

**The castell of helth / corrected and in some places augmented, by the first author therof, Sir Thomas Elyot knight, the yere of our lorde 1541.**

**Contributors**

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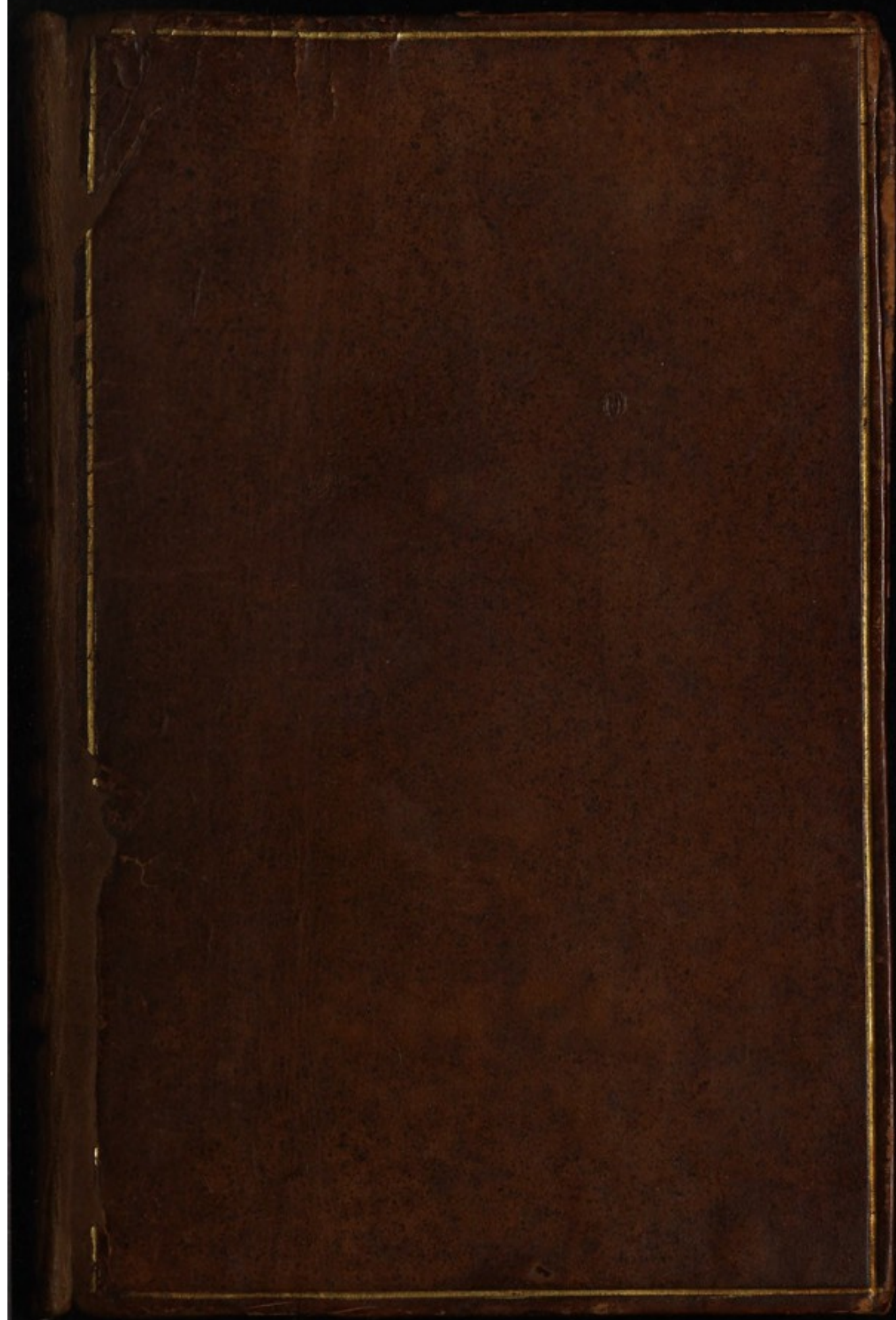
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CASTELL  
OF HELTH  
—  
ELYOT

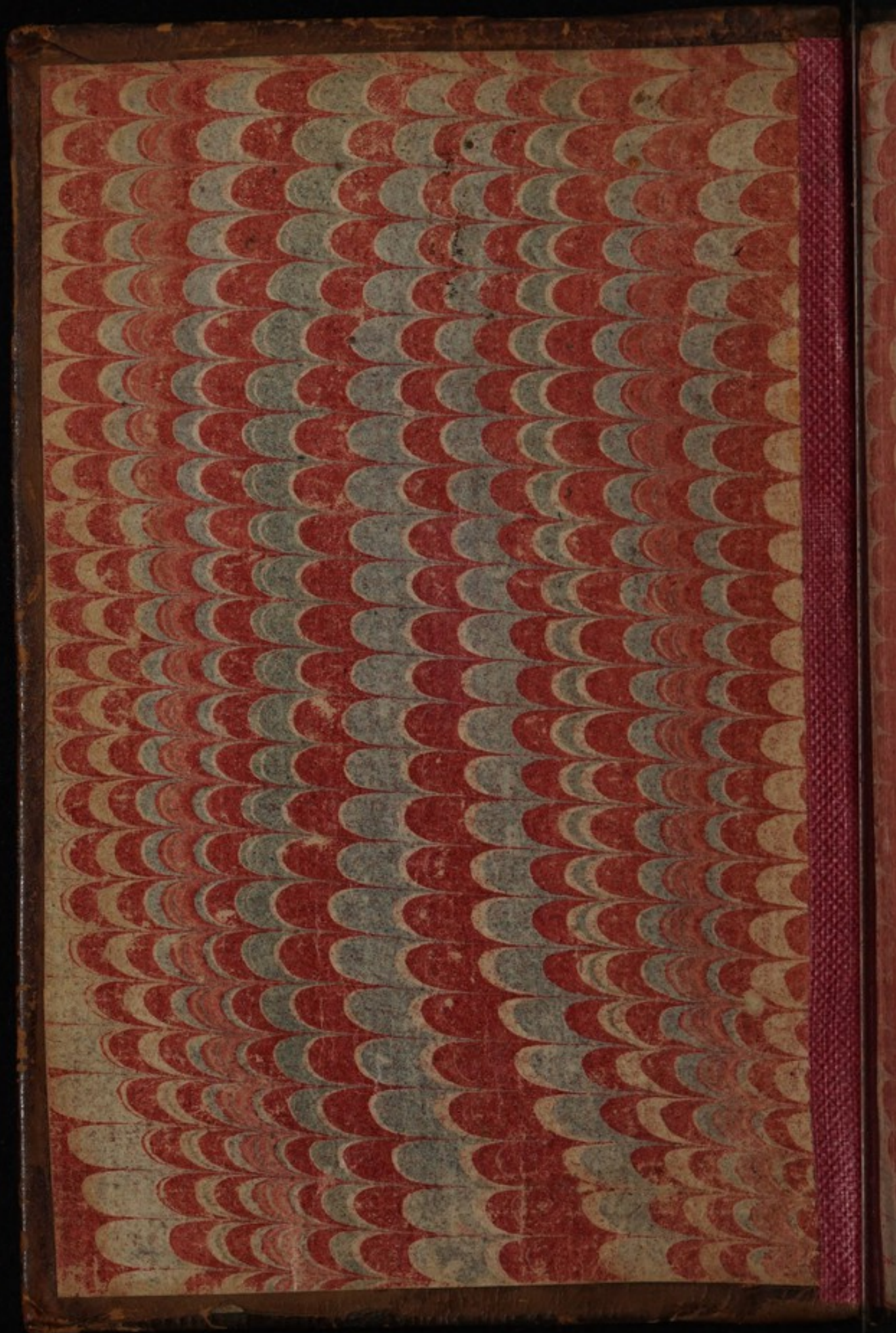


















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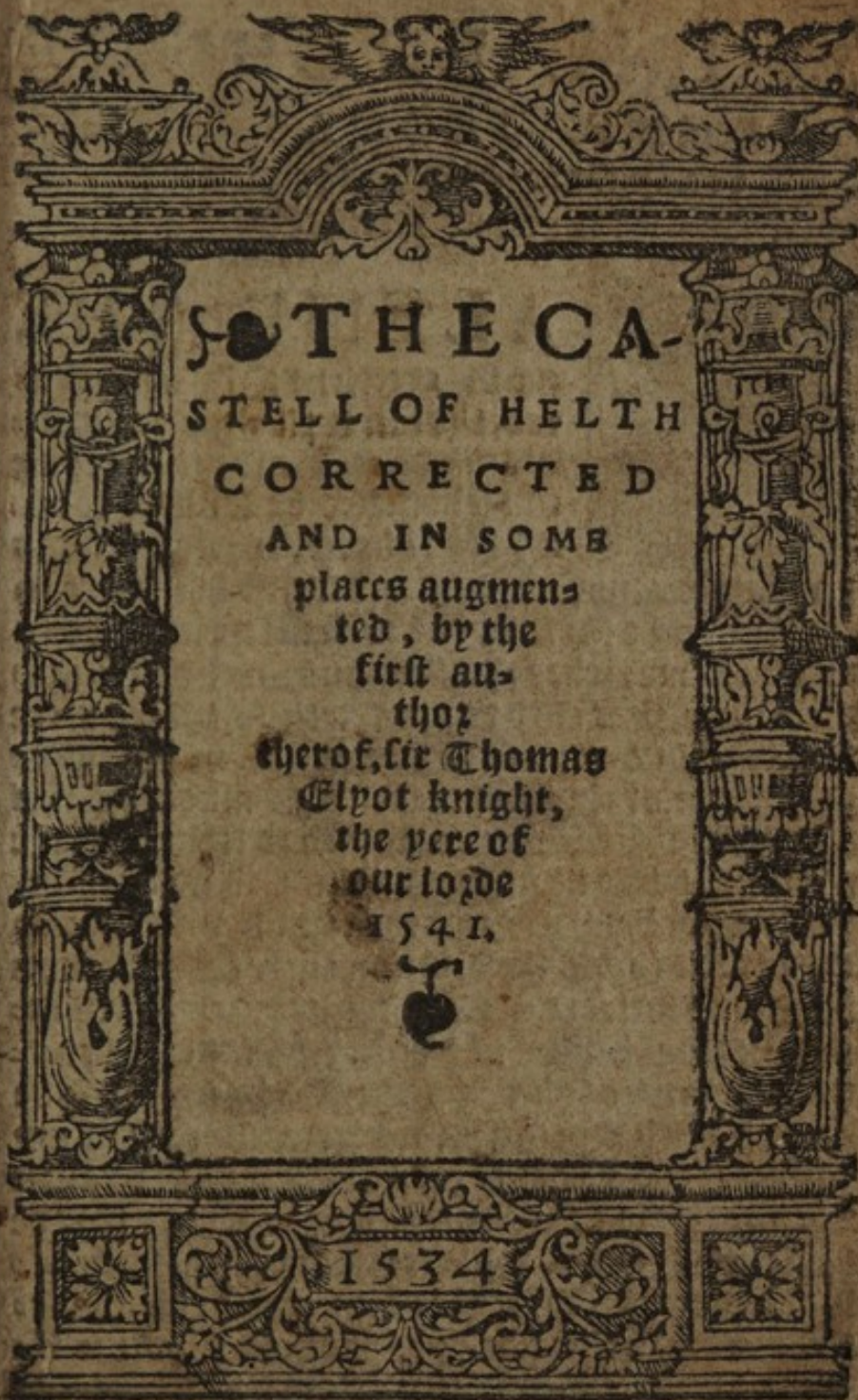
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THE CA-  
STELL OF HELTH  
CORRECTED

AND IN SOME  
places augmen-  
ted, by the  
first au-  
thor  
therof, Sir Thomas  
Elyot knight,  
the yere of  
our loyde  
1541.



1001  
1541  
—  
260



**THE PROHEME**  
**OF SYR THOMAS ELY-**  
 ot knyght into his boke called the  
 Castell of Helth.



**ALENE THE**

moste excellent phisicion feared, that in wryting a compendious doctrine for the curyng of sickenesse, he shoulde loose all his labour, for as much as no manne almost dydde endeavour hym selfe to the findyng of truth, but that all men dydde so much esteeme riches, possessions, authoritie, and pleasures, that they supposed them, which were studious in any part of Sapience, to be madde or distract of their wpyttes, for as muche as they demed the chief Sapience, which is in knowlage of thinges belonging as wel to god as to man, to haue no beyng. Sens this noble wryter found that lacke in his time, whan there flourished in sundry countreis a great multitude of men excellent in al kindes of lerning, as it yet doth appere by some of theyr woꝝkes, why shoulde I be greued with reproches, wherewith some of my countrei do recōpence me, for my labours taken without hope of tempꝝall reward, only for the feruent affection, whiche I haue euer borne toward the publike weale of my countrei: a woꝝthy matter saith one, syꝝ Thomas Elyot is become a phisicion, and wryteth in phisicke, whiche becometh not a knyght, he mought haue bene  
 muche



### The prohemie.

much better occupied. Truly if they will call  
him a phisicion, whiche is studious about the  
weale of his countrey, I wylsaue thei so name  
me, for during my life I wyl in that affection  
alwaie continue. And why, I pray you, should  
men haue in disdain or small reputaciō the sci-  
ence of phisike: which beyng well vnderstand,  
truly experienced, & discretely ordred, doth con-  
serue helth, without the whiche all pleasures be  
paynefull, rycheesse vnprofitable, company an-  
noyance, strength turned to feblenes, beauty to  
lothsomnes, senses are disperced, eloquence in-  
terrupted, remembraunce confounded, whiche  
hath ben consydered of wyse men, not onely of  
the priuate estate, but also of emp. roys, kinges,  
and other great princes, who for the vniuers-  
all necessitee and incomparable vtilitee, which  
they perceiued to be in that science of phisicke,  
thei did not only aduaunce and honour it with  
speciall priuiledges, but also dyuers and ma-  
ny of theim were therein ryght studious, in so  
much as Iuba the kynge of Mauritania and  
Libya, founde out the vertous qualitees of the  
herbe called Euforbium. Gentius kynge of Iu-  
lia, found the vertues of Gentian. The herbe  
Lysimachia, tooke his name of kynge Lysis-  
machus. Mithridates the great kyng of Pon-  
thus, founde out the vertues of Scordion and  
also inuented the famous medycyne againste  
popson, called Mithridate. Arthemisia queene  
of Caria founde the vertues of Motherwoort  
whiche in latyne beareth hir name, wherby his  
noble renoume hath lenger continewed, than  
by the making of the famous monument ouer  
his



### The prohemie.

hir dead husband called Mausoleum, although  
it were reckned among the wonderfull woꝝkes  
of the woꝝlde, and yet hir name with the saied  
herbe still abideth, whyles the said monument a  
thousand yeares passed, was vtterly dissolued.  
It seemeth, that physicke in this realme, hath  
been well esteemed, sens the hole studie of Sa  
lern, at the request of a kyng of England, wrote  
and set forth a compendious and profitable  
treatise, called the Governance of health, in la  
tine Regimen sanitatis. And I trust in almighty  
tie God, that our soueraigne loꝝde the kynges  
maiestee, who daierly prepareth to stablishe as  
mong vs true and vncorrupted doctrines, will  
thoꝝly examine also this part of studie, in suche  
wyse, as thynges apt foꝝ medicine, growyng in  
this realme, by conference with most noble au  
thoꝝs may be so knowen, that we shal haue lesse  
nede of thynges brought out of farre countreis,  
by the coꝝruption wherof, innumerable people  
haue perished, without blame to be geuen to the  
physicians, sayyng onely, that some of them  
not diligent enough in beholdyng their dꝝugges  
oꝝ ingredience at all tymes dispensed and tried.  
Besydes the saied kynges, whom I haue re  
herfed, other honorable personages haue wꝛite  
ten in this excellent doctrine, and not only of the  
speculative part, but also of the practyse therof:  
whose woꝝkes do yet remaine vnto their glorie  
immortall, as Abicena, Auensoar, Rasis, Cor  
nelius Celsus, Serenus, and whiche I should  
haue first named, Machaon, and Podalirius,  
noble dukes in Grecia, whiche came to the siege  
of Troy, and brought with them xxx. great ship  
pes.



### The prohemie.

pes with men of warre. This well considered, I take it for no shame to studie that science, or to set forth any booke of the same, being thereto prouoked by the moste noble and vertuous example of my moste noble maister kyng Henrie the. viii. whose helth I hertily pray god as long to preserve, as god hath constitute mans life to continue, for his highnesse hath not discerned to be the chiefe authoz and setter forth of an Introduction into grammer, for the children of his louyng subiectes, whereby, hauing good masters, they shall most easily and in short time apprehend the vnderstandyng and forme of speaking of true and eloquent latine. O roiall hert, full of very nobilitie. O noble breast, setting forth vertuous doctrine, and laudable studie. But yet one thyng muche greueth me, that notwithstanding I haue euer honoured, and specially favoured the reuerend colledge of approoued physicions, yet some of them heeryng me spoken of, haue saied in derision, that although I were pretily seen in hystories, yet being not learned in physicke, I haue put in my booke diuers errors, in presumyng to write of herbes and medicines. First as concernyng hystories, as I haue planted them in my workes, being wel vnderstand, they be not so light of importance as they dooe esteeme them, but may more surely cure mens affections, then diuers physicions to cure maladies. For whan I wrote first this booke, I was not all ignorant in physicke. For before that I was twentie yeres olde, a worshipfull physicion, and one of the moste renoumed at that time in England, perceiuyng me by nature



### The prohemie.

enclined to knowlage, radde vnto me the woꝝ  
kes of Galene of temperamentes, naturall fa-  
cultees, the introduction of Iohannicius, with  
some of the Aphorismes of Hippocrates. And  
afterward by mine own studie, I radde ouer in  
order the moze part of the woꝝkes of Hippocra-  
tes, Galenus, Oribasius, Paulus Aelius, Alex-  
ander Trallian<sup>9</sup>, Aesculap, Plinius the one and  
the other, with Dioscorides. Noꝝ I dyd omitte  
to read the long Canones of Auicenna, the com-  
mentaries of Auerroys, the practises of IIsake,  
Haliabbas, Rasis, Mesue, and also of the moze  
parte of them whiche were their aggregatours  
and folowers. And although I haue neuer been  
at Mountpellier, Padua, noꝝ Salern, yet haue  
I found some thyng in physicke, wherby I haue  
taken no littell profite concernyng myne owne  
helth. Noꝝcouer I wote not why physicions  
should be angrie with me, sens I wꝛate and did  
set forth the Castell of helth foꝝ their commodi-  
tee, that the vncertayne tokens of brines, and  
other excrementes should not deceiue them, but  
that by the true information of the sicke man,  
by me instructed, they might be the moze sure to  
prepare medicines conuenient foꝝ the diseases.  
Also to the intent that men obseruyng a good  
order in diete, and pꝛeuentynge the great causes  
of sicknesse, they should of those maladies the  
soner be cured. But if physicions be angry, that  
I haue wꝛitten physicke in englishe, let them re-  
member that the grekes wꝛate in greke, the Ro-  
mans in latin, Auicenna, and the other in Ara-  
bique, whiche were their own proper and mater-  
iall tongues. And if thei had been as muche ac-



### The prohemie.

tached with enuie and couetise, as some now  
seeme to be, they would haue deuised some par-  
ticuler language, with a strange cypher or forme  
of letters, wherein they wold haue witten their  
science, whiche language or letters no manne  
should haue knowen that had not professed and  
practised physicke: But those, although they  
were Paynims and Jewes, in this part of cha-  
ritie, they farre surmounted vs christians, that  
they would not haue so necessarie a knowlage  
as physicke is, to be hidde from theim, whiche  
would be studious about it.

¶ Finally God is my iudge, I write neyther  
for glozie, rewarde, nor promocion, onely I des-  
ire men to deeme well mine intent, sens I dare  
assure them, that all that I haue witten in  
this booke, I haue gathered of the most prin-  
cipall writers in physicke. Whiche be-  
yng thoroughly studied and wel remem-  
bred, shall be profitable (I doubt  
not) vnto the reader, and nothyng  
noyouse to honest physicions,  
that dooe measure their  
studie, with modes-  
rate liuyng and  
christen cha-  
ritie.





# The table



## T M V S T B E

remembred, that the noumber in the Table, doeth signifie the leafe, and the letter A, dooeth signifie the first page of syde, the letter B, the second page of syde.

