently in our Gardens. Their seed is ripe about the beginning of July.

Temperature and Vertues. The leaves are hot, and dry, and purging, having likewise a binding quality after it; the roots are more hot and dry then the leaves, a plant sure under the dominion of Mars. It is commonly given to Maids who are inclinable to the Green Sickness; to take the juyce of five or seven leaves in a little posset drink, or white wine, doth both cause Vomiting, and purgeth downwards, and by Urine, cleansing the body of Choller and Phlegm; being steeped in wine and drunk, it is good against the Dropsie and Jaundies, and helps continual Agues. A dram of the root in powder given in white Wine, a little before the fit of an Ague, at twice taking drives it away. A Conserve made of the flowers hereof, strengthens the memory, and the hearing: It helps likewise obstructions of the Liver and Spleen, being boiled in Whey; and the juyce thereof with a little Tutia, prepared and added to it, and dropped into the corners of the Eyes, helps the dimness and mistiness of them, and sharpens the sight.

Asparagus, Corruda.

Descri- ption. **I**T groweth up at first with a round greenish head, much like hops, so near that they may easily

easily be mistaken one for another; afterwards they run up in long stalks, shooting out green leaves, like Fennel, but smaller; at the joynts come forth yellowish flowers, after which come round green berries, which are red when they are ripe, and the seed is black: the roots are spongy, and full of small strings.

Names.] It is called in Latine *Corruda Asparagus*, and in English *Sperage* and *Sparagus*, by some *Sparagrasse*.

Places and Time.] It is nourished for a pleasant Sallet in our Gardens, the tender shoots being in their prime to be eaten in April and May. They flower about July, and have berries towards Michaelmas.

Temperature and Vertues.] *Sparagus* is of a fine temperate nature, a procurer of lust, yet expelling the Stone and Gravel from the Reins, and Kidneys, provokes Urine, and helps the Strangury, helps pains in the Reins and Back: The root is good against the yellow Jaundies, falling Sickness, and fits of the Mother, and easeth pains of the Breast and Stomach, being boiled in white Wine and the decoction drunk. The root doth much open, and provokes Urine, by which means it hath acquired the title of one of the five opening Roots. The young shoots are as pleasant meat as any grows in Venus Garden, and are effectual for most of the purposes before-mentioned.

The Ash-Tree, *Fraxinus*.

THis is so well known to every one, it needs no Description.

Names.] It is called in Latine *Fraxinus*, and the fruit is called *Kitkeyes*.

Place and Time.] The Ash grows plentifully in most Woods, and other places of this Land, as in hedges, and walks where they have been planted; yet of late they have been wastefully destroyed as well as other wood and timber,

ber. The leaves and flowers come forth about April, and the keyes are ripe about September.

Temperature and Vertues.] This is a plant of Jupiter, the leaves and bark are temperately hot and dry, the seed hot and dry in the second degree: A Lye made of the Askes of Ashen Bark, cureth Scald, Scabby, and Leprous heads, they being bathed therewith; the juyce of three or four leaves taken constantly every morning, prevents mens bodies from growing corpulent, or gross, and makes them lean that are fat: the leaves and bark being boiled in vinegar and water, stayes vomiting, being laid upon the stomach. The leaves bark, and tender crops being boiled in wine and drunk, are singular good for the Dropsie, the roots boiled in Ale, and drunk morning and evening, doth the same; the leaves and bark being boiled in wine and drunk, do open the Liver and Spleen, and ease pains of the Sides, and being boiled in oyl, and applyed outwardly, they work the same effect: the Keyes are good to be used in dyet drinks for the purposes aforesaid. The decoction of the leaves in white Wine do help the Jaundies, and break the Stone; the seeds also, the husks being taken off, are good against Winde, and provoke Urine.

Aspe, or Poplar Tree. Populus.

Descri- I Shall not need to describe this Tree, you may
ption. know it well enough by the shaking of the leaves, which will quiver and tremble, though there be no winde; and from thence comes a proverb to say when one is affrighted, that he trembles like an Aspen leaf. There is two kindes, the white and black Poplar, the black is most useful in Physick.

Names.] It is called Poplar, Asp, and Aspen Tree, in Latine Populus.

Place and Time.] It groweth plentifully in our Land, but in low and watry grounds; the clammy buds thereof are

are gathered about the beginning of April to make the Oyntment called Unguentum Populeon.

Temperature and Vertues.] The clammy substance of the black Poplar is hot and dry, the white is of a watery warm nature, and of a cleansing quality; the Moon rules them both in Aries the first. The oyntment made of this plant before spoke of, is a fine cooler of Inflammations in any part of the body, it temperates the heat of Wounds, and is good to dry up milk in womens Breasts. The juyce of the leaves of white Poplar being extracted and dropped into the Ears, easeth pains of them, and cures Ulcers in the Ears: The seed drunk in Vinegar, is held good against the Falling Sicknes, and the water that drops from hollow places of the black Poplar, takes away Wheals, Pusles, Warts, and other such breakings out in the body.

Avens, Garyophillata.

Descri-
ption. **T**HE *Avens* rise up from the root with many dark green leaves, winged and jagged about the edges; the stalks rise about a foot high, and are long and hairy, and shoot forth leaves at every joynt, which are not so long as the lower leaves, but cut in on the edges into three parts or more; on the tops of the branches sprout forth the flowers which are yellow, and have five leaves like the flowers of Cinquefoil, but they are larger: when the flower is fallen, it leaveth a small green head, which after groweth to be rough and round, and consisteth of many long purple greenish seeds, which will stick to your cloathes; the root hath many brownish fibres, smelling almost like Cloves.

Names.] It is called in Latine *Garyophillata*, from the scent of the Roots, in English *Avens* and Herb Bennet.

Place and Time.] *Avens* delight to grow most in shady places, and is to be found in many places under hedge

hedge sides. They flower in May and June, and the seed is ripe in July.

Quality and Vertues.] *Ayens* is hot and dry, of a purging quality, a Plant of the Sun, and a great comforter of the heart; it is a good preservative against the Plague, or any other poison: it helps digestion, warms a cold Stomach, and opens the Liver and Spleen, the roots thereof in the Spring being steeped in Wine, and drunk thereof every morning fasting: it also helpeth the Winde, Chollick, Fluxes, and is good for such as are troubled with Ruptures. The Decoction of the herb takes away spots in the face, it being washed therewith; the root may be dried and kept in powder, having the same vertue as the Decoction. It expells crude humours from the Breast, Belly, and Stomach; it dissolves congealed Blood, and helps the spitting of Blood, and heals inward Wounds, and outward Wounds, if they be bathed with the decoction thereof.

Affasætida, Vide *Lasermort*.

Balme, Melissa.

Descri- **B** Alme groweth up with divers square green
ption. stalks, the leaves are dark green, pointed at the ends, and a little dented round about the edges, having a fragrant smell; the flowers are small and gaping, of a pale Carnation colour, the leaves and stalks dye every year, but the root abides in the ground, sprouting out fresh every Spring.

Names. It is called in Latine *Melissa*, and in English Balme.

Place and Time.] It groweth almost in every Countrey Housewifes Garden, and flowers about August.

Nature and Vertues.] This is another Solar herb, hot and dry in the second degree, of some thinness of parts, and a purging quality; an herb appropriated to the Heart, against the passions whereof it is an Antidote: It maketh the heart mer-

ry, strengthens the Spirits, and is good against Swoonings and Faintings; it drives away passions arising from Melancholly and burnt Phlegm: the water thereof, or rather a Conserve of the flowers strengthens the Brain, helps Digestion, and comforts a cold Stomach, and is good against the Plague, it provokes the Terms, is good to sweeten a stinking Breath; it is good in an Electuary for such as are troubled with difficulty of Breathing. The Syrrup of Balm is good in Feavers, strengthening the Heart and Stomach: the juyce thereof with a little honey is good to clarifie the sight, it is good to be used in baths to comfort the Joynts and Sinews, and easeth pains of the Gout: it is good against bitings of mad Dogs, and stinging of Venemous Creatures. In Oyls or Salves it is a good ingredient to heal green Wounds.

The Barberry-Tree. *Oxyacantha*.

Descri- **I**t ariseth up with many slender stalks from the ption- root, which grow sometimes to a great height, and of an ordinary bigness; the Bark is whitish in the outside, and yellow next the wood, it is full of prickly sharp thorns, the flowers are yellow, the fruit hangs in clusters upon a stalk or string, and are red when they be ripe, of a sowre taste, the root is yellow.

Names.] The Latines call it *Oxyacantha*, a term not well befitting it, in English Barberries.

Place and Time.] It groweth plentifully in Gardens, Orchards, and Closes near dwelling houses, where it hath been planted; it hath been also found wilde in hedgerowes, but I believe some Ditcher planted it there to mend his hedges instead of Thorns: They blossom in May, and the fruit is ripe in September about the latter end, or beginning of October.

Quality and Vertues.] Venus owns this plant, (whatever Culpepper sayes) it is cold and moist in the second degree, and

and of the fruit are made gallant cooling medicines, both Conserve and Preserves; the leaves beat like to Green sauce while they be young, cools hot Stomachs, and hot burning Agues, procures appetite, cools the Liver, and helps Belchings; so likewise doth the Conserve or Preserve of the Fruit, it represseth Choller, helps them that loath their meat, by procuring an appetite; it cools Inflammations of the mouth and throat, the mouth being gargled with some of the Conserve, dissolved in a little water and vinegar, it stayeth Rheumes and Distillations, and fastens the Gums and loose Teeth; it stayes the immoderate Flux of Womens Courses, kills Worms, being taken with a little Southernwood and Sugar: the decoction of the inner Bark is effectual against the yellow Jaundies.

Barley.

IT is needless to say any thing more of this Grain here, but onely of the Physicall use, it's other vertues being sufficiently known to the Husbandman, and to the Brewer, and Alewife too; but these latter gain more by the Vices attending it, then by its Vertues.

Temperature and Vertues.] It is cooling and drying in the first degree, of a cleansing quality: Culpepper, as I remember, ascribes it to Venus; he would lay all the fault of drunkenness upon women. But, &c. Barley indeed, the water made thereof, and other things, doth much nourish such as are troubled with Agues, Feavers, and hot Stomachs. The French Barley is much used for diseases of the Breast, and likewise in Feavers and other inward heats; as heat of the Urine in a Gonorrhea, or otherwise, it doth provoke Urine. The preparation of the Barley water is thus; Take French Barley two ounces; boil it in two several waters, casting the water away, then boil it the third time in a quart of water to a pint and a half, adding Liquorish half an ounce, Violet leaves and Strawberry leaves, of each an handful, sweeten it with Sugar or Syrrup.

Syrup of Violets: this is excellent in a Fever or Surfeit, being timely used. Barley meal and Fleawort being boiled in water, and made into a pultis with honey and oyl of Lillies, cures Tumors, and Swellings being applyed warm: A plaister made thereof with Tar, Wax, and Oyl, helpeth the hard swelling of the Kings Evil in the throat, it easeth pains of the sides and stomach and windiness of the Spleen, being boiled with Melilot, Cammomil flowers, and some Linseed, Fennigreek, and Rue in powder, and applyed warm to the sides. Barley meal boiled in Vinegar with some honey, and some dry Figs added thereunto, dissolveth hard Imposthumes, and excrescences growing upon the eye-lids, and asswageth inflammations, being applyed thereunto.

Basil. Basilicum.

Description. Basil springeth up with one stalk, shooting forth branches on every side, at the joynts grow the leaves, two at every joynt, which are of a pale green colour, and of a strong smell, they are somewhat round, a little pointed, and dented a little about the edges, the flowers stand at the tops of the branches, and are small and white, the seed is black.

Names.] It is called in Latine *Ocimum* and *Basilicum*, in English Basil.

Place and Time.] Basil is nourished onely in Gardens with us, and flowers in the heat of Summer, the seed is soon ripe, the root perisheth at Winter, it must be new sown every year.

Nature and Vertues.] It is said to be hot in the second degree, but having a superfluous moisture. Culpepper rails at large against this herb, that it ought not to be taken inwardly; yet it may be corrected with oyl and vinegar, and eaten by women to dry up their milk; the same effect it hath being bruised and applyed outwardly to the breasts: the much smelling there-
unto

unto, causeth the Head ache to those who have a weak brain ; yet to those whose brains are stronger , it comforts the brain and purges the head ; it procures speedy delivery, and provokes Urine and the Terms ; it is good against pains of the head and the Lethargy, being applyed with oyl of Roses, Mirtles, and Vinegar : the seeds are used to expel melancholly and comfort the heart ; and the juyce or seeds being bruised and put into the nostrils procureth sneezing. The Herb used with honey takes away spots in the face.

The Bay-Tree. *Laurus.*

THis is so well known it needs no description.

Names.] It is called in Latine *Laurus*, and the berries *Bacca Lauri*.

Places and time.] It grows frequently in our Gardens, and is planted against Walls, delighting rather in the shade then the Sun, it keeps green all the year, the berries are ripe towards Winter.

Nature and Vertues.] Bayes both the leaves and berries are hot and dry, a plant of Jupiter ; the berries taken in powder with honey is good against infirmities of the Breast, as Consumptions, and shortness of breath ; and likewise helps Winde, and the Chollick, and griping pains of the Belly : they provoke Urine, and are good against the Stone, and the windiness of the Mother, they are good against poisons, and the stinging of venomous beasts, they open the Liver and Spleen, procure an appetite, provoke womens Terms, cause speedy delivery, and purge down the After-birth. A bath made of the Decoction of the Leaves and Berries, is good for women to sit in for diseases of the Womb and Mother, and obstructions of the Courses : the oyl of the berries is good to comfort the joynts against cold Aches, Cramps, Palsies, and benumbedness of any parts : the oyl or juyce of the berries dropped into the ears, helps deafness, and pains in the ears. Quick-silver

silver killed in the oyl or juyce, helps the Itch, and Wheals, or Scabs in the skin, the powder of them taken in white wine is good against Cramps and contractions of the Sinews. The leaves may also be used for many of the purposes aforesaid, and are excellent good three or four leaves in broth to comfort the stomach.

Beans. *Faba*.

I Shall not need describe these neither, there being not scarce a boy or girle but well enough knows, both the garden and field Beans, that is able to eat a Bean.

Names.] In Latine a bean is called *Faba*.

Places and Time.] The greater sort is planted in Gardens, the other small Beans are sown in Fields, and are meat for horses and hogs, and good to make malt with too. The Garden beans are ripe in June and July, some earlier and some later, according as they are planted, serving for good strong food in harvest.

Temperature and Vertues.] They are more used with us for food then Physick, and while they are green they are held to be cold and moist, when dry, cold and dry; and the Physical uses are these; the distilled water of the green shells is excellent good against the Stone, to be drunk in the mornings, and a little butter unsalted eaten therewith. Bean meal helpeth Fellons, Boils, Bruises, Imposthumes, and Swellings of Kernels about the Ears, being mixed with Fennugreek and Honey, and applyed to the place grieved: The distilled water of the flowers cleanseth and beautifieth the face and skin, and takes away spots and wrinckles thereof. A pultis made of bean flower, oyl, and vinegar, and applyed to the breasts of women which are swelled by abundance of milk, helpeth the swelling, and represseth the milk, dissolving the curdling thereof. A pultis being made with bean flower, wine, oyl, and vinegar, helpeth the swelling of the Cods; and being used with Rose leaves,

the white if an Egge, and a little Frankincense, it helps swellings, stripes, and watering eyes. Beans are also a friend to Venus. And thus I shall leave them, hastning to proceed to their affinity, viz.

French Beans. Phaseolus.

Description. **H**AVING now done with the English Bean, the French or Kidney Bean in order follows; which also scarce needs a description, being now ordinary in Gardens: they grow up at first with one stalk, but afterwards are divided into several branches, out of which come long foot stalks, bearing three broad round and pointed green leaves, and must be supported with sticks or poles, growing much higher then garden Pease; the flowers are like pease blossoms, and vary in colour, like the fruit which are some white, some blackish, some striped; the Bean is small, and much resembles a Kidney, from whence they have attained the name of Kidney beans. There is a kinde that bears a scarlet flower, more planted for ornament then any thing else.

Names.] In Latine it is called *Phaseolus*, in English French and Kidney Beans.

Place and Time.] They delight to grow in good ground, and must be planted about the latter end of *April*, or beginning of *May*; for sooner the frost will destroy them: their fruit is ripe about *August*, and *September*, sometimes in *July*.

Temperature and Vertues.] Kidney beans are accounted hot and moist in the first degree, easie of digestion; they nourish much, increase sperm, and are very venereal; they excellently provoke Urine, and are great friends to the Kidneys, they help shortness of breath by opening the Breast, and strengthen the Liver and Stomach, and a weak back: the dried beans in Winter may be boiled and eaten with butter as pease

pease are, and being beaten to powder and given in white wine, they are good against the Stone, and cleanse and strengthen the Kidneys, taking the quantity of a dram at a time.

Bears-foot, Vide Hellebore.

Ladies Bedstraw. Gallium.

Description. Common Ladies Bedstraw springeth up with small square brown stalks, at the first standing upright; but when it cometh to its usual height, which is about a foot or half a yard, the tops lean a little downward, being usually branched out into divers parts full of joynts, with divers very fine small leaves at every one, set at equal distances like Woodroof, but a great deal less, and scarcely having any roughness at all; at the branches tops from several joynts do spring forth many long tufts of yellow flowers, standing very thick one above another, having four leaves apiece, smelling not unpleasant, yet strong and refinous: the seed is black and small like poppey seed, and having two most usually joyned near together; the root is somewhat red, and hath many small threads fastned to it, by which it taketh fast hold of the earth, creeping a little way under it, and the heaviness of the flowers weigh the branches to the ground, that it taketh root again at the joynts thereof, whereby it most increaseth. There is another kinde called Common white-flowred Ladies Bedstraw. There are four other kindes which are found in Italy, Germany, and Candy, where I leave them.

Names. It is called in Greek γάλλιον, and γάλλιον, and by some γαλέριον, and γαλλίριον, from γάλα milk, because formerly they used it instead of Runnet to turn the milk into a curd for to make Cheese, for which it is said to serve very well; and therefore it is called Cheese Runnet, both here and beyond the Seas. The Latines call it also

Gall-

Gallium, and that with white flowers *Mollugo*; in English Ladies Bedstraw and Maids-hair, from the fineness of the leaves.

Place and Time.] The Common Ladies Bedstraw grows in dry Pastures, Closes, and Meadows, and sometimes in those that are wet: the white flowred groweth in the Abbey Orchard at St. *Albans*, and divers other places; they flower in May and June, and the seed is ripe in July and August.

Temperature and Vertues.] The name of this plant attributes it to the dominion of Venus, but I judge Mercury is the chief ruler thereof; it challenges the prebeminence above Mugwort, for preventing the sore weariness of Travellers. The decoction of the herb and flowers used warm, is excellent good to bathe the surbated Feet of Footmen and Lackies in hot weather, and also to lissome and mollifie the stiffness and weariness of their joynts and sinews, being bathed with the said decoction; the same may be done with an oyntment, or oyl made of the said Herb and flowers, which you may alwayes keep in readiness, which is available not onely for the same purpose, but also for Burnings and Scaldings, and for the dry Scab and Itch in Children. The way to make the oyl, is by infusing the herb and flower in a sufficient quantity of Sallet Oyl, and setting it in the heat of the Sun for ten or twelve dayes, as oyl of the flowers of Cammomile, and other oyls by infusion are made. The oyntment you may make by boiling the flowers and herb in Hogs Lard or Sallet Oyl, adding to it some melted Bees wax after it is strained: either of these may be used for prevention before a Journey is taken: or afterwards, for a cure; first bathe the feet with the decoction, and afterwards anoint them with either oyl or oyntment; but you are not alwayes sure to have the herb and flowers in readiness for a decoction; therefore you may be provided with the Oyl or Oyntment, or both, which will serve your turn without it. The Germans praise that with white flowers

lowers to make an excellent bath to strengthen and comfort the weak and weary Sinews, Arteries, and Joynts. Some Cheshire dairy women use the other as is reported in their Runnet, or which cause it obtained the name of Cheese Runnet, as is said before. The decoction of the herb is likewise effectual being drunk, to provoke Urine; it helps to break the Stone, and to stay inward bleedings, and to heal inward wounds. The herb and flowers bruised and put up into the nostrils, stayeth their bleeding, and so it doth the bleeding of Wounds, and being applied to a place that is burned, it draweth out the fire and healeth it. Dioscorides reports that the Roots are good to stir up Lust, which vertue some also attribute to the flowers.

Beets. *Sicula*.

Description. **T**Here are of Beets both white and red; the white is the most common, which springeth up with many whitish green great leaves next the ground, after cometh a strong ribbed stalk, bearing leaves almost to the top, the flowers grow in tufts which hang down their heads, the seeds are cornered and prickly, the root great and long, and perisheth commonly the second year.

Names.] It is called in Latine *Beta*, and *Sicula* by some; in English Beets.

Place, and Time.] They grow onely with us where they are planted in Gardens, they continue green the first Winter, and afterwards flower in July, the seed is ripe in August.

Nature and Vertues.] The white Beet is temperate in heat and moisture, they loosen the belly and provoke Urine, and are good against bitings of venomous beasts: the iuyce thereof mixed with honey and dropped into the ears, easeth the pains and noise thereof, and snuffed up into the nose, it recovereth a stinking smell: the decoction of the roots and leaves cleanseth

the head of Scurf, Scales, and Nits, helps the falling of the hair, helpeth Freckles, Spots, and kided heels if they be first rubbed over with salt Peter: it helps running Sores, Wheals, and Inflammations. They are likewise good against obstructions of the Liver and Spleen, and the juyce of them is good against the Head-ache and Swimmings of the Brain, being snuffed up into the nostrills, it purgeth the head by drawing forth Rheume, and being applyed to the Temples, it easeth pains and helps inflammations of the Eyes: but if Beets be too frequently eaten, they offend the Stomack, and therefore are most effectual and best, being seldom used.

The Beech-Tree.

I Shall not need to take up room to describe this tree, he is very well known; it is called in Latine *Fagus*, and the fruit *Nuces fagi*, in English Beech mast: the fruit is ripe towards Michaelmas.

Temperature and Vertues.] The leaves are cooling and astringent, the fruit hot and moist in the first degree, very astringent, a plant of Jupiter: The leaves are good for Ulcers, being boiled to a pultis, or made into an oyntment when they are green, they are good for to take away Blisters and Gauls of the skin, and to discuss hot swellings. There is a water found standing in the hollow of old Beeches which cureth the

Itch, * as I have proved. The leaves are good to chew against inflammations of the Gums and Lips. The decoction of the Leaves, Bark, Buds, or Husks in running water, stoppeth the overflowing of womens Courses,

I have taken water out of an hollow Beech in Bramsil Park in Hampshire which hath cured the Itch. R. Turner, Anno, 1644.

being sate over, and causeth the Mattix and Fundament that are fallen down to go up to their right places: the decoction thereof in red Wine with Cynamon, and Sugar being drunk,

doth

both the like; the mast or fruit being burned to ashes and mixed with honey is good for a scald Head.

Water-Betony. *Betonica Aquatica.*

Description. **W**ater-Betony springeth up with a square hard stalk, of a darkish green colour, shooting also forth broad dark green leaves dented about the edges, commonly two at a joynt: at the joynts and at the top come forth flowers of a dark red colour, like a hood at top, and the lowermost part hanging gaping down, after which come small brownish round heads, the root is fibrous and perisheth every winter.

Names.] It is called in Latine *Betonica Aquatica*, in English Water-Betony and Brook-Betony.

Place, and Time.] It groweth plentifully by Brooks and Rivers sides, in moist Ditches in watery places, about the Rivers side between Hollskot-Bridge and the Mill in Hampshire. They flower in July and August, and the seed is ripe in September.

Temperature and Vertues.] Some write that Water-Betony is hot and dry, but I rather judge it to be cold and dry, Plant of Saturn, as its vertues and operations will demonstrate: I am sure it is a good cooler in Burnings and scaldings; with it I cured ones Leg scalded all over, making the Medecine thus, Take fresh Hogs Lard, new Sheeps Dung, and the leaves of Water-Betony, pound them in a Mortar and take them into an Oyntment. It is likewise good to dissolve swellings and hard knobs, being stamped with Vinegar and applied three times a day. The seed is good for the Sciatica, being taken in Wine with Myrrhe and Pepper: The decoction of the leaves in Spring Water is good for all unkinde heats, and excellent to cure the Itch, Wheals, and Pushe. The distilled water taketh away Sun-burnings, Spots, and Redness of the face; so do the leaves being stamped and made into an Oyntment

ment with Cream: the juyce boiled with Honey and Tents dipped therein is effectual to cure old and new Sores. The seed is effectual to expel Worms out of the Belly, a dram thereof at a time being taken in Wine: the Leaves stamped and applyed to old spreading and corrupt Sores and Pocks healeth them, and the juyce of the Herb being drunk helps bleeding at Nose, and them that spit Blood, and cures the botch in the Throat: It is also commended for the Piles and Hemorrhoides, either applyed outwardly, or the powder thereof drunk, or strewed upon the grieved place.

Wood-Betony. *Betonica*.

Description. **W**ood-Betony springeth up with many leaves from the root running up with a tender stalk of about an handful, and sometimes more, the leaf growing at the end thereof, and is somewhat broad and round at the end, of a darkish green colour, finely dented about the edges; the stalk runs up in the middle of these leaves a foot high, or more, upon which grow leaves by two and two at a joynt, which are far smaller then the lower leaves; the flowers grow with spiked heads on the top of the stalks, of a purple colour; the root is fibrous, the stalk perisheth, but the leaves growing from the root are to be found all Winter.

Names. In Latine it's called *Betonica*, Betony in English.

Place and Time. It delights to grow in Woods and shady Hedge-rows, in which places if it be dry ground you shall not miss of it, and flowers in June and July.

Nature and Vertues. This herb is hot and dry, almost to the second degree, a plant of Jupiter in Aries, and is appropriated to the Head and Eyes; for the Infirmities whereof it is excellent, as also for the Breast and Lungs, being boiled in milk and drunk, it takes away pains in the Head and Eyes.

Pro-

Probatum. Some write it will cure those that are possessed with Devils, or Frantick, being stamped and applyed to the forehead; being boiled in white Wine with Vervain, Horehound, and Hysop, and applyed hot, it cures the Megrims. The powder of the leaves drunk in Wine or Beer, or being eaten with slices of bread steeped in Wine, doth restore the Brain, helps noises and giddiness of the Head; or being taken in cottage it comforts the Stomack and helps Digestion. A conserve of the flowers, or an Electuary thereof helps the Faunies, Palsie, falling Sicknesse, Convulsions, Gout, Dropsies, and a continual Head-ache: The leaves or flowers may also be boiled in broth for the same purposes. An Electuary made of the powder with honey, cures Colds, Coughs, and the dropings of Rheume upon the Lungs which causeth Consumptions. The decoction of the Herb in Metheglin with a little Penny-royal is good against Quartan Agues, and purgeth away superfluous humours falling into the Eyes: it likewise kills Worms, opens the Liver and Spleen, cures Stitches and Grievings in the Bowels, being boiled in Wine; it likewise provokes the Terms and purges the Belly, being mixed with Honey; it helps fits of the Mother, and causes speedy delivery: and the quantity of a dram of it in powder taken in Syrrup of Vinegar doth refresh those that are wearied by Travel, stayeth bleeding at the Nose, and helps those that spit or piss Blood. Many are the Vertues of Betony, so that I shall conclude with the words I found in an old Manuscript, under the Vertues of it. More then all this hath been proved of Betony.

See more of this in the Expert Doctors Dispensatory, written by P. Morellus.

Bilberries, or Whorts. Vaccinia.

Description. **T**His Shrub creepeth along upon the ground, seldom exceeding above half a

yard high, having small dark green leaves, a little dented about the edges; at the foot of the leaves shoot forth the flowers, which are small, and of a pale blush colour, the brims having five points with a small reddish thred in the middle; after which come small round berries of a purple or blackish colour, of a sharp sweetish taste, the root spreads and creeps along in the ground, sprouting up in several places.

Names.] They are called in Latine *Vaccinia*, in English Bilberries, Whorts, and Whortle-Berries.

Places and Time.] They grow plentifully in dry Woods, and barren hilly places, and abundantly in the Woods near Guilford in Surrey; so that the Countrey people make Pyes and Tarts of them as we do with other Fruits, and they taste almost like Damson Tarts: They are ripe in June and July.

Quality and Vertues.] The Bilberries are cold in the second degree, and do a little binde and dry; the Berries are good for those that are troubled with an old Cough, or Ulcer in the Lungs; but offensive to those that have a cold or weak Stomach: and therefore it is better for them to take it either in a Syrrup made of the Juyce, or a Conserve made of the Pulp; and thus they are effectual in hot Agues, and cool the heat of the Stomach and Liver, and do somewhat binde the Belly, and stayeth Vomitings and Loathings, and by it's binding quality stayeth Lasks and Fluxes of Blood.

Bifoil, or Twayblade. Bifolium.

Description. **T**HIS Herb springeth up with a slender stem or stalk, fat, and full of juyce from many small threddy strings fastned unto a small knot or root; about the middle whereof, are orderly placed two broad leaves ribbed much like Plantain leaves; at the top of the stalk groweth a slender greenish bush of many small flowers

flowers, resembling Flyes or Knats, like the third kinde of Serapio's or female Goatstones, and indeed it is a kinde of Serapio,

Names.] In Latine its called *Bifolium* and *Ophris*, the English names are above.

Place and Time.] It loves Meadow and Marsh grounds, moist and shadowy places, flowers in May and June, and is soon gone like Orchis.

Nature and Vertues.] It inclines to cold and dryness, and is good in Unguents and Balsoms for green Wounds, and Burstings or Ruptures.

Blue-Bottle, or Corn Flower. Cyanus.

Description. **T**Here may be reckoned up of these several kindes, as *Cyanus major*, *Vulgaris*, *Purpureus*, *Albus*, *Violaceus*, *Variegata*, That is the great Blue Bottle, or Corn flower, the common, the purple, the white, the violet colour, and the variable; These are all of kin to the Corne Scabious, and useles in Physick, there being better Medecines more known: what defects soever these have, the Scabious supplyes; therefore I'll say no more of it, but onely that the Common Blue Bottle is reputed good against inflamed eyes being of a cold Temperature.

Brank Ursine, or Bears-brecch. Acanthus.

IT is a stranger in England, onely the Garden kinde called *Hortensis Acanthus* may be found in Physick Gardens, but is naturally a German plant, and is reckoned amongst the kindes of Thistles.

The Garden kinde is called *Hortensis Acanthus*; the wilde *Acanthus Sativus*; the one is a German, the other an Italian; yet Culpeppers Romancer would make an English Physician of them.

Nature and Vertues.] The leaves hereof are of a mean Temperature, between hot and cold, of a mollifying and digesting faculty, and may be used for Limbs burnt with fire or out of joynt, saith Dioscorides; and the decoction helps the Prisick, and such as spit blood, or have bruised or overstrained themselves, as Comphrey Roots doth; and of the Roots are made a Plaister against the numness of the hands and feet; it is also used in Glisters, and the decoction of the Leaves provoke Urine, stop the Belly, help the Rupture, Cramp, and such as spit Blood.

Bindweed or Belflower. Campanella.

Description. **T**He great blew Bindweed springeth up with many long and winding branches, winding it self contrary to the course of the Sun upon any thing that is near it: the leaves are round and pointed at the end like a Violet Leaf, but larger, of a deep green colour. The flowers come forth on pretty long foot stalks two or three together, at the joynts of the branches where the leaves are set, at first long like a finger, of a pale whitish blue colour, but afterwards they grow broad like bells, and become of a deep blue, tending to purple, which after they are fallen away, the stalks whereon they stood bend downwards, and send forth husks, containing in them three or four seeds apiece, which are black, and about the bigness of a Tare, the roots are stringy, and dye every Winter.

Names.] The various kindes of this flower, or weed as it is more generally called, hath obtained several names, as in Greek *σμίλαξ λεία*, and in Latine *Smilax lavis*, and because it windeth about whatever is next to it, it is called *Funus Arborum*, and *Campanella*, from the flowers resembling a little Bell. It is called also *Convolvulus*, *Orobanche*, with many other names, which for brevities sake I omit, and

and in English, Bindweed, Withwinde, and Devils Gut, &c.

Places and Time.] They are taken into Gardens for the beauty of the flowers, and may be also found in Corn Fields: I mean the common Bindweed, and flower about the latter end of Summer, seldom perfecting their seed in England.

Temperature and Vertues.] Bindweeds are most of them hot and dry towards the second degree: The decoction thereof in white Wine is a good remedy for the Chollick, it purgeth Phlegmatick and Melancholly Humours, and killeth worms; yet it is apt to trouble the Stomack, and cause Vomiting. The juyce of the black Bindweed being drunk, doth loosen the Belly, so doth the powder thereof drunk in Wine, or any other liquor: and Galen saith, the bruised Leaves applyed to Tumors and Knots in the Flesh, dissolveth them. It is also said, that if any place where hair groweth, if it be anointed with the juyce hereof, after the hair is plucked up by the roots, it suffereth it not to grow there any more.

Bitter-sweet, or Woody Nightshade.

Amara dulcis.

Description. **I**T springeth up with many slender, woody, winding brittle stalks, about a mans height, sometimes higher, folding it self about any thing it is next unto, without any claspsers at all, having a whitish rough bark, and a pith in the middle, sending forth branches on every side; green while they are young, and so are the new shoots of those that are elder. The leaves are somewhat like unto those of Nightshade, but that they are pointed at the ends, and grow disorderly upon the stalks, having usually growing upon the footstalks between the leaf and the branch, two small leaves or pieces of leaves like

like little wings, of a pale green colour, but some of them have but one, and some none: at the tops and sides of the branches upon short footstalks come forth the flowers, standing many together, like a long Umbel one above another, consisting of five narrow and long leaves of a Violet purple colour, with a long gold yellow pointell sticking forth in the middle; after which come round and somewhat long Berries, green at first, but red and full of juyce when they are ripe, of an unpleasant bitter taste, yet sweet at first, having many flat white seeds in them; the root groweth not very great, but spreadeth it self with many strings under the ground.

Names.] In Greek γλυκυπίνρον, *Amara dulcis* in Latine, because the Bark being chewed, tastes first bitter and sweet afterwards; it is also called *Solanum Lignosum*, in English Bitter-sweet, Woody Nightshade and Felonwort, because it cureth Felons on the Fingers.

Place and Time.] It grows by Ditches sides and Hedge whereon it runneth flowers about July, and the Berries are ripe in August.

Nature and Vertues.] The Leaves and Berries are hot and dry, cleansing and wasting away, and if they must have a peculiar master, let Mars have them: though Culpepper ascribes it to Mercury, because it cures Witchcraft, but Mars may be as great a Witch as Mercury. The leaves or Berries of Bitter-sweet bruised and stamped with rusty Bacon, or Hogs Grease and applyed to Felons on the joynts of the fingers is a speedy remedy for the same: The leaves and tender branches being infused in three pints of White Wine in a pot close covered over the fire for the space of twelve hours, and afterwards being strained and drunk about a quarter of a pint in a morning, many mornings together, is used with good success to open obstructions of the Liver, Gall, and Spleen, for the yellow and black Jaundies, and to cleanse women newly brought

to bed, and is also available for difficulty of breathing, and congealed blood in any part of the Body, Bruises, and Falls, and is good against the Dropsie, gently purging away waterish, and other humors, both by Urine and Stool: It is likewise good against putrid Feavers and Agues, for Ruptures and Wounds, and when any Bone is broken, or out of joynt. By a specifick property being hung about the neck, it removeth such sudden distempers as swimming in the Head, or giddiness; and therefore as Tragus saith, the German Shepherds hang it about their Sheeps necks when they are troubled with a swimming in the head, causing them to turn round: but this is far from Witch-craft.

The Birch Tree. *Betula*.

Description. **T**His tree in many places groweth to be a tall streight tree, with many Boughs and slender branches, bending downwards; the elder groweth with a rough chapped bark, the younger are browner and smother; the leaves at first are crumpled, but after they are fully out, they are smooth, and of a fine smell: it beareth Catkins wherein the seed is contained.

Names.] It is called in Latine *Betula*, in English Birch.

Place and Time.] They grow frequently and plentifully in most Countries of this Land, as in the Woods of Hampshire in Danmore, at Holshot; but in some Countries as in Oxford and Northamptonshire, it is a rarity: the Catkins come forth in April, and the seed is ripe in September.

Quality and Vertues.] The leaves are cooling, but the Bark and Catkins are hot. The decoction of the inner Bark doth drive down the Terms and Afterbirth, and cleanseth the Womb from superfluities; the juyce, or distilled water of the young leaves, or the water that issueth out of the tree, being boyled with an augure, taken either before or after is is distilled again,

again, is effectual to break the Stone in the Kidneys and Bladder, and to wash sore Mouths ; for which a Lye made of the inner Bark is effectual.

Birthwort. Aristolochia.

Description. **T**HE ordinary Birthwort shooteth forth divers long square stalks a foot long, or thereabouts, with many yellowish green leaves ; at every joynt with the leaves from the middle of the stalk upwards groweth one long hollow Flower, broader at the top then at the bottom, of a brownish yellow colour, after the Flower cometh a fruit much like a Walnut, when the green shell is of, which openeth into three parts when it is ripe, wherein is the seed flat and round, separated by certain skins, the root is round and tuberous.

Names.] In Latine it is called *Aristolochia*, in English Birthwort.

Place and Time.] That with the long root groweth naturally in *England*, about *Reading* ; but that with the round is found onely in the Physick Garden at *Oxford*, and other places of rareties : they grow naturally in *Spain* and *Italy*, and about *Montpelier*, where they flower and seed in *May*, *June*, and *July*.

Quality and Vertues.] It is hot and dry in the second degree, the root causeth speedy delivery in women, expells the Afterbirth, and provokes the Terms : it purgeth Phlegm and Choller, and expells Winde, and is good against diseases of the Breast, Spleen, Stomach, Brain, and Nerves, Convulsion, Ruptures, shortness of Breath, and Falling Sicknes, and cold Agues. The decoction thereof cures Ulcers of the secret parts ; the powder hereof cleanseth the teeth : if it be mixed with the powder of the roots of Flower de Luce and Honey, it cleanseth and healeth old rotten Ulcers ; the powder hereof maketh the Teeth white, being rubbed therewith. It cures
the

the Cancer and Polypus in the Nose, being mixed with Lime, powder of Aloes, and Honey, and made into an Oyntment with a little Wine, and Tents dipped therein and put into the Nostril. And though that with the round root grow not in England, yet you may have of it at our Druggists, by whom it is called *Aristolochia vera & Rotunda*.

Bishops-weed. Ammi.

Description. **I**T springeth up with a round straight stalk, three or four foot high, having divers long and somewhat broad leaves cut in divers places and dented about the edges, growing on each side the foot stalk one against another, of a freesh green colour, it beareth Umbells of white flowers, which bring a small round brown seed, of a hot scent and taste; the root is white and fibrous, perishing every year.

Names.] It is called in Latine *Ameos*, and *Ammi*, in English Bishops-weed, Herb-William, and Bulwort of some.

Place and time.] It grows in divers places of England and Wales, and namely by the Hedges sides between Greenhythe and Gravesend, they flower in June and July, and seed in August.

Quality and Vertues.] Bishops-weed, especially the seeds is hot and dry in the third degree. Culpepper ascribes it to Venus, because it stirs up lust. I think Mars may do it as well as kee; but besides this it is useful to dissolve Winde, and ease the Chollick, being taken in Wine, and to provoke Urine and Womens Terms, and profitable against the bitings of venomous Beasts, and is successful to be used in Medicines made of Cantharides, by quallifying their corroding operation upon the passages of the Urine; it takes away black and blue marks caused by blows or bruises, being mixed with Honey and applied: and being drunk or applied outwardly, it abates the

the redness of the face and nose, caused by drinking or otherwise, being given with Raisins, as Wormseed is to Children; it cleanseth the Matrix, and so it doth, the fume being received, mixed with Rozin.

Bistort, or Snakeweed. Bistorta.

Form.] **T**His Herb hath a thick short knobbed root, blackish without and reddish within, crooked or wreathed together, of a harsh astringent taste, with divers blackish fibres thereon; from whence ariseth divers leaves upon long foot stalks, much like a dock leaf, a little pointed at the ends, of a blueish green on the upper side, and of an Ash colour gray, and a little purplish underneath, having many veins therein: the stalks are small and slender, about half a yard high, growing without leaves, which beareth a spiky head of pale flesh coloured flowers, which produceth small seed like unto Sorrel seed, but greater.

Names.] It is called *Bistorta*, and *Serpentaria*, in English Bistort and Snakeweed.

Places and Time.] It grows in shadowy places at the foot of Hills in moist Grounds and Meadows. I have found it in the Meadows by *Wickomb* in *Buckinghamshire*. It flowers in *May*, and the seed is ripe in *July*.

Nature and Vertues.] It is hot and dry in the third degree, and astringent; it is good against the bitings of Snakes and Serpents, from whence it got its name, and the poison of Toads, Spiders, and other venomous Creatures, if the place be washed with the distilled water of the Roots and leaves: It stayes all Fluxes, cures inward Bleeding, and Spitting of Blood, and Vomiting, the powder of the root being taken in Wine, or the Decoction being drunk: the juyce is good against the Polipus; and other Sores of the Nose; both the Leaves and Roots resist poison. The root in powder taken in drink, the quanti-

quantity of a dram at a time, expells the venome of the Plague, small Pox, Measels, Purples, and other Infectious Diseases, driving it out by sweating: The Root in powder, or the Decoction thereof being drunk, helps Ruptures and Bruises, dissolving congealed Blood. The Decoction in Wine breeth Abortion, the leaves kill Worms in Children, and helps them that cannot hold their Water, if some juyce of Plantain be added thereto, and outwardly applyed; it helps the running of the Reins: A dram of the root in powder taken in the water thereof, wherein some Steel hath been quenched, is effectual for the same, the body being first purged. The decoction of the whole plant is good for Wounds or Sores, the decoction of the roots in water with some Pomegranate Pills and Flowers is a good injection to reduce the Matrix to its right place, and stop the overflowing of the Courses; the Roots will keep good a year or two. The Dose in powder is from a Scruple to a Dram in decoction, from one dram to two or three, which may be made in posset drink, bruising the root onely.

See more of this in *Adam in Eden*, by W. Coles.

Blackthorn, or Sloebush. *Spinus*.

THE Black Thorn is very well known to every boy for its Sloes, so that it needs no further description.

Names.] It is called in Latine *Spinus*, in English Black Thorn, and the Sloe Tree.

Place and Time.] They grow plentifully in Hedge-rows in most places of this Land; they flower usually in March, if the Spring be forward, yet the Sloes are not ripe till October Frosts bite them.

Nature and Vertues.] Both the Sloe Tree and Fruit is cooling, drying, and the Sloes howsoever used are effectual against Lasks, Looseness, and Fluxes of Blood, either in men or women: The decoction of the bark of the root performeth the like effects, and easeth pains in the Sides, Bowells, and Guts,

Guts, that come by overmuch Scouring or Looseness; the Conserve hath the same effect: the distilled water of the Flowers steeped one night in Sack and drawn therefrom in a body of glass, easeth gnawings in the Stomach, Sides, and Bowels, to drink a small quantity when they are troubled therewith. Sloes being stamped and tunned up in an earthen pot with new Ale, and so drunk, helps pains in the Breast, and the decoction of the Bark is good against pissing in bed. The distilled water of the green Sloes, and Flowers, as also the decoction of the green leaves is good to wash a sore Mouth, or Throat, and to stay distillations of Rheume into the eyes, and to ease hot pains of the Head, the Forehead, and Temples, being bathed therewith.

☞ See more of this in the Art of Simpling: written by W. Coles.

Blites. Blitus.

There are two kindes of Blites, white and red, the white groweth up two or three foot, the leaves are somewhat like Beets, but smaller, rounder, and of a whitish green colour; the Flowers grow on the tops, in long tufts or clusters, wherein is contained a small round seed; the roots is fibrous.

Names,] It is called in Latine *Blitus*, and *Blitum*, in English Blite and Blites.

Place and Time.] Both sorts are found wilde in many places of this Land, and are also nourished in some Gardens: they flourish all Summer, seeds about August or September, and continues green all Winter.

Quality and Vertues.] Blites are cold and moist in the second degree, under the dominion of Venus; their Physicall use is to restrain Fluxes of Blood, either in man or woman; the red stayeth the Reds, and the white the Whites in women:

The

The white Blite is proved a delightful bait to Fishes; as Anglers say.

Bloodwort. Vide Docks.

Borrage. Borrage.

THE Garden Borrage is so well known, it needs no Description. *Borrage* is the Latine name thereof. **Place and Time.** It grows plentifully in Gardens in most places of this Land, and flowers in July and August. **Quality and Vertues.** Borrage is one of Jupiters Corals, hot and moist in the first degree, all parts of it are coral, and do expel Sadness and Melancholly; it cleanseth the blood, and is effectual in putrid and pestilential Feavers to defend the Heart. The juyce made into a Syrrup is good for the same purpose, and cleanseth the Blood, and tempers the heat thereof; the conserve of the Flowers is good for the same purposes, and is a good Cordial for such as are in Consumptions; comforts the Heart and Spirits, and is therefore good for those that are troubled with Swoonings and Passions of the heart. The distilled water is effectual for the same purposes, and helps Inflammations and redness of the Eyes, they being washed therewith. The Herb in Summer being boiled with some other sallet Herbs, is an excellent Sallet and grateful to the Stomach, being eaten with Butter and Vinegar.

The Bramble Bush. Rubus.

Shall not need describe this Bush; if you go by a Hedge it will be acquainted with you, if it can lay hold of your cloathes.

Names. The Greeks call it *βατος*, *Batus*, in Latine *Rubus* and *Sentis*, of some *Cynobatus*, in English Bramble and Black-berry-bush: the fruit Black-berries, which are called in shops *Mora Bati*.

Place and Time. It is a companion for every hedge almost;

most; it flowers in July, and the berries are ripe towards Michaelmas.

Temperature and Vertues.] The Leaves, Root, and Berries of the Bramble are all of an astringent quality; its a plant of Mars, and is good to stop Fluxes and Lasks, and the decoction of the Flowers or unripe fruit, helps spitting of Blood, they also help Ulcers and Sores of the Mouth and Throat: the Leaves likewise are good to make Lotions for the sores of the Mouth and privy parts, and to heal a cut finger too: the powder of the root expells the Stone and Gravel of the Reins and Kidneys; the berries or flowers are good against the poison of venomous Serpents. The decoction of them binde the Belly, and stop the over-flowing of womens Courses; the juyc of the ripe berries being drunk, and the pumish of them (out of which it is strained) being outwardly applyed to swellings in the Neck and Throat, is a speedy remedy for those Distempers. The distilled water of the flowers and fruit, is good in Feaver and heat of the Body. A syrrup of the ripe berries may be kept all the year for the purposes aforesaid.

☞ See further in The Expert Doctors Dispensatory: by P. Morellus.

Bryony. Brionia.

Description. **T**Here are two sorts of Bryony growing here in England, the white Bryony or wilde Vine, and the black Bryony; the white Bryony springeth up with long tender stalks, with many clasping tendrells, by which it catcheth hold and clambreth on those things that are near it; the leaves are like our Vine leaves, but more hairy and whiter of colour: the flower be white and small, consisting of five leaves apiece, the berries grow in clusters and are green at first, but red when they are ripe, the root groweth very big, and is bitter.

Names.

Names.] The Latine name is *Bryonia*, in English Bryony and wilde Vine. Some call the white root English Jollap, and use it instead thereof.

Place and Time.] It growes in Hedge-rows and Coppices in many of our Countreys, and flowers in May, and the berries be ripe in Autumne.

Quality and Vertues.] The white Bryony is chiefly used in Physick, and is hot and dry in the third degree or more, an herb of Mars; it purgeth with great violence being taken alone, but a scruple or two of the powder of the root with a third part of Cynamon and Ginger, being drunk in white Wine, draweth away water abundantly both by Vomit and Stool, and therefore is good for the Dropsie: The compound water of Bryony, a spoonful being taken at a time, easeth the fits of the Mother, expells the After-birth, and cleanseth the Womb: so likewise doth a Pessary of the root, and also draweth forth the dead Childe, it provokes Urine and purgeth the Reins and Bladder, opens obstructions of the Spleen, draweth away Phlegm and Rheumes from the Head and Brain, and therefore is profitable in the falling Sicknes and swimming of the head; the juyce applyed cleanseth the skin from the Morphew and Leprosie; the root is good against the bitings of venomous Creatures, kills Worms, and is good against the King's Evil, the juyce being taken with equal parts of Wine and Hony: the Berries and distilled water are good to take away spots and freckles in the face.

See more of this in The Art of Smpling: by W. C.

Brookelime. Becabunga.

Description. **B**rookelime groweth up with thick stalks, parted into divers branches, the leaves are broad, thick, and smooth, like Purslane leaves, but of a darker green colour, growing by couples upon the stalks: the flowers are of a blue colour, and grow upon

tender foot stalks, the root is white, having five strings fastned thereto at every joynt.

Names.] It is usually called in Latine *Becabunga*, in English *Brookelime*.

Place and Time.] It groweth in small Brooks, Ditches, and standing Waters; it flowers in June and July.

Temperature and Vertues.] It is of a temperate moist quality, some say dry, Culpepper ascribes it to Mars, but I am sure then his Logick is false, for it groweth not in martial places: I rather give Venus the rule of it. It is good against Dropsies and Scurvies, and is used in Spring time in water Gruel to purge the body from ill humours, and to cleanse the Blood; it is also used with Water-creesses and other Herbs for the same purpose: it is helpful to break the Stone in the Kidneys and Bladder, provokes Urine, and womens Courses, and expells the dead Birth: it helps the Strangury, and heals inward Scabs in the Bladder, the juyce being drunk in Wine: being fryed with butter and vinegar, and applyed warm, it helps Tumors, and St. Anthonies fire being often renewed.

Butchers Broom. Bruscus.

Description. **T**His groweth up somewhat more then a foot high, with a tough round stalk which spreadeth into divers green branches, the leaves are of a dark green colour, hard and prickly at the ends, it giveth a whitish green flower, consisting of four round pointed leaves, after which comes a round berry, which is red when it is ripe; the root is thick, white, and great at the head, from whence shooteth divers thick white tough strings.

Names.] In Latine it is called *Ruscus*, and *Bruscus*, in English it is called *Knee-holme*, *Knee-holly*, and *Butchers broom*, because Butchers use it to cleanse their Stalls, and keep Flyes away from the meat.

Places

Places and Time.] It grows plentifully in dry waste grounds and near Holly Bushes, you may often finde it in most places of this Land in dry light ground: The berries are ripe about September, and the leaves abide green all Winter.

Quality and Vertues.] The roots which are chiefly used in Physick are moderately hot and dry, with a thin quality; it is one of the five opening roots, and doth open obstructions, provokes Urine, expels Gravel, and the Stone, helpeth the Strangury, drives down the Terms, cleanseth the Breast of Phlegm, and the Chest of clammy humours, being taken with Honey: the berries may be used in Electuaries for the same purpose. The juyce being drunk, and a pultis made of the berries and leaves being applyed, is effectual in knitting broken Bones, or parts out of joynt. In diseases of the Reins and Bladder, a Decoction of the five opening roots is thus made; Take of this root, and the roots of Parsley, Fennel, Smallage, and Grass, of each a like quantity, and boil them in White Wine, and drink the decoction, respect being had to the strength of the Patient, in making it stronger or weaker. It may also be made in water for want of wine, and sweetned with Sugar.

Broom, and Broomrape. Genista.

The Broom needs no description, the Broomrape springeth up from the roots of the Broom, in form like unto Bastard Orchis, called Birds-nest, having a root like a Turnip or Rape.

Names.] It is called in Latine *Genista*, and the broomrape, *Rapum Genista*.

Place and Time.] Broom delights to grow in dry grounds, and quickly over runs whole Fields, if they lie a little untilled. My Fathers Grounds at Holshot in Hampshire are never free from it altogether; it flowers about the latter end of Summer.

Quality and Vertues.] Broom is hot and dry in the second degree, cleanseth and openeth, purgeth phlegmatick and watry Humors, is very good for the Dropsie and Green Sicknes, and for the Gout, Sciatica, and other pains of the Joynts, helps the swellings of the Spleen, provokes Urine, and thereby cleanseth the Reins, Kidneyes, and Bladder, and breaketh the Stone; the powder of the leaves and seeds taken in Wine, cures the black Jaundies: and a Conserve of the flowers is good against the Kings Evil, the distilled water is good for the same. The flowers made into an Oyntment with Hogs Grease, cures pains in the Knees, the swellings of the Kings Evil, Winde, and Stitches in the sides, being applyed thereto, and the birings of venomous Creatures. The Oyl of the Roots cleanseth the body from Freckles; the pickled buds stir up an appetite to meat, opens the Spleen, and provokes Urine: the Broom Rape infused in Oyl, and set in the Sun for certain dayes, makes an oyl to take away Wheals and pushes from the face, or any other part of the Body.

Buckshorn Plantain. *Herba stella.*

Description. **I**T groweth up at first with small long narrow green leaves like Grass, the leaves that follow are gashed on each side, like the snags of a Bucks Horn, and when they are thorow grown, they lie upon the ground round the root like a Star, from which rise up divers stalks with spiky heads like common Plantain; the root is small, with divers fibres hanging thereto.

Names.] It's called in Latine, *Cornu Cervinum*, *Herb stella*, and *Sanguinaria*.

Place and Time.] It delights to grow in dry sandy Grounds, and flowers in the Summer moneths; the leaves keep green all the Winter.

Quality and Vertues.] It is cooling, drying, and astringent, the decoction in Wine strengthneth the Reins and Back, and cool-

cooleth the heat of the Reins and Kidneys; wherefore it is good for those that are troubled with the Stone: it helps the Bloody Flux, and Lasks of the Belly, and other bleeding, helps the Chollick, breaks the fits of Agues, stayeth bleedings at the Nose, and the decoction either in ale or wine, stayeth the distillations of hot and sharp Rheumes from the Head to the Eyes: it is a Plant under the dominion of Saturn.

Of Bugle. *Consolida media.*

Description. Bugle hath larger leaves then Self-heal, but not much different, some green on the upper side, others more brownish, somewhat hairy and dented about the edges, the stalk is square and hairy, about a foot high, the leaves stand by couples, and from about the middle of the stalk to the top, stand the flowers which are blueish, and some of an ash colour, like those of ground Ivy; the seeds are small, round, and blackish, the roots like those of penny-royal.

Names.] It is called in Latine *Consolida media*, Buglum, and Bugula.

Place and Time.] It groweth in wet Copses, and moist Fields, and flowers from May to July, the root abides many years.

Quality and Vertues.] It is temperately hot and dry, and somewhat binding, an herb of Venus; it wonderfully cures Ulcers and Sores, whether new or old, the leaves being bruised and applyed: the juyce made into a Lotion with honey and alome, cures sores of the Mouth and Gums, and all sores and ulcers of the privy parts: The decoction in wine dissolves congealed blood, and helps inward Bruises and Wounds, and is a special herb in wound Drinks, and for those that are Liver grown. Take Bugle, Scabious, and Sanicle, boil them in hogs grease, till the herbs be dry, then strain it and keep it for a singular oyntment for all sorts of hurts in the body.

Bugloss. Buglossum.

THis needs no description, it's Latine name is *Buglossum*; and for it's Vertues I shall refer you to Borrage, they are both excellent cordial herbs, under the dominion of *Jupiter*, strengthners of the heart and lungs, and breast: An Electuary may be made of Bugloss roots for the Cough, and to condensate and expectorate thin Phlegm, and Rheumatick distillations upon the Lungs.


Vipers Bugloss. Echium.

Description. **T**His springeth up with many rough leaves lying on the ground, the stalks are rough, hard, and prickly, spotted like a Vipers skin, the leaves long, rough, and hairy, of a sad green, the middle rib for the most part white; the flowers grow in spiky heads on the tops of the stalks of a purple violet colour, the seeds are blackish cornered like a Vipers head, the root is woody, but perisheth every Winter.

Names. **T**he Greeks call it *Ἐχίον*, some Latines *Echium*, and *Buglossum silvestre Viperinum*, Vipers Bugloss.

Place and Time. **I**t grows wilde in many places of this Land, flowers and seeds about the middle of Summer.

Temperature and Vertues. **I**t is cold and dry, yet the seeds and roots are good to expel *Melancholly*, temper the Blood, and allay hot fits of Agues, procures milk in womens Breasts, easeth pains of the Reins and Kidneys, helps bitings of venomous creatures, is effectual against poison, and poisonous Herbs. The distilled water being used inwardly or outwardly, as occasion serves; a syrrup may likewise be made thereof, which is good to expel sadness, and comfort the heart.

 See further in *The Art of Simpling*: by *W. Coles*.

Bur-

Burnet. Pimpinella.

Description. **T**His small herb sendeth forth divers long winged leaves finely dented about the edges, green on the upper side, and grayish underneath, set on each side with a middle rib; the stalks rise about a foot high, of a brown colour, the flowers are small, of a purplish colour, the seed cornered, the root small, long, and blackish, with some fibres.

Names.] Some call it in Latine *Pimpinella*, and *Pampinula*, and *Sanguisorba*.

Place and Time.] It groweth wilde in most dry hilly grounds, as all along the way almost between *Gravesend* and *Rocheſter*, and is also nourished in Gardens; it flowers in *June* and *July*, and the seed is ripe in *August*.

Nature and Vertues.] *Burnet* is hot and dry in the second degree, a plant of the Sun, a great friend to the heart, and principal members, quickens the spirits, and expells melancholly, defends the heart from infection, the iuyce being taken in some proper drink, and the party sweating thereupon: It stops fluxes of Blood, Scourings, and the overflowings of womens Courses and the whites, helps chollerick belchings of the Stomach, and is a singular good wound herb; and in Summer a little of this herb being put in a glaſs of *Claret*, gives it a pleasing relish.

Burdock and Butter-burre. Bardana.

Form. **B**utter-burre sendeth forth his flowers before the leaves like *Coltsfoot*, which grow upon a thick stalk, of a deep red colour, they quickly fall away, then come the leaves which grow bigger then the *Burdock*, of a pale green colour above, and hoary underneath; the root is blackish without, and white in the inside, of a bitter taste.

Names.]

Names.] The Burdock is called in shops *Bardana*, and *Lappa major*, the Butter-burre *Petasites*.

Place and Time.] They grow plentifully by Brooks, Ditches, and High-way sides, delighting in good ground; the flowers and burrs come forth in *July*, and the seed is ripe in *September*; the Butter-burr flowers in *March*, and the leaves spring up in *April*.