**A** Inered to this  
ges naturall.  
folio. 1. b.

Agas. fol. 10. b. & 40. a

Apye. fol. 1. b. and. 12. a

Appuls. fol. 21. a

Almondes. fol. 22. b

Anyle seede. fol. 25. b

Ale. fol. 36. b

Abstinence. fol. 55. b

Affectes of the mynde.

fol. 64. a

Autumne. fol. 39. b

**B**

Boud. fol. 8. a

Beetes. fo. 24. b

Bpydes fo. 30. a

Brayn excedyng

in heate. fol. 3. b

Brayne excedyng in

colde. ibid.

Brayne moyste. ibid.

Brayne drie. fol. 4. a

Brain hot & moist. ibi.

Brain hot and dry. ibi.

Brain cold & moist. 4. b

Brain cold & dry. ibid.

Brayne sicke. fol. 81. b

Breast sicke. fol. 82. a

Biefe. fol. 29. a

Bcanes. fol. 25. b

Breakfast. fol. 43. a

Bludsuckers. fo. 63. a

Bourage. fol. 27. a

Breade. fo. 28. b

Blacke byrde. fol. 30. b

Bustarde. fo. 31. a

Bpyttour. ibid.

Brain of beastes. 32. a

Butter. fo. 33. a

Biere. fo. 36. b

By what tokens one

maie knowe whether

the stomake and heade

be hot or cold. fol. 73. b

**C**

Consideracions

of thinges belon-

ging to helth.

folio. 1. a

Com-



The table.

**C**omplexion of man. 2. a  
Colerike body. fol. 2. b  
Choler. fol. 8. b  
Coler naturall. fo. 9. a  
Coler vnnaturall. ibi.  
Colour. fol. 11. a  
Coloure of inwarde causes. ibid.  
Colour of outwarde causes. ibid.  
Colour of brines. fol. 32. b  
Colour of heate. 11. b  
Causes whereby the aire is corrupted. 12. a  
Custome. fol. 17. b  
Commodities hapning by moderate vse of the qualitees of meat. 18. b  
Cucumbers. fol. 19. b  
Cheries. fol. 21. a  
Chestrnuttes. fol. 22. b  
Capers. fol. 23. a  
Colwoytes and cabages. fol. 23. b  
Tyhozie. fol. 24. a  
Cheruple. fol. 25. a  
Carettes. fol. 26. a  
Consideracions in abstynence. fol. 55. a  
Clones. fol. 28. b  
Cony. fol. 29. b  
Capons, hennies, and chickens. fol. 30. a  
Crane. fol. 31. a  
Chese. fol. 33. a  
Cyder. fol. 36. b  
Confortatiues of the hert. fol. 69. a  
Chyliden. fol. 66. a  
Counsailes against ingratitude. fol. 46. b  
Chaunces of fortune. fol. 68. b  
Crudities. fol. 69. b  
Concoction. ibidem,  
**D**istemperatures hapnyng by excessse of sundrie qualitees of meate. fol. 18. a  
Deere red and salowe. fol. 29. b  
Dates. fol. 20. a  
Ducke. fol. 31. a  
Diuersitee of meates. fol. 44. a  
Digestiues of choler. fol. 59. b  
Digestiues of fleume. fol. 60. a  
Diet concernyng sundry tymes of the yere. fol. 29. b  
Dominion of sundrie complexions. fol. 70. b  
Diets



## The table.

**D**iete of sanguine persons. fol. 72. b  
**D**iete of cholericke persons. ibidem  
**D**iete of fleumaticke persons. fo. 65. a  
**D**iete of melancholike persons. foli. 68. a  
**D**iete of them, whiche be readie to fall into sicknesse. fol. 79. a  
**D**iete in tyme of pestilence. fo. 88. a  
**D**rinke betwene meates. fo. 43. b  
**D**rink at meales. 46 a  
**D**igested. fol. 55. a  
**D**eath of childre. 68. a

**E**lementes. fol. 1. b  
**E**arth. ibid  
**E**ndiue. fol. 24. b  
**E**gges. fol. 33. a  
**E**xercise. 48. a  
     and. 50. a  
**E**uacuacion. fol. 54. b  
**E**xcrementes. ibidem

**F**leumaticke body. fol. 2. b  
**F**yre. fol. 1. b  
**F**leume. fol. 8. a  
**F**leume naturall. ibi.

**F**leme vnnaturall. 3. b  
**F**ruites. fo. 19. a  
**F**ygges. fol. 20. a  
**F**enell. foli. 25. b  
**F**olberdes. fo. 22. a  
**F**leshe. fol. 29. a  
**F**asant. fo. 30. b  
**F**eete of beastes. 32. b  
**F**ishe. ibid  
**F**ricasies or rubbysges. fo. 49. a

**G**enitozs hotte. fol. 7. a  
**G**enitozs colde ibidem.  
**G**enitours moist. ibid.  
**G**enitours drie. ibid.  
**G**enitours hotte and moyste. fol. 7. b  
**G**enytours hotte and drie. ibi.  
**G**enytours colde and moyste. ibid.  
**G**enytours colde and drie. ibid.  
**G**ourdes. fo. 19. a  
**G**rapes. fol. 20. b  
**G**arlyke. fo. 26. b  
**G**ynger. foli. 28. a  
**G**oose. fo. 31. a  
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 Hert moyste distempered. ibidem  
 Heart drie distempred. ibidem  
 Hert hot and moist. ibi  
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 Hert colde & moist. ibi.  
 Hert cold and drie. ibi.  
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 Humour superfluous. fol. 55. a  
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 Ioye. fol. 70. a  
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**L**uer in heate distempred. fol. 6. a  
 Luer colde distempred. ibid.  
 Luer moyst distempred. ibid.  
 Luer drie distempred. ibidem  
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# The table.

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 Meates hurtyng the  
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 Meates hurtyng the  
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 Meates wyndie. ibid.  
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# The table.

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## The table.

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ed to sundrie seasons  
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**T**hynges Natur-  
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**T**hynges not na-  
turall. ibid.  
**T**hynges against na-  
ture. ibid.  
**T**hynges good for the  
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**T**hynges good for the  
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**T**hynges good for the  
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**T**hynges good for the  
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**T**hynges good for the  
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**T**hynges good for the  
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**T**emperature of mea-  
tes. fo. 17. b  
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**T**hyme. fol. 27. b  
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**T**rypes. fol. 31. b  
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**T**yme. fol. 38. b  
and. 39. b  
**T**ymes in the day con-  
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**T**ymes appropried to  
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**V**ayndes. 12. a  
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**W**oodcockes. fo. 31. a  
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**W**yne. fol. 34. b  
**W**hay. fo. 36. b  
**W**ociferacion. fo. 52. b  
**W**omite. fol. 56. b  
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**W**ertue of meates. fo-  
lio. 87. a

**Y**  
**Y**ong men. 40. b

Thus endeth the Table.





In the conseruacion of the bodie of mankynde, within the limitation of helth, whiche (as Galene saith) is the state of the bodie, wherein we be neither greued with payne, nor let from doeyng our necessary busynesse, doeth belong the diligent consideration of thre sortes of thynges, that is to saie.

{ Thynges Naturall,  
 { Thynges not Naturall, and  
 { Thynges against Nature.

¶ Thynges naturall be. viij. in numbze.

{ Elementes	{ Powers
{ Complexions	{ Operaciōs and
{ Humours	{ Sprites.
{ Membres	

¶ These be necessarie to the beyng of helth, accordyng to the order of their kynde: and be alwaie in the naturall body.

¶ Thynges not naturall be sixe in number.

{ Aye	{ Emptines and
{ Meate & drinke	{ replecion and
{ Slepe & watch	{ Affections of
{ Meuyng & reste	{ the mynde.

¶ Thynges against nature be thre.

{ Sicknesse.  
 { Cause of sicknesse.  
 { Accident, which foloweth sicknes.

¶ And



### The fyrst.

Annexed to thynges naturall.

Age.

Figure, and

Colour.

Diuersitee of kyndes.

The elementes be those originall thynges vnsmyrte and vncompound, of whose temperance and myxture, all other thynges hauyng corporall substance be compact: Of them be foure, that is to saie.

{ Earth,  
Water,  
Ayre, and  
Fyre.

Earth is the moste grosse and ponderouse element, and of hir proper nature is colde and drie.

Water is more subtyll and light than earth, but in respect of Ayre and Fyre, it is grosse and heauie, and of hir propre nature is colde and moyste.

Ayre is more light and subtyll than the other two, and beyng not altered with any exteriour cause, is properly hotte and moyste.

Fyre, is absolutely light and cleere, and is the clarifier of other elementes, if they be viciate or out of their naturall temperaunce, and is properly hotte and drie.

This is to be remembred, that none of the said elementes be commonly seene or felt of mortall men, as they are in their originall beyng: but they whiche by our senses be perceyued, be corrupted with mutuall myxture, and be rather earthie, watrie, ayrie, and fyrie, than absolutely earth, water, ayre, and fyre,



Of the complexcion of  
man. Cap.2.

**C**omplexcion is a combination of twoo  
diuerse qualitees of the foure elementes  
in one body, as hot and dry of the fyre,  
hotte and moyste of the Ayre, colde and  
moiste of the water, cold and drye of the Earth.  
But although all these complexcions be assem-  
bled in euery bodie of man and woman, yet the  
bodie taketh his denomination of those qualita-  
ties, whiche abound in him, moze than in the o-  
ther, as hereafter insueth.

**T**he bodie, where heate and moisture haue  
soueraintee, is called Sanguine, wherein the  
ayre hath preeminence, and it is perceiued and  
knownen by these signes, whiche doe folow.

**Sanguin.** { Carnositee or fleshytnesse.  
The veynes and arteries large,  
Heare plentie and redde.  
The bylage white and ruddie.  
Sleape muche.  
Dreames of bluddie thynges, or  
thynges pleasaunt.  
Pulse great and full.  
Digestion perfect.  
Angrie shortly.  
Siege, vrine, and sweat abundaunt  
falling shortly into bledying.  
The vrine redde and grosse.

B

Where



## the first

**W**here cold with moysture preuaileth, that body is called **Fleumatike**, wherein water hath preeminence, and is perceiued by these signes.

**Fleumatike.**

Fatnesse quauyng and soft.

Veynes narrowe.

Heare muche and plaine.

Coloure white.

Sleape superfluous.

Dreames of thinges watrie, or of fyre.

Slownesse.

Dulnesse in learnyng.

Lowardise.

Pulse slowe and littell.

Digestion weake.

Spittell white, abundant, and thicke.

Urine grosse, white, and pale.

**C**holerike, is hot and drie, in whom the fire hath preeminence, and is discerned by these signes folowynge.

**Cholerike.**

Leanness of bodie.

Rosifenesse.

Heare blak or dark aburn, curled  
Naylage and skinne red as fyre, or  
salowe.

Hotte thynges noyfull to hym.

Littell sleape.

Dreames of fire, fighting, or ager

Mitte sharpe and quicke.

Hardie and fightyng.

Pulse swift and strong.

Urine high coloured and clere.

Moyce sharpe,

*Melanco?*



**M**elancolyke is colde and drie, ouer whom the earth hath dominion, and is perceiued by these signes.

Melan-  
colyke.

Leannesse with hardnesse of  
skynne.  
Heare plaine and thynne.  
Colour duskythe, or white with  
leannesse.  
Muche watche.  
Dreames fearefull.  
Stiffe in opinions.  
Digestion slowe and yll.  
Tymorous and fearefull,  
Anger long frettyng.  
Pulse littell.  
Seldome laughyng.  
Urine watry and thynne.

**B**esides the saied complexions of all the hole body, there be in the particuler mem-  
bres, complexions, wherein if there be a-  
ny distemperance, it bringeth sicknesse or  
griefe into the membre. Wherfoze to know the  
distemperature, these signes folowyng would  
be considered. For sene, that it be remembred,  
that some distemperatures be simple, and some  
be compound. They whiche be symple, be in  
simple qualitees, as in heat, cold, moist, or drie.  
They whiche be compound, are in compounde  
or mixte qualitees, as heate and moysture, heat  
and drythe: colde and moyste, colde and drie.  
But now we first will we speake of the symple  
complections of euery principall member, be-  
gynnyng at the brayne,



### The first

The brayne exceeding in heat hath

The head and visage very redde and hot.

The heare growyng faste, blacke and courled.

The veines in the eyes appaunt.

Superfluous matter in the noethrils, eies, & eares.

The heade annoyed with hotte meates, drinks, and saours.

Sleepe short and not sound

The brayne exceeding in cold hath

Muche superfluitee runnyng out of the nose, mouth, eares, and eies.

Heare straight & fine growyng slowly, and flake.

The head disposed by small occasion to poses and mures.

It is soone annoyed with colde.

It is colde in touchyng.

Weynes of the eies not seene.

Sleepe somwhat.

Most in excelsse hath

Heares playne.

Seldome or neuer bald.

Witte dull.

Muche superfluitees.

Sleepe muche and depe.

Re



The braine drye  
hath

No superfluites runyng.  
Wittes good and redy.  
Matchefull.  
Hears blacke, hard and  
fast growyng.  
Balde shortly.

Complexcions compouned.

Braine hot & moist  
distempered hath

The head akynge & heuse,  
Full of superfluites in  
the nose.  
The southern wind gre-  
uous.  
The Northern wynde  
holsome.  
Sleepe depe but vnquiet  
with often wakynge  
and strange dreames.  
The senses and wit vns-  
perfect.

Braine hot and drye  
distempered hath

None abundance of su-  
perfluitee, whiche may  
be expelled.  
Senses perfect.  
Muche watche.  
Soner balde than other  
Muche heare in chyldes  
hoode, and blacke or  
browne, and curled.  
The hed hot and ruddy.



## The first

Braine cold & moist  
Distempred hath

The senses and wit dul  
Muche sleape.

The head sone replenis  
hed with superflua  
ouse moysture.

Distillaciōs and poscs  
oz murre.

Not shortly balde.

Sone hurt with colde.

Braine cold and dry  
Distempred hath

The head cald in feling  
and withoute colour.

The veines not apyring  
Sone hurt with colde.

Often discrased.

Wit perfecte in childe  
hode, but in age dull.

Aged shortly, and balde.

## Of the Hert.

The hert hotte  
Distempred hath

Muche blowyng & puffyng.  
Pulse swift and busie.

Ordynesse & manhod much  
Promptnesse, activitie, and  
quickenesse in dooyng of  
thynges.

Furie and boldnesse.

The breast heary toward  
the left syde.

The breast brode with the  
head littell.

The body hotte, except the  
lyuer doe let it.

The



The hert cold dis-  
tempered hath

The pulse very lyttell.  
The bzeeth littell and slow  
The brest narrow.  
The body all cold, except  
the liuer doth inflame it,  
feareful nesse.  
Scrupsulositie & muchcare  
Curiositee.  
Slownesse in actes.  
The brest cleane without  
heares.

The hert moyst  
Distempred hath

The pulse soft.  
Sone agry & sore pacified.  
The body all moyst, except  
the lyuer disposeth contrary

The hert dry dy-  
tempered hath

The pulse harde.  
Not lyghtly angry, but be-  
yng angry, not sone paci-  
fied.  
The body dry, except the li-  
uer doth dyspose contrary

The hert hotte  
and moyste.

The brest and stomake hery  
Promptnes in actes.  
Soone angry.  
fiercnes but not so much as  
in hotte and dry.  
Pulse soft, swyft, and busy.  
Breath or wynd acco:dyng.  
Shortely falleth into dys-  
eases caused of putrifactis-  
on,



## The fyrst

The hert hotte  
and drie

The herte poulse great and  
swift.

The bzeath oz wynde acoz  
dyng.

The breast and stomacke all  
heary.

Quicke in his doynges.

Boldnesse and hardinesse.

Swift & hasty in mouyng.

Sone styred to angre, and  
tyrannous in maners.

The breast brode and all the  
body hot and dry.

The hert colde  
and moyste.

The pulse soft.

Fearefull and tymorous.

Slowe.

The breast cleane without  
heare.

Not hastily angrie, noz res  
teinyng anger.

The breast narrow.

All the bodie cold and moist.

The hert colde  
and drie hath

The pulse hard and littell.

The wynde moderate.

Seldom angry, but whan it  
hapneth, it dureth long.

The breast cleane without  
heare and littell.

All the bodie colde and drie.



## Of the Liuer.

The liuer in heate  
distempered hath,

The veynes great.  
The blond more hott than  
temperate.  
The bealy heary.  
All the body hot, excedyng  
temperance.

The liuer cold di-  
stempered hath.

The veynes small.  
Abundance of fleume.  
The bloude colde  
All the body colde in fees  
lyng.  
The bealy without heare

The lyuer moyst  
distempered hath

The veynes soft.  
Muche bloud and thynne.  
All the body moyst in fees  
lyng, except the hert dys-  
poseth it contrary.

The lyuer drye  
stempered hath.

The veynes harde.  
The bloudde littell and  
thyeke.  
All the body drye.

The complexions compounde may be decer- Calen. in  
ned by the said symple qualtyes. And here is to arte pes  
be noted, that the heate of the hert maye dayne rus. lib. 2  
quy the the colde of the liuer. For heate is in the  
herte, as in the fountayne or spyng: and in the  
lyuer, as in the ryuer.



**The first**  
**Of the Stomake.**

He dygesteth well specially harde meates, & that wil not be shortly altered. Lyght meates and soone altered, be therein corrupted.

**The stomake hotte**  
**dysstempered.**

The appetyte littell and slowe.

He deliteth in meates and drynkes whiche bee hotte for every naturalle complexion deliteth in his cōtable.

**The stomake cold**  
**dysstempered,**

He hath good appetite. He digesteth y<sup>e</sup>l and slowly, specially grosse meates and harde.

Cold meates dooe waxe colde beyng in him vndergested.

He deliteth in meates and drynkes, whiche be cold, and yet of theym he is indamaged.

**The stomak moist**  
**dysstempered,**

He thristeth but seldome, yet he desyreth to drynke, with superfluous drinke he is hurte.

He delyteth in moyste meates.

He



The stomacke dry  
dysstempered,

He is soone thyrsty.  
Contente with a lyttell  
drynke.  
Diseased with much  
drynke.  
He deliteth in dry meates

¶ It is to be noted, that the disposicions of the stomacke natural, do desire that which is of like qualities. The disposicions vnnatural, do desire thynges of contrary qualities.

¶ Also not the stomacke only causeth a man to thyrst or not thyrst, but also the lyuer, the lunges and the herte.

Of the genitories or stores  
of generacion.

The genitories  
hot dysstempered

Great appetite to the act of  
generacion.  
Ingendyrng men chyldren.  
Heare soone growen about  
the membres.

The genitories  
cold dysstempered

Small appetite to the act of  
generacion.  
Ingendyrng women chyldre.  
Slowe growthe of here aboute  
the membres.

The genitories  
moist dysstempered

Sede abundant but thyn  
and watrye.

The genitories  
dry dysstempered,

Sede litel but metely thicke  
in sustance.

Lasse



## The first

Genitories hot  
and moyste,

Lesse apetyte to lechery than  
in them, whiche be hotte and  
drye.

More puissance to do it, and  
without lesse damage.

Hurt by absteinyng from it.  
Lesse herines thā in hot & drye

The genitories  
hotte and drye,

The seede thicke.

Muche fruitefulness of Ges-  
neracion.

Great appetite and redynes  
to the act.

Heare aboute the membes  
sone growen.

Swiftnesse in cōdyng of the  
acte.

Soone therewith satisfied.

Damage by vsyng therof.

The genitories  
colde and moyst

The seede watry and thinne.

Lyttell desyre to the act, but  
more puissance than in them  
whiche be colde and drye.

Lyttell heares oz non about  
the membes.

The genitories  
colde and drye.

Heares none oz few.

Lyttel apetyt oz non to lecher

Lyttell puissance to doe it.

Ingendrynge more females  
than men chylzen.

That lyttel seede that is is thic-  
ker than in colde and moyst.



## Of humours.

**I**n the body of Man be foure principall humours, which continewyng in the proportion, that nature hath lymytted, the bodye is free from all sickenesse. Contrary wyse, by the increase or diminution of any of them in quantitee or qualitee, ouer, or vnder their naturall assignement, in equall temperature cometh into the body, whiche sickenesse foloweth more or lesse accordyng to the lapse or decay of the temperatures of the saied humours, whiche be these folowyng.

Bloudde, Choler,  
Fleume, Melancoly.

**B**lood hath preeminence ouer all other humours in susteynyng of all liuyng creatures, for it hath more conformity with the originall cause of liuyng, by reason of temperatenesse in heate and moysture, also nourisheth more the body, and restoreth that which is decayed, being the very treasure of lyfe, by losse wherof, death immediately foloweth. The dysstemperature of blood hapneth by one of the other thre humours, by the inordinat or superfluous mixture of the

## ¶ Of Fleume.

**F**leume is of two sortes, Natural and Annaturall.

**N**atural fleume is a humour colde & moist, white and swete, or without tast, ingendred by insufficiēt decoction in the second digestion of the watry or raw partes of the matter decoct called



### The first

called Chylus, by the laste dygestion made apt to be couerred into bloud. In this humour, water hath dominion most principall.

**F**elwme vnnaturall is that, whiche is myxt with other humours, or is altered in his qualitee, And therof is viii. sundry kyndes.

Watry, whiche is founden in spetill of the great drinkers, of them, whiche dygeste yll.

Slimy or rawe.

Glassy, lyke to whyte glasse, thicke, Viscous lyke byrde lime and heuy, Blasty, which is very grosse, and as it were chalky, suche is founde in the toyntes of them, whiche haue the goute.

Fleume.

Salt, which is mingled with colce, Sower, mixt with melancoly, whiche commeth of corrupt digestion. Harsh, thicke and grosse, whiche is seldome founden, whiche tasteth lyke grene crabbes or sholes.

Stiptik or bindyng, is not so gross nor cold, as harsh, and hath the tast lyke to grene redde wyne, or other lyke, straynyng the tounge.

Ponticu

**C**holer doth participate with naturall heat as long as it is in good temperance. And there of is also two kyndes,

Naturall and  
Vnnaturall.

Ra



Choler  
natural

Naturall choler is the some of bloudd, the colour wherof is redde and clere, or more like to an ozenge colour, and is hot and dry, wherein the fire hath dominion: and is light and sharpe, and is ingendred of the most subtil part of matter decoct or boyled in the stomack, whose begynnyng is in the liuer.

Unnatural choler is that, which is mixt or corrupted with other humors, wherof be foure kyndes.

Citrine or yelow choler, whiche is of the mixture of naturall choler, and watry fleume, and therfore hath lesse heat than pure choler.

Yelky lyke the yelkes of egges, whiche is of the myxture of fleume congeled, an choler naturall, and is yet lesse hot than the other.

Greene lyke to lekes, whose beginnynge is rather of the stomack, than of the liuer

Greene lyke to greene canker of mettall, and burneth lyke venim, and is of excedyng adustion of choler or fleume, and by these two kyndes nature is moztified.

Melancoly or blacke choler is diuided into two kyndes.

Natural, which is the dyegges of pure bloud, and is known bi the blacknes, whan it issueth eyther downwarde or bywarde, and is verily colde and dry.

Unnatural, whiche procedeth of the adustis



### The first

adulstion of cholerike mixture, and is  
hotter & lighter, haupng in it violence  
to kill, with a dangerous disposition.

Of the membes.

There be diuersitees of members,  
that is to say.

The brayne.

The herte.

The lyuer.

The stones of generation

Synewes whiche do serue to  
the braine.

Arteries oz pulses, whiche do  
serue to the hert.

Veynes which do serue to the  
lyuer.

Vessels spermatike, wherein  
mans sede lieth, whiche dooe  
serue to the stones.

Bones.

Gristell.

Calles betwxt the  
ytttermoste skyn and  
the flethe.

Muskles oz fillettes

Fatte.

Flethe.

Partes called Stimla  
res, for beyng deuided  
they remayne in them  
selfe lyke as thei were.

membes instru-  
mentall.

The stomacke.

The raynes:

The bowelles.

All the great synewes.

These of their vertu do appetite meate & alter it:

Of



**Of powers.**

{ Animall.  
 { Spirituall.  
 { Naturall.

**Naturall power.** { Whiche doe minister.  
 { To whom is ministred,

**Whiche dooeth minister.** { Appetiteth.  
 { Retayneth.  
 { Digesteth.  
 { Expelleth.

**To whom is ministred.** { Ingendzeth.  
 { Nourisheth  
 { Feedeth.

**Power spirituall** { Working, which delateth  
 the hert & arteries, and  
 estones streineth them.  
 { Mought, which is stirred  
 by an exterior cause to  
 work, wherof comth āger  
 idignaciō, subtiltie, & care,

**Power animall.** { That which ordeineth, dis  
 scerneth, and compseth.  
 { That mooueth by volun  
 tarie mocion.  
 { That which is called sens  
 sible, wherof do procede  
 the five wittes,



## the first

Of that whiche  
ordeineth dooe  
procede

Operations.

Imaginacion in the forhed.  
Reason in the brayne.  
Remembrance in the nodel.  
Appetite by heate and drythe.  
Digestion by heate and moiste.  
Reteyning by cold & drythe.  
Expulsion by cold & moyste.

**S**pirite is an ayrie substance, subtil, stirring  
the powers of the bodie, to perfourme their o-  
peracions, whiche is deuided into

Naturall, whiche taketh hys be-  
gynnyng of the lyuer, and by the  
veynes, whiche haue no pulse,  
spredeth into al the hole body.  
Vitall, whiche procedeth fro the  
hert, and by the arteries or pulses  
is sent into all the hole bodie.  
Animall, whiche is ingendred in  
the brayne, and is sent by the se-  
nues, thozoughout the bodie,  
and maketh sence or feelyng.

**A**nnexed to thynges naturall.

Agēs be. iiii.

Adolescencie to. xxv. yeares  
hot and moist, in the which  
tyme the bodie groweth.  
Iuuentute vnto. xl. yeares  
hot and drie, wherein the  
body is in perfect growth.  
Senectute, vnto. lx. yeares,  
cold and drie, wherein the  
body beginneth to decrece.

Age



Age decrepitate, vntill the last tyme of  
lyfe, accidentally moiste, but naturally  
cold and drie, wherein the powers and  
strength of the bodie be more and more  
minished.

**C**olour.

Of inward causes.

Of outward causes.

Coler of in-  
ward causes

Of equalitee of humours, as he  
that is redde and white.

Of inequalitye of humours,  
wherof doe procede black, as  
low, pale, or white onely.

Redde. } dooe betoken do-  
Blacke. } minion of heate,  
Salowe. }

White, colde of fleume.

Pale colde melancoly.

Redde, abundance of bloud.

Salowe, choler citrine.

Blacke, melancolie or choler  
aduste,

Colour of out-  
warde causes.

Of colde or heate, as En-  
gliſhe men be white, Mo-  
riens be blacke.

Of thinges accidental, as  
of feare, of anger, of sor-  
row, or other like motions

L ii

Blacke



## The first

Coloure  
of heare.

Blacke, either of aboundaunce of  
choler inflamed, or of muche in-  
cendyng or adustion of bloud.  
Redde heare of muche heate not  
aduste.  
Gray heares of abundance of mes-  
lancholy.  
White heares of the lacke of nas-  
turall heate, and by occasion of  
fleume putrified.

All the residue concernyng thynges natural  
contained in the Introduction of Joannitius,  
and in the littell craft of Galene, I pourposely  
passe ouer for this tyme, for as muche as it do-  
eth require a reader hauyng some knowlage in  
philosophie naturall, or els it is hard and tedi-  
ous to be vnderstand. Moreover this, whiche  
I haue wrytten in this first tables, shalbe suffi-  
cient to the conseruacio of helth, I meane with  
that whiche now foloweth in the other tables.

## The second Table.

Things not natural be so called, because  
thei be no porcion of a naturall body, as  
they be, whiche be called naturall thyn-  
ges, but yet by the temperaunce of theim  
the bodie beeyng in health, so consisteth, by the  
distemperaunce of them, sickenesse is induced,  
and the bodie dissolued.

The firste of thynges not naturall, is ayre,  
whiche is properly of it selfe, or of some mate-  
rial



shall cause or occasion good or yll.

¶ That whiche is of it selfe good, hath pure vapours, and is odoriferous.

¶ Also it is of it self, swift in alteration from hot to cold, wherein the bodie is not muche provoked to sweate for heate, ne to chyll for vehemencie of colde.

¶ Ayre among all thinges not naturall is chiefly to be obserued, for as muche as it doeth both inclose vs, and also enter into our bodies, specially the most noble member, which is the hert, and we can not be separate one howe from it, for the necessitie of breathyng and fetchyng of wynde.

¶ The causes wherby the ayre is corrupted, be specially fowre.

	}	Influence of sundrie sterres.
		Great standyng waters neuer refreshed.
		Carraigne lying long aboue ground.
		Muche people in smal roume lying vncleanely and cluttishely.

Wynd bringyng holsome ayre.	}	Northe, whiche prolongeth lyfe, by expulsyng yll vapours.
		East is temperate & lusty.

windes bringyng yll ayre.	}	Southe corrupteth, and maketh yll vapours.
		Weste, is very mutable, which nature doth hate



## The first

**Meate and drinke.**

**In meate and drinke we muste consider sixe thynges.**

Substance.  
Quantitee.  
Qualitee.  
Custome.  
Tyme.  
Order.

**Substaunce, some is good, whiche maketh good iuice and good bloud, some is yll, and ingendzeth yll iuice and yll bloud.**

**Meates and drinkes makynge good iuyce.**

**Bread of pure floure, of good wheate somewhat leuened, well baked, not to old nor to stale.**

**Egges of fesautes, hennes, or partriches newe laied, poched, meane betwene rare and harde.**

**Milke new milked, dronke fastyng, wherein is suger or the leaues of myntes.**

**Fesautes.**

**Partryches or chickens.**

**Lapons or hennes.**

**Brydes of the feeldes.**

**Fishe of stonle riuers.**

**Meale suckyng.**

**Porke young.**

**Giese not passyng. iii, yeres.**

**Dygeons.**

**Menison of redde dere.**

**Bease potage with myntes.**

**Feete**



Feete of swyne or calues.  
 Fygges rype, > before meales,  
 Raysons,  
 Bourage.  
 Languedebiefe.  
 Persely.  
 Myntes.  
 Ryce with almonde mylke.  
 Lettise.  
 Cykorie.  
 Grapes.  
 Wines good moderately take, well fined,  
 Ale and biere sixe daies olde, cleane bres-  
 wed, and not stronge.  
 Myrrh and gladnesse.  
 The lyuer and braynes of hennies and chis-  
 kens, and yong geese.  
 Meates and drinckes makynge yf iuyce.  
 Olde biese.  
 Olde mutton.  
 Geese olde.  
 Swanne olde.  
 Duckes of the kanell.  
 Inward of beastes.  
 Blacke puddynge.  
 The hert, liuer, and kydneis of al beastes,  
 The braynes and marie of the backbone.  
 Wood culuers.  
 Shell fishe, except creuise de eau douce.  
 Cheese hard.  
 Apples and pearres muche bled.  
 Figges and grapes not rype,  
 All rawe herbes, except lettise, bozage,  
 Lili and



## The fyrst

and Typhoie.

Onyons, }  
Garlyke, } { immoderately bled, spe-  
Leekes, } { cially in Cholerike sto-  
mackes.

Wyne in muste or sowre.

Feare, sorowe, and pensifenesse.

Meates ingendryng choler.

Garlyke.

Onyons.

Rokat.

Kerfis.

Leekes.

Mustarde.

Pepper.

Honye.

Wyne muche dronken.

Sweete meates.

Meates ingendryng fleume.

All clymie and cleauyng meates.

These new.

All fishe, specially in a fleumatik stomack.

Inwardes of beastes.

Lambes fleshe.

The synew partes of fleshe.

Skynnes.

Graynes.

Lunges.

Rapes.

Cucumbers.

Replecion.

Lache of exercise.

Meas



Meates ingendryng melancholy.

Biefe.

Gotes fleſhe.

Hares fleſhe.

Goies fleſhe.

Salte fleſhe.

Salte fyſhe.

Lolewoztes.

All pulſe except white peason.

Browne breade courſe.

Thycke wyne.

Blacke wyne.

Olde cheſe.

Olde fleſhe :

Great fyſhes of the ſea.

Meates makynge thicke ſuyce.

Rye breadde.

Muſte.

Breade without leauen.

Lake breadde.

Sea fyſhe great.

Shell fyſhe.

Biefe.

The kydneys.

The lyuer of a ſwyne.

The ſtones of beaſtes.

Mylke muche ſodden.

Rapes.

All rounde rootes.

Lucumbers.

Sweete wyne.

Deepe redde wyne.

Garlyke.



## The first

x Mustarde.

Oxiganum.

Hylope.

Basyll.

x Fenell.

These.

Egges fried or hard.

Chelsten nuttes.

Rauews.

Figges grene.

x Appuls not rype.

Pepper,

Rokat,

Leekes,

Onyons,

} muche vled.

## Meates whiche do hurt the teath,

x Meates whiche do hurt the teath.

Meates.

Swete meates and drynkes.

Rady the rootes.

Harde meates.

x Mylke.

Bytter meates.

Muche vomyte.

Leekes.

Fy the fatte.

x Lymons.

Colewortes.

## Meates which do hurt the eyes.

Drunkennesse,

Leches



Lechery.  
 Muste.  
 All poulse.  
 Swete wynges and thicke wlnes.  
 Hempe seide.  
 Mery salt meates.  
 Garlyke.  
 Onyons.  
 Colewortes.  
 Radeche.  
 Readyng after supper immediately.

**M**akyng great oppilations.

Thicke mylke.  
 All swete thynges.  
 Rye breadde.  
 Swete wynges.

**M**eates inflatyng oꝝ wyndy.

Beanes.  
 Lupynes.  
 Licer.  
 Mille.  
 Cucumbers.  
 All iuyce of herbes.  
 Fygges dry.  
 Rapes.  
 Rauens raw.  
 Mylke.  
 Hony not well ciatifid.  
 Muste.

Thine



## The second

Thynge good for  
the head.

**C**ububes:  
Galingale.  
Lignum aloes.  
Maiozam.  
Baulme mintes.  
Gladen.  
Putmygges.  
Muske.  
Rosemary.  
Roses.  
Biony.  
Hillipe.  
Spyke.  
Camomyl.  
mellilote.  
Rex.  
Frankyncense.

Thynge good for  
the herte.

**C**ynamome.  
Saffron.  
Lozall.  
Cloues.  
Lignum aloes.  
Berles.  
macis.  
Baulme mintes.  
myzabolanes.  
muske.  
Putmegges.  
Rosemary.

The bone of the hert.  
of a redde deere.

maiozam.  
Buglosse.  
Bourage.  
Setuall.

Thynge good for  
the liuer.

**T**wozewoodde.  
with wynde.  
Agermony.  
Saffron.  
Cloues.  
Endyue.  
Lyuerwozte.  
Tykory.  
Plantayne.  
Dragons.  
Realsongreat.  
Saunders.  
Fenell.  
Violettes.  
Rosewater.  
Letrise.

Thynge good for  
the lunges.

**E**lycampane.  
Hylope.  
Scabiose.  
Likorise.  
Raysons.  
Maidenheare.



Bentidies.  
Almondes.  
Dates.  
Distaces,

Thynges good for  
the eyes.

Eye bryght,  
Fenell.  
Merum.  
Roses.  
Lelandyne.  
Agrymony.  
Cloues.  
Colde water.

Putmegges.  
Organum.  
Pyllaces.  
Quynces.  
Olybanum.  
wormwode.  
Saffron.  
Lorall.  
Agrymony.  
Fumitory.  
Galingale.  
Cloues.  
Lignum aloes.  
Mastix.  
Mynte.  
Spodium :

Thynges good for  
the stomake.

Myzabolanes.

The innermost skynne  
of a hennes gylar.  
Lorlander prepared.

## THE SECONDE BOOKE. of Quantitie. Cap. I.



### HE QVANTITIE

of meat must be porcioned after the substance and qualitie therof, and accor dyng to the complexiō of him that eateth. First it ought to be remēbred, that meates hotte and moyst, which are qualities of the blud are some turned into blud, & therfore much nourisheth the body. Some meates do nourish but lyttell



## The second

littel, hauyng lttell conformitie with bloude  
in the qualities. Of them whiche do nourish.  
Some are more grosse, some lyghter in digestion.  
The grosse meate ingendzeth grosse bloude, but  
where it is wel concoct in the stomake, and wel  
dygested, it maketh the fleshe more firme, and  
the official membes more stronge, thanne fyne  
meates. Wherfore of men, whiche vse much la  
bour or exercise, also of them, which haue very  
choleryke stomakes, here in Englande, grosse  
meates may be eaten in a gret quantitie: and in  
a choleryk stomake bief is better digested than  
a chickens leg, for as muche as in a hot stomak  
fyne meates be shortly aduste and corrupted.  
Contrariwise in a colde or fleumatik stomake  
grosse meate abydeth long vndygested, and ma  
keth putrified matter. lyght meates therfore be  
to suche a stomake more apte and conueniente.  
The temperate body is beste nourished with a  
littel quantitie of grosse meates: but of tempe  
rate meates in substance & qualitie, they may  
safely eate a good quantitie. For esene alwaye  
that they eate without gourmandyse, or leaue  
with some appetite. And here it wold be remem  
bred, that the choleryk stomake doth not desire  
so muche as he may dygeste, the melancoly sto  
make may not digeste so muche as he desireth:  
for colde maketh appetite, but naturall heate  
concocteth or boyleth. Not withstanding v  
natural or supernatural heate dystroyeth appe  
tite, and corrupteth digestion, as it appereth in  
feuers. Moreover frutes and herbes, specially  
raw, woulde be eaten in a small quantitee, al  
though



though the person be very cholerike, forasmuch as they do ingender thynne watry bloude, apt to receiue putrifaction, whiche although it bee not shortly perceyued of hym that vseth it, at length thei fele it by sundry diseases, which are long in commyng, and shortly sleeth, or be hardly escaped. Finally excelsse of meates it to bee abhored. For as it is saied in the booke called Ecclesiasticus, In muche meate shal be siknes: and inordinate appetite shal approche vnto choler. Semblably the quantitee of drinke woulde be moderated, that it excede not nor be equall vnto the quanttie of meate, specially wine, whiche moderately taken, aydeth nature, and comforteth hir, and as the saied authoz of Ecclesiasticus saith, Wyne is a reioicyng to the soule and body. And Theognes saith in Galenes worke, A large draught of wyne is yll, A moderate draught is not only not yll, but also commodius or profitable.

Ecclesi.  
17  
Ecclesi 31  
Gal. de  
tuenda  
sanitate.

**O**F Qualytee of meates. Cap. 2.  
Qualitie is in the complexion, that is to saye, it is the state thereof, as Hotte or colde, moyste or dry. Also some meates bee in wynter colde in acte, and in vertue hotte. And it wold be considered, that euery complexion temperate and vntemperate, is conserued in his state, by that whiche is lyke thereto in fourme and degree. But that whiche excedeth much in distemperance, muste be reduced to his temperance, by that whiche is contrary to hym in fourme or qualitie, but like in degree moderately vled. By fourme is vnderstande grossenes, fynesse,



## The second

nesse, thickenesse, or thinnesse, by degree, as the fyrste, the seconde, the thyrde, the fourth in heate colde, moysture, or dryth.

### Of Custome.

Hipocra  
tes apho  
Galenus

**C**ustome in feedyng is not to be contempned, or littell regarded: for those meates, to the which a man hath be of long time accustomed, though they bee not of substance commendable, yet do they somtyme lesse harme than better meates, wherunto a man is not vsed. Also the meates & drinckes, which do muche delite him that eateth, are to be preferred before that whiche is better, but more vnsauery. But if the custome be so pernicious, that it nedes must be left, than wold it be withdrawen by litel and lyttell in time of helth, and not of sicknesse. For if it shuld be withdrawen in tyme of sycknesse, Nature shuld susteyne treble detriment. first by the grieve induced by sycknesse, second by receiuyng of medicines, thirde by forbearyng the thyng, wherin she delyteth.

### Of the temperature of meates to be receiued. Cap. 4.

**T**o kepe the body in good temper, to the whose natural complexion is moist, ought to be giue meates that be moist in vertue or power. Contrary wise to them, whose natural complexion is dry, ought to be geuen meates dry in vertue or power. To bodies vntemperate, suche meates or drinckes as to be geuen.



uen, which be in power contrary to the distem-  
perance, but the degrees are alwaie to be consid-  
dered, as wel of the temperance of the bodie, as  
of the meates. For where the meates do muche  
excede in degree the tēperature of the body, they  
anoy the bodie in causyng distemperaunce. As  
hotte wyne, pepper, garlike, onyons, and salte,  
be noyfull to them, whiche be cholerike, because  
they be in the highest degree of heate and drythe,  
aboue the iust temperaunce of mannes bodie in  
that cōplexion. And yet be thei oftentimes hol-  
some to them, whiche be fleumatike. Contrari-  
wyse, cold water, cold herbes, and colde frutes  
moderately vsed, be holsome to cholerike bodie  
by puttyng away the heate, excedyng the natu-  
rall temperature: and to them, whiche be fleu-  
matike, they be vnholsome, and doe bryng into  
them distemperaunce of colde and moyste.