Nature and Vertues.] The Burdock leaves are moderately cold and dry; the butter-burr hot and dry in the second degree: the Burdock leaves reduce the matrix to its right place, by drawing it up or down, applying the leaves to the crown of the head, or soles of the feet, according as it is displaced; they are good for sores, and Ulcers, to ease pains in the Sinews and Arteries, and the Gout; it helps kided heels, being bruised with the white of an Egge, it takes the fire out of burnings: the juyce or the roots drunk in wine, helps the bitings of Serpents, and being beaten with a little salt and applyed to the place, it gives present ease; it also provokes Urine, helps Stitches, Consumptions, and Ulcers of the Lungs: the root drunk in *Malmsey* with a little Nutmeg, stayes the running of the Reins, the Whites, and strengthens the Back; the young stalks increase seed, being eaten raw with salt and pepper, or boiled.

The Butter-burr roots taken with *Zeadory*, and *Angelica*, helps fits of the Mother, provokes the Courses, Urine, and kills Worms in the Belly, and are effectual against pestilential diseases, by provoking sweat: and the decoction in *Wine* helps those that are short minded.

Cabbage and Coleworts.

IT were labour more then needs to describe these, or give them any other names; their places are in well manured Gardens. We proceed to their Nature and Vertues.

Cab-

Cabbages are of a drying astringent quality, salt or Nitrous, yielding small nourishment, and ingendring melancholly blood: the decoction of them drunk with honey helps hoarseness, allayeth the swellings, and takes away the pains of gouty knees and legs, it helps old sores, pushes, and wheals in the skin; the leaves draw abundantly, and therefore are good for filthy sores: the decoction of the flowers provokes the terms. The juyce boiled with honey and dropped into the eye clears the sight, consumes Films, and the Canker growing therein. Gerhard commends a raw Cabbage leaf to be eaten fasting against an involuntary Gonorrhea.

Calamint. Calamintha.

Description. **T**his herb seldom grows above a foot high, the stalk is square and wooddy, with two small leaves at a joynt, a little dented about the edges, of a quick scent; the flowers grow from the middle of the stalk to the top, of a pale blush colour: the seeds round and blackish, the root abides in the ground many years.

Names.] In Latine *Calamintha*, in English Calamint, and Mountain mint.

Place, and Time,] it groweth plentifully in hilly dry grounds, flower and seed about July.

Nature and Vertues.] It is hot and dry near the third degree, of a biting taste, an herb of Mars; it opens obstructions of the Liver, and cures hardness of the Spleen, helps overflowing of the Gall, the tertian Ague, and old Coughs; it drives down womens courses, helps the yellow Jaundies, and stayes Vomiting, being taken in Wine, it provokes Urine, helps Ruptures, Cramps, shortness of breath, and inward pains proceeding from Choller.

See further in *Adam in Eden*: by W. Coles.

Calamint

Calamus Aromaticus, or sweet Flag.

THis groweth not with us in any great quantity, nor not in our Gardens, but in Turkey and Egypt, and those Countries it is very plentiful; it may be had at our Druggists: wherefore I shall name its Vertues.

The roots are hot and dry in the second degree, of thin parts, they provoke Urine, helps diseases of the Reins and Bladder, easeth pains of the Sides, Liver, Breast, Chollick, and Cramp, the decoction being taken in wine; the powder of the roots strengthen a cold weak Stomach, and so they do preserved with Sugar or Honey.

Camphire. Camphora.

THis is a tear or gum, dropping out of a tree in India; it is reputed to be cold and dry in the third degree, yet there are different opinions about its temperature, of a very strong scent: it is available for the running of the Reins, and the Whites in women; it cools the heat of the Liver, resisteth putrefaction, and fortifies the heart in contagious Diseases, taken in Electuary or otherwise: in all Inflammations it is good, cools the heat of Wounds and Ulcers: The dose of it inwardly is five or six grains. It hath been found effectual in Agues, being sowed in a cloth, and with a thread hung about the neck, so that it might lie just upon the pit of the Stomach.

Camock, or Rest-harrow. Restabovis.

Form.] **C**Amock groweth up with woody stalks, and little roundish leaves of a dark green colour, having prickly thorns when they grow old; the flower grow at top like pease blossoms, after which come small pods; the seed is small and round, the root blackish and tough, growing deep in the ground.

Names.]

Names.] It is called *Refta bovis*, and *Remora aratri*.

Place and Time.] It groweth in many fields and good grounds, and is not easily weeded out; it flowers in July, and the seed is ripe in August.

Quality and Vertues.] The root according to Gallen is hot in the third degree, and though it be unprofitable to the Husbandman, the decoction in Vinegar helps the Tooth-ache of Rheume; the powder taken many dayes together in Wine consumes the fleshy Rupture: the decoction opens the Liver and Spleen, helps the Jaundies, Hemorrhoides, and Piles, expells Gravel and the Stone: the decoction in Oximel is good for the falling Sickness. The fixed salt of the whole plant is excellent good for the Stone.

Camomile. Cammomilla.

THIS grows so common upon every green and watry place it needs no description; it is called in Latine *Camomilla*, and *Cotula*; it is also nourished in Gardens, both to make pleasant banks, and also for its Physical uses.

Quality and Vertues.] Camomile is hot and dry in the first degree, as Gallen saith, moderately healing and drying, a Solar herb. Camomile is profitable for Agues, proceeding of Phlegm or Melancholly: the decoction thereof helps the Chollick, pains in the Sides, drives down womens Courses, provokes Urine and Sweat, and expells cold humours; it comforts the Sinews, and mollifies Swellings, helps the Jaundies and Dropsie: the oyl made of the Flowers is good against cold Aches and outward Pains.

Capers. Caparis.

THESE grow upon a prickly shrub in Arabia, Italy, and Spain, they are called in Latine *Caparis*; the bark of the roots is extream bitter: it cleanseth and purgeth,

cutteth and digesteth, the Capers are hot. The Capers we have here pickled, cause appetite, open the Liver and Spleen, consume cold Phlegm in the Stomach: the oyl of Capers is good against the Rickets, Hypochondryack melancholly, and pains in the Sides and Spleen.

Cardamomes. Cardamomum.

They grow in the East Indies upon a small tree which beareth them in husks, and are brought hither for their use in Physick.

They are hot and dry in the third degree, astringent; they are called *Grana Paradisi*, and *Cardamomum*: In English grains of Paradise, and Cardamomes: they are good against the Cardiack passion, and distempers of the Stomach, it draweth forth watery humours from the head and stomach, being chewed in the mouth; it comforts the stomach, and expells the shaking fits of Agues, it provokes Urine, resisteth poison, and expells winde, it is profitable against the falling Sicknes and pains in the belly, a dram thereof in powder drunk at a time in wine.

Of Carrots.

OF these there is the Garden manured Carrot, fit for food, and the wilde Carrot for Physick; the garden kinde needs no description, the wilde groweth much like the Garden kinde, but the leaves are whiter and rougher, so are the stalks, which bear tufts of white flowers, with a deep purple spot in the middle; when the flowers begin to grow ripe, the whole umbel looks like a Birds nest: the root is small, long, and hard, sharp and strong: it groweth plentifully by hedge sides, and untillied places, flower and seed about the beginning of August.

Temperature and Vertues.] The roots are hot and moist temperately, the seeds hot and dry.

The seed of Carrots expels Winde, helps gripings of the belly and the Chollick, provokes Urine, and womens Courses. The seeds or powder of the root of the wilde Carrot drunk in wine, helps hurts by venomous beasts, resists poison, and the Pestilence, it provokes venery, and helpeth Conception.

Cassia Fistula.

THis is the fruit of an Indian Tree, and is to be had at our Druggists; it is hot and moist in the first degree. Cassia purgeth the Reins and Kidneys, and cooleth and cleanseth them; it likewise brings forth the Gravel and Stone, it's effectual against all chollerick and melancholly diseases, being taken with Rubarb, Anniseeds, and Liquorish; it cleanseth the Stomach, Liver, and misenteric Veins from choller and phlegm, clearing the Blood and cooling it, and is profitable in all hot Agues and Fevers.

Celandine. Chelidonia.

Description. **T**His herb springeth up with divers round whitish green stalks, with great joynts, very brittle, whence grow branches with tender long leaves gashed on the edges of a blueish green colour, the stalks are full of a yellow sap, at the tops of the branches grow the flowers of a yellow colour, after which come small long pods with blackish seeds; the root is thick and knobby, yielding a gold coloured juyce.

Names.] It is called in Latine *Chelidonia*.

Place and Time.] It groweth under old walls by hedges sides, and untilled places: it flowers all Summer, the seed ripening in the mean time.

Nature and Vertues.] It is hot and dry, an herb of the Sun, and excellent for the Eyes: the herb gathered Sol in Leo, and in trine to the Moon, and made into an oyntment
with

with Hogs suet, is an excellent medicine for sore Eyes, or any Filine or cloudiness thereof: the yellow juyce or sap rubbed upon warts soon takes them away. It likewise heals Tettors or Ringworms. The decoction of the herb or roots in wine, opens the Liver and Gall, and helps the yellow Jaundies. The juyce or distilled water with a little Sugar taken fasting, is good against the Pestilence, it easeth pains of the Teeth, the mouth being gargled with the juyce or decoction thereof. The juyce mixed with Brimstone, cures the Itch, Morpew, and discolourings of the skin and Sun-burnings. It is likewise good for the Tooth-ache.

Centory. Centaurium.

THis plant is divided into two kindes, the greater and lesser; the last is most used in Physick, whose description take as followeth.

The Form.] The lesser Centory groweth up with a round crested stalk about half a foot high, at the top branching into many sprigs, whence comes an umbel of pale red flowers, which open in the day time, and shut at night; the seed grows in little husks, the leaves are small and roundish, the root small and hard.

Names.] There is *Centaurium magnum*, and *Centaurium minus*, which are the Latine Names of both.

Places and Time.] The lesser groweth almost every where in Fields, Pastures, and Woods, in the high way going from Putney to Kingston. They flower in July, and seed in August.

Nature and Vertues.] The greater is hot and dry in the third degree, the lesser in the second degree, both bitter herbs of Mars. The decoction of the lesser Centory in Wine or Ale, helps gripings in the Belly, the Chollick, Costiveness; and Worms; it purges Phlegm and Choller, and provokes Sweat; helps Agues, the jaundies, opens the Liver, Gall, and Spleen;

it helps the Dropsie, green Sicknes, and provokes the Terms, it is effectual in pains of the Joynts, Cramps, and Convulsions: The decoction in water provokes appetite, cleanseth the Stomach and Breast, and purgeth the Back and Reins. It is a good ingredient in wound drinks, it helps the Strangury, and is good against the bitings of venomous creatures, a dram of the root taken in powder, and the Wound washed with the decoction thereof.

Ceterach, Vide Spleenwort.

Of the Cherry Tree. Cerasus.

THough there be many sorts of Cherries, as black, red, white, and red hart-Cherries; yet I think they are all so well known, I shall not need make any description hereof.

Names.] The Latine name is *Cerasus*.

Place; and Time.] Some of them grow wilde in hedges, as I have seen them in Hampshire and Kent, which Countrey is the most plentiful place for Cherry Gardens. They are ripe in May, June, and July.

Nature and Vertues.] They are cold and moist in the first degree, plants of Venus, they cool and loosen the belly, and quench thirst: the black strengthen the Stomach, and being dried stop Lasks. The distilled water of them with the Stones bruised, is good to be given to them that have the falling Sicknes, provokes Urine, and breaks Winde. The Gum dissolved in wine and drunk, helps the Gravel and Stone, is good for the Cough and Hoarseness, and excoriations of the Throat, Lungs, and Breast: the preserved Cherries are good in feverish, hot, and thirsty diseases.

Chervil. Cerefolium.

Description. **C**Hervil groweth up at first like Parsley, the leaves jagged like Hemlock, of a whitish

whitiſh green colour, the ſtalk riſeth half a yard high, and beareth white flowers; the ſeeds are ſharp pointed and blackiſh, the root is ſmall and long, and periſheth every year after it hath born ſeed.

Names.] Its common name in Latine is *Cereſolium*, or *Cherifolium*, in Engliſh Chervil.

Place and Time.] It is planted in Gardens, and is a good ſallet herb at firſt while it is young and tender, and groweth alſo wilde in many places, the ſeed will be ripe about June; and being ſown again preſently, will ſpring again and be a good ſallet in Autumne.

Nature and Vertues.] Chervil is moderately hot and dry, it provokes Urine, and eaſeth the pricking pains of the Stone, and openeth inward obſtructions, it warms the Stomach, and the decoction thereof provokes ſleep, it provokes the Terms, is effectual againſt the Pluriſie, and pricking pains in the ſides; and according to Pliny, the root beaten with Mal-lows draweth forth ſplinters out of the fleſh: it is an herb of Mars.

The Cheſnut Tree. *Caſtanea.*

Description. **T**His groweth to be a tall Tree, bearing great rough dented leaves, and bloometh forth long Catkins in the Spring, of a greeniſh yellow colour, the fruit is incloſed in a prickly huſk, which openeth when they grow ripe, and the Nut appeareth covered with a brown huſk.

Names.] *Caſtanea*, and *Caſtaneum*, are the uſual Latine names thereof, in Engliſh Cheſnuts.

Place and Time.] They grow wilde in the Woods in Kent, and in the hedges in the Road to Canterbury; yet in other Counties of this Land are planted in Orchards and Gardens: the fruit is ripe about Michaelmas time.

Nature and Vertues.] Cheſnuts are dry and aſtringent,

in a mean between hot and cold, a plant of Jupiter, they are very windy, yet nourish much, and are said to stir up Venery: the Nuts being powdered and made into an Electuary with honey, is effectual for the Cough, bloody Flux, spitting of Blood, or any Lask or looseness; they are hard of digestion, and immoderately eaten, cause the Head-ache: the same powder mixed with Barley Meal and Vinegar, helps swellings of the Breasts, and unnatural Blastings. The best way to correct their windiness is to prick them with a needle and roast them.

Chickweed. *Alfne*.

Description. **T**his herb runneth along upon the ground with many tender branches full of joynts, and at every joynt cometh forth two smooth green leaves, from which sprout out other branches like the former, the flowers are small and white, after which comes the seed in little knops; the root is all strings like hairs: and if you break the stalks gently, you shall perceive a little sinew in the middle thereof.

Names.] The Greeks call it *αλσιν*, and the Latines the same, namely *Alfne*, anciently it hath been called *Hippia*.

Place and Time.] It delights to grow in shadowy and moist places, it flowers in the Spring, and the seed is ripe soon after.

Nature and Vertues. Chickweed is cold, moist, and watry, of the Moons temperature; it is good to cool the heat of the Liver, being bruised and outwardly applyed to the Region thereof, or wet cloathes dipt in the juyce thereof, and renewed as they dry: the decoction cooleth the Blood in Agues, Hettick Fevers, Stomach and Liver, and cools the heat of the Back and Urine. The juyce taken in white Wine or Ale five dayes together, first and last is effectual for the Jaundies; it is effectual

to ripen Imposthumes and swellings, being applyed pultiswise, with mallow roots, and the powder of Fenugreek and Linseed, with Hogs Lard, and assuages generally all pains in the body, proceeding of heat: the juyce or distilled water is good for Pushees, inflamed Eyes, and the heat and sharpness of the Piles.

Sweet Cicely. Myrrhis.

Description. **T**He ordinary garden sweet Cicely hath leaves somewhat like Fern, but not so high, but they taste as sweet as Anniseeds; the flowers grow in white umbels on the top of the stalks, after which come small black seed, which taste like the leaf of Anniseed; the root tastes stronger then either herb or seed, and is long, growing deep, and lasting many years.

Names.] The Greeks call it *Myrrhis*, and *Myrrha*, so do the Latines; the English Sweet Cicely, Sweet Chervil, and Sweet Fern.

Place and Time.] It is planted with us in Gardens, flowers in May, and the seed is ripe in July.

Nature and Vertues.] It is hot in the second degree, having thinness of parts: This plant of Sol is excellent good for the Ptisick and Consumptions, and diseases of the Lungs, being boiled in broth, and eaten, it expectorates Phlegm from the Breast, warms a cold Stomach, is a good sallet herb; and the root boiled and eaten with oyl and vinegar, produceth the like effects: The candid root is excellent against the Plague, and infections. This herb procures appetite, expells Winde, provokes the Terms, and expells a dead Childe, and the After-birth, provokes Urine; and the root sliced and steeped in white Wine all night, gently purges, being drunk in the morning with a little Sugar.

☞ See more of this in *Adam in Eden*, by Will. Coles.

Cinque-

Cinquefoil. Pentaphyllum.

Description. I Suppose this herb needs little description, being well known, it runs along upon the ground with small strings, which shoot out small leaves, growing five together, sometimes seven. The flowers are yellow, the seeds small and brownish, and the root little and fibrous.

Names.] The Latines call it *Pentaphyllum*, and *Quinque-folium*, in English, five leaved grass, and five fingred grass.

Place and Time.] It grows by Ditches and High-way sides, and in low grounds, and flowers from the beginning of May till the end of June, and may be found green all Winter.

Nature and Vertues.] The herb and root is hot and dry, but the root more then the herb, a plant of Mars. Culpepper affirms a scruple hereof given in white Wine or vinegar, never misses cure of an Ague of what kinde soever in three fits: but my experience proves the contrary. It restrains Fluxes and bleeding at Nose, the juyce drunk in Ale or red Wine, and the root or herb applyed to the nose; it is good against venoms and infections, resisting putrefaction. The roots boyled in milk stayes the whites, reds, and bloody Flux, but you must drink the milk then: the juyce with honey helps hoarseness, is good against the Cough of the Lungs, the Quinzy, yellow Jaundies, and Falling Sicknes, and the decoction of the root is good against the Tooth-ache, being held in the mouth.

Cynamon. Cynamomum.

THis outlandish Bark needs no description here; the Latine name is *Cynamomum*, it is hot and dry in the third degree, and is aromatical. The Chymical water hereof comforts all the vital parts, helps passions of the heart,

easeth the winde Chollick, provokes the Terms, strengthens the Retentive faculty, is good against a Looseness, Dropsies, and cold and moist Diseases; it causes a good colour in the Face, (let old and cold folks use it though.) Cynamon is an excellent spice, and the chymical oyl thereof comforts the Stomach, helps pains of the Breast, and causes good digestion, but it must be carefully used; if it be mixed with honey it takes away spots in the face.

Gives, Vide Leeks.

Clarey. Horminum.

I Need not describe it, my Countreywomen so frequently planting it in their Gardens for theirs and their Husbands backs.

Names.] The Latines call it Horminum, and *Geminalis* of some.

Place and Time.] Gardens is the place, it flowers and feeds about the latter end of Summer.

Nature and Vertues.] Clary is hot and dry in the third degree, a plant of Sol, and is good for diseases of the Eyes, the seed powdered and applyed, being mixed with honey, its a great strengthner of the back and reins, it brings down the Terms and Secondine; the muscilage of the seed takes away Tumors and Swellings, and draweth forth Splinters and Thorns, it provokes venery; but the overmuch eating of it hurts the head and brain: the powder of the leaves snuffed into the nostrils, purges the head and brain by sneezing: the herb is good for cold and moist Stomachs, and the purposes aforesaid being fried in Tanfies.

Cleavers, or Goosegrass. Aparine.

Cleavers is well known.

The Names,] It is called in Greek and Latine *Aparine*, and by Pliny *Lappa minor*, and *Asperugo*; in English
Clea-

Cleavers, Clivers, and Goosegrasses, because young Goslings feed on it.

Place and Time.] It runs up by hedge sides, and hangs to what grows next it; it flowers in June and July, and the seed is ripe in August, which soweth it self.

Nature and Vertues.] Cleavers are of thin parts, indifferently hot and dry, an herb of Mars; the young herb boiled in Water-Gruel in the Spring, cleanses the Blood, and strengthens the Liver. An unguent made of the herb with Hogs Suet, helps Wens, the Kings Evil, and Paps swollen with curdled milk. The distilled water, and the decoction helps the yellow Jaundies, drunk twice a day, and stops Fluxes. The juyce dropped into the Ears takes away the pains of them; the juyce or bruised leaves applyed to a green Wound stops the Bleeding, and closes it up; so doth the powder thereof, and helpeth old Ulcers.

Cloves. Caryophyllus.

THis aromatical Indian Fruit doth much comfort the Head, Heart, and vital parts, they strengthen Nature, break Wind, and stir up Venery, helps Fluxes of the Belly, is good against Infection, and stayes Vomiting: the chymical oyl is good in a Quartain Ague, and weakness of the Stomach, and for the Head-ache, two or three drops given in Beer or Wine, or other drink, it easeth the Tooth-ache: let old and phlegmatick persons use it; young people and cholericke are to refrain it.

Clove Gilly-flowers. Caryophylleus flos.

THis cordial flower is well known.

Nature and Vertues.] It is a temperate flower, no way exceeding in heat or dryness, cold, or moisture, a plant of Sol; the Conserve and Syrrup of the flowers are gallant cordials, comforting the Heart, it resisteth the Plague, or any Venome,

nome, it strengthens Nature, and is good against Consumptions: the flowers pickled are an excellent sauce, and stir up appetite, being set in a glass in the Sun in vinegar, they make a good vinegar to preserve from the Pestilence, and revive one in a Swoon, the Temples and Nostrils being washed therewith.

See further in *Adam in Eden*: by W. Coles,

Clowns Woundwort. Sideritis.

Description. IT springs up with square rough green stalks near two foot high, at every joynt grow two long narrow dark green leaves, sharp at the point, and bluntly dented about the edges; the flowers compass the stalks towards the top, and grow to a spiky head, of a purplish colour, having long gaping hoods, with some white spots in them; the seeds are round and blackish, the root is fibrous, with some tuberous knobs among them, both herb and root have a strong smell much like stinking horehound.

Names.] Gerhard, as I remember, saith, he gave it the name of *Clowns-wort* from a clownish answer he had of a man that had cut his Leg with his Sithe; and it is called *Panax Coloni* in Latine, and *Sideritis*.

Places and Time.] It grows by Ditches sides in most places of this Land, flowers in *August*, and the seed is ripe in *September*.

Nature and Vertues.] It is dry in the first degree, and reputed hot in the second, of an earthy Saturnine quality, it doth cure green Wounds, and closes them up to admiration, being stamped with Hogs Lard, and applyed thereunto; it stanches Blood, and dryes up Fluxes of humours in old Ulcers: a syrrup made thereof, and taken inwardly heals inward Wounds, Veins broken, spitting, pissing, or vomiting blood, and stayes the bloody Flux. A Plaister or Unguent of the Herb, and some Comphrey with it, helps swollen Veins, and consoli-

dates

dates a cut muscle, and is excellent for Ruptures of the Belly, being applyed to the place.

Columbines. Aquilina.

Description. **T**Here are Columbines of several colours, as white flowers, purple, and carnation colour, with divers others; but they are so generally known I shall describe it no further.

Names.] No good Latine name can I finde for it, yet it is termed *Aquileia*, *Aquilina*, and *Aquilegia*; the onely English name *Columbines*.

Place and Time.] I have seen both the white and purple coloured grow wilde in our Meadows in *Hampshire*, where the ground is somewhat dry: as in a place called *Gassen Mead* in *Holshot*; but they frequently grow in Gardens: they flower about the beginning of *May*, and are gone by the end of *June*.

Nature and Vertues.] They are temperately cold and dry, moderately digestive, a plant of *Venus*, and sympathizingly cures sore Throats, Canker, and the Kings Evil, the leaves boiled in milk, and given to the party affected: the seeds drunk in Ale is good for the *Quinzy*, it also heals inflammations of the Mouth and Jaws: a dram of the seed and half a penny weight of *Saffron* drunk in wine, and the party covered to sweat, opens the Liver, and is good against the Jaundies. The decoction of the herb and root with some *Ambergrease* added, helps Swoonings. The seed drunk in wine causes speedy delivery, and the juyce is good in the beginning of a *Phrenzy*, the patient eating with it pottage of *Sage*, *Valerian*, and *Rue*.

Of Coloquintida, or the bitter Gourd.

THis out-landish Indian Plant, is hot and dry in the third degree, very bitter of taste, and strongly purging,

ing; it may be taken to purge Phlegm, by strong bodies, being corrected with oyl of Roses, Gum Tragacanth, and Ginger, which will help the griping pains, it will cause if taken alone; but being thus made up with Rose-water into pills or trochis, it purges viscous humours, tough Phlegm and Choller, and water from the Brain, Lungs, and Breast, and therefore is good against Fluxes of Rheume, Apoplexy, Falling Sickness, and swimming of the Head, the Jaundies, old Coughs, and rotten putrid Fevers, the Chollick and Dropfie: the decoction thereof in Vinegar easeth pains of the Teeth, they being washed therewith, being steeped in vinegar, it helps the Morphem, Scurf, and Scabs: in Glisters which is the safest way, it may be given thus; take the pulp hereof two drams, Camomile flowers, *M.* 1. Anniseed, Comminseed, of each ʒ. ss. make hereof a decoction in fair water, and in a pint thereof dissolve honey of Roses, and oyl of Cammomile, each ʒ. iiii. The dose otherwise is from five grains to ten.

Colts-foot. Tussilago.

THis pectoral plant is well known, onely hardly observed in this, that it sendeth forth its flowers before the leaves.

Names.] Tussilago is the common Latine name, Foals-foot, and Colts-foot, the English, because the leaves resemble a Horses foot.

Place, and Time.] It loves to grow in moist and low Grounds, in good Ground: it flowers in the end of March, and beginning of April, the flowers and stalks quickly fade away, afterwards come the leaves which abide green all Summer.

Nature and Vertues.] It is cooling and drying being fresh, but when the moisture is evaporated, it inclines to heat, and driness; it is an herb of Venus, very effectual for infirmities of the Lungs, wheezing, and shortness of Breath: the
leaves

leaves taken like Tobacco, draws away thin Rheumes, distilling upon the Lungs, and helps the Cough: the distilled water with Elder Flowers is good against hot Agues, to drink about two ounces at a time; it likewise helps hot Swellings, inflammations, as St. Anthonies fire, and cools the heat of the Piles, clothes being wet therein and applyed; it likewise takes away hot Pusshes and Wheals.

See further in Adam in Eden: by W. Coles.

Comfrey. Consolida.

THis herb I suppose needs no description, being generally known.

Names.] It is called *Consolida*, of which there is major and minor, the greater and lesser Consound. Comfrey is the greater, and is so called from consolidating or knitting together, which faculty it hath, and is therefore called also Knit-back, or Backwort, because it bindes and strengthens the Back.

Place and Time.] It grows in Meadows by rivers sides, and ditches in fruitful grounds, as near Debtford in Kent it grows in abundance; it is also planted in Gardens, they flower in May and June, and seed in August.

Nature and Vertues.] It is of a cold drying binding Saturning quality, it is very good for the Back, and the running of the Reins, being boiled and eaten with Butter and Vinegar, it is a very good Sallet; some boil it and eat it with Bacon, which way it is also effectual for the aforesaid purpose; it stops Fluxes, inward or outward Bleeding, and the Terms: the decoction of the roots being drunk, it heals inward Wounds and Ulcers of the Lungs, it stops the Reds, and Whites; the syrrup is effectual for all the said purposes, and the distilled water is good to wash Wounds and Sores. The Roots bruised, and applyed, is good to close together the lips of green Wounds, and stayeth the bleeding of the Piles and Hemorrhoides,

merrhoides, and cools the Inflammations thereof; it likewise eases the pains of the Gout, being so applied.

Walter Caltrops. Tribulus Aquaticus.

Description. They rise with long slender stalks from the bottom of the water, and float above the water; the root is long and greater towards the top of the water than the bottom, having tassels full of small strings on the stem: the leaves are large and round, notched a little about the edges, somewhat resembling Poplar or Elme leaves: the fruit groweth in prickley heads which are hard, sharp, and triangular, wherein is contained a white kernel, in taste like Chestnuts.

Names.] The Greeks call it *τριβυλλος ἑρυσπός*, the Latines, *Tribulus Aquaticus*, *Tribulus Lacustris*, and the Apothecaries, *Tribulus Marinus*, in English Caltrops, Saligot, and Water Nuts, and the fruit is called *Castania Aquaticus*, or Water Chesnuts.

Place and Time.] It groweth in lakes, standing waters, and Springs, in Germany, Brabant, and the Low Countreys; so that being an outlandish Plant, I would not have troubled the Reader with a description, but to acquaint him that it is thrust in by the writer of that Book, called Culpeppers English Physician enlarged, amongst the English Plants, as a great many more are, both Outlandish and useless: yet there is a small kinde hereof called small Frogs Lettice, which bears small whitish flowers, consisting of four leaves apiece, which groweth in the River by Droxford in Hampshire, alwayes continuing under the water, and is green both Winter and Summer, they all flower in June and July.

Nature and Vertues.] Caltrops are of a cold and moist nature, so that a pultis made thereof is good against inflammations and hot swellings, and being boiled with honey and water, it cures Cankers of the Mouth, sore Gums, and the al-

almonds of the Throat, knobs, and swellings, and the Kings Evil: The green Nuts drunk with wine is good for the Stone and Gravel, and a powder thereof bindes the Belly, and is good for them that piss Blood. The same drunk with wine resists poison, venome, and bitings of venomous creatures, and the herb applied outwardly helps venomous bitings.

Campions, Wilde Lychnis.

There are divers kindes hereof, both wilde and in Gardens; *Lychnis sylvestris purpurea*, called red Batchelors Buttons, and *Lychnis alba*, white Batchelors Buttons: they are useles in Physick, yet Culpepperswriter will ascribe them to Saturn, and saith, The decoction stayes inward bleedings, and the herb outwardly applyed doth the like, and that being drunk, it provokes Urine, expells the Gravel and Stone in the Reins and Kidneys, and two drams of the seed drunk in wine, purgeth chollerick humours, helps venomous bitings, and may be effectual for the Plague, and that the herb is useful in old sores, Ulcers, and the like to cleanse and heal them: All this may be true for any thing either he or I know to the contrary. Indeed most of the kindes hereof, except the two first named, are strangers in England, and are onely planted in Gardens for the beauty of the flowers.

Carduus Benedictus, Vide Holy Thistle.

Caraweyes. Carui.

Description. **C**Araway hath fine cut leaves much like Carrot leaves, but not so bushing, lying on the ground in divers stalks, of a quick taste, among which riseth up a square stalk, not so high as the Carrot, having the like leaves at the joynts, but smaller and finer, having at the top small open umbels of white flowers, which produce a small blackish seed less then Anniseed, and

and hotter in taste : the root is somewhat like a Parsnip, but is much less, and hath a more wrinckled bark, and a little hottish taste.

Names.] The Greeks call it *Kαρύον*, in Latine *Caros*, *Carum*, and *Caruum*, and in the Shops *Carui*, in English Caraway and Carawayes.

Place and time.] It is sown in our English Gardens, flowers in June and July, and the seed is ripe soon after.

Nature and Vertues.] The seeds are most used in Physick, and according to Gallen are hot and dry almost in the third degree, of a moderate sharp quality : the herb may be eaten raw with other herbs in Sallets, or boiled, and the roots may be boiled and eaten as Parsnips ; they break winde, comfort the Stomach, and help Digestion. The herb, or seed and herb bruised and applyed hot in a cloth or bag to the bottom of the Belly, eases the winde Chollick, and is good against hot swellings. The seeds eaten alone, or mixed with meat or medicine comfort the Stomach, break Winde, and help digestion, for which purpose also they are used to be put into bread : they also help cold griefs in the head, windiness in the Bowels and Mother, and used to be mixed with purgative medicines to correct their windiness ; it also provokes Urine, helps the Cough, and is good against the Phrensey and venomous bitings, being put into a poultis it takes away black and blue spots which come by blows or bruises : and used with allom, it helps Scabs, Tetters, and falling off the hair.

Earth Chest-nuts. *Nucula terrestris.*

Description. **T**His root is round and knobbed, with some bunchings out, brown without and white within, tasting much like a Chesnut, but sweeter, from whence springeth up small cressed stalks about a foot high, whereon grow leaves next the ground like Parsley leaves,

leaves, but finer, and towards the top like dill: The flowers are white, and stand at the tops of the stalks in spoky rundels like the tops of dill. The seeds not much unlike Fennel seed, but much smaller, growing together by couples, having a good smell.

Names.] It is called *Nucula terrestris*, and *Bolbocastanon*, which is also the Greek name; in English Earth Nuts, Kipper Nuts, and Pig Nuts: I suppose because Hogs will greedily dig after them.

Place and Time.] They grow in dry Pastures and Corn Fields by the hedge rowes, as at *Holshot* in Hampshire, at *Kensington*, *Paddington*, and divers other places about *London*: they flower in *June* and *July*, perfecting their seed soon after, the stalk dyes at *Winter*. The roots are best in season about *February* and *March*, before they begin to spring forth the Branches.

Nature and Vertues.] The roots are moderately hot and dry, the seeds hotter and dryer, both seed and root provoke *Urine*, the root is good for them that spit or piss *Blood*, eaten either raw or roasted: The *Dutch* eat them boiled and buttered as we do *Turnips*, and being so dressed and eaten, they comfort the *Stomach*, nourish the *Kidneys* and *Bladder* and increase seed.

See further in *The Expert Doctors Dispensatory*: by *P. Morellus*.

Cich Pease, or Cicers. Cicer.

A Description is needless of these outlandish Tares, there is a Garden kinde thereof sown in some of our *London* Gardens, but not common; they are all sown in the *Fields* in *Spain*, *Italy*, and *France*, to feed their *Cattle* in *Winter*, as we do *Tares* and *Vetches*.

The *Garden Cich* is windy, and is said to provoke lust, and ingender seed; the broth of them wastes the *Stone*, and provokes

vokes Urine, and a decoction thereof with Rosemary is good for the Dropsie and yellow Jaundies, but it is hurtful for such as have Ulcers in the Kidneys or Bladder.

Cives, Vide Leeks.

*Cocks-Head, red Fitchling, and Medick
Fitch. Onobrychis.*

Description. **T**WO kinds hereof I shall describe. The first springeth up with many small tender branches, like the Vines growing through and about bushes, and whatever grows near it; the leaves and the rest of the pulse or plant, are like the wilde Vetch: the flowers grow at the tops of the small naked stalks, like a pease blossom, of a purple colour laid over with blue, which turn into round prickly husks which are the seed.

The second hath many stalks, especially when it is old, which are round, hard, and leaning to the ground like other pulses, the leaves are like those of the wilde Vetch, of a loathsome scent and bitter taste, amongst which come forth small round stems, whereon grow the flowers which are of a shining purple colour, growing spike fashion, three inches long, like the great Meadow Trefoil, but longer, and without smell, after which come small Cods, containing hard black seed in taste like the Vetch: The root is great and long, hard and woody, spreading abroad and growing deep under ground.

Names. The ancient name both Greek and Latine for this kinde of pulse is *Onobrychis*, its called also *Caput Galinaceum*, and the second kinde *Onobrychis flore, purpureo*, in English Cocks-head, red Fitchling, and meddick Fitch.

Place and Time. Gerhard saith these two kinds grow upon Barron Hill, within four miles of Lewton in Bedford-

(hire)

cines for the Eyes, to stay the Flux of Rheume, cools and dryes up the moisture, and takes away the heat and redness of the Eyes. The Chymical oyl and tincture may be used for any of the aforesaid purposes.

Corral-wort, Vide Dog-toothed Violet.

Crabs Claws, or fresh Water Souldier.

Sedum Aquatile.

Description. **T**His hath leaves much like *Sempervivum*, or herb Aloe, but shorter, and lesser, having stiff prickles about the edges; amongst the leaves come forth divers husks like Crabs Claws, which open into white flowers of three leaves apiece, having in the middle divers hairy yellowish threds; it hath no roots but long strings like worms which fall down (from a short head whereout the leaves spring) to the bottom of the water, where they be seldom fastned; but at the bottom there grows many other strings aslope from the same strings, being smaller.

Names.] Its called *Sedum Aquatile*, water Singreen, wading pondweed, fresh water Souldier, Knights Pondwort, water Housleek, and the like.

Place and Time.] It grows in the Fenns in *Lincolnsire*, and other muddy waters, and flowers to August.

Nature and Vertues.] This plant is of a cooling nature, and is good to keep green Wounds from Inflammations; an oyntment thereof is good against hot Swellings; sr. Anthonies fire, and other Inflammations. This herb is good for bruises in the Reins and Kidneys, stops any flux of blood issuing thence, and likewise to stop the terms; for which purposes a decoction of the herb, or a dram of the dried herb in powder may be taken every morning in any convenient Liquor, or other vehicle.

Cucumbers. Cucumer, Cucumis.

THIS Garden Plant needs no Description, the names are above, the place is well dunded Gardens, and the time when the fruit is ripe, the Journeymen Tailors in London are very sensible of.

Nature and Vertues.] They are cold and moist in the third degree, some hold but in the second, it must be the latter end of it then; the fruit is good sauce for hot Stomachs and Livers, but being much eaten ingender raw Humours; the juyce of them is good to cleanse the skin, and helps hot rheumes in the Eyes, the seeds provoke Urine, cleanses the passages thereof, and is good for such as have Ulcers in the bladder, for which purpose they are used in Emulsions; as also to cool the heat of the Urine in virulent Gonorrhœa's: the distilled water of the whole fruit taketh away Sunburning, Freckles, and Morpew, the face being washed therewith.

Wilde Cucumbers. Cucumis agrestis, Elaterium.

Description. **T**HIS plant groweth not wilde in England, but onely in Gardens, where it is planted it groweth up with many fat hairy branches, rough and full of juyce, creeping upon the ground: the leaves are hairy and rough, of an overgrown grayish green colour, and three pointed; from the bosom of which come forth long tender foot stalks, on whose tops come small pale yellow flowers, having five small leaves apiece: the fruit is about the bigness of a small Pullets Egge, but longer, rough, and hairy coloured, like the stalks, wherein is contained much water, and hard blackish seeds like Tares; when it is come to maturity, it squirteth forth its own water, and seeds either of it self, or with the gentlest touch of

of a hand, and oftentimes flyeth on the face of them that touch it, making it smart a great while after, whereby it got the name of *Noli me tangere*. The root is white, thick, and long lasting; the whole plant and fruit bitter in taste.

Names.] In Greek its called *Σίκκος ἀγρίος*, in Latine *Agrestis*, and *Erraticus cucumis*, in Shops *Cucumber* *Asminus*, and the prepared juyce is called *Elaterium*.

Place and Time.] It springs up in May, and the fruit is ripe in Autumne, it grows amongst rubbish, and in untilled places in hot Countreys, and is here planted in Gardens.

Nature and Vertues.] The bitterness speaks them to be hot, the plant is hot and cleansing, the juyce hot in the second degree, and of thin parts; the prepared juyce called *Elaterium*, which is to be had at the Apothecaries, purgeth Choller, Phlegm, and watry humors, both by seige and Vomit, prevail-eth against the Dropsie, and shortness of breath, and being snuffed up into the nostrils with a little milk, it helps redness of the Eyes.

The juyce of the root purgeth Phlegm and watry humours, and is good against the Dropsie, but not so effectual as *Elaterium*. The dose of the juyce may be from half a grain to three grains, according to the strength or constitution of the Patient: but Gerhard prescribes it to be given from five grains to half a scruple, which I suppose is too much, it being a churlish Medicine.

Saracens Confound. Solidago.

Description. **T**His plant groweth up with long narrow green leaves dented about, somewhat like peach, or willow leaves, but of a darker green; the stalk is hollow, brownish, and sometimes green, growing near a mans height, beset with leaves to the top, where doth

stand many pale yellow star-like flowers in green heads, after which comes a long small yellowish brown coloured seed, inclosed in down, which is afterwards carried away with the winde: the root consists of a head of fibres, which lasteth all Winter. The plant hath a strong unpleasant taste and smell.

Names.] It is called *Consolida*, and *Solidago*, as Comfrey is, onely *Saracenica*, to distinguish it; some also call it *Herba fortis* because of its strong smell.

Place, and Time.] They grow in moist wet grounds, flower about July, and the seed is ripe in August or September.

Nature and Vertues.] *Saracens Consound* is hot and dry near the third degree, and astringent, an herb of Mars, and an excellent wound herb, so that Mars can cure as well as wound. The herb steeped in Wine, and then distilled, the water is good for Wounds and Ulcers, whether inward or outward, so is the juyce or decoction: it cleanseth green Wounds, and old sores from corruption, and heals them; it likewise heals the sores of the privy parts and Ulcers of the mouth and throat, they being gargled therewith. The decoction of the herb in wine opens obstructions of the Gall and Liver, and is good for the yellow Jaundies, and to prevent Dropsies: It also heals Ulcers of the Reins, and other inward wounds.

☞ See more of this in the Art of Simpling: written by W. Coles.

Coryander. Coriandrum.

I Shall not take up room to describe this stinking Saturnine Plant.

Names.] The Latines call it *Coriandrum*.

Place and Time.] It is onely sown and kept in Gardens, flowers in June and July, and the seed is ripe in August.

Na-

Nature and Vertues.] The leaves and seeds being green, are cold and dry, and hurtful to the body, if taken inwardly; but the seeds being steeped in Vinegar, and dried, are moderately hot and dry, and then they are good for the Stomach, and helps digestion: the Comfits of the prepared seeds repress Vapours that ascend to the head, help digestion, and stay vomiting. The seeds taken in Wine, kills Worms, and stops Fluxes, helps the Winde Chollick, and stopping of Urine. The powder of the seed drunk in sweet Wine, provokes lust, the green herb boiled with Barley meal, helps Inflammations, and the juyce incorporated with Vinegar and Oyl of Roses, Ceruse, and Litharge of Silver, cures all Inflammations, and St. Antonies fire.

Cudweed. Gnaphalium.

Description. **T**HE common Cudweed springeth up sometimes with one stalk, and sometimes with two or three, set thick about with long small narrow woolly leaves, from the middle of the stalk almost to the top; amongst the leaves grow small flowers of a dun or brownish yellow colour, after the flowers come small seeds wrapped up in down, which is blown away with the winde, the root is small and threddy.

Names.] Of the Greeks it is called γναφάλιον, and Gnaphalium in Latine; yet it hath other Latine names, as Centunculus Cottonaria, and Albinum from the whiteness, and Herba impia by Pliny.

Place and Time.] It grows in barren, dry, and sandy grounds, almost every where in this Land, flowers in July, and the seed is ripe in August.

Nature and Vertues.] Cudweed is drying and astringent. Venus rules the Herb, and it is good for the Mumps and Quinzy, the juyce taken in Wine or Milk; it stayes Fluxes of Blood, and defluxions of Rheumes falling from the head:

the decoction made in red Wine, or the powder taken therein: it helps the Tenasimus, burstings in Children, and the Worms, and stayes the overflowing of the Terms; the leaves are good to heal green Wounds, and so doth the decoction or juyce thereof, and helps old Ulcers.

Cowslips. Arthriticae.

THese need no description of form, place, or time, all being well known; they are called in Latine, *Arthritica*, and *Herba Paralisis*, being good against pains of the Joynts and Sinews.

Nature and Vertues.] Cowslips are Venus flowers, of temperature dry and astringent, little hot; the flowers are most used in Physick, but an oyntment made of the leaves and Hogs Suet, is good to heal Wounds, and takes away spots, wrinkles, and Sun-burnings, and freckles of the face; they are profitable for pains in the head, and are good against Joynt Aches, Palsie, and pains of the Sinews, Convulsions, and Cramps: The decoction of the roots are good against the Stone in the Kidneys and Bladder, and the juyce of the leaves for inward hurts, or parts broken: The Conserve of the flowers is good against Palsies, Convulsions, Cramps, and pains of the Sinews; so likewise are the flowers pickled and eaten for sauce with meat.

☞ See more of this in *The Art of Simpling*: written by W. Coles.

Cowslips of Jerusalem. Pulmonalis.

Description. **T**HIS Herb hath broad rough leaves, of a brown green colour, spotted with white spots, the stalk is seldom a span high, bearing flowers on the top like Cowslips, but of a purple colour, and sometimes blue and red all at once; the root is hard, black, and hath many threds at the end of it.

Names.]

Names.] In Latine it is called *Pulmonalis*, and *Pulmonaria*; in English Cowslips of Jerusaleme, Sage of Jerusaleme, and Sage of Bethlehem.

Place and Time.] It is nourished in Gardens, flowers in April, and the seed is ripe in May.

Nature and Vertues.] The leaves are cold and dry in the first degree, the roots more dry and astringent, it is a good pot-herb to be used in broth for the Lungs, being an excellent herb for any distemper of the Lungs: the decoction thereof helps Coughs, shortness of Breath, exulcerations and stoppage of the Lungs by reason of any corrupt matter, and spitting of Blood; it helps also Wounds and hurts in the Entrails, and is good for Burstings, or Ruptures: the flowers are wholesome in Sallets in the Spring time.

Couch-grass, or Dogs-grass. Gramen Caninum.

I Shall not need to describe the Couch, Gardners know it well enough, and could wish that they were rid of it.

Names.] It is called in Latine *Gramen Caninum*, because Dogs eat the Grass when they are sick: In English we call it Dogs Grass, Quich Grass, and Couch Grass.

Places and Time.] It is too plentiful both in Gardens and ploughed Fields, for the owners store; although Culpepper holds half an Acre of it to be worth five Acres of Carrots twice told over; yet if any of his Disciples be of his opinion, I will undertake to help them to five Acres of it for one Acre of Carrots: It's very plentiful in my Fathers Garden at Holshot in Hampshire, and cannot be gotten clear out of the ground where it hath possession; it flourishes most in Summer, but the roots endure all Winter.

Na-

Nature and Vertues.] It is moderate in coldness and moisture, the seed more cold and dry, harsh, and of thin parts, an herb of Venus; it opens the passages of Urine, wastes the Stone in the Bladder, and Ulcers thereof: It is good to kill Worms, the juyce mixed with honey and powder of South-ernwood; but for Children, mix the juyce with an Oxe-Gall, and dip a cloth therein, and apply it to the Navel. The decoction in white Wine provokes Urine, opens the Liver and Gall, and easeth pains of the Belly and Inflammations. The seeds do also expel Urine, stayes Vomitings and Looseness.

Water-Cresses. *Nasturtium Aquaticum.*

Description. **W**ater-cresses hath weak fat hollow stalks running along upon the earth or water where it groweth, I have had my self a whole Pond covered with it; the leaves are winged with many small leaves growing at the Joynts, the upper part is brown, but the leaves are green underneath, the flowers are white, the root all like threds.

Names.] *Nasturtium Aquaticum* is the Latine name.

Place and Time.] They grow upon ponds and watry ditches, and flower about June and July.

Nature and Vertues.] It is hot and dry in the second degree, an Herb of Jupiter in my judgement. Culpepper ascribes it to the Moon, it is very profitable for the Scurvy; it provokes Urine, and cleanses the Reins and Bladder, moves the Terms, and incites to Venery, it opens obstructions of the Liver and Spleen, it is very good to make broth to purge and cleanse the blood in the Spring time.

Sciatica Cresses. *Iberis.*

Description. **T**hey have many slender branches growing on a stalk a foot and a half high, the leaves long and narrow, the flowers very small, of colour yel-

yellow, the seeds come in little chaffy husks, of a reddish gold colour, sharp and bitter in taste; the root is white, small, and tough, and of a biting taste.

Names.] In Latine it is called *Iberis*, and *Nasturtium silvestre*, and *Lepidium*, in English *Sciatica Cresses*.

Place and Time.] It grows upon old walls, rough and untilled places, by high way sides, and in Corn fields near Gravesend. It flowers in June and July.

Nature and Vertues.] *Sciatica Cresses* is hot in the fourth degree, according to Gerrard; and as saith Dioscorides, the roots gathered in Harvest time, and made into a Plaister with Swines Grease, and applyed to the grieved place of such as are troubled with the *Sciatica*, is found effectual for the same, but it is to lye on but four hours, and then taken away, and the place bathed with warm water, and afterwards wool and oyl laid on it.

Croswort. Cruciata.

Description. **I**T is a low herb of a pale green colour, having many square rough joynted stalks, having a soft down over them; the leaves are small, growing four together crosswise, one against another, towards the tops of the stalks, amongst the leaves come forth small yellow flowers, of a reasonable good savour, also resembling a Cross, the root consists onely of fibres.

Names.] The Latine Names are *Cruciata*, and *Cruciatia*, in English *Croswort*, and golden Mugweat.

Place and Time.] It grows in low Meadows, and fertile Grounds, and flowers almost all Summer.

Nature and Vertues.] It is dry and astringent, a Saturnine herb, it is excellent to heal and consolidate wounds, and is good for inward Wounds or Bruises, the herb being boiled in Wine and drunk; it is also effectual for Ruptures or Burstness, the herb being boiled tender and applyed to the place
pul-

pultis-wise, and the decoction thereof being drunk.

¶ See further in *The Art of Simpling*: by *W. Coles*

Crowfoot. Ranunculus.

Description. **T**HERE be many kindes of these dangerous herbs couched under the name of *Crow-foot*, whereof the common I shall describe; the leaves are of a deep green colour, cut in the edges, and divided into three, sometimes five parts, on which stand divers white spots, the stalks be round, somewhat hairy, on the tops whereof grow the flowers, consisting of five leaves apiece, of a yellow glittering colour, which being gone the seeds follow in a rough ball, the roots are white and threddy.

Names.] *Ranunculus*, and *Batrachion*, Latine Authours call it; in English Gold cups, *Crowfoot*, and *Butter-flowers*.

Place and Time.] They grow almost every where in Meadows and Pastures, flower in the beginning of May, and continue many moneths after.

Nature and Vertues.] It is a fiery hot herb, and Martial, it will blister the tongue, if it be tasted; the herb being bruised and applyed, is good in the beginning of a Plague sore arising, being bound to the middle of the Thigh, if it arise in the Groin, and a little above the Elbow, if the swelling arise under the Arm-pit, it draws the Pestilential Venome unto it self: it will draw a blister as well as *Cantharides*, and may be applyed to the Nape of the Neck, to draw Rheume from the Eyes; an oyntment of the herb and flowers will work the same effects.

Cuckow-pintle, or Wake Robin. Arum.

I Shall bestow no time to describe this, for Children know it, using to gather the pestles or spits to play with.

Names.]

Names.] It is called in Latine *Arum*, and *Aron*; when I was a Childe, my self and my School-fellows well knew it by the name of Cuckow spits: it is also called Cuckow Pintle, Priests Pintle, Wake Robin, and Starchwort, because white Starch hath been made of the root of it.

Places and Time.] They grow almost under every dry bank, and hedge, they shoot forth their leaves in the Spring, and the spike appears about Cuckow-time.

Nature and Vertues.] It is hot and dry in the third degree, the leaves or juyce cleanseth filthy Ulcers, and helps the Pollipus and stinking sores of the Nose: the decoction of the roots clears the sight, and takes away films and mists from the Eyes. The powder of the berries mixed with oyl of Roses and dropped into the Ears, easeth pains of them. The roots or berries beaten together with hot Oxe dung, easeth the pains of the Gout. The green leaves bruised and laid upon a Plague sore or boyl, helps to draw out the infection. An Electuary made of the dried root, helps shortness of breath, and rids away phlegm from the Breast and Lungs, being boiled in milk it works the like effects: It also provokes the Terms, and heals inward Ulcers. The fume of the decoction is good to sit over for falling out of the Fundament, both herb and root is very sharp and biting, and is a venerious plant.

Commyn. Cuminum.

THis seldom comes to maturity in our Countrey, but groweth in hot Countries, as Spain and Italy; it is called in Latine *Cuminum*, and *Cyminum*.

Nature and Vertues.] Commyn seed is hot and dry in the third degree, according to Galen; being boiled in Wine and drunk, it breaks winde, and easeth the Chollick, being boiled with figs in Wine, it helps shortness of Breathing, old Coughs and Diseases of the Breast, and is effectual for the Dropsie and giddiness of the head; being boiled in Wine and made into a

pul-

pultis with Barley meal, it helps the swellings of the Cods, caused by winde or waterish humours, and other cold pains and swellings, and gripings and torments of the Belly, being applyed thereunto; it also easeth the Plurisie and Stitches in the sides, being quilted in a bag with some salt, and heated hot and sprinkled with Wine Vinegar, and applyed hot to the side. The herb and root are of no use.

The Curran Tree. Ribes.

THESE grow onely in our Gardens, but naturally in Savoy, Austria, and those places from whence they have been transplanted to us.

Names.] It is called Ribes, and Ribesius frutex, and Grossularia, in English red and white Currans.

Temperature and Vertues.] Currans are cold and moist in the second degree, a plant of Venus; they provoke appetite, allay the heat of the Stomach, quench thirst, and therefore are good in hot Agues; they temper the heat of the Liver and Choller, and resist putrefaction: they close the mouth of the Stomach, and strengthen it. The dried juyce or rob thereof is good against the Cough, stops the Lask, and Flux proceeding from Choller.

Contra Terva, Vide Root of Periw.

The Cypress Tree. Cupressus.

THESE are now frequently planted to adorn Gardens, but grow naturally in the Eastern Countries; therefore I shall describe no more of them but the names, nature, and vertues.

Names.] In Latine its called Cupressus, and the Nuts or Clogs, Nuces Cupressi.

Nature and Vertues.] The fruit and leaves are dry in the third degree, and astringent: the decoction of the leaves in sweet Wine, helps the Strangary, and the powder of the leaves

pro-

Venerie, strengthen the Back, Liver, and Spleen: The decoction of them cools hot Agues, and helps spitting of Blood, they stay Vomiting, Looseness, and Womens Courses, and the falling of the Fundament.

Devils Bit. *Morsus Diaboli.*

Description. **T**His is a kinde of Scabious, and so like Scabious, that they are hardly known asunder, but by the bitten root, or flower; it hath small upright round stalks, about half a yard high, whereon are set somewhat broad long leaves, somewhat hairy, and uneven, little or nothing snipt about the edges; the flowers are of a dark purple colour, fashioned like Scabious flowers: the seeds are small and douny, being carried away with the winde when they are ripe: the root is black, thick, hard, and short, with many threddy strings fastned to it; and about the middle a piece seemeth to be bitten out of it, and the root almost bitten in two; which (if old *Saves* be true) the Devil did for envy, because the herb is so beneficial for the health of mankinde.

Names. It is called in Latine *Morsus Diaboli*, because, as is said, the root seems to be bitten almost in two; and in English, for the same reason, Devils Bit, and of some Fore-bit.

Place and Time. It delights in dry Meadows, Woods, and wayes sides, grows plentifully in *Danemoor Wood* in *Hampshire*, in *Cobham Park* in *Kent*, and sundry other places: It flowreth in *August*,

Nature and Vertues. Devils Bit is hot and dry in the latter end of the second degree, somewhat bitter in taste; the decoction thereof drunk, drives forth Winde, and easeth pains of the Matrix or Mother: It is an excellent remedy against old swellings of the Almonds, and upper part of the Throat: the mouth being gargled with a decoction thereof, and a little

H

honey

honey of Roses, cleanseth the Jaws of slimy Phlegm, digesting and consuming it, and takes away swellings in those parts. Devils Bit serveth for all those infirmities which Scabious doth, being as effectual against the stings of poisonous Beasts, poisons and pestilent diseases, and to consume and waste away Plague sores, being bruised and laid upon them.

Dogs-grass, Vide Couch-grass.

Down or Cotton Thistle. Acanthium.

THis common Thistle is so well known by his sharp prickles and downy heads, that its needless to describe him further.

Names.] Its called in Greek ἀκανθιον, in Latine *Acanthium*, in English Down Thistle, because the down may be gathered to stuff Pillows and Cushions; its also called Cotton Thistle, Argentine, or silver Thistle.

Place and Time.] They grow by ditches sides, and high-ways, almost every where: they flower from June till August, the second year after sowing, and when the seed is ripe, the herb perisheth.

Nature and Vertues.] Gallen saith these are hot of temperature, and a Decoction of the leaves and roots being drunk, is good for those that have their necks turned awry, or backwards, or their bodies drawn together by a Spasm or Convulsion.

Dwarf Elder or Dane Wort. Ebulus.

Description. **D**Warf elder is as it were, both a herby plant and a shrub, having leaves very like unto Elder, and green stalks not woody, which perish in Winter, being edged and full of joynts like the young branches of Elder: the leaves are wider and greater then those of the common Elder, long and broad, and cut in the edge like a Saw, and consist of many leaves, stand-

standing by couples upon a thick ribbed stalk: the flowers are white, tipped with red, and grow at the top of the stalks in tufts, having in them five little chives pointed with black, after which come black berries like common Elder, having in them little long seed. The root is rough and somewhat long.

Names.] In Greek its called *χαμαίρων*, id est, *humilis Sambucus*, in Latine *Ebulus*, and *Ebulum*, in English Dwarf Elder, Danewort, and Walwort.

Place and Time.] Dwarf Elder grows by common High wayes, and in untilled Fields, it grows plentifully in the road between Sittingburn and Canterbury, and in the Lane near Hyedsor Wharf in Buckinghamshire, and in the grounds of Mr. Hinde there.

Nature and Vertues.] Dwarf Elder is hot and dry in the third degree, having a wasting and consuming quality, according to Gallen: it hath a purging faculty by the stool, a scruple of the seed bruised and taken once a week in syrrup of Roses, and a glass of Sack purgeth down watry humours, whereby it is available in the Dropsie; and to ease the Gout; for which purpose the seed may be given to the quantity of a dram. The leaves have the chiefest faculty to digest and consume; therefore being applyed in a pultis, bathe, or fomentation, they waste away hard swellings. The young leaves applyed with Barley Meal, cooleth hot inflammations, and is good for burnings, scaldings, and bitings of mad Dogs: An unguent made thereof with Bulls tallow, or Goats suet, easeth the Gout. The roots of Danewort are accounted of greatest force: a decoction of them in Wine purgeth down watry humours, and is good against the Dropsie; if they be boiled in a bath to sit in, they soften and open the Matrix, and correct the infirmities thereof, and dissolve pains and swellings of the Belly; and the juyce of the root maketh the hair of a black colour, being used for that purpose.

Wall-fern, or Osmond Royal. Osmunda.

Description. **I**T hath a great triangle stalk about a yard high, beset on each side with large winged leaves dented or cut like polipody, resembling the large leaves of the Ash-tree, towards the tops of the branches grow brown, rough, and round grains, but they are not the seed; the root is great and thick, covered over with many scales and interlacing roots, having in the middle of the great woody part thereof some whiteness.

Names.] It is called in Latine *Osmunda*, *felix Palustris*, and of some *Filicacrum*, by Alchemists *Lunaria major*; in English Water-fern, Osmond Royal, and Osmond the Water man.

Place and Time.] It grows in moist boggy Ditches, as in the Ditch near the Well in Holshot Lane in Hampshire: it flourisheth in Summer as the other Ferns do, and the leaves decay in Winter, but the root continueth long.

Nature and Vertues.] The roots are hot and dry, but not so hot as the other Ferns; the root, especially the heart thereof, boiled or stamped and taken with some convenient liquor, is good for those that are bruised by falls, dry beaten, or wounded; for which cause it is used in wound drinks: it is reputed to dissolve clotted blood in any inward part of the body, and that it can drive it out by the wound: The young sprigs at their first coming forth are good for all the said purposes, and to be put into Balsoms, Oyls, and Plaisters and Unguents for wounds, punches, and the like.

Fig-wort, Vide Throat-wort.

Filipendula, Vide Dropwort.

Dill. Anethum.

Description. **I**T groweth up with one stalk, hardly so big or high as Fennel; yet it is so like Fen-

Fennel, that it is often mistaken for it; yet the leaves are harder and thicker then Fennel, of a stronger and more unpleasant smell; and hath smaller Umbels of yellow flowers, and the seeds are flatter and thinner then Fennel seed, and not of so pleasant a taste; the root dyes every year.

Names.] It is called in Latine *Anethum*, in English *Dill*.

Place and Time.] It is sown in Gardens, and being once sown, if the seeds be suffered to shed, it needs no more sowing: it flowers in July, and seeds in August.

Nature and Vertues.] Gerrard saith it is dry in the beginning of the second degree, and hot in the end thereof. Parkinson saith it is hot in the third degree, and dry in the second; an herb of Mercury: some say that it increases milk in womens breasts, though many Authours deny it: it is good to expel Winde and provoke Urine, ease pains in the body, and stay Vomiting; it strengthens the Brain, stayes Looseness, and stirs up lust, being boiled in Wine and drunk; but taken in too much quantity, it dulls the sight: it digesteth raw and viscous humours, and easeth pains of winde. The oyl is good to dissolve Imposthumes, to procure sleep, and warm the Brain, Stomach, and Belly, the parts being anointed therewith.

See further in Adam in Eden: by W. Coles,

Dittander, or Pepperwort. Lepidium.

Description. **I**t hath long broad sharp pointed leaves of a light blueish green colour dented about the edges, a round and tough stalk, a foot and a half high, having divers branches, and little white flowers, after which comes small seed in little heads.

Names.] It is called in Latine *Lepidium*, and *Piperitis*.

Place and Time.] It groweth naturally in many places

of this Land, in low grounds, as in the Marshes by Rochester in Kent: it flowers about July.

Nature and Vertues.] It is hot and dry in the third degree, of a sharp taste, it hath a cleansing quality, and is a Martial plant: The leaves being made into an oymntment with Hogs suet, or bruised and applyed to the place, helps the Sciatica, Hip-Gout, and pain in the Joints, the part being afterwards bathed with Wine and Oyl, and wrapped in Wool or Lambs Skins: some women give the juyce of Dittander, a spoonful or two in Ale to women in Travail to procure easie delivery; it helps to take away the scars of Burning, Scabs, and scars in the body, and cleanseth discolourings of the Skin.

Docks. Rumex.

THere are many kindes of Docks, as the red Dock and Bloodwort, but they are all so well known, I shall forbear any further description.

Names.] Its called in Latine *Lapathum*, and *Rumex*, and Bloodwort *Lapathum Sanguineum*.

Their places and time of growth is very well known.

Nature and Vertues.] They are cold and dry generally, yet herbs of Jove, and therefore good to strengthen the Liver and cleanse the Blood, especially Bloodwort; they are good to cool hot Livers, and the red Dock root is good against the yellow Jaundies: The root doth also provoke Urine, and the Terms, and expells Gravel out of the Bladder. The decoction of the seed helps wamblings in the Stomach, and stops Fluxes. The distilled water cleanses the Skin from the Morphem and Freckles.

Dodder of Time, or Epithymum.

Description. **D**odder shoots strings or threads out of the ground at first, which are greater or less, according to the nature of the plant whereon it grows

and sides, and inward hurts in the Breast, Lungs, and Bowels: a dram of the root taken in powder in red Wine, and used often, it stayes Fluxes, provided they proceed not from Choller, and is good for the Dropisie and Ruptures, the same dose being given in the distilled water of Horse-tail; and the decoction of the herb helps Maladies of the Teeth, the mouth being gargled therewith, and so doth the dry root being held between the Teeth, it consolidates green wounds, and dryes up the moisture in Ulcers, causing them thereby the sooner to heal, the decoction of the herb being applyed unto them.

Doves-foot, or Cranes-Bill. Geranium Columbinum.

Description. **I**T grows up with divers small round pale green leaves, dented about somewhat more then Mallows, lying round upon the ground upon reddish hairy stalks, among which rise up two or three weak joynted reddish hairy stalks, with small leaves, on the tops grow many small red flowers of five leaves apiece; the seed is like a Cranes Bill, the root is slender and fibrous.

Names.] It is called *Geranium Columbinum*, *Gruinalis*, and *Gruinum*; in English Doves-foot, and Cranes-Bill.

Place and Time.] It grows frequently in pasture grounds in many places of this Land, and flourishes most part of the Summer.

Nature and Vertues.] Doves-foot is cold and dry, with a binding quality, rather Saturnine then Martial. It is good to expell Winde, and the Stone and Gravel in the Kidneys, the decoction being drunk, which is also good for inward Wounds, Ulcers, and Bruises, to dissolve congealed blood: The powder of the herb and root taken in red Wine first and last, many dayes

dayes together, cures Ruptures, young or old ; in aged persons, mix with it the powder of nine red Snails dryed in an Oven ; and being made into a Salve it heals outward Sores, Ulcers, and Fistula's, and being bruised and applyed to green Wounds, it quickly heals them.

Ducks-meat. *Aquæ Lenticula.*

IT needs no description being well known.

Names.] *Aquæ Lenticula*, and *Lens palustris*, the Latines term it ; in English Grains, and Ducks meat.

Place and Time.] It grows on the tops of standing waters and ponds, and will cover them quite over, if the Ducks meet not with it.

Nature and Vertues.] It is cold and moist, ascribed to the Moon and Cancer, it is good in a pultis with Barley meal to ease the pains of the hot Gout, and cool inflammations and St. Anthonies fire, and the swelling of the Cods, the distilled water helps inward inflammations, redness of the Eyes, and is good in Burning Fevers, and it easeth pains of the head, coming of heat, the fresh herb being applyed to the forehead.

Dragons. *Serpentaria.*

THese are very well known in Gardens, and the stalks are speckled so like a Snake, that he that knows one, may soon know the other.

Names.] It is called in Latine *Serpentaria*, *Bisaria Colubrina*, and *Dracunculus*; in English Dragons.

Place and Time.] They are onely planted in Gardens with us, they flower in July, and the Berries are ripe in September.

Nature and Vertues.] It is a Martial herb, hot and dry, astringent, biting and bitter in taste; it is somewhat of the nature of Cuckow-pintle, both incite to Venery: it is good
against

grows or fastneth: these strings have no leaves, but winde themselves thick about the plant they lay hold on, ready sometimes to strangle it; after they have gotten good hold they break off at bottom, and receive nourishment from the plant, partaking of its nature; it puts forth clusters of small husks or heads, which send forth small whitish flowers, and afterwards small pale coloured flat seed, and twice as big as Poppey seed.

Names.] Dodder is called in Shops *Cuscuta*; but that which groweth upon Time *Epithymum*; it grows also upon Nettles, Flax, Ferne, Savory, Tares, and other Plants: that which grows upon Tares, the Husbandmen call Hell-weed, because they cannot destroy it.

Places and Time.] That of Time and Flax grow rarely in England, but those of Nettles and Fern do: It flowers in July and August.

Nature and Vertues.] Dodders do partake of the nature of the Plant on which they grow; and therefore Dodder of Time is hot and dry in the third degree, whose vertues follow: It purges Choller and Phlegm, and therefore is good against Melancholly, hardness of the Spleen, Madnes, Faintings, and the Quartane Ague, windiness, stopping of the Kidneys, Itch, Leprosie, Ulcers, and the French Pox: It opens the Gall, cleanses the Blood, and is good against the Jaundies, and strengthens the Liver and Spleen, and is good against all hypocondriack passions. Dodder of Nettles and Broom provokes Urine, and the other Dodders participate of the nature of the Plant whereon they grow, and therefore have the same Vertues: so that Mr. Culpepper was besides the saddle in attributing them all to the dominion of Saturn.

See more of this in the Expert Doctors Dispensatory: written by P. Morellus.

See more of this in Adam in Eden, by Will. Coles,

*Dog-toothed Violet, or Corral-wort.**Dentaria.*

Description. **I**T shooteth forth one or two winged leaves upon a brownish foot-stalk, being doubled or folded downwards at their first rising out of the ground, and then they open into five or seven leaves, of a sad green colour, each leaf being somewhat long, dented about the edges and pointed, standing on both sides of the middle rib one against another: the stalk that bears the flowers, riseth up with the leaves, and is naked to the middle, where it shoots forth a leaf, a little higher it shooteth forth one or two leaves more, each consisting but of five leaves, and sometimes but two or three; at each whereof cometh forth a small round bulbe divided into some parts or cloves of a sad purplish green colour, about which at the top come the flowers which are like the flowers of stock-gilly-flowers, of a purplish colour, growing upon short foot stalks opening into four leaves, after which come cods wherein the seed is contained; the root is white, smooth, and creeps under ground: both leaf and root is bitter and sharp, and biting, like Radish.

Names.] It is called in Latine *Dentaria*, in English Corral-wort, and Dog-toothed Violet.

Place and Time.] It hath been found growing in *Sussex*, and about *Croyden* in *Surrey*, and many other places: they flower in *April* and *May*, and are gone before *July*.

Nature and Vertues.] The roots are drying, and binding, and do also strengthen; it provokes Urine, and cleanses the Bladder of gravel: it should be a Saturnine herb, yet Culpepper ascribes it to the Moon, it helps gripings in the Belly
and

against Coughs, Catarrhs, Convulsions, and Cramps, it consumes gross humours, and cleanseth the inward parts: the distilled water helps Freckles, Morphem, and Sun-burning, and clears the sight, the juyce helps the pin and web in the Eye: An oyntment thereof is good in Wounds, Ulcers, Cankers, and Pollipus; the green leaves are good for Ulcers, green Wounds, and venomous bitings: the distilled water is good against the Plague, Poison, and pestilential Fevers, being drunk with Treacle or Mithridate. Women with childe are not to meddle with this herb.

Dropwort. Filipendula.

Description. IT shooteth forth long winged leaves, dented somewhat like Burnet, or wilde Tanfie, but harder in handling; the stalk rises about two foot high, at the top come white sweet flowers of five leaves apiece, with some threds in the middle standing in an Umbell: the seeds are small and black.

Names.] Filipendula is the Latine name, and it is also called in English Filipendula, and Dropwort.

Place and Time.] It grows in many places of this Land by hedges sides: they flower in June and July, and the seed is ripe in August.

Nature and Vertues.] It is an herb of Venus, saith Culpepper, but it is contrary to her nature, being hot and dry in the third degree, opening, cleansing, and a little binding; it is good to help the Strangury, or pissing by drops, to expell the Stone in the Kidneys and Bladder, being taken in a decoction with white Wine, and a little Honey: it provokes womens Courses, and is good against the Dropsie, Jaundies, and Falling Sicknesse. An Electuary of the roots breaks Winde, helps diseases of the Lungs, the Cough, and brings away Phlegm; the knots of the roots in powder is good for Fistula's and old Sores,

Sores, and allayes the swellings of the Piles or Hemorrhoides,

Elder. Sambucus.

THis is very well known, therefore I shall describe another kinde called Dwarf Elder.

Dwarf Elder rises in the Spring with a four square rough hairy stalk, four foot high, or more; the leaves are narrower then those of the Elder Tree, but very like them: the flowers stand also in Umbels like the other, being white mixed with purple, but of a sweeter scent then Elder; after which come blackish Berries, full of jayce, wherein is contained hard kernels or seeds: the root dyes every year.

Names.] The common Elder Tree is called in Latine *Sambucus*, the dwarf Elder, *Humilis Sambucus*, and *Ebulus*; and in English is known by the names of Walwort, Danewort, and Dwarf Elder.

Place and Time.] There is scarce a Town or Village, but the common Elder grows in its Hedges; the Dwarf Elder grows wilde in many places of England, particularly in the grounds of Mr. Hinde at Hedfor in Buckinghamshire. The Elder flowers in June, the fruit is usually ripe in August; the Dwarf Elder is somewhat later.

Nature and Vertues.] Elder is hot and dry in the second and third degree, the Danewort something hotter, both under Mars; it is profitable for the Dropsie, and to remove watry humours between the skin and the flesh; the young buds boiled in broth purges Phlegm and Choller; the inner bark is commended for the yellow Jaundies; medicines prepared of the bark opens obstructions: six drops of the spirit of Elder salt taken in broth is good in the Scurvy. The decoction of the root in wine cures the bitings of venomous Beasts, and mad Dogs, mollifies hardness of the Mother, opens the Veins, and provokes the Terms,

the

the berries work the same effects, the juyce of the green leaves helps inflammations of the Eyes: there is hardly a disease from the head to the foot but Elder is effectual for it; it is good for Melancholly, Madnes, the Falling Sicknes, Palsie, Apoplexy, Catharrs, Tooth-ache, Deafnes, diseases of the Lungs, Mouth, and Throat, Hoarseness, Ptisick, sore Breasts, swoonings and Faintings, Gout, Worms, Stone, Plague, Pox, Measles, and diseases of the Stomach; Cum multis aliis, &c.

The Dwarf Elder is stronger then the other, for all the said purposes, and hath besides particular vertues, viz. the juyce of the root cures the Kings Evil and Quinzy, being applied to the Throat, and being put into the Fundament stayes it from falling down. The root being steeped in Wine all night, helps Agues, a dram of the seeds in powder with a little Cinnamon taken in the decoction of ground Pine, is good against the French Disease, Gout, Sciatica, and joynt Aches, by drawing away peccant humours: An Oyntment made of the green leaves with May Butter, mollifies starkness of the Nerves and Sinews, and remedies outward Pains, Aches, Cramps, and Lameness.

See further in Adam in Eden: by W. Coles.

Elecampane. Enula.

Description. IT groweth up with a long hairy stalk, bearing great large leaves pointed at the ends, it gives a large yellow flower, the root is white and increaseth much every year, spreading under the ground; 'tis well known, therefore I forbear any further description.

Names.] Enula Campana, is the Latine Appellation.

Place and Time.] It delights in Meadows and fertile ground, flowers in June and July, and the leaves fall in Autumne.

Nature and Vertues.] It is hot and dry in the third degree, a Solar herb, a great friend to the Breast and Lungs, and

and a helper of shortness of Breath, it opens the Liver and Spleen, and is good against poisons and venomous bitings, and helps Cramps, Ruptures, and inward bruises, the decoction of the root being drunk: the roots candied, warm a cold Stomach helps the Cough and Wheesings: An oyntment made of the roots with Hogs grease, and a little flower of Brimstone, is an excellent remedy for the Itch. The root chewed, fastens loose Teeth, and preserves them from rotting. The distilled water of the green leaves makes the face fair, cleanses the skin, and helps the Morphem. The decoction thereof provokes Urine and the Terms, and cleanses the Breast and Lungs.

Elme-Tree. *Ulmus.*

THIS Tree is so well known for its Timber, it needs no description; but we proceed to the Physical use of it.

Names,] *Ulmus* the Latines call it.

Nature and Vertues.] The Leaves and Bark are moderately hot, having a cleansing and glewing quality, and I believe Saturnine.

The water in the bladders upon the leaves are said to be good to help burstness, cloathes being wet in the water and applyed, and the parts bound up with a Truss, it also cleanses the Skin: The decoction of the Bark of the Root softens hard swellings; the decoction of the middle bark is good to bathe places burnt or scalded, and being boiled in wine and some syrrup of Mulberries added to it, causes the pallat of the mouth to ascend, being fallen: the decoction in water helps the Dandriff, Scurfs, and Leprosie. The leaves heal green Wounds, and the water of the bladders that grow upon the leaves, being put in a glass and set in Horse-dung for five and twenty dayes, the mouth of the glass being stoppt, and a lay of salt underneath; so that the feces may settle, and the water become very clear, is a soveraign Balsome for green wounds, being applyed with soft

Tents;

cents; it may be set in the ground, if you be not provided of Dung. An Unguent being made of Elme Bark, by boiling it to that consistence, is a sovereign remedy to allay the pains of the Gout.

Endive. Endivia.

Description. **M**After Coles comprehends the Succory, Dandelion, and Endive all together, as not differing in Nature, though in Form, and one Greek name goes for them all; namely, *σέπιδες*, yet Succory is called *Cichoreum*, and *Cichorea* in Latine, and the Endive *Endivia*; which Endive bears a larger leaf than Succory, and the root perishes every year: it bears blue flowers and seed like Succory.

The names I have given you in the Description.

Place and Time. It is an inhabitant onely in Gardens; if it be sown in the Spring it quickly flowers and seeds.

Nature and Vertues. It is cold and dry, cleansing, *Fo-vial*, saith Mr. Culpepper; but I judge rather under Venus: it cools the sharpness of Urine, and cleanses the uretory parts: The decoction of it, or the distilled water is good in hot Agues and Inflammations to mitigate the heat; it helps the great heat of the Stomach and Liver, stoppings of the Gall, and Urine, lack of sleep in hot burning Fevers; being outwardly applyed, it allayes Swellings, Puskes, and Pimples, and is good to wash pestiferous sores and Ulcers.

See further in The Expert Doctors Dispensatory: by P. Morellus.

Eringo, or Sea-holly. Eringium.

Description. **T**He Sea-holly cometh up with tender leaves at the first, but as they grow old, they grow hard and prickly, crumpled about the edges, with here and there a sharp prickle: they are of a blueish green

green colour, and stand every one upon a long foot stalk, after comes a long crested stalk, having several joynts beset with leaves sharp and prickly, it bears round prickly herds, out of which shoot blue flowers with whitish threads in the middle; the root grows very long, and is about the bigness of a mans little finger, having a pleasant taste; brownish without, but white within, with some pith in the middle.

Names.] The Greeks call it *Ἐρύγγιον*, and the Latines *Eringium*, the Shop *Eringus*, and *Eringo*; in English we call it Sea-holly.

Place and Time.] It grows about the Sea sides in most Countreys of England; as upon the Sea Sands by Yarmouth in Norfolk, and about Shuberry in Essex: it flowers about the latter end of Summer, and seeds about a month after.

Nature and Vertues.] Sea-holly is temperate, of a cleansing-drying nature, a Venerial plant; the roots confectioned, stir up the affection to Venery, and are a restorative against the consuming of old age: being decocted in Wine, they open obstructions of the Spleen and Liver, provoke Urine, expell the Stone, and move the Terms, helps the yellow Jaundies, Dropsie, pain in the Loins, and winde Chollick. The roots bruised and applied to the Throat, helps the Kernels there, and heals bitings of Serpents, being taken inwardly, and applied to the place; and if the roots be boiled in Hogs Lard, and applied to thorns in the flesh, it draws them out, and heals the place: the juyce of the leaves helps Imposithumes in the Ears. The distilled water of the whole herb being young, drives away Melancholly, and helps Quartane and Quotidian Agues; the young tender shoots may be eaten fresh, or pickled, they are a good Venerial Sallet.

See more of this in the Art of Simpling: written by W. Coles.

Eye-bright. Ocularia.

Description. **I**t is a small low herb, rising seldom above a span high, having a blackish green stalk, which spreadeth from the bottom into sundry branches, whereon grow small dark green leaves finely snipt about the edges, growing two together very thick; the flowers are small and white, striped with purple and yellow spots, and grow at the joynts with the leaves from the middle upwards: the seeds are very small, growing in small round heads which succeed the flowers. The root is long, small, and threddy.

Names.] *Euphrasia* is both a Greek and Latine name for it; it is also called in Latine *Ophthalmica*, and *Ocularia*, in English Eye-bright.

Places and Time.] It grows plentifully in many places of this Land, by Hedge rowes, and on Hills sides: it groweth in the High way between Gravesend and Rochester, and in the Fields about Gravesend: They flower in August, which is the best time to gather it, before it seeds.

Nature and Vertues.] It is a Solar herb, hot and dry, it is excellent to clarifie and preserve the sight from dimness, either the powder of the dry herb being used, or the juyce of the green plant: the distilled water clears the dimness of the Eyes, either being dropped into the Eyes, or drunk in Wine or Broth: a Conserve of the Flowers works the like effects, being eaten. It restoreth a decayed Memory, and helps a weak Brain and Memory, being used any of the aforesaid wayes; if it were tunned up with Bear or Ale, it will work the like effects. Some Authours write that Birds make use of it to repair their sight; and Arnoldus saith, that it did restore their sight who had been blinde a long while.

Ferne. Filix.

ITs very well known; there is accounted a Male and Female, and Water Ferne, or Osmond Royal.

Names.] The Latine name for Ferne is *Filix*, the Water Fern, *Osmunda Regalis*, and *St. Christophers Herb*.

Place and Time.] Fern grows too plentiful in many places, and can hardly be rooted out where it hath possession: the seeds are small, trebble pointed, black and shining, and may be gotten on Midsummer-eve at night, at which time I have gathered it my self.

The Water Ferne grows by wet Ditches sides, bogs, and watrish places.

Nature and Vertues.] Ferne is hot and dry, bitter, and somewhat astringent, a Mercurial Plant: the roots of Ferne boiled in Mead, kills worms in the Belly, and abates swelling and hardness of the Spleen, and being bruised and boiled in Oyl or Hogs Grease, they make a good Oyntment to heal Wounds and Bruises, and eases the Chollick, and Diseases of the Spleen, especially those of the Water Fern, A bath made of the leaves, is good to strengthen the Sinews: the powder of the root dryes up the watry humours of Ulcers. A dyet Drink being made of it with other Capillary Herbs, is good for the Rickets.

The water Fern is effectual for Ruptures, an Oyntment being made thereof; and the decoction of the root in white Wine provokes Urine, and opens the ureditory passages.

Featherfew. Parthenium.

Description. **I**T grows up with many large green leaves, very much torn, or cut about the edges, the stalks are hard and round, beset with smaller leaves; the flowers stand single, upon several foot stalks at the top, consisting of small white leaves standing round about

about a yellow thrum in the middle, the root is tough, hard, and short, having many fibres thereat; the whole Plant of a strong scent, and bitter taste.

Names.] *Parthenium*, from the Greek *παρθένον*, and *Matricaria*, and *Febrifuga* in Latine.

Place and Time.] It grows by divers Walls and Hedges, and frequently in Gardens; they continue in flower the greatest part of Summer.

Nature and Vertues.] *Featherfew* is hot and dry in the third degree, having a quality of cleansing and opening; its temperature, scent, and taste attributes it to Mars, but its vertues are ascribed to Venus; it is an excellent herb for womens Diseases, for all Diseases of the Mother: the decoction being drunk, or the fume set over, helps fits of the Mother, it drives down the Courses, expells the dead Childe and After-birth. The juyce, with the juyce of *Motherwort* taken in old Ale, with a little gross Pepper, is good to prevent fits of the Mother. The decoction with Sugar or Honey, helps the Cough and short Windedness, and cleanses the Reins and Bladder, so doth the powder of the herb, and expells *Melancholly*, helps the swimming of the Head, and windiness in the Stomach, and is good against the Dropsie; it is good for cold and moist bodies, to stir up the procreative vertue, but it is naught for hot and dry bodies; its a good remedy for such as have taken too much Opium; being fryed with Oyl and Wine, it eases the griping pains of winde being applyed to the Stomach and Belly. The distilled water cleanseth the Skin.

Fellwort, Vide *Gentian*.

Fennel. *Feniculus*.

Fennel is well known, its Latine name *Feniculus*, Gardens are his habitation; he flowers in June and July, and the seed is ripe in August.

Nature and Vertues.] Most affirm Fennel to be hot in the

third degree, and dry in the first, and according to Gerrard, the seed is hot and dry in the third degree; it is a Mercurial herb, saith Culpepper, but I suppose rather Solar: it is used to be boiled with Fish and other viscous meats to digest their crude and phlegmatick qualities, and the seed is used in bread to break Winde, and strengthen the breath. The distilled water cleanseth the Eyes, being dropped therein, and the condensate juyce cleanseth them from Mists and Films. It is good to increase milk in Nurses, it provokes Urine, and eases the pains of the Stone: The leaves, or rather the seeds, boiled in water, stay the Hiccock, helps loathings of the Stomach of sick persons, and allayeth the heat thereof, and is a remedy for such as have eaten poisonous herbs, and against bitings by Serpents. The seed and root opens obstructions of the Liver, Spleen, and Gall, helps shortness of breath. The roots in dyet drink or broth, cleanseth the Blood, opens the Liver, provokes Urine, and helps the evil colour of the face after long Sickness, and causeth a good habit throughout the body; the juyce kills worms in the Ears, being dropped therein. The ordinary Fennel is stronger then the sweet Fennel, and therefore better for the purposes aforesaid.

Fennel Giant. Ferulago.

Description and place.

THis plant grows in Cyrene, and brings forth the Gum called *Ammoniacum*. which is hot and dry in the second degree, which is good to dissolve Tumors, and taken inwardly it purges Phlegm, opens stoppings of the Liver, helps Astma's and stoppings of breath, it provokes Urine and the Terms, eases the Gout and Sciatica, softens Corns and hard Swellings.

See further in Adam in Eden: written by Will. Cole.

Soy

Sow-Fennel, or Hogs-Fennel.

Peucedanum.

Description. It hath divers branched stiff stalks, full of knees of thick long leaves, three for the most part joyned together at a place, among which riseth a crested stalk less then Fennel, somewhat joynted, and leaves thereon, and towards the top some branches; on the tops whereof grow tufts of yellow flowers: the seeds are thin, flat and yellowish, almost twice as big as Fennel seed: the root is great, and grows deep with many fibres, smelling like hot brimstone, and yielding a yellowish juyce like a Gum.

Names. Peucedanus, and Peucedanum, are the Latine names; in English Hogs-Fennel, Sow-Fennel, Hore-strange, and Hore-strong, Sulpher-wort, or Brimstone-wort.

Places and Time. It grows in salt low Marshes, as by Whitstable and Feaversham in Kent, and many other places: they flower and seed towards the end of Summer.

Nature and Vertues. It is a Mercurial herb, hot in the second degree, and dry in the beginning of the third. The juyce dissolved in Wine, and dropped into the Ears, helps such griefs thereof as proceed from a cold cause; the same used with Vinegar and Rose-water, or the juyce with a little Euphorbium put to the Nose, helps the Phrenzy, Lethargy, Giddiness, falling Sicknes, long and inveterate Head-ache, the Palsie, Sciatica, Cramp, and generally all diseases of the Nerves and Sinews, if it be used with Oyl and Vinegar, as saith Dioscorides, and Gallen: the juyce dissolved in Wine, or put in an Egge, is good for the Cough, shortness of Breath, and winde in the body, it gently purges the Belly, dissolves winde and hardness of the Spleen, gives ease to women that

have hard Labour, and easeth pains of the Reins, Bladder, and Womb : the juyce put into a hollow tooth, easeth the pain, and so doth the root but more slowly. The powder of the dried root cleanseth foul Ulcers, and removes splinters or broken bones out of the flesh, dryes up inveterate Sores, and is of a great force in green Wounds.

Fig-wort. Vide Throat-wort.

Flax. Linum.

THis needs no description, good Housewives know it well enough; it is called in Latine *Linum*, which is somewhat near our English word *Linnen*, fine linnen cloth being made thereof: it flowers from Midsummer till August, it is sown in divers places of this Land.

Nature and Vertues.] The seed thereof, which we call *Linseed*, which is onely used in Physick, is hot in the first degree, and in a mean between moist and dry; but *Dodoneus* saith it hath a superfluous moisture and causes winde; and that the Inhabitants of Middleborough in Zealand, for want of Corn, eat thereof, to the great prejudice of their healths; but the seed being boiled in water, and some honey put to it, is said to ease the Chollick, Stitches, and Inflammations, I fancy not that medicine; but the seed is a good ingredient in pultisses with *Fenugreek* and *Mallows*, to mollifie and discuss Tumors in any part of the body; and being used with *Myrrhe* and *Rozen*, it helps Ruptures and swellings of the cods: the decoction thereof in wine is good to stay the spreading of filthy Sores, being used thereto; and being mixed with honey, or suet, and wax, and applyed, it helps hard swellings under the Ears and Throat, and remedies spots and discolourings of the skin.

Fig-Tree. Ficus.

THe Fig-tree seldom grows in England, but as it is planted against a Wall; yet at the house of Rowland
Hinde

Hinde Esquire, at *Hedfor* in *Buckinghamshire*, grows, or lately did grow, a *Fig-Tree* in his Court, having a body as big as an ordinary *Elme* or *Oak*, growing low, and spreading much ground with great Boughs.

Names.] The Greeks call the Tree *συκη*, and the fruit *συκον*; in Latine both tree and fruit is called *Ficus*.

Place and Time.] They grow plentifully in *Spain* and *Italy*, and bear fruit both in the Spring, and in August, and September.

Nature and Vertues.] Figs are hot and moist almost in the third degree, and yield good nourishment; but being immoderately eaten, they ingender crude humours in the Stomach, and hurt hot Livers, and chollerick Stomachs; they are therefore best for old phlegmatick persons: being eaten with Almonds, they cleanse the Breast and the Lungs. A decoction of them with Hysop and Liquorish, is good for the Cough of the Lungs, and for the Reins and Bladder, and to recover a good colour to them that have lost it by Sicknes; it also cleanses the Womb, and is useful for the Dropsie, Quinzy, and the falling Sicknes; they are a good Antidote against the Plague, Poison, and infectious Air, being stamped together with Salt, Rue, and Nut Kernels, and eaten fasting in the mornings: a Fig sliced and toasted, and applyed to an aking Tooth, sometimes gives ease. The decoction of the leaves is good to wash sore heads, for the Leprosie, Morpew, and running Sores; and a syrrup made thereof is good against Coughs, shortness of Breath, and all diseases of the Breast and Lungs.

Filberd, Vide Hazel Nut.

Fistick Nuts. Pistacia.

THis tree grows in the East Indies, Persia, and Arabia, and the hot parts of Italy,

Names.] It is called in Latine *Pistacia*, and *Pistacium*, in English the fruit is called Pistacies, and Fistick Nuts.

Nature and Vertues.] They are under the dominion of Jupiter, of temperature hot and moist; they increase seed, and stir up Venery, being eaten condited, or otherwise, they recover strength in those bodies which are in Consumptions, and are grateful to the Stomach; they are good against bitings of venomous creatures; they open obstructions of the Liver, Chest, and Lungs, concocting and digesting raw humours that offend them; they are a little astringent, strengthening the Liver and Stomach, used either in meats or medicines; they remove Sand and Gravel out of the Reins and Kidneys, assuage their pain, and are good for Ulcers.

Fleawort. *Herba pulicaria.*

Description. **O**Rdinary Fleawort groweth up with a stalk two foot high, or more, full of branches on every side up to the top, and at every joynt grow two small, long, and narrow whitish green leaves, at the tops of every joynt stand divers short small scaly or chaffy heads, out of which come small whitish yellow threds, like those of plantain, which are the bloomings or flowers; the seed is small and shining, while it is fresh, very like Fleas, but turning black when it grows old: the root is white, hard, and woody, perishing every year. The whole plant is whitish, hairy, and smelling somewhat like Rozin.

Names.] Its called in Latine *Herba pulicaria*, and in Shops, *Psyllium*, in English Fleawort.

Place and time.] It grows with us no where but in Gardens, but there is another kinde much like the former, which grows in Fields near the Sea-coasts: they flower in July, or thereabouts with us, but in their natural Countreys all the Summer.

Nature and Vertues.] The seed of Fleawort which is chiefly used in Physick, is cold in the second degree, and temperate

rate in moisture and driness, according to Gallen and Serapio: it is a Saturnine Plant. The muscilage made with Rose water, and taken with syrrop of Violets, or a little Sugar, purges Choller and Phlegm, is useful in burning Fevers to lessen thirst, and driness of the mouth and throat; it helps also Hoarseness, Inflammations of the Breast, Lungs, and Head, and hot pains in the joynts; the muscilage of the seed in an Electuary, with Marmalade of Quintes and Sugarcandy, hath the same effects, and staves the fluxions of hot Rheumes. The seeds dried and taken with Plantain water, staves fluxes of the Belly, and helps the gripings thereof, caused by Chollerick humours, or the over-working of violent Medicines: the seeds bruised, or the herb mixed with juyce of Night-shade, or Housleek, oyl of Roses and Vinegar, easeth the hot Gout, and hot Impossthumes; the water wherein the seeds have been steeped, is good against St. Anthonies fire: the juyce with Honey put into the Ears, staves the running thereof, and is good for sore Breasts, being often applyed thereunto; being mixed with Hogs Grease, and applyed to corrupt Sores and Ulcers, it heals them. The muscilage of the seed made in Plantain water, and mixed with the yolk of an Egge, or two, and a little of the Unguent Populeon, easeth the pains of the Piles and Hemorrhoides, being bound thereto. It is not safe for cold and moist bodies.

Flixweed. Thalictrum.

Description. Flixweed springs up with a round upright hard stalk about two foot high, spread into many branches, whereon grow many grayish green leaves, finely jagged like Roman Wormwood; the flowers are small, of a dark yellow colour, and grows in a spiky fashion on the tops of the spriggy branches, after which grow long pods, with small yellowish seed in them, The root is long, weedy, and perishes every year.

Names.]

Names.] It is called in Latine *Pseudonasturtium Sylvestre*, *Thalictrum*, and *Sophia Chirurgorum*.

Places and Time.] It grows by Hedge sides, High wayes, upon old walls in many places of this Land, and flowers from the beginning of June, till the end of September.

Nature and Vertues.] Its a drying astringent Saturnine Herb; the seed drunk in Wine or water wherein Steell hath been often quenched, stops the Lask, Bloody Flux, and all other issues of Blood: the Herb boiled, performs the same effects; and also it consolidates Bones broken or out of Joynt, from which vertue it obtained the name of *Sophia Chirurgorum*: a Syrrup of it may be made to be taken inwardly for the former purposes. The juyce drunk in Wine, or the decoction of the Herb kills Worms in the Stomach and Belly, and Worms which sometimes breed in Ulcers: the juyce or bruised herb put into Oyntments or Salves, quickly heals old Sores, how foul or malignant soever they be. They whose Stomachs cannot brooke any of the former Medicines, may take the distilled water which worketh the same effects, but not so effectually or powerfully.

Fluellin, or Lluellin. Veronica Mas.

Description. **O**F this plant there is a male and a female kinde, called male and female Speedwell, before the Welch-man gave it her Countrey name *Lluellin*.

The common Speedwel hath divers soft leaves about the breadth of a two pence, of a hoary green colour, a little dented about the edges, set by couples at the joynts of the hairy brownish stalks, which lean upon the ground, never standing upright, but shooting forth roots as they lie upon the ground; at divers joynts the flowers grow one above another at the top, and are of a blueish purple

ple colour, sometimes white: the seed is small and blackish contained in small flat husks. The root is fibrous.

Names.] In Latine it hath been called *Veronica Mas*, and *Veronica Femina*, and *Betonica Pauli*; in English Male and Female Speedwel, and Pauls Betony; but the Shentleman of *Wales* hath given it the name of *Lluellin*, because it saved her Nose which the French Pox had almost gotten from her.

Place and Time.] They grow upon dry Banks and Wood sides, and in sandy grounds in many places of this Land: They flower in June and July, and the seed is ripe in August.

Nature and Vertues.] The Male is temperately hot and dry, the Female cooling and drying; the Male is most common and of greatest use: they are both good wound Herbs, a Salve being made therewith, with wax, oyl, and Turpentine: it also hinders the fretting of old Ulcers, stayes Bleeding of Wounds, dissolves Swellings, it strengthens the Heart, and expells Poison and Venome from thence; it strengthens the Memory, eases swimings and pains in the Head. The decoction given in Wine, it cleanses the Blood, and helps the Leprosie, as is said. A dram of it in powder in its own distilled water, helps the Cough, and diseases of the Lungs and Breast. It opens the Liver and Spleen, cleanses Ulcers in the Reins and Bladder: the distilled water is good to wash Wounds and Sores, and helps Morpew, Scabs, and Freckles, a little Coperas being dissolved therein, and bathed therewith. The Female Speedwel, or Fluellin, bruised and applyed with Barley Meal, helps watring Eyes caused by hot Rheumes flowing from the Head, it stops the overflowing of the Terms, and all Fluxes of Blood, it helps the inward parts which need consolidating and strengthening, the leaves being sod in broth with a Hen, or piece of Veal. It is effectual to heal green Wounds, and to cleanse and heal old foul Ulcers, and fretting Cancers.

The

the juyce and decoction of the herb taken inwardly, and the herb used outwardly.

☞ See more of this in *The Art of Simpling*: written by *W. Coles*.

Fox-Gloves. Digitalis.

It is known so commonly almost to every Childe in my Countrey of *Hampshire*, that I shall forbear to make any large description of it.

Names.] Authours call it by many strange Latine names, as *Digitalis*, *Virga*, *Regia*, *Campanula silvestris*, and many other affected names: We in English call it *Fox-Gloves*, and in *Hampshire* it is very well known by the name of *Poppers*; because if you hold the broad end of the flower close between your finger and thumb, and blow at the small head, as into a bladder, till it be full of winde, and then suddenly strike on it with your other hand, it will give a great crack or pop.

Place and Time.] They grow generally in dry grounds, and under Hedges sides in most Countreys of England.

Nature and Vertues.] It is a *Venerial Plant*, saith Culpepper, but he forgets his Logick when he ascribed all bitter plants to Mars.

Fox-Gloves are bitter in taste, hot and dry, having a cleansing quality. The Italians call this Herb *Aralda*, and use this proverb concerning it, *Aralda, tutte piaghe salda*, *Aralda* salveth all Sores: they use it to heal green Wounds, cutting the leaves and applying them; they use also the juyce to cleanse and dry up old Sores: it is found helpful for the Kings Evil, the flowers stamped with fresh Butter and applyed, or the juyce in an Oyntment; the bruised leaves are also good being applyed, but not so powerful; being boiled in water or wine, it consumes thick phlegm, and viscus humours in the Chest and Stomach. A Syrrup may be made thereof with Su-

gar

tar or honey for the same purpose, and to cleanse the body of clammy humours, and open the Liver and Spleen; by later experience it hath been found to cure many of the falling Sickness, taking the decoction of two handfuls thereof with four ounces of Pollipody of the Oak bruised. Mr. Culpepper magnifies an Oyntment thereof for a Scabby Head.

Fumitory. Fumaria.

Description. **I**t is a tender sappy Plant, sending forth from one square slender stalk (leaning downwards) many branches two or three foot long, with fine jagged leaves of a pale blueish or Sea-green colour; the flowers stand like a long spike one above another on the tops of the branches, of a reddish purple colour, with whitish bellies commonly; yet in Cornwall it bears perfect white flowers: it bears a small black seed contained in small round husks; the root is yellow and small, full of juyce while it is green, but quickly perishes with the ripe seed.

Names.] The Greeks call it *Kάπνυς*, and *Kάπνιον*, the Latines, *Fumus terra*, and *Fumaria*, in English *Fumitory*.

Places and Time.] It grows in Corn Fields almost every where, as well as in Gardens: It flowers for the most part in May, and the seed is ripe in August.

Nature and Vertues.] It is a bitter herb, which sheweth it to be hot, and is hot in the first degree, and dry in the second; it gently purges melancholly and salt humours, opens and cleanses the Entrails, and strengthens those parts; it purges chollerick humours by Urine, and helps foul diseases of the skin, as the Itch, &c. arising from adust humours, and the French Pox; it prevails in chollerick Fevers, the Jaundies and Quartain Agues, and chronical diseases arising from stoppings of the viscerous parts: three or four ounces of the distilled water drunk morning and evening, cures the yellow Jaundies, and is good

good against the Itch and Leprosie: A dram or two of London Treacle, and a scruple of Bole-Armonick taken in two ounces of the water, is good in the Pestilence; it provokes the Terms, and dissolves congealed blood: The decoction helps the Gout, the feet being bathed therewith. The distilled Water with some honey of Roses, helps Sores and Ulcers of the Mouth; the juyce dropped into the Eyes clears the sight, and the juyce having a little Gum-Arabick dissolved therein, and applyed to the Eye-lids where the hair hath been pulled off, will keep it from growing again: the juyce mixed with the juyce of Docks, Oximel, and Vinegar, cures the Morpew; and a bath made of the same with Barley, Bran, Mallows, Violets, Nep, and Dock Roots, cures Scabs, Itch, and Leprosie, Wheals, and Pimples in the Face or elsewhere.

Fursbush, or Furies.

THESE are so well known, they need no description. *Names.*] In Norfolk they are called *Whinns*, in some Countreys *Goss*, and in Hampshire *Furies*.

Place and Time.] They plentifully grow in dry barren Heaths, and sandy Grounds, and flower in the middle of Summer, and are seldom without flowers at any time of the year.

Nature and Vertues.] They are under the dominion of Mars, hot and dry, the flowers are effectual to open obstructions of the Liver and Spleen, and the decoction thereof is good against the yellow Jaundies, provokes Urine, and cleanses the Kidneys and Bladder from the Gravel and Stone.

Galanga.

THIS plant grows in the East Indies, and China, from whence it is brought to us.

Nature and Vertues.] It is hot and dry almost in the third degree, it is profitable in all cold Diseases of the Stomach

It helps concoction, expells winde from it, being boiled in Wine and taken morning and evening; it helps a moist brain and the Vertigo, trembling of the Heart, and knawings of the Stomach; it cleanses the passages of the Urine, provokes Venery, helps conception, and remedies cold and windy distempers of the Womb, being drunk with the water or juyce of Plantain; it stops the bloody Flux, and strengthens nature, helps the trembling of the Heart, and comforts the brain: half a dram of the powder thereof is the dose at one time, to be taken in the morning, or an hour before meat.

Garlick. Allium.

IF you smell ones breath that hath eaten it, you may know it by the scent.

Names.] Allium the Latines call it, and Gallen Theriaca Rusticorum, Countreymans Treacle; in English Garlick.

It is planted in small cloves in Gardens, which grow to great heads by the latter end of Summer.

Nature and Vertues.] It is hot and dry in the fourth degree, a Martial Plant, it heats the body being eaten, digesting and consuming tough and clammy humours, opens obstructions, remedies cold poisons, and the bitings of venomous Beasts; it helps old Coughs, provokes Urine, kills Worms, breaks Winde, helps the Chollick and Dropsie, proceeding of cold; it stirs up natural heat, and helps a cold and moist Stomach; it is good against the biting of mad Dogs, for shortness of breath, the cold Head-ache, Consumption of the Lungs, and pissing of Blood; being tempered with Honey, and the parts anointed with it, cures scabbed Heads, Scurff, Morpew and Tetters: the Ashes strewd in Ulcers heals them, being applyed with Figs and Commyn, it cures the biting of a Shrew-Mouse.

Vices.] Many are the Vertues of Garlick, yet accompanied with some Vices; it is hurtful for young men and choleric persons, for women with Child, and such as give suck:

and

and being eaten raw too liberally, it dims the sight, offends the Stomach, and burns the Blood; it is good for old, cold, and phlegmatick persons: the best way of preparing it is to boil it well, either in milk, or otherwise, and eat it with Oyl, or Vinegar.

Gentian, or Felwort, Gentiana.

Description. **M**After Coles reckons six sorts hereof to grow within Great Brittain, Master Culpepper but two, which I shall onely describe.

The first hollow leaved Felwort, or English Gentian hath small long roots, deep in the ground, and abiding all Winter, having stalks of a brownish green colour, with long narrow dark green leaves set by couples up to the top: the flowers are long and hollow, of a purple colour, with five corners.

The other smaller sort hath many stalks not a foot high, with several branches; the leaves very like those of the lesser Centaury, of a whitish green colour; the flowers are blue, growing on the tops of the stalks: the root is small and fibrous.

Names.] *Gentiana* in Latine, and *Gentianella* the lesser sort; in English, Gentian, Felwort, Bitterwort, and Baldmony.

Place and Time.] The first grows in divers places of Kent, as about Southfleet, and Long Field near Gravesend; so likewise doth the other, and upon Barton Hills in Bedfordshire, and not far from St. Albans, upon a piece of waste chalky ground as you go out of Dunstable way towards Gorbamby: They flower in August, and the seed is ripe in September,

Nature and Vertues.] The root which is chiefly in use, is hot and dry in the third degree, a Martial plant; it strengthens the Heart and Stomach, resists poison, putrefaction, and the Pe-

Pestilence, and helps digestion; the powder of the dry roots helps bitings of mad Dogs and Venomous Beasts, opens the Liver, and procures an Appetite: Wine wherein the herb hath been steeped being drunk, refreshes such as are overwearied by Travel, or are lame in their Joynts by cold or bad Lodgings; it is good for bruises, and to help stiches and pains in the sides: the decoction is good against Cramps and Convulsions, provokes Urine, and the Terms; so that it is not to be given to women with Childe: it dissolves congealed Blood, is good in the Drop-sie, strangling of the Mother, drives down the dead Childe, and After-birth, helps falling Sicknes, Worms, Cough, and shortness of Breath; it expells Winde, and is profitable in all cold Diseases, the juyce or powder of the root heals green Wounds, and cleanses and heals up fretting rotten Ulcers, Fistula's and Cancers. The root is used by Chyrurgions to enlarge the orifice of a Sore. The herb applyed helps swellings of the Kings Evil, and the juyce clears the sight, being dropped into the Eyes; it helps the bots in Cattle, and the swelling of a Cows Udder, being bitten by a Venomous Creature, the place being stroaked, and fomented with the decoction of this Herb.

Germander. Trissago.

Description. Common Germander shooteth forth many branches leaning towards the Ground; whereupon grow small leaves snipt about the edges like the teeth of a Saw: the flowers are purple, small, and stand close to the leaves on the tops of the branches, the root is slender and stringy, which spreading round about, causes it to be very plentiful where it is once set.

Names.] *Chamadrys* is the Greeke name, and Latine name used in Shops, yet its called by some *Trissago*, and *Quercula minor*, because the leaves resemble an Oak leaf; in English it is called Germander, and English Treacle.

Place, and Time.] It is planted in Gardens usually with

us, yet groweth also wilde: It flowers about June and July.

Nature and Vertues.] *Germander* is hot and dry almost in the third degree, of subtil parts, and hath a cutting quality: it is a Mercurial Herb: the leaves of *Germander*, and the seeds of *Nigella* quilted in a Cap, helps Catharrs and distillations of cold Rheumes, being worn on the heads of them that are troubled therewith. The Herb used with Honey cleanseth foul Ulcers; the juyce mixed with Honey, helps dimness and moistness of the Eyes; the Herb being bruised and applyed, is good against venome and venomous bitings. The decoction of the green Herb helps distempers of the Spleen, pains of the side, provokes Urine, the Courses, and used with Honey, it is good for Coughs; it quickens the spirits, helps diseases of the Brain, falling Sicknes, Lethargy, Palsie, and Gout: a dram of the seed in powder is good for the yellow Jaundies, purging it by Urine, and kills Worms.

Stinking Gladwin, *Vide Orris*, it is a kinde of Flower De luce, which see in *Orris*.

Ginger. Zinziber.

THIS Indian Root is hot and dry in the third degree, the Latine name is *Zinziber*; it is good for a cold Stomach, it warmeth it, and expells Winde there and in the Bowels, and helpeth Digestion; it likewise corrects the rawness of the Stomach, and clears the Breast; Green Ginger provokes lust, dryes up moisture of the Stomach, phlegm of the Lungs, opens obstructions, and is good in all cold griefs of the Stomach.

Golden Rod. *Auria virga*.

Description. **G**OLDEN Rod groweth up with brownish small stalks, about half a yard high, with dark green narrow leaves, sometimes (but very seldom so found)

found) dented about the edges, and as seldom with strakes or white spots therein, divided at the tops into many small branches, with divers small yellow flowers on every one of them, which are turned one way, and being ripe become down, and are blown away with the winde: The root consists of divers small fibres, not running deep in the ground, yet abiding all Winter, sending forth new branches every year, the old ones dying.

Names.] *Auria virga* it is called in Latine; in English Golden Rod.

Place and Time.] It grows both in moist and dry grounds in many places of this Land, in Woods and Coppes, in Hamsted Wood, and Kentish-Town, near Gravesend in Swanscomb Wood, and Southfleet: It flowers about July.

Nature and Vertues.] Golden Rod is hot and dry in the second degree, with a cleansing astringent quality, a reputed Herb of Venus; it is useful in lotions for sores in the Mouth and Throat, and is a good Wound Herb for inward or outward Wounds, Bleeding, or Bruises, and for Ruptures, to be used inwardly, and outwardly; it stayes Fluxes and Courses, it dries up moist humours in old Sores and Ulcers, which hinder their healing. The decoction helps to fasten loose Teeth, and it is commended and approved to be good against the Gravel and Stone in the Reins and Kidneys, and to provoke Urine.

Gooseberry Bush. Grossularia.

I Think it needs no description, it is called in Latine *Uva Crispa*, and *Grossularia*; in some places, Feaberry, Dewberry, and Wineberry Bush, but most commonly Gooseberry Bush in English.

Nature and Vertues.] The Berries before they be ripe are cold and dry, and something binding; they are under the dominion of Venus, they cool the vehement heat of the Stomach and Liver, and provoke appetite, being scalded and eaten with

Rose Water and Sugar, or made in Tarts, or stewed with Mutton; they also make good sauce for Green Geese, and many other Dishes both Flesh and Fish; they are good to boil in broth, for such as have hot Agues; they stay the longings of Women with Childe: being ripe they are pleasant to the Stomach. The decoction of the leaves cool Inflammations, and St. Anthonies fire. The tender leaves are good to break the Stone, and expell Gravel; but too much of the fruit breeds Crudities and Worms, especially before it is ripe.

Gromel. *Milium solis.*

Description. **T**Here be accounted nine sorts of this Herb, whereof I shall mention three;
1. Great upright Gromel. 2. The greater creeping Gromel. 3. Small wilde Gromel.

The great upright Gromel rises up with divers upright, slender, hairy, woody, brown crufted stalks very little branched, with long, hard, rough, sharp pointed narrow green leaves; the flowers stand at the tops of the stalks, are small and white: the seed is white, round, and shining, the root is hard and woody, with many fibres; it abides all the year, but the stalks dye.

Names,] It is called *Milium solis*, and *Granum solis* in Shops, and also *Litho-spermum*; in English Gromel, and Pearle Plant.

Place and Time.] The first groweth in Gardens, the second and third grow wilde in many places of this Land, on barren grounds: they flower from Midsummer till September, the seed ripening in the mean time.

Nature and Vertues.] Gromel-seeds are hot and dry in the second degree, under Venus, saith Culpepper; they are singular good to break the Stone, to open and cleanse the Reins, Kidneys and Bladder, to drive forth the Gravel, provoke Urine, and do expell Winde exceedingly: two drams of the seed

seed in powder, given in Breast milk to a woman in Travel, procures speedy delivery: The Herb it self boiled in Wine and drunk, worketh all the same effects, but weaker then the seeds.

¶ See further in The Expert Doctors Dispensatory: by P. Morellus.

Winter Green. Pyrola.

Description. This sendeth up round pointed leaves, every one standing on a long foot stalk, of a sad green colour, almost like Pear-Tree leaves, and so are the flowers; the stalk is weak and slender, yet standing upright, bearing many small white flowers, smelling sweet, consisting of five round pointed leaves, with many yellowish threads in the middle, about a green head, which groweth to be the seed vessel, and is five square when it is ripe, with a small point; in it is the seed as small as dust: it hath a brownish creeping root.

Names. It is called in Latine Pyrola; in English Winter-green.

Place and Time. It groweth in the Northern parts of England: they flower about July, or later.

Nature and Vertues. Winter green is cold in the second degree, and dry in the third, having a Glutinous and very binding quality, a Saturnine Herb; it is a very good Wound Herb, to close and consolidate green Wounds, the green Herb or juyce applyed, or a Salve made thereof with Hogs Lard, or with Sallet Oyl, Wax, and Turpentine: The decoction is good for inward hurts, used by it self, or with other Herbs, as Comfrey, &c. and for Ulcers in the Kidneys or Bladder; it stayes Fluxes and overflowing of the Courses: it is good for foul Ulcers and Fistula's. The distilled water performs the same. The herb may also be kept dry to use in Decoctions, and made into powder to be taken in drink.

Ground-pine. Chamæpitic.

Description. **G**round-pine seldom groweth above the height of a hand breadth from the ground, it hath many small branches, which are set with slender long, narrow, gray, whitish leaves, hairy, and sometimes divided into three parts, many of them growing together at a joynt, and having a scent like Rozen or pitch; it yields a pale yellow small flower, growing amongst the leaves at the joynts of the stalks; after which follow small long and round husks: the root is woody, but small, and dyeth every year.

Names. In shops it is usually called *Chamæpitys*, which name both Greeks and Latines use; it is called also in Latine *Abiga*, and by some *Thusterra*, and *Iva Arthrytica*; in English Herb Ivy, Forget me not, Ground-pine, and Field Cypress.

Place and Time. It groweth plentifully in Kent, about Gravesend, Cobham, Southfleet, Dartford, and other places; flowers in June and July, and yields its seed about August.

Nature and Vertues. It is hot in the second degree, and dry in the third: the decoction of Ground pine being drunk, procures Womens Courses, helps diseases of the Mother, expells a dead Childe and After-Birth, and is very powerful in causing abortion: wherefore let not Women with Childe meddle with it. The same prevails against the Stranguary, and inward pains of the Reins, it opens the Liver and Spleen, cleanseth gross Blood. The decoction of the Herb in Wine, taken inwardly, or outwardly applyed, helps diseases of the Joynts, as the Gout, Sciatica, Cramps, Palsie, and Aches, for which purpose there is also a Pill made with the powder of Ground pine, Hermodactils, and Venus Turpentine which Pills are also good for the Dropsie and Jaundies, pains in the Belly and Joynts,

Joynts, and helps cold diseases of the Brain, and is good for the Falling Sickness: its a good remedy against poisonous Herbs, as Aconites, and the stinging of Venomous Beasts. The green herb, or the decoction applyed, dissolves Tumours in any part of the Body, and the hardness of Womens Breasts; and the juyce or herb applyed with Honey, cleanseth Ulcers, and soders up the lips of green Wounds. The herb tunned up in drink, the Conserve of the Flowers, and the distilled Water have the same effects for the forementioned diseases, but more weakly.

See further in The Art of Simpling: written by W. Coles

Groundsel. Senecio.

Description. **G**roundsel riseth up with a round, green, and somewhat brownish stalk, spread toward the top into branches, set with long narrow green leaves, cut in the edges, somewhat resembling an oaken leaf, but lesser and round at the ends; at the tops of the stalks and branches grow many green knaps or heads, out of which grow small thrums of yellow flowers, which continue brown a few dayes, and after pass into down, which with the seed is blown about with the winde: the root is small and threddy, quickly perishing, and the herb as soon springing again from the seed that it sheds; so that it is green and in flower many moneths in the year, springing and seeding twice a year at least in a Garden.

Names.] The Greeks call it *ἡριγέρων*, and the Latines *Senecio*, because it soon becomes hoary; it is called in English Groundsel, and Grunsel.

Place and Time.] It grows frequently in Gardens, and will not easily be wedded out, it grows also on tops of old Walls, and at the bottom amongst any rubbish, in untilled grounds,

grounds, and by ditches sides about London plentifully, and is to be found almost all the year.

Nature and Vertues.] Groundsel is cold and moist, and digesteth, and is by Culpepper accounted to be the chieftest flower in Venus Nosegay; the decoction thereof in Wine purgeth Choller by vomit, and so easeth pains of the Stomach: the juyce thereof in drink, or the decoction thereof with a few Currans in water, doth the like; it provokes Urine also, and cleanseth Gravel; it is good also against the Jaundies and Falling Sicknes, taken in wine, or a dram thereof in Oxymel, it also provokes the Terms: and a pultis made of the herb easeth hot Inflammations and Swellings of the Breasts, privy parts, Arteries, Joynts or Sinews of man or woman, and helps to dissolve Knots or Kernels in any part of the body of man or woman: the distilled water of the herb helps Inflammations and watering of the Eyes, and so doth the clarified juyce.

Guaiacum.

Description. **T**His Tree grows in the West Indies, and the Wood and Bark is plentifully brought here into England; so that I shall forbear any further description thereof.

Names.] The Latines call it *Guaiacum*, *Lignum Indicum*, *Lignum sanctum*, and *Lignum vita*; in English it is called Pockwood, because of its excellent faculty for that purpose.

Nature and Vertues.] It is hot and dry in the second degree, and of a cleansing quality; whereby it is an excellent remedy for the Pox, resisting putrefaction, cleansing the blood, provoking sweat, and strengthening the Liver, and is properly taken in a decoction thus made.

Rx. of Guaiacum, lib. i. of the Bark thereof two ounces, infuse them four and twenty hours in fourteen pints of Spring Water, then boil them till half be consumed, adding thereto
Lique-

Liquorice two ounces, Anniseeds one ounce; this is also good against the Dropfie, Falling Sicknes, shortness of Breath, Catharrs, Rheumes, cold phlegmatick humours, Gout, Sciatica, and Joynt aches, and is good against Scabs, Itch, and Leprosie, and it makes the teeth white and fastens them if they be often washed with the decoction thereof. The bark may be given in powder from half a dram to a dram, for the forementioned diseases.

Stinking Gladwin. *Spatula Fætida.*

Description. **I**T hath long narrow leaves like Iris (whereof it is a kinde) but smaller, and being rubbed, of a loathsome smell, having many stalks which are round towards the top, out of which come the flowers, much like the Flower de Luce, of an over-worn blue, or rather purple colour, with some yellow and red streaks in the midst, after which come great husks or cods in which is contained a red berry or seed as big as a Pease; the root is long and threddy underneath, reddish without and white within, and of a hot taste and evil smell.

Names.] It is called in Greek *ἑρίαι* by *Dioscorides*, and *ἑρίαι ἀγρία*, by *Theophrastus*; it is also called *Spatula fætida*, and *Xyris*: in English stinking Gladwin and Spurgewort.

Place and Time.] It is planted in Gardens, and groweth wilde in many moist and shadowy places and Woods near the Sea, and likewise in upland grounds; it flowers in July and August, the seed is ripe in September.

Nature and Vertues.] Gladwin is hot and dry in the third degree, having a heating and extenuating quality; the roots pounded and snuffed up into the Nose, provoke sneezing, whereby they purge the head: the root is also effectual against the Cough, being used in an Electuary or Lohoch for that purpose; it digests gross humours, purges Choller and Phlegm, procures sleep, and helps gripings in the Belly, Cramps, and Convulsions:

ons, the powder thereof being drunk in Wine; also it easeth the Gout, Sciatica, and the Strangury: a dram of the seed beaten to powder and drunk in Wine, provokes Urine. A Pessary thereof hastens the Birth, procures the Terms, but causeth Abortion: the roots used in a Plaister is good in Wounds, especially of the Head, and to cause the flesh to grow where the bones be bare, and is good to assuage swellings of the Kings Evil, and Buboes in the Groin; it stayeth the Flux, as Rhabarb and Asarum do, by concocting and taking away the cause of the Lask, though it first moveth to the stool; for the decoction of the root, or leaves, or the infusion thereof in Ale, purgeth Phlegm and Choller: the root also hath great force to draw out Thorns, Stubs, Prickles, Splinters, or any other thing sticking in the flesh, by reason of his attracting drying, and digesting faculty: it is also good against evil affections of the Breast and Lungs, being taken in sweet Wine with some Spike-nard, or in Whey, with a little Mastick; the juyce of the leaves and roots healeth the Itch, Scabs, and Blemishes in the Skin, and being snuffed up into the Nose, provokes sneezing, purging forth at the Nose filthy excrements, keeping them from falling into other parts of the body to future prejudice of health.