¶ What distemperaunce happeneth by the  
excesse of sundrie qualitees in meates  
and drynckes. Cap. 5.

	Colde do congele and mortifie.
	Moist, do putrisie and hasten age.
	Dry, sucketh vp natural moissure.
	Clammie, stoppeth the issue of va-
	pours and brine, and ingendzeth
	tough fleume and grauell.
Meates.	Fatte and oyle, swimmeth long in
	the stomake, and bryngeth in loth-
	someesse.
	Bytter, doeth not nourishe.
	Salte, do fret muche the stomake.



the first

**H**arrithe, lyke the taste of wylde  
fruites, dooe constipate and res-  
traine.

**S**weete, chaufeth the bloud, and  
causeth opilacions oz stoppyn-  
ges of the wyes and conduites of  
the bodie.

**S**ower cooleth nature, and hasteneth  
age.

**W**hat commoditee happeneth by the mo-  
derate vse of the saied qualitees of  
meates and drinkes. Cap. 6.

**C**olde asswageth the burnyng of  
choler.

**M**oyste, humecteth that which is  
dried.

**D**rye, consumeth superfluous  
moysture.

**C**lammie, thickeneth that whiche is  
subtill and persyng.

**B**itter, clenseth and wipeth of, al-  
so mollifieth and expelleth flemme

**S**alte, relenteth flemme clammie,  
and dryeth it.

**F**atte and vinctuose, nourisheth  
and maketh soluble.

**S**tiptike oz rough on the tongue  
bindeth and comforteth appetite

**S**weete doth clense, dissolve, and  
nourish.

**Meates.**



Of fruites. Cap. 7.

**F**or as much as before that tillage of corne was inuented, & that deuouryng of fleshe and fishe was of mankind vbled, men vndoubtedly liued by fruietes, and Nature was therewith contented and satisfied, but by change of the diet of our progenitours, there is caused to be in our bodie suche alteration from the nature, which was in man at the beginning that now all fructes generally are noyfull to man, and do ingender yll humours, and be oft tymes the cause of putrified feuers, if they bee muche and continually eaten. Notwithstanding vnto them, which haue abundance of choler, they be sometyme conueniente, to repress the flame, which procedeth of choler. And some fruites, whiche be stiptike or bindyng in taste, eaten before meales, do binde the bealy, but eaten after meales, they be rather laxatiue. Now shall it not be vnerpeditent, to write of some fructes particularly, declaring their noyfull qualitees in appeiryng of Nature, and howe they may be vbled with least detriment.

Of Gourdes.

**G**ourdes rawe be vnpleasant in eatyng, yll for the stomake, and almost neuer digested, therfore he that will needes eat them, must boyle them, rost them, or frye them, euey way thei be without sauour or tast, and of their proper nature, thei geue to the body colde and moiste nourishment, and that very

Di

littell

galen de  
alimen  
tis. 2.



## The second

littell, but by reason of the clyppernesse of these substance: and because all meates, whiche be moyste of their nature, bee not bindyng, they lightly passe forth by the bealy. And beyng well ordered, they will be metely concoct, if corrupti- on in the stomake do not preuent them: they be colde and moyste in the second degree.

### ¶ Of Melons and Pepons.

**M**elons and pepones be almoste of one kynde, but that the melone is round like an apple, and the innermost parttherof, where the sedes are conteigned, is vbled to be eaten. The pepon is muche greater & somewhat long, and the inner part therof is not to be eaten: They bothe are very colde and moist, and do make yll iuyce in the body, if thei be not well digested, but the Pepon muche more than the Melon, they doe least hurte, if they be eaten afore meales. Albeit if they doe finde in the stomake fleume, they be turned into fleume, if thei finde choler, they be tourned into choler. Not withstandyng there is in theim the vertue to cleanse and to prouoke brine, they be colde and moyste in the second degree.

### ¶ Cucumbers.

Galē. de  
alimen-  
tis. 2,

**C**ucumbers do not excede so much in moisture as melons, and therfore thei be not so sone corrupted in the stomake: but in some stomakes, beyng moderately vbled, thei do digest well, but if they be abundantly eaten



eaten, or muche vſed, they ingender a cold and thicke humour in the veynes, whiche neuer or ſeldome is tourned into good bloud, and ſometime bringeth in feuers. Alſo thei abate carna'll luſte. The ſeedes as well therof, as of melons and gourdes, beyng dꝛied, and made cleane from the huſkes, are very medicinable againſt ſickenneſſes procedyng of heate, alſo the difficultie or let in piſſyng, they be colde and moiſte in the ſecond degree.

**¶ Dates**

Be hard to digeſt, therfore beyng muche eaten, and not well digeſted, they annoy the head, and cauſe gnawynge in the ſtomake, and make groſſe iuice, and ſomtime cauſe obſtructions or ſtoppynges in the lyuer and ſpleane. And where there is inflamaciō or hardnes in the body, thei are vnholſome, but beyng well digeſted and temperately vſed, thei nouriſhe and make the fleſhe fyꝛme, and alſo bindeth the bealie: old dates be hotte and dꝛie in the firſt degree: newe gathered are hotte and moiſte in the firſt degree.

**¶ Of fygges.**

**F**ygges eaten, do ſhortly paſſe out of the ſtomake, and are ſone diſtributed into all the partes of the bodie, and haue the power to clenſe, ſpecially grauel, beyng in the reins of the backe, but thei make no ſubſtancial nourishmēt, but rather ſomewhat louſe and windy, but by their quicke paſſage, the wynde is ſoone diſſolued, Therfore if they be ripe, they do leaſt

Acti. 16



## The first

harne of any fruites, or almost none. Dry figges and olde, are moze hotte and moyste than new gathered, but beyng muche eaten thei make yll bloud and iuyce, and as some doe suppose, do ingender lice: and also anoieth the liuer and the splene, if they be inflamed, but haupng the power to attenuate or make humours currant, they make the bodie soluble, and do clense the raynes. Also beyng eaten afoze dinner with ginger or pepper, or powder of tyme, or penitroyal, they profite muche to them, whiche haue oppylaciōs or hard congeled matter in the inner partes of the body, or haue distillacions or reumes falling into the breast and stomake. Few figges are hotte and moiste, olde figges are hotte in the first degree, and drie in the second.

## Of grapes and raysons.

Galē de  
alimen:  
tis, 2.

diosco. 5

**G**rapes doe not nourishe so much as figges, but beyng ripe, thei make not muche yll iuyce in the bodie: all be it newly gathered, they trouble the bealpe, and spleth the stomacke with wynde, therfore if thei be hanged vp a while, ere they be eaten, they are the lesse noyfull. Sweete grapes, are hottest, and do lose somewhat, and make a man thirsty. Sowze grapes are cold, and do also loose, but they are hard of digestion, and yet they doe not nourishe. Thei whiche are in taste bitter or harsche, be lyke to them that are sowze. Raysons do make the stomake fyne and strong, and do prouoke appetite, and do comfort weak bodies,  
be=



beyng eaten afore meales, they be hotte in the first degree, and moyste in the second.

### ¶ Of Cherries.

**C**heries if thei be sweete, thei do sone slyp downe into the stomacke, but if they be sowre or sharpe, they be more holsome, and do loose, if they be eaten freshe, and newly gathered, they be cold and moiste in the first degree.

### ¶ Of Peaches.

**P**eaches do lesse harm, and do make better iuyce in the bodie, for they are not so sone corrupted being eaten: of the iuyce of them may be made a syrope, very holsome against the distemperance of choler, wherof proceedeth a stinkyng breathe: They be colde in the first degree, and moyste in the second.

### ¶ Of Appuls.

**A**ll appulles eaten soone after that they be gathered, ar cold, hard to digest, and do make yll and corrupted blud, but beyng well kept vntill the next winter, or the yere folowynge, eaten after meales, they are right holsome, & doe confirme the stomake, and make good digestion, specially if thei be rosted or baken, most properly in a cholerike stomak: thei ar best preserued in hony, so that one touch not an other. The rough tasted appuls are hol some, where the stomake is weake by distemperance of heate or muche moysture. The bitter

Dittij

appuls



## The seconde

appulles, where that grieve is increased. The  
lowre appulles, where the matter is congeled  
or made thicke with heate: In distemperature  
of heate and drythe by drynkyng muche wyne,  
they haue been founde commodiouse: beeyng  
eaten at night, goeyng to bedde, without drin-  
kyng to theim, they be colde and moyste in the  
first degree.

### Of Quinces.

**Q**uinces be colde and drye, eaten afore  
meale, they bynde and restrain the sto-  
make, that it maie not digest well the  
meat, except that they be roasted or sod-  
den: the coze taken oute and myrte with honye  
clarified, or sugar, than they cause good appet-  
ite, and preserueth the head from drunkenness.  
taken after meate, it cloaseth and draweth the  
stomake together, and helpeth it to digest, and  
mollifieth the bealy, if it be abundantly taken,  
they be colde in the firste degree, and drye in the  
beginnyng of the second.

### Of Pomegranates.

**P**omegranates be of good iuyce, and pro-  
fitable to the stomacke, specially they,  
whiche are sweete, but in a hotte feuer,  
they that are lowre be moze expedient and  
hol some, for than the sweete do incende heate,  
and pusse vp the stomake.

Of



## ¶ Of peares.

**P**eaes are much of the nature of appuls, but they are heuier, but taken after meate, roasted or baken, they are not vnhol some, and do restrayne and knitte the stomake beyng ripe: thei be cold and moyst in the first degree.

## ¶ Medlars.

**M**edlars are colde and dry, and constrictiue or straining the stomake, and therefore thei may be eaten after meales, as a medicine, but not vsed as meate, for thei ingender melancholy, they be colde and dry in the seconde degree.

## ¶ Walnuttres.

**W**alnuttres, if thei be blaunched, are supposed to be good for the stomak and somewhat loosing the bealy, mixt with sugar, they doe nourishe temperately. Of two dry nuttres, as many figges, and .xx. leaues of Rew, with a grayne of salt, is made a medicine wherof if one dooe eate fastyng, nothyng: whiche is venemous may that day hurt hym, and it also preserueth against the pestilence, and this is the very right Withyrdate, they be hotte and dry in the seconde degree, after some opinions hot in the thirde degree, dry in the second.

## ¶ Fylbers and hasyll nuttres.

**T**hei be moze strong in substance than walnuttres



## The second

nuttcs, wherfore they are not so easlyly oꝛ sone digested. Also they do inflate the stomacke, and cause head ache, but thei ingender fatte. And yf they be rosted, they be good to restraine reumes. Also eaten with pepper, they are good agaynste tourmentes of the bealy, and the stoppyng of vyne. Thei be hot and dry in the first degree.

## Of Almondes.

**T**hei do extenuate and clense without any byndyng, wherfore thei purge the breste and lunges, specially bitter almondes. Also they do mollifye the bealy, prouoke slepe, and causeth to pyssse wel. fiue oꝛ sixe of them eaten afoze meate, kepe a man from beyng drunk, they be hot and moyst in the first degree.

## Of Cheitayns.

**T**hey beyng rosted vnder the ymbers, oꝛ hot ashes, do nourishe the body strongely, and eaten with honey fastyng, doe helpe a man of the cough,

## Of Pynes.

**O**f the gardeyne and ripe, dooe dispose a man to the stoole, but thei doe byng no maner of nourysment. To this fruite lyke as to fygges this propertie remayneth, that beyng dyed, they dooe profite. The Damaske prune rather bindeth than looseth, and  
is



is more commodious vnto the stomake: they be cold and moyst in the seconde degree.

**C**oliques.

**C**ondite in salte lykour, taken at the beginning of a meale doth corroborate the stomake, stirreth appetite, and looseth the beal: beyng eaten with vyneger. They whiche be ripe, are temperately hot, the which be grene are colde and dry.

**O**f Capers.

**T**hey nourishe nothyng after that they be salted, but yet thei make the bely lose, and purgeth fleume, which is therin con-  
 feyned. Also styrreth appetite to meate, and openeth the obstructions, or stoppyng of the lyuer and splene, beyng eaten with oximel, befoze any other meate: they be hotte and dry in the seconde degree.

Galē de  
 alimen-  
 tis. 2.

**O**zenges.

**T**he ryndes taken in a lyttell quantitie, doe comfort the stomacke, where it dygesteth, specially condite with suger, and taken fastyng in a small quantitie. The iuyce of ozenges, hauyng a tost of breade put vnto it, with a litel powder of mintes, suger, and a litel cinamome, maketh a very good sauce to prouoke appetite. The iulce eaten with suger in a hotte feuer, is not to bee discommended. The rinde is hotte in the fyrste degree, and dry in the second, the iuyce of theim is cold in the second degree, and dry in the first.

Herbes



## The second

¶ Herbes vsed in Potage, or to  
eate, Cap. 8.

**G**enerally al herbes raw, and not sodden  
do ingender cold and watry iuice, if they  
be eaten customably, or in abundance: al  
be it some herbes are moze comestible, and doe  
lasse harme vnto nature, and moderately vsed,  
maketh metely good bloude.

### Lettise.

**A**mong al herbes, none hath so good iuyce  
as lettise: for some men do suppose, that  
it maketh abundance of bloude, al be it  
not very pure or perfit. it doth set a hot appetite  
and eatē in the euening, it prouoketh slepe, albe  
it, it neither doth loose nor bid the bealy of his  
owne propriety. It increaseth milk in a womā's  
brestes, but it abateth carnal appetite, and much  
vsyng therof, hurteth the eye sight. It is colde  
and moyst temperately.

### Colewortes and Cabages.

**B**efore that auarice caused marchantes to  
fetche out of the east and south partes of  
the world, the traffike of spice and sundry  
drounges, to contente the vnsatiablenesse of  
wanton appetites, Colewortes for the vertues  
supposed to be in the, were of such estimacion,  
that they were iudges, to be a sufficient medy-  
cine agaynste all diseases, as it may appere in  
the booke of wyse Lato, wherin he writeth of  
hys



husbandrie. But nowe I wyll no more remem-  
ber, than shall be required, in that whiche shall  
be vsed as meate, and not pure medicine. The  
iuiice thereof hath vertue to purge: The holle  
leaues beyng halfe sodden, and the water pow-  
red out, and they beyng put estones into hot  
water, and sodden vntill they be tender, so eas-  
ten they do bynde the bealie. Some do suppose  
if thei be eaten raw with vineger befoze meate,  
it shall preserue the stomake frome surfettinge,  
and the heade from drunkennes: all be it much  
vsyng of them duilleth the syght, except the eies  
be very moyste. Finally the iuiice that it maketh  
in the body, is not so commedable, as that whi-  
che is ingendred of lettis. It is hote in the first  
degree, and drie in the seconde.

#### Of Lykōry or succory.

**I**t is like in operacion to lettise, and tempes-  
reth choler wōderfully, and therefoz in al co-  
lerik feuers, the decoctiō of this herbe, oꝝ the  
water therof stilled, is right expediente. Sem-  
blabli the herbe and rote boiled with flesh, that  
is freshe being eaten, kepeth the stomake and  
heade in very good tēper. I suppose that Souz-  
thistel and Dentdelion, be of like qualities, but  
not so conuenient to be vsed of them, which are  
hole, bicause thei are wilde of nature and more  
bitter, and therefoze causeth fastidiousnesse oꝝ  
lothsomnesse of the stomak. It is colde and drie  
in the seconde degree.

En



## The second

### ¶ Endyue and Scariole

**B**e much lyke in their operacion to Rikos-  
rie, but thei are moze conuenient to medis-  
cynne than to meate. All be it Scariole cal-  
lyd white Endyue, haupnge the toppes of the  
leaves turned in and laide in the Earthe, at the  
latter ende of sommer, and couered, becommeth  
whyte and crisp, like to the great stalkes of cas-  
bage lettise, which are in winter taken vp and  
eatē. And to them that haue hot stomakes and  
drye, they be ryght hollesom, but beyng to muche  
vled, or in veri great quantitie, thei ingēder the  
humour, which maketh the cholyke, thei be cold  
and moyste in the fyrste degree.

### ¶ Malowes

Gal 2. de  
alimen-  
tis.

Are not colde in operation, but rather some-  
what warme, and haue in them a slippernesse.  
wherfore beinge boyled and moderatelye eaten  
with oyle and vineger, they make metely good  
concoction in the stomacke, and causeth the su-  
perfluous matter therein easily to passe, & clens-  
sethe the bealie. It is hotte and Moyste in the  
fyrste degree.

### ¶ White beetes

Are also abstersiue and lowseth the bealie, but  
much eaten, annogeth the stomacke, but thei are  
ryght good agaynst obstructions or stoppyng  
of the lyuer, if they bee eaten with vyneger or  
mustarde, lykwylse it helpeth the splene. It is  
colde in the fyrste degree, and moyste in the se-  
conde,

¶ Dozlan,



**C**urflane

Dothe mitigate the great heate in al the inward partes of the body, semblabli of the head and eies: also it represseth the rage of Venus, but if it be preserved in salte or byrne, it heateth and pourgeth the stomack. It is colde in the .iii. degree, and moyst in the second.

**C**haruayle

Is very profitable vnto the stomake, but it maye not susteyne verye muche boyleng, eaten with vineger, it prouoketh appetite, and also byrne. The decoccion thereof drounke with wine, clenseth the bladder.

**C**ozell

Beinge sodden, it louseth the bealy. In a time of pestilence, if one beyng fastyng, doo chewe some of the leaues, and sucke downe the iuyce, it merueilously preserveth from infections, as a new practiser called Guainerius doth write. And I my self haue proued it in my housholde. The sedes therof braied & drounke with wine and water, is very holsome against the colyke and fretting of the guttes: it stoppeth fluxes, and helpeth the stomak annoied with repletio. It is colde in the thirde degree, and drye in the seconde.

**C**ersely

Is very conueniente to the stomak, and comforteth appetite, and maketh the breath swete, the sedes and roote causeth vrine to passe wel, and breaketh the stone, dissolueth wyndes, the rootes boyled in water, and therof oximel being made



## The second

made, it dissolueth fleume, and maketh good digestion. It is hotte and dry in the third degree.

### **C** Fenell

Being eaten the seede or rote maketh abundance of milke, lyke wise drunk with ptisane or ale. The seede somewhat restraineth flux, prouoketh to pisse, and mitigateth frettinges of the stomake and guttes, specially the decoction of the roote, yf the mattier, causyng frettyng, be colde, but if it be of a hotte cause, the vse therof is dangerouse, for inflamation or exulceracion of the raines or bladder. It is hot in the thyrde degree, and dry in the fyrst.

Galien.  
simpli.  
de medicament.  
lib. 3. ca.  
74.

### **C** Anyse seede.

Maketh swete breath, prouoketh bryne, and dryueth dwone thynges cleauing to the raines, or bladder, styrreth vp courage, and causeth abundance of milke. It is hotte and dry in the thyrde degree.

### **C** Beanes.

They make wynde, how so euer they bee considered: the substance, whiche they doe make, is spungy, and not fyne, all be it they be abstersyue, or clenstyng the body, they tary longe, or they be digested, and make grosse iurce in the body: but if onions be soden with theym, thei be lasse noyfyll.

### **C** Peasyn

Are muche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the body, thei be also abstersyue, or clenstyng, specially white peasyn, and they also cause metely good  
now



nourishyng, the huskes taken awaie. And the  
broth, wherein they be sodden, clenseth right wel  
the raynes and bladder.

Rape rootes and Nauewes. Cap 9.

**T**he iuice made by them is very grosse, and  
therfoze beyng muche eaten, if thei be not  
perfectly concoct in the stomake, they do  
make crude oꝝ rawe iuice in the veines.

Also if they be not well boyled, thei cause wyndes,  
des, and annoie the stomacke, and make somes  
tyme frettynges: If they be well boyled first in  
cleane water, and that beeyng cast awaie, the  
second tyme with fatte fleshe, they nourishe mus-  
che, and doe neither loose noꝝ bynde the bealie.  
But Nauewes dooe not nourishe so muche as  
rapes, but they be even as windie.

Turnepes.

Beyng well boyled in water, and after with  
fatte fleshe, nourissheth muche, augmenteth the  
seede of manne, prouoketh carnall lust. Eaten  
rawe they styre vp appetite to eate, beyng tem-  
perately vled, and be conuenient vnto theim,  
whiche haue putrified matter in their breastes  
oꝝ lunges, causyng them to spitte easily, but be-  
yng muche and often eaten, they make rawe  
iuice and wyndinesse.

Parlnepes and Carrettes.

Gal. sup

They doe nourishe with better iuice than the medi-  
other rootes, specially carrettes, which are hot  
and drie, and expelleth wind. Notwithstanding  
much vled they ingender yll iuyce, but carrettes

lib. 7.

¶

lesse



## the seconde

lesse than parsnepes, the one & thother expelleth  
brine. ¶ Radishe rootes.

Pau. Ae:  
gineta.  
Diosco.  
Lib. 7. de  
alimētis.

Have the vertue to extenuate or make thinne,  
and also to warme. Also they cause to breake  
wynde, and to pyss: beyng eaten afoze meales  
they let the meate, that it may not discende, but  
beyng eaten last, they make good digestion, and  
looseth the bealy, though Galenus write con-  
trary. For I, among diuerse other, by experi-  
ence haue proued it: Notwithstandyng they be  
vnhol some for them, that haue continually the  
goute, or peyne in the ioyntes.

### Garlyke.

It dooeth extenuate and cutte grosse humours  
and clymie, dissolueth grosse wyndes, and hea-  
teth all the body, also openeth the places, which  
are stopped, generally where it is well digested  
in the stomake: it is hol som to diuers purposes,  
specially in the bodie, wherin is grosse matter,  
or much cold inclosed, if it be sodden vntyll it  
looseth his tartenesse, it somewhat nourisheth,  
and yet looseth not his propertie, to extenuate  
grosse humours, beyng sodden in mylke, it pro-  
fiteth much against distillacions from the head  
into the stomake.

### Onyons.

Do also extenuate, but the long onyons more  
than the round, the red more than the white, the  
drie more than thei whiche be grene: also rawe  
more than sodden, thei stirre appetite to meate,  
and put away lothsomness, and lose the bealy,  
thei quicken sighte, and beyng eaten in great ab-  
bundaunce with meate, thei cause one to sleepe  
soundly



Soundly.

**C**leekes.

Be of yll iuyce, and do make troublous dreames, but they do extenuate and cleanse the bodie, and also make it soluble, and prouoketh brine. galen. 7 cap. 138.  
Moreover it causeth one to spitte out easily the fleume, whiche is in the breast.

**S**auge.

It heateth, and somewhat byndeth, and therewith prouoketh brine, the decoction of the leaues and braunches beyng dronke. Also it stoppeth bleeding of woundes, beyng laied vnto them. Moreover it hath been proued, that women, whiche haue been long tyme without children, and haue dronke .x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre before, that they haue compassed with their husbandes, haue conceiued at that time. It is hotte and drie in the third degree, the vsing therof is good against palseis.

**S**lope.

Doeth heat and extenuate, whereby it digesteth clymic fleume: beeyng prepared with fynges, it pourgeth fleume downward, with hony and water vppward, boyled in vineger it helpeth the tooth ake, if the teeth be washed therewith, it is hotte and drie in the third degree.

**B**ourage,

Comforteth the hert, and maketh one merie, eaten rawe before meales, or laied in wine that is dronk. Also it mollifieth the bealie, and prepareth to the stoole. It is hot and moiste in the middell of the first degree.

**C**it

**S**auc



## The second

### Sauery.

Wourgeth fleume, helpeth digestion, maketh quicke sight, prouoketh brine, and stirreth carnal appetite. It is hot and dry in the .iii. degree. Rokat.

Heateth muche, and increaseth seede of man, prouoketh courage, helpeth digestion, and somewhat louseth, It is hotte and moyste in the second degree.

### Cyme.

Dissolueth wyndes, breaketh the stone, expelleth brine, and ceaseth frettynges, It is hotte and drye in the third degree.

### Penroyall.

Doeth extenuate, heate, and decoct, it refourmeth the stomake appressed with fleme, it doeth recomfort the faynte spirite, it expelleth melancoly by siege, and is medicinable against many diseases. It is hot and drye in the third degree.

### Downcreeses.

Paulus discommendeth, sayng, that it resisteth concoction, and hurteth the stomake, and maketh yll iuice in the bodie, taken as medicine, it helpeth many diseases. It is hotte and dry in the third degree.

### Rosemary

Hath the vertue to heate, and therfore it dissolueth humours congeled with colde: It helpeth against palseis, falling sicknes, old diseases of the breast, tourmentes or frettyng, it prouoketh brine and sweat: it helpeth the cough takē with pepper and hony, it putteth away toth ake, the roote beyng chewed, or the iuice therof put into the



the toothe, beyng bourned, the fume therof resisteth the pestilence: the rynde thereof sodden or burned, and the fume receued at the mouth, stoppeth the reume, which falleth out of the head into the chekes or throte: whiche I my selfe haue proued, the grene leaues bruised, doe stoppe the hemozoides, if they be laied vnto them: That herbe is hotte and drie in the third degree.

Spices growyng out of this realme vsed  
in meate and drinke. Cap. 10.

Pepper.

**B**lacke pepper is hottest, and mooste drie, white pepper is next, long pepper is most temperate. The generall propertee of all kindes of pepper is to heat the body, but as Galene saith, it percerth downward, and doth not spreade into the veines, if it be grosse beaten, it dissolueth fleume and wind, it helpeth digestion, expulseth vrine, and it helpeth against the diseases of the brest, procedyng of colde. It is hot in the first degree, and drie in the second.

Gynger.

Heateth the stomacke, and helpeth digestion, but it heateth not so sone as pepper: but afterward the heate remaineth longer, and causeth the mouthe to be moyste: Beyng grene, or well confectioned in syrope, it comforteth muche the stomake and hed, and quickneth remembrance, if it be taken in the morow fastyng, It is hotte in the second degree, and drie in the first.



## The seconde

### Saffron

Somewhat bindeth, heateth, and comforteth the stomake, and the hert specially, and maketh good digestion, beeyng eaten oz droncken in a small quantitee. It is hotte in the seconde degree, and drie in the first.

### Cloues

Hath vertue to comfort the synewes, also to consume and dissolve superfluous humours. They be hot and drie in the third degree, sodden with milke, it cōforteth the debilitie of nature.

### Maces

Dioscorides commendeth to be dronke against spitting of bloud, and bluddie fluxes, and excessive laxes. Paul<sup>9</sup> Aegineta addeth to it, that it helpeth the colyke. They be hot in the iidegree, and drie in the. iii. degree. It is to the stomake very commodious, taken in a littell quantitee.

### Putmygges

With their swete odour comfort and dissolve, and sometime comforteth the power of the sight and also the bzayne in colde discrasies, and is hotte and drie in the second degree.

## Of breade. Cap. ii

Gale de  
alimen-  
tis. 2.

**B**reade of fyne flowre of wheate, hauyng no leauen, is slowe of digestion, and maketh stymie humours, but it nourisheth much: if it be leauened, it digesteth soner. Bzead hauyng muche bzanne, fylleth the bealie with excrementes, and nourisheth littell oz nothyng, but shortly discēdeth from the stomake. The meane betwene both, sufficiently leuened,  
well



well moulded , and moderately baken , is the moste holsome to euery age. The greatest lours do nozisse the moste faste , for as muche as the fyre hath not exhausted the moisture of them. Hotte bread slowly passeth. Barlie bread clenseth the bodie , and dooeth not nourisse so muche as wheate , and maketh colde iuyce in the bodie.

Of fleshe. Cap. 12.

**B**ese of Englande to englishemen, which are in healtie , byngeth stronge nourishyng , but it maketh grosse bloud , and ingendzeth melancoly, but beyng of yong oxen , not exceadyng the age of fowre yeares, to them whiche haue cholerike stomackes, it is more conuenient than chickens, and other lyke fine meates.

Swynes fleshe.

Above all kyndes of fleshe in nourishyng the body, Galene most comendeth porke, not beyng of an olde swine, and that it be well digested of him that eateth it. For it maketh best iuice, it is moste conuenient for yong persons , and theim whiche haue susteined muche labour , and therewith ar fatigate, and become weake. Yong pigges are not commended, before that they be one moneth olde, for they do brede muche superfluous humours.

Lambe

Is very moiste and fleumatike, wherfore it is not conuenient for aged men , excepte that it be very drie roasted , nor yet for them , whiche haue in their stomakes muche fleume,



## The seconde

### ¶ Mutton.

**Gale de  
alimen:  
tis. 3.**

Galene dooeth not commend it, notwithstanding experience proueth here in this realm, that if it be yong, it is a right temperate meate, and maketh good iuyce: and therefore it is vsed more than any other meate, in all diseases. And yet it is not like good in all places, nor the shepe whiche beareth fynest woll, is not the swetest in eating, nor the moste tender. But I haue founde in some countreis mutton, which in whitenesse tendernes and swetenesse of the fleshe, mought be well nigh compared to kydde, and in digestion haue proued as holtsome.

### Kydde and Meale

Of Galene is commended next vnto porke, but some men do suppose, that in helth and sicknes they be muche better than Porke, the iuyce of them both beyng more pure. And here it is to be noted, that of all beastes, whiche be dry of their nature, the yongest be most holtsome, of them that are moyste, the eldest are least hurtfull.

### Hare, Loney.

**Hippoc.  
de ratio:  
ne uict.  
li. 2 ca 19  
Plin. 28.**

Maketh grosse blud, it drieth and stoppeth, but yet it prouoketh a man to pylle. Loney maketh better and more pure nourishment, and is sooner digested than hare. It is well proued, that there is no meate more holtsome, or that more cleane, fyrmely, and temperately nourisheth than rabbits.

### Deere red and falowe.

Hippocrates affirmeth the fleshe of hartes and hyndes to be of yll iuyce, hard of digestion, and drie, but yet it moueth vryne. Of falowe Deere, he nor any other olde wyter doth speake of



Of, as I remember. I suppose, because there be not in althe world, so many as in England, where they consume a good parte of the best pasture in the realme, and are in nothing profitable, saving that of the skinner of them is made better lether than is of calves, the hunting of them being not so pleasant as the hunting of other venery or vermine, the fleshe much more unholosome and unpleasant than of a red deere, ingendring melancoli, and making many fearful dreames, and disposeth the body to a fever: if it be much eaten: not withstanding the fat thereof (as some lerned men have supposed) is better to be digested than the leane.

Of byrdes.

**T**he flesh of al birdes is much lighter, than the flesh of beastes in comparisson, most specialli of those foules which trust most to their winges, and do breede in high cuntreis.

Capons hennes and chickens

**T**he Capon is aboue al other foules praised, for as much as it is easily digested, and maketh litle ordure, and much good nourishment. It is comodius to the brest and stomake. Hens in wynter are almoste equall vnto the capon: but they do not make so strong nourishment. Auicen saith, if thei be roasted in the bealy of a kyde or lambe, they wyll be the better. Chickens in sommer, specially if thei be cockreis, are very conuenient for a weake stomake, and nourisheth a litle. The fleshe of a cocke is hard of digestion. but the broth, wherein it is boyled, souseth the bealy, and hauing sodde in it colewortes

Poly



## The second

**Holypodium, or Tartamus,** it purgeth yll humours, and is medicinable against goutes, ioint aches, and feuers, whiche come by courses.

### Fesaunt.

Excedeth all fowles in swetenesse, and holtsomnes, and is equal to a capō in nourishyng, but he is somewhat drier, and is of some menne put in comparison, meane betwene a hen and a partryche.

### Partriche.

Of all foules is most soonest digested: and hath in him muche nutrimente, comforteth the braine, and maketh sede of generaciō, and reuiueth luste, whiche is abated.

### Quayles.

Although they be of some men commended, yet experiēce proueth them to increace melancolye, and are of a small nourishinge.

### Larkes

Be as well the fleshe as the brothe very holsome: eaten rosted, thei do much helpe against the colyke, as Dioscorides saith.

### A plouer.

Is slowe of digestion, nowrisseth litel, increaceth melancoly.

### Blacke byrdes or oulsys

Among wilde foule hath the chiefe praise, for lyghtnes of digestion, and that thei make good nowrishment, and littell ordure.

### Sparowes

Be hard to digest, and are very hotte, and stirreth vp venus, and specially the braines of the  
woods



**Woodcockes**

Are of a good temperaunce, and metely light  
in digestion.

**Dygeons**

Be easily digested, and are very holsome to  
them, which are fleumaticke, and pure melancoly.

**Goose**

Is harde of digestion, but beyng yonge and  
fatte, the wynges be easy to digest in a hole sto-  
make, and nourisheth competently.

**Ducke**

Is hotter than goose, and harde to digest, and  
maketh worse iuyce, saving the browes on the  
breaste bone, and the necke, is better than the  
remnaunt.

**Crane and Bustarde**

Crane is harde of digestion, and maketh yll  
iuyce, but beyng hanged vp long in the ayre, he  
is the lesse vnholsome. Bustard beyng fat, and  
kept without meate a day or two afore that he  
be kylled, to expulse his ordure, and than draw-  
wen, and hanged as the Crane is, beyng roasted  
or baken, is a good meate, and nourisheth wel,  
if he be well digested.

**Heron, Byttour, Shouelar**

Beyng yonge and fatte, be lightly digested  
than crane, and the byttour sooner than the hea-  
ron, And the Shouelar soner than any of them,  
but all these fowles muste be eaten with muche  
Cynger or Pepper, and haue good olde wyne  
drunke after them, and so shal they be more ea-  
sily digested, and the ioyce commyng of them  
be the lasse noyfull,

The



## The second

¶ The partes and members of birdes  
and beastes. Cap. 13.

**T**he wynges, brawnes, and necke of geese  
capons, hennes, fesaunt, partriche, and  
smal birdes, beyng fatte, are better, than  
the legges in digestion, and lyghter in nourys-  
shyng. Of wildfoule and pigeons beyng fatte,  
the legges are better than the wynges, the braw-  
nes of ducke, teale, and wygeon except, whiche  
is better to digest than the resydue.

The gylar oz stomake

Of a goose oz henne, beyng fatte with bzanne  
and mylke, beyng well sodden oz made in poul-  
der, is good for the stomak, in makynge it strong  
to digest, and nourisheth competently.

The lyuer

Of a capon, henne, fesaunt, oz goose beyng  
made fatte with mylke mixt with their meate,  
is not only easy to digest, but also maketh good  
iuyce, and nourisheth excellently. But the lyuers  
of beastes be yll to digest, passeth slowly, and  
maketh grosse blud, but it is strong in nourishing.

The inwarde of beastes, as tripes,  
and chytterlynges.

The fleshe of theim is more harde to digest,  
And therfore although thei be well dygested, yet  
make thei not iuice naturalli sanguine oz clene,  
but raw iuyce and colde, and requyrez a longe  
tyme, to be conuerted into bloude.

The lunges oz lyghtes.

Are more easy to digest than the lyuer, and  
lesse nourisheth, but the nourishment, that it  
maketh,



maketh, is fleumatyke. All be it the lunges of a  
Fore, is medicinable for them, whiche haue syks  
nelle of the lunges.

**The splene or mylt**

Is of il iuyce, for it is the chāber of melancoly.

**The herte.**

Is of harde fleshe, and therfore is not soone  
digested, nor passeth shortly, but where he is  
wel digested, the iuyce that it maketh, is not to  
be dysprayed.

**The brayne**

Is fleumatyke, of grosse iuyce, slow in dyges  
tyng, noyouse to the stomacke, but where it is  
wel digested, it nourisheth muche.

**Marow**

Is more delectable than the brayne, it is il for  
the stomake, but where it is well dygested, it no  
urisheth muche.

**The stones and vdders**

Being well digested, do nourish muche, but  
the stones are hotter with their moystnesse, the  
vdders colde and fleumatike: they both doe in  
crease sede of generacion: but the bloude made  
of the vdder is better than that which commeth  
of the stones, except it be of calues and lambes.  
Also the stones of cockes, maketh commendable  
nourishment.

**The heade.**

The fleshe therof nourisheth muche, and au  
gmenteth sede, but it is slow of dygestyon, and  
noyeth the stomake, but to theim, which vse mo  
che exercise, it is not commendable.

**The tongue**

Is of a spungy and sangwyne substance, but  
the



## The second

the kernelles and gristel, which are in the rootes, yf they bee welledigested, they make good nourishment, yf they be not well digested, they make flewme.

### The feete.

Beynge wel boyled and tender, in a hole stomacke, dygesteth well, and maketh good iuyce, and passeth forth the easelye. Galene commendeth the feete of swine: but I haue proued, that the feete of a yonge bullocke, tenderly sodden, and laied in sowse two daies or thre, and eaten cold in the eueninge, haue brought a cholerike stomacke into a good digestion and slepe, and therewith hath also expulsed salt flewme and choler: and this haue I found in my self by often experience, alway forselene, that it be eaten before any other meate, without drinking immediately after it.

### Of fishe generally. Cap. 14

**T**he best fysh after the opinion of Galen is that, whiche swimmeth in a pure sea, and is tossed and lyft vp with wyndes & sours. The more calme that the water is, the worse is the fysh. They whiche are in muddy waters, do make much flewme and ordure, taken in fennes and dyches be worse, being in freshe ryuers and swifte, be sometime commendable: All be it generally all kindes of fishe maketh more thinner bloude than fleshe, soo that it dothe muche nouryshe and it doothe sooner passe ouer by vapours: to a hot cholerike stomacke, or in feuers, somtyme they be holseome, being



being new, freshe, and not very harde in substance or slimy, hard fysh is hard of digestion: but the nourishment therof is more firme, than that whiche is soft: those whiche haue muche grosse humours in them, are best powdred.

**Of Butter. Cap. 15.**

**B**utter is also nourythyng, and profyteth to them, whiche haue humours superfluous in the brest or lounge, and lacketh re-  
pyng and clensing of them, specially if it be eaten with sugar or hony. If it be wel salted, it heateh and clenseth the more.

**Of Cheese. Cap. 16.**

**C**heese by the hole sentence of all auncient wryters, letteth dygestion, and is enemy vnto the stomake. Also it ingendzeth yll humours, and bredeth the stone. The cheese which doth least harme is soft cheese resonably salted, which some men do suppose nouryseth much.

**Of Egges. Cap. 17.**

**E**gges of fesantes, hennes, and partriches be of all other meates most agreable vnto nature, specially if they bee new laied: if they be reere, they doe clense the throte and the brest. If they be harde, they bee slow in digestion: but being ones digested, they do nourish muche. Meane betwene reere and hard, they dygest conueniently, and nourysh the quykely. Egges wel poched, are better than rosted. If they be fryed hard, they be of yll nourishment, and do make stinkyng fumes in the stomake, & doe corrupt other meates, with whom they be mingled. They be most holisome, whan they be poched,  
and



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and most vnholſome, whan thei be fryed. Dioscorides ſaith, If thei be ſouped warme, before any other meate, thei do heale the griefes of the bladder, and raines, made with grauell: Also ſoreneſſe of the chekes and throte, and ſpitting of bloudde: and thei be good agaynſt cattarres or ſtillpynge out of the head, into the ſtomake.

¶ Of Drynkes, and fyrſt of water. Cap. 18.

**V**ndoubtedli water hath preeminence aboue all other lycors, not onely bycauſe it is an elemēt, that is to ſai, a pure matter, whereof all other lycours haue theyr original ſubſtance, but all ſo for as much, as it was the very natural and firſt drynke, to all maner of creatures. wherfore the ſaieng of Pindarus the poete was euer wel allowed, which ſayth, water is beſt. And one thing is to be wel conſydered, that from the creation of the world, vntyll the vniuerſale deluge or floudde, durynge whiche time, men liued eyghte or nine hundred yerres, there was none other drinke vſed nor known, but water. Also the true folowers of Pythagoras doctrine, dranke only water and yet lyued long, as Appolonius, and other. and in the ſerchyng out of ſecrete and miſticall thyngeſ, their wittes excelled. Moreover, we haue ſene men and women of great age, and ſtrong of bodye, which neuer, or very ſeldome, dranke other drinke, than pure water: As by example, in Cornewal, although that the countrey be in a very colde quarter, whiche proueth, that yemenne from their infancie were accuſtomed to none



none other drinke but to water only moderates  
 ly vled, it should be sufficient to kepe naturall  
 moisture, and to cause the meat that is eaten to  
 perce and discend vnto the places of digestion,  
 whiche are the purpuses that drinke serueth for.  
 But now to the qualitees of water, after the sē-  
 tence of ancient phylosophers and phisicians.  
 The raine water, after the opinion of the most  
 men, if it wereceiued pure and clene, is most sub-  
 till and penetratiue, of any other waters: The  
 next is that, which issueth out of a spring in the  
 east, and passeth swiftly among great stones or  
 rockes: The third is of a clene riuer, which ren-  
 neth on gret hard stones or pebles. There be dis-  
 uers meanes to try out, which is the best water.  
 for that whiche is lightest in poise or weight is  
 best. Also that, whereof commeth least skym or  
 froth, whan it doth boyle. Also that which will  
 sonest be hot. Bozouer deepe linnen clothes in-  
 to sundrie waters, and after lay the to drie, and  
 that whiche is sonest drie, the water wherein it  
 was deped is most subtil. After a great surfet,  
 specially taken with superfluous eating of bas-  
 kettyng meates, cold water dronken is a gene-  
 ral remedy. Hippo. affirmeth, that in sharp and  
 feruent diseases, none other remedie is to be re-  
 quired than water. And Galene will not, that  
 children should be let from drinkeyng of water,  
 but that whan they fele them selves very hotte,  
 after meales and do desire to drinke water, spe-  
 cially of a clene fountain, thei shuld be suffered.  
 Also Hippo. saith, In suche sickness where as  
 thou fearest, least the head shuld be vehemently  
 griued.