Goutwort, or Herb Gerrard. Herba
Gerrardi.

Description. **T**His is the second kinde of Masterwort, and is called wilde Masterwort, being very like unto it in leaves, flowers, and roots, saving onely that they be smaller, growing on long stems: the roots are not so thick and tuberous as Masterwort, and more tender and whiter. The whole plant is of a good favour, but not so hot and strong as Masterwort.

Names.] In Latine it is called Podagraria Germanica, from

from its faculty in easing the Gout, and *Herba Gerardii*; an English Goutwort, Ashweed, and wilde Masterwort.

Place and Time.] It groweth of it self in Gardens without any sowing, where having once taken root, it will increase, as hardly to be gotten out again, destroying other herbs, it grows likewise by Hedges sides, and in the borders and corners of Fields; it flowers from June till August.

Nature and Vertues.] Goutwort is hot and dry almost in the third degree, being near the nature of Masterwort: the roots stamped and laid upon any part troubled with the Gout, asswageth the pain, and takes away the swelling and inflammation thereof. The Fundament being bathed with the decoction of the leaves and roots, and the boiled leaves applied very hot thereunto cureth the Hemorrhoides,

Glasswort or Saltwort. *Kali Geniculatum*,
Sive Salicornia.

Description. **I**T hath many thick round stalks a foot high, full of fat thick sprigs, with many joynts or knots, without any leaves, of a reddish green colour: the whole plant is like a branch of Corral; the root is very small and single.

There is another kinde mentioned by *Lobel*, called by him *Kali minus*, having many slender weak branches spread upon the ground, set with many round long sharp pointed leaves, of a whitish green colour: the seed is small and shining, somewhat like sorrel seed, the root slender, with many fibres: the whole plant is of a saltish taste. *Dodoneus* calls this *Kali album*.

Names.] The Arabians call it *Kali*, and *Alkali*; the ashes hereof are by *Mathiolus* called *Sylvaticus soda*, most usually *Sal Alkali*, and *Alumen Calinum*; but *Alumen Calinum*

um is the most proper name of the Ashes it self, and *Sal Alkali*, the salt which is made of the Ashes: the herb is also called *Kali articulatum*, or joynted Glaswort and Salt-wort, Crab-grass, and Frog-grass in English.

Place and Time.] Glas-wort is found in most salt Marshes about the Sea coast; great store of it grows about the Sea Coast near Dover: they flourish in the Summer moneths.

Nature and Vertues.] Glas-wort is hot and dry, the Ashes hotter and dryer to the fourth degree, having a caustic or burning quality: The powder of Stones, and the Ashes hereof mixed together, and melted, is the matter whereof Glass is made, which when it is glowing hot in the Furnace, casts up a fat matter on the top of it, which when it is cold, is hard and brittle, and is called *Axungia vitri*; in English Sandiver, and in Italian *Fior de Christallo*, that is, Flower of Christall: A small quantity of the herb taken inwardly, mightily provokes Urine, drives forth the dead Childe, draweth forth by seige watry humours, and purgeth away the Dropsie, but it must be used with discretion, for a great quantity thereof is dangerous, hurtful, and deadly. The smoke of the Herb being burnt, drives away Serpents and venomous worms. The Ashes may be mixed with medicines to take away Scabs, Leprosie, and to cleanse the skin; and likewise it consumes proud and superfluous flesh in poisonous and filthy Ulcers, as say Avicen, and Serapio.

Sandiver doth dry and takes away Scabs and Manginess, the foul parts being washed and bathed with the water wherein it hath been boiled.

See more of this in The Expert Doctors Dispensatory: by P. Morellus.

See further in Adam in Eden: written by Will. Coles.

Goats Thorn, or Gum Dragon.
Tragacantha.

Description. It is a bushy plant, having thorns which represent a Goats beard, having a great root; which being wounded with some instrument, yieldeth a liquor, which by the heat of the Sun is soon condensed into a shining white Gum, shrivelling its self into little crooked pieces, sweet in taste.

Names, Place and Time. It is called in Greek τραγακάνθα, and is known in Latine by the name of Tragacantha, Gummi Tragacantha; and Gum Trajant in English, and is brought to us from Candy and Syria, where it yields its Gum in Autumne.

Nature and Vertues. Gum Dragant is somewhat dry, having a quality to dull and allay the sharpness of humours: a dram of it dissolved in sweet wine, and a little burnt Harts-horn washed, and a little Allome mixed with it and drunk, is good against the sharpness of the Urine, and helps pains of the Guts and Bowels; being dissolved and mixed with other pectorals, it helps the Cough and hoarseness of the Throat, salt, and sharp distillations upon the Lungs, being taken as an Electuary, or put under the tongue, letting it distill gently down, and so it taketh away the roughness of the Tongue: The said Gum being torrefied, or dried at the fire, and mixed with the juyce or wine of Quinces, and used in a Glister, is good against the bloody Flux; being boiled in wine with Stoechas and drunk, it warmeth and cleanseth the Breast, Stomach, and Bowels, being afflicted with any cold, helps the Chollick and stopping of the Spleen and Urine: it is also used in Medicines for the Eyes, to allay the heat and sharpness of hot Rheumes; and being dissolved in milk and used, it takes away white spots growing in the Eyes, the itching of them, and wheals

Wheals, and Scabs that grow upon the Eye-lids; it cleanseth the face, and maketh it white, if it be steeped a night in Rose water, and in the morning a little Borace or Camphire be put thereto, and the face washed therewith; being dissolved in Rose water and strained, and some white starch mixed with it, it is effectual to help sores and Chaps of the Mouth, Lips, and Hands, the place being anointed therewith: the Muscilage mixed with Honey, doth the same, and is good for the Leprosie. The powder of it taken in broth is available for those that have broken a Vein, or have the Cramp.

There is another kinde hereof called in Greek *ποτέριον* *Poterion*, because it delights in watry places, which grow in Candy, and about *Marselles* and *Montpelier* in France: the root whereof being boiled in Wine and drunk, is profitable against the poison of the Red Toad, and being made into a pultis, and applied to any Nerve or Sinew that is cut, wounded, or hurt, doth heal them, and soder them together, and all other kindes of wounds and cuts. The said decoction of the roots in Wine, is effectual to be drunk for the said purposes, and for inward Wounds or Veins that are broken.

There is another Gum brought into England, and to be had at our Druggists called Gum Arabick, which is effectual for many of the aforesaid purposes; but especially for helping those frettings of the Reins and Bladder which cause bloody Urine, being used in the same manner as Gum Tragant.

Harts-ease, or wilde Pansies. *Herba Trinitatis.*

Description and Names. **T**His is a kinde of Violets growing as well in Gardens as Fields, and is generally known by the name of Hartsease; and in Latine it is called *Viola Tricolor*, *Herba Trinitatis*; in English *Herb Trini-*

Trinity, and by some, Love in idleness, Call me to you,
and Three Faces under a hood.

Place and Time.] They grow as I said before as well in
fields as Gardens; they flower all the Spring and Sum-
mer.

Nature and Vertues.] They are cold and moist, and
much of the nature of Violets, though not so effectual; it is re-
puted to be Saturnine, and an excellent anti-Venerial Medi-
cine for the French Pox: a decoction used of the herbs and
flowers, or a syrrup made therewith; the spirit of it is good for
the Falling Sicknes, Convulsions, Plurisie, and Inflammations
of the Lungs and Breast.

Harts Tongue. Scolopendria.

Description. **H** Art Tongue riseth up with divers
leaves springing severally from the
root, at first crumpled like Ferne, but at their full growth
almost a foot long, smooth and green above, but straked
underneath, overthwart with small and somewhat long
brownish marks; the bottom of the leaves are a little
bowed on each side of the middle rib, somewhat narrow
and small at the end: the root consists of many black
threads interlaced together.

Names.] It is known in Shops by the Latine name of
Scolopendria, and Scolopendrium, and is called also *Lingua*
Cervina; in English Harts tongue.

Place and Time.] It delights to grow in shadowy moist
places, in the insides of Wells, and by Walberton to-
wards the Sea-side, near Arundel in *Sussex*, it grows so
plentifully by the High-way sides on the banks of the
Ditches, you may gather loads of it: it bears no flow-
er, but is green all the year, and bringeth forth new leaves
in the Spring and Summer.

Nature and Vertues.] *Authours disagree whether it be*
hot

hot or cold, but I judge it to be moderately hot, of the nature of Jupiter; it hath a binding drying faculty, it is an excellent herb for all diseases of the Milt, by reducing it to its right temper; whether it be too much opened, or swollen hard, or stopped. The decoction thereof taken in Wine, and the herb boiled and laid to the grieved place; it likewise mollifies, opens, and strengthens the Liver and Stomach, and stops the Terms, spitting of blood, and other Fluxes. A decoction made of Harts Tongue, Knot-grass, and Comfrey roots, a draught thereof being drunk every morning, and the boiled herbs applyed to the grieved place, is a good remedy against Burstness: it is also profitable in the Jaundies, Kings Evil, and bitings of venomous Beasts. The herb, or juyce applyed, cleanseth Wounds and Ulcers, and the distilled water is commended against the passion of the Heart, Hiccop, and bleeding of the Gums.

☞ See more of this in the Art of Simpling: written by W. Coles.

Hazel Nut Tree. *Nux tenuis.*

IT is so well known it needs no Description.

Names.] *Nux tenuis*, or *Parva*, some call it, to distinguish it from Walnuts, others *Corylus*, and *Nux Avelana*. Those in Gardens are called in English Filberds, and the wilde kinde, Hazel and Small Nuts.

Place and Time.] They are commoners in most Woods and Hedges; the fruit of some of them is ripe in August, and of others not till the beginning of October.

Nature and Vertues.] Hazel Nuts fresh gathered, are hot and moist, but afterwards they grow dry; they are under the Planet Mercury: the skin that covers the kernells is very astringent, so are the Katkins; a dram thereof in wine staves Womens Courses: The parched kernells made into an Electuary, helps an old Cough. On oyl may be pressed from the kernells

in the sam
very effect
Breath; for
blame which
Breath.

Description.

Dandelion,
stalk, not
the middle
dented as th
grow pale
leaves, broa
ble row, or
small brow
root is long
plant fall

Names.]

na, by some
ris; in Eng
Place and
holders of
and Mount
mer:

Nature a
and withal
propriated
it to clear
of it misce
very good f
sed in lak

nells in the same manner, as is made oyl of sweet Almonds; which is very effectual for Coughs, Hoarseness, and shortness of Breath; so that Nut Kernels do not altogether deserve the blame which is usually laid upon them, for causing shortness of Breath.

Hawkweed. Hieracium.

Description. Hawkweed hath many leaves lying on the ground, cut on the sides much like Dandelion, amongst which shooteth up a rough hollow stalk, not above two foot high at most, branched from the middle upwards, with lesser leaves, and not so much dented as the other, growing at every joynt; at the top grow pale yellow flowers, having many small narrow leaves, broad pointed, and nicked at the ends, set in a double row, or more, which turn into down, and with the small brownish seeds is carried away with the winde: the root is long, white, and full of small fibres, the whole plant full of bitter milk.

Names.] In Latine its called *Hieracium*, and *Accipittrina*, by some *Lampuca*, *Porcellia*, and *Hypocharis* and *Hyoseris*; in English onely Hawkweed.

Place and Time.] It grows in untilled places, by the borders of Fields and Ditches sides, in Meadows, Woods, and Mounains: they flower for the most part all Summer.

Nature and Vertues.] Hawkweeds are all cold and dry, and withal astringent, supposed to be a Saturnine Plant; appropriated to the Eyes; for which purpose it is said Hawkweed it to clear their sight, and thence it takes its name: the juyce of it mixed with Womans milk dropped into the Eyes, is very good for all defects thereof, and so is the distilled water used in like manner; it is also good against fretting and creeping

ing Ulcers, and against Pushe, Inflammations, St. Antho-
nies fire, and erruptions of heat. A pultis made of it with
meal applyed to any place affected with the Cramp or Convul-
sions, giveth it ease. The juyce taken in Wine, helps digesti-
on, discusseth Winde, and crudities in the Stomach, provokes
Urine, helps venomous bitings, the herb also outwardly applyed.
A scruple of the concreted juyce taken in Wine, and Vinegar,
is profitable against the Dropsie. The decoction of the Herb
with Honey, digesteth Phlegm; being boiled in Wine with wild
Succory, and taken, it helps the Winde Chollick, mollifies the
Spleen, procures Sleep, abates Venery, and Nocturnal polluti-
ons, cooleth heat, purgeth the Stomach, increaseth Blood; and
helps diseases of the Reins and Bladder. The distilled water
cleanseth the skin from Freckles, Spots, and Morphem.

Haw-thorne. Spina.

THIS Shrub is well known in every hedge; there is re-
puted three kindes, our common Haw-thorn; another
lower Shrub which grow in Germany, and bears yellow
fruit, and a third which flowers twice a year, of which
kinde is that of Glassenbury, and that in Whey-street in
Runney Marsh, and near Nantwich in Cheshire.

Names and Time.] Spina is the Latine name; in Eng-
lish Haw-thorn, White-thorn, and of some May, and May
Bush, because its in flower about May day, and the fruit
is ripe in October, when the frost hath bitten them.

Nature and Vertues.] It is of an astringent drying qua-
lity, both leaves, flowers, and fruit. Culpepper ascribes it to
Mars, because he would not have him want Weapons; he
may make use of the prickles, and let Saturn take the
fruit. The powder of the berries, or of the seeds in the ber-
ries, is reputed good against the Stone, and the Dropsie, being
drunk in Wine. The flowers steeped three dayes in Wine, and
then distilled in a Glass, and the water thereof drunk, is good
against

against the Plurisie and inward tormenting pains. The water of the flowers also stayeth the Flux, or Lask, and so doth the fruit being eaten. Cloathes or Spunges wet in the said water, and applyed to the place where Thorns or Splinters be in the flesh, will draw them forth.

Hedge-mustard, or Bank-cress. *Erysimum*.

Description. **I**T springeth up with one blackish green stalk, flexible, but tough, and not easie to break, branched into divers parts, and sometimes with divers stalks full of branches, with long, rough, hard leaves, much cut in the edges into many parts, some bigger, and some lesser, of a darkish green colour; at the tops of the branches grow small yellow flowers in long spikes, flowring by degrees; the stalks have small round cods at the bottom, growing upright close to the stalk, while the top flowers as yet shew themselves, wherein is a small yellow seed, sharp and strong, as is the Herb; the root is slender and wooddy, but abideth the Winter; springing again every year.

Names. Amongst other, *Erysimum* serves for a Latine title, and a Greek one too; Gerhard calls it Bank-cress, and Parkinson Wilde hedge-mustard.

Place and Time. It is common by wayes and hedge sides, walls, and sometimes in open Fields, and flowers about July.

Nature and Vertues. It is a Mercurial Plant, of a cleansing quality, temperately hot, singular in all diseases of the Lungs, to help Hoarseness, and recover a lost voice: the juyce made into a Syrrup or Lohoc, with Honey or Sugar: it is profitable also against the Jaundies, Plurisie, pains in the Back and Loins, and the griping of the Guts being used in Glisters. The seed is held an Antidote against poison; it is good for the

Gout, and Aches, Fistula's and Ulcers, and for swellings or hardness in Womens Breasts, and the Testicles.

White Hellebore. Helleborus.

Description. **T**Here are accounted eight kindes of this Hellebore, some whereof grow in the Northern parts of our Land: The ordinary white Hellebore riseth up with a round whitish head, which opens it self into large green leaves plaited with ribs all along the leaves; from the middle riseth a round stalk with divers leaves to the middle, where it divides into branches, having many small yellowish or whitish green star-like flowers upon them, which turn into a three square whitish seed, standing naked without any husk. The root is thick, great at the head, and is fastened deep into the ground with many white strings.

Names.] *Helleborus albus*, and *Helleborum* in Latine, and also *Veratrum album*; in English Hellebore, and Neesewort.

Place and Time.] They grow in Germany, Austria, and Russia, and some about Lancashire and Yorkshire: they flower about May, some earlier and some later.

Nature and Vertues.] The root is hot and dry in the third degree, one of Mars his weapons to tame mad folks with; to be taken unprepared it is dangerous, and extreemly provokes Vomiting: but there is an Oximel made with it which is useful against Madnes and Melancholly, swimming of the Head, and Falling Sicknes, and the Quartain Ague; it brings down the Courses, and kills the Childe in the Womb: being put into the nostrills, it provokes sneezing, purgeth the Head of superfluous Humours, and is good in the Lethargy, and such sleepy diseases, especially if some leaves of Marjoram in powder be mixed with it: it cures Itch, Scabs, and Leprosie, being mixed in Oyntments, or with Hogs grease. The dose of

it inwardly is, in decoction or infusion, from a dram to two drams; in substance from ten grains to a scruple.

See further in *Adam in Eden*: by W. Coles.

Black Hellebore. *Helleborus niger.*

Description. **B**lack Hellebore hath many green leaves springing from the root, each standing on a stiff round green stalk, about a hand breadth high, having divers cuts, some more, some less, bluntly nicked from the middle of the leaf to the pointward on both sides, from whence upon sundry stalks do arise one flower, or at most but two, consisting of five round white leaves, much like a single white Rose; yet sometimes dashed with purple, having pale yellow thrums in the middle, standing about a green head, in which is contained round blackish seed; the root consists of black strings, which run deep into the ground, and are fastned to a thick head about the bigness of ones finger.

Names. *Helleborus niger*, and *Veratrum nigrum* in Latine; in English it is called Black Hellebore, and Christmas flower, because it flourisheth about that time.

Place and Time. There is one kinde which groweth in some Woods in Northamptonshire and other places of this Land, the other onely in Gardens where it is rare: it groweth in Greece and Germany, in the Island of Anticyra; whence grew a proverb, if any one was sad or melancholly, *Naviga ad Anticyram*: It flowers in December and January.

Nature and Vertues. Its much of the same temperature as the other, viz. hot and dry in the third degree; it is effectual for Melancholly persons, purging the Spleen, and burnt Choller from the Blood, and viscus Phlegm from the Head, Entrails, and other parts; and therefore is useful in Giddiness of the Head, Apoplexy, Madnes, Falling Sicknes, and hyp-

condriall diseases : it is good also in the Quartain Ague, Leprosie, and the Kings Evil : it provokes Urine and the Terms ; it cures such as seem to be possessed with the Devil , and therefore is by some called Fuga-dæmonum : it is useful against the Cramp, Convulsions, and pains in the body , and a decoction thereof helps the Tooth-ache, and sores of the Mouth , being gargled therewith ; and put into the ears , it helps the noise thereof. It may be taken in powder, infusion, or decoction, the dose as the white, yet be careful of it ; it is a churlish Plant. There is a bastard kinde called Bears-foot, which killeth worms, a little of it in powder : if any one hurt themselves by taking Hellebore, let them drink Goats Milk, or red Cowes milk after it.

Hemlock. Cicuta.

Description. **I**T springeth up at first with broad winged leaves much like parsley, in the middle arises a hollow green stalk two or three foot high, sometimes spotted, having at several joynts large winged leaves, dented about the edges, of a dark green colour ; towards the top grow several Umbels of white flowers, after which follows the seed, of a pale green colour and and flattish when it is ripe : the root is long, white, and sometimes crooked, and hollow within, the whole plant unsavory and offensive to the senses.

Names.] It is called in Latine *Cicuta* ; and in English Hemlock, Kex, and by some Herb Bennet.

Places and Time.] It grows almost by every Ditches side, and in stinking places, and flowers and seeds in July, or thereabouts.

Nature and Vertues.] Hemlock is one of Saturns nosegayes, it is cold in the third, and dry in the second degree ; it may safely be applied to Inflammations, Tumors, and Swellings, and St. Anthonies fire, Wheals, and Puskes, and for
 affwa-

asswaging any violent pain, which it doth by its cold benumbing faculty: the seeds beat small and moistned with Vinegar, and the Groin and Cods being anointed therewith, it abates the desire to Venery, and helps the swelling and coming out of the Matrix, and abates the exceeding bigness of the Dugs; being applyed to the soles of the feet it brings down the humours that causes the Falling Sicknes: if any one mistake it for Parsley, or the root for a Parsnip, and be troubled therewith, let them drink liberally of the strongest Sack.

Hemp. Cannabis.

Description. It is well known, and too well known to some, yet not to so many as deserve it, but hath been too often to those that deserve it not.

Names.] Both Greeks and Latines call it *Cannabis*; in English Hemp: some Jesters call it Neck-weed, and Welch Parsley; but let them have a care it doth not play in earnest with them.

Place and Time.] There be two kindes which grow together, as it is sown both in Gardens and Fields: Summer Hemp which is ripe in July, and Winter Hemp which bears the seed and is ripe in September.

Nature and Vertues.] It is a Saturnine plant, cold and dry; the seed of it consumes and disperses windiness, and dryes up the natural seed; being boiled in milk and taken it helps a hot dry Cough: An Emulsion is good against the Jaundies, by opening obstructions of the Gall, and digesting Choller. A decoction of the seed stayeth Lasks and Fluxes, and easeth pains of the Bowels: the juyce is held good to kill Worms, and being dropped into the Ears, it kills Worms in them. The decoction thereof allayeth Inflammations, easeth pains of the Gout, and shrinking of the Sinews. The fresh juyce mixed with oyl and butter, is good for to apply to any place burnt with fire: nevertheless this herb indiscreetly

used breedeth ill blood, is hard of digestion, and hurtful to the Head and Stomach.

Henbane. *Jusquiamus.*

Description. **C**OMMON Henbane hath very large, thick, soft woolly leaves lying upon the ground, much cut or torn on the edges, of a dark, grayish colour, amongst which rise up divers thick soft stalks about two foot high, spread into divers smaller branches with lesser leaves on them; and many hollow flowers, scarce appearing above the husks, usually torn on one side, ending in five round points which grow one above another, of a deadish yellow colour, somewhat paler towards the edges, with many purplish veins therein, with a small pointell in the middle, standing in a hard close husk, sharp at the top points, wherein is contained much small seed like Poppey seed, but of a duskish grayish colour; the root is great, white, and thick, the whole plant of an offensive smell.

Names.] It hath gotten many fancied names amongst the Latines; in Shops it is called *Jusquiamus* and *Hyoscyamus*; in English Hen-bane, because the seed is hurtfull to Hens,

Place and Time.] It grows commonly on every dung-hill, and by stinking ditches sides, and flowers about July.

Nature and Vertues.] It is cold almost in the fourth degree, of a benumbing Saturnine quality: the seeds, oyl, and juyce of it is held good to ease pains in the Teeth, though I think a T— would do it better: the leaves of Hen-bane cool Inflammations of the Eyes or other parts, and asswageth swelling of the Cods, and womens Breasts, and asswageth pains of the Gout, Sciatica, and other pains in the joynts which proceed from a hot cause; being applyed with Vinegar to the Temples,

ples, it helps the Head-ache, and causeth sleep: the oyl of the seed helps deafness, and noise in the Ears, being dropped therein: the decoction of the herb or seed kills Lice in man or beast: if any one be distempered by taking it inwardly unawares, let them drink Goats milk, or Fennel seed, Mustard seed, Nettles seed, Onions, or Garlick in Wine.

Hagtaper, Vide Mullein.

Hysop. *Hysopus.*

Description **I**T needs no description; and *Hysopus* is and Names. **I** both the Greek and Latine name, and *Hysop* with us.

Places and Time. **I**t is most frequent in Gardens, but I have seen it grow upon Walls: it flowers in June or July, and the seed is ripe in August.

Nature and Vertues. **I**t is an herb of Jupiter, of temperature hot and dry in the third degree, and of a cleansing quality; it is excellent good for shortness of breath, and diseases of the Liver and Lungs, helpeth wheesings and rheumatic distillations; it helps the Dropsie and Spleen; it is good against the falling Sickness, provokes Urine, and womens Courses. The distilled water, decoction, and syrrup, is very good for all stoppings and infirmities of the Lungs; it takes away spots and bruises in the skin, being boiled, and the place bathed therewith: it is good for the Quinzy, boiled with Figs and the throat gargled therewith; and boiled with Vinegar, it helps the Tooth-ache, being bruised and mixed with Salt, Honey, and Commyn seed, it helps stinging of Serpents: the green herb bruised with Sugar, or fresh Butter, soon heals a green Wound. The oyl kills Lice, and helps the Falling Sickness, expectorates tough Phlegm, and is good in all cold Diseases of the Breast and Lungs, being taken in syrrup, or other Medicines. Take two handfuls of the tops of unset *Hysop*, as much of the tops of *Rosemary*, a few *Aniseeds*, and some *Liquorish* sliced,
boil

boil it in two quarts of running water, till a third part be consumed, then sweeten it with Sugarcandy, and drink it for an ordinary drink. This I have often proved effectual for the Ptisick, Coughs, Rheumes, Astma's, and Catarrhs.

Holly. Aquifolium.

Description **I**T is well enough known, the Greeks call it *αῖγία*, and its called in Latine *Aquifolium*, and *Agrifolium*; we call it Holme, or Holly Bush in English.

Place and Time.] Hedges, Woods, and Commons are well acquainted with it: they flower about June, the berries ripe about Christmas, the leaves green all the year. There is one kinde called the Free Holly, because it hath a smooth leaf; the other prickly Holly, which most commonly beareth the most berries.

Nature and Vertues.] The berries are by temperature hot and dry, saith Dodoneus; the plant Saturnine, saith Culpepper, but I believe he forgot himself: ten or twelve of the green berries taken inwardly, purge clammy and phlegmatick humours, and help the Chollick; but being dried and taken in powder in wine, or other drink, they binde the Belly, and stop Fluxes; the Bark doth the same more powerfully. A decoction of the Bark of the roots is good to mollifie hardness, and tumours, where bones have been out of Joynt, and helps to consolidate broken bones. An handful of the berries boiled in a pint of Ale till half be consumed, and then strained, and a little butter added to it, and five or six spoonfuls taken at once, is said to be good to provoke Urine, and remedy the stopping of the Stone. The Birdlime which is made of the Bark of Holly is good to draw out Thorns and Splinters that are in the flesh.

See further in *Adam in Eden*: written by Will. Coles.

Holy

Holy-Thistle, or Carduus Benedictus.

Description **I**T needs no description, growing not
and Names, wilde in England: the names are in La-
tine *Carduus Benedictus*; in English Holy and blessed
Thistle.

Places and Time.] Its natural soil is Lemnos, and ma-
ny of the Grecian Isles, and being brought hither, it is
diligently preserved in our Gardens, and obtained its
name from its singuler vertues: it is in flower about Ju-
ly or August, which is the best time to gather it to keep
all the year. If it be sown or sowe it self in August, as
sometimes it doth, it will make its flower in April.

Nature and Vertues.] *Carduus Benedictus* is hot and dry in
the second degree, having a cleansing opening quality; it is a
bitter Martial Plant, yet Cordial, a resister of Poison:
the decoction thereof in posset drink, is good against Stitches in
the Sides and the Plurisie; it provokes Urine and the Courses,
cleanses the Stomach, strengthens the Memory, helps Deaf-
ness, and swimming in the Head; it expells pestilential hu-
mours by sweat, and sometimes doth good in the beginning of
Agues: in regard it resists putrefaction, it may be one of
the Sub-Committee, in curing the French Pox; but it can ne-
ver cure it of it self, neither by Sympathy nor Antipathy, as
Culpepper affirms; but his Ballad-monger hath contra-
dicted all by adding the coupling of the Song, viz. for
Cure of all Diseases, read my Riverius, and Riolanus in
English; when as he pretends in the title to cure all Dis-
eases for three pence charge: and in truth was never ac-
quainted with those Authours, which are reported to be
his Translation. But (to avoid any further digressions) the
herb is indeed somewhat Antivenereal; the green herb hath
also notable effects, bruised and outwardly applyed to Plague
Sores, Botches, and venomous bitings; the powder thereof
stops

stops bleeding at Nose, and the juyce and distilled water clears the sight; it is good also in Gangreens and Ulcers, being mixed with Hogs grease and a little wheat-flower.

Honey Suckles, or Woodbinde.

Peryclymenum.

Description. IT is very well known, and hath no other English Names but what are in the Title; the Greeks call it περικλύμενον, and περιπλόκας, in Latine *Periclymenum*, and *Caprifolium*; by some *Sylvæ mater*, and *Lilium inter Spinas*.

Place and Time. It plentifully grows almost in every hedge, and is planted upon Arbours and house Walls, where it will give a fragrant smell in at the Windows. It begins flowring in April, and so continues all the Summer till the latter end of October, if the season be milde; as the last October about the latter end, the hedges were full of them all the way from Tilbury to Stanford in Essex.

Nature and Vertues. It is an herb of Mercury, and hath a cleansing and digesting quality, and is a very good herb in Mouth Waters for sores in the Mouth; let Culpepper say what he will, experience proves it. A Syrrup or Conserve of the flowers, or a decoction made of the herbs and flowers, is good against diseases of the Lungs and Spleen, and to expectorate tough Phlegm: it likewise doth provoke Urine, and cause speedy delivery in Women, and helps Cramps, Convulsions, and Palsies: the distilled water is good to dry up Ulcers, and cleanse the face from Sun-burnings, Morpew, and other discolourings. The seeds also help the Hiccock, and shortness of breathing; but the leaves and flowers are more useful; the much use thereof causes barrenness in men and women.

☞ See more of this in The Art of Simpling: written by W. Coles.

Hops

Hops. *Lupulus*.

Description **I**T is a plant very well known, especially by
and Names. **I** the Brewers, and by the Greeks is called
ῥυτίς, and *ῥυτίς*; in Latine *Lupulus*.

Place and Time. **I**t groweth in England both wilde
and manured; Kent flourishes by them: they spring up in
April, and are ripe about September.

Nature and Vertues. **I** Hops are hot and dry in the second
degree, of a cleansing quality, whereby they are reputed
good to cleanse the Reins from Gravel, and provoke Urine;
being used in the decoction, they open obstructions of the Liver
and Spleen, cleanse the blood, and are good for the yellow
Jaundies, and to help breakings out in the Body:
they do purge Choller from the Liver and Stomach.
The decoction of the flowers is good for those that have drunk
poison, and is likewise good in bathes for the hardness and
swellings of the Mother, and Strangury: they are most
used to preserve Beer, whereby it is kept a long time: but stale
Beer is a cruel enemy to those who are afflicted with the Stone:
therefore let those that are subject to that distemper drink plain
honest harmless old English Ale.

Horehound. *Prasium*.

Description. **I**T grows up with square hoary stalks half a
yard high or more, set at the joynts with
two round crumpled rough leaves, of a hoary green co-
lour, a reasonable good scent, but bitter taste: the flow-
ers are white, small, and gaping, set in prickly husks about
the joynts with the leaves from the middle of the stalks
upwards: the seed is small, round, and blackish, the root
is blackish, woody, and fibrous, and abides many years.

Names. **I** *Prasium* is the common Latine name, and
Horehound the English.

Place and time **I**t grows commonly in waste dry
grounds

grounds in many places of this Land: flowers in July, and the seed is ripe in August,

Nature and Vertues.] It is hot in the second degree, and dry in the third, as saith Gallen, an herb of Mercury saith Mr. Culpepper; it is a very good pectoral plant: the decoction or syrrup helps short windedness and infirmities of the Lungs, and brings away tough Phlegm; it brings down womens Courses, and expells the Afterbirth; is also good against poison and venomous bitings; it is offensive to the Reins and Bladder, and to hot and dry bodies, but more safe if used with Raisins and Liquorice: the leaves with honey purge foul Ulcers, and made into an Oyntment with old Hogs grease, it helps bitings of Dogs, and swellings of Womens Breasts, and prickings of Thorns: the decoction is good for women to sit over that have the Whites, and likewise to heal Seabs, the places being bathed therewith.

Horse-tail. *Cauda Equina.*

Description.] It springs up with heads somewhat like Spargagus, and becomes a hard rough hollow stalk, joynted at many places one within another, so that you may easily pull them asunder; at every joynt grows a bush of small rushy hard leaves, resembling an Horse Tail: at the tops of the stalks come forth small Catkins like those of Trees. The root creeps under ground having joynts at several places.

Names.] It is called in Latine *Cauda Equina*, and *Hippuris*, and by divers *Equisetum*; in English Horse Tail.

Place and Time.] They delight to grow in low wet grounds; many Meadows and Pastures are much troubled with them: they spring up in April, and perish about September.

Nature and Vertues.] It doth dry, and hath a binding faculty, a Saturnine Herb; the decoction or juyce thereof drunk
or

or applied outwardly, stanches bleedings at Nose, and stays Fluxes and Lasks, pissing of Blood, and heals inward Ulcers and Excoriations of the Entrails, and all other foul running Ulcers: It is also good for Ruptures in Children. The decoction in Wine provokes Urine, and helps the Stone. The juyce or distilled water helps Pustles, Wheals, and Inflammations in the skin, and easeth swellings, heat, and Inflammations of the privy parts, and cures Tetters and Ringworms.

Hounds Tongue. Cynoglossum.

Description. **T**He leaves are long and somewhat narrow, of a darkish green, somewhat like Bugloss leaves, but are very soft and smooth; the stalk riseth about two foot high, with smaller leaves, and brancheth at the top into divers parts, upon which grow many small purplish red flowers; the seed is rough and flat, sticking fast to a garment; the root is black, thick, and long: the leaves and whole plant hath a very strong smell, much like Dogs piss, and is by some called after that name.

Names. It is called in Latine Cynoglossum, and Lingua Canis; in English Hounds Tongue, and of some Dogs piss.

Place and time. It is a companion to High-ways, and dry Ditches sides, and flowers in May and June.

Nature and Vertues. It is of a stinking scent, and a great drawing cleansing quality, a Saturnine Plant, excellent to cleanse, dry, and cure old Sores and putrified Ulcers, drawing all filth out of them, and cures the biting of Dogs, either mad or tame. I lay fourteen weeks once under a Chyrurgions hand for a cure of a Dogs biting; but at last I effected the cure myself onely by applying to the wound Hounds Tongue leaves, changing them once in four and twenty hours: an oyntment made thereof is also good against Burning and Scalding. The powder

powder of the root in Pills, or a decoction thereof, stayes fal-
lings of Rheume out of the head upon the Stomach or Lungs,
or into the Eyes or Nose, and helps Coughs and shortness of
Breath. A Suppository made of the root (being baked in a wet
paper under the Embers) and put up into the Fundament, helps
pains of the Piles and Hemorrhoides. The distilled water is
useful for all the purposes aforesaid.

Housleek, or Singreen. Barba Jovis.

Description **I**T is well known, the Latines call it *Barba*
and Names. *Jovis*, and some other Latine words Au-
thours have bestowed upon it, as *Semper vivum majus*; in
English Housleek, or Singreen. There is a lesser sort
called in Latine *Sedum*, in English Prick-madam, but beware
you mistake not, and take Stone-crop instead of it, which is
of a far contrary quality, yet they are very like one another.

Place and Time. It is planted and flourisheth much up-
on the tyles of houses, and stone walls: it flowers about
June and July, the leaves are green all the year

Nature and Vertues. It is cold in the third degree, some-
what drying, and having Jupiters badge, it must needs be his
Herb: the juyce being clarified, is excellent good for hot
Rheumes in the Eyes, and is commended for soreness in the
Gums, and the Scurvy in the Mouth; as also for all Inflam-
mations, as St. Anthonies fire, and the like: a Posset made
with the juyce is good in hot Agues, and to quench thirst; it ea-
seth Corns being applyed thereunto, and easeth the Head-ache,
caused through heat, being applyed to the Temples; and the
bruised leaves laid upon the Crown of the head, quickly stayes
bleeding at Nose: the distilled water is good for all the purpo-
ses aforesaid; and the leaves rubbed upon any place stung
with Bees or nettles, gives present ease,

See more of this in *Adam in Eden*: written by
Will. Cole.

St. Johns

Hedge Hyfop. Gratiola.

Description. **I**T is a low plant about a span long, having square stalks, or slender branches much like Garden Hyfop, but larger leaves; the flowers grow upon short stems between the leaves, of a whitish blue colour: the whole herb hath a bitter taste, like small Centry; the root is small and threddy, spreading far abroad, multiplying greatly where it groweth.

Names.] It is called in Latine *Gratia Dei*, and *Gratiola*; and in English hedge Hyfop: the seed is called *Gelbeneck*, being the Arabian name. There is a second kinde of hedge hyfop called *Gratiola angustifolia*, which hath a small fibrous root, a reddish round crested stalk divided into many branches, set with leaves like those of Knot-grass, of a pale green colour, without any stalks, out of the bosom of these leaves come four leaved flowers, set in long cups, of a fair blue colour, after which come longish seed vessels, wherein are contained a small dusky seed: the plant is without smell or any manifest taste: the leaves are sometimes narrower and sometimes broader. The plant sometimes but a handful, and seldom above a foot high. Its called also in English Grass Poley. There is also a third kinde called *Gratiola latifolia*, or broad leaved hedge Hyfop, which hath many four square small tender branches, somewhat hollow or furrowed, set with leaves by couples one against another, like the former, but shorter and broader, amongst which grow purple flowers spotted in the inside with white, and of a brighter purple then the rest of the flower; after which come little seed vessels, containing small yellowish seed of an extream bitter taste; the whole plant is bitter like the first: the root consists of a great many whitish strings which increase and spread much abroad.

Place and Time.] The first groweth naturally in moist and low places, the second in grassy meers of the Cham-

pion Fields in Oxfordshire and such like places. The third kinde likewise in moist places, as about the Bogs or marish ground at the further end of Hampsted Heath, and in such like places. The first kinde flowreth in May, the second in June and July, the third in August.

Nature and Vertues.] Hedge Hysop is of a hot and dry nature, the first kinde is onely used in Physick: a scruple thereof being bruised and taken, mightily purgeth watry gross, and slimy humours in great abundance: the herb boiled in Wine, and the decoction drunk, helpeth Fevers, and is excellent in Dropsies, and all Diseases springing from cold and watry causes. If it be boiled and the decoction drunk or eaten with meat as a Sallet, it opens the Belly, scouring and purging gross phlegm and chollerick humours. The extraction given with powder of Cynamon, and a little juyce of Calamint, prevailerh against Tertian and Quotidian Fevers, as saith Camerarius.

Herb Robert. Geranium Robertianum.

Description. **T**His plant hath slender, weak, and brittle reddish stalks somewhat hairy; the leaves are also reddish, oftentimes jagged or deeply cut much like Chervil, of a loathsome scent: the flowers are a bright purple, after which there comes small heads with sharp Bills like Birds Beaks. The root is small and chreddy.

Names.] Its called *Geranium Robertianum* in Latine, as being a kinde of Cranes-bill; it is also called *Ruberta*, *Roberti herba*, and *Robertiana*, and is taken to be the 3. *Sideritis* of *Dioscorid*.

Place and Time.] It grows upon old Walls of Brick, Stone, or Mud, and amongst Rubbish, in bodies of dead Trees, and in moist and shadowy banks of Ditches: it flowers in April, and almost all the Summer. The herb continues green all Winter.

Nature and Vertues.] Herb Robert is somewhat cold of temperature, having mixt qualities, both scouring and somewhat binding; it is good to stanch blood, and to heal up bleeding Wounds, and is good for Wounds and Ulcers in Womens Breasts and Dugs, and also of the secret parts of Man or Woman, and may be also as effectual as Cranes-Bill in Ruptures or inward Wounds. The dried herb and root taken in powder in some convenient liquor, or the decoction thereof in Wine being drunk for those purposes.

Herb True-love, Vide One berry.

St. Johns-wort. Hypericum.

Description.] IT shooteth forth brownish, upright, hard round stalks, about two foot high, spreading into divers branches from the sides up to the top, having two small perforated leaves set one against another all along, of a deep green colour; at the tops of the stalks and branches grow yellow flowers of five leaves apiece, with yellow thrums in the middle, which being bruised, yield a reddish juyce like blood; after the flowers come small round heads, wherein is contained small blackish seed, smelling like Rozen. The root is hard and woody, with many fibres at it, of a brownish colour which abides many years, but the stalks perish every year.

Names.] It is called in Latine *Hypericum*, of some *Fuga-dæmonum*, supposing it to be good to drive away spirits, and by Paracelsus, *Sol terrestris*.

Places and Time.] It grows plentifully by Fields, by Woods sides, and Copses, and in Hedge rows; flowers about Midsummer, and the seed is ripe in August.

Nature and Vertues.] It is hot and dry, and of thin parts, an excellent Solar Plant; it is profitable for all hurts and Wounds, and also for inward bruises, being made into an Oyl, Oynment, or Selve, Bathe, or Fomentation, and used

outwardly, or boiled in Wine and drunk; it opens obstructions, consolidates and soders up the lips of Wounds, and strengthens weak and bruised parts: The decoction of the herb and seed in Wine, helps spitting and Vomiting of Blood, and heals inward bruises; it is likewise good for the Stone, and to provoke Womens courses. The seed taken in powder in a little broth, purges choller, and expells congealed blood in the Stomach. The dose is ʒii . The oyl is excellent both for old sores and green Wounds: the seed is commended for the Palsie, and Falling Sicknes, being drunk forty dayes together.

An excellent Balsome for Wounds and Venomous Bitings may be made of it after this manner.

Take oyl Olive one quart, St. Johns-wort, Betony, Centory, Self-heal, and Tobacco flowers, each two handfuls, let them stand in a glass in the Sun all Summer, then strain the oyl from the herbs, and keep it for your use.

Jack by the Hedge, Vide Sauce alone.

Ivy. Hedera.

THIS is a companion lovingly imbracing many old Oaks, and other Trees, Walls, Houses, and Churches. The Latines call it *Hedera*: it flourisheth about July, and the Berries are ripe about Christmas, and may with Holly adorn a House without superstition.

Nature and Vertues.] A Pugil of Ivy flowers, or a dram drunk twice a day in red Wine, stops the Bloody Flux, and Lask; but Ivy being much taken inwardly, its obnoxious to the Nerves and Sinews: but outwardly applyed, it is helpful unto them. The juyce of the leaves and flowers mixed with a little oyl of bitter Almonds, and dropped into the ears, being warm, it helps lost hearing, and old running sores of the Ears. The powder of the berries drunk in Wine, help to break the Stone, and provoke Urine and Womens Terms. A Pessary likewise of the Leaves and Flowers draweth down the Courses, and dead Child.

Childe. A decoction of the fresh leaves in Vinegar, being applied hot to the sides, gives ease against Aches and Stitches, being applied with Rose water, and Oyl of Roses to the Temples, it eases pains in the Head: The juyce of the berries or leaves purgeth the Head and Brain of thin Rheume, being snuffed into the Nostrils, and cures Ulcers and stench in the Nose. To drink in an Ivy cup is good for the Spleen, letting the drink stand a while in it. There is a great Antipathy between Wine and Ivy, as is said. The powder of Ivy berries hath formerly been used as a good Medicine for the Plague; for which purpose it hath been planted about Pest-houses, it being given in Wine, and the party sweating thereupon in the beginning of the Disease. The Ivy Gum easeth the pain of hollow Teeth, if it be put therein; it is of a strong scent, and good to smell to against infection, and for such to carry about them as use to go amongst noisome smells.

See further in *The Art of Simpling*; written by W. Coles.

Ground-Ivy, Vide Ale-hoof.

Juniper. *Juniperus.*

Description. **I**N our Countrey it seldom or never ariseth higher then a Furze Bush, though in other places it is a Tree: it spreads its self near the ground: the leaves are much like those of Furze, but not so large nor so prickly, and of a blueish green colour; they continue all the year: the flowers are very small, yet may be perceived of a yellow colour by the dust that falleth from them; after which come small green berries, not being fully ripe till the second year, and then they are somewhat like Pepper.

Names.] It is called in Latine *Juniperus*, and the berries *Bacca Juniperi*, and *Grana Juniperi*.

Place and Time.] It grows much upon the Hills and

woody grounds in Barkshire, Oxfordshire, and Buckinghamshire, and likewise in Hampshire and Kent. It flowers in May, and after two Summers and one Winter perfects its Seed.

Nature and Vertues.] Juniper is hot and dry in the third degree, the berries are as hot, but not so dry; it is an Herb of Sol, a good counter poison: the berries taken in wine are good against venomous bitings, the Plague, Pestilence, and other infections. The decoction of the berries in Wine is good against the windy Cholick, or four or five drops of the Chymical oyl taken in a morning in broth or Beer, or about a dozen of the berries eaten in the morning fasting. A lye made of the ashes of Juniper, cures the Dropsie, it provokes the Terms, Urine, and is good against the Stone and Strangury, helps fits of the Mother, and strengthens the Stomach very much. A Lye made of the Ashes of the Wood, cures Itches, Scabs, Leprosie, and eruptions in the skin; the burning of the Wood drives away Flies, and Wasps, and such noisome creatures. The berries are also good for the Cough, shortness of Breath, Ruptures, Convulsions, Cramps, and Consumptions; they procure to Women speedy delivery, strengthens the Brain, Memory, and the Sight, they comfort the heart and other senses; being drunk in Wine, or the decoction taken in wine, they are good for all sorts of Agues, and for the Gout and Sciatica, and strengthen all the Members of the Body: they are good likewise against the Palsie, and falling Sickness: it is effectual also to dry up the moisture of moist Ulcers, Fistula's, and weeping running Sores.

Jujubes. Zizipha.

THis Tree groweth in Arabia, Egypt, and Syria; it is called in Shops Jujube, which is the Arabian name; the Greeks and Latines Zizipha, and Serica: in English Jujubes.

Nature and Vertues.] They are temperately hot and moist, a Tree of Jupiter; they gently purge Choller, cleanse the Blood, and open the Body; they are profitable for all diseases of the Chest and Lungs, help shortness of Breath, and hot distillations of Rheumes; they cool the heat and sharpness of the Blood, are good in hot Agues, expectorate tough Pblegm, and help a Cough; they cleanse the Reins and Bladder, and make the passages slippery, and likewise stay Vomiting which are caused by sharp humours.

Kidney Beans; Vide French Beans.

Kidney-Wort, or Venus Navel-wort.
Cotyledon.

Description. **I**T hath many thick fat round leaves, every one having a short foot stalk about the middle thereof, and a little unevenly waved sometimes about the edges, of a pale green colour, hollow on the upper side like a Spoon or Saucer, amongst which arise one or more tender stalks, smooth and hollow, almost half a foot high, with two or three small leaves, not so round as the lower, but somewhat long, and divided at the edges, the tops sometimes divide themselves into long branches, and bears a great many flowers, about a long spike, one above another, hollow like a Bell, and of a whitish colour; after which come small heads, containing in them small brownish seed: it hath a round root like an Olive, usually smooth, but sometimes rugged, or knobbed, grayish without, and white within, with many small fibres at it.

Names.] The Latines call it *Cotyledon*, *Umbilicus Veneris*, and *Acetabulum*, and also *Scutellum*, and *Terra Umbilicus*; in English Navel-wort, and Venus Navel, Wall-penny-wort, and Kidney-wort.

Place and Time.] It groweth upon Stone and Mud Walls, upon Rocks, at the bottoms and upon the bodies of old rotten Trees: it flowers about *May*, then perishes till *September*, and then springs up afresh, and abides all *Winter*.

Nature and Vertues.] *Kidney-wort* is cold and moist, and somewhat astringent, having a little bitterness; it cooleth, repelleth, cleanseth, and discusseth: it is a plant of *Venus*, and is of good use to heal sore and exulcerated *Kidneys*. The juyce being drunk in wine, or the distilled water, it is good for the *Dropsie*, it provokes *Urine*, helps to break the *Stone*, and and cools *Inflammations* of those parts, and eases pains of the *Bowels* and *Bloody Flux*: and the juyce or distilled water cools a hot and inflamed *Stomach* or *Liver*. The bruised Herb outwardly applyed helps *St. Anthonies fire*, *pimples*, and other *Inflammations*; it easeth pains of the *Piles*, or *Hemorrhoides*, and is called *Herba Coxendicum*, or *Hipwort*, because it is effectual to ease pains in the *Hips*, and the hot *Gout*, and *Sciatica*; it is also good for swellings of the *Cods*, *Kings Evil*, *Kibes*, and *Chilblanes*, being used in an *Oyntment*: it is likewise good to stanch the blood of green *Wounds*, and heal them quickly.

Knotgrafs. Polygonum.

Description. **G**reat common *Knotgrafs* shooteth up many long and slender joynted branches, lying upon the ground, with many long narrow leaves thereon, one for the most part at a joynt, whereat come forth the flowers, especially from the middle of the branches upward, which are in some white, and in others purple, but so small, that they can hardly be perceived, which afterwards bring a square small seed, much like *Sorrel seed*: the root is reddish, long, and slender, with many fibres;

fibres; it endures divers Winters, but the leaves perish in Autumne, and arise fresh in the Spring.

Names.] It is called both in Greek and Latine *Polygonum*, and likewise *Seminalis*, *Sanguinalis*, and *Sanguinaria*, in some places *Corrigiola*, and *Centinodia*; in English Knot-grass.

Place and Time.] It grows by high-ways sides, foot-paths in Fields, and sides of old Walls, and many other places.

Nature and Vertues.] It is cold and dry about the second degree, Saturnine; the powder thereof taken in Wine, is good to provoke Urine, and cool the heat thereof, and to expell gravel in the Reins and Bladder; being eaten in a Taspie with Eggs, it is good to help the running of the Reins, and weakness of the Back: the juyce or decoction is good to stay bleeding at the mouth, to cool the Blood and Stomach, to stop the bloody Flux, Womens Courses, and pissing of Blood: the juyce is good to be given before the fit of a Tertian or Quartain Ague, to moderate the violence thereof: it is good against venomous bitings, and defluxions of Rheumes upon the Stomach; it cures also Inflammations, hot Swellings, St. Anthonies fire, Cancers, burning Sores, and filthy Ulcers, especially of the privy parts; it helps fresh Wounds, stayeth the Blood, and closeth up the lips of them: the juyce helps running matters of the Ears, and Inflammations of the Eyes being dropped therein.

There is another kinde much like this in nature called Knewel.

✚ See more of this in the Art of Simpling: written by W. Coles.

Knapweed. *Jacea nigra.*

Description. It hath long narrow leaves much like Devils Bit, but longer, set upon stalks two cubits

cubits high, bluntly snipt about the edges; the flowers grow at the top of the stalks, being first scaly knops, like corn flowers or blue bottle, but greater; out of the midst whereof groweth a purple thrummy or threddy flower: the root is thick and short.

Names.] There are many more kindes hereof, but its needless to name them, being all reckoned amongst the sorts of Scabious. This Knapweed is called *Facea nigra*, to distinguish it from Harts-ease, or Pancies, which is called *Facea* also; it is likewise called *Materfillon*, and *Matrefillen*; in English Matfellow. Bull-weed, and Knapweed.

Place and Time.] Knapweed grows commonly in Pastures, as also Scabious doth, and flowers in June and July.

Nature and Vertues.] Knapweed is much of the temperature of Scabious (whereof it is a kinde, but not so proper in Physick as Scabious is) to whose faculties I refer you for this. It is said to be good against the swellings of the Uvula, as is Devils-Bit, but of less force and vertue; wherefore you may use the most effectual, it growing as plentiful as this. I should not have mentioned this plant, (as accounting it not worth while) had not the writer or publisher of that piece which goes by the name of *Culpeppers English Physician Enlarged*, made a scribble to no purpose about it: Indeed in that Book both Culpepper and the Readers are abused, it being really none of his, all the useless and frivolous additions being done since his death. Those true Copies of his which have been printed since he dyed, are his *School of Physick*, and *Last Legacy*.

Ladies Mantle. Alchimilla.

Description. It hath many leaves rising from the root, standing on long hairy foot stalks, almost round,

round, somewhat dented on the edges into eight or ten parts more or less, seeming like a Star, with so many corners and points more finely dented about, of a light green colour, and as if it were plated and folded at the first, then crumpled in divers places, and hairy as the stalk is, which riseth up amongst them a foot high, sometimes more, with a few smaller leaves thereon, and being weak, bendeth down towards the ground, divided at the top into two or three small branches, with whitish green heads and yellowish green flowers breaking out of them; which being past, there comes a yellowish seed in the husks: the root is long and black, with many fibres thereat.

Names. In Latine it is called *Alchymilla*, *Stellaria*, *Pes leonis*, and *Pata leonis*, and of some *Sanicula major*; in English Ladies Mantle, great Sanicle, Lions foot, and Lions paw.

Place and Time. It grows in Pastures and Woods in Kent, and divers other places of this Land: it flowers in May and June, and continues green all the Winter.

Nature and Vertues. Ladies Mantle is hot and dry in the second degree at least, very astringent and drying, an herb of Mars: the decoction thereof drunk, and the green herb outwardly applyed, helps the flagging, and over-greatness of Maids and Womens Breasts, bringing them to their due bigness: it is effectual in Inflammations, stops Bleedings, Vomittings, and Fluxes, Bruises and Ruptures, stayes the Whites: the distilled water drunk many dayes together, helps Conception, and dryes up the too much humidity of the Matrix, and reduceth the Body to a good estate. It is a singular Wound herb, and dryes up the humidity of Sores and Ulcers, and abates Inflammations: it quickly heals fresh Wounds, consolidating up the lips thereof, and leaving no corruption therein.

See further in The Expert Doctors Dispensatory: by P. Morellus.

Larch-Tree, and its Agarick. Larix.

Description. **I**T grows about *Italy*, and also in *Asia*; it
and Names. **I**s called *λάρυξ*, and *Larix* in *Latine*, and
 also *Agaricum*, and *Agaricus*; the *Agarick* is an excrescence,
 or kinde of a *Mushroome*, that groweth on this *Tree*, be-
 ing within white, soft, and spongy, like a *Mushroom*. The
Agarick is hot in the first degree, and dry in the second;
 it hath an attenuating cleansing quality, and purges obstru-
 ctions of the entrails by stool; it purgeth *Phlegm*, *Chol-
 ler*, and *Melancholly*, and cleanseth the *Breast*, *Lungs*,
Liver, and *Reins*, provokes *Urine*, and the *Terms*, kills
Worms, helps pains in the *Joynts*, and causeth a good
 colour.

It is not good to be taken alone without *Corrigents*; there-
 fore the *Syrrop* of *Roses*, solutive with *Agarick*, is good to be
 taken; it cures the yellow *Faundies*, and is excellent good for
Agues, coming of thick *Humours*; for which take the *Pills* of
Hyera with *Agarick*; it may be given with *Oximel* for *Agues*
 of all sorts, and gripings of the *Belly*; it is good against short-
 ness of *Breath*, the *Pisick*, and *Consumption*; and half a
 dram thereof in *Wine*, is a good *Antidote* against poisons.

Lavender. Lavendula.

THIS needs no description, there is a greater and a les-
 ser kinde of it; the *Latine* name of it is *Lavendula*:
 some call it *Spike*, because it giveth a smell somewhat like
Spikenard.

Place and Time. It grows plentifully in our *Gardens*,
 and flowers about the beginning of *July*.

Nature and Vertues. Lavender is hot and dry in the
 third degree, of thin subtle parts; it is an herb of *Mercury*:
 the distilled water is comfortable for the *Brain*, and is good for
 the *Palsie* and cold diseases of the *Head*, the *Temples*, *Nape*
 of

of the Neck, and place behinde the Ears, being washed therewith; it is good against the Megrin and falling Sickness, and two or three spoonfuls being drunk, recovers lost speech.

A decoction of the flowers of Lavender, Horehound, Fennel, and Asparagus reots, with a little Cynamon, is good against the Falling Sicknes and Giddiness of the Brain; it is good also for Convulsions, Apoplexies, Cramps, Lethargies, and gripings of the Body coming of cold; it helps the stoppings of the Milt, heats the Belly, provokes the Terms, and being holden in the Mouth, it helps Ulcers and pains in the Teeth: the water helps blisters of the Mouth, being washed therewith; the smell thereof comforts the sight: it is not to be used where the Body is full of Blood and humours. The lesser Lavender is good against diseases of the Mother, for Women to be bathed with, and to help forward their Travel, and is good against venomous bitings. The chymical Oyl of Lavender, called Oyl of Spike, is good for the falling Sicknes, Palsie, Gout, and aches of the Joynts being taken inwardly, and the parts anointed; but a few drops of it amongst other things is sufficient to be taken inwardly or outwardly.

Lavender Cotten. Chamæcyparissus.

IT is an Herb well known in Gardens; it is called by some in Latine Chamæcyparissus, and some take it to be the Abrotanum Famina of Dioscorides; it flowers about July, or August.

Nature and Vertues.] Both herb and seed are hot and dry in the third degree, the plant is also Mercurial; the seeds or the herb stamped and strained with milk, and given fasting, kills Worms in the Belly, both of elder persons as well as Children: half a dram of Lavender Cotten taken in Fetherfew water, every morning ten dayes together, is good to stay the Whites in Women, and the running of the Reins in men: the leaves drunk in Wine, is good against the Jaundies, and

opens the Liver and Kidneys; it is good against all venomous bitings, and the smell thereof drives away vermine. The decoction is good to help Scabs and Itch; it is good in Bathes and Oyntments, to help Burstness, Cramps, Convulsions, shrinking of Sinews, to provoke Urine, and womens Courses.

Spurge Laurel. Laureola.

Description. **I**T riseth up with one, and sometimes more stalks, about three foot high, with a whitish Bark, and branching into many stalks which are tough and pliant, the leaves are long and smooth, of a shining dark green colour, like bay-leaves, but lesser, softer and smoother; at the joynts with the leaves toward the tops, come forth the flowers, set many together, long and hollow, of a whitish yellow green colour, after which comes round and somewhat long black berries when they are ripe, wherein lieth a black Kernel; the root runs deep into the ground, and spreadeth with rough white strings, somewhat woody: the whole plant is very hot in taste. It continues green all the year.

Names.] In Latine it is called *Laureola*; in English Spurge Laurel.

Place and Time.] There grows abundance of it in Cobham Park in Kent; some set it in Gardens: the berries be ripe about June.

Nature and Vertues.] It is of a very hot and biting temperature, a churlish Martial plant; fourteen or fifteen of the berries, or five or six of the leaves taken, purge slimy Phlegm and waterish humours, and is good for the Dropsie; but it purges very violently, and therefore must carefully be used: it provokes vomiting, procures womens Courses, and easeth pains of the Chollick. It may be thus prepared, steep the leaves four and twenty hours in good Vinegar, then dry them, and drink their powder in wine with Anniseeds, and Mastick, or else

else in sweet Whey, or Capon Broth. The dose is ℥ii. or ℥i. A Glister may be made of the flowers for the Dropsie in this manner, R. the flowers of Laurel ℥ii. roots of Polipody and Agarick ana. ℥i. β, Dodder ℥iii. boil them in Wine or Water to the consumption of a third part, then take of the decoction ℥i. of Benedicta laxativa, 3β. honey of Roses ℥i. oyls of Rue, Camomile and Flower de Luce, ana. ℥i. sal. gem. ℥i. β. mix them for a Glister.