De ratio  
 ne vict<sup>9</sup>  
 in mor.  
 acutis.  
 Lib. 3.



## the seconde

grieved, or the mynde perished, there muste thou  
geue either water, or white wyne alayed with  
much water. Notwithstanding there be in wa-  
ter causes of diuers diseases, as of swellng of  
the spleene, and the liuer, it also flitteth & swym-  
meth, and it is long or it perceeth, in as much as  
it is colde and slowe in decoction, it loseth not  
the bealy, nor prouoketh brine. Also in this it  
is vicious, that of his proper nature, it maketh  
none ordure. Finally, alway respect must be  
had to the person, that drinketh it, for to yonge  
men, and them that be hotte of complexcion, it  
doeth lesse harme, and sometime it profiteth: but  
to them that are feble, olde, fleumatike, or me-  
lancoly, it is not conuenient.

### Of wyne. Cap. xix.

**P**lato, the wisest of all philosophers, doth  
affirme, that wine moderately dronke, no-  
risheth and comforteth, aswel al the body,  
as the spirites of man. And therfore God  
did ordein it for mankind, as a remedy against  
the incommoditees of age, that thereby they  
shoud seme to retourne vnto youth, and forget  
heuinesse. Andoubtedly wine heateth, and moiz-  
neth the bodie, whiche qualitees chieflly con-  
serueth nature. And Galene of all wines, com-  
mendeth that, which is yelow and clere, sayng:  
that it is the hottest, and white wine least hotte.  
And the colour meane betwene both, of sembla-  
ble temperature. The yelow wyne, whiche is  
the proper colour of very hotte wynes, to olde  
men toth byng these commoditees. First it heat-  
eth all their membres, also it wurgeth be brine  
the



the watric substance of the bloud. Moreover  
 the wyne, whiche be pale or yelow, and full of  
 substance, they do increase bloud, and nourishe  
 the bodie, but for the more part olde men haue  
 mede of suche wyne, whiche do prouoke brine:  
 for as muche as in them do abounde watric ex-  
 crementes, or superfluites, and thei whiche do  
 tary long in the bealy, be not apt for aged men.  
 Blacke or deepe red wyne and thicke, do bind  
 and congele that whiche thei do find in the bo-  
 die, and although some of them do not long as-  
 hyde in the bealie, yet they moue not brine, but  
 rather withdraweth: but yet they do harme to  
 old men, for as much as thei do stop the condui-  
 tes of the splene, the lyuer, and the raynes. Also  
 grosse wyne be best for them, whiche desire to  
 be fatte, but it maketh oppilacions. olde wyne  
 and cleere is better for them that be fleumatike,  
 Galene also prohibiteth children to drinke any  
 wine, for as much as thei be of an hotte & moist  
 temperature, and so is wyne: and therfore it  
 heateth and moisteth to much their bodies, and  
 filleth their heades with vapours. Moreover,  
 he would, that young men should drinke littell  
 wyne, for it shall make them prone to furie, and  
 to lecherie, and that parte of the soule whiche is  
 called rationabile, it shall make troublous and  
 dull: notwithstanding, yet it is somtyme pro-  
 fitable to mitigate or expell ordure, made of co-  
 ler or melancholie. Also it profyteth againste  
 drythe, whiche hapneth in the substance of the  
 bodie, either by to muche labour, or by the pro-  
 pte temperature of age: for wine moisteth and

If it

nouris

Libr i. de  
 tuenda sa-  
 nitate,



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Eccle. 31

nourisheth that, whiche is to drie, also mitigateth and dissolucth the sharpnesse of choler, and purgeth it also by brine and sweat. Finally (as Theognes saith.) Muche drinkeyng of wyne is yll, but moderate drinkeyng of wine is not only not yll, but also commodious and profitable, whiche sentence is confirmed by Iesus Syrac, in the booke named Ecclesiasticus, sayng: wine moderately dronke, reioiceth both the body and soule. Wherfoze to conclude this chapter, there is neither meate nor drinke, in the vse whereof ought to be a moze discrete moderacion, than in wine, consideryng that beyng good and dronke in due time and measure, it not only conserueth naturall and radicall moisture, whereby life endureth, but also it helpeth the pꝛincipall mēbꝛes, which belong to digestion, to do their office: on the other part, beyng yll or corrupt, or taken out of order and measure, it doth contrary to al the pꝛemisses. besides that, it transfourmeth a man or woman, makyng theim beastly. Moze of the qualities of wine shall be touched hereafter in the order of diete.

Of Mylke. Cap. 20.

**M**ylke is compact of thꝛee substaunces, creame, whay, and cruddes. The moſte excellent milke is of a womā. The milke of a cow is thickest, the milk of a camel is moſt ſubtill, the milke of a goate is betweene cowe mylke, and camell mylke. Ewes milke is betweene cowe mylke and asses mylke. Also the mylke of beaſtes feedyng in large paſtures, and out of Fennes and Marſhes, is better than of them



them, whiche be fed in littel closes, or in watrle  
groundes. In spryng time milke is most subtile,  
and milke of yong beastes is holisomer than of  
old. To children, old men, and to them, which be  
oppressed with melancoly, or haue the fleshe cō-  
sumed with a feuer, ethicke milke is conuenient.  
And generally to al them, which do not fele the  
milke rise in their stomakes after that thei haue  
eaten it: & in those persons, it doth easily purge  
that, whiche is in the bealy superfluous. And  
afterward it entereth into the veynes, and byn-  
geth good nozishment. Whosoener hath an ap-  
petite to eate or drinke milke, to thentent that it  
shall not arise or abraide in the stomak, let him  
put into a vessel, out of the which he wil receiue  
it, a fewe leaues of mynte, sugar, or pure honie.  
And into that vessel cause the beast to be milked  
and so drinke it warme from the vdder, or els  
let hym doe as Paulus Aegineta teacheth, that  
is to saie, boile first the milke with an easie fier,  
and seethe it after with a hotter fier, and skym  
it clene, and with a sponge draped in colde wa-  
ter, take that clene away, which would be bues-  
ned to the vessel, than put to the milke salt and  
suger, and stee it often. Moreover milke taken  
to purge melancholie, would be drunke in the  
mornyng abundantly new milked, as is before  
writen. And he that drinketh, should absteyne  
from meate, and exercise, vntill the milke be di-  
gested, and haue somewhat purged the bealy.  
For with labour it becommeth sowre: and ther-  
fore it requireth rest and watche, or to walke  
very softly. Finally, where men and women

Oribasi<sup>o</sup>  
de conui-  
ctione  
ciborum  
Lib. 3.



## The seconde

be vsed from their childhood, for the moze part, to mylke, and to eate none oz littell other meat, but mylke and butter, thei appere to be of good complexion and facion of body, and not so much vexed with sicknesse, as thei whiche drinke wyne oz ale, not withstanding muche vse of mylke in men sanguine oz choierike, dooeth ingender the stone.

Of ale, biere, cydze, and whay. Cap. 21.

**I** Can neither here nor reade, that ale is made and vsed for a common drinke in any other countrei, than England, Scotland, Ireland and Poyle. The latine word *Ceruisia*, is indifferent as well to ale as to biere. If the corne be good, the water holsome and cleane, and the ale oz biere wel and perfittly brewed and clesed, and by the space of vi. daies oz moze, settled and defecate, it must needes be a necessary and convenient drinke, as well in sicknesse as in helth: considering that barley corne, wherof it is made, is commended, and vsed in medicine, in all partes of the world, and accompted to be of a singular efficacie in reducing the body into good temper, specially whiche is in a distemperature of heate. For what auncient phisicion is there, that in his woorkes commendeth not ptylane, whiche is none other than pure barley brayed in a morter, and sodden in water, the same thyng is small and cleane ale oz biere, sauyng that perchance, the drying of the malte is cause of moze drithie to be in the ale, than in ptylane. And the hoppes in biere maketh it colder in operation. But so say as I thinke, I suppose, that neither  
ale



ale nor beere is to be cōpared to wyne, consider-  
yng, that in them doe lacke the heate and moy-  
sture, whiche is in wyne. For that beyng modes-  
rately vsed, is moste lyke to the naturall heate  
and moisture of mans body. And also the licour  
of ale and biere, beyng more grosse, do ingender  
more grosse vapours, & corrupt humours than  
wine doth, being drōke in like excesse of quātitee.

¶ As for Cyder may not be good in any condit-  
ion, consideryng (as I say) that all frutes do  
ingender yll humours, and doe coole to muche  
naturall heate: but to them, whiche haue abun-  
dance of redde choler, moderately vsed, it some-  
what profiteth in mitigation of excessive heate.  
But who that will diligently marke in the coun-  
treis, where cyder is vsed for a common drinke,  
the menne and women haue the colour of their  
vylage palled, and the skinne of their vylage  
etueled, although that they be yong.

Whay, if it be left of the butter, beyng wel or-  
dered, & not drōke, vntil it haue a thicke curd of  
milke ouer it, like to a harte, is a right temperate  
drinke, for as much as by the vnduositee of the  
butter, wherof the whey reteineth som porciō, it  
is both moist and noything, & clenseth the best,  
and by the subtilnes of it self, it descendeth sone  
from the stomacke, and is shortly digested. Also  
by reason of the affinitie, whiche it hath with  
milke, it is conuertible into blud and fleshe, spe-  
cially in those persons, whiche do inhabite the  
north partes, in whom naturall heat is conglu-  
tinate, & therfore is of more puissaunce & vertue  
in thoffice of concoction. Also custom frō child-



## The second

hoode dooeth eleuate the power of meates and drinks in their disposicion, not withstanding that the.iiii humours, sanguine, choler, fleume and melancholy, must also be considered, as it shall appere in diuers places hereafter.

Of Honye. Cap. 22.

**H**ony as well in meat as in drink is of incomparable efficacy, for it not only cleaseth altereth and nourisheth, but also it long time preseructh that vncorrupted, which is put into it. In so muche as Plinie saith: such is the nature of honie, that it suffred not the bodie to putrefie. And he affirmeth, that he did see an Hippocentaure (whiche is a beaste halfe man, halfe horse) brought in hony to Claudius the emperour, out of Egypt to Rome. And he telleth also of one Pollio Romulus, who was aboue a hundred yeares olde, of whom Augustus the emperour demaunded, by what meanes he liued so long, and reteyned styll the vigour or liuelinesse of body and minde: Pollio answered, that he did it inwarde with meade (whiche is drinke made with hony and water) outward with oyle. Whiche sayng agreeth with the sentence of Democritus, the great Philosopher: who beyng demaunded, howe a manne myght lyue long in health, he answered: If he weete him within with hony, without with oyle. The same philosopher, whan he was a hundred yerres olde and nine, prolonged his life certain daies with the euaporacion of honie, as Aristoxenus writeth. Of this excellent matter, moste wonderfully wrought & gathered by the littell Bee,  
as



as wel of the pure dewe of heuē, as of the most subtil humour of swete and vertuous herbes & flowers, be made likoꝛscōmodious to mankind, as meade, metheglin, and oximel. Meade which is made with one parte of honie, and foure tymes so muche of pure water, an boyled vntill no skimme do remaine, is much commended of Galene, drunke in sommer, for preseruinge of health. The same authoꝛ alwaye commendeth the vsing of hony, eyther rawe eaten with fine breade somwhat leuened, oꝛ sodden, and receyued as drinke. Also meade perfectly made, clenseth the brest and lunges, causeth a man to spyt easely, and pisse abundantly, and purgeth the bealy, moderatly. Metheglin, which is mooste vsed in wales, by reason of hot herbes boyled with hony, is hotter than meade, and moze comforteth a cold stomake, yf it be perfectly made and not newe oꝛ very stale. Oximel is, where to one parte of vineger is put dowble so much of hony, foure times as much of water, and that beyng boyled vnto the thirde parte, and cleane skimmed with a fether, is vsed to be takē, wher in the stomak is much fleume oꝛ matter vndigested, soo that it be not red choler. Loke the vse therof in Alexādoꝛ tralliano. Many other good qualities of hony I omit to writ of, vntil sum other occasion shal happen, to remember thein ptticularly, where thei shal seme to be profitable.

## Suger. Cap. 23.

**O**f Suger I do find none auncient authoꝛ of Grekes oꝛ latines, to write by name, but onely Paulus Aegineta, who saith  
in

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de tuens  
da sanita  
te



## The second

In this wise, after that he hath treated of hony,  
Moreouer sugar, which thei call honie, that is  
brought to vs from Arabia, called Felix, is not  
so swete as oure honie, but is equal in vertue, &  
doth not annoy the stomake, nor causeth thyrst.  
These be the wordes of Paulus. It is now in  
daylye experience, that sugar is a thyng verye  
temperate and noorisshing, and where there is  
choler in the stomak, or that the stomak abhor-  
reth hony, it may be vsed for hony in al thing,  
wherin hony is required to be. With suger and  
vineger is made syrope acetose.

¶ Of tyme. Cap. 24.

Wynter.

**I**n the consideration of tyme, for takyng  
of meates and drynkes, it is to be remem-  
bred, that in wynter meates ought to bee  
taken in great abundāce, and of a more grosse  
substance than in sommer, forasmuch as the exte-  
rior ayre, which compasseth the body beyng cold,  
causeth the heat to withdraw into the iner par-  
tes, where being inclosed, & gathered nigh toge-  
ther in the stomake and entrailes, it is of more  
force to boile & digest that, which is receued into  
it. Also meates roasted, are than better than sod-  
den, and fleshe and fish powdred, is than better  
than in sommer. herbes be not then comēdable,  
specially raw, nether frutes, except quinces ro-  
sted or baked. Drink shuld be than takē in litell  
quātitie. Moreouer wines shal nede no water,  
or very litel, and that to cholerike persones: red  
wines, & thei which be thicke and swete, may be  
than most surely taken of thē, which haue none  
oppilacions, or the stone, alway remembre that



in winter fleume increaseth by resone of rayne  
and moystnes of the season, also the lengthe of  
nyghtes and muche rest. And therfore in that  
time cholerik persons ar best at ease, semblably  
are yong men, but to old men winter is enemy.  
It beginneth the. viii. day of Nouember, and  
endureth vntil the. viii. day of February.

The spryng tyme dothe participate the fyrst  
parte with winter, the latter part with Som-  
mer. Wherfore yf the fyrst parte be colde, than  
shall the dyete be accorpyng to wynter. If the  
ende be hotte, than shall the dyet be of sommer.  
If bothe partes be temperate, than shuld there  
be also a temperance in diete: alwaye consyde-  
ryng, that fleume yet remaineth, & bloud than  
increaseth. And meate wolde be lesse in quantitee  
than in winter, and drynke somewhat more.

Spryng tyme begynneth the. viii. daye of Feb-  
ruary, & continueth vnto the. viii. day of May  
In Sommer the inward heat is but lytel, & the  
stomake doth not digest so strongly nor quickly,  
as in winter, wherfore in that season, eatyng  
often, and a littel at ones, is moost conuenient.

And Damascenus saythe, that fastyng in som-  
mer dzieth the bodie, maketh the colour salow,  
ingendzeth melancoly, and hurteth the sight, al-  
so boyled meate, breadde steped in white broth,  
with sodden lettyse, or cycorey, are than good to  
be vsed. also varietie in meates, but not at one  
meale, potages made with cold herbes, drynke  
in more abundance, wyne alaid with water, to  
hot complexions much, to colde natures lasse.

In this season bloud increaseth, and towarde  
the

Gal.in  
commēt  
in apho.  
2. libri.3

Spryng  
tyme.  
Hippo-  
crates de  
natura  
humana

Gal.cō  
aphor 18  
libri.i.  
sommer.

Hippocr  
tes dehu  
moribus



## The second

Cal. in  
commēt  
in apho.

the ende therof, choler. And therfore thei, which be colde of nature and moyst, are than beste at ease, hotte natures and dry warste: Moreouer, childzen, and very yonge men in the begynnyng of sommer, are holest, old folke in the later end and in haruest. Sommer beginneth the. viii. day of may, & cōtinueth vntil the. viii. day of August. Autumne beginneth the. viii. day of August, and endeth the. viii. day of Nouēber, that season of the yere is variable, & the aire changable, by occasion wherof, happen sōdyr sicknessis, blod decreseth, & melancoly aboundeth: wherfore al sommer frutes wold thā be eschewed, for as much as they make ill iuyce and wyndes in the body. In this tyme meate wolde be more abundant than in sommer, but sō what drier: drink must be lesse in quantitee, but lasse mixt with water. This tyme is dangerous to all ages, al natures, and al countrys, but the natures hotte and moyst be lest indamaged.

¶ Diete concernyng sōdyr tymes of the yere  
wzitten by the olde phisicion Diocles  
to kynge Antigonus.

**F**rom the. xii. day of December, at the whiche tyme the day is at the shorrest, vntil the nynthe day of Marche, which doo conteine lxxx dayes, rumes and moystures do encrease, than meates and drynkes naturally very hote wolde be moderately vled. Also to drinke abundantly wine without alay or with litel water, and to vse liberalli the company of a womā, is not vnholseome to the body.

¶ From the nynthe daye of marche, at whiche  
tyme



tyme is Equinoctiū vernum, vnto the .xxv. day of apryll, swete fleume and bloude do increase: therfore vse thou thynges haupng muche iuyce and sharpe, exerceyse the body diligently, than may ye vse safely the company of a woman.

¶ From the .xx. day of Apryll, to the .xiiii. day of June, Choler increaseth, than vse al thynges that are swete, & do make the bealy soluble, forbeare carnall company with women.

¶ From the .xiiii. day of June, at whiche tyme the day is at the lēgest, vnto the .xii. day of September, with melancoly reigne, forbeare carnal company, or vse it moderately

¶ From the .xii. day of September, vnto the .xvii. day of October, dooe abound fleume and thynne humours, than wold all fluxes and distillations be prohibited, than all sharp meates and drynkes and of good iuice, are to be vsed, and carnal occupacion shuld than be eschewed:

¶ From the .xvii. day of October, to the .xii. day of December, increaseth grosse fleume, vse therfore all bytter meates, swete wines, fatte meate, and muche exercise.

### ¶ Of Ages. Cap. 25.

**C**hildzen wold be nourished with meates and drynkes, whiche are moderately hot and moyste, not withstanding Galene doeth prohibite theym vse of wyne, because it moysteth and heateth to muche the body, and kylleth the heades of them, which are hotte and moist with vapours. Also he permitteth them in hot wether to drynk clere water of the fountein.

A chyld

Childern

Gal. de  
tuen. san.  
lib. i.



## The second

Oribasius  
de virtutibus  
simplicium  
lib. i.

**A** childe growing fast in his meynes toward  
a man, so that he seemeth well fedde in the body,  
is than to be feared of fulnesse of humours, and  
if it be perceyued, that he is replete, than must  
be withdrawen and minished some part of that  
nutriment, and according vnto his age, some ex-  
acuation wold be deuised, other while by exer-  
cise, walkyng vp and downe fastyng, and be-  
fore that thei eate any meate, lette them exercise  
them selves with their own labors: and do their  
owne accustomed busines, and eate the meates  
whervnto thei be most vsed, so that it be suche,  
that may not hurt them. And this nede thei not  
to know of physicians, but by experience and di-  
ligent serche by their scoole, their noyces shall  
perceiue what digesteth wel, & what doth not.