Leeks and Cives. Porrum.

I Shall not need to describe either of them, the Latine name of a Leek is Porrum; they grow plentifully in our Gardens: the Cives abide the coldest Winter.

Nature and Vertues.] Leeks are hot and dry in the third degree; of subtle parts, one of Mars his plants, which infuseth much valour into the Welshmen; they are very unwholesome, being eaten raw, but the boiling abates their evil qualities; whereby used in pottage, they are good for phlegmatick Bodies, and help the Cholick and Stone: the distilled water drunk morning and evening, a good draught or two, opens a costive Belly, helps pain of the Hips, purges the Kidneys and Bladder, provokes Urine, and helps to break the Stone. The seeds are good to kill worms in Children; they are also held good to expell rotten Phlegm from the Chest and Lungs. The juyce drunk with honey is good against the bitings of venomous Beasts, and the herb stamped and laid thereon; being boiled and eaten often, they make women fruitful, and increase lust in men.

Lettice. Lactuca.

IT is a common Sallet, manured in our Gardens; there is also a wilde kinde called Lambs Lettice, or Corn Sallet.

Names.] Lactuca is the Latine name thereof; the place

I have told you already: it is sown usually in the Spring, and may be had all the year, if it be sowne at several seasons.

Nature and Vertues.] Lettice is cold and moist almost in the third degree, a Lunar herb; it tempereth driness and heat in the body, and increases milk in Nurses who have hot dry bodies: it is good for a hot Stomach, and yields good nourishment to the body, it causeth sleep and rest, it loosens the belly, either raw or boiled; it helps digestion, quenches thirst, and easeth pains of the Stomach and Liver that come of Choller; it abates lust, and cools the Urine, which likewise doth the seeds and distilled water: the juyce of Lettice with Oyl of Roses applyed to the forehead and Temples, easeth the Headache, and procures rest; and applyed with Camphire to the Cods, it abates the heat of Lust. The Lambs Lettice is a pleasant Sallet to be eaten with Oyl and Vinegar.

Liquorice. Liqueritia.

THe root is very well known, and it is needless to describe the branches; *Liqueritia* and *Glycyrrhiza* are the Latine names thereof.

Place and Time.] It is planted in our Gardens, which yield the best Liquorice that is: it will flower in July, and yield a seed in September, if it be suffered to grow many years without removing.

Nature and Vertues.] It is temperate in heat and moisture, an excellent pectoral Plant, Mercury rules it; the root is a great opener of the Pipes, of the Lungs, it ripens a Cough, and brings forth Phlegm; it is good against the heat of the Mouth and Stomach, and quenches thirst; being boiled in water with some Maidenhair and Figs, it helps a dry Cough, wheesing and shortness of Breath, Hoarseness, digests and expectorates Phlegm, and is good for all griefs of the Chest and Lungs, Ptsick, and Consumptions, it helps pain of the
Reins

applied with oyl, helps Burnings, Scaldings, and bitings of Men or Dogs; all sorts of Currs, and against the stinging of Bees and Wasps: the oyntment of Marsh Mallows doth mollifie heat, and moisten, and is good against the Plurisie, and other pains of the Sides and Breast.

Maple Tree.

IT is a Tree well known to Turners, who use the Timber of it: it is said to be under the dominion of Jupiter, and a strengthner of the Liver: The decoction of the leayes or Bark being used, strengthens the Liver, and opens obstructions of the Liver and Spleen: but I believe it is not much experienced, if at all.

Wilde and Sweet Marjoram. Marjorana.

Description. Sweet Marjoram is very well known, and the Field Marjoram is very like it; but we shall describe the wilde: It hath a root which creepeth much under ground, and continueth a long time, sending up sundry brownish hard square stalks, with small dark green leaves, like sweet Marjoram, but harder and broader: at the tops of the stalks stand tufts of flowers of a deep purplish red colour: the seed is small and somewhat blacker then that of sweet Marjoram.

Names. In Latine it is called *Amaracus*, and *Marjorana*; in English Sweet Marjoram, and Marjoram gentle; and the wilde kinde Organy, Origanum, and bastard Marjoram.

Place and Time.] The sweet grows onely in Gardens, the wilde kinde in borders of Corn Fields and Pastures in sundry places of this Land: It flowers about July and August.

Nature and Vertues.] They are all Herbs of Mercury; the common Sweet Marjoram is hot and dry in the second de-

gree; it is comfortable in cold Diseases of the Head, Stomach, Sinews, and other parts, taken inwardly; and outwardly applied, it digesteth, openeth, and strengthneth, comforts the Brain, helps the Memory, and is good against the Apoplexy: the Head being washed with a Lye made of it, eases grievous pains thereof; it helps coldness of the Stomach and digestion, being given in powder in wine. The oyl of it is good to supple, warm, and stretch forth stiff Joints, and hard Sinews; it helps cold griefs and windiness of the Womb, and the dead Palsie, the back Bone being anointed with it; it helps Spasmus Cynicus, which is a wrying of the mouth aside, being snuffed up into the Nose; it is a gallant Oyl to strengthen the Muscles, and other parts of the Body; it helps noise of the Ears, being dropped into them. The decoction of this Herb is good in the beginning of a Dropsie, it heats the inward Members, softens the Milt, and asswageth the swelling of it; it helps those that cannot make water, and easeth pains of the Belly. The powder of the leaves snuffed up into the Nose, stayes Rheume, cleanses and warms the Head. The flower and herb being put into a fine Bag and applied to the Stomach, easeth pains thereof.

Marigolds. Calendula.

THis well known herb needs no description.

Names.] It is called in Latine *Calendula*, and of some *Caltha*; in English Marigolds, and Ruds.

Place and Time.] I think there are few Gardens without them; they flower all Summer, and in Winter too, if it be milde.

Nature and Vertues.] Marigold flowers are hot almost in the second degree, especially being dried; it is a Solar Herb, and under the sign *Leo*, a great comforter of the Heart; and though it be so plentiful, (and therefore less regarded) it is not much inferiour to Saffron: The Marigold Flowers resist poison, and are good in contagious Fevers, and the Jaundies

dies, and are very expulsive; and therefore effectual in the Small Pox and Measles: they provoke Sweat, and Womens Courses, and expell the After-birth. The Conserve of the Flowers is very good against corrupted Air, and in time of Pestilence to prevent Infection; it helps the trembling of the Heart being taken morning and evening. The flowers used in Possets or Broth, either green or dry, do comfort the Heart and Spirits, and expell Pestilential qualities that might annoy them. The Juyce taketh away Warts, being washed therewith, and helps the Tooth-ache; and being mixed with vinegar, and a hot swelling bathed therewith, asswages it, and gives ease; and being dropped into the ears, it kills worms therein. The distilled water is good for sore Eyes, and a Plaster made of the dry flowers in Powder, Hogs Grease, Turpentine, and Rosin, and applyed to the Breast, comforts and strengthens the Heart in Feavers very much.

See further in The Expert Doctors Dispensatory: by P. Morellus.

Masterwort. Imperatoria.

Description. It hath divers great broad leaves divided into many parts, standing three together for the most part upon a foot stalk, being somewhat broad, and cut in on the edges into three or more divisions, all of them dented about the brims, of a dark green colour much like Angelica; amongst which rise up two or three short stalks about two foot high, and slender, with such leaves at the Joynts as grow below, but lesser, bearing Umbels of white Flowers, and after them small thin flat blackish seed, bigger then Dill seeds. The root is somewhat great, and groweth rather side-ways then down right into the ground, and is the hottest and sharpest part of the plant, and the seed next unto it being somewhat on the out-side, and smelling well.

Names.] It is called *Imperatoria*, Masterwort, and false Pellitory of Spain,

Places and Time.] It is usually kept in Gardens with us; flowers and seeds about the end of August.

Nature and Vertues.] The root of Masterwort is hot in the third degree, and of subtle parts, an herb of Mars: The dried root chewed in the mouth, draweth Rheume from the head, easing pains of the Head and Teeth, and draweth away defluxions of Rheume upon the Lungs, or Eyes; it dissolves winde, and is good in cold griefs of the Stomach and Body; it provokes Urine, helps to break the Stone, and expells Gravel; it is good against the suffocation of the Mother, drives down the Courses, and expells a dead Childe; it is good against the Dropsie, Cramp, and falling Sicknes; it provokes Sweat, and is good against all cold Poisons. The juyce dropped, or Tents wet therein and applyed to green Wounds, or old fretting Ulcers, doth soon cleanse and heal them; it is likewise good for the cold Gout.

Mastick Tree. Lentiscus.

THIS Outlandish Tree I shall not describe, but onely sum up the Vertues of its Gum, called Mastick. The Tree is called in Latine *Lentiscus*, the Gum *Resina Lentiscina*, Mastiche, and Mastix.

Mastick is very good for the Tooth-ache, being steeped in Rose water, and the Mouth washed therewith; it fastens loose Teeth, and strengthens the Gums: being held or chewed in the Mouth, it draws away phlegm, and causes a sweet Breath; it cleanses and dries up Ulcers and Sores, being used in plaisters and oyntments; it strengthens and comforts the Stomach, mollifies Tumors, and eases pains of the Joints and Sinews: for all which purposes the chymical oyl is most effectual; being taken inwardly, it stayes Vomiting, and brings good digestion; it stops the Flux of the Belly, and taken with Syrrup of Colts-foot,

foot, it helps Coughs ; it is a good corrigent in strong purging Medicines, abating their acrimony or sharpness.

Sweet Maudlin, Vide Alecoast, or Costmary.

Mechoacan and Jalap. Mechoacana.

THIS plant groweth in the West Indies, there are two kindes, white and black ; they are both hot in the first degree, and dry in the second, of an airy substance, and also an earthly quality.

Mechoacan is effectual for the Dropsie, purging water and phlegm, and strengthens the Liver ; it purgeth the Brain and Nerves, and is good for a long continued Head-ache ; it helpeth pains in the Joints, and also in the Bladder and Reins, by provoking Urine ; it expells Winde, easeth the Chollick, and pains of the Mother : it is said to have all the Vertues that are either in Agarick, or Rhabarb, and therefore is commended in the French Pox, Kings Evil, Scurvy, and Gout, and in inveterate Agues, and also in the Falling Sicknes, Catharre, old Cough, shortness of Breath, Jaundies, and stoppings of the Liver and Spleen ; it may be given to Children a scruple, or a scruple and a half of the powder in white Wine ; to strong bodies a dram or two. *Jalap* purgeth Phlegm, Choller, and Melancholly, and many humors. The dose thereof may be a dram in white Wine, with a little Anniseeds and Ginger to correct it ; otherwise it troubles the Stomach, making it subject to Vomit.

Meadsweet, Vide Queen of the Meadows.

The Medlar Tree. Mespilus.

THIS Tree is generally well known, being a companion in Orchards and Gardens amongst other fruit Trees : it is called *Mespilus*, and the fruit *Mespilum* in Latine : the Tree in English is called the Medlar, or Open-arse Tree, and the fruit Medlars and Open-arses.

They flower in May, and the fruit is ripe about Mi-

chaelmas ; and then when they are gathered, they must lye till they are rotten before they be fit to eat.

Nature and Vertues.] Both leaves and fruit of the Medlar Tree are cold, dry, and astringent, a plant of Saturn. The decoction of Medlars is good to gargle the Mouth and Throat, it stayes defluxions of humors, which might cause pains and swellings there ; it is also good to drink, and to bathe the Stomach warm, that is subject to loathing or vomiting, for it fortifies digestion, and strengthens the retentive faculty : A pultis or a plaister may be made for the same purpose with dried Medlars, mixed and beaten together with the juyce of red Roses, a few Cloves, Nutmegs, and a little red Corral. The said decoction is a good bath for women to sit in whose courses flow overmuch, and to stay the bleeding of the Piles. The powder of the leaves is good to stay the bleeding of fresh Wounds. The stones bruised to powder, and drunk in liquor wherein some Parsley roots have been steeped all night, or a little boiled, doth expel stones and gravel from the Kidneys. The fruit is good to stay womens longings, and is good for those that are apt to miscarry.

Melilot. Corona Regia.

Description. **C**OMMON Melilot springeth up with many green stalks about half a yard high, or more, from a tough, long, white root, which dyeth not every year, set round about at the Joynts, with small and somewhat long, strong, and well smelling leaves, standing three together, dented about the edges unevenly : the flowers are yellow, and well scented, standing in long spikes one above another a hand breadth long or better ; after the flowers come long crooked Cods, wherein are contained brownish flat seeds.

Names.] The Latines call it *Corona Regia*, because the flowers crown the tops of the stalks, but it is generally called

called *Melilota*, from the Greek; and in English Melilot, Kings Claver, and Harts Claver, because Deer delight to feed upon it.

Place and Time.] It is found plentifully in many places of this Land, in Corn Fields, the Corners of Meadows, and by Ditches sides.

Nature and Vertues.] It is a Plant of Mercury, and hath mixt qualities like him, binding, and yet digesting, and the hot faculty abounding more therein then the cold. The seed thereof applyed with Linseed, Fenugreek, and Camomile flowers, asswages Tumors, and hard swellings, provokes the Courses, opens obstructions of the Veins, and strengthens the parts. The compound Plaister of Melilot is effectual to dissolve Tumors, windiness, and swellings of the Spleen, Liver, and Belly; it eases the Hypochondria, or any other pain, and is good for the Rickets. The other Plaister of Melilot is good to draw such sores and wounds as need cleansing. The juyce dropped into the ears, easeth pains of them, and being dropped into the eyes, it clears them of pearls and spots, and takes away the Web, and clears the sight; being steeped in Rose water and vinegar, and applyed, it easeth the Head-ache; it mollifieth all Tumors and Inflammations either in the privy parts, or other places of the body, being boiled in wine and applyed, and sometimes the yolk of a roasted Egge, or the powder of Linseed, Fenugreek, Poppy seed, Endive, or fine flower is added to it. The flowers of Melilot and Camomile are much used in Glisters to ease pains, and expel winde, and likewise in pultisses to asswage Swellings and Tumors; being boiled in water, it helps Wens, and running Ulcers of the Head, being applyed with Chalk, Wine, and Galls: it is effectual for those who have suddenly lost their senses by any fit, and to strengthen the Memory, and comfort the Head and Brain, to preserve them from pains, and the Apoplexy, the head being often washed with the distilled water of the Herb and Flowers, or with a Lye made thereof.

French and Dogs Mercury. Mercurialis.

Description. **B**Oth these kindes of Mercury have a male and a female. The French Mercury riseth up with square green stalks, full of Joynts, about two foot high, with two leaves at every joynt, and branches on both sides the stalks, with fresh green leaves somewhat broad and long, finely dented about the edges. In the male at the Joynts towards the tops of the stalks and branches, come forth two small round green heads, standing together upon a short foot stalk, which growing ripe are the seeds, without yielding any flower: The stalk of the female is longer, and of a spike fashion, set round about with small green husks, which are the flowers, made like small branches of Grapes which yield no seed, but continue long upon the stalks: the root consists of many fibres, which dyeth every Winter, and springs again of its own sowing.

The Dogs Mercury hath many stalks smaller and lower then the other, and without branches; the male hath two leaves at every joynt, somewhat greater then the female, more pointed and harder; at the joynts with the leaves come forth longer stalks then the former, with two round hairy seeds on them, twice as big as those of the other Mercury; from the joynts of the female come forth spikes of flowers like the female French Mercury. The root is fibrous, yet abideth the Winter, the stalks dying down to the ground, and springing every year.

Names.] It is known in Latine by the name of *Mercurialis*, and the dogs Mercury, *Mercurialis Canina*, and *Cynocrambe*.

Place and Time.] The French Mercury grows in Kent, and divers other places of this Land. The Dogs Mercury
grows

grows by hedges sides in many places : they flower and seed in the Summer moneths.

Nature and Vertues.] Mercury is hot and dry about the second degree, having a cleansing and digesting faculty : Mercury claims it for his names sake.

Mercury is much commended for Womens Diseases ; the secret parts being fomented therewith, it easeth the pains of the Mother ; the decoction thereof being taken, procures the Terms, expells the After-birth ; it is also good for the Strangury, and diseases of the Reins and Bladder. Hypocrates commendeth it for sore and watry Eyes, deafness and pains in the Ears, by dropping the juyce thereof into them, and bathing them afterwards in white Wine : the juyce taken in Broth or drink, or the decoction of the leaves with a little Sugar, purgeth chollerick and waterish humors : Broth made thereof with a Cock Chicken is good against hot fits of an Ague, and cleanseth the Breast and Lungs of phlegm ; but is a little offensive to the Stomach. The juyce or water thereof snuffed up into the nostrils purgeth the Head and Eyes of Rheume, and Cathars. Two or three ounces of the distilled water with a little Sugar taken fasting, opens and purgeth the body of gross viscus and melancholly humors. Mathiolus saith, That the seed of the male and the flowers of the female Mercury boiled with Wormwood and drunk speedily, cures the yellow Jaundies. The leaves or juyce rubbed upon Warts, takes them away. The juyce mixed with vinegar, helps the Itch, running Scabs, Tetter's, and Ring-worms, being applyed pultis-wise to Swellings, and Inflammations, it digesteth the humors which cause the same. It is commonly used amongst other things in Glisters to evacuate the Belly from offensive humors. Dogs Mercury may be likewise used to purge waterish and melancholly humours in the same manner as the former. There are some fables reported of this Plant which I shall forbear to relate.

Mill-Mountain. *Linum sylvestre.*

Description. I Am induced to publish this plant, by the commendation I have had of it from some special friends who have found singular use of it, and commend it to do all things which *Sena* doth. The description *Gerrard* reports to have had from a friend of his called *Mr. Goodyer*, which is as followeth.

It riseth up from a small white threddy crooked root, sometimes with one, but most commonly with five or six, or more round stalks, about a foot or nine inches high, of a brown or reddish colour, every stalk dividing it self near the top from the middle upward into many branches or parts of a greener colour then the lower part of the stalk; the leaves are small, smooth, of colour green, of the bigness of Lentil leaves, and have in the middle one rib, or sinew, and no more, that may be perceived, and grow along the stalk in good order by couples, one opposite against the other: at the tops of the small branches grow the flowers, of a white colour, consisting of five small leaves apiece; the nails whereof are yellow: in the inside are placed small short chives also, of a yellow colour; after which come up small little knobs or buttons, the top whereof when the seed is ripe, divides it self into five parts, wherein is contained small smooth flat slippery yellow seed, when the seed is ripe the herb perisheth; the whole herb is of a bitter taste and herby smell.

Names. *Gerrard* saith when he first found this plant, he inserted it in his Catalogue amongst the kindes of Lines or Flaxes, and called it *Linum sylvestre pusillum candidis floribus*, until he had a further relation thereof from *Mr. Goodyer*, who called it *Linum sylva Catharticum*; because it was used to purge: and in English it had acquired the name of Mill-Mountain.

Place

Place and Time.] It groweth plentifully in the unma-
nured Inclosures of Hampshire, on chalkly Downs, and on
Purfleet Hills in Essex, and many other places. I have been
told it grows near Wickomb in Buckinghamshire; and in
July about four years since, Mr. Dixon and I met a Chy-
rurgion with some of it in his hand in Kingston, which he
said he had gathered by the way as he came from London:
It riseth forth of the ground at the beginning of the
Spring, and flowreth all the Summer.

Nature and Vertues.] Its bitter taste argues the tempe-
rature thereof to incline to heat: The use of it (as the same
Mr. Goodyer reports) is as follows.

Take a handful of Mill Mountain, the whole plant, leaves,
seeds, flowers and all, bruiſe it and put it in a small Pipkin, with
a pint of white Wine, and set it on the Embers to infuse all
night, and drink that wine in the morning fasting: This he
saith he was told (by a servant of one Dr. Lake, who lived at
St. Cross near Winchester) would give eight or ten stools.
This Dr. Lake was afterwards Bishop of Bath and Wells, and
alwayes used this herb for his purge as his man affirmed.

Thus saith Gerrard by the relation of Goodyer; but
lately I have heard it commended by some Physicians to be
equalent in vertue to Scna: Therefore I have put it down
for the benefit of the studions, to make further tryal and
use of it accordingly.

Mynts. Mentha.

Description and Names. **B**OTH the Garden and wilde Mint are well
enough known; wherefore I shall pass
by their description to their names and vertues. *Mentha* is
the Latine common name; and Mint, or Spearmint for
the Garden kinde in English.

Place and Time.] The wilde Mints grow in watry
Ditches, the other onely in Gardens: they all flower
in

in August: the plant increaseth much by the root, the seed being seldom good.

Nature and Vertues.] Mynt is hot and dry in the beginning of the third degree, bitter, binding, and of thin parts, and is said to be an herb of Venus: The decoction cureth a sore Mouth and Gums, the mouth being gargled therewith and helps a stinking breath; being applyed with honied water, it eases pains in the Ears, and the roughness of the Tongue, it being rubbed therewith: The decoction thereof is good to wash Childrens Heads, against Scabs, and breakings out, and heals chaps of the Fundament. Two or three branches thereof taken with the juyce of Pomgranates, stayes the Hiccough, Vomiting, and allayes Choller; being applyed with Barley meal, it dissolves Imposthumes; it is good to repress the milk in Womens Breasts, and helps swollen or flagging Breasts; it causes digestion, helps a cold Liver, strengthens the Belly and Stomach, helps gnawings of the heart, procures appetite, opens the Liver, and provokes to Venery; being bruised with salt it is good for the biting of a mad Dog. The mouth being gargled with a decoction thereof, and Rue and Coriander, bringeth the pallat of the mouth that is down to its right place; the powder of it taken after meat, helps digestion, and those that are spleenatick, and taken in wine, it helps women in their sore Travel in Childe bearing; it is good against the Strangury, and Gravel and Stone in the Kidneys; being boiled in milk before you drink it, it will not curdle in the Stomach; and some say a Cheese will not come, if it be put into the milk or Runnet: The distilled water is available for all the aforesaid purposes, though more weakly: but the Chymical Spirit drawn from the herb is most effectual. Chollerick persons must abstain from Mint, for much of it taken makes the Blood thin, and turns it into choller. The horse Mints are good to expell winde in the Stomach, to help the Chollick and short windedness, and is good to help nocturnal pollutions, being applyed to the Cods.

Mir-

Myrtles. Myrtilli.

THis Outlandish plant cannot endure the Winter with us unless it be kept in pots within doors.

The Tree is called in Latine *Myrtus*, and the berries *Myrtilli*.

Nature and Vertues.] The myrtle hath contrary qualities, cold and earthy, warm and thin, powerfully binding and drying: The dry leaves beaten and boiled in water and drunk, is good against Cathars, the Whites, Ulcers, and creeping Sores. The berries and seed is good against passions of the Heart, stings of Serpents, and venomous Creatures, and the poison of Toadstools; being drunk in Wine, it helps a stinking Breath, diseases of the Bladder, and provokes Urine: The decoction is good for the falling down of the Fundament, and the Piles; being mixed with oyl of Roses and applyed, it helps swelling of the Cods, Imposthumes of the Fundament, and St. Anthonies fire. The decoction of the berries makes the Hair black, and keeps it from falling, cures sores of the Head, and helps those that are Bursten. The syrrup of Myrtles is good against the Cough, and Ulcers of the Lungs, And although I have not told you where this Tree grows, because I doubt you will not go so far to fetch it, you may have it near home at the Druggists and Apothecaries.

Myrobalanes.

MYrobalanes are an East Indian Fruit, and are called in English by Mr. Parkinson purging Plums. My Authour reckons up five kindes of them, viz. *Cytrina*, *Chebula*, *Bellerica*, *Emblica*, *Indica*.

Nature and Vertues.] They are all cold in the first degree and dry in the second, and do purge, and also strengthen the Stomach. The Citrine Myrobalanes purge Choller, strengthen the Stomach, Heart, and Liver, help such as have the Hemor-
rhoides

rhoides and Piles; they are good in Tertian Agues, cause a good colour, and hinder old Age: the Chebule purge Phlegm, quicken the brain and sight, and strengthen the Stomach. They are good in the Dropsie, and for long continued Agues. The Embellick, and Bellerick purge Phlegm from the Stomach, strengthens the Brain, Joints, Heart, and Liver, helps passions of the Heart, provokes Appetite, allays Thirst, stays Vomiting, qualifies inward heat, and allays Choller, and gives ease to those that have the Piles. The Indies, or Black Myrabolanes, purge Melancholly and adust Choller, and cause a good colour, and are good against Quartain Agues, the Leprosie and all Paralytical Diseases. The Citrine are also often used in Cholleries, with the juyce of Fennel, or Rose water, against Inflammations and flowing of humours to the Eyes; and likewise in powder, with Mastick, or Rose water, to dry and heal Ulcers.

Mistleto. Viscum.

I Think Mistleto is so well known, that its needless to describe it. The Latines call it *Viscus*, and *Viscum*, and so is the Birdlime called that is made of the Berries. The Mistleto of the Oak is called *Viscus Quercini*, and so of the rest.

Places and Time.] Mistleto groweth plentifully upon Fruit Trees, as Apples, Pear Trees, and Crab Trees in divers Counties of this Land; sometimes on Ashes, and Oaks; but that of the Oak is most rare in England: It flowers in the Spring, and the Berries are ripe in October, abiding on the branches all the Winter unless the Birds devour them.

Nature and Vertues.] Mistleto is hot and dry in the third degree, the leaves and berries do heat and dry, and are of subtle parts; and questionless participates of the nature of that Tree it grows upon; as that which grows upon the Oak partake.

takes of the nature of the Oak, and therefore is ascribed to Jupiter, and is the most effectual: It is held to be very effectual for the curing of the Falling Sicknes, and is by some prescribed to be taken in Pills thus prepared, R^x. Visci Quercini, seeds and roots of Piony, ana. ℥i. β. Nutmeg, Anniseeds, ana. ℥i, β. Sacchari Buglossati, ℥vii. make Pills thereof.

Mathiolus saith that the Mistletoe of the Chesnut Tree made into powder and given in drink, cures the Falling Sicknes. Some attribute so great vertue unto it, as they have called it, Lignum sanctæ Crucis, and believe it to help the Falling Sicknes, Palsie, and Apoplexy, being onely hung about their Necks. Tragus saith, that the juyce of fresh Mistletoe dropped into the Ears of them that have Imposthumes in them, easeth them, and helps them in few dayes. The Birdlime which is made of the Berries, ripens and discusses Tumors and Imposthumes, and mollifies hard knots, and draweth forth both thick and thin Humors from the remote places of the Body, digesting and separating them, and being mixed with equal parts of Wax and Rozen, it mollifieth the hardness of the Spleen, being applyed thereunto.

Gerrard saith, being taken inwardly, it is mortal, I never did prove any of it, but onely the Birdlime upon Birds, and I am sure that hath proved mortal to them.

Money-wort, or Herb two pence.
Nummularia.

Description. **M**oney-wort shooteth forth many long, weak, slender branches, lying and running upon the ground, with two leaves at each joynt, equally opposite one to another, almost as round as a Penny, but that they are pointed a little at the ends, smooth, and of a yellowish green colour: at the joynts with the leaves from the middle forward, come forth sometimes one, some-
times

times two yellow flowers, standing each upon a small foot stalk, consisting of five narrow leaves; pointed at the ends, with some yellow threds in the middle; after which come small round heads of seed: the root is small and threddy.

Names.] It is called in Latine *Nummularia*; and *Serpentaria*; in English Two Penny Grass, Herb Two-Pence, and Money-wort.

Place and Time.] It grows by Ditches sides, low Meadows, and watry places: flowers about June and July, and the seed is ripe soon after.

Nature and Vertues.] Money-wort is an herb of Venus; and cold, drying, and astringent: The flowers and leaves are good to heal green Wounds speedily, and for old spreading Ulcers, especially if it be bruised and boiled in Sallet Oyl with some Rozen, Wax, and Turpentine added to it, or Tents dipped in the juyce, and put into the Wounds. The juyce taken in Wine, or the decoction thereof, stayes the overflowing of Womens Courses, and the Whites, and also Lasks, bloody Fluxes, inward and outward Bleedings, helps weakness of the Stomach that is subject to Vomiting; being boiled in Wine and Honey, and taken, it cures inward Wounds, and Ulcers of the Lungs, and is a remedy against the Chin-Cough in Children.

Moonwort. *Lunaria.*

Description. **I**T riseth up with one dark, green, thick, fat leaf, standing upon a small foot stalk, about an inch high, unless when it is in flower, and then it hath a small slender stalk, about three inches high: the upper part whereof groweth out of the bosom as it were of the said leaf, which is divided on each side into five, sometimes seven, or more parts on a side, each whereof is small next the middle rib, but broad forwards, and round pointed, much resembling an half Moon. The stalk riseth above

above this leaf about two inches, bearing many branches of small long tongues, much like the spiky head of Adders Tongue, of a brownish colour, which afterwards resolve into a mealy dust, so that you may call them flowers or seed, which you please: the root is small and threddy.

Names.] It is called in Latine *Lunaria*; in English by some Unshoe the Horse, but rightly Moon-wort.

Place and Time.] It delights to grow upon Hills, and Heaths amongst grass and dry mossy places, and in divers places of Kent, as near Maidstone: it may be found about April and May; the heat of June banisheth it away.

Nature and Vertues.] Many idle Fables have been told of this Herb, by lying Cachochemists, such as Culpeppers Commanders were that he prates on; for I believe they never saw the Herb in their lives: and I am confident, though it be the Moons herb; yet it is neither Smith, Farrier, nor Picklock, but is of Temperature cold and dry, somewhat more then Adders Tongue, and is a good Wound Herb, either for inward or outward Wounds, Blowes, or Bruises; it likewise helps to consolidate Fractures, and is good for Ruptures and Cancers of the Breast: It may excellently be used with other wound herbs, to make Oyls and Balsoms for fresh and green Wounds: and being boiled in red wine and drunk, it is excellent to stay the overflowing of womens Courses, and the Whites, Bleeding, Vomiting, and other Fluxes. The learned Grollius saith, that it is good for the Cancers in Womens Breasts, its Signature speaking so much.

Moss. Muscus.

Description and Names. **T**Here is Moss of Trees, and Ground Moss; but neither of them want a description. The Apothecaries call it *Usnea*: it is likewise called in Latine *Muscus*.

Places and Time.] I have told you before where they grow.

Nature and Vertues.] The ground Moss is cold, dry, and astringent; that of the Trees is cool and binding, yet it partakes somewhat of the nature of the Tree whereon it grows; yet all Saturns pot-herbs, as saith Culpepper. The ground Moss is held good to break the Stone, being boiled in Wine and the decoction drunk; it is likewise good being boiled in water to allay Inflammations and hot pains. The Oak Moss is good to stay Fluxes, and Lasks in man or woman, Vomiting, Bleedings, spitting and pissing of Blood, and the Terms, the powder thereof being boiled in Wine and drunk. The same being drunk, stayes the Hiccough, as saith Avicen. And it procures deep sleep, saith Serapio; and some say the powder thereof for some time together taken in drink, is good against the Dropsie. Fresh Moss steeped a while in Oyl of Roses, and then boiled therein, and applyed to the Temples and Forehead, helps the Head-ache, that cometh of a hot cause, and distillations of hot Rheumes to the Eyes, or other parts. It was anciently used in Oyntments against Weariness, and to strengthen the Sinews.

There is a Moss that grows upon dead Mens Skulls, which is a principal ingredient in the Weapon Salve; but the receipt is, it should be taken from the Skull of one who dyed a violent death. I lately saw one which was brought out of Ireland, all grown over with Moss.

Cup Moss if it be powdered and given in sweet Wine for certain dayes together, is a remedy against the Falling Sickness, and the Chin cough in Children.

Motherwort. Cardiaca.

Description. **T**His herb riseth up with hard, square, rough, strong stalks, of a brownish colour, shooting two or three foot high, and sometimes more, spreading into many branches, whereon grow the leaves on each side, with long foot stalks, two at every joint,

joynt, broad, and long, rough, and crumpled with great veins of a dark green colour, deeply jagged about the edges, almost torn or divided: the flowers grow in sharp pointed rough husks, from the middle of the branches to the top, round about them at distances, somewhat like Balme or Horehound, but of a more red or purple colour; after which comes plenty of small round blackish seed; which shedding, fills the place about it with their young growth. The root is fibrous, the plant of a rank smell and bitter taste.

Names.] It is called *Cardiaca* in the Latine, though *Matricaria* which is used for Fetherfew, might be more proper for it; for it is effectual to help the Mother as well as the Heart; and therefore with good reason is called in English Motherwort.

Place and Time.] It groweth rarely with us but onely in Gardens, yet delighteth to grow by Walls sides, and amongst rubbish: it flowers and seeds from the Spring till Winter, and then perisheth; but the root abideth all the Year.

Nature and Vertues.] Motherwort is of temperature hot and dry in the second degree, of a cleansing and astringent faculty, and is by Astrologers reputed to be subject to the influences of Venus, and the Sign Leo; so that it is excellent for the fits of the Mother, and diseases of the Womb, and also for the trembling of the Heart, the Cramp, Convulsion, and Palsie: it helps the hard labour of Women, a spoonful thereof in powder being taken in Wine. For the fits of the Mother, let little Bags of Motherwort, Camomile, Wormwood, Pennyroyal, and Lovage be applyed warm to the bottom of the Belly of the Patient: The said powder used as aforesaid, provokes Urine, and Womens Courses; it may also be made into a Syrrup and Conserve; and being so used, it chears the Heart, expelling Melancholly from thence, Expectorates

Phlegm, opens obstructions of the Entrails, and kills Worms in the Belly; it is likewise good being bruised and applyed to green Wounds to stop the Blood, cleanse and cure them, and is a remedy against the Cough, Murrain, and other Diseases in Cattle.

☞ See further in *The Art of Simpling*: written by *W. Coles*

Moufear. Pilosella.

Description. **C**OMMON Moufear creeps upon the ground by strings or wires much like the Strawberry; the strings taking root as they run, and shooteth forth small short leaves set in a round form together, hollowish in the middle, where they are broadest, of a hoary colour all over, and very hairy, out of which issues a white milk being broken; from amongst these leaves spring up divers small hairy stalks, about a handful high, with a few smaller leaves thereon, standing one at a place as the flowers do, usually one at the top, which consists of many pale yellow leaves, much like a Dandelion flower, but smaller, and a little reddish underneath, near the edges, turning into Down; which with the seed is blown away by the Winde. The root is small and fibrous.

Names.] It is called *Myosotis* from the Greek word *Myosota*, and of some *Pilosella* in Latine, because of its hairiness; and *Auricula muris*, because the leaves resemble the ears of a Mouse; which also gives it the English name of Moufear.

Place and Time.] It groweth on Banks and Ditches sides, which be dry and sandy, and also in sandy grounds: they flower in June and July, and abide green all the Winter.

Nature and Vertues.] It is held to be subject to the Lunar Influence, but is by temperature hot and dry, cleansing, binding,

ing, and consolidating, so that the juyce or decoction thereof taken stayes Womens Courses, and the Whites, and other Fluxes of Blood and inward bleedings, and is likewise good for the Jaundies, to drink thereof morning and evening, and abstain from other drink two or three hours after: it is good against the Stone, and gripings of the Bowels, and to abate the fit of a quartain Ague being taken before it come. The decoction with Succory and Centory is good against the Dropsie and Spleen. A Syrrup of the juyce of Mouseear is good against the Cough and Ptisick, and helps Ruptures, a spoonful or two being taken at a time; it is a singular Wound Herb either for outward or inward Wounds. The juyce of the green Herb, or being dried in powder is good to stay fretting Ulcers or Cancers, either in the Mouth or secret parts of Man or Woman, or elsewhere. The distilled water is available for the said purposes, and to wash Wounds and Sores, and to dip the Tents and Cloathes therein that are to be applyed thereto.

This herb is hurtful to sheep, in making them costive and lean; therefore Shepherds should keep them from it.

Mugwort. Artemisia.

Description. Common Mugwort groweth with divers jagged or dented leaves lying upon the ground, much like to common Wormwood, but larger, darkish green on the upper side, but white or hoary underneath: the stalks rise up two or three foot high, sometimes more, having such leaves as below, but smaller, branching very much towards the top, whereon grow small pale yellowish flowers like buttons, after which cometh small seed inclosed in round heads. The root is long and hard, fastned in the ground with many fibres, which spread so in the ground, that it can hardly be weeded out. The plant is of a reasonable good scent. The stalks and leaves dye every Winter.

Names.] *Artemisia* is both the Greek and Latine name of it.

Place and Time.] It groweth by the High wayes and Ditches sides, and too plentifully in light ground in Corn Fields, where it will not be gotten out; as in *Wokingham*, a place I once lived in.

Nature and Vertues.] *Mugwort* is ascribed to the dominion of *Venus*, yet is naturally hot and dry in the second degree, and of thin parts; but it helps Womens Diseases: therefore it is reason a woman should be mistriss of it. The decoction of the leaves in *Wine* or water being drunk, drives down the Courses, Birth, and After-birth, helps Inflammations, and stoppings of the Mother, and provokes Urine, causeth fruitfulness in Women, helps pains of the Matrix, coldness, and Winde, and helps to retain it in its due place, it strengthens the Nerves, opens the Pores, and corrects the Blood, helps stoppings of the Liver and Spleen; and being boiled with Centory, it is good for the Jaundies; The juyce being taken, helps the biting of a mad Dog. The powder of the leaves drunk in *Wine*, is good against the *Sciatica*. A decoction made thereof for Women to sit over and receive the hot fume, performeth the same effects, as being taken inwardly; so doth the juyce made up with *Myrrhe*, or the root used for a *Pessary*. An oyntment made of the Herb, with some Field Daisies, and Hogs Grease, taketh away Wens, Knots, and Kernels in the Neck and Throat. The fresh herb, or the juyce thereof is a good remedy for the overmuch taking of opium. A decoction of the Herb with Camomile, Egrimony, and Sage, takes away pains of the Sinews, and Cramp, the place being bathed hot therewith; and refresheth the feet of those which are surbated with travel, they being bathed therein.

¶ See more of this in the Art of Simpling: written by *W. Coles*.

Mulberries. *Morus*.

I Shall not need to describe this Plant, it being very well known where it is an Inhabitant.

Names.] The Latines call it *Morus*, and in Shops *Morus Celsa*; the Bramble Berries being called *Mora Bati*.

Place and Time.] They are much nourished in the Levant and Eastern Countreys, and also in *Italy* to breed up their Silkworms. The fruit is ripe in *August* and *September*.

Nature and Vertues.] It is assigned to Mercury, and of different parts like him; the ripe Berries having a sweetness and slippery moisture, do open the Belly; the unripe do binde it, especially being dried, and then are good to stop Fluxes, Lasks, and overflowing of Womens Courses: the bark of the root hath a purging quality, and a bitterness: the leaves and tender tops are of a temperate nature. The juyce of the Berries or the syrrup made of them, helps Inflammations and Sores in the Mouth and Throat, and the Pallat of the Mouth being down. The juyce of the leaves is good for such as have eaten Wolf-bane, and is a remedy against the biting of Serpents; and being beaten with Vinegar, it is good to apply to any place that is burnt with fire. The mouth being washed with a decoction of the bark and leaves, easeth the Tooth-ache. It is said, that if the root be a little slit or cut in the harvest time, and a small hole made in the ground next unto it, there will issue forth a juyce, which being hardened, is good to help the Tooth-ache, to dissolve knots, and purge the Belly. The leaves are said to stay bleeding at Mouth and Nose, and of the Piles, or of a wound being bound thereunto: It is reported, that if a branch of the Tree be taken when the Moon is at full, and bound to the wrist of a woman whose Courses flow too much, it will soon stay them. The Bark of the root killeth

the broad Worms in the bodies of Men or Children. The powder of the berries is good to cure Tumors which grow upon the Cods, and about the Fundament of some people.

Mulleyn. Candelaria.

Description. Common white Mulleyn hath many fair large woolly leaves lying next the ground, somewhat longer then broad, pointed at the ends, and a little dented about the edges; the stalk in rank ground riseth four or five foot high, and is covered over with such leaves as below (but lesser) up to the flowers, so thick as they hide the stalk: the flowers come forth on all sides of the stalk without any branches for the most part, and stand together in a long spike, generally of a gold yellow colour, but in some more pale, consisting of five round pointed leaves, turning afterwards into round heads, wherein is contained small brownish seed; the root is long, white, and woody, but dyeth when the seed is fallen.

Names.] It hath been called *Candela regia*, and *Candelaria*, because the stalks were wont to be used to burn, being dipped in grease: It is also called *Thapsus*, *Tapsus Barbatus*; and in English Hightaper, and Hagtaper, Jupiters Staff, Hares-beard, and Bullocks Lungwort.

Place and Time.] It grows by High wayes sides, in Lanes and upon Dunghills in many places of this Land, and flower about June and July.

Nature and Vertues.] Mulleyn is dry of temperature, like Saturn: The leaves digest and cleanse. A decoction of the leaves is good for the Lungs, and an old Cough, either in man or beast. A little quantity of the root taken in Wine is good against Lasks and Fluxes of the Belly: and the decoction thereof easeth the Tooth-ache, the mouth being washed therewith; and being drunk it is good for Burstness, and for Cramps

and

and Convulsions. The seed and flowers, and the powder of dryed Venice Turpentine, being cast upon a Chafing-dish of Coals, and set in a Close-Stool, for the Patient to sit over it that is troubled with the Piles, or the falling down of the Fundament; it giveth much ease also to such who are troubled with an often desire to go to Stool, and can do nothing, and helpeth the Bloody Flux: An Oyl made of the often infusion of the flowers is also good for the Piles. The decoction of the root in red Wine (or water if there be an Ague) wherein red hot Steel hath been often quenched, stayeth the Bloody Flux, and opens obstructions of the Bladder and Reins, when one cannot make water: A decoction made with the leaves, and Sage, Marjoram, and Camomile Flowers, easeth and comforteth Veins and Sinews that are stark or shrunk with cold, or the Cramp, the places being bathed therewith. The distilled water of the flowers drunk morning and evening the quantity of three ounces at a time for some continuance, is said to be a good remedy for the Gout. The powder of the root, or the juyce of the leaves and flowers rubbed on rough Warts, takes them away, but doth no good to such as are smooth. The powder of the flowers is good for the Chollick, and pains in the Belly. The decoction of the root and leaves is effectual to dissolve Tumors and Inflammations of the Throat: The seed and leaves boiled in Wine and applyed, draws forth Thorns and Splinters out of the flesh, easing the pains, and healing the place. The leaves bruised and wrapped in double papers, and baked under the Embers, and then taken out and applyed warm to any Botch in the Groin or Share, doth dissolve and heal it. The seed bruised and boiled in wine and applyed to any Member that is newly set after it hath been out of Joynt, takes away the swellings and pains thereof.

The bruised leaves quickly heals a Horse Hoof that is pricked with a nail, being applyed thereunto.

¶ See further of this in Culpeppers School of Physick.
Mustard

Mustard. Sinapis.

IT is very well known, so as needs no describing.

Names.] It is called in Latine *Sinapis* and *Sinapi*.

Place and Time.] It grows in Gardens where it is planted, and is not easily gotten out, having once took possession: it grows also wilde about *Tewksberry*, which place is famous for Mustard makers.

Nature and Vertues.] The seed is chiefly used, and is of temperature hot and dry in the fourth degree, and doth make thin: it is under the influence of Mars. The seed taken in an Electuary or otherwise, stirs up bodily lust, and provokes womens Courses; it is also good for the Falling Sicknes, the Lethargy, or drowsie evil, to use it both inwardly and outwardly to rub the Nostrils, Forehead, and Temples therewith; it being first beaten to powder, and little balls made thereof with Honey, and one or two of them swallowed fasting every morning maketh a clear voice, draweth down Rheume, and viscous humours which distill upon the Lungs and Chest; it cleanseth the Breast, strengthens the Heart, resisteth Poison, provokes Appetite, warms the Stomach, and helps digestion, easeth the pain of the Spleen, Sides, and Belly; and being used for some time, wasteth the Quartain Ague. The decoction of the seed in Wine is a good gargle to send up the Pallat of the Mouth being fallen down; and a Plaister wherein store of the seed is mixed being applyed, helpeth the Sciatica, and aches of the Joints, and dissolveth Tumors and Swellings about the Throat: being also applyed to the Shoulders, Sides, or Loins, which have any ache or pain, it helpeth them by drawing forth the cause by Blisters; it helps the falling of the hair, and being chewed in the mouth, is good against the Tooth-ache. The seed being bruised and mixed with Honey or Wax, takes away Marks, black and blue spots of Bruises, Scabbedness, the Leprosie, and lowsie Evil, and helps the Crick, or drawing awry

of the Neck. The distilled water of the Herb when it is in flower is good to drink for the diseases aforesaid, to wash the Mouth when the Pallat is down, and also to gargle the Throat; and likewise for Scabs and Itch, and to cleanse the face from Morphem, Spots, and Freckles. An Oyl made of Mustard, by infusing four pounds of the seed (being beaten) in four pound of Oyl for ten dayes together, and then straining it, is good for griefs of the Reins, Palsies, Gouts, Stitches and Swellings. The seed ground with Vinegar, is a good sauce both with Fish and Flesh; it is good to clarifie the Blood, and to stir up Appetite in weak Stomachs; but it is hurtful for chollerick people. And to make it the more pleasing to the Stomach, take Mustard seed two ounces, Cynamon half an ounce well beaten, and make it up into Balls or Cakes, with Honey and Vinegar, and dry them in the Sun, they will keep a long while, and may presently be made into a sauce by being relented with a little Vinegar.

Nep, or Cat-mint. *Nepeta*.

Description. Common Garden Nep riseth up with four square stalks, a Cubit high, or more, having a little hoariness upon them, being full of Branches, and beareth at every joynt two broad leaves, like unto Balm, but longer pointed, softer, whiter, and more hoary, nicked about the edges, and of a strong sweet scent: The flowers grow in large tufts upon the tops of the Branches, and underneath them on the stalks, being many together, and of a whitish purple colour: The roots consist of many long strings or fibres, whereby it is strongly fastened in the ground, and the leaves abide green all the Winter.

Names.] It is called in Latine *Mentha Cattaria*, but more commonly *Nepeta*; by which name the Apothecaries call it.

Place and Time.] It is cherished in our Gardens, flowers in July and August, and the seed is ripe in September.

Nature and Vertues.] Nep is hot and dry in the third degree, and is ascribed particularly to the influence of the Planet Venus. It is effectual for the rising of the Mother, Winde, and pains thereof, and warms and comforts the womb, and dryeth up the overmuch moisture thereof, and brings it to a right temper, taking away the cold and moist cause of Barrenness; it also provokes the Terms, and is useful for pains of the head, proceeding from a cold cause, as Rheume and Cathars, and giddiness of the Head; it is good also for windiness of the Stomach and Belly, and is effectual to dissolve winde in cold Aches and Cramps; it is effectual for Coughs, Colds, and shortness of Breath: The juyce thereof given in Mead or Wine, is a good remedy for inward Burstings and Bruises by means of Falls, or otherwise. A bathe made thereof for Women to sit in, or receive the Fumes, bringeth down their Courses, warmeth those parts, and helps Barrenness. The herb bruised and applyed to the Fundament, easeth the pains of the Piles in two or three hours space; and an oyntment made up with the juyce and applyed, doth the same. The decoction in spring Water is good to wash the Head to take away the Scabs thereof, and may be effectual for other parts of the Body: the distilled water is useful for many of the aforesaid purposes.

Nettles. *Urtica.*

Description and Names. **S**Tinging Nettles are very well known, or may be by feeling as well as sight; so that a description may be forborn. It is called in Latine *Urtica*, *ab urendo*, because it raises Blisters like burning with fire.

Place and Time] They are common associates to most hedges, under walls, amongst rubbish, and in untilled places,

ces you may finde them plentifully: they flower and seed in the end of Summer.

Nature and Vertues.] This plant is armed by Mars, and is by temperature hot and dry in the third degree. A decoction of the roots and leaves of Nettles, or the juyce thereof taken in an Electuary with Honey or Sugar, is a good medicine to open the obstructions of the Lungs, and a remedy against Wheefing, and shortness of Breath; it expectorates tough Phlegm, and evacuates an impostumated Plurisie by spittle; it is a good gargle to help swellings of the Throat, and the Almonds of the Throat, and swellings in the Mouth: The leaves boiled in Wine and drunk, provokes Womens Courses, helps suffocations, and other diseases of the Mother, and so it doth, being outwardly applyed with a little Myrrhe. The same also, or the seed taken, provokes Urine, and expells the Gravel or Stone out of the Reins and Bladder; it killeth worms in Children, easeth pains in the sides, and dissolves windiness of the Spleen, and in the Body; yet some do suppose it onely effectual to provoke Venery. The juyce of the leaves taken two or three dayes together, stayeth bleeding at Mouth. The seed taken in drink is a remedy against venomous bitings, and the biting of a mad Dog, and resists the poison of Hemlock, Henbane, and Night-shade, Mandrakes, and other stupifying Herbs; as also for the Lethargy, to rub it upon the Forehead and Temples, and upon the places bitten or stung by venomous Beasts, with a little Salt. The distilled water is effectual for the said purposes, (yet more weak) and likewise to wash Sores and Wounds, to cleanse the skin from the Morphem, Leprosie, and other deformities thereof. The seed or leaves bruised and put into the Nostrils, stayeth Bleeding thereof, and takes away the excrescense growing there called Pollipus. The juyce of the leaves or the decoction of them, or the roots, is good to wash old rotten Sores, Fisfula's, or Gangreens, and corroding Scabs, Manginess, or Itch in any part of

of the Body, and is good also to wash green Wounds, or to apply the fresh bruised herb thereunto, though the flesh were separated from the bones. The same is good to refresh wearied members, and to comfort, dry, and strengthen such parts as have been out of joynt, and are set again; and also for Aches and Gouts, and to easethe pains, and to dry and dissolve the defluxions of humours upon the Joynts and Sinews. An oyntment made of the juyce, oyl, and wax, is good to rub benumbed members to reduce them to their proper activity. A handful of green Nettle leaves, and another of Danewort, or Wallwort, bruised and applyed to the Gout, Sciatica, or joynt Aches, is a good help thereunto. The young tops of Nettles being used in pottage in the Spring, are good to consume phlegmatick superfluities in the Body, and clarifie and warm the Blood: give Hens dry Nettles cut small amongst their meat in Winter, and it will make them lay Eggs the more plentifully.

Nigella.

Description. **G**arden Nigella riseth about a foot high with weak and brittle stalks, full of branches, with many leaves upon them finely cut and divided, something like Larks-heel, but of a more grassy green colour; it beareth flowers of a whitish blue colour, which grow on the tops of the branches, each flower being (star-like) divided into five parts, and each part consisting of many fine small leaves; after the flowers there come knops or heads, having at the end five or six little horns or points, and every head is divided into several cells or partitions, wherein is contained the seed, which is blackish, somewhat like Onion seed, but larger, of a sharp taste, and sweet strong savour: the root is small, fibrous and yellow, perishing every year.

Names. The Greeks call it *μελάνθιον*. The Latine Authors

thours *Melanthium*, and *Nigella*. We in England call it Gith, and *Nigella Romana*; it is also called by some Fennel flower, Bishops-wort, St. Katherines flower; and of some, Kiss me twice before I rise, and the Old Mans Beard.

Place and Time.] That which is most common with us is sown in Gardens; and being sown in April, it will flower in July, and the seed be ripe in September.

Nature and Vertues.] The seeds of *Nigella* are hot and dry in the third degree, and of thin parts; I suppose under the influence of Jupiter: The seed drunk in Wine, helps shortness of Breath, expells winde, provokes Urine, and the Courses, kills worms, is good against Poisons, and the bitings of venomous Beasts; it likewise increases Milk in Womens Breasts, if moderately taken; but otherwise it is hurtful to Nurses, and to all others that take it too often, or in too great quantity: The common dose of the seed therefore is from half a dram to a dram. A dram thereof taken in wine or Posset drink before the fit, is effectual in Tertian and Quartain Agues. It is an excellent remedy in other distempers that need cleansing, heating, and drying, and opens obstructions being boiled in Vinegar and so taken: being applyed to the Navel with juyce of Wormwood, it kills Worms; being dried and quilted in Linnen or Sarcenet, and applyed to the Head, it cures Catarrhs and Rheumes, dryeth the Brain, and restores lost smelling; being mixed with Vinegar, and applyed, it takes away Scurf, Freckles, and hard swellings: the smoke of it drives away venomous creatures, and kills Flyes, Wasps, and Bees. The seed mixed with Oyl of Flower de Luce, and applyed to the forehead, helps a cold Head-ache.

Nightshade. *Solanum*.

Description. Common Nightshade hath an upright green hollow stalk, about a foot high, and

and sometimes more, bushing forth into many branches; whereon grow many dark green leaves, somewhat broad, and pointed at the ends, soft and full of juyce, somewhat like the leaves of Basil, but larger, and a little unevenly dented about the edges; at the tops of the stalks and branches come forth four or five, and sometimes more white flowers, consisting of five small pointed leaves apiece, standing on a stalk together one by, or above another, with yellow pointels in the middle, composed of four or five yellow threds, set together, which afterwards turn into so many pendulous green berries of the bigness of a small pease, full of green juyce, and small round whitish flat seeds lying within it; the root is white, and a little woody, when it hath given flower and fruit, with many small fibres at it: the whole plant is of a watrish insipid taste. The juyce in the berries is somewhat viscous, like a thin muscilage, and of a cooling astringent quality.

Names. In Latine it is called *Solanum*, and *Solatrum*, *Uva Lupina*, and *Uva Vulpis*, *Cuculus* and *Morella*; in English Morrel, Petty Morrel, Nightshade, and in some places Houndsberries: there is another sort called Dwall, or deadly Nightshade, being of a poisonous, and excessive cold quality, which beareth a berry black and shining like jet, and about the bigness of a black Cherry.

Place and Time. Common Nightshade groweth upon Dunghills, and amongst rubbish, under old Walls, and by the sides of Hedges and Fields. I have seen the Dwall, or Deadly Nightshade, growing in a Ditch by the High wayes side near Alton in Hampshire, and near Croyden in Surrey where it was about six foot high. They flower in Summer till the beginning of Autumne; and the fruit is ripe in August and September.

Nature and Vertues. They are all cold and Saturnine Plants, but the Dwall is cold in the fourth degree.

The berries of common Nightshade are good to provoke Urine, and expell the Stone, being moderately taken in white Wine, and cooleth hot Inflammations, being inwardly or outwardly taken, so not in too great a quantity, for then it procures the Phrenzy; but a remedy against it is to drink good store of warm honied water. The juyce easeth pains and Inflammations of the Ears, being dropped therein: and the juyce clarified and mingled with Vinegar, is a good gargarisme for the Mouth and Throat, being inflamed. The juyce of the herb or Berries incorporated in a leaden Mortar with Oyl of Roses, Vinegar, and Ceruss, is good to anoint the Eyes for all hot Inflammations. The juyce made up with Hending and applyed, is good for the Shingles, Ring-worms, Corroding Ulcers, and moist Fistula's. A Pessary dipped in the Juyce, and put up into the Matrix, stayeth the immoderate flowing of the Courses. A cloth wet therein, and applyed to the Testicles or Cods, giveth much ease in any hot swelling there; and easeth the Gout, coming of hot and sharp humours. The Dwall or deadly Nightshade is by no means to be taken inwardly; yet if the Temples and Forehead be a little bathed with the juyce of the leaves and a little Vinegar, it procures sleep, which is hindred by hot causes, and eases pains of the Head proceeding of heat. The bruised leaves or juyce may be applyed to St. Anthonies fire, the Shingles, and such hot Inflammations and fiery Cankers, to cool them, and stay the spreading thereof. The distilled water of the common Night-shade is safest to be given inwardly, but they are both dangerous, and the Dwall deadly.

The Nutmeg Tree. *Nux Moschata.*

THIS odoriferous tree groweth in the East-Indies; the fruit is called in Latine *Nux Moschata*, and the Mace that grows also upon this Tree is called in Latine *Mace*.

Nature and Vertues.] Nutmegs are hot and dry in the second degree, and somewhat binding: Mace is hot in the second degree, and dry in the third. Nutmegs do heat and strengthen a cold and weak Stomach, resist Vomiting, and takes away the Hiccough; it helps pain and Winde in the Belly, and stoppings of the Liver and Milt, and stoppeth the Lask, being taken in red Wine; it is profitable for the Mother, Kidneys, and Bladder, helps pissing by drops, and other cold griefs in men and Women: the powder thereof with oyl of Mints, is good against the coldness of the Head, and dulness of Memory, the Forehead, and Temples being anointed therewith; it is good in Cordials, and Receipts, to help coldness of the Liver, stopping of the Milt, the Dropsie, Vomiting, Headache, Swellings, bloody Fluxes; it helps trembling of the Heart, and comforts the Veins and Muscles in cold people, and helps to expell Gravel from the Reins and Bladder, being first steeped in Oyl of Sweet Almonds. The Oyl of Nutmegs doth likewise comfort a cold Stomach.

Mace is somewhat of the same nature with the Nutmeg; it stops the Lask, bloody Flux, and Womens Courses, and helps trembling of the Heart. The oyl of Mace cures wamblings of the Stomach, and a desire to Vomir, the Stomach being anointed therewith. The powder of a Pomgranate, large Mace, long Pepper and Sugar, being drunk with Posset Ale, Malmsey, or Broth sodden together, is a good remedy for the Black jaundies. Mace being used in Meats, causeth lean people to grow fat, warmeth those that are cold in their Venereous acts, and so do Nutmegs, and are good to be taken in Broths or Milk; it is good also against Fluxes, spitting of Blood, Vomit, and the Chollick.

☞ See more of this in The Expert Doctors Dispensatory: by P. Morellus.

☞ See further in The Art of Simpling: written by W. Coles.

Of the Oak. *Quercus.*

THis stately Tree is very well known; it is called in Latine *Quercus*, and *Robur*; the Acorn Glans: the Cup Calix, and Cupula Glandis.

Place and Time.] Our Land did once so flourish with these lusty Trees, that it was called *Druina* by some; but of late many of them are destroyed: The Catkins come forth about April, the Acorns are not ripe till October.