**B**ut if it appere that by excessive fedying the  
bealy of the child is fuller and greater than it  
was wont to be, and that which passeth by the  
bealy, is corrupted, or his sweate synketh, these  
thynges knownen, if they eate stronge meates,  
geue the not one kind of meate, but diuers, that  
the noueltie of the meate may helpe, that they  
may gooe more easily to the scoole: For if any  
haue an vnreasonable appetite, he is soner reco-  
uered, if he be purged by a boile or impostume  
comen forth and broken, before that the meate  
be corrupted, and after that lette hym eate fyne  
meates: and beyng once hole, retourne by littele  
and lyttel to his old custome.

pong me

**V**onge men, excedyng the age of. xliii. yeres,  
shal eate meate more grosse of substance, colder  
and moyster, also salades of colde herbes, and

to



to drynk seldome wyne, except it be alayd with water. Al be it, al these thinges must be tempred accoꝝdyng to their complexions, exercyse and quietnes in luyng, wherof ye shal rede in theyꝝ pꝛopꝛe places hereafter. Old men, in whom natural heate & strength semeth to decay, shuld vse alway meates, whiche are of qualitie hotte and moyst, and therewithall easy to be digested, and absteyn vtterly from al metes & drynkes, which wil engendꝛe thicke iuyce and slimy, semblably from wine, which is thick, swete, and dark red wines, and rather vse them, whiche will make thin humours, and wil purge wel the blud by vꝛine, therfoꝛe white oꝛ pelow wyne, and pꝛe-chance frenche claret wines are foꝛ them very commendable. Also wine pꝛepared with pure hony clarified, wherin rootes of pꝛeꝛsly oꝛ fenel be stēped, specially if they suspect any thyng of the stoon oꝛ gout. And if they moꝛe desyre to cleanse their reynes and bladder: than it is good to vse smal white wine, as rached renish wine, oꝛ other lyke to it. And somtyme to stepe ouer night therein a pꝛeꝛsly roote slyt, and somwhat bꝛuyed, and a lytel lykoꝛice. Fynally, let them beware of all meates that wyl stoppe the pꝛeꝛs, and make obstructions oꝛ opilacions, that is to say, with clammy mattier stoppe the places, where the naturall humours are wꝛought and digested, the whiche meates I haue before sette in a table. But if it chaunce them, to eate any suche meate in abundance, lette them take shortly suche thynges, as do resyst opilacions, oꝛ resolute them. As whyte pepper, bꝛuyed and myxte

Old men

Paulus  
Egineta  
lib.i. cap  
.23

Opilacions  
what  
they are.



## The second

myxt with theyr meates or drynke, galyke also or onyons, if they abhorre them not. Alway remember that aged men shuld eate ofte, and but lyttell at every tyme, for it fareth by them, as it doth by a lampe, the light wherof is almost extincte, whiche by pouryng in of oyle littell and littell, is longe kept burnyng: and with muche oyle pured in at ones, it is cleane put out. Also they muste forbear all thynges whiche doe increase melancoly, whereof ye shall reade in the table befoze: and breadde cleane without leuen, is to them vnholysome.

**M**oderation in diete, haupyng respect to the strength or weaknes of the person. La. 26.

**N**ow here it must bee considered, that although I haue writte a general diete for every age, yet neuerthelesse it must be remembered, that some chyliden and yong men, either by debilitie of nature, or by some accidental cause, as sickness, or muche study, happen to gather humours fleumatike or melancoly in the places of digestion, so that concoction or digestion is as weake in the as in those which are aged. Semblably some old men fynde nature so beneficiall vnto them, that theyr stomakes and liuers are more stronge to dygest than the saied yonge men, some perchaunce haue much choler remeynyng in theim. In these cases the saied yonge men must vse the dyete of old menne, or mygh vnto it, vntyll the disceasy be remoued, haupyng alway respect to theyr vniuersall complexions.



plexions, as they whiche are naturally cholericke to vse hotte thynges in a more temperance than they, whiche be fleumatike, or melancholically by nature. The same obseruacion shall be to olde men, sayng that age, of his own propertie is colde and drie, therfore the old man, that is cholericke, shall haue more regard to moisture in meates, than the young man beyng of the same complexion. Forseen alway, that where nature is offended or greued, she is cured by that, whiche is contrary to that, whiche offendeth or greueth, as colde by heate, heate by colde, drythe by moisture, moisture by drythe. In that where by nature should be nourished in a hole and temperate body, thynges must be taken, whiche are lyke to the mans nature in qualitie and degree. As where one hath his bodie in a good temper, thynges of the same temperance doeth nourish hym. But where he is out of temper, in heate, colde, moisture or drythe, temperate meates or drinckes nothyng do profite him. For beyng out of the meane and perfite temperature, nature requireth to be therto reduced by contraries, remembering not onely, that contraries are remedie vnto their contraries, but also in euery contrary, consideration must bee had of the proportion in quantitee.

Hippoc.  
aphor.  
galen. in  
cōmen.

Tymes in the daie concernyng  
meales. Cap. 27.

**B**esides the tymes of the yeare, and ages, there be also other tymes of eatyng and drynkynge to be remembered, as the sondrie  
¶ i tymes.



## The seconde

times in the daie, whiche we call meales, which are in numbre and distaunce, accordyng to the temperature of the countreie and person. As where the countrei is cold, and the person lusty, and of a strong nature, there may mo meales be vsed, or the lesse distance of time betwene them. Contrariwyle in contrarie countreies and personages, the cause is afoze rehearsed, where I haue spoken of the diet of the times of the yere, not withstanding here must be also consideration of exercise and rest, whiche do augment or appeire the naturall disposicion of bodie, as shalbe moze declared hereafter in the chapter of exercise. But concernyng the generall vlsage of countreies, and admittynge the bodie to the perfect state of health, I suppose that in England yong men, vntill they come to the age of .xl. yeres, may well eat thre meales in one daie, as at breakfast, dyner, and supper, so that betwene breakfast and diner, be the space of .iiii. houres at the lest, betwene diner and supper .vi. houres, and the breakfast lesse than the dyner, and the diner moderate, that is to saie, lesse than sacietee or fulnesse of bealy, and the drinke therevnto measurable, accordyng to the drynesse or moistnesse of the meate. For muche aboundaunce of drinke at meale, drowneeth the meate eaten, and not onely letteth conuenient concoction in the stomake, but also causeth it to passe faster then nature requireth, and therfoze ingendzeth muche flume, and consequently reumes, and cruenes in the veynes, debilitie and slippernesse of the stomacke, continuall fluxe, and many other



ther inconueniences to the bodie and members.

**B**ut to returne to meales, I thinke brekefastes necessary in this realm, aswel for the causes before reherſed, as also for asmuch as choler being feruēt in the stomake, sendeth vp fumes vnto the brayn, & causeth hed ach, and somtime becometh aduſt, and smouldreth in the stomake, wherby hapneth perillous sickness, and somtyme to deſtroy death, if the heat incloſed in the ſtomake haue not other conuenient matter to worke on: this daily experience proueth, and natural reſon confirmeth. Therfore men and women not aged, hauyng their ſtomakes cleane without putrified matter, ſlepyng moderately and ſoundly in the nyght, and feelyng them ſelfe lyght in the morning, and ſweete breathed, let them on goddes name breake their faſte: Cholerike men with groſſe meate, men of other complexions with lighter meate: foreſeen, that they labour ſomewhat before ſemblably their diner and ſupper, as I haue before wrytten, ſo that they ſlepe not incontinent after their meales. And here I will not recite the ſentences of authours, whiche had neuer experience of engliſhe mennes natures, or of the iuſte temperature of this realme of England, only this counſell of Hippocrates ſhall be ſufficient. We ought to graunt ſomewhat to tyme, to age, and to cuſtom: notwithstanding where great weariſſe or dyſthe, greueth the bodie, there ought the diner to be the leſſe, and the longer diſtance betwene diner and ſupper. Also muche reſte, except a littell ſoft walkyng, that by an vpright mouyng the meate being ſpyred

Brekefaſt

Hipp. ap.  
hor. 18.  
lib. 1.

Galē. de  
tuenda  
ſanitate.



## The seconde

male descend. This is alway to be remembred, that where one feeleth hym self full, and greued with his dyner, or the sauour of his meate by eructaciō ascēdeth, or that his stomake is weake by late sickenesse or muche study, than it is most conuenient to absteyne from supper, and rather prouoke hym selfe to sleepe muche, than to eate or drinke any thyng. Also to drinke betweene meales, is not laudable, except very great thirst constraineth: for it interrupteth the office of the stomake in concoction, and causeth the meate to passe faster than it should do, and the drinke being cold, it rebuketh natural heate that is working, and the meate remainyng rawe, it corrupteth digestion, and maketh crudenesse in the veines. Wherfore he that is thirsty, let him consider the occasion. If it be of salt flegme, let him walke fayre and softly, and onely washe his mouthe, and his throte with barley water, or smalle ale, or lye downe and sleepe a litel, and so the thyrste will passe awaie, or at the least be well allwaged. If it happen by extreme heate of the ayre, or by a pure choler, or eatyng of hotte spices, let him drinke a littell iulep made with cleane water and sugar, or a littell small biere or ale, so that he drinke not a great glutte, but in a litell quantitee, let it still downe softly into his stomake, as he sitteth, and than let hym not moue sodeinly. If the thyrste be in the euening by eatyng to muche, and drinkyng of wyne, than after the opinion of the best lerned physicians, and as I my self haue often experienced, the best remedie is, if there be no feuer, to drinke  
a good



a good draught of colde water immediately, or  
els if it be not peynefull for him to vomite, to  
prouoke him therto with a littel warme water,  
and after to washe his mouth with vineger and  
water, and so to sleepe long and soundly, if he  
can. And if in the mornynge he feele any fumosi-  
ties risynge, than to drinke iulep of violetttes, or  
for lacke therof, a good draught of very smalle  
ale or biere somewhat warmed, without eatynge  
any thyng after it.

Of diuersitee of meates eaten, vvhetherby  
health is appaired.

Cap. 28.

**N**ow let this be a generall rule, that some  
drie meates, beeyng diuers in substaunce  
and qualitee, eaten at one meale, is the  
greatest enemy to helth that may be, and  
that which ingendreth most sicknesses, for some  
meates beeyng grosse & hard to digest, some fine  
and easy to digest, do require diuers operaciōs  
of nature, and diuers temperatures of the sto-  
make, that is to say, muche heate and temperate  
heate, whiche maie not be together at one tyme.  
Therefore whan the fyne meate is sufficiently  
boyled in the stomake, the grosse meat is rawe,  
so both iuyces, thone good and perfitte, thother  
grosse and crude, at one tyme digested, and sent  
into the veynes and body, nedes must helth de-  
caie, and sicknesses be ingēdred. Likewise in di-  
uers meates being of diuers qualities, as where  
some are hotte and moist, some cold and moist,

¶ iii

some



## The second

Some hotte and drie, some colde and drie, according to the iuyce be diuers, whiche they make in the bodie. And lyke as betwene the said qualitees is contrarietee, so therby shal be in the body an vnequall tēperature, for asmuch as it is not possible for man to esteeme so iuste a pporciō of the qualitees of that, which he receiueeth, that thone shal not excede thother in quantitee. Wherfore of the said vnequall myxture, nedes must ensue corrupcion, and consequently sicknesse. And therfore to a hole man, it wer better, to feede at one meale competently on verie grosse meat only, so that it be swete, and his nature do not abhorre it, than on diuers fine meates, of sundrie substance and qualitees. I haue known and seene olde men, and olde women, which eatyng only biefe, baken, chese, or curdes, haue continued in good health, whom I haue proued, that whan they haue eaten sondrie fyne meates at one meale, haue sone after felt them self greued with frettynges and head ache, and after that thei haue been hole againe, there hath been geuen to theim one kynde of lyght meate, they haue dooen as well therwith, as they were wont to do with grosse meates, whan thei ate it alone, which proueth to be true that which I haue reherced. And it is good reason, for after the generall opinion of philosophers and phisicians, the nature of mankynde is beste content with thinges most symple and vnmixt, all thinges tendyng to vnitee, wherein is the onely perfection. Also it is a generall rule of phisike, that where a sicknesse may be cured with symples, that



that is to say, with one onely thyng, that is medicinal, there should the physician geue no compounde medicine myrte with many thynges. These thynges considered, it maie seeme to all men, that haue reason, what abuse is here in this realme in the continuall gourmandise and daily fedying on sondrie meates at one meale, the spirite of gluttony, triumphyng among vs in his gloriouse chariot, called welfare, driuyng vs afore hym, as his prisoners, into his dūgeon of surfet, where we are turmented with catarres, feuers, goutes, pleuresies, frettyng of the guttes, and many other sicknesses, and finally cruelly put to death by them, oftentimes in youth, or in the most pleasant tyme of our lyfe, whan we wold most gladly liue. For the remedy wherof, how many tymes haue there been deuised ordinaunces and actes of counsaile, although perchance bodily health was not the chiefe occasion therof, but rather prouision against vayne and sumptuous expenses of the meane people. For the nobilitie was exēpted, and had libertie to abide still in the dūgeon, if they would, and to liue lesse whyle than other men: But whan, where, and how long were the saied good deuyses put in due execucion, for all that thereof shuld succede double profite, that is to say, helth of body, and increse of substance, by eschewyng of superfluous expenses in sundry dishes: Alas howe long wyl men fantasie lawes and good ordinaunces, and neuer determine them. Fantasie procedeth of witte, determination of wisdom, witte is in the deuising and speakyng,

Gluttony.  
nie.



## The second

but wisdom is in the perfourmance, which resteth only in execution. Here I haue almost forgotten, that my purpose was to write of the order of diete, and not of lawes: but the fervent love that I haue to the publique weale of my countreie, constrained me to digresse somewhat from my matter: but now will I procede forth to write of order, whiche in takyng of meates and drinckes, is not the least parte of diete.

### Of order in receiuyng of meate and drinke. Cap. 29.

**H**erbes as well sodden, as unsodden, also fructes, whiche do mollifie and loose the bealy, ought to be eaten before any other meate, except that sometime for the relieffing of fumosities, risynge in the heade by muche drinckyng of wyne, rawe lcttyle, or a cold appull, or the iuyce of ozenges or lymons may be taken after meales in a litle quantitee. Moreover all brothes, mylke, rare egges, and meates whiche are purposely taken to make the bealie soluble, would first be eaten. All fructes and other meates, that are styptike or bindyng, wold be eaten last after all other. Fructes confectionate specially with honny, ar not to be eten with other meates. But here it is to be diligently noted, that where the stomache is cholerike and strong, grosse meates wold be first eaten, where the stomache is colde or weake, there would fine meates be first eaten: for in a hot stomache, fyne meates are bourned, whyle the grosse meate is digestyng.



Digestyng. Contrary wise in a cold stomake, the  
 littell heate is suffocate with grosse meate, & the  
 fyne meate left raw, for lacke of concoction,  
 where if the fine meate be first taken moderatly,  
 it stereth vp and comiozteth natural heate, and  
 maketh it moze able to concoct grosse meates if  
 thei be eatē afterward: so that it be but in smal  
 quātitie: not withstandyng, as I late affirmed,  
 one maner of meate is mozte sure to every com-  
 plexion, for esene that it be alway most cōmonly  
 in cōfozmities of qualities, with the person that  
 eateth. Moreover take hede that slipper meates  
 be not fyrste eaten, lest it draw with it to hastily  
 other meates, & thei be digested, nor that stiptik  
 or restraining meates, be takē at the beginning  
 as quynces, peares, and medlars, lest they may  
 let other meates, that they discende not into the  
 bottom of the stomake, where they shuld be di-  
 gested: not withstāding the cōfection made with  
 the iuyce of quynces, called Dacrytonites, taken  
 two houres afore diner or supper, is cōmēded  
 of Galene, and other, for restoring appetite, and  
 making good concoction. Also cōcerning drink **Drink at**  
 at meales, it wolde not be afore that somewhat **meales,**  
 were eaten. And at the begīning the drink wold  
 be strongest, & so toward the end moze smal, if it  
 be ale or bere, & if it be wyne moze & moze alaid  
 with water. And after the better opiniō of phis-  
 sitions, the drinke wold rather be mixt with the  
 meate by sondry litel draughtes, than with one  
 gret draught at the end of the meale, for the mix-  
 ture tempzeth wel the meate without anoiance,  
 a gret draught with much drink, drowneth the  
 meate,



## The second

meate, rebuketh naturall heate, that than woꝝ  
keth in cōcoction, and with his weight driueth  
downe the meate to hastily. Hotte wyne and  
sweete, or confectioned with spyes, or very  
strong ale or biere are not conuenient at meales,  
foꝝ the meate is by them rather corrupted than  
digested, and thei make hotte and stinkyng va-  
pours ascend vꝑ to the braines. Albeit if the sto-  
make be very windie, or so cold and feble, that  
it can not concoct suche a quantitie of meat, as  
is required to the sufficient nourishment of the  
bodie of hym that eateth, or hath eaten raw her-  
bes or frutes, wherby he feeleth some annoiance,  
than may he drinke laste incontinent after his  
meale, a littell quantitee of secke, or good aqua  
uite in small ale, but if he haue muche choler in  
his stomake, or a head full of vapours, it were  
muche better, that he did neither drinke the one,  
nor the other, but rather eate a littell colliander  
seede prepared, or a piece of a quince rolled, or in  
a marmelade, and after rest, to amend the lacke  
of nature with slepe, moderate exercise, & play-  
sters prouided foꝝ comfortyng of the stomacke.  
And here will I leaue to write any moꝝe of the  
diete in eatyng and drynkyng, sayyng that I  
would, that the readers should haue in remem-  
brance these two counsailes. First, that to an  
hole man, to precise a rule is not conuenient in  
diet, and that the diseases, which do happen by  
to muche abstinence, are woꝝse to be cured, then  
thei whiche come by replecion. And Cornelius  
li. i. ca. i. Celsus saith, A man that is hole & well at ease,  
Idē. ca. 2. and is at his libertie, ought not to bind him self  
to

Cor. cel.  
li. i. ca. i.  
Idē. ca. 2.



to rulesoz nede a phisicid: but yet where the stō-  
make is feble, as is of the moze part of citisens  
and well nigh al thei that be studio<sup>r</sup> in lernyng  
oz weighty affayres, there ought to be moze cir-  
cumsp̄ction, that the meat may be such, as that  
either in qualitee oz quantitee, nature byng but  
feeble, be not rebuked oz to muche oppressed.

of slepe and vvatche. Cap. 30.

**T**he commoditee of moderate slepe, appe-  
reth by this, that naturall heate, whiche  
is occupied about the matter, wherof pro-  
cedeth nozishment, is cōforted in the pla-  
ces of digestion, and so digestiō is made better,  
oz moze perfit by slepe, the body fatter, the mind  
moze quiete and clere, the humours temperate:  
and by muche watch all thynge happen contras-  
te. The moderacion of sleepe must be measu-  
red by health and sicknesse, by age, by tyme, by  
emptinesse oz fulnesse of the body, and by natu-  
rall complexions. First to a hole man, hauyng  
no debilitie of nature, and digestyng perfectly  
the meat that he eateth, a littell slepe is suffici-  
ent: but to them, whiche haue weake stomakes,  
and doe digest slowely, it requireth, that sleepe  
be muche lenger. Semblable temperance is requi-  
red in youth and age, winter and sommer. The  
body beyng full of yl humours, very littell slepe  
is sufficient, except the humours be crude oz raw,  
for than is slepe necessary, whiche digesteth the  
better than labour. Semblably where the body  
is long emptie, by long sicknesse oz abstinence,  
slepe comfozteth nature, as wel in the principal  
membres



## The second

members, as in all the other. Also regarde must be had to the complexion, for they that are hot and do eate litell, and degeste quykely, a littell slepe serueth, specially to cholericke personnes, for in them much slepe augmenteth heate, more than is necessary, wherby hot fumes and inflammations ar often ingendred, and sometyme the naturall choler is adust or putrified, as experyence teacheth. Fleumatik persōs are naturally inclined to slepe: and bicause thei ingender moze the humours, they require moze slepe than sanguyne or choleryck. Persones hauing naturall melancoly, not proceeding of choler aduste, doo require very muche sleape, which in them comforteth the powers animal, vital, and natural, which ye may find writē in the tables pceding, Sleape wolde be taken not immediatly after meales, and befoze that the meate is dyscended from the mouth of the stomacke. For therby is ingendred petres and noyse in the bealy, and digestion corrupted, and the sleape by vl vapours, ascending, made vnquiete and troublous. moze ouer immoderate slepe maketh the body apt vnto palseis, apoplexis, falling sicknes, reumes, & impostumes. Also it maketh the wyttes dull, and the bodye slow and vnapte to honest exercise. Semblably immoderate watche drieth to much the body, and wth debilitate the powers animal, letteth digestion, and maketh the body apt to consumpcions. Wherfoze in these two thynges, as well as all other, a diligent temperance is to be vsed, the moderaciō is best conised (for it is harde perfectly to know it) by the  
sense



sensible lightnes of al the body, specially of the  
brayne, the browes, and the eyes, the passage  
downe of the meate from the stomake, the wyll  
to make vrine, and to go to the stoole. contrary  
wise, heuines in the body & eyes, and sauour of  
the meate befoze eaten, signifieth that the sleape  
was not sufficiēt. Thei that are hole must slepe  
first on the right side, because the meate may ap  
proche to the lyuer, which is to the stomake, as  
fyre vnder the potte, and by hym is digested. To  
them, which haue feeble dyggestion, it is good to  
slepe prostrate on theyr bealties, or to haue their  
bare hand on their stomakes. Lying vpright on  
the backe, is to be vtterly abhorred.