Nature and Vertues.] The leaves and bark of the Oak and Acorn Cups do binde and dry very much, and are somewhat cold; but the Acorns are not so cold nor binding. The Acorns provoke Urine, and help to break the Stone in the Bladder: the decoction of them and the Bark taken in milk, helps exulcerations of the Bladder, and pissing of Blood caused by poisonous Herbs, corroding Medicines, and *Cantharides*. The powder of Acorns drunk in wine, is good to help Stitches and pains in the Sides; especially if it be mixed with the powder of Bay-berries. The inner Bark of the Tree, and the thin skin that covereth the Acorn, do stay the spitting of Blood, and the Bloody Flux. The decoction of the Bark, and powder of the Cups stayeth Vomiting, spitting of Blood, bleeding at Mouth, Lasks, the involuntary Flux of natural seed, and all other Fluxes in man or woman. The fume of the leaves helps strangling of the Mother; and the bruised leaves soder up Wounds, and keeps them from inflammations. The distilled water of the Buds is likewise good to stay all Fluxes, to cool the body in pestilential, and burning Fevers, and to resist the infection; and also to cool the Kidneys, and heat of the Liver, and assuage all inflammations both inwardly and outwardly. The water in old hollow Oaks is good against the Itch and spreading Scabs.

See further in *Adam in Eden*: written by Will. Cole:

Oats. Avena.

THIS Grain is well known, *Avena* is the Latine name; they are plentiful in most places of England: they are sowne in the Spring, and mown in Autumne, or before.

Nature and Vertues. They are somewhat cold and drying, and are more used for food both for Man and Beast then for Physick; yet being quilted in a Bag with Bay-salt, and made hot in a frying pan, and applyed hot as it can be endured, easeth pains and stitches in the sides, and the Chollick in the Belly. A pultis made of the meal of Oats and Oyl of Bayes, helpeth the Itch and Leprosie, Fistula's of the Fundament, and dissolveth hard Imposthumes. The meal of Oats boiled in Vinegar and applyed, takes away Spots and Freckles in the Face, or other parts of the Body. Oatmeal is good in Broth, or Milk, to binde those that have a Lask, or other Flux, and with Sugar it is good for them that have a Cough or Cold. Raw Oat meal is unwholesome dyet, especially for young Maids; yet they are most apt to eat it, for want of something else which were better for them.

Olive Tree. Olea Sativa.

THIS Outlandish Tree I intend not to describe, but onely the Vertues of the fruit; the manured Olive Tree is called in Latine *Olea Sativa*, and the wilde Olive Tree, *Oleaster*, and the fruit *Oliva*.

Nature and Vertues. Ripe Olives be temperately hot and moist; the unripe are dry and binding, and so is their Oyl: the green leaves are cooling and binding. The oyl of the ripe Olive usually called Sallet Oyl, is the most excellent of all simple Oyls; it is very good to ease the Guts of the Chollick and Black passions which may soever used, either eaten with bread like butter, drunk in white Wine, or for those that love not to

eat it, give it in a Glister with Wine; it is effectual against all poisons, and therefore a remedy for them that have eaten Ratsbane, or other poison, preserving the Stomach and Guts from the violence of it; it is excellent good in Sallets and other Sauces with Vinegar; it is a principal ingredient in Salves for curing Wounds and Scars. The Oyl of unripe Olives called Omphacinum being fresh, is grateful to the Stomach, strengthens the Gums, and fastens the Teeth, and is good for those that are much troubled with sweating. Picked Olives are a good sauce to strengthen the Stomach, and stir up appetite; and being eaten with Vinegar, they loosen the Belly; being burned and beaten to powder, they fasten loose Teeth, help loose Gums, and cleanseth foul Ulcers: The oyl is an excellent remedy for any burning or scalding; a piece of Lawn being first sowed about the part, and Oyl and Snow water laid thereon.

One Berry, Herb Paris, or True Love.

Herba Paris.

Description. **O**Ne Berry, or Herb Paris, shooteth forth stalks with leaves, some whereof carry no Berries, and others do, every stalk being smooth without Joynts, of a blackish green colour, about half a foot high, bearing at the top four leaves, set directly one against another, like a True Lovers Knot, and are somewhat like a Nightshade leaf, but broader; in the middle thereof riseth a small slender stalk, about an inch long, bearing at the top one flower like a Star, consisting of four small and narrow long pointed leaves, of a yellowish green colour, and having four other lesser leaves lying between them; in the middle whereof standeth a round dark purplish button, compassed about with eight small yellow mealy heads, when the leaves are withered, the berry in the middle becometh of a black purplish colour.

colour, and full of juyce, of the bigness of a Grape, of no hot, nor evil, nor yet any sweetish taste, having within it many white seeds; the root is small, and creepeth under the upper crust of the earth, somewhat like a Couch-grass root, but not so white, and is of an unpleasant loathsome taste.

Names.] It is by some called in Latine *Herba Paris*, and *Aconitum Pardalianches*, and *Uva Versa*, *Uva Lupina*, and *Solanum Terraphyllum*.

Places and Time.] It groweth in Woods and Copses in Kent, and divers other places; it springs up in April and May, and flowers soon after: the berries be ripe by the beginning of June.

Nature and Vertues.] Herb One Berry is an exceeding cold Saturnine Plant; wherefore the leaves by their mighty cooling quality do discuss Tumors, and Swellings of the privy Parts, Cods, and Groin, which proceed from heat, and allay all other Inflammations, and are good to cure green Wounds, and cleanse and heal up old filthy Sores and Ulcers: the leaves or the juyce applyed to Felons, or white flaws on the nails of the Hands or Toes, healeth them in a short space. The leaves and Berries are good to expell Poisons, especially that of *Aconites*; as also the Plague and other Pestilential Diseases. *Mathiolus* and others say, that a dram of the seeds or berries hereof taken every day in powder for twenty dayes together, hath holpen those that have lain long in a lingring Sickness, and others that by Witch-craft have been half foolish, wanting their wits and senses: the leaves in powder have the like operation, but weaker. The berries are thought to procure sleep, being taken at night in drink. The roots made into powder and taken in Wine easeth the pains of the Chollick in a short space. The Chymical oyl of the black berries, is said to be effectual for all diseases of the eyes, so that it is called by some *Anima oculorum*; it hath been supposed to be poisonous,

but Pena and Lobel making experiment upon two dogs, found it was not dangerous, but effectual to expell the deadly operation of Sublimatum and Arsenick.

Orchis, Vide Satyrion.

Onions. Ceba.

They need no description.

Names.] Ceba, and Cepe are the Latine names for an Onion.

Place and Time.] They are inhabitants in our Gardens, and prosper best in that ground that is well dunged: they are sown about February: They which are for seed must beset about that time; yet the seed seldom comes to any great perfection in our Countrey.

Nature and Vertues.] Onions are hot and dry in the fourth degree, and are particularly ascribed to the dominion of Mars: an Onion being sliced and steeped all night in white Wine, and the Wine drunk in the morning, and the party walking an hour after, it is good for the Stone, and to provoke Urine and Womens Courses; being mixed with a little Honey and Rue, they are good to help the biting of a mad Dog, and other venomous Creatures, and are used to provoke Appetite, and ease pains of the Belly; being roasted under the Embers and eaten with Honey, Sugar, and Oyl, they help an old Cough. Water wherein sliced Onions have been steeped all night, kills the Worms in Children. Onions being sliced and dipped in the juyce of Sorrel, and given to those that have the Tertian Ague, helpeth them in once or twice taking. The seed stirreth up lust, and increaseth natural seed. A great Onion made hollow, and the place filled up with good Treacle, and well roasted under the Embers, and then the outermost skin pulled off, and then beaten together and applied to a Plague Sore or putrid Ulcer, is a sovereign remedy; the juyce snuffed up into the Nostrils purgeth the Head, and helps the Leprosie, and is good

for scalding or burning: and being used with Vinegar, it takes away spots and blemishes in the skin, and dropped into the ears, it easeth the pains and noise in them. The juyce mixed with the decoction of Pennirpyal, and a cloth wet therein and applyed, easeth the Gout. The juyce mixed with Honey causeth Hair to grow, a bald Head being anointed therewith. They help kided Heels, being roasted and applyed with Butter or Hogs Grease; being applyed with Figs, it helps to ripen Imposthumes; and stamped with Vinegar and applyed, they provoke the Hemorrhoides and Piles: they are hurtful to Chollerick bodies; and immoderately eaten, especially raw, they breed ill humours in the Stomach, offend the Blood, increase thirst, dull the Sight and Memory, and cause the Head-ache.

Orange Tree. Aurantia.

I Shall not describe this fragrant Tree, it being Ouclandish, yet may be seen in some English Gardens, though it seldom comes to any perfection here.

Names.] They have been called *Aurea mala Hesperidum*, and by divers *Aurantia*; by Dodoneus, *Anarantium*, and by Lobel, *Malum Aureum*: The flowers are called *Napha*; and the Oyntment made thereof *Unguentum ex Naphâ*.

Nature and Vertues.] Oranges are not wholly of one temperature; the rinde is hot in the first degree, and dry in the second; and the juyce is cold in the second degree and dry in the first, and the sweeter are more hot then the sowre ones. The peel is very good to warm a cold Stomach, to break Winde, and avoid cold Phlegm from thence; and being condited or preserved, they mend a stinking Breath, help digestion, and strengthen the Heart and Spirits. The juyce and inner substance is good against Corruptions of the Air, the Plague, and other hot Fevers, and is grateful to the Heart and Mouth of the Stomach, and strengthens the same; it helps also wambling of the Stomach, heaviness and trembling of the Heart, restrains

Ve-

Vomiting, and loathing of meat, and quencheth Thirst: the seeds resist poison and are good to kill, and expell Worms: the Oyntment made of the flowers, is good for a Cough, and to expectorate raw Phlegm, the Stomach being anointed with it. The distilled water of the same flowers is good for perfumes, being very odoriferous; it is good also to drink against contagious diseases, and helpeth cold infirmities of the Mother.

Orpine. Telephium.

Description. Common Orpine springeth up with divers round brittle stalks, thick set with fat and fleshy leaves, without any order, and little or nothing dented, of a pale green colour: the flowers are white, or whitish, growing in tufts; after which come small chaffy husks with seed, like dust in them: the roots consist of divers thick, round, white, tuberous clogs, not growing so big in some places as in others, where it likes the ground better.

Names.] The Latines call it Telephium, and Sempervivum sylvestre; it is called also by divers other names amongst Authours, too tedious to rehearse; and in English Orpine, and Live long.

Place and Time.] It is generally cherished in Gardens, but groweth almost in every County of this Land, in shadowy sides of Fields and Woods: they flower in July, and the seed is ripe in August.

Nature and Vertues.] Dioscorides and Galen say the true Telephium is hot, and of a drying cleansing quality; but that with us is cooling as Purslain, and ascribed to the Moon by Culpepper. The leaves of Orpine bruised and applyed to the Throat, cureth the Quinzy, which is an inflammation of the Throat and Gullet, hindring breathing and swallowing: it is seldom used inwardly with us, yet Mr. Culpepper brags much of a syrrop of it for the Quinzy, though not of experience.

rience. But Tragus saith, that in Germany the distilled water is used for excoriations and knawing of the Bowels, and for Ulcers in the Lungs and Liver, or other inward parts; as also in the Matrix, and stayeth sharpness of humours in the bloody Flux, and other Eluxes of the Belly, or in Wounds. The root performeth the same effect: It is used outwardly to cool Inflammations of Wounds, and heal them, and to heal scaldings and burnings, the juyce beaten with Sallet Oyl, and the place anointed therewith: the leaf bruised and laid to a green Wound in the Hands or Legs healeth it. The root helps Burstness and Ruptures.

See more of this in The Art of Simpling: by W. Coles.

One Blade. Unifolium.

Description. This plant springeth up with one leaf, somewhat like the greatest leaf of Ivy, but ribbed like the Plantain leaf; this leaf doth alwayes spring singly out of the earth alone; but when the stalk riseth up afterwards, it hath two leaves upon his sides like the former: at the top of the slender stalk cometh fine small white flowers, after which succeed many small red Berries. The root is small and tender, creeping far under the upper crust of the ground.

Names.] Its called *Monophyllon*, which word is borrowed of the Greeks; and in Latine *Unifolium*; in English One Blade, or One Leaf.

Place and Time.] It groweth in Woods, Pastures, and shadowy places, but is not very common to be found: it flowers in May, and the fruit is ripe in September.

Nature and Vertues.] One Blade is of a hot and dry temperature, and is a singular Wound Herb, especially in Wounds amongst the Nerves and Sinews; half a dram of the root given in Wine, and the Patient Sweating upon it, is effectual against Poisons and Pestilential Diseases: and the

Decoction of the Herb with Comphrey is good against Ulcers of the Kidneys and Entrails.

Orris, or Flower de Luce. *Iris alba.*

Description. **O**rris, or the Common Flower de Luce hath long large flaggy leaves, like a two-edged Sword; amongst which spring up smooth and plain stalks, half a yard long, or longer, bearing flowers towards the top, composed of six leaves joyned together; whereof three that stand upright are bent inward one towards another, and in those leaves that hang downwards, there are rough and hairy welts, rising from the nether part of the leaf upward, almost of a yellow colour: The roots are long, thick, and knobby, with many hairy threds thereat; but being dry, it is without them and white.

Names.] It is called in Latine *Iris*, and *Radix Marica*; in English Flower de Luce, and Orris.

Place and Time.] They grow naturally in France, Italy, and those Countreys, and are nourished in Gardens with us: they flower about May and June, and the seed is ripe in the end of August.

Nature and Vertues.] The green roots of Flower de Luce are hot almost in the fourth degree, but when it is dry is hot onely in the third: the juyce of the root extracted and clarified, and snuffed up into the Nostrils, purgeth the head by sneezing, and easeth pain of the head, and procureth rest, being applyed with Rose Cake and Vinegar, and cleanseth spots in the Eyes: an Oyl made of the roots, called *Oleum Irinum*, comforteth cold Joynts and Sinews, easeth the Gout and Sciatica, mollifieth and consumeth scrophulous Tumors, and helpeth the Cramp and Convulsions, and cold Rheumes distilling from the Head, and makes thin tough and cold Phlegm, that it may be the easier spit out, the Breast being anointed with

with it ; it easeth the Piles , helps pain and noise in the Ears, and stench of the Nostrils : the root green , or in powder, cleanseth and incarnates Wounds, and heals up Fistula's and Cankers : half an ounce of the root in powder, Cinamon and Dill, of each two drams , and a scruple of Saffron mixed together, and laid on a Scarlet Cloth, moistned in white Wine, and applyed to the Cods, helpeth pains and swellings of them. The green roots bruised and applyed , helps the Morphem, Spots, and other discolourings of the skin. The mouth being gargled with a decoction of the roots , it easeth the Tooth-ache, and mends a stinking breath ; being mixed with honey and drunk it purgeth gross phlegm and choller from the Stomach, and helps the Jaundies and Dropsie by evacuating those humours upwards and downwards ; it helps also shakings of Agues, diseases of the Liver , Spleen , and the Stone in the Reins ; it is good against Worms, and easeth pains in the Belly and Sides, Convulsions, and Cramps, and helps the involuntary passing away of the natural seed ; being boiled in Vinegar and drunk, it helps the bitings of venomous Beasts ; and boiled in Wine and Drunk, it provokes Urine, and easeth the Chollick : an Electuary made hereof , is good for Astmah's, Coughs, and cold diseases of the Lungs. If it be given in too great a dose, or to weak persons, it offendeth the Stomach, and causeth blood to be avoided. Let women with Childe not meddle with it, for it bringeth down their Courses : and a pessary made of the juyce with Honey , bringeth away the Birth. In gripings of the Bowels give it with Mastick, in the joynt Gout with Castor, in diseases of the Liver with Rhabarb and juyce of Egrimony ; in the Dropsie with honey of Roses.

☞ See further in Adam in Eden : written by Will, Coles.

☞ See further in The Expert Doctors Dispensatory : by P. Morellus.

Garden or Common Flower de Luce.

Iris vulgaris.

Description.

IT hath long flaggy leaves, having two edges like a sword, amongst which spring up smooth plain stalks, about two foot long, bearing blue flowers towards the top, consisting of six leaves joyned together, three whereof stand upright, and are bent inwards one towards another, the other three hang downwards, and have rough hairy welts rising from the nether part of the leaf upward, almost of a yellow colour; the Roots be thick, long, and knobby, having many hairy threads hanging to them.

Names.] The Greek name is *Iris*, and in Latine *Iris* and *Radix Marica*, because of its faculty to cure the Piles: It is likewise called in Greek *iris*, quasi *sacra*; whereupon it hath been also called *Consecratrix*, the Ancients having accounted it holy.

Place and Time.] This *Flower de Luce* groweth commonly in our Countrey Gardens, the flowers being used for an ornament in houses; they flower in *May* and *June*, and sometimes in *April*.

Nature and Vertues.] The green Roots of the *Flower de Luce* are hot almost in the fourth degree, the dried Roots hot and dry in the third degree, burning the mouth and throat of such as taste them; the root stamped with *Rosewater*, and applied to the face plaisterwise, takes away the blackness or blemish of any stroke or bruise, yet it is apt to cause heat and inflammation in a tender skin, unless prevented by laying a piece of *Silk* or fine *Lawn* between the plaister and the skin; the juyce of the Root vehemently draweth forth phlegm and watry humours, and is a special Purger for the Dropsie, being drunk in *Whey*, or some such convenient liquour to allay

the

the heat of it: The dry roots attenuate or make thin, clammy, thick, and tough humours; so that they are good in a lohoch, or licking medicine, for shortness of breath, the Cough and infirmities of the Chest; they remedy evil Spleens, Convulsions, Cramps, and bitings of Serpents, and running of the Reins, (as saith Dioscorides) being drunk with vinegar; and the decoction in wine being drunk, provokes Urine, helps the Cholick, and brings down the Courses: The decoction used in bathes for women softneth the Matrix; the roots being boiled soft, and laid to plaisterwise, mollifieth hard knobs and swellings of the Kings-Evil; and the juyce of the root, or the root bruised applied to the Piles or Hemorrhoides easeth them much; the other Vertues which Culpeper hath promiscuously misapplied to this, you may read in *Orris*, or *White Flower de Luce* in its proper place; observe well the temperature of this common Flower de Luce, and be careful how you use it; do not ask advice of the Moon, as Culpeper directs you, lest your Cure prove lunatick.

Water Flag, or yellow Flower de Luce.

Iris palustris Lutea.

Description. **T**HE Flag, or Water Flower de Luce, is like the Garden in roots, leaves, and stalks; but both leaves and stalks grow much higher; the leaves are a lighter green colour, and have sharp edges like a two-edged sword, the flower is perfect yellow, the root knobby like the other, but being cut, it looks like raw flesh.

Names. The Flag is called in Latine *Iris palustris lutea*, *Pseudoacorus* and *Acorus palustris*, in English *Water Flower de Luce*, and *Bastard Flower de Luce*, and *Flags*.

Place and Time. They grow plentifully by Rivers sides, and about Ponds, Pools, and standing Lakes, and flower in *May* and *June*.

Ger.

Gerhard saith, the Roots of Flags are cold, and dry in the third degree; and Dedoneus affirms them to be cold and dry in the second degree; but by their taste they appear to be hot, if they be chewed in the mouth, they will so warm the tongue of whosoever tastes them, that he will pronounce them to be hot and dry, and that at least in the second degree; they are astringent, and do binde, strengthen, and condense, and therefore is good in Fluxes of Blood, whether at mouth, nose, or other parts, and to stop Lasks, and the immoderate flowing of womens Courses; the distilled Water of the Herb and flowers is good to wash and cleanse foul Ulcers in the privy parts of man or woman, Cancers, Inflammation of womens breasts, and that spreading Ulcer called Noli me tangere; for which outward purposes an Oyntment made of the flowers is effectual

Parsley. *Apium hortense*.

IT needs no description,
Names.] It is called *Apium hortense* in Latine.

Place and Time.] It grows onely in Gardens in our Land, it perfects its seed in August the second year after it is sown.

Nature and Vertues.] It is a Mercurial herb, and is hot and dry in the second degree; the seed is hot in the second degree, and dry almost in the third; its root is temperately hot; Parsley is excellent to provoke Urine, to break the Stone, and ease the pains thereof; it provokes the Terms, and is comfortable to the stomach, breaking winde both there and in the belly; the roots open obstructions, and provokes urine mightily, and may be boiled and eaten like Parsnips for the purposes aforesaid; for which the seed decocted in wine is very effectual; it is profitable for the Yellow Jaundies, Falling Sicknesse, and Dropsie: the root is one of the five opening roots, and is used amongst other herbs and roots that move the belly downwards;

wards; the seeds are effectual against venome and poison, and for them that have taken Litharge: it is also used amongst other things for the Cough, and being boiled in white wine and drunk, it brings away the Birth and After-birth. The leaves of Parsley eaten after Onions or Garlick, takes away their offensive smell, and suppresseth the Vapours that offend the head or eyes: the leaves laid to inflamed or swoln eyes with bread or meal, doth much help them, and it abates the hardness of womens breasts caused by the curdling of their milk; it takes away black and blue spots and marks which come by blows, bruises, and falls, if it be fryed with butter, and applyed thereunto: the juyce mixed with a little wine, and dropped into the ears, easeth pains thereof; the distilled water is good to give Children for the frets, winde, or gripings in their bellies or stomachs.

Parsley-pert, or Break-stone. *Calculus frangens.*

Description. **T**His rises up with many leaves spread upon the ground, standing upon a small long foot-stalk, about the bigness of a mans nail, much dented in the edges, much like Parsley, but of a dusky green colour, the stalks are weak and slender two or three fingers long, set full of leaves to the top, so that the stalk cannot be seen, amongst which come forth greenish yellow flowers, so small, they can hardly be seen, and the seed is very small, the root is small and threddy, yet abideth many years.

Names.] Lobel gave it the name of *Percepier Anglorum*, and it is called *Calculus frangens* in Latine, in English, Break-stone.

Place and Time.] Parsley-pert delights in sandy and fallowed Ground, and also amongst Corn; it groweth

eth commonly in most Countreys of this Nation; it is found from *April* to the end of *October*.

Nature and Vertues. It is cold and dry about the second degree, I suppose under the influence of *Venus*; it is singular to provoke *Urine*, and expel gravel and the *Stone* in the *Reins* and *Kidneys*, washing it down by *Urine*, and expelling it out of the *Bladder*, either to drink the decoction of the said herb in *Wine* or *water*, or the juyce in white *Wine*, taken morning and evening, or a dram of the dried herb in powder drunk in white *Wine* or other drink first and last divers dayes together: it will make a good *Sallet-herb* for the said purposes, being pickled up like *Sampire*, and eaten as a sauce in *Winter* when the green herb cannot be had.

Parsnip. Pastinaca.

I Think this needs no description, *Pastinaca* is their *Latine* appellation; they are common amongst *Gardners*, and is a good root to be eaten buttered by it self, or amongst salt *Fish*; their particular vertues you may read before in *Carrots*, there being little difference but onely in colour.

Cow Parsnip. Spondylium.

Description. This plant is known by the name of wilde *Parsnip*, it answering thereunto both in his rank savour, and in the likeness of the root: the leaves hereof are long and large, deeply notched, or cut about the edges, like the teeth of a *Saw*, of an over-worn green colour, having long hairy foot stalks: the flowers grow in tufts like the wilde *Parsnips*, in white, and sometimes reddish *Umbels*: the root is long and white like to the *Henbane* root. The whole plant hath an ill-favoured smell.

Names. It is called in *Greek* σπονδύλιον, and in *Latine*

also *Spondylium*; in English Cow Parsnip, Meadow Parsnip, and Madnep.

Place and Time.] Cow Parsnip grows commonly in moist fertile Meadows and Pastures, and flowreth in June and July, the seed is ripe in August.

Nature and Vertues.] It is manifestly hot of temperature, and of a cutting faculty: the leaves hereof being bruised and applyed doth consume and dissolve cold swellings: the Oyl wherein the leaves and roots hereof have been boiled, is good to anoint the Heads of such as are troubled with the Lethargy, Forgetfulness, or the Head-ache, and much helpeth phrenetick or Melancholly persons, their Heads being anointed with it. The seed of Cow-Parsnip being drunk in convenient liquor, purgeth Phlegm out through the Guts, helps short windedness, the strangling of the Mother, Jaundies, and falling Sicknes, and the fume of the seed will revive such as are fallen into a swoon, or deep sleep, and helps womens passions of the Mother, the smoke being received underneath: The juyce of the flowers dropped into the ears, cleanseth and healeth them of filthy matter, and stayeth the running thereof.

The Peach Tree. Nux Persica.

THIS Tree is nourished onely in Gardens, so that a description is needless.

Names.] It is called in Latine *Nux Persica*; I suppose the reason, because they came originally from Persia.

Nature and Vertues.] The fruit is cold in the first degree, and moist in the second; the Kernels be hot and dry: it is a tree ascribed to Venus. Peaches moderately eaten (as all fruit ought to be) are good for hot constitutions, to cool the Stomach, and loosen the Belly: according to Galen, the best time of eating them is before meals, for then they mollifie the Belly, provoke appetite, and qualifie choller in the Stomach.

mach. The Kernels of the Stones are profitable amongst other ingredients to break the Stone, and do ease pains and gripings of the Belly, caused through windiness and sharp humours: an oyl drawn from them and put into Glisters doth the like. A milk or cream of the said Kernels being drawn forth with some Vervain water, and applyed to the Forehead and Temples, doth procure rest to sick persons; and so doth the said oyl, the places aforesaid being anointed with it: the same Oyl, or the juyce of the leaves dropped into the Ears, easeth pains of them; and being bruised and boiled in Vinegar till they be thick, and applyed to a bald Head, it causes hair to grow. The leaves boiled in Ale, or Milk, and drunk, loosens the Belly, and killeth worms; and so they do being bruised and laid on the Belly; and being dryed they discuss humours. The powder whereof strewed upon fresh bleeding Wounds, stayeth the bleeding, and closeth them up: The flowers infused all night in Wine in a warm place, and strained in the morning, and drunk gently, moves the Belly; or you may make a syr-
rup of them, by infusing fresh flowers in the liquor six or seven times still straining it, and then boil it to a syr-
rup with a convenient quantity of Sugar, and take two spoonfuls thereof, and it will purge waterish humours without trouble to the Stomach, or lower parts of the body. A conserve made of the said flowers provokes Vomiting, and wasteth hydropick humors. The liquor that droppeth from the Tree, being wounded, is given in the decoction of Colts-foot for the Cough and shortness of Breath, by adding thereto some sweet Wine and Saffron; and it is good for Hoarseness, and all diseases of the Lungs, and for them that vomit or spit blood; two drams thereof taken in the juyce of Lemons or Radish, is good for the Stone.

The Pear Tree. *Pyrus.*

Here are divers sorts of them, but all so well known, they need no description.

Names.] The Latine name is *Pyrus*, and the wilde Pear *Pyraster*; the Warden *Volema*.

Nature and Vertues.] Culpepper ascribes all Pears and Apples to Venus, but he might allow Jupiter some of them: they are said to be cold and moist in the first degree, having an earthy substance, and binding quality; but the sweet Pears do move the Belly, the harsh and sowre binde as much: the Warden is most commendable, and may be given to those that are sick, being first baked, stewed, or roasted. Pears being boiled and taken with a little Honey, helps the pains and oppression of the Stomach. Pears outwardly applyed are good for hot Tumors, and close and heal new Wounds, and so do the leaves; for which the wilde Pear is most effectual.

Perry is a cordial drink reviving the Spirits, comforting the Heart, and is a healthy drink.

Pease. *Pisum*.

They are very well known, and are called in Latine *Pisum*; in English Pease, and Peason.

Nature and Vertues.] They are of a mean temperature, less flatuous then Beans, yet pass not so soon through the body; they help the generative and procreative faculty very much; they increase the seed and bodily lust, and also milk in womens breasts: The dried pease sodden in water, and a lye made therewith, helps spreading sores of the head, spots of the face, and other discolourings of the skin. The broth wherein they have been boiled is good to take purgations in, to cleanse the Stomach of cold and moist humors. The pottage is good for the Strangury, and to take with Sena morning and evening for the Ague, and Rhabarb for the Jaundies. The powder of them stops bleeding at the Nose. The red Ciches have a cleansing faculty, they provoke Urine, and break the Stone.

Pel-

Pellitory of Spain.

Description. **T**His beareth long leaves, finely cut upon the stalks lying upon the ground, larger then the leaves of Camomill; at the top it bears one large flower at a place, white on the upper side and reddish underneath, having a yellow thrum in the middle: The root runs down right into the ground.

There is another kinde which riseth up with divers brittle stalks, a yard high and more, having narrow long leaves, finely dented about the edges, standing one above another to the top, and hath many white flowers which stand in tufts like those of Yarrow, with a small yellowish thrum in the middle, which yields a small seed: the root is of a sharp biting taste.

Places and Time.] The first groweth onely in Gardens, the latter by hedges sides and paths in many places: it flowers in the latter end of June and July.

Nature and Vertues.] It is hot and moist, particularly ruled by Mercury, so that it is a purger of the Brain: the herb or the root chewed in the mouth, draweth away phlegmatick humors, and easeth pains of the Teeth, and hinders distillations of the brain, upon the Eyes and Lungs, and by that means prevents Coughs, Ptisicks, and Consumptions, the Apoplexy and Falling Sicknes, and is good for the Lethargy: The herb made into an Oyntment with Hogs Grease takes away black and blue spots caused by blows or falls. It is said an ounce of the juyce taken in a draught of Muscadell, an hour before the fit, will drive away an Ague at the second or third time taking at furthest.

Pellitory of the Wall. *Herba muralis.*

Description. **C**ommon Pellitory of the Wall hath many brownish red tender stalks, rising

not above a foot high at most; upon which grōw at the severall joynts two leaves, of a dark green colour, afterwards turning brownish, smooth on the edges, and rough or hairy like the stalks at the joynts with the leaves; from the middle of the stalks upwards come many small pale purplish flowers in hairy heads or husks; after which come small, black, rough seed, which will stick to any Garment, or cloth: the root is somewhat long, with many fibres; of a dark reddish colour, which abideth all Winter, though the stalks and leaves perish, springing fresh every year,

Names.] It is commonly called *Parietaria*, and of some *Herba muralis*.

Place, and Time.] It grows upon old stone Walls, as upon the Walls of Rochester Castle in Kent, and amongst rubbish, and such like places; flowers in June and July, and the seed is ripe soon after.

Nature and Vertues.] Pellitory of the Wall is reputed to be cold and moist, yet it is thought to be hot, because it is effectual against Winde, and the Stone; it is also ascribed to Mercury. The decoction of the herb taken with a little honey, is a good Gargle for a sore Throat; and being drunk without Honey, it easeth pains of the Mother, provokes the Terms, and helps obstructions of the Liver, Spleen, and Reins: three ounces of the juyce taken at a time, helps stopping of Urine, and expells the Stone and Gravel out of the Reins and Kidneys, and is good in Glisters to ease pains of the Sides and Back, proceeding of Winde. The juyce held in the mouth easeth the Tooth-ache. The powder of the dryed herb made into an Electuary with Honey, or the juyce or decoction taken with Sugar or Honey, is good for an old dry Cough, shortness of Breath and Wheesing. The bruised herb being sprinkled with some Muscadine, and warmed upon a Tyle, or a Chasing-dish of Coals, and applyed to the Belly, works the same effect. The

leaves

leaves mixed with Oyl of sweet Almonds, is good for the Stone, Winde, or gripings, being laid to the pained parts; the juyce dropped into the ears, ceaseth the noise, and easeth the pains thereof: The juyce applyed with a little salt doth cleanse and heal Fistula's: the bruised herb bound to a green wound healeth it in two or three dayes: A Pultis made hereof with Mallows boiled in wine, with wheat-bran, bean-flower, and some oyl, and applyed warm to any bruised Sinew, Tendon, or Muscle, it restores them to their strength in a short space, and easeth pains of bruises, and dissolves congealed blood of beatings or falls: The juyce or the distilled Water is useful for many of the aforesaid purposes, and also to cleanse the skin from spots and freckles, wheales, sun-burn, and morpew; and doth assuage hot Impossthumes, burnings, scaldings, or inflammations, as St. Anthonies fire, being often bathed with wet cloathes dipped therein; or the juyce made into an oyntment with Ceruse and Oyl of Roses, and anointed therewith, which also doth cleanse foul Ulcers, and running Scabs in childrens heads, and helpeth to stay the falling off of the hair from the head.

Pennyroyal. Pulegium Regale.

THIS is so well known to be a very wholesome herb, that it needs no other report but onely of its Vertues.

Names.] It is called in Latine *Pulegium Regale*; in English Pudding-grass, (because it is used in Hogs-puddings) Pulial-Royal, and of some Organy.

Place and Time.] It grows upon Commons and other moist watry places, and is also cherished in Gardens, and flowers about August or later.

Nature and Vertues.] Penniroyal is hot and dry in the third degree, as Gallen saith, of subtle parts, making thin, warming and digesting, and governed by Venus: A decocti-

on of it in beer or wine provokes the Courses, and being boiled in wine it will expel a dead Childe, and the after-birth : It stayeth vomiting, and helps gnawing of the stomach, being taken with water and vinegar ; the decoction is good in the Falling-sickness, Dropsie, Jaundies, stopping of Urine, and the Leprosie ; being mixed with honey and salt it clears the breast, opens the Lungs, helps Cramps, and purges melancholly humours by stool ; and being drunk in wine it helps such as are stung by venomous beasts : being beaten with mint and some vinegar added to it, it is profitable against fainting and swooning, being smelled to, or held in the mouth, and so it is good for the Lethargy and Falling-sickness. The powder of the Herb, or the ashes of it strengthens the gums ; and being boiled in wine with honey and salt, helps the tooth-ache : It also easeth the Gout, and profits those that are spleenatick or liver-grown, being applyed with some salt : A bathe made of it for women to sit in, helps hardness of the Mother, and so it helpeth the Itch : The green herb bruised with vinegar, takes away black and blue marks about the eyes, or other places, and discolourings in the face, and cleanseth and healeth foul Ulcers ; it helps cold griefs in the joynts, being fast bound to the place after a bathing : The distilled Water is effectual for many of the same purposes.

Piony. Pionia.

OF this Plant there are generally accounted these two kinds, the male and the female, which are both so well known, that they need not a particular description, onely this, the male is that which is called a single Piony, bearing a single flower ; and the female the double Piony, which hath a very thick flower.

Names.] *Pionia* is the common Latine name for it, yet it's called by some *Lunaria*, because of its efficacy in curing the Falling-sickness and Lunacy.

Place

Place and Time.] They grow onely in Gardens, and flower in May, and the seed is ripe in July.

Nature and Vertues.] It is temperately hot and dry, the root doth gently binde, it is a Solar Herb: The heads, roots, and seeds, but especially the roots are very effectual for the Falling-sickness; being taken up and hung fresh about Childrens necks, it cures them; the root infused in Sack twenty four hours, and strained, and a good draught drunk first and last several dayes before and after the full of the Moon, the body being first well prepared, and Betony Posset being used, it effectually helps the Falling-sickness both in children and elder people: The powder of the male Piony root drunk in wine or posset drink, will do the same: and so doth an extraction made of the roots, and the syrrup made of the flowers: The root comforts and cherishes the body, provokes urine, purges the Liver and Kidneys, and being boiled in wine and drunk, it purges the blood, the terms, and secondine, the quantiry of an Almond being taken at a time: it helps gripings of the belly, and pain of the Kidneys and Bladder, and the overflowing of the Gall, the Chollick, and cleanses the guts, passions of the brain, and the Strangury, being boiled in wine and drunk: The powder of the root with Saffron is good against the yellow Jaundies; the black seed provokes the Terms, and helps those that are troubled with the Night-mare, being taken night and morning: the same in powder drunk with wine, comforteth the senses, and restoreth lost speech.

Pepper. Piper.

I Shall not describe this forreign Tree, but onely tell you the Vertues of the fruit, being all that part of it which is to be seen in England.

Nature and Vertues.] There is brought to us black Pepper, white Pepper, and long Pepper: It is hot and dry in the third degree, well near the fourth: The black Pepper is most used,
and

and is good to consume crude and moist humours in the stomach, to provoke appetite, help digestion, and warm a cold stomach; it dissolves winde, provokes urine, helps the Cough, and diseases of the Breast, and is good against poisons and venomous bitings: being drunk in Posset-drink before the fit of an Ague, it abates the shaking thereof; and being taken with honey, it abates the swelling of a Quinzie: The powder snuffed up purges the brain by sneazing, it consumes the Pin and Web in the Eye, and helps dimness of the sight: It strengthens the Nerves and Muscles, dissolves the Kings Evil, and hard cold swelling; being applyed with pitch it draws out thorns: The powder of long Pepper and Cinqueseil drunk in Ale easeth the Chollick: But such as are of hot constitutions must forbear the much use thereof.

See further of this in Culpeppers School of Physick,

Periwinckle. Vinca Pervinca.

Description. **T**Here be divers sorts of Periwinckle, some with white flowers, some with blue, and others with purple flowers; the common sort of Periwinckles hath many branches running upon the ground, shooting out small fibres at the joynts, by which it taketh hold on the ground, and rooteth at divers places: At the joynts of the branches stand two small dark green shining leaves, somewhat like Bay-leaves, but smaller; and with them come the flowers one at a joynt, upon a tender foot-stalk, being somewhat long and hollow, parted at the brims into four (and sometimes five) leaves, of a pale blue colour: the root is not much bigger then a Rush, creeping with his branches far about in the ground.

Names.] It is most known by the names of *Vinca Pervinca*, though it is also called *Clematis Daphnoides*, both in Greek and Latine, in English *Pervinckle*, and *Periwinckle*.

Place

Place and Time.] The common sort with the blue and that with the white flowers grow under hedges in many places of this Land; the other onely in curious Gardens: They flower in *March, April, and May.*

Nature and Vertues.] It is hot almost in the second degree, and somewhat dry and astringent, it is appropriated to Venus, and said to encrease milk in womens breasts, and to cause mutual love between man and wife, the leaves being eaten by them both: and likewise the herb chewed stayes bleeding at mouth and nose, and is used by the French to stop the Tears: It is commended to be drunk in wine against Lasks and Fluxes of the belly; the bruised herb applyed to the place is good against the biting of Adders, and the infusion of the herb in vinegar drunk: It is reported that the branches or strings bound about the legs defends from the Cramp; but I never tryed it, being never troubled with that disease.

St. Peters-wort.

There is so little difference in form, and much less in vertue, between this Herb and *St. Johns-wort*, that I need say no more of it here, but refer you to *St. Johns-wort*.

Pimpernel. Anagallis.

Description. **P**impernel hath divers weak square stalks lying on the ground, with two small and almost round leaves at every joynt, much like Chickweed, but thicker, and spotted on the backside with brownish spots, without any foot-stalks, for the leaves almost compass the stalks; the flowers stand singly each by themselves at the joynts between them and the stalks, having five small round pointed leaves, of a pale red colour, tending to an Orange, with so many threads in the middle, after which come small round heads, wherein is contained the seed,
being

being small. It hath a small fibrous root, perishing every Winter.

Names.] It is called *Anagallis* both in Greek and Latine, and by many other useles names ; yet by some *Corallion*, and the Composition thereof *Diacorallion*.

Place and Time.] It grows by High-ways sides, in Corn fields, and in Gardens too of its own accord almost every where : It flowers from *May* till *August*, some of the seed ripening and falling in the mean time.

Nature and Vertues.] It is a *Solar Herb*, somewhat hot, and of a drying faculty, and drawing ; it draweth thorns, thistles, and splinters out of any part of the body, and cleanseth and healeth corrupt and fretting sores, being bruised and applyed thereunto : The decoction in wine is good against venomous bitings, pain of the Kidneys and obstructions of the Liver, and is good in contagious diseases, the Patient sweating in bed two hours after the taking of it, that the venomous matter may be expelled ; it helps also biting of mad dogs and other venomous creatures, being inwardly and outwardly applyed : The juyce mixed with honey and dropped into the eyes, cleanseth them from mists and films ; it also easeth pains of the Hemorrhoides and Piles : The distilled water is good for all the aforesaid purposes, and beautifies the skin, making it smooth, neat, and clear : The juyce snuffed up into the nostrils purgeth the head, and is said to help the Tooth-ache.

Pine Tree. *Pinus*.

THis Forreign Plant I forbear to describe, he being onely planted by the curious in our Countrey. It is called *Pinus* in Latine, and the fruit *Coni*.

Nature and Vertues.] The Bark is drying and astringent, the Kernels do moderately heat and concoct : the leaves are cooling, and belong to Venus Garden. The leaves boiled in Vinegar, is a good gargle for the Tooth-ache. The Kernels

els nourish much, they stir up bodily lust, and increase sperm, being taken in an Electuary with powder of Penids and some sweet wine. They are good to help shortness of Breath, wheesings and Hoarseness, Ulcers of the Lungs, an old Cough, and to expectorate tough Phlegm. They lenifie the uritory passages, ripen inward Imposthumes, and hearten and make fat lean Bodies, and help Palsie and Numness. The scales of the Apple and bark of the Tree stop the Bloody Flux.

Plantain. Plantago.

Plantago is its Latine appellation, and by the name of Plantain it is well known every where in England: it flourisheth in June, and the seed ripens shortly after.

Nature and Vertues.] Plantain is cold and dry in the second degree; the roots and seeds are of subtle parts: It is by some ascribed to Mars, by Culpepper to Venus; yet I think the Sun hath most right to it: It helpeth Wounds and Inflammations in the Tongue, Mouth, and Throat, and also Cankers, and eating Sores, if it be mixed with Vinegar, Honey, and Allom, and the mouth often gargled therewith: The juyce or herb stayes bleeding at nose, and bleeding of wounds; the clarified juyce or water dropped into the eyes, cooleth their heat, takes away the pin and web, and dropt into the ears it easeth their pains, and helps deafness; and mixed with juyce of Housleek, it is good against inflammations, and burning or scalding; the temples and forehead being anointed with the juyce and oyl of Roses, it easeth pains of the head, which are caused by heat, and helps lunatick persons, and the bitings of mad dogs and serpents: The clarified juyce drunk by it self, or in other liquor, heals a Vein broken inwardly, and stayes bleeding at the mouth, and spitting of blood, and heals Ulcers in the Reins and Bladder, and in the Lungs, and hot Coughs, whereby it is profitable against Consumptions; it stops the Tearms and other Fluxes, and helps torments and frettings

in the guts; the decoction or powder of the root or seeds is more binding then the herb, and is said to help Agues; a Cake made of the seed in powder with wheaten flower, and the yolk of an egg, and baked, stayes vomiting: The herb, but more especially the seeds, is good against the Falling-sickness, the Dropsie, yellow Jaundies, and stopping of the Liver and Reins; the powder of the leaves taken in drink killeth worms; the green leaves will soon skin the seat when the skin is off with riding, or any other place, being applyed: A Salve made thereof with Oyl, Wax, and Turpentine, cureth deep wounds; the juyce or herb bruised with vinegar helpeth surbated feet: a decoction of the leaves kills worms in old foul Ulcers; the juyce with oyl of Roses is good to be applyed to hot Gouts, to cool the heat, and repress the humours, and is good to be applyed where a bone is out of joynt, to hinder inflammations, swellings, and pains thereof: one part of Plantain-water, and two parts of the brine wherein Beaf hath been powdered, boyled together and clarified, heals spreading Scabs and Itch, Tetters and Ring-worms, the Shingles, and all running and fretting Sores.

Plum-Tree. *Prunus*.

THere are several kinds, yet they need no description. Names.] They are called *Prunus* and *Prunum* in Latine: and Damsons are called *Pruna Damascena*, or Damask Prunes, from *Damascus* where they naturally grow. They commonly blossom in April, and yield their fruit in Summer, some early, and some later.

Nature and Vertues.] They are cold and moist in the second degree, the sharp and sowre binde the belly, the sweet moisten the stomach, and move the belly: Mr. Culpeper saith, Venus shall eat them all, but I think it reason that Jupiter should have some of them; the Plums which are of a firm substance are the best, for those that are very moist do fill the body with corrupt blood and waterish humours: being preserved they are the

the wholesomest, and most grateful to the stomach either of the sick or healthful: The dried Prunes sold at the Grocers, being stewed and eaten do procure appetite, a little open the belly, allay choller, and cool the stomach, especially if a little Sena and Rhabarb be stewed amongst them, for then they become more purging, and evacuate chollerick humours, do help weak stomachs, and are good in Feavers and other hot diseases: The Gum that issues out of the trees being drunk in wine is good against the Stone, the said gum or the leaves being boiled in vinegar and applyed, kills Tetters, Ring-worms, and the Leprosie: A decoction of the leaves in wine is good to gargle and wash the mouth and throat, and to dry up the flux of Rheum that falleth down to the Pallat, Gums, or Almonds of the Throat.

Poley-Mountain. *Polium montanum*.

THis Plant grows not naturally in England, but may be had at the Apothecaries shop, to which I refer you: It is called in Latine *Polium*, but more usually with the Epithet *montanum*.

Nature and Vertues.] Poley is dry in the third degree, and hot in the end of the second, of a loathsome bitter taste: It is useful to open obstructions especially of the Liver and Spleen; and the decoction thereof drunk helps swelling of the Spleen, the jaundies, and Dropsie, being boiled in Vinegar and Water. It resists poison, and is used in Antidotes for that purpose; the fumigation thereof drives away Vermin, it moves the belly and the tearms, and being applyed green, it soders up the lips of wounds; and being dry it healeth foul sores or ulcers.

Polipody of the Oak. *Polipodium*.

Description. **P**olipody of the Oak is a small Herb, consisting of nothing but roots and leaves, bearing

bearing neither flower nor seed; from the root groweth up three or four leaves singly by themselves, winged and about a handful high, having many small narrow leaves on each side the stalk, large below, and growing smaller and smaller towards the top, cut into the middle rib, but not dented on the edges, (as the male Fern is) of a sad green colour, smooth on the upper side, but rough on the under side, by reason of some yellowish spots thereon. The Root is smaller then ones little finger, but long and creeping asloap, and hath a sweetish harshness in the taste.

Names. It is called in Latine *Polipodium*, in English Polipody of the Oak.

Places and Time.] That which grows upon Oaks is the best, yet Polipody is also found upon old stumps of other trees, as Beech, Hazle, and Willow, and sometimes in the woods under them, upon old walls, and slated Churches, and in many other places: It is alwayes green, and may be gathered at any time; yet it shoots forth fresh leaves in the Spring.

Nature and Vertues.] It is hot and dry in the second degree, and that which growes upon the Oak partakes of the nature of the Oak, and is an herb of Jupiter, whatever others say. The herb taken in decoction, broth, or infusion, purgeth burnt choller, tough and thick Phlegm, and dryeth up thin humours, and is good for Melancholly and Quartain Agues; for which it may also be taken in Whey, Barley-water, or honied water, or the broth of a Chicken with Epithymum, or Beets and Mallows added thereto. The distilled water of the roots and leaves taken with Sugarcandy, is good against wheazings, Coughs, and distillations of thin Rheum upon the Lungs, which cause Ptsicks and Consumptions. It is good to soften the Spleen, and ease Stitches in the sides, and the Chollick. A dram or two of the Powder of the dryed Roots taken in honeyed water, worketh gently for the purposes aforesaid; the

distilled water is likewise commended for Quartain Agues, and against melancholly Dreams; it cures the disease in the Nose called Polipus, and helpeth clefts or chops that come between the fingers or toes, being applyed thereunto. The fresh roots beaten small, or the powder of the dryed root mixed with honey, and applyed to a member that hath been out of joynt, and is newly set again, doth much strengthen it; some put Fennel seeds, Anniseeds, or Ginger to it to correct it, which it needs not, being a gentle medicine of it self, and an Ounce of it may be taken at a time in a decoction, if there be not Sena, or some other stronger purger with it: I have found it very effectual in decoctions with other Pectoral Herbs, for opening and cleansing the Liver and Lungs.

Pome-Citron Tree. *Malus Citria.*

THis Outlandish Tree is called in Latine *Malus Persica*, and *Malus Assyria*, and also *Malus Citria*, *Pomum Citrium*; and in English Citron.

Place and Time.] They grow in Spain and other hot Countreys, and flower and bear fruit all the year.

Nature and Vertues.] Avicen saith the Seed is hot in the first degree, and dry in the second; the Bark hot in the first, and dry in the end of the second; the inner white substance hot and moist in the first degree, and the Juyce cold and dry in the third degree: It is a Solar Plant, and a sovereign Cordial for the Heart, an Antidote against Poison and Infections, the outer rinde being dryed and taken; it also warms and comforts a cold Stomach, expells and disperses Winde and indigested humours therein, and in the Bowels; and helps digestion and melancholly; it helps a stinking breath, being chewed in the mouth. The outward rindes preserved are a good Cordial, and very effectual against melancholly and infection. There is an Electuary made thereof which purgeth cold phlegmatick humours; the Syrup of the Rindes
S strength.

strengtheneth the stomach and heart, and helps faintings thereof, and resists poison, and strengthens nature, and is good for such as are in Consumptions or Heetick Feavers: The Syrup of the juyce is effectual for most of the same purposes; the seeds preserve the heart from infection of the Plague, Pox, and venomous Bitings; they kill Worms, provoke the Tears, and cause Abortion: They dry up and consume moist humours in the body, or outwardly in moist Sores or Ulcers: The sowre juyce is good in Pestilential Feavers, suppressing the violence of Choller and hot distempers in the Blood, corrects the Liver, quenches thirst, stirs up an appetite, resists venome and infection, and refreshes fainting spirits.

The Pomegranate-Tree. *Malus Granata.*

THis Plant groweth also in hot Countreys, as in Spain and Italy, but chiefly in Granado; yet it is useful in Medicine with us, therefore I shall not omit its Vertues. It is called in Latine *Malum Granatum*, or *Punicum*, and *Granatum*: the Flower *Balaustium*, the Rinde *Sidium*, but more generally *Cortex Granatorum*.

Nature and Vertues.] Those that are sweet are helping to the stomach, and are somewhat hot; but the sowre ones and seeds of each are cold and astringent, it is an Herb of Venus. The flowers and shells in powder help to stay blood in Wounds, and the Kernels dryed in the sun, stop fluxes of the Belly and Matrix, and helps spitting of blood being drunk in raw water; and so do the flowers and rindes: The Juyce and the Kernels, or the Syrup, is good to quench thirst in burning Fevers, and hot diseases; a Gargarisme or Lotion made of the Rindes is good to bring down the hot swellings of the Almonds in the Throat; the juyce of the Kernels sodden with Honey is good for sores of the Throat, Mouth, and Fundament, and for looseness of the skin about the nails, and swellings and

knore

knots in any part of the body; a decoction of the seeds is good to strengthen and fasten the Teeth.

Poplar, Vide Aspen Tree.

Poppy. Papaver.

Description. There be divers kindes of Poppies, as white Garden Poppy, black Garden Poppy, red wilde Poppy, or Corn-rose; the two first grow onely in Gardens where they are sown; the other is so well known in almost every Corn field, that it needs no description.

Names.] *Papaver* is the general Latine Name for Poppy, yet to the wilde red Poppy is added the Adjectives *erraticum*, *rubrum*, or *sylvestre*; and it is generally known by the English Names of Redweed, Corn-rose, and Cheefebouls.

There is another kinde called *Papaver spumeum*, Spatling Poppy, being usually found with a froth like spittle upon the stalks and leaves more then upon any other Plant: It hath many weak tender stalks full of joynts, about a foot or half a yard long, usually lying on the ground, whereon grow many pale whitish green leaves, two alwayes set together at the joynts, one against another, having many times upon the leaves, but more often upon the stalks at the joynts, a white frothy substance, like that which is called Cuckow-spittle, or Wood-seer: at the tops of the stalks upon many slender foot-stalks stand divers white flowers composed of five small leaves a piece, with a deep notch in the middle of every one of them, standing in a thin loose striped husk, wherein afterwards is contained black seed. The Root is white, and spreadeth in the ground, continuing many years, but the roots of all the other Poppies dye every Winter.

Place and Time.] The two first (as I told you) grow

onely in Gardens where they are sown; the red weed almost in every Corn Field; the spatling Poppey grows also in Corn Fields, sometimes in Pastures, and by highway sides: they begin flowring in May, and continue till the end of July. The seed is ripe presently after.

Nature and Vertues.] The Moon claims particular dominion over these Herbs, and assigneth them these Vertues: A syrrup made of the Garden Poppey heads with the seeds, procures rest and sleep in sick persons, and stayeth Catarrhs, and defluxions of thin Rheumes from the Head upon the Stomach and Lungs, which cause a continual Cough, the fore-runner of a Consumption: The seed of black Poppey drunk in Wine, stops the Flux of the Belly, and the overflowing of the Tearms. A pultis made of the green knops, with Barley Meal and Barrows Grease, helps St. Anthonies fire; and the green knops being stamped with Vinegar, womans Milk, and Saffron, mightily easeth the Gout, and cureth another kinde of St. Anthonies fire called Erysipelas; and put into the Fundament as a Glister it causeth sleep. The condensate juyce is called Meconium, and is many times used in Narcotick Medicines instead of the true opium which is brought from Thebes, but it is weaker; it is an ingredient in Treacle and Mithridate, and other Medicines made to procure rest and sleep, and to ease pains of the Head, and other parts, and is used to cool Inflammations, Agues, and Phrenzies; but it must be carefully used inwardly, for too great a quantity causeth the Lethargy, and sometimes death; it giveth much ease in the Gout, being outwardly applyed, and easeth the pain of hollow Teeth, being put therein. The Syrrup made of the Redweed Flowers, or wilde Poppey, is good against Surfeits, cools the Blood, and may be safely given in Fevers, Phrensies, and hot Agues, and other Inflammations. The distilled water of the said flowers is good to drink morning and evening against Surfeits, and is effectual in the Plurisie, and all other griefs of
the

the Breast and Head. The dried flowers boiled in water, or the powder of them drunk in the distilled water, or in some other drink, worketh the same effect. The Syrrup of Meconium or Diacodium, which is made of the heads of white and black Poppeys, may safely be given to those which are troubled with hot and sharp Rheumes. According to Gallen, the seeds of spatling Poppey purgeth Phlegm, and Dioscorides saith it causeth Vomiting; but being taken in Mead or Honeyed Water, it is good for them that are troubled with the Falling Sicknes.

Purslain. Portulaca.

IT is a well known Garden Sallet Herb, and needs no description.

Names.] It is called *Portulaca* in Latine.

Place and Time.] It may be sown in March or April, and flourisheth from June till Michaelmas.

Nature and Vertues.] Purslain is cold in the third degree, and moist in the second, and is also a Lunar Herb: it is a good Sallet eaten with Oyl and Vinegar, to provoke Appetite, and cool a hot Stomach; it fastneth the Teeth, asswageth the swelling of the Gums, and cooleth the Mouth, and easeth the pains of the Teeth; it is good in hot Agues, and to cool the Liver, Blood, and Reins, so that it stops Chollerick Fluxes of the Belly, Womens Courses, and the Gonorrhæa, distillations from the Head, and easeth pains proceeding from Heat, want of sleep, or the Phrenzy: The seed cools the heat and sharpness of Urine, abates the heat of Lust, and Venerious Dreams, and the overmuch use thereof extinguisheth the natural seed: the seed bruised and boiled in Wine and given to Children, killeth Worms. The juyce is singular good for all the said purposes, and for Inflammations or Ulcers in the secret parts, and helpeth excoriations in the Bowels, and the Hemorrhoides. The said juyce used with Oyl of Roses is good

for Blasting, by Lightning, burnings with Gun-powder, to allay the heat of sore Breasts, or of any other Sores. It is likewise effectual to stay Vomiting, and taken with Sugar or Honey, it quencherh immoderate thirst, helps an old and dry Cough, shortness of Breath, and the Ptsick; and the thickned juyce made into Pills with Gum Traganth and Arabick, helps such as make bloody water. The bruised herb being applyed to the Forehead and Temples, allayeth excessive heat therein, and applyed to the Eyes, it helps redness and Inflammations in them, and Puskes, and Wheals, and St. Anthonies fire in other parts, especially having a little Vinegar put to it; and being mixed with the like quantities of Galls and Linseed, it helpeth the Crick in the Neck, and taketh away pains therein, being applyed thereunto.

Potatoes. Battata.

THese came originally to us from the Indies, and those which we call Jerusalem Artechokes from Canada. The Spanish Potatoes are called Battata, Amotes, Camotes, Pappus, and many other names. The Jerusalem Artichoke *Heliotropium Indicum tuberosum*, &c.

Nature and Vertues. The leaves are hot and dry, the roots of a temperate quality, under the influence of Venus. Potatoes do much nourish and strengthen the Body, and increase and stir up bodily lust, being eaten which way soever they are dressed. They are used in Pyes, and are excellent good Preserved and Candied, or roasted under the Embers, and eaten with Sack and Sugar. The Virginia Potatoes are not so pleasant as the other, but the Jerusalem Artichokes which you may have plentiful enough if you will let them once take root in your Gardens, being boiled tender and then stewed with Butter and Wine, or how you please, taste much like the bottom of an Artichoke, and are no less nourishing then they.

¶ See further of this in Culpeppers School of Physick.
Prim-

Primrose. *Primulæ Veris.*

THese are very well known to be the Ladies of the Spring, being the first that flower; wherefore they are called in Latine *Primulæ Veris*. They are somewhat dry and astringent of temperature. The leaves are good to apply to Inflammations, and to heal burnings and scaldings; and an Oyntment made thereof is excellent to heal green Wound; they are very near in nature unto Cowslips, to whose particular Vertues I refer you.

Privet.

THis is seldom used in Physick, therefore I shall onely read to you its Uses, because they that have it near them may use it when they cannot get other helps. It is usually planted in Hedges in Gardens to make walks and knots, and groweth wilde in many Woods and Parks of this Land: It flowers in June and July, and beareth ripe berries in September.

Nature and Vertues.] Privet is a Lunar Herb, of temperature cold and dry; the decoction of it is a good Lotion to wash sores and sore mouths, to cool inflammations, and dry up Fluxes: The distilled water of the flowers is good for the same purposes, and to stay womens Courses and Fluxes of the belly, bleeding at mouth, and distillations of Rheums in the Eyes, being used with Tutia: An Oyl made by infusion of the Flowers is good for inflamed Wounds and the Head-ache, proceeding of an hot cause, as saith Mathiolus.

Queen of the Meadows, or Meadsweet.

Regina Prati.

Description. **M**Eadsweet springeth up with divers broad winged leaves, deeply dented about the edges, set on each side of a middle rib, and are some-

somewhat rough, hard, and crumpled like Elm-leaves, having lesser leaves with them like Agrimony, of a sad colour on the upper side, and grayish underneath, of a pleasant scent and taste like unto Burnet; the stalks are reddish, and grow two or three foot high, having on them such leaves as those below, but somewhat lesser; at the tops whereof, and of the branches, stand many tufts of small white flowers thick together, smelling sweeter then the leaves, after which come crooked and cornered seed: The Root is somewhat woody, blackish on the outside, but reddish within, and is nourished by fibres, so that it continues many years, and hath also a good smell.

Names.] It is called in Latine *Ulmaria*, (because of the likeness between its leaves and Elm-leaves) and also *Regina prati*.

Place and Time.] It grows frequently in moist Meadows, by watery ditches and rivers sides; it flowers in some place or other all the Summer Quarter.

Nature and Vertues.] Meadsweet is cold and dry, with an astringent quality, and ascribed to Venus: Two or three of the leaves put into a cup of Claret, giveth it a fine relish, and also maketh the heart merry and chearful: The decoction thereof in wine helpeth the Chollick, and taken warm with a little honey it opens the belly, but being boiled in red wine and drunk, it stayes Looseness: The decoction thereof is good to heal sores in the mouth or secret parts. The distilled water helps Inflammations of the Eyes, and clears the Sight: The smell of the flowers make the heart chearful, and therefore are excellent to adorn houses; the root helps horses of the Bots and Worms, and so it would do in men if they drink the decoction thereof; and therefore the Germans call it Wormkrant, the worm-plant: The root likewise made into powder, or boiled and drunk, powersfully stayes Womens Courses, the Whites, the Bloody Flux, Lask, and all other Fluxes of Blood; and is
good

good against vomiting; and it is said that if it be boiled in wine and drunk, it first altereth, and afterwards taketh away the fits of Agues.

Quince-Tree. Malus Cydonia.

I Suppose the Tree, but especially the fruit to be so well known, they need no description.

Names.] It is called in Latine *Malus Cydonia*, and *Cotonea*: The Spaniards call it *Membrillio* and *Marmello*, from whence comes the word Marmalade.

Place and Time.] They delight to grow near ponds and waters sides, and are plentiful in this Land: It flowers in April and May, and the Fruit is ripe about *Michaelmas*.

Nature and Vertues.] They are cold in the first, and dry in the second degree, they are earthy and binding; the Fruit is not durable, and is harsh and unpleasant to eat raw, but being scalded, roasted, baked, or preserved, they become very pleasant. They are Saturnine.

The Syrrup of the Juyce of Quinces strengthens the heart and stomach, relieves nature, staves looseness and vomiting; for looseness take a spoonful of it before meat, for vomiting after meat: It corrects Choller and Phlegm, and helps Digestion: To make Quinces purging, put honey to them instead of sugar; and if you would have them more laxative then to purge Choller, adde Rhabarb; for Phlegm, Turbith; and for watry humours, Scammony: If you would have them binde forceably, use the unripe Quinces with Roses, Acacia, or Hypocistis, and some Rhabarb torrefied. The juyce of raw Quinces is accounted an Antidote against deadly poyson; and it hath been found certain, that the smell of a Quince hath taken away the strength of white Hellebore; outwardly to binde and cool hot fluxes, the Oyl of Quinces or other medicines made thereof are available to anoint the belly or other parts therewith: It also strengthens the stomach, belly, and sinews, and

restrains immoderate sweatings: The muscilage of the seeds boiled in water is good to allay the heat, and heal the sore breasts of women; and with Sugar it is good to lenifie the hoarseness and harshness of the throat, and roughness of the tongue: The Marmalade is both toothsome and wholesome; and a decoction of the down that grows upon the Quinces is good to restore lost hair, and being made up with Wax and applyed as a plaister, it bringeth hair to them that are bald, and keepeth it from falling, if it be ready to shed.

Radish. Rhabbanus.

THE Garden Radish needs no description, it is called in Latine Rhabbanus.

Nature and Vertues.] Radishes are rather a sauce then a nourishment, they are hot in the third degree, and dry in the second, and do open and make thin, and is governed by Mars. The roots do provoke urine, and so doth the distilled water; the root stamped with honey, and the powder of a sheeps heart, causeth hair to grow: The seed causeth vomiting, and provoketh urine, and being drunk with Oximel or honied water, it drives forth Worms: The root boiled in broth is good against an old Cough, it moveth womens Courses, and increases milk, and is good for the Dropsie, the Chollick, gripings in the belly, and griefs of the Liver: It is good for them which are sick with eating Toadstools or other poison; they are much used as sauce with meat to procure appetite, but they breed ill blood, and cause belchings in the stomach.

Horse-Radish. Raphanus Rusticanus.

Description. **H**ORSE Radish riseth with long leaves somewhat broad, and much cut on the edges as if it were torn, of a dark green colour, with a great rib in the middle, and after these have been up a while, which are greater, rougher, broader, and longer, and

and not divided as the first, but a little roundly dented about the edges; it doth seldom bear flowers, but when it doth, there riseth up a great stalk, three or four foot high, with a few lesser leaves thereon, spreading at the top into many small branches of whitish flowers, consisting of four leaves apiece; after which come small pods, like those of Shepherds-purse, but seldom any seed in them: the root is long, white, and thick, of a biting taste like Pepper.

Names.] *Raphanus major* some call it, and also *Raphanus Rusticanus*, and *Vulgaris*; in English Mountain Radish, and Horse Radish.

Place and Time.] It is usually planted in Gardens, yet may be found naturally growing in divers moist and shady places of this Land: the way of propagating it is by the root, for it seldom bears flower or seed; but when it doth it flowers in July, or August, and the seed is ripe in September.

Nature and Vertues.] Horse Radish is also under the dominion of Mars, and is hot and dry in the third degree, of a drying, cleansing, and digesting quality: the juyce taken in drink is held to be effectual for the Scurvy; the root being eaten for a sauce with Fish and other meats, as Mustard is, beateth the Stomach, and causeth good digestion. The root bruised helpeth the Sciatica, Gout, Joynt-ache, or hard swelling of the Liver and Spleen, being applyed to the grieved place. The leaves boiled in Wine, and made in manner of a pultis with a little oyl Olive, doth also mollifie and take away hard swellings of the Liver and Spleen; and being applyed to the bottom of the Belly, helpeth the Strangury, and so do the roots sliced thin and eaten with Vinegar as a sauce, and are also a remedy for the Chollick. The juyce of the green root, or the powder of the dry root given in Wine, or other convenient liquor, killeth and expelleth worms in Children; and so doth

an oyntment made thereof, the Childes Belly being anointed therewith. The root being boiled in honey and vinegar into an Electuary, is a good remedy in strong bodies for the Cough, Ptisick, and other diseases of the Lungs, and provokes womens Courses. If any think it too strong for their bodies, the distilled water may be taken with Sugar for all the aforesaid purposes.

Ragwort. *Jacobæa Senecio.*

Description. **T**HERE is the greater and the lesser; the greater common Ragwort hath many long and large green leaves lying on the ground, of a dark green colour, rent and torn in the sides into many pieces; from amongst which riseth up sometimes one, and sometimes two or three square crested blackish or brownish stalks two or three foot high, sometimes branched, bearing divers such leaves upon them to the top, where it shooteth forth into many branches, bearing yellow flowers consisting of many leaves, set as a pale or border, which do abide a great while, but when they are ripe are turned into down, and with the blackish gray small seed is carried away with the winde: the root consists of many fibres, some greater, and others lesser, whereby it is fastned firmly into the ground, and abideth many years.

Names.] Lobel calleth it *Jacobæa Senecio*, others *Herba Sancti Jacobi*, and *Jacobæa*; in English Ragwort, Ragweed, and St. James-wort.

Place and Time.] They may be plentifully found in Pastures, and untilled grounds: they flower in June and July, and the seed is ripe in August.

Nature and Vertues.] Ragwort is hot and dry in the second degree, and of a bitter, discussing, and cleansing quality; and if Mars love bitter herbs, let him take this too: The
de-

decoction thereof cleanseth and healeth Ulcers, and Sores in the Mouth and Throat, they being washed therewith, and also swellings, hardness, and Imposthumations, the Quinzy and Kings Evil, and stayes Catarrhs and defluations of thin Rheumes upon the Eyes, Nose, or Lungs: the juyce healeth green Wounds, and cleanseth and healeth old Ulcers in the privities, or other parts, and inward Wounds or Ulcers, and stayes the spreading of running Cankers and hollow Fistula's; it helps also aches and pains in the fleshy parts, Nerves, or Sinews, and the Sciatica, the parts being bathed with the decoction of the herb, or anointed with an oyntment made of the herb bruised and boiled in Hogs grease, and after it is strained some Mastick and Olibanum added to it in powder: It is also by some called Staggerwort, being found effectual to cure the Staggers in Horses.

Rest-harrow, Vide Camock.

Red Rattle Grass, or Lousewort.

Pedicularis.

Description. **I**T hath small brownish red jagged leaves and tender stalks, whereof some lie along upon the ground; in moorish Meadows they grow about half a yard high, but in barren grounds exceed not an handful: the flowers resemble those of the dead Nettie, and grow round the stalk from the middle to the top; after which come little flat pouches, having in them a flat and blackish seed: the root is small, white, and tender.

Names. **I**ts called in Greek *φειρίον*, in Latine *Pedicularis*, because it kills Cattle that feed where it grows full of Lice; its also called *Pistularia*, and *Cristi galla*; and in English Rattle Grass, and Lousewort.

Place and Time. **I**t grows in moist Meadows, to which it

it is an annoyance, and also on wet Heaths: flowers in May and June.

Nature and Vertues.] Red Rattle grass is of temperature cold, dry, and astringent, and is accounted good for Fistula's and hollow Ulcers; and being boiled in red Wine and drunk to stay the Tearms, or any other Flux of Blood.

There is also another kinde of Rattle Grass that bears yellow flowers at the top of its stems, after which come flat pouches covered over with little bladders, open before like the mouth of a Fish; in the pouches are contained flat yellowish seed, which when they are dry will rattle when they are shook; from whence it took the name of yellow Rattle: its called also Crista galli, Cocks-comb, and Penny-grass. It is a great annoyer of dry Meadows and Pastures, which is all the properties are yet known of it.

Rocket. Eruca.

Description. **T**HERE are many kindes hereof mentioned by Authours, but I shall mention onely two, viz. the Garden Rocket and the wilde Rocket; the Garden Rocket is generally known, the wilde Rocket hath long narrow and much divided leaves, slenderly cut or jagged on both sides of the middle rib, of a sad over-worn green colour; amongst which rise up divers stiff stalks, about a foot high, having the like leaves, but smaller, branched from the middle into many lesser stalks, bearing sundry yellow flowers on them, consisting of four leaves apiece, as the others are, which afterwards yield small reddish seeds in little long pods, of a bitter and hot biting taste, and so are the leaves: the root is small and wooddy.

Names.] It is called *Eruca* in Latine.

Place and Time.] The first is an inhabitant in Gardens, this which I have described is found in many places of this Land.

Land. They flower about June and July, and the seed is ripe in August.

Nature and Vertues.] It is an herb of Mars, hot and dry in the third degree, and is seldom eaten alone; but all sorts of Rocket quicken Nature, and provoke Lust: the wilde kinde is more strong then the Garden kinde; it helps digestion, and provokes Urine much: the seed excites to Venery as much or more then the herb, and is good against the bitings of the Shrew Mouse, and other venomous Beasts; it puts away the ill scent of the Arm-pits, increaseth milk in Nurses, and wasteth the Spleen; being mixed with Honey and applyed it cleanseth the skin from the Morpew, and other spots; with Vinegar it takes away Freckles, and redness in the face; it amendeth Scars, black and blue spots, and marks of the small Pox, being used with an Oxe gall. The herb boiled or stewed, and some Sugar put to it, helps the Cough in Children, being taken often: the leaves may be eaten with Lettice, and Purslain, and such cooling Herbs to correct the heat of it, for eaten alone, their overmuch heat causeth the Head-ache.

Roses. Rosa.

There is by Gerard mentioned fourteen kindes of Roses; but it were useles to repeat them all here: I shall onely treat of the red Rose, the white, the damask Rose, and the Bryar, Canker, and the wilde Rose: and these are so very well known they need no further description but onely of their vertues.

Nature and Vertues.] Roses have different qualities as well as colours, the Damask purge, the white and red cool and binde; the white are held to binde most, yet they are scarce used in Physick; the red Rose (according to Galen) hath also a watry substance and a warm quality, astringent and bitter: The yellow threds in the middle do binde and dry more then the Rose it self: The buds do cool and binde more then the full blown

blown flowers; according to Mesue the Rose is cold in the first degree, and dry in the second, and consisteth of divers substances, as watry, earthly, airy, aromatical, and hot, which causeth the bitterness and colour; the fresh juyce purgeth Choller and watry humours, but being dried the heat is consumed, and then they are astringent: Of the Roses are made many simple and compound Medicines, whereof it is too large here to treat of. A decoction of the red Roses in wine, is a good Lotion for pains in the lower Bowels, Fundament, and Matrix, the parts being bathed or put into them: It is also good for the Head-ache and pains in the Eyes, Ears, Throat, and Gums: The same decoction with the Roses easeth Inflammations of the Heart, being applyed to the Region thereof, and also helps St. Anthonies fire and Inflammations of the stomach: The dried Roses taken in powder in some steeled Wine or Water, stayes Womens Courses, and so do the yellow threds being powdered and drunk in the distilled water of Quinces; and likewise stayes defluxions of Rheum upon the Gums and Teeth, fastens the loose Teeth, and preserves them from corruption, if they be gargled therewith, and some Vinegar of Squills. The red Roses do strengthen the heart, liver, and stomach, and the retentive faculty, and mitigate hot pains and inflammations: The Conserve is binding and cordial, and is profitable to stay Lasks and Fluxes of the Belly, and is good for the Running of the Reins, being mixed with powder of Mastick; it likewise strengthens the stomach, and helps digestion, and resists vomiting, and helps faintings and tremblings of the heart, being mixed with Aromaticum Rosarum: Sugar of Roses is also a very good Cordial to strengthen the heart, and stay defluxions: The Syrrup of dried red Roses cools the overheated Liver and Blood, comforts the heart, and resists putrefaction, and stayes Fluxes. There are Cordial Powders likewise made of them, as Diarhodon Abbatis, and Aromaticum Rosarum, which help digestion, and strengthen the heart

and

and stomach: The heads with seed in powder or in decoction, stayeth the Lask and spitting of blood: Red Rose-water is cooling and cordial, refreshing weak and faint spirits, and is for that purpose used either in meats or broths, to wash the Temples and smell to, or to receive the sweet vapour thereof out of a perfuming-pot, or hot fireshovel; it is good against redness and inflammations of the Eyes, and to bathe the Temples against the Head-ache, for which purpose vinegar of Roses is also good; and to procure rest and sleep, take a piece of red rose cake cut fit for the head, moisten it in Rosewater and Vinegar of Roses, and heat it between a double-folded cleath on a Chafing-dish of coals, with some beaten Nutmeg and Poppy-seed strewed on that side which must lye next the Forehead and Temples, and binde it on for all night. Of the Damask-Roses are made Syrrups both simple and compound; the simple solutive Syrrup is a safe easie medicine, gently purging Choller, being taken from one ounce to four. The Syrrup with Agarick worketh on Phlegm as well as Choller, and one ounce thereof worketh more strongly then three of the simple. The compound Syrrup with Hellebore worketh forcibly upon melanchollick humours, and is available against the French Disease, Tetters, Itch, &c. Honey of Roses solutive is also opening and purging, and is often given in Glisters, and so is the Syrrup made with sugar: The Conserve of Damask Roses do likewise gently open the belly: The distilled water is much used for fumes, and to sweeten things, and the dried leaves for Sweet-bags: Honey of red Roses is good to wash sores in the mouth, throat, or elsewhere: The fruit of the wilde Bryer, (which some call Heps, (though in Hampshire we call them Canker-berries) being made into a Conserve when they are fully ripe, do binde the belly, and stayeth defluxions from the head upon the stomach, drying up the moisture thereof, and helping digestion, and are of a pleasant taste: The pulp of them dryed to a hard consistence, and made into

powder, and taken in drink, stayeth the Whites; the powder of the Briar-ball easeth the Chollick, provokes Urine, kills Worms, and is good to break the Stone, being taken in drink.

Ros Solis; or, Sun-dew.

Description. **I**T hath many hollow, round, small leaves, greenish, but full of red hairs, which makes them seem red, every one standing upon a hairy reddish foot-stalk, the leaves keep a dew upon them in the hottest day, having a certain slimeness, the small hairs always holding this moisture; amongst the leaves rise up small slender stalks reddish also, bearing divers small white knobs one above another, which are the flowers, after which in the heads come certain small seeds: The Root consisteth of a few small hairs.

Names. It is called in Latine *Ros solis*, in English Sun-dew, Lustwort, Moor-grass, and of some Redrot, because some think it rots sheep that feed thereon; but of this be sure, if sheep feed much on the places where it grows, they will quickly run to rot.

Places and Time. It grows upon Bogs and moist wet places, and in moist boggy Woods, as in lower Danemore in Holshot, and in a boggy piece of ground where my Father dwells adjoyning to the same Wood called the Grove, which will scarce bear any thing else but this Plant: It flourisheth from May till August, and ought to be gathered in the heat of the day, for then it is fullest of dew.

Nature and Vertues. Authours differ in opinion concerning this Herb; some hold it to be Caustick, and much biting, and hot and dry in the fourth degree; others, that it is sharp and a little drying and binding. Dodonæus held it to be extreame biting, and that the distilled Water is not safe to be taken inwardly. But the truth is, it is an Herb of the Sun,
and

and the distilled Water is good against the Consumption of the Lungs, and is effectual against salt Rheums distilling on the Lungs, which cause a Consumption; it also comforts the heart and fainting spirits, and is available against wheesings, Pty-sick Cough, and Shortness of Breath, and heals Ulcers in the Lungs: The leaves outwardly applyed will raise Blisters, the Cordial Water made hereof, called Rosa solis, is good against heart-qualms, and to strengthen the body.

Root of Peru. Radix Peruviana.

THis Cordial Root is known best in our shops by the name of *Contra Yerva*, which title the Spaniards in the Indies gave it, being as much as to say, an Antidote against Poison; because the powder thereof taken in wine is a present remedy against poison, causing it to be cast up by vomit, or expelled by sweat: It also killeth worms in the belly; and being taken in the morning in powder in a glass of wine, it strengthneth the heart and vital spirits: A modern Physician writeth, that if it be beaten to powder and infused in wine two hours before the fit of an Ague, and then drunk at the coming of the fit, and the Patient covered to sweat upon it, it cures an Ague at twice or thrice; the Dose may be from half a dram to two drams, according to the age, strength, and constitution of the Patient.

Rosemary. Rosmarinus.

I Shall not need to describe this excellent Herb, being so well known in every good Housewives Garden: It usually flowers in April and May.

Names. It is called *Rosmarinus* and *Rosmarinum* in Latine; the Flowers are called *Arbores*, and the Composition made thereof *Dianthos*.

Nature and Vertues. It is accounted an Herb particularly under the Influence of Sol in Aries; it is hot and dry

in the second degree, having an astringent quality, and consists of divers parts, but partakes most of the earthly substance.

Rosemary hath a warming and comforting heat, helping all cold diseases of the Head, Stomach, Liver, and Belly: The Herb, but especially the Flowers, are good for all cold and moist infirmities of the Head and Brain, they dry the brain, and quicken the senses and memory, and strengthens the sinewy part: It is also good against all Fluxes. The flowers and leaves are profitable against the Whites to be taken daily; the Conserve of the flowers is good to comfort the heart, and expell the poison of the Pestilence; and the branches of Rosemary is good to burn in infectious times, the dried leaves taken like Tobacco, dries up thin distillations, and therefore is good against any Cough, Ptytick, or Consumption: Rosemary doth also cleanse and comfort the Stomach, and makes a sweet Breath being thus used: Take an handful of Rosemary with the flowers or without, boil it a good while in white wine, adding thereto a little Cinamon, then drink it, and wash your mouth therewith, it maketh the skin very clear being used without Cinamon. It helps cold Rheums falling into the eyes, giddiness or swimming of the head, the Lethargy and Falling-sickness, the dumb Palsie, or loss of Speech, if it be drunk, and the Temples bathed therewith. It helps such as are liver-grown, opening the Obstructions, and warmeth and strengtheneth the same; it expells Winde powerfully in the Stomach, Bowels, and Spleen, and helps the Hypochondriack passion: The Chymical Oyl of the leaves and flowers is effectual for all the Diseases aforesaid, being carefully applyed, it is very quick and piercing, and therefore the Dose must be very little at once for inward griefs: It helps the Head and Brain, if the Temples and Nostrils be touched with a drop or two; it likewise helps any cold joynt, sinew, or member, if it be anointed with two or three drops thereof.

True

True Rhabarb, Bastard and Moncks
Rubarb. Rhabarbarum.

THe true Rubarb groweth in China, and the Eastern Countreys; therefore I shall not describe it, the root being to be had in most Druggists Shops, yet I confess it may be seen growing in some curious Gardens with us, but not in such plenty as Mr. Culpepper seems to talk of through the multiplying glass of his carping fancy.

Names.] It is called *Rha*, from the River *Rha* in China where it groweth, and in our Shops *Rhabarbarum*; the place I have told you: the roots are to be taken up about October when the leaves and stalks are fully withered.

Nature and Vertues.] Rubarb is hot and dry in the second degree, of mixt parts, airy, thin, and purging, and partly gross, earthly, drying, and binding: the Bastard and Moncks Rubarb are also dry, but cooling. Rubarb is certainly a herb of Jupiter; it is called the friend, the life, heart, and treacle of the Liver, being so effectual for the same; it purgeth it of Choller, Phlegm, and watry humors, and helps the hardness and coldness thereof, and is useful in chollerick and long continued Fevers, in the Jaundies, Green Sickness, Dropsie, and stoppings of the Liver, the powder steeped in White Wine all night, and drunk fasting, or being taken amongst other purges; being taken in powder with Cassia, and a little Venice Turpentine washed, it cleanseth the Reins, and strengtheneth them, and is effectual to stay a Gonorrhoea, or running of the Reins; it is also good against pains, windiness, wambling, and weakness of the stomach, Cramp, gnawings, and gripings of the Kidneys, Belly, and Bladder, pains of the Breasts, Mother, and Sciatica; it helps spitting of blood, the Hicket, bloody Flux, Lasks, and all venomous stings and bitings, one dram thereof taken in Hydromel, or honied water; it ea-

seth the Gout, helpeth those that are troubled with Melancholly, and is good against pains and Swellings of the Head: It is most properly infused in Whey or White Wine, which liquors make it work more effectually in opening obstructions and purging the Liver and Stomach. The oyl wherein Rubarb hath been boiled is good to anoint any bruised place, to dissolve the clotted Blood; and Rubarb taken in powder with Mummy and Madder-roots in red Wine, healeth Burstings and broken parts as well inward as outward, and dissolveth clotted Blood in the Body, occasioned by any fall or bruise. Rubarb steeped in white Wine, or any other convenient liquor, and strayned, is good to heal Ulcers in the Eyes and Eye-lids, and to assuage swellings and inflammations; and being applyed with Honey or boiled in Wine, it takes away all black and blue spots that happen therein. The seed of Bastard Rubarb helpeth gripings, knawings, and loathings of the Stomach. The roots help ruggedness of the nails, and being boiled in Wine it helps the Kings Evil, and swellings of the Kernels of the Ears; it also provokes Urine, helps such as are troubled with the Stone, and dimness of sight; it is effectually used with other things in opening and purging dyet drinks to open the Liver, and cleanse and cool the blood. The root of Monks Rubarb also purgeth, but more weakly then either of the other; but the root thereof bindeth the Belly, and stayeth Lasks and the bloody Flux; and so doth the root of the true Rubarb, if it be toasted and taken in Plantain water, red Wine, or in conserve of Roses, or Marmalade of Quinces, as I have often found to my great comfort: the distilled water hereof is effectual to heal Scabs, and foul Sores, and to allay the inflammations of them; for which purpose also the juyce of the leaves or roots, or the decoction thereof in Vinegar is an effectual remedy: some use Indian Spikenard with Rubarb to correct it; yet it doth not much need any corrigent.

See further in *The Art of Simpling*: by W. Coles.
Meadow

Meadow Rue. *Ruta Aquatica.*

Description. **T**His Herb springeth up (from a yellow stringy root, spreading much in the ground, and shooting forth new sprouts round about) with many green stalks about two foot high, crested all the length of them, set with joynts here and there, and many large leaves on them, divided into smaller leaves, nicked or dented in the fore-part of them, of a sad green colour on the upper side, and pale green underneath; toward the top of the stalk there shooteth forth many short branches, whereon stand three or four small round heads or buttons, which open and appear like a tuft, of pale greenish yellow threds; after which there come small three cornered Cods, wherein is contained small long round seed: the whole plant hath a strong unpleasant scent.

Names.] *Ruta Aquatica*, or *Ruta Palustris* may be the Latine names thereof.

Places and Time.] It grows by Ditches sides, and in the borders of moist Meadows in many places of this Land.

Nature and Vertues.] The Meadow Rue is doubtless under the influence of Mars, and is something of his temperature, hot and dry. Camerarius reports that it is used in Italy and in Saxony, against the Plague. And Dioscorides saith, that the bruised herb being applyed healeth old Sores; and the distilled water of the herb and flowers doth the same: some use it amongst other Pot-herbs to make the body solubile. The roots washed clean, and boiled in Ale and drunk, provoke to Stool gently; and being boiled in water, and the body bathed therewith warm, it destroyeth Lice.

See more of this in The Expert Doctors Dispensatory: by P. Morellus.

Garden Rue, or Herb-Grace. *Ruta*.

THis herb is familiarly known; the Latine name is *Ruta*; in English Rue, Herb Grace, and Serving-mens joy: it is planted in Gardens, and propagated by slips, seldom flowring with us, and therefore scarce ever bears any good seed.

Nature and Vertues.] Rue is hot and dry in the latter end of the third degree, and of thin subtle parts, a Solar Herb; it preserves Chastity being eaten, it quickneth the Sight, stirs up the Spirits, and sharpneth the Wit; it provokes Urine and Womens Courses, being taken either in meat or drink; it is an excellent antidote against poisons and infections; the very smell thereof is a preservative against the Plague in the time of infection, The seed thereof taken in Wine is a special Antidote against dangerous Medicines, or deadly Poisons. A decoction made thereof with some Dill-leaves and flowers, easeth pains and torments being drunk inwardly, and applyed outwardly to the grieved place. The same decoction being drunk helps pains of the Chests and Sides, Coughs, difficulty of breathing, and inflammations of the Lungs, and easeth the Sciatica; and pains of the Joynts, being applyed thereto, or the parts anointed with an oyntment made hereof; it helps also the shakings of Agues, a draught of the decoction being drunk before the coming of the fit: an oyl made of Rue by infusion or decoction, helps the winde Chollick, hardness, windiness, and suffocation of the Mother, the share and parts about it being anointed therewith: A decoction thereof in Wine with a little Honey added to it, killeth and driveth forth Worms out of the Body. Mithridates used a Counter-poison to preserve himself against infection, made thus; take twenty leaves of Rue, two Figs, two Walnuts, twenty Juniper berries, and a little Salt; which being beaten together into a Mass was his dose appointed for every morning. There is another Electuary made

made of it, which is a remedy for pains or griefs of the Chest and Stomach, Spleen, Belly and Sides, Winde, Stitches, and, Obstructions of the Liver, Reins, and Bladder by stopping of Urine, and extenuates the grossness of fat corpulent Bodies, and is thus made: Take of Niter, Pepper, and Commin seed, each equal parts, leaves of Rue clean picked, as much in weight as all the other, beat them well together, and adde as much Honey as will make thereof an Electuary; but first correct the Commin seed by steeping it twenty four hours in Vinegar, and then dry it in a hot Fireshovel, or in an Oven. The leaves of Rue boiled and kept in pickle are a good sauce to meat, to warm a cold Stomach, and quicken the Sight. A decoction of Rue easeth the Gout, being bathed therewith, and being bruised and put into the Nostrils, it stayes bleeding at Nose. A decoction of Rue and Bay leaves helps swellings of the Cods; it takes away Wheals and Pimples, being bruised with Myrtle leaves and made up with wax and applyed; being boiled in Wine with some Pepper and Nitre, and the places rubbed therewith it taketh away Warts, and cureth the Morpew; and with Allome and Honey it helps the dry Scab, or any Tetter, or Ring-worm. The juyce thereof warmed in a Pomegranate shell, helpeth pain of the Ears, being dropped therein. An oyntment made of the juyce of Rue, with Oyl of Roses, Ceruss, and Vinegar, cures St. Anthonies fire, foul running Sores in the Head, and Ulcers in the Nose, and other parts, they being anointed therewith. The distilled water is very effectual for many of the said purposes.

Rupture-wort. Herniaria.

Description. **T**His plant shooteth up with many threddy branches, spread round upon the ground about a span long, divided into many other smaller parts, full of small joynts, set thick together, whereat come forth two small leaves of a fresh green colour, as the branches

ches are, whereat grow forth abundance of small yellowish flowers, but scarce discernable from the stalks and leaves, which turn into leaves as small as dust; the root is small and long, growing deep into the ground: the taste hereof is not perceivable at first, but after a little while there may be perceived a somewhat astringent taste, a little bitter and sharp withal, but without any manifest heat.

Names.] This plant hath acquired several names, according to the various opinions of Authours, as *Polygonum minus* by *Mathiolus*, and *Castor durantes*, *Herba Turca* by *Lobel*; but the most usual and known Latine name is *Herniaria*, from *Hernia* a Rupture; and in English Rupture-wort.

Place and Time.] It delights to grow in barren, sandy, and rocky grounds, as upon the dry chalky and sandy grounds in Kent, and elsewhere, and flowers and flourishes in the four Summer Moneths, which are spelled *sine littera R*.

Nature and Vertues.] Rupture-wort is very drying, binding, closing, and fasting; Saturnine.

Its name speaks its Vertues, that is, to cure the disease called the Rupture or Burstness, which is the falling down of the Guts into the Cods. A dram of the herb in powder taken in wine for many dayes together, or the decoction of the herb in Wine, or the juyce or distilled water drunk in the same manner, marvellously helps that Disease; and being so taken it stays Fluxes, Vomiting, and the Gonorrhea; it helps the Strangury, stopping of Urine, Stone, or Gravel in the Reins or Bladder, stitches in the Side, griping pains in the Stomach or Belly, and obstructions of the Liver, and cures the yellow Jaundies, and killeth Worms in Children; it conglutinates Wounds being outwardly applyed, and helpeth to stay defluxions of Rheumes from the head to the eyes, nose, and teeth, the

tem-

temples and nape of the Neck being bathed with the decoction of the dried herb, or the green herb being bruised and bound thereto; it dries up the moisture of foul spreading and fistulous Ulcers, and is good to be bruised and applyed to the place of a Rupture, having a Truss bound thereunto.

Rice. Oriza.

THis is an East-Indian grain, and groweth up there much like the stalk of Wheat; but in regard it groweth not with us, I shall describe it no further, but proceed to declare its vertues, we having it pientifully brought hither by industrious Merchants.

Names.] The Greeks call it *ορυζα*, and the Latines following them call it *Oryza*.

Nature and Vertues.] Rice is binding and drying, temperate, and not exceeding in heat or cold; the pottage made thereof with milk, and spiced with Sugar and Cynamon, is pleasant and easie of digestion, and is reputed to increase seed; it is very useful to stay all Lasks or Fluxes, being so eaten, or beaten to powder, and mixed with yolks of Eggs, and fryed with fresh Butter, and eat morning and evening; and being so taken, it helps the bloody Flux; it is good to put in Cataplasms to repell humors, and being boiled in running Water, and the face bathed therewith, it takes away spots and pimples; it is an excellent and wholesome food, and in great estimation amongst the Indians, though not so much in repute with us. Perhaps, because it is too cheap for the wanton rich, and too dear for the pining poor, &c.

Rye. Secale.

THis Grain is well known in England, more for food than Physick; but the bread and leaven of it is good to ripen Imposthumes, and Boils, or other swellings. *Mathiolus* saith, that water wherein the Ashes of Rye straw

straw hath been infused four and twenty hours, heals chops of the hands and feet, being washed therewith. Meal of Rye put between a double cloth and moistned with Vinegar, and heated in a pewter Dish over a Chafing-dish of Coals, and applyed hot to the head, easeth continual pains thereof. Rye is more digesting then Wheat, but it is windy and griping in the Bowels.

Saffron. CROCUS.

THE Chives of the Flower commonly called Saffron are generally well known, so that a description is needless.

Names.] Its Latine names are *Crocus*, and *Crocum*; it is also termed *Filius ante patrem*, because it putteth forth flowers before the leaves.

Place and Time.] It is plentifully manured in Fields in *Essex*, and *Cambridge-shire*: *Saffron-Walden* takes her name from its growing there; it begins to flower in *September*, and presently after the leaves shoot forth and abide green all the Winter, dying again in *April* when it puts forth another Crop of Flowers, which must be gathered as soon as it is blown, or else it is lost; so that Jack Presbyter for covetousness of the profit can reach his Sabbatarian Conscience to gather it on Sunday; and so he can to do any thing else that redounds to his profit, though it destroy his Brother.

Nature and Vertues.] Saffron is hot in the second degree, and dry in the first, of a little astringent quality; it is an Herb of the Sun, a great Cordial, and comforter of the spirits; it expells venome from the Heart, strengthens the Stomach, helps concoction, preserves the Entrails, and is very useful in the Plague, Pestilence, small Pox, and such contagious diseases; the Tincture thereof is profitable in fits of the Mother; it strengthens the Memory, Head, Stomach, Spleen, Blad-

Bladder, animal, vital, and natural spirits, and helps cold diseases of the Brain and Nerves; it is profitable for the Lungs, Consumption, and shortness of Breath; it is best for old phlegmatick, and melancholly persons; it is good against Melancholly, and the Jaundies, and stoppings of the Liver and Gall, and is profitable for the Plurisie, and provokes Urine, and Venus; take ten grains of Saffron, two ounces of Walnut Kernels, Figs two ounces, Mithridate one dram, and a few Sage leaves, stamp them into a mass, with a sufficient quantity of Pimpernel water, and keep it for use; twelve grains thereof taken fasting, is an excellent Antidote against the Plague, and expelleth it from those that are infected.

Some write that two or three drams hereof taken brings death; doubtless too great a quantity cannot do otherwise: it is not safe to be given to women with childe.

Sage. Salvia.

TO avoid prolixity we proceed to its vertues: The Latine name of it is *Salvia*, and so wholesome an Herb reputed by *Schola salerni*, that they say,

Cur moritur homo, dum Salvia crescit in horto?

Nature and Vertues.] Sage is hot and dry in the third degree, an herb of Jupiter; it restores natural heat, and comforts the vital spirits, and helps the Memory, and quickens the senses; it is very healthful to be eaten in May with Butter, and also to be drunk in Ale; it is good for women that are apt to miscarry, or cannot conceive by reason of the over-much moisture or slipperiness of their Wombs: Sage, Rosemary Honey-suckles, and Plantain boiled in water, or wine, and some Honey and Allome added thereto, is a good gargle for Cankers, or Sores in the Mouth or Throat, and for sores in the privy parts of Man or Woman, and is good to be boiled with other comfortable and hot herbs to bathe the cold Sinews, and to warm the Joints, and help Palsies and Cramps,

and

and to strengthen and comfort the parts; it is good against the Stitch, and pains of the Side, coming of Winde, the place being fomented with the decoction thereof in Wine, and the boiled Sage afterwards applyed hot thereunto; and the decoction thereof according to Dioscorides, provokes Urine, and womens Courses: The juyce of Sage taken in warm water, helps a hoarseness, and the Cough. Rue is good to be planted amongst Sage, to prevent the poison which may be in it by Toads frequenting amongst it, to relieve themselves of their poison, as is supposed; but Rue being amongst it, they will not come near it.

Wood Sage. *Salvia sylvestris.*

Description. **W**ood Sage springeth up with square hoary stalks, sometimes two foot high, having two leaves at every joynt, much like other Sage, but smaller, softer, whiter, and rounder, and a little dented about the edges, smelling somewhat stronger; the flowers stand on a slender long spike on the tops of the stalks and branches, turning all one way when they blow, and are of a pale whitish colour, smaller then Sage, but hooded, and gaping like unto them: the seed is blackish and round, four usually in an husk together: the root is long, stringy, and fibrous, and abideth many years.

Names.] It is called in Latine *Salvia sylvestris.*

Place and Time.] It grows in Woods, and by Hedge sides, and High wayes, and flowers about July.

Nature and Vertues.] Wood Sage is hot and dry in the second degree, and attributed to Venus; the decoction thereof provokes the Tearms and Urine, and provokes Sweat, digests humors, and dissolves swellings and nodes in the flesh, and is therefore thought to be good against the French Pox. The decoction of the green Herb in Wine is good for those that have

any Vein inwardly broken by a fall, bruise, or beating, to disperse the congealed blood, and consolidate the Vein; and it is also good for such as are bursten, the drink taken inwardly, and the herb applyed outwardly: and in the same manner used it is also good for the Palsie. The juyce thereof or the herb in powder is good to dry moist Ulcers, and sores in the Legs, or other parts, thereby causing them to heal the more speedily, and is also effectual in green Wounds.

Burnet Saxifrage. Pimpinella Saxifraga.

Description. **I**T hath great long roots like a Parsnip, of a biting hot taste like Ginger: the stalk is hollow, and riseth up about three foot high with joynts and knees, beset with large leaves, much like those of Smallage, or the Garden Parsnip: The Plant consisteth of many leaves growing upon one stem, cut about the edges like a Saw: the flowers grow in white round tufts at the top of the stalks. The seed is like Parsley seed, but hotter and biting upon the Tongue.

There is a lesser kinde, little differing from the greater, but that the stalks and veins of the leaves of the lesser are of a purplish colour, and the root hotter.

Names. It is called *Pimpinella major*, *Saxifragia major*, and the lesser kinde *Saxifragia minor*; in English great and small Saxifrage, and Burnet Saxifrage.

Place and Time. They grow plentifully in dry Pastures and Meadows, and flower from June to the end of August.

Nature and Vertues. The leaves, seeds, and roots of both kindes are hot and dry in the third degree, and of thin and subtle parts: The juyce of the leaves cleanseth the face of Spots and Freckles, and causeth a good colour. The distilled water thereof mingled with some Vinegar in the distillation, clears the Sight, and helps the dimness thereof. The seed and root in powder drunk in wine, or the decoction thereof made in
Wine,

Wine provokes Urine, breaks the Stone, and is good against the Strangury and stoppings in the Kidneys, and Bladder.

The Service Tree. Sorbus.

THis grows to be a great Tree, delighting in Woods and Groves, and are also planted in Orchards; there doth grow of them in the Woods of Mr. Hinde at Hedfor, and in Woods and by High way sides I have found them in Surrey and Kent: the Tree and fruit are both so well known, that a further description is needless.

Names.] The Greeks call this Tree *οὐ σὺν*, the Latines *Sorbus*; and in English Service, and Sorb-Tree.

Place and Time.] They flower in March, and the fruit is ripe in September, or the beginning of October.

Nature and Vertues.] The Service berries are of temperature cold and binding, and more being hard then when they are rotten; yet then people usually eat them, but they yield no nourishment but what is gross and cold; therefore they are better for medicine then meat; and being gathered while they be hard, and cut and dried in the Sun, they may be kept all the year to stay bleedings of Wounds, Mouth, or Nose, Fluxes, and Vomiting, the decoction drunk, or outwardly applyed.

Solomons Seal. Sagillum Solomonis.

Description. **C**ommon Solomons Seal groweth with a round stalk about half a yard high, with the top bending down, set with single leaves one above another, somewhat large, like the leaves of May Lilly, of a blueish green colour, with some Ribs therein, and a little yellowish underneath: at the foot of every leaf almost from the bottom it hath small, long, and white pendulous flowers, like those of May Lilly, but ending in five longer points, for the most part two together, at the end of a small

small foot stalk standing all on one side the stalk under the leaves, after which come round berries, green at first, but afterwards of blackish green, tending to blue, wherein is contained small white, hard, stony seed: The root is white and thick, full of knobs, or joynts in some places, resembling the mark of a Seal; the taste thereof is sweet at first, but afterwards somewhat bitter and sharp.

Names.] Its common Latine name is *Sigillum Solomonis*; and in English Solomons Seal, and sometimes white Wort, or white Root, Jacobs Ladder, and *Scala Cali* in Latine.

Place and Time.] It grows in divers places of this Land, as about Odiham in Hampshire, in a Wood within two miles of Canterbury, by Fish-pool Hill, and between Newington and Sittingbourn in Kent, and divers other places: it flowers about May, and the seed is ripe in September.

Nature and Vertues.] The roots of Solomons Seal are hot, and dry, and astringent, a Saturnine Plant; the roots have great vertue in sealing or closing up the rim of the Belly when it is bursten, the decoction thereof taken in Wine, or the powder in broth or drink, and being outwardly applyed to the place; it is likewise good for other hurts, wounds, or outward sores, to heal and close up green wounds, and to dry up and restrain the flux of humors into old sores: it also stayes bleedings, vomitings, fluxes, the running of the reins in men, and the whites and reds in women; it mightily conglutinates and soderes broken bones in man or beast, the bruised root applyed to the place, and the decoction thereof or infusion in wine being strained out hard and drunk; it is likewise effectual for inward and outward bruises, falls, and blows, to disperse the congealed blood, and take away the pains, and black and blue marks that abide after the hurt: and the distilled water of the whole herb cleanseth the skin from Morphem, Freckles, and Spots, making it fair and smooth.

Sampire. Feniculum marinum.

Description. **R**ock Sampire springeth up with a tender green stalk, about half a yard high, or two foot at the most, branching forth almost from the bottom, set with many thick, almost round, and somewhat long leaves, of a deep green colour, three together, and sometimes more on a stalk, full of sap, and of a pleasant hot or spicy taste: at the tops of the stalks and branches stand Umbels of white flowers, after which come large seed, somewhat like Fennel seed, but bigger: The root is great, white, and long, of a pleasant smell and taste, and abideth many years.

Names.] The Greeks call it *Κηδμων*, the Latines *Feniculum Marinum*, and in Shops *Creta marina*; in English Sampire, and Sea Fennel.

Place and Time.] The Cliffs in the Isle of Wight abound with it, where it is incredibly dangerous to gather; yet many adventure it, though they buy their sauce with the price of their lives: It groweth also about the Rocky Cliffs upon the Sea coast in most parts of England. It flourisheth in *May* and *June*, and is fittest to be gathered in the beginning of *August*. It flowers and seeds in *August*.

Nature and Vertues.] Sampire is of a cleansing faculty, and is hot and dry about the second degree, an herb attributed to the influence of Jupiter. Pickled Sampire is an excellent sauce for digestion of meats; it breaks the Stone, and expells Gravel out of the Reins and Bladder, and provokes Urine, and womens Courses. The decoction of the leaves, seeds, and roots in wine being drunk, helps ill digestion, and opens obstructions of the Liver and Spleen, and of the Entrails, which are the causes of most diseases: it is grateful both to the taste and stomach, and helps to whet a dull appetite, by the saltness and
spice

spicines that is in it. The way to preserve it in pickle, is to
boil it in water till it be tender, and then pickle it up in a
Barrel with a liquor made of Vinegar, Water, and Salt.

Saunders. Santalum.

Kindes and Names. **T**Here are three sorts of this plant brought
unto us, viz. *Santalum Rubrum*, Red
Saunders; *Santalum Album*, or white Saunders; and *San-
talum Citrinum*; or *Flavum*, yellow Saunders: they are
all brought unto us from the East Indies, where they na-
turally grow about the River Ganges, and in the Isle of
Timor, and provinces adjacent.

Nature and Vertues. **] Of all these three kindes of Saun-
ders the yellow is the best, the next is the white, the red is least
in use; they are Solar Plants, yet by temperature cold and dry
in the second degree: the red is more cooling and binding,
they open and cool the Liver, and ease pain of the Head, and
are good to strengthen and revive the Spirits, for which pur-
pose they are used in Jellies, Sauces, and Broths, &c. they
are likewise good in hot burning diseases, as Fevers, and such
like. The red Saunders applyed to Maids, or Womens
great Breasts, mixed with the juyce of Purslain, abateth
their greatness, and represseth their growing too big; it is
likewise effectual to stanch Blood at the Nose, or other place,
being taken in red Wine, and is used to stay destuctions of
thin Rheume from the head, and to cool and temper the heat
in hot Agues, hot Gouts, and Inflammations: In cordial me-
dicines the white and yellow Saunders are most effectual, by
reason of their sweetness, they help faintings of the Heart, and
weak Stomachs, caused by heat, they divert Melancholly,
and procure Mirth, they stay the spermatical flux in man
or woman: The powder taken in a rear Egge, or mixed with
other things for that purpose, or being infused in red Wine all
night in Balneo, or hot Embers; and the Wine strained and**

drunk morning and evening, for all inflammations it is very effectual, being mixed with the juyce of Housleek, Nightshade or Purslain; outwardly they are good in Fomentations and Epithems against the intemperate heat of the Liver; and being applyed with Rose water to the Temples, they ease pains of the Head, and stay the flowing of humours into the Eyes.

Sanicle. *Sanicula*.

Description. **S**anicle springeth up with many leaves of a middle size, deeply cut or divided into five or six parts, and some of them cut also sometimes, standing upon brownish foot stalks about a handful high, somewhat like the leaves of Crow-foot, or the broadest sort of Anemonies finely dented about the edges, smooth and of a dark green shining colour, and sometimes reddish about the brims; amongst which rise up small, round, green stalks, without any joynt or leaf, but at the top, where it brancheth into flowers, having a leaf divided into three or four parts at that joynt with the flowers, which are small and white, growing out of small, round, greenish, yellow heads, standing on a tuft together, which afterwards contains small round burry seeds, sticking unto any thing like the seeds of Cleavers. The root consists of many black strings, set together at a little long head, which abideth with the green leaves all the winter.

Names.] It is called in Latine *Sanicula*, from its efficacy in healing Wounds, and by *Lobel*, *Diapensia*; in English *Sanicle*; There is a sort called *Pinguicula Eboracensis*, Butter-wort, and Butter-root, because of the oyliness of the leaf.

Place and Time.] It grows in woody shadowy places, and under hedges in many places of this Land: it flowers in *July*, and the seed is ripe soon after.

Nature and Vertues.] *Sanicle* is hot and dry in the second degree,

degree, bitter in taste, and somewhat astringent: Culpeper ascribes it to Venus, but I judge Mercury hath the greater influence upon it; but the Sun most of all: It is an excellent herb for any infirmity of the Lungs, and is a singular good wound herb, speedily healing all green Wounds, and also Ulcers, Imposthumes, and bleeding inwardly, and it dissipateth and represseth Tumors in any part of the Body, if the decoction or juyce be taken, or the powder in drink, and apply the juyce outwardly. The decoction of the leaves and root, with a little honey added to it, heals putrid and malignant Ulcers in the Mouth, Throat, and Privities, by gargling and washing them therewith; it helps to stay womens Courses, and and all other Fluxes of blood and Lasks of the Belly, ulcerations of the Kidneys, pains in the Bowels, and the running of the Reins, being boiled in wine, or water, and drunk; it is effectual to heal Burstings or Ruptures either inwardly or outwardly, as well as any of the Confoundes, or other vulnerary herb whatsoever: Of it also may be made an oyntment good for obstructions of the Liver, and a syrrop or conserve for the Lungs.

Sauce alone, or Jack by the Hedge.

Description. **T**His herb as well as Wood-Sage is by some reckoned amongst the kindes of *Scordium*; but I shall describe it, being different therefrom; it groweth up with round broad leaves pointed at the ends, and dented about the edges, somewhat like Nettle leaves, but of a fresher green colour, and not rough nor prickling, and are set singly one at a joynt, the lower leaves being rounder then those that grow towards the top, at the tops of the stalks grow very small white flowers one above another, after which follow small, long, round pods, wherein is contained small, round, and somewhat blackish seed; the root is stringy and fibrous, perish-

ing when it hath given seed, and riseth again of its own sowing. This Plant being bruised, smelleth strong like Garlick, but more pleasant, and tasteth hot and sharp almost like Rocket.

Names.] It is called in English Poor mans Treacle, and English Treacle, and so is Scordium.

Place and Time.] It grows in many places by Pathways, and under Walls and hedges, and flowers in the Summer Moneths.

Nature and Vertues.] Jack by the hedge warmeth the stomach, and causeth digestion; and therefore is a good sauce to salt Fish, to digest the crudities, and corrupt humors it ingenders: the juyce thereof boiled with honey, is good for the Cough, and to cut and expectorate tough Phlegm. The decoction of the seed in wine being drunk, is good to help the winde Chollick, and the Stone, and for fits of the Mother, to drink the decoction, and apply the seeds warm in a cloath. The green leaves are accounted good to heal Ulcers in the Legs, and the leaves and seed boiled is good to be used in Glisters to ease pains of the Stone.

Sarsa-parilla. Smilax-aspera.

IT is called *Smilax-aspera* also in Latine; and in English Prickly Binde-weed: it grows in the West-Indies, as Peru, and Virginia.

Nature and Vertues.] It is of thin parts, and provokes sweat, and of temperature hot and dry, near the second degree, Mars his herb surely, whereby he cures himself when Venus hath clapt him: The decoction being excellent for the French Pox, and likewise is good in Rheumes, Gouts, and cold Diseases of the Head, and Stomach, and expelleth winde from the Stomach and Mother; it helpeth aches in the Sinews and Joynts, running sores in the Legs, cold swellings, tetters, ring-worms, spots, and foulness in the skin, and helpeth Catharrs, and

salts

salt distillations from the head, is good in Tumors, and the Kings Evil: and a dram of the powder being taken in Ale or Wine, with the like quantity of Tamarisk, is good for Tumors of the Spleen. Sarsa doth purge the body of humors by its driness, and diaphoretical quality, and is a good antidote against poisons; but is not proper to be given to such as have Agues, or hot Livers.

Sassafras, or Ague-Tree.

Place and Time. **T**His plant was first discovered by the French about Florida, where it groweth; as also in most parts of the West Indies, and is green all the year.

Nature and Vertues. The wood is hot and dry in the second degree, and the rinde hot and dry in the third: it purgeth watry and phlegmatick humors, and therefore is good in the Dropsie: the decoction thereof being drunk morning and evening for certain dayes together, which decoction is thus made; take of Sassafras four ounces, steep it four and twenty hours in a Gallon and a half of fair water, then boil it to the consumption of half, and strain it: this decoction doth open obstructions of the Liver and Spleen, and is good in cold diseases and Rheumes which fall from the head upon the teeth, eyes, and Lungs, and is available in Coughs, and cold diseases of the Lungs, Breast, and Stomach, and procures a good appetite, and consumes windiness, and makes a sweet breath; it is likewise commended to provoke Urine, and Womens Courses, and to expell Gravel and the Stone out of the Kidneys: it dryes up overmuch moisture of the Womb, and causeth women to Conceive; it is good in Fevers, and tertian and quotidian Agues, and also for the French Disease, and other diseases coming of corrupt humors, to be used in dyet drinks: it may be given in powder from a scruple to two scruples.

See further of this in Culpeppers School of Physick,

Satyrion, or Orchis. Testiculus Canis.

Description. **S**atyrion riseth up with many large, long, smooth, green leaves lying on the ground, somewhat spotted like Dragons, amongst which riseth up a round stalk with some such leaves on it, but lesser; towards the top grows a large head of many purple flowers, and some are white, spotted with a deeper purple colour, each flower having a heel of the same colour behinde it: They have all a double Root, whereof some kindes are flat and broad like unto hands, the other round like unto stones: These roots alter every year by course, when one waxeth full, the other perisheth and groweth lank; the full one will sink, and the other swim, if put into water.

Names.] As there are many kindes of this Plant, so it hath many names: It is called *Satyrion*, and *Orchis*, *Testiculus Canis*, *Testiculus Capri*, *Priests Ballocks*, *Fools stones*, *Dogs stones*, *Cullians*, *Fox stones*, *Standard-grafs*, and many other names, &c.

Place and Time.] They grow in Pastures, Meadows, and moist grounds, as in *Danmore Copse*, and *Danmore Mead* at *Holshot* in *Hampshire*, and in *Cobham Park* in *Kent* it groweth so abundantly, that it may serve to pleasure *Seamens wives* in *Rochester*, for there they may be sure to finde it in great plenty from the beginning of *April* to the latter end of *August*.

Nature and Vertues.] They are hot and moist, (the full roots I mean) the lank ones are hot and dry, *Venus* claims all she can get of them: The full roots do powerfully provoke to *Venery*, but the lank ones are said to mortifie *Lust*; being boiled in milk, and eaten with white *Pepper*, they nourish such as are in *Consumptions*, or have an *Hectick Fever*: The flowers are likewise effectual to increase and stir

up nature: The Roots boiled in wine and drunk, stop the Flux; and being applyed green, they consume Tumours, and cleanse rotten Sores and Ulcers, and the powder thereof stayes the fretting and festring of devouring Ulcers, being put therein: The same Root being bruised and applyed, is good against Inflammations and Swellings: and being boiled in wine with a little honey, it helps Ulcers and Sores in the Mouth.

Savory, and the sorts. Thymbra.

Description. I Shall not need to say more in the Description. I on, but onely that the common kindes are two, Winter and Summer Savory, which are both common in Gardens.

Names. J The Greeks call it *ῥύαβρον* and *ῥύαβρα*, and it is also called *Thymbra* in Latine, and by some *Satureia*.

Nature and Vertues. J Savory is hot and dry in the third degree, and openeth and maketh thin, being subject to the influence of Mercury: It provokes Womens Courses, and expells Winde, being boiled in wine or water, and drunk; and it is commended for women with childe to take it inwardly and smell often to it: It helps rising of the Mother, provokes Urine, and expells Winde: It takes away loathing of the Stomach, and procures a good appetite, it cuts tough Phlegm in the Chest and Lungs, and is good to season stewed meat or broaths: The juyce being snuffed up into the nostrils, quickens the dull spirits in the Lethargy, and being dropped into the eyes, it clears the sight which is dulled by thin humours distilling from the brain. The juyce heated with a little Oyl of Roses, helps deafness and noise in the ears, being dropped into them. It helpeth to ease the Sciatica, and members that have the Palsie, being applyed pultiswise with Wheat-flower: It is good against the stings of Wasps and Bees, and being laid in Chambers it killeth Fleas.

Savin.

Savin. Savina.

IT is nursed up in Gardens, and abides green all the year, being so well known it needs no further description.

Names.] It is called in Latine *Sabina* and *Savina*.

Nature and Vertues.] The leaves of *Savin* are hot and dry in the third degree, and of subtle parts, under the Influence of Mars.

The decoction of *Savin* is powerful to provoke Womens Courses, and it also expells the Birth and After-birth, and causeth Abortion: It expelleth blood by Urine, and is good for the Kings Evil; the powder thereof mixed with honey cleanseth filthy Ulcers and Fistula's, but is unapt to heal them; and being mixed with Cream, and Childrens heads anointed therewith which have scabs or running sores, it cleanseth and healeth them, and also St. Anthonies fire: A dram of *Savine* in powder mixed with three ounces of Nitre, and two of Honey, helps such as are short-winded, as saith Mathiolus: It kills Worms in Children, being applyed to the Navel, or the belly anointed with the Oyl thereof: The powder of the leaves mixed with honey takes away spots and freckles in the face, or body, and helps blisters of the Tard, (gotten by a Lady of Pleasure) they being first bathed with the decoction of the leaves, and is good to heal Scabs and Itch, Tetters, and Ring-worms, and to break Carbuncles and Plague-sores, being spread upon a piece of leather, and applyed to the place: The distilled Water cleanseth the skin, and helpeth such as have the Worms.

Saxifrage. Saxifragia.

Description. **T**HERE be accounted nine kindes of this Plant which grow in England, I shall describe three of them as the most useful, viz. English Saxifrage, or Mead-Parsley, White Saxifrage, and Burnet Saxifrage.

English

English or Meadow Saxifrage (called Mead-Parsley) groweth with many green winged leaves like Fennel but thicker and broader, amongst which rise up divers crested stalks of a Cubit high, having thereupon divers smaller stalks of winged leaves also finely cut, but harsh to the feeling, bearing at the top Umbels of white Flowers tending a little to yellow, after which come seed much like Fennel-seed, but browner, and of a small taste: The Root is thick, black without and white within, and of a good savour.

White Saxifrage hath many round, faint, yellowish green leaves, but grayish underneath, spread upon the ground, unevenly dented about the edges, and somewhat hairy, every one upon a little foot-stalk, from whence riseth up a round, brownish, hairy green stalk, about a foot high, with a few leaves like the former, but smaller, branched at the top, whereon stand pretty large white flowers of five leaves apiece, with some yellow threds in the middle, standing in a long crested brownish, green husk, after which riseth sometimes a round hard head, biforked at the top, wherein is contained blackish small seed: The Root is composed of black strings or fibres, whereunto are fastened many reddish grains about the bigness of Peppercorns, which are called by the Apothecaries white Saxifrage seed.

Burnet Saxifrage springeth up with divers stalks, of winged leaves set one against another, each being somewhat broad, and a little dented about the edges, of a sad green colour; at the tops of the stalks come Umbels of white Flowers, and after them small blackish seed: The Root is long and whitish.

Names.] *Saxifraga*, and *Saxifragia* are the Latine Names.

Place and Time.] The first groweth commonly in Meadows

dows and Pastures, and flowers from *May* till the end of *August*: The second grows in Fields and corners of Meadows, and in grassie, sandy places; and the third grows in moist Meadows, and flowers about *July*, and the seed is ripe in *August*.

Nature and Vertues.] They are all hot and dry in the third degree, and said to be herbs of the Moon, but I can finde no reason for it; the decoction of the seeds or roots of *Mead-Parsley* made in white wine, helps the *Strangury*, provokes the *Courses*, and expells the secondine or dead Childe, and breaks the Stone in the Bladder and Kidneys; half a dram or a dram of the root in powder taken with sugar, warmeth and comforteth the stomach, and easeth griping pains of the belly, and the Chollick, and expelleth Winde; and outwardly it is good in fomentations and bathes to provoke Urine, and ease pains of the belly which proceed from Winde: The decoction of the seed or root of white *Saxifrage*, or the powder thereof drunk in wine, is good against the Stone, *Strangury*, and stopping of the Kidneys and Bladder: The distilled water of the whole herb is good for the same purposes, and to cleanse the Stomach and Lungs from tough and thick Phlegm: The same water is given by Nurses to their Children for the frets and stopping of Urine: The *Burnet Saxifrage* hath the same properties as the other in expelling Urine, Winde, and helping the Chollick, and to ease pains of the Mother, to procure Womens Courses, to break the Stone in the Kidneys, and to digest cold and tough Phlegm in the stomach, and is a good remedy against venome: The dried roots are as hot as Pepper, and may be used for it, being more wholesome, as saith *Tragus*: The root and seeds in powder taken with Sugar, purgeth the brain, restoreth lost speech, and is good for Convulsions, Cramps, Apoplexies, and cold Fevers: The distilled Water wherein *Castoreum* hath been boiled is good for the same, and also for the Palsie and other cold griefs: The same drunk with

with wine and vinegar is good in the Plague, and preserves from infection and corrupted air, being chewed in the mouth: The distilled water beautifieth the face, and cleanseth it from spots and freckles, and causeth a good colour, and is good for all the purposes aforesaid, being taken with sugar; the juyce of the leaves doth the same, and being dropped into wounds in the head or any other place, it dryeth up the moisture, and heals them quickly: The seeds being made into Comfits like Carraway seeds, are good for all the aforesaid purposes.

Scabious, and the kindes. Scabiosa.

Description. **T**HERE are many kindes of this Plant mentioned by Authours, I shall onely name three, viz. Common Scabious, small common Scabious, Corn Scabious: The onely difference between the two first is, that the leaves of one are bigger then those of the other; and the Corn Scabious is greater then the other, the flowers more purple, and the root doth not run deep into the ground as the first doth.

The common Field Scabious riseth up with many hairy soft, whitish green leaves, some whereof are not at all jagged, or very little, others are much rent in the sides, and have films or small threads in them, which may be seen in the breaking them; among which rise up many round hairy green stalks, two or three foot high, with such like hairy green leaves on them, but more deeply and finely divided, and branched forth a little; at the tops of the stalks stand round heads of flowers, of a pale blewish colour, many set together in a knop, the outermost being largest, with many threads in the middle, and somewhat flat at the top; and so is the head with seed: The Root is great, white, and thick, and grows deep into the ground, abiding many years.

Names. **S**cabiosa is the Latine Appellation hereof.

Place

Place and Time.] The first groweth in Woods, Meadows, and Pastures plentifully almost every where; the other in dry Fields, Corn-fields, and Fallow-Grounds; they flower in June and July, and so continue in some till the end of August, the seed ripening in the mean time.

Nature and Vertues.] Scabious is hot and dry in the second degree, a Mercurial plant, and is of an opening, cleansing, and digesting quality; it is effectual for all Coughs and diseases of the breast and lungs; it ripens inward Ulcers, Imposthumes, and the Plurisie, the decoction of the dry, or green herb made in Wine, and drunk often: the clarified juyce taken in the morning fasting, to the quantity of four ounces, with a dram of Mithridate, or Venice Turpentine, defends the heart from infection of the Pestilence, the party sweating two hours after it in his bed; and after the first time taking it again if need require: the same is good against the stinging of venomous Beasts. Mathiolus saith, that the decoction of the roots drunk forty dayes together, or a dram of the powder thereof taken at a time in Whey, helps such as are troubled with spreading Scabs, Tetters, or Ringworms, though they be effects of the French Pox, and the juyce or decoction helps Scabs, or Itch, and an oyntment made of the juyce doth the same: The same juyce or decoction, cleanseth and healeth inward Wounds. The green herb bruised, dissolves and breaks a Carbuncle or Plague sore being applyed thereto, in three hours space, and helps the stinging of any venomous beast, being so applyed. The decoction of the herb and roots applyed, helps cold tumors or swellings in any part of the body, and any sinew or vein that is shrunk. The juyce made up with the powder of Borax and Camphire, cleanseth the skin of Freckles, Pimples, Morphem, and the Lepry. The Tents which are dipped in the juyce or water thereof are good to heal green Wounds, and old Sores and Ulcers: and the bruised herb being applyed, doth loosen any Splinter, broken Bone, Arrow head, or such like thing ly-

ing in the flesh, so that it may easily be drawn out : The decoction used either alone, or with juyce of Fennel, helps redness and spots in the Eyes; and the same decoction cleanseth the head from Dandriff, Scurff, Scabs, and Itch, the head being washed with it warm : A syrrup made of the juyce and sugar is effectual for all the inward purposes aforesaid; and so is the distilled water of the herb and flowers.

Scordium, or Water Germander.

Description. **I**T shooteth forth divers weak, square, hairy branches from a small root full of white strings, spreading and running about in the ground; the branches take root in divers places as they lie and spread, whereby it much increaseth: the leaves grow two at a joynt, not so large as Garden Germander leaves, of a darkish green colour, having thereon a shew of hairiness and hoariness, somewhat soft, full of veins, and dented about the edges : The flowers are small, red, and gaping, standing at the joynts with the leaves towards the tops of the branches. It is thought not to perfect its seed, but is propagated by the branches.

Names.] Scordium is the Latine name.

Place and Time.] It grows in wet grounds, and by waters sides in many places of England, and flowers in June, July, and August : It is usually gathered to be kept dry before it flowers.

Nature and Vertues.] Scordium is hot and dry, of a certain harsh, sharp, and bitter taste; it is a Solar herb, a great resister of Venome and Infection, and is the basis of that medicine called Diascordium; it is of excellent use to strengthen the heart, and procure sleep in Feavers; it provokes the Terms, hastens womens labour, helps their usual sickness in lying in, and strengthens the Stomach : ten grains or a scruple at a time may safely be given to weak people, and a dram

or

or more to them that are stronger: The decoction of the green or dry herb in wine is good against venomous bitings, and other deadly poisons, and griping pains of the stomach or sides, that come of cold, or obstructions, and for the bloody Flux; it is good against an old Cough, and to expectorate phlegm out of the Chest and Lungs, being made into an Electuary with Cresses, Rozen, and Honey, and is good for such as are bursten or troubled with the Cramp, it is a special Counter-poison in all pestilential Diseases, and Infections, and is often used with good success before the fits of Agues, to hinder the access, and drive them away: a little of the juyce thereof, or the powder in drink taken fasting, kills worms in the stomach or belly: The decoction of the dried herb with two or three Tormentil roots, is available against the bloody Flux. The juyce or a syrrup made of the herb is profitable for many of the forenamed griefs. The green herb bruised and applyed, healeth any green Wound; and the dried herb used with Honey, cleanseth foul Ulcers. A pultis or cerate made of the dried herb, helpeth to discuss Wens, and excrescences in the flesh; it easeth also pains of the Gout, being applyed with vinegar or water.

Scurvy-grass. Cochlearia.

Description. **O**F this I shall mention two kindes, common or Sea Scurvy-grass, and Dutch or Garden Scurvy-grass: The Sea Scurvy-grass is well known; the Dutch, or Garden Scurvy-grass hath divers fresh, green, and almost round leaves, not so thick as the common sort, a little hollowed in the middle, and round pointed, of a sad green colour, standing every one by it self upon a long foot stalk, among which rise up divers long, slender, weak stalks, about a foot high, thick beset on each side, with small white flowers on the tops of them, which turn into small pods, with little brownish seeds;

The Table.

Gooseberry-Bush. <i>Grossularia</i>	Water-Hemp. <i>Eupatorium</i>	3
	131 Herb William	45
Gromel. <i>Milium solis</i>	132 Hellebore. <i>Helleborus albus</i>	
Ground Ivy. <i>Hedera terre-</i>	niger	148, 149
stris	6 Hemlock. <i>Cicuta</i>	150
Gill-goe by ground	ibid Hemp. <i>Cannabis</i>	151
Goose-grass	70 Henbane. <i>Jusquianus</i>	152
Goss. <i>Genista aculeata</i>	126 Hogs fennel. <i>Pencedanum</i>	117
Winter green. <i>Pyrola</i>	133 Hagtaper. <i>Thapsus</i>	216
Ground-pine. <i>Chamepytis</i>	134 Hysop. <i>Hyssopus</i>	153
Groundsel. <i>Senecio</i>	135 Holly. <i>Aquifolium</i>	154
Guaiacum	136 Holy Thistle. <i>Carduus Bene-</i>	
Stinking Gladwin. <i>Spatula</i>	dictus	155
foetida	137 Honey-suckles. <i>Peryclyme-</i>	
Goutwort. <i>Herba Gerrardi</i>	num	156
	138 Hops. <i>Lupulus</i>	157
Glaswort. <i>Salicornia</i>	139 Hore-bound. <i>Prassium</i>	157
Goats Thorn, or Gum Dragon.	Horse-tail. <i>Cauda equina</i>	158
Tragacantha	141 Hounds-Tongue. <i>Cynoglos-</i>	
	sum	159
H.	Housleek. <i>Barba Jovis</i>	160
H Ayho. <i>Hedera terre-</i>	Hedge-Hysop. <i>Gratiola</i>	161
stris	6 Herb-Robert. <i>Geranium Ro-</i>	
Herb Gerrard	bertianum	162
Harts-ease. <i>Herba trinitatis</i>	Herb True love. <i>Herba paris</i>	
	142	229
Harts-Tongue. <i>Scolopendria</i>		
	143	
Hazel Nut-Tree. <i>Nux tenuis</i>		
	144	
Hawk-weed. <i>Hieracium</i>	145 S T. Johns wort. <i>Hyperi-</i>	
Haw-thorn. <i>Spina</i>	cum	163
Hedge-mustard. <i>Erisimum</i>	Jack by the hedge	293
	Ivy. <i>Hedera.</i>	164
	147 Juniper. <i>Juniperus</i>	165
	B b	74

The Table.

<i>Jujubes.</i> Ziziphe	166	vallium	178
<i>Jalop.</i> Jalapium	197	<i>Water Lilly.</i> Nymphaea	179
<i>Jupiters staff.</i> Candela Re-		<i>Liverwort.</i> Lichen	180
gia.	216	<i>Loofestrife.</i> Lyfimachia	181
		<i>Lovage.</i> Levisticum	182
K.		<i>Lungwort.</i> Pulmonaria	183
		<i>Lupines.</i> Lupinus	ibid.
K <i>Neeholm.</i> Bruscus	52	<i>Lady Smocks.</i> Cardamine	184
<i>Kipper Nuts.</i> Nuculus		<i>White Lillies.</i> Lillium	185
terrestris	79	<i>Lasertwort.</i> Laserpitium	186
<i>Kidney leaves.</i> Phaseolus	30	<i>Lignum Aloes.</i> V. Xylo aloë	
<i>Kidney wort.</i> Cotyledon	167		
<i>Knot-grass.</i> Poligonum	168	M.	
<i>Knapweed.</i> Jacea nigra	169		
<i>St. Katharines flower.</i> Nigel-		M <i>Audlin.</i> Costus hor-	
la	223	torum	5
<i>Kiss me twice before I rise.</i>		<i>Maids hair.</i> Gallium	31
<i>Idem.</i>	ibid.	<i>White Maidenhair.</i> Ruta mu-	
		raria	187
L.		<i>Dogs Mercury.</i> Cynocrambe	
		ibid.	
L <i>Adies Mantle.</i> Alchi-		<i>Madder.</i> Rubia tinctorum	
milla	170		188
<i>Larch Tree.</i> Larix.	172	<i>Maidenhair.</i> Capillus vene-	
<i>Lavender.</i> Lavendula	ibid.	ris	189
<i>Lavender Cotten.</i> Chamæcy-		<i>Mallows.</i> Malva	192
parissus	173	<i>Marsh Mallows.</i>	193
<i>Spurge Laurel.</i> Laureola	174	<i>Maple Tree.</i> Acer	193
<i>Leeks.</i> Porrum	175	<i>Marjoram.</i> Marjorana	ib.
<i>Lettice.</i> Lactuca	ibid.	<i>Marigolds.</i> Calendula	194
<i>Liquorice.</i> Liqueritia	176	<i>Masterwort.</i> Imperatoria	195
<i>Lemon Tree.</i> Malus limonia		<i>Mastick Tree.</i> Lentiscus	196
	177	<i>Mechoacan</i>	197
<i>Lilly Convally.</i> Lillium con-		<i>Meadsweet.</i> Regina prati	263
		Med-	

The Table.

<i>Medlar Tree.</i> Mespilus	197	<i>The Oak.</i> Quercus	227
<i>Melilot.</i> Corona regia	189	<i>Oats.</i> Avena	228
<i>Mercury.</i> Mercurialis	200,	<i>Olive Tree.</i> Olea Sativa	ib.
	201	<i>One berry.</i> Herba paris	229
<i>Mill-Mountain.</i> Linum syl-		<i>Orchis, Vide Satyrion</i>	
vestre	202	<i>Onions,</i> Cepa	231
<i>Mynts.</i> Mentha	203	<i>Orange Tree.</i> Aurantia	232
<i>Myrtles.</i> Myrtilli	205	<i>Orpine.</i> Telephium	233
<i>Myrobalanes</i>	ibid.	<i>Oneblade.</i> Unifolium	234
<i>Mistleto.</i> Viscum	206	<i>Orris.</i> Iris alba	235
<i>Money wort.</i> Nummularia	207	P.	
<i>Moonwort.</i> Lunaria	208	P ansies. Herba Trinitatis	
<i>Moss.</i> Muscus	209		142
<i>Motherwort.</i> Cardiaca	210	<i>Parsley.</i> Apium hortense	239
<i>Moufear</i>	212	<i>Parsley pert, or Break stone.</i>	
<i>Mugwort.</i> Artemisia	213	Calculum frangens	240
<i>Mulberries.</i> Morus	215	<i>Parsnip.</i> Pastinaca	241
<i>Mulleyn.</i> Candelaria	216	<i>Cow-Parsnip.</i> Spondylium	ib.
<i>Mustard.</i> Sinapis	218	<i>Pepperwort.</i> Lepidium	101
		<i>Pignuts.</i> Nucula terrestris	
			78
		<i>Poplar Tree.</i> Populus	22
		<i>Pockweed</i>	136
N ep or Catmint. Nepe-	219	<i>Peach Tree.</i> Nux Persica	242
ta		<i>Pear-Tree.</i> Pyrus	243
<i>Nettles.</i> Urtica	220	<i>Pease.</i> Pisum	244
<i>Nigella</i>	222	<i>Pellitory of Spain.</i> Pyrethrum	
<i>Nightshade.</i> Solanum	223		245
<i>Nutmegs.</i> Nux moscata	225	<i>Pellitory of the Wall.</i> Herba	
		muralis.	ibid.
		<i>Pennyroyal.</i> Pulegium Rega-	
		le	247
O Popanax	7	<i>Piony.</i> Pionia	248
<i>Osmund royal.</i> Osmun-	100	<i>Pepper.</i> Piper	249
da		Bb 2	Peri-

The Table.

<i>Periwinkle.</i> Vinca pervinca.	rusticus.	Ibid.
250	<i>Ragwort.</i> Jacobea	Senecio.
<i>St. Peters wort.</i>	251	268
<i>Pimpernel.</i> Anagallis.	Ibid.	<i>Rest-harrow,</i> vide <i>Camock.</i>
<i>Pine tree.</i> Pinus.	252	<i>Red-rattle grass.</i> Pedicularis.
<i>Plantain.</i> Plantago.	253	269
<i>Plum tree.</i> Prunus.	254	<i>Rocket.</i> Eruca.
<i>Poley-mountain.</i> Polium mon-		<i>Roses.</i> Rosa.
<i>tanum.</i>	255	271, 272, 273
<i>Polipody of the oak.</i> Polipodi-		<i>Ros solis.</i>
<i>um.</i>	Ibid.	274
<i>Pome-citron tree.</i> Malus Ci-		<i>Root of Peru.</i> Radix Peruvia-
<i>tria.</i>	257	na.
<i>Pomegranate tree.</i> Malus gra-		275
<i>nata.</i>	258	<i>Rosemary.</i> Rosmarinus.
<i>Poplar,</i> vide <i>Aspen tree.</i>		Ibid.
<i>Poppey.</i> Papaver.	259	<i>Rhubarb.</i> Rhabarbarum.
<i>Purslain.</i> Portulaca.	261	277
<i>Potatoes.</i> Battata.	262	<i>Meadow Rue.</i> Ruta aquatica.
<i>Primrose.</i> Primulæ veris.	263	279
<i>Privet.</i> Ligustrum.	Ibid.	<i>Garden Rue.</i> Ruta.
<i>Prickley bindweed.</i> Smilax		280
<i>aspera.</i>	294	<i>Rupturewort.</i> Herniaria.
<i>Park leaves.</i> Siciliana.	341	281
		<i>Rice.</i> Oriza.
		283
		<i>Rye.</i> Secale.
		Ibid.
		S.
		<i>Altwort.</i> Salicornia.
		139
		<i>Saffron.</i> Crocus.
		284
		<i>Sage.</i> Salvia.
		285
		<i>Wood-Sage.</i> Salvia silvestris.
		286
Q <i>Queen of the Meadows.</i>		<i>Burnet Saxifrage.</i> Pimpinella
<i>Regina prati.</i>	263	<i>Saxifraga.</i>
<i>Quince tree.</i> Malus Cydonia.		287
	265	<i>Sea-holly.</i> Eringium.
		111
		<i>Servingmens Joy.</i> Ruta.
		280
		<i>Service tree.</i> Sorbus.
		288
		<i>Solomons Seal.</i> Sigillum Solo-
R <i>Adish.</i> Raphanus.	266	monis.
<i>Horse-radish.</i> Raphanus		Ibid.
		Sam-

The Table.

<i>Sampire.</i>	<i>Feniculum mari-</i>	<i>Spikenard.</i>	<i>Nardus Indica</i>
num	290		317
<i>Saunders.</i>	<i>Santalum</i>	<i>Spinage.</i>	<i>Spinachia</i>
	291		318
<i>Sanicle.</i>	<i>Sanicula</i>	<i>Spleenwort.</i>	<i>Asplenium</i>
	292	ib.	
<i>Sauce alone.</i>	<i>Alliaria</i>	<i>Squinant.</i>	<i>Schænanthos</i>
	293		319
<i>Savin.</i>	<i>Savina</i>	<i>Starwort.</i>	<i>Bubonium</i>
	298		320
<i>Saxifrage.</i>	<i>Saxifragia</i>	<i>Stonecrop.</i>	<i>Vermicularis</i>
	ibid.		321
<i>Scabious.</i>	<i>Scabiosa</i>	<i>Strawberries.</i>	<i>Fragraria</i>
	301		322
<i>Singreen.</i>	<i>Barba Jovis</i>	<i>Succory.</i>	<i>Cichorea</i>
	160		323
<i>Sloe-bush.</i>	<i>Spinus</i>	<i>Sun-flower.</i>	<i>Vide Elecampane</i>
	47		
<i>Snakeweed.</i>	<i>Bistorta</i>	<i>Sundew.</i>	<i>Ros Solis</i>
	46		274
<i>Sarsaparilla</i>		<i>Silverweed.</i>	<i>Argentina</i>
	294		328
<i>Sassafras</i>		<i>Set foil.</i>	<i>Tormentilla</i>
	295		337
<i>Satyrion.</i>	<i>Testiculus canis</i>		
	296		
<i>Savory.</i>	<i>Thymbra</i>		
	297		
<i>Scordium</i>		T	
	303	<i>obacco.</i>	<i>Nicotiana</i>
<i>Scurvy-grass.</i>	<i>Cochlearia</i>		324
	304	<i>Tamarinds.</i>	<i>Tamarin-</i>
<i>Sebesten.</i>	<i>Myxa</i>	dus	325
	305		
<i>Self-heal.</i>	<i>Prunella</i>	<i>Tamarisk.</i>	<i>Tamarix</i>
	306		326
<i>Sena</i>		<i>Garden Tansie.</i>	<i>Tanacetum</i>
	307		
<i>Shepherds purse.</i>	<i>Bursa Pasto-</i>		
ris	308	<i>Wilde Tansie.</i>	<i>Argentina</i>
			328
<i>Skirret.</i>	<i>Sisarum</i>	<i>Tarragon.</i>	<i>Draco herba</i>
	309		329
<i>Smallage.</i>	<i>Paludapium</i>	<i>Thistles.</i>	<i>Carduus</i>
	ibid.		330
<i>Sorrel.</i>	<i>Acetosa</i>	<i>Ladies Thistle.</i>	<i>Carduus Ma-</i>
	310	ria	331
<i>Wood sorrel.</i>	<i>Alleluia</i>	<i>Twayblade.</i>	<i>Bifolium</i>
	311		38
<i>Scabwort</i>		<i>Thorowmax.</i>	<i>Perfoliata</i>
	ibid.		332
<i>Sowthistles.</i>	<i>Sonchus</i>	<i>Teasel.</i>	<i>Carduus fullonum</i>
	313		
<i>Sowbread.</i>	<i>Cyclamen</i>		333
	314		
<i>Southernwood.</i>	<i>Abrotanum</i>		
	315	<i>Trefoil.</i>	<i>Trifolium</i>
mas			334
<i>Speedwel.</i>	<i>Vide Fluellin</i>	<i>Tyme.</i>	<i>Thymus</i>
			335
<i>Spignel.</i>	<i>Meum</i>	<i>Tormentil.</i>	<i>Tormentilla</i>
	316		337
		<i>Bb</i>	<i>3</i>
			<i>Turn-</i>

The Table.

Turnsole. Heliotropium	338	Walnut Tree. Juglans	352
Turpentine. Terebinthina		Winter Cherries	10
	339	Willow herb. Lyfimachia	181
Turmerick. Curcuma	340	Wold, or Weld. Lutea	353
Turnips. Rapa	340	Wheat. Triticum	354
Tuscan. Siciliana	341	Whitlow-grass. Paronychia	
Throatwort. Uvularia	342		355
		Whynns. Genista spinosa	126
V.		Whorts. Vaccinia	37
		Woodbinde. Peryclimenum	156
Venus navelwort. Coty-		Wilde Water-cresses. Carda-	
ndedon	167	mine	184
Valerian. Phu majus	343	Wood sorrel. Lujula	312
Vervain. Verbena	344	Willow Tree. Salix	356
Velvet flower. Amaranthus	346	Woad. Glastrum	357
Vine. Vitis	347	Woodbinde. vide Honey-suckles	
Violets. Viola	348	Wormwood. Absynthium	358
Vipers Bugloss. Echium	350		

X.

W.		Xrlo Aloe. Lignum Aloes	
Wake Robin. Arum	92		360
Wall Rue. Ruta mu-		Y.	
raria	187		

Water Germander. Scordium		Y Arrow. Millefolium	361
	303	Yew Tree. Taxus	362
Wall Pepper. Vermicularis		Z.	
	321		

Winter Gilliflowers. Viola		Z Edoary. Zedoaria	363
lutea	351		



A Table of Diseases, and the Plants appropriated to their Cures, directed to the Pages wherein their Faculties are treated of.

- A.**
A Bortion to hinder. *Eistort* 146, 150, 160, 168, 169 *Mirtles*
47 *Medlars* 198. *Pome-* 205, 225, 247, 260, 262, 272, 298,
Citron seeds 257. *Sage* 285, 319 308, 324, 332, 333, 353
Abortion to cause. *Dragons* 107. *Almonds* of the Throat, *Vide*
Garlick 127, 129, 134. *Gladwin* Sore Throat.
138, 140, 164, 189, 214, 236, 248, *Aftmah's*. *Fennel Giant* 116
298, 314 *Arteries*. *Groundfel* 136
Adders, *vide* *Venomous* bitings. *Aches*. *Bayes* 28 *Camomil* 61, 88,
After-birth. *Bay berries* 28. *Birch* 137 *hedge mustard* 147, 192, 220
tree 43, 44, 51, 68, 70, 129, 134, *Spiguel* 317. *Wilde Tansie* 328
158, 185, 189, 195, 201, 214 *Adult Chollet*. *Mirabolans* 205,
Agues. *Apples* 12. *Arch angel* 206. 149. *Sebesten* 306
14. *Alkanet* 18. *Assarabacca*. *Adult melancholly*. *Mirabolans*
Barberries 26. *Barley* 26. *Be-* 205, 206. *Tamarisk* 327 *Fu-*
tony 37. *Bilberries* 38. *Bitter* *Arme pits ill scent*. *Rocket* 271
sweet 43. *Birthwort* 44. *Bucks* *Thistles* 330
horn 37, 38, 43, 44, 55, 56, 59, *Arteries*. *Burdock* 58
60, 61, 62, 63, 64, 67, 69, 71, *Aire corrupt*. *Marigolds* 195.
75, 82, 94, 97, 103, 111, 112, *Oranges* 232. *Vide* *Infection*
125, 132, 148, 155, 162, 166, *B.*
167, 172, 180, 186, 206, 213, **B** *Alsome for Wounds*. *Adders*
218, 223, 250, 256, 265, 275, *Tongue* 2 *St. Johns wort* 163
295, 308, 310, 345, 250 *Back to cool*. *Buckshorn* 55
Appetite. *Barberries*, *Bayberries* *Back to strengthen* 54. *Comfrey*
28, *Capers* 62, 131. *Mustard* 75. *Knotgrass* 169, 349, 350
218, 242, 255, 261, 266, 326 *Belly to loosen*. *Bindweed* 41.
Apostumes. *Pellitory* 297 *Cherries* 65, 214, 242, 244
Apoplexy. *Coloquintida* 74. *La-* *Belly ache*. *Bay berries* 28 *Carrot*
vender 173. *Lilly Conuallj* 178, *seeds* 63, 137, 172, 182, 192,
194, 199, 207, 245, 360 194, 231, 347
St. Antonies fire. *Crab claws* 83. *Barrennels caused*. *Rue* 280. *Ce-*
Fleawort 121, 132. *Hawkweed* *terach* 319
bb 4 Ba

The Table.

- Barrenness helped. *Potatoes* 262
Rocket 271
 Blood to stanch. *Medlar leaves* 198. *Money wort* 208, 209.
Services 288, 289, 345
 Bladder. *All heal* 7. *Briony* 51.
Brooklime 52, 53, 54. *Calamus*
 60, 104, 107, 118, 123, 126, 132,
 146. 175. 187, 193, 197, 217,
 226, 241, 253, 281, 285, 289.
 300, 309, 315, 339
 Blood cleaned. *Water Agrimo-*
ny 3. *Borrage* 49. *Brooklime*
 52. 63. 67. 90. 102. 113. 116.
 167. 192. 214. 220. 249. 351.
 359
 Blood congealed. *Bugle* 55.
Crane's bill 105. 126. 227. 336
 Blood spitting to help. *Avena* 24.
water Betony 36. 40. *Cowslips*
of Jerusalem 89. 95. 226. 227.
 277. 348
 Blisters. *Beech leaves* 34. *Liver-*
wort 181
 Breast infirmities help. *Alecoast*
 5. *Asparagus* 21. *Bay-berries*
 28. 36. 37. 44. 65. 67. 68. 70.
 74. 93. 109. 118. 141. 143. 153.
 209. 218. 250. 262. 295. 334.
 335. 344. 348
 Womens Breasts swelled to help.
 29. 67. 135. 136. 148. 150. 162.
 163. 170. 171. 262
 Bleedings inward. *Ladies Bed-*
straw 33. *Bistort* 46. 131. *Mouf-*
ear 213. 345
 Breath stinking. *Balme* 25. *Myr-*
tils 205. *Oranges* 232. *Smallage*
 310. *Zedoary* 363
 Breath short to help. *French*
beans 30. 43. *Calamint* 59. *Colis-*
foot 74. 89. 93. 127. 129. 145.
 166. 172. 197. 220. 223. 262.
 275. 285. 308. 336
 Belchings to help. *Barberries* 26.
Burnet 57. *Tormenil* 338
 Boils. *Bean flower* 29. *Louage* 183
 Brain strengthened. *Dill* 101. *Eye-*
bright 113. 130. 166. 178. 206.
 285. 307. 317
 Swimmings of the Brain. *Beets*
 34. 43. 44
 Bones out of joynt. *Bittersweet* 43
 Borches. *Cardus Benedictus* 155.
 157. 183. *White Lillies* 185.
Mulleyn 217
 Bruises. *Agrimony* 3. *Alkanet* 18.
Beans 29. *Bittersweet* 43. 45.
 55. *Crosswort* 91. 100. 114. 131.
 163. 171. 186. *Marshmallows*
 192. 218. 220. 240. 332. 353
 Burning. *Ladies Bedstraw* 32.
Water Betony 35. 58. *Marsh-*
Mallows 193. *Mulberry* 215.
 229. 231. 262. 263
 Bloody Fluxes. *Bilberries* 38.
Sloes 47. 55. 57. *Flixweed* 122.
 123. 127. *Madder* 189. 227. 239.
 264. 270. 277. 348
 Burstings. *Bisfoil* 39. *Sage of Je-*
rusalem 89. 91. 144. 174. 220.
 234. 293. 332
 G.
 Canker. *Columbines* 73. 273.
 312. 333
 Cancers. *Knotgrass* 169. 209. 236.
 239. 269
 Catarhe. *Dragons* 107. *Elder*
 109. 154. 201. 205. 317. 323. 338
 Chollick. *Avena* 24. *Bayberries*
 28. *Bindweed* 40. 55. 60. 61.
 63. 64. 70. 74. 78. 87. 93. 110.
 114. 118. 127. 141. 146. 162.
 164. 166. 174. 175. 176. 178.
 204.

The Table.

204. 226. 228. 230. 236. 248. Crude humours. *Avens.* 24
 250. 256. 264. 266. 267. 274. Chillblains. *Kidneywort.* 168
 280. 294. 300. 306. 307. 318. Cramps. *Bayberries.* 28. *Bears-*
 314. 318. 326. 336. 253. 359 *breech* 40. *Calamint* 59, 60,
 Choller to purge. *Alccoast* 5. 65. *Corral* 82, 88, 107, 109,
Alehoof 6. *Assarabacca* 20. *Ari-* 110, 117, 129, 134, 137, 142,
stolochia 44. *Cassia* 63. 64. 94. 146. 150. 156. 166. 173. 174.
 95. 103. 108. 121. 125. 137. 192. 211. 214. 216. 217. 220.
 157. 164. 167. 180. 183. 192. 235. 238. 248. 251. 277. 285.
 193. 197. 204. 205. 258. 265. 300. 304. 315. 320. 325. 328.
 273. 277. 307. 322. 339. 359 331. 336.
 Costiveness. *Centory* 64
 Carbuncles. *Savin* 298. 350
 Cods swelled to help. *Agnus Ca-*
stus 4. *Bean flower* 29. 94. 95. *D.*
 152. 168. 193. 205. 225. 230. *Andriff.* *Elme.* 110. *Mallows*
 236. 336. 344 193. *Scabious* 303. *Willow*
 Consumptions. *Agrimony* 3. *Bay-* 357.
berries 28. 37. *Bugloss* 56. 68. *Deatness.* *Betony* 36. 67. *Hog-*
 96. 120. 127. 166. 172. 176. *fennel* 117. 253. *Sow-thistles*
 245. 253. 256. 258. 260. 275. 313. 357.
 276. 285. 296. 339. 356
 Conception 63. *Spleenwort* 319.
 117. 295
 Convulsions. *Betony* 37. 44. *Cent-*
ory 65. 88, 107, 129. 137. 143. *Delivery easie.* *Basil* 28. *Bayber-*
 146. 150. 156. 166. 173. 174. *ries* 28. *Betony* 37. 44. 82. 102.
 192. 211. 235. 238. 300. 320 123. 313.
 Colds. *Betony* 37. *Nep.* 220. 228
 Chincough. *Moneywort* 208. 210
 Coughs. *Betony* 37. 38. *Calamint*
 59, 65, 67, 69, 74, 75, 78, 89,
 93, 94, 95, 96, 110, 117, 119,
 123, 127, 130, 137, 141. 144,
 145, 151, 154, 160, 166, 167,
 176, 186, 187, 192, 197, 205,
 212, 216, 217, 220, 228. 233,
 236, 238, 240. 243, 245, 246,
 250, 253, 256, 260, 266, 271,
 275, 276, 280, 285, 294, 302,
 304, 306, 315, 335, 339, 340,
 344, 345, 348.

Crude humours. *Avens.* 24
 Chillblains. *Kidneywort.* 168
 Cramps. *Bayberries.* 28. *Bears-*
breech 40. *Calamint* 59, 60,
 65. *Corral* 82, 88, 107, 109,
 110, 117, 129, 134, 137, 142,
 146. 150. 156. 166. 173. 174.
 192. 211. 214. 216. 217. 220.
 235. 238. 248. 251. 277. 285.
 300. 304. 315. 320. 325. 328.
 331. 336.

Courses. vide Terms.

Corns. *Fennel gyant.* 116. *House-*
leek. 160

D.

Andriff. *Elme.* 110. *Mallows*
 193. *Scabious* 303. *Willow*
 357.

Deatness. *Betony* 36. 67. *Hog-*
fennel 117. 253. *Sow-thistles*
 313. 357.

Dead Birth. *Alkanet.* 17. *Briony*
 51. *Brooklime* 52. 68. *Ground-*
pine 134. 140. 164. 184. 196. 352

Delivery easie. *Basil* 28. *Bayber-*
ries 28. *Betony* 37. 44. 82. 102.
 123. 313.

Digestion to help. *Avens.* *Balme*
 24. 25. *Betony* 37. 78. 130. 182
 184. 196. 204. 262. 272. 339.

Dreams terrible. *Polipody* 257.

Drowlie evil. *Mustard* 218

Dropsie. *Agnus Castus* 4. *Assara-*
bacca 20. *Ashe* 22. *Betony* 37.
Briony 51. *Brooklime* 52, 53.
 54, 61. *Centory* 65. 74. 80. 85.
 95. 99. 105. 107, 108. 115. 117.
 134. 137. 140. 146. 153. 162.
 166. 168. 174. 185. 186. 189.
 196. 200. 210. 213. 226. 230.
 237. 239. 248. 266. 320. 323.
 325. 327. 331. 359.

Dun-

The Table.

- Drunkennes.** *Wormwood* 359.
Mad Dogs. *Balm* 25. *Danewort*.
 99. 117. 129. 158. 159. 188.
 193. 204
Dumb. *Piony* 249. *Rosemary* 276
Dugs greatness to abate. *Hemlock*
E. 151.
E *Arworms.* *Fennel* 116. 151.
Ears pained. *Poplar* 23. *Beets*
 33. 112. 117. 121. 169. 201. 204
 207. 225. 240. 272. 338. 359
Noise in the ears. *Beets* 33. *Mar-*
joram 194.
Eyes sight to help. *Alchoof* 6. *As-*
sarabacca 20. *Wood Betony* 37.
 59. 63. 70. 83. 93. 107. 113.
 116. 129. 130. 141. 145. 182.
 183. 195. 250. 252. 253. 264.
 269. 272. 276. 278. 280. 292.
 303. 318. 334. 335. 344. 351.
 359. 361.
Eyes inflamed to cure. *Anemonies*
 19. *Borrage* 49. 55. 68. 84. 109.
 113. 141. 152. 169. 178. 193.
 210. 262. 315. 323. 333. 338.
 349.
Eye lids. *Barley* 27. 113. 126.
 142. 278.
Eyes watry to help. *Beanes* 30.
Sloes 48. 92. 113. 122. 130. 136
 160. 196. 201. 263. 323. 326. 338.
F.
F *Acc freckled.* *Agnus Castus* 4.
Avens 24. *Bean-water* 29
Briony 51. 54. 180. 183. 184.
 185. 189. 228. 219. 223. 246.
 247. 271. 287. 289. 302. 329.
 345. 353.
Face red. *Lillies* 185. 246. 247.
 333. 353.
Felons. *Beans* 29. *Bittersweet* 42
Feavers. *Barley* 26. *Cassia* 63. 227
194. 195. 272. 273. 284. 295.
 300. 306. 312. 326. 337. 359.
Fluxes helpt. *Agrimony* 3. *Avens*
 24. *Sloes* 48. *Bramble* 50. 67.
 69. 82. 183. 209. 213. 216. 217
 251. 258. 260. 261. 272. 276.
 282. 283. 293. 296.
Feaver Hectick. *Marigolds* 194.
Barley 26. *Cassia* 63. 227. 258. 296
Feaver old and putrid. *Borage* 49.
Marigolds 194. 227. 276. 284.
Fistula's. 225. 236. 221. 246. 247.
 298. 308. 345. 362.
Falling sickness. *Asparagus* 21.
Poplar 23. *Betony* 37. 51. 61. 65.
 69. 82. 166. 193. 239. 196. 207.
 210. 218. 242. 245. 248. 249.
 253. 261. 349.
Feet surbated. *Ladies bedstraw*.
 32
Frenzy. *Agnus Castus* 5. *Wood*
betony 37. *Poppy* 260. 261.
Flegm. *Alecoft* 5. *Anemo-*
nies 19. *Bindweed* 41. *Birch-*
wort 44. 61. *Capers* 61. 211. 221
 261. 265. 277. 297. 306. 310.
 328. 339
Fleas and Flies, *vide* *Noisome*
creatures to drive away.
Fundament. *Beech* 34. 206. 216.
 217. 220
French Pox. *Cassia* 63. *Dodder*
 103. 109. 125. 136. 155. 197.
 273. 286. 294. 295. 302. 303.
 316. 338
G.
G *Alls infirmities helpt.* *Ale-*
choof 6. *Bittersweet* 42. 59.
 64. 86. 90. 103. 111. 116. 189.
 249. 285. 323. 340
Gangreens. *Darnel* 96. *Netties*
 221. 352

The Table.

Giddinels, Woodbetony 37. 149.

173. 220

Gout. Alehoof 6. Balme 25. Burdock 58. 76. 99. 121. 134. 138.

148. 166. 173. 232. 235. 196.

197. 217. 219. 222. 248. 253.

260. 278. 281. 291. 294. 304.

324. 336. 351

Gonorrhea. Artechokes 19.

Barley 26. 59. Purslain 261. 272.

277. 282. 341. 347

Green Sickness. Assarabacca

20. Broom 54. 277. 310. 340. 359.

Gravel. Cherry Gum 65. 77. 102.

104. 105. 120. 132. 136. 157. 226.

196. 204. 221. 241. 246. 282.

290. 311

Gripings in the Guts. Sloes 47.

141. 147. 192. 229. 234. 236.

249. 317

Gums. Bugle 55. 76. 204.

229. 248. 255. 272

H.

H Air falling to hinder. Beets

34. 78. Laserwort 186. 247.

266. 362

Hair to take away. Bindeweed 41

Hearing to help. Vide Deafness.

Heads Scald. Ash 22. Beets 34.

Beech mast 35. 125. 127

Humors gross purged. Water

Agrimony 3. 62

Hemorrhoides. Water Betony

36. Camock 61. Comfrey 75. 109.

121. 139. 160. 168. 205. 232.

238. 252. 314.

Hiccough. Fennel 116. 156. 210.

226. 277. 309. 319

Heart to comfort. Avena 24.

Vipers Bugloss 56. Burnet 57. 70.

71. 127. 177. 178. 180. 195. 205.

206. 211. 226. 232. 257. 272. 331

Headache. Basil 28. Beets 34.

Wood Betony 37. 48. 127. 153.

172. 176. 196. 197. 199. 210. 223.

235. 242. 252. 260. 276. 292.

307. 324. 325

Hip-gout, Vide Sciatica.

Hypocondriack passions. Dod-

der 103. Melilot 199

Hoarseness. Cabbage 59. Cher-

ries 65. 69. 96. 109. 121. 141.

145. 147. 253

I.

J Aundies Yellow. Alehoof 6.

Alkanet 17. Assarabacca 20.

Ash 22. Barberries 26. 42. 59. 61.

Camomile 61. 64. 67. 69. 71. 80.

86. 102. 103. 107. 109. 112. 125.

130. 135. 157. 180. 201. 239. 249.

254. 255. 276. 282. 285. 310.

323. 326. 331. 359

Jaundies Black. Bittersweet 42.

Broom 54. 67. 71. 112. 125. 135.

144. 147. 173. 195. 213. 214. 226.

244. 255. 276. 285. 311. 326.

331. 359

Joyns. Balme 25. 65. Dittan-

der 102. 121. 129. 135. 136. 137.

173. 218. 267. 285. 294. 328.

336. 329

Itch. Alehoof 7. Beech 34. Wa-

ter Betony 35. Celandine 64. 103.

110. 125. 126. 138. 148. 174.

221. 228. 248. 311

Inflammations. Poplar 23. Beets

34. Coltsfoot 75. 83. 121. 146.

150. 152. 168. 169. 178. 179. 180.

199. 201. 210. 225. 230. 234. 247.

260. 297. 307. 311. 322. 347. 358

Imposthumes. Barley 27. Will

101. 112. 121. 185. 204. 205.

228. 232. 247. 253. 302. 311.

349. 352

The Table.

- Illiack passions. *Vide Chollick.*
 Infections 165, 177, 223, 252,
 257, 258, 279, 280, 284, 302, 334,
 335, 344, 352, 360, 363
 K.
K Idneys infirmities. *Agrimo-*
ny 3, *Alecoast* 5. *Alkanet*
 18, 30, 54. *Backshorn* 55, 56, 63
 77, 83, 103, 131, 132, 133, 168.
 174, 177, 187, 198, 204, 227, 235
 242, 249, 252, 277, 288, 293.
 300, 309, 315, 350
 Kernels, *Eringo* 112, 136, 278
 Kings Evil. *Barley*, *Briony* 51.
Broom 54. *Cleavers* 71, 77, 81, 109.
 119, 144, 182, 197, 238, 250.
 269, 278, 298
 Kibes. *Beets* 34. *Burdock* 58.
Kidneywort 168, *Onions* 232.
Turnips 340
 Knobs. *Bindweed* 41, 81, 355
 Knees pains. *Broom* 54, 59
 L.
L Ask. *Alkanet* 18. *Bilberries*
 38. *Sloes* 47. *Hemp* 151, 159
 164, 208, 215, 216, 226, 273.
 277, 283, 309, 331, 348, 353
 Limbness. *Elder* 109
 Looſeness. *Sloes* 47. *Cinamon*
 70, 97. *Dill* 101, 264, 360, 363
 Lechargy. *Agnus Castus* 5. *Anemo-*
monies 19, *Basil* 28, 218, 221, 241.
 245, 248, 297, 336, 359, 360
 Leprosie. *Alkanet* 18. *Anemo-*
monies 19. *Aſhe* 28, 51, 96, 103.
 110, 126, 218, 221, 228, 248.
 255, 302, 323, 355
 Lice. *Alecoast* 6. *Meadow Rue*
 279. *Henbane* 153. *Tobacco* 324, 325
 Leannels to procure. *Aſhe* 22
 Liver obstructed. *Agrimony* 3.
Aſſarabacca 20. *Beets* 34. *Bitter-*
sweet 42, 59, 62, 64, 102, 116, 125
 134, 144, 193, 197, 214, 226, 249
 266, 278, 282, 290, 293, 331, 348
 Liver to strengthen. *Agrimony*
 3. *Alecoast* 5, 30. *Betony* 37. *Ca-*
lamus Aromat. 60, 94, 97, 102, 103
 110, 112, 153, 157, 193, 197, 204
 205, 234, 236, 246, 254, 257, 258
 267, 272, 276, 277, 305, 317,
 319, 322, 349
 Liver to cool. *Barberries* 26.
Cassia 63, 95, 102, *Kidneywort*
 168, 178, 180, 192, 227, 261,
 278, 291, 326, 331, 336
 Liver-grown. *Pennyroyal* 248
 Legs swelled. *Cabbage* 59, *Wood-*
sage 287
 Loins. *vide Back.*
 Lungs ulcerated. *Alehoof* 6. *Bil-*
berries 38, *Burdock* 58, 68, 182,
 205, 208, 234, 275, 306
 Lungs infirmities. *Wood-Beto-*
ny 37, 65, 75, 89, 93, 105, 107,
 109, 110, 119, 138, 141, 143, 153
 156, 167, 176, 182, 183, 192, 193,
 196, 201, 216, 221, 236, 248, 253
 257, 268, 293, 295, 300, 302, 303
 319, 336, 339, 345, 349, 359
 Lust to ſtir up. *Artechok* 19.
Aſparagus 21, *French Beans* 30,
 63, 87, 101, 112, 175, 218, 252,
 262, 271, 296, 309, 317
 Lust to abate. *Hawkweed* 146
Hemlock 150, *Hemp* 151, *Lettice*
 176, *Water Lilly* 179, *Rue* 280,
 M.
M Atrix 34. *Beech* 46, 47. *Bur-*
dock 58, 99, 151, 180, 185,
 258, 328, 336
 Megrim. *Wood Betony* 37
 Madneſs. *Dodder* 103. *Elder*
 109, 148, 149, 253
 Memory

The Table.

Memory to help. *Affarabacca* 20, 123, *Sweet Marjoram* 193, *Melilot* 199, 226, 284, 360
 Members benumbed. *Agnus Castus* 4
 Measles. *Alkanet* 18, *Bistort* 47, 109, *Marigolds* 194
 Melancholly. *Basil* 28, *Borage* 49, 56, 62, 63, 82, 103, 109, 115, 148, 149, 206, 211, 241, 256, 257, 273, 285, 307, 319, 326, 327, 336
 Milk to encrease in Nurses. *Anemones* 19, *Vipers Bugloss* 56, 101, 223, 251, 313, 331
 Milk to dry up. *Aff* 23 *Basil* 27
 Milt, vide *Spicen*
 Mother helpe. *Agnus Castus* 4, *Affragus* 21, 37, 51, 58, 78, 97, 108, 115, 157, 173, 186, 211, 214, 226, 241, 280, 284, 294, 297, 300, 317, 325, 353
 Mouth sore. *Birch tree* 44, *Bramble* 50, 55, 109, 176, 177, 204, 215, 219, 227, 253, 258, 264, 269, 285, 288, 293, 297, 307, 310, 323, 342, 352
 Morpew. *Briony* 51, *Celandine* 64, 74, 84, 96, 102, 107, 110, 119, 123, 126, 127, 146, 189, 221, 289, 323, 345
 Mumps 87
 Murrain, *Motherwort* 102
 Muscles to strengthen. *Pepper* 250
 N.
 Nose sore. 45, 46, *Snakeweed* 93, *Orris* 235, 257.
 Nails sore. *Pomegranate* 258
 Nose bleeding *Water Betony* 36, 37, 55, 221, 244, 288, 356, 361.
 Neck drawn awry. *Mustard* 218
 Cick in the neck. 262.
 Numness. *Bears breech* 40
 Pine 253.
 Nipples sore. *Self-beat* 307
 Nerves. *Birthwort* 44. *Elder* 109, 250, 269, 285
 Night-mare 249
 Nodes. *Medick-fitch* 81. *Wood-sage* 286
 Navels of children sticking out *Thorow-wax* 332
 Noisome creatures to drive away *Glaswort* 140. *Lavender Cotton* 174. *Nigella* 223. *Poley mountain*, *Starwort* 321. *wormwood* 359, 360
 O.
 Obstructions. *Elder* 109, 125, 127. *Hops* 157. *Maple* 193, 217, 221, 281, 282, 290, 295, 340, 359, 361
 P.
 Palsie. *Comslips* 88, 95, 117, 130, 134, 156, 164, 166, 194, 206, 219, 253, 285, 287, 297, 300, 318, 328, 348, 360
 Pestilence, vide *Plague and Infection*.
 Poisons. *Avens* 24. *Balm* 25, *Bayberries* 28. *Vipers Bugloss* 56, 62, 63, 98, 119, 166, 172, 196, 229, 234, 255, 257, 280, 284, 325, 351.
 Pissing blood. *Agrimony* 3. *Be-tony* 37, 77, 79
 Pissing a bed. *Bistort* 47, 48, 96
 Plague, *Alchoof* 6. *Avens* 24, *Balm* 25, 47, 58, 71, 92, 98, 107, 109, 119, 120, 129, 155, 165, 177, 223, 252, 279, 285, 298, 322, 334, 337, 34, 344, 345, 352, 363
 Pox small. *Alkanet* 18. *Bistort* 47, 109, 194, 271, 337
 Privy parts inflamed helpe. *Agnus Castus* 4. *Tarrow* 361. vide
 Cods swelled
 Ulce-

The Table.

| | |
|---|---|
| Ulcerated privities. <i>Alehoof</i> 7. | 223 261 263 269 272 275 282 |
| <i>Bramble</i> 50. <i>Bugle</i> 55. 95. 185. | 291 295 309 317 338 |
| 293. 307. 223. 342. 361 | Ruptures. <i>Auens</i> 24 <i>Bisfoil</i> 39 |
| <i>Polipus</i> . <i>Birthwort</i> 45. 92. 95. | <i>Bears breech</i> 40 43. 44 59 61 73 |
| 107. 186. 221 | 89 91 95 105 106 110 118 159 166 |
| <i>Piles</i> . <i>Water Betony</i> 36 <i>Rest-</i> | 171 187 192 213 282 329 333 355 |
| <i>harrow</i> 61. 68. 75. 108. 121. 160. | S. |
| 206. 215. 217. 220. 238. 347. | <i>S</i> <i>Cabs. Alehoof</i> 7 <i>Ashe</i> 22 74 |
| <i>Prickick</i> . <i>Bears breech</i> 40. 68. 109 | <i>Caramay</i> 78 102 123 125. 126 |
| 154. 172. 176 213. 245. 256 276 | 137. 138 158 166 177 184 193 |
| <i>Pulhes</i> . <i>Poplar</i> 23. 34. 35. | 201 219 227 278 302 |
| <i>Broom</i> 54. 59. 68. 111. 316. 324. | <i>Scaldings</i> . <i>Danewort</i> 99 <i>Elme</i> |
| 334 354 | 110 <i>Hounds-tongue</i> 159 229 232 |
| <i>Purples</i> . <i>Snakeweed</i> 47 | <i>Sciatica</i> . <i>Alehoof</i> 6 <i>Water Beto-</i> |
| <i>Pleurisie</i> . <i>Chervil</i> 66. <i>Cummin</i> | <i>ny</i> 35 <i>Broom</i> 54 91 95 96 100 109 |
| 94. 186. 193. 221 260 349 360 | 117 137. 138 168 186 189 235 |
| <i>Priapisme</i> . <i>Water Lilly</i> 180 | 267 269 277 280 297 342 347 |
| Q. | <i>Secondine</i> . <i>vide</i> <i>Attebirth</i> |
| <i>Q</i> <i>uinzy</i> . <i>Columbins</i> 73. <i>cinque-</i> | <i>Seed to encrease</i> . <i>Arteebores</i> 19 |
| <i>foile</i> 69. <i>Figs</i> 119. <i>Hysop</i> | <i>Burdocks</i> 58 79 112 |
| 153 <i>Loose strife</i> 182. <i>Leuage</i> 183 | <i>Scowring</i> . <i>vide</i> <i>Flux and Lask</i> |
| <i>Violets</i> 349. 352. 359 | <i>Spleen</i> . <i>Agnus Castus</i> 4 <i>Ale-</i> |
| <i>Qualms</i> . <i>vide</i> . <i>Heart and stomach</i> | <i>cost</i> 5 <i>Alehoof</i> 6 <i>Alkanet</i> 18 <i>As-</i> |
| R. | <i>sarabacca</i> 20 <i>Ashe</i> 22 <i>Bayberries</i> |
| <i>R</i> <i>unning of the Reins</i> . <i>Bistort</i> | 28 34 44. 45 51 61. 62 64 82 90 |
| 47. 55 58. <i>Camphire</i> 60. 169. | 97 103 110 112 114 116. 117 |
| 173. 177. 179. 272. 277. 282. 291 | 123 125 126 146 149 156 183 |
| 293. 319. 326. 339. 341. 362. | 199 207 238 247. 248 255. 256 |
| <i>Reins pained to help</i> . <i>Aspara-</i> | 267 276 290 294 310 314. 315 |
| <i>gus</i> 21. 50. 54. 56 <i>Cassia</i> 63. 65. | 317 323 325 331 335 351 358 |
| 77. 83. 90. 115. 119. 120 134. | <i>Sides pained</i> . <i>Ashe</i> 22 <i>Sloes</i> 47 |
| 176. 177. 192. 219. 246. 317. | <i>Calamus Aromaticus</i> 60. 61. 62 |
| 319. 328. 336. 347. 349. 351 | 66 <i>Marsh Mallows</i> 193 218 221 |
| <i>Rickets</i> . <i>Alecoast</i> 6. <i>Cipers</i> 62. | 227 236 280 336 339 343 |
| <i>Fern</i> 114. <i>Melilot</i> 199 | <i>Spasme</i> . 98 218 |
| <i>Reds to stop</i> . <i>Red Blites</i> 48. 189 | <i>Scurvy</i> . <i>Brooklime</i> 52. 53 <i>El-</i> |
| <i>Ringworms</i> . <i>Alkanet</i> 18. <i>Ce-</i> | <i>der</i> 109 <i>Mechoacan</i> 197 <i>Horse-</i> |
| <i>landine</i> 64. <i>Horse-tail</i> 159. 181. | <i>radish</i> 267 334 |
| 201. 255. 281. 298 302. 311 355 | <i>Splinter to draw out</i> . <i>vide</i> <i>Thorns</i> |
| <i>Rheums</i> . <i>Briony</i> 51 <i>Bucks-horn</i> | <i>Shrew Mouse biting</i> . 127 271 |
| 55 <i>Camock</i> 61. 74 82 87 121 130 | <i>Shingles</i> . <i>Shepherds purse</i> 309 |
| 137 154 160 167 194 196 210 | 333. 334. |

Sinews.

The Table.

| | |
|---|--|
| Sinews, Balme 25, 58. Camomil
61 88 114 164 174 185 194 214
222 265 269 276 285 328 352
354 | Sunburning, Water Betony 35,
Celandine 64 84 88 107 156 329
Stones swelled, Cypress tree 95, 148
Surfeits, Barley 27 Poppy 260 261
Speech lost to restore, Lavender
173 Piony 249 276 300
Sores. Water Betony 35 36. Bu-
gle 55 59 105 107 111 119 123
129 131 169 171 196 214 221 254
255 278 281 333 338 345
Staggers, Ragwort 269
Swoonings to help, Balm 25.
Borrage 49. Clove Gilliflowers
72 73 109 331
Sweat to procure. Camomile 61.
Centory 64 275
Sweating immoderate to re-
strain. Quinces 265 266
Swellings. Camomile 61. Clary
70 75 83 110 111 184 201 230
254 286 297 315 320 335 336
349 |
| Smelling lost to restore, Beets
33. Nigella 223
Sneezing to procure, Bazil 28.
Clary 70
Sleep to cause, Chervil 66. Dill
101, Endive 111, 146, Water Lil-
ly 179, 260, 261
Snakes stinging, Vide Veno-
mous bitings
Scurffs, Elme 110 125 126 127
186 192 193 355
Stomach to heat. Cynomon 70.
Marjoram 194. Masterwort 196,
218. Mace 226, 232, 257, 267, 319.
330. 336. 345. 348
Stomach to cool, Barley 26. Bil-
berries 38. Cassia 63. Golden rod
131, 144. 146. 168, 169. 176. 306.
322. 326
Stomach to strengthen. Alecoast
6. Artechokes 19, Avens 24. Balm
25. Betony 37, 60. Cardamomes 62.
66, 82. 102 109 111. 115. 116. 120.
122. 125 127. 130. 144. 184 204.
205. 208. 244. 265. 272. 291. 303.
317. 363
Stitches. Betony 37. Burdock 58.
Commyn 94 118, 227, 228. 256.
286, 330
Strangury. Asparagus 21, Brook-
lime 52 Butchers broom 53, 65 82
95 107 134 178 204 244 267 282
288 300 309 313 319 336 343
Stone to expel, Asparagus 21 Ash
22 29 30 32 44 50 55 61 65 66
77 82 88 90 109 112 116 131 132
146 187 196 198 221 243 247 274
290 294 309 311 317 330 339 | T.
Terb. Aristolochia 44 61 64
69 82 105 109 110 119 131
150 164 173 186 195 216 217
228 230 245 252 259 260 272
326 329 330 331 347 359 361
Teeth loose to fasten. Barberries 26
Tearms to provoke. Alecoast 5.
Alehoof 6. Anemonies 19. Balm
25. Basil 28 37 43 45 52 53 57
58 59 62 63 65 66 70 90 93 95
102 107 108 110 126 129 136
Tearms to stop. Barberries 26
Beech leaves 34. Bistort 47 50
75 83 88 96 97 123 133 144
Tetteris. Athanas 18. Celand-
ine 64. Caraway 76
Testicles swelled. Hedge mu-
stard 148. Vide Stones and Cods
swelled. |

Sore

The Table.

Sore Throats. Alehoof 7. Sloes 48
 Bramble 50. 65. 97 112. 118. 131
 Thorns to draw out. Chervil 66
 Clary 112 118, 147. 158
 Tumors. Barley 27. Clary 70 95
 118. 150. 199. 216. 244 311. 312.

V.

Vertigo, Coloquintida 74,
 Galanga 127

Venome, Alehoof 6, Clovegil-
 flowers 72 338

Venomous bitings 318 342 351

Venomous Beasts. Agnus Ca-
 stus 4, Balm 25, Bayberries 28,
 Beets 33 45 46 50 51 54 56 58
 63 77 78 80 95 98 107 108 112

Venery to provoke, Artechokes
 119, Clary 70 90 96 106 127

Venery to abate, Vide Lust.

Ulcers. Agrimony 3. Alehoof 7.

Alkanet 18. Anemonies 19 34 44

45. Bugle 55. 60. 61 72. 75. 80. 84.

86. 88. 93 105, 106. 111. 114, 118,

120, 123, 129, 130, 131, 133, 140,

Vomiting to stay. Alecoast 6. Ash

22. Bilberries 38. Snakeweed 46.

90. 97. 161 171 183. 196. 204. 206.

Vomiting to caule Assarabacca

20, Bindweed 41. White Helle-

bore 148. 174. 261. 322

Urine to provoke. Agnus Ca-

stus 4. Alecoast 5. Alehoof 6. Spa-

ragus 21. Ash 22. Basil 28. Bay-

berries 28. 30. 33 40. 45. 51 52. 53.

54. 58. 59 63 66. 77 78 79 80. 82.

84 87 90. 102. 103. 110. 112. 114.

Urine to cool. Barley 27 Lettice

176. Liquorice 177. 179 306 322

W.

Water tumors, anemonies 19

Wasps Vide Noisome

Creations and venomous Beasts.

Warts. Poplar 23. Mercury 201

217. 314 333 339,

Wearinels. Ladies Bedstraw

32 37. Gentian 210. 229

Wheeling Liquorice 177. Lung

wort 183. 176. 177. 221 247. 275

Whitlows. Nailwort 356

Winde. Ash 22. Bayberries 28

44 45. Cardamomes 62 63 101

103 107 112 116 132 146 151

197 214 220 221 223. 226 228

230 232 236 240 246 276 280

286 295 310 320 327 336 337

342 356 359 360

Wheals. Poplar 23, Beets 34 35

59. fumitory 126, 142 177, 313, 317

Green Wounds, Adders tongue

2, Alkanet 18, Avenus 24 43 71

72 88 106 114 118 123 129 133.

134 163 168 171 181 208 209

227 234 236 282 287 288 293

304 308 312 332 337 339 341

344 345 354 362

Wounds inward, Avenus 24, Bu-

gle 55 75 86 100 142 144 208

213 302 332 341

Wounds outward, Avenus 24, Bu-

gle 55 144 213. see green wounds

Womb, birch, tree 43. galanga 127

Worms to kill, Alecoast 6, Bar-

berries 26, Berony 37 41 51 64

87 90 109 122 129 130 151 175

177 216 258 261 267 274. 276

282 298 310 360

Whites, Blitum alba 48, Burnet

57, Burdock 53, Camphire 60 69

75 158 171 173 179 208 209 213

264 272 276 289 291 326 335

Wens, Cleavers 71, Melilot 199

Y.

Yard, Water Lilly 180, Al-

thea 192 199 258 334 361

17201

17202

17203

17204

17205

17206

17207

17208

17209

17210

17211

17212

17213

17214

17215

17216

17217

17218

17219

17220

17221

17222

17223

17224

17225

17226

17227

17228

17229

17230

17231

17232

17233

17234

17235

17236