The commoditee of exercise, and the tyme  
vvhā it shuld be vsed. Cap. 31.

**E**very meuyng is not an exercise but onely  
that which is vehement, the end wherof, is  
alteraciō of the breath or wind of a man.  
Of exercyse do procede two commodities, euas  
cuation of excremētes, and also good habite of  
the body. for exercise beyng a vehement motion,  
thereof nedes muste ensewe hardenesse of the  
members, wherby laboz shal the lesse greue, and  
the body be the more strong to labour. Also ther  
of commeth augmentacion of heate, whereby  
happeneth the more attraccion of thynges to be  
dygessed, also more quicke alteracion, and bet  
ter nouryschyng. Whoeouer, that all and syn  
gular partes of the bodie, bee therewith some  
what humected, Whereby it happeneth, that  
thynges



## The second

Cor. cel.  
lib. 1.

Lib. 2. de  
tuenda  
sanitate.

thynges harde be mollified, moiste thynges are extenuate, and the poyes of the bodie are more opened. And by the violence of the breathe or wynde, the poyes are clenfed, and the fylthe in the bodie naturally expelled. This thyng is so necessary to the preseruacion of helth, that without it, no man maie be long without sicknesse, whiche is affirmed by Cornelius Celsus, sayyng, that sluggishnes dulleth the bodie, labour dooeth strength it, the fyrst bringeth the incommodities of age shortly, the last maketh a man long tyme lustie. Not withstanding in exercise ought to be fowre thynges diligently considered, that is to saie, the tyme, the thynges preceedyng, the qualitee, and the quantitee of exercise. ¶ First as concernyng the tyme conuenient for exercise, that it be not whan there is in the stomake or bowelles great quantitee of meat not sufficiently digested, or of humours crude or rawe, least therby peryll mought insue by conveyaunce of theim into all the membes, before those meates or humours be concocte or boyled sufficiently. Galene saieth, that the tyme moste conuenient for exercise is, whan bethe the first and seconde digestion is complete, as well in the stomake, as in the veynes, and that the tyme approacheth to eate estones. For if ye doe exercise sooner or later, ye shall either fyll the bodie with crude humours or els augment yelow choleric. The knowlage of this tyme is perceiued by the colour of the vrine, for that whiche resemblith vnto clere water, betokeneth that the iuice whiche commeth from the stomacke, is crude in the



the veynes: that whiche is well coloured, not to high or base, betokeneth that the seconde digestion is now perfect: where the colour is very high or red: it signifieth, that the concoction is more than sufficient. Wherefore when the vryne appereth in a temperate colour, not redde nor pale, but as it were gylte, than should exercise haue his beginnyng.

Of fricasies or rubbynges preceedyng exercise. Cap. 32.

**A**S touchyng thynges preceedyng exercise, for as much as it is to be feared, lest by vehement exercise any of the excrementes of the kealy or bladder, should hastily be receiued into the habite of the bodie, by the violence of heate, kindled by exercise, also lest some thyng, which is hole, be by heuiness of excrementes or violent motion, broken or pulled out of his place, or that the excrementes, by violence of the breathe, should stop the pores or conduites of the bodie, it shall be necessary liestell and littel, by chafyng the bodie, first to mollifie the partes consolidate, and to extenuate or make thinne humours, and to loose and open the pores, and than shall insue to hym that exerciseth, no peryll of obstruction or rupture. And to bryng that to passe, it shall be expedient after that the body is clenfed, to rubbe the body with a course linnen clothe, first softly and easily, and after to increase more and more, to a hard

Galenus  
Paulus.  
Orbasi.  
Aetius.



## The second

harde and swifte rubbing, vntyll the fleshe do  
swel, and be somewhat ruddy, and that not on-  
ly down right, but also ouerthwart and round,  
Some do vse fricacies in this foyme, in the mor-  
ning, after that thei haue ben at the stoole, with  
their thirte sleues or bare hande, if their flesh be  
tender, they do fiste softly, and afterward fas-  
ter, rubbe theyr breste and sydes downwarde,  
and ouerthwart, not touching their stomake or  
bealy, and after cause their seruant semblably  
to rubbe ouerthwart their sholders and backe,  
and beginning at their neckbone, and not tou-  
chyng the raines of theyr back, excepte they doe  
feele ther much cold and winde, and afterward  
theyr legges fro the knees to the ancle: last their  
armes from the elbowe to the handwrest. And  
in this foyme of fricasie I my self haue founden  
an excellent commoditie. Old men, or they whi-  
che be very dye in their bodies, yf they put to  
some swete oyles, as yrinu, Rardinum, Rhame-  
melinum, or other lyke, myxt with a lytel swete  
oyle of roses, I suppose they do wel. I wil not  
here speake of oymentes vsed in old tyme a-  
monge the Romaines and Grekes, in fricastes  
or rubbinges. For I suppose, that they were  
neuer here vsed, and in the sayde places, thei be  
also left, oneles it be in palseies, or apoplexies  
or agaynst the rigour, which hapneth in feuers  
onely. I wil remember the sayng of Hippocra-  
tes, Fricasie hath power to lowse, to bynde, to  
increase fleshe, and to minyssh it. For hard fri-  
cacies doo bynde or consolydate, soft rubbing  
doth lowse or mollyfy. much doth minyssh flesh.  
incane,



meane rubbing dooeth augment oz increase it.  
 He that will knowe moze abundantly hereof,  
 let hym reade the booke of Galene of the preser-  
 uacion of helth, called in latine De tuenda sa-  
 nitate, thanlated mozte truely and eloquently,  
 out of greeke into latine, by doctour Aynacre,  
 late phisicion of most woorthie memoze to our  
 Soueraigne lozde Kyng Henrie the eight.  
 The same matter is wrytten moze bzyefely of  
 Paulus Aegineta, Oribasius, Aetius, and som  
 other late wryters, but vnto Galene not to bee  
 compared.

The diuersitees of exercises. Cap. 33.

**T**he qualitee of exercise, is the diuersitee  
 therof, for asmuch as therein be many dif-  
 ferences in mouyng, and also some exers-  
 cise moueth moze one parte of the bodie,  
 some an other. In difference of mouyng, some  
 is slowe oz soft, some is swifte oz faste, some is  
 strong oz violent, some be myxte with strength  
 and swiftnesse. Strong oz violent exercises be  
 these, deluyng (specially in tough clay and heuy)  
 bearyng oz susteynyng of heauy burdeins, clim-  
 myng oz walkyng against a steepe vpright hyll,  
 holdyng a rope, and climmyng vp therby, han-  
 geyng by the hand on any thyng aboue a mans  
 reach, that his feete touch not the ground: stan-  
 dyng and holdyng vp, oz spreadyng the armes,  
 with the handes faste cloased, and abidyng so  
 a long tyme. Also to holde the armes stedfast,  
 causyng an other manne, to assaie, to pull them  
 out,



## The seconde

out, and not withstanding he kepeth his arme stedfast, inforçyng therevnto the synewes and muscules. Mastiynge also with the armes and legges: if the personnes be equall in strength; it dooeth exercise the one and the other: if the one be stronger, than is it to the weaker a moze violent exercise. All these kyndes of exercises and other lyke them, do augment strength, and therefore they serue onely for young men, whiche be inclined, or be apt to the warres. Swift exercise without violence is, rennyng, playng with weapons, tenyse, or throwyng of the ball, trottyng a space of grounde forwarde and backward, goeyng on the toes, and holdyng vp the handes. Also stirryng vp and downe his armes, without plummettes. Vehement exercise is compounde of violent exercise, and swyfte, whan they are ioyned together at one tyme, as daunsyng of galyardes, throwyng of the ball, and rennyng after it: footeball plaie may be in the numbze therof, throwyng of the long darte, and continewyng it many tymes, rennyng in harneyse, and other lyke. The moderate exercise is long walkyng or goeyng a iourneye. The partes of the bodie haue sondrie exercises appropried vnto them, as rennyng and goeyng is the mooste propre for the legges. Throwyng of the armes vp and downe, of stretchyng them out, and playng with weapons, serueth mooste for the armes and shoulders, throwpyng and risyng oftentymes, or lifyng great weightes, takyng vp plummettes or other lyke payles on the endes of stauces, and in likewyse, lifyng vp



In euery hande a speare or morispyke by the ends, specially crosseing the handes, and to laye theim downe againe in their places: these dooe exercise the backe and loynes. Of the bulke and lunges the propre exercyse is mecuryng of the breath in singyng or cryng. The entrayles, whiche be vnderneath the myddreffe, bee exercised by blowyng, either by constrainte, or playyng on shaulmes or sackbottes, or other lyke instrumentes, whiche do require muche wynde. The muscles are best exercised with holdyng the breath in a long tyme, so that he, whiche dooeth exercise, hath well digested his meate, and is not troubled with muche wynde in his bodie. Finally lowde readyng, counterfayte battayle, tenyse, or throwyng the ball, rennyng, walkyng, adde to shootyng, whiche in mine opinion exceede all the other, dooe exercyse the bodie commodiously. Alwaie remember, that the ende of violent exercise is, difficultee in fetchyng of the breath. Of moderate exercise, alteration of breath onely, or the beginnyng of sweate. Howeuer in wynter, rennyng and wastelyng is conuenient. In sommer wastelyng a littell, but not rennyng. In very colde weather, muche walkyng, in hotte weather, reste is more expedient. They whiche seeme to haue myste bodies, and liue in idelnesse, they haue neede of violent exercyse. They whiche are leane and cholerike, must walke softlye, and exercyse theim selfe very temperately. The plummettes, called of Galene Aliteres, whiche are nowe muche vled with

Celsus. i.



## The seconde

great men, beyng of equall weight, and accordyng to the strength of hym, that exerciseth, are very good to be vsed fastyng, a littell before breakfast or dyner, holdyng in euery hand one plummet, and lifyng them downe with much violence, and so he maye make the exercise violent, or moderate, after the poise of the plummettes, heuier or lighter, and with much or littell labouryng with them.

¶ Of gestacion, that is to saie, vwhere one is caried, and is of an other thyng meued, and not of hym self. Cap. 34.

Pau.egi.  
Actius.

**T**here is also an other kynde of exercise, whiche is called Gestacion, and is mixte with mouyng and rest. For as muche as the body sittyng or lyng seemeth to rest, and notwithstanding it is meued by that, whiche beareth it, as lyng in a bedde, hangyng by cordes or chaynes, or in a cradell, sittyng in a chayre, which is caried on mens shoulders with staues, as was the vse of the ancient Romans, or sittyng in a boate or barge, which is rowed, ridyng on a horse, whiche ambleth very easily, or goeth a very soft pace. The bedde, cradell, and chayre caried, serueth for theim that are in long and continual sickenesse, or be lately recovered of a feuer. Also theim, whiche haue the frenesie or letarge, or haue a lyght terciane feuer, or a cotidiane. This exercise sweetely asswageth troubles of the mynde, and prouoketh slepe.



Slepe, as it appereth in children, whiche are roes  
 ked. Also it is conuenient for them, whiche haue  
 the palsey, the stone, or the gowte. Gestacion in  
 a chariot or wagon hath in it a shakynge of the  
 bodie, but some vehement, and some more soft,  
 the softe serueth in diseases of the heade, and  
 where any matter renneth downe into the sto-  
 make and entrailes. But the vehement shakynge  
 is to be vsed in the griefes of the breast and sto-  
 make. Also in swellynge of the bodie and legges  
 in droplics, palseis, migrimes, and scotomies,  
 whiche is an imaginacion of darkenesse: beyng  
 returned, at the end of his iourney, he must sit  
 vp, and be easily moued. I haue knowne saith  
 Aetius, many persons in such wyse cured with-  
 out any other helpe. Nauigation or rowynge  
 nigh to the lande, in a calme water, is expedient  
 for them that haue droplics, leprics, palseis, cal-  
 led of the vulgar people, takynge, and francies.  
 To be caried on a rough water, it is a violent  
 exercise, and induceth sundrie affections of the  
 mynde, somtyme feare, somtyme hope, nowe co-  
 ward hert, now hardinesse, one while pleasure,  
 an other while displeasure. These exercises, if  
 they be well tempered, they may put out of the  
 body, all long durynge sicknesses. For that whi-  
 che is myxte with rest and meuyng, if any thynge  
 els maie, it most excellently causeth the body to  
 be well nourished. Celsus doeth prohibite Ges-  
 tacion, where the body feeleth peyne, and in the  
 beginnyng of feuers, but whan thei cease, he al-  
 loweth it. Ridyng moderately and without  
 grieve, doeth corroboreate the spirite and body

Celsus. 2



## The second

about other exercises, specially the stomake, strengtheneth the senses, and maketh the more quick: Al be it to the breast, it is very noyfull. It ought to be remembred, that as well this, as all other kindes of exercise, would be vsed in a hole countreie, and where the ayre is pure and vncorrupted. Forseen, that he that will exercise, doe go first to the stoole, for the causes rehearsed in the last chapter.

### Of vociferacion. Cap. 15.

**T**he chiefe exercise of the breast and instruments of the voice, is vociferacion, which is singeyng, reding, or cryng, wherof is the propertee that it purgeth naturall heate, and maketh it also subtil and stable, and maketh the membres of the bodie substantiall and strong, resistyng diseases. This exercyse would be vsed, of persons shorte wynded, and them whiche can not fetch their breath, but holding their necke streight vp right. Also of them, whose fleshe is consumed, specially about the breast and shoulders. Also whiche haue had aposthumes broken in their breastes: moreover of them that are hoarse by the muche moysture, and to them, which haue quartaine feuers, it is convenient: it looseth the humour that sticketh in the breast, and drieth vp the moistnes of the stomacke, whiche properly the course of the quartaine is wont to bring with hym, it also profiteth them which haue feble stomakes, or do vomite continually, or do breake vp lowrenes out of the stomacke. It is good also for griefes of  
the



the head. He that intendeth to attempt this exercise, after that he hath been at the scoole, and softly rubbed the lower partes, and washed his handes, let him speake with as base a voyce as he can, and walkyng, begin to syng lowder and lowder, but still in a base voyce, and to take no heede of sweete tunes or armonie. For that nothing doeth profite vnto helth of the body, but to inforce him self to syng great, for therby mus the ayre drawen in by fetchyng of breath, thus steth forth the brcast and stomake, and openeth and enlargeth the pores. By high cryng and lowde readyng, are expelled superfluous humours. Therfore me and women, haupng their bodies feeble, and their fleshe loose, and not firme, muste reade oftentimes lowde, and in a base voyce, extendyng out the wynde pype, and other passages of the breath. But not withstanding, this exercise is not vsed alwaie, and of all persons. For they, in whom is abundaunce of humours corrupted, or be muche diseased with crudite in the stomacke and veynes, those doe I counsaile to abstain from the exercise of the voyce, lest muche corrupted iuice or vapors, may thereby be into all the bodie distributed. And here I conclude to speake of exercise, whiche of them that desire to remain long in helth, is mooste diligently, and as I might say, mooste scrupulously to be obserued.



# THE THIRDE

## BOOKE.

Of Replecion. Cap. primo.



REPLECION IS A superfluous abundance of humours in the body: and that is in twoo maner of wise, that is to say, in quantitee, and in qualitee. In quantitee as where all the foure humoꝝ are moze in abundance, than be equall in propozcion to the body, that cōteineth them, oꝝ where one humour muche exceedeth the remanant in quantitee. In qualitee, as where the bloud, oꝝ other humour, is hotter, oꝝ colder, thicker oꝝ thinner, than is conuenient vnto the bodie. First where all the humours, beyng superfluously increased, fylleth and extendeth the receptozies of the body, as the stomake, the veines, and bowels, and is mosse properly called fulnesse, in greke *Plethora*, in latin *Plenitudo*. The other is, where the body is infarced, either with choler, yelow oꝝ blacke, oꝝ with fleume, oꝝ with watrie humoꝝ, and is properly called in greke *Cacochymia*, in latin *vitiosus succus*, in englishe it may be called corrupt iuice. I wil not here write, the subtil and abundant definicions and descriptions of Galen in his booke de *Plenitudine*, and in his commentaries vpon the *Apho*



phorismes of Hippocrates. For it shal here suffice, to shew the operations of repletion, good or yll, remittynge theim, whiche be curious, and desire a moze ample declaracion, to the most excellent workes of Galene, where he may be satisfified, if he be not determined to repugne against reason. Hippocrates saith, where meate is receiued muche aboue nature, that maketh sicknesse. Galene declaryng that place saith, Moze meate than accordeth with natures measure, is named repletion. And afterward he expoundeth that worde aboue nature, to signifie to much and superfluously, as who saith, where the meat is superfluously taken, it maketh sicknesse. For meate but a littell excedyng temperance, maie not forthwith make sicknesse, but maie yet keepe the bodie within the latitude or boundes of health, for the meat that shall make sicknesse, must not a littell excede the exquisite measure. The incommoditie, whiche hapneth therby is, that moistnesse is to muche extended, and naturall heate is debilitate. Also naturall heate resolueith somewhat of the superfluous meate and drinke. And of that, whiche is resolved of meate vndigested, proceedeth fumositie grosse and vndigested, whiche ascendyng vp into the head, and touchyng the ryne, wherin the brayne is wrapped, causeth head ache, trembling of the membres, duskyhnesse of the sight, and many other sicknesses. also by the sharpnes thereof, it pricketh and annoieth the synewes, whiche make sensibilitie, the rootes of whom, as in the brayne, and from thens passeth through

li. 2. aph.

Apho. 15

Vbi cib⁹

præter

naturam

plus in-

gest⁹ est,

hic mor-

bū facit.

Galen. in

cōmen.

loco præ-

dicto.



### The thirde

Oribasi  
eupori  
ston. li. 1.

all the bodie. Finally, the said fumosities ingens  
died of replecion, pearcyng the innermost parte  
of the said sinewes, called sensible, greuouly  
annoyeth the power animall, there consistyng,  
by the occasion wherof, vnderstandyng and res  
son, as to the vse of them, are let and troubled.  
And also the tongue, whiche is reasons exposi  
tour, is depriued of his office, as it appereth in  
them, whiche are dronke, and them, whiche haue  
greuous peynes in their head, procedyng of re  
plecion. Signes of replecion be these, losse of  
appetite, delite in nothyng, slouthfulnesse, dull  
nesse of the witte and senses, more sleepe than  
was accustomed to be, crampes in the body, ster  
tyng or calcion of the membes, fulnesse of the  
veynes, and thicknesse of the pulses, horroure or  
shouelyng of the bodie myrte with heate. The  
remedies are abstinence, and all euacuacions,  
wherof I will make mencion in the next chapter.

### Of euacuacion. Cap. 2.

Excreme  
tes, 1

**T**he meates and drinckes receiued into the  
bodie, if the stomake and lyuer do their  
naturall office, be altered by concoction  
and digestion, in suche wise, that the best  
parte therof goeth in the nourishment of the  
bodie: the wooyste beyng separate by the mem  
bres officiall, from the residue, are made excre  
mentes in sundrie fourmes and substantces,  
whiche are lyke in qualitee to the naturall hu  
mour, whiche than reigneth moste in the bodie.  
These excrementes be none other, but matter

lus



superfluous, and vnſauerie, whiche by naturall powers may not be conuerted into fleſhe, but remainyng in the bodie, corrupte the members, and therfore nature abhorryng them, deſireth to haue them expelled. Theſe excrementes be thre in numbꝛe, ordure, brine, humour ſuperfluous. Mozeouer, there be two ſortes of ordure, that is to ſaie, one digeſted, whiche paſſeth by ſiege, the other vndigeſted, whiche is expelled by vomitte. Where I ſaie digeſted, I meane, that it is paſſed the ſtomake, and tourned into an other fygure. Likewyſe I call that vndigeſted, whiche ſtill reteyneth the fygure of meate. Urine is the watrye ſubſtaunce of the blood, lyke as whey is of mylke, whiche out of the meate that is altered and concocted or boyled in the ſtomake, is ſtrained in the veynes called Miſeraice, which procedeth from the holowe parte of the lyuer, and ſent by the raynes into the bladder, paſſeth by the inſtrument, the whiche is ordeyned as well to that pourpoſe, as for generacion. Humour ſuperfluouſe is in thre ſortes, cyther myxte with any of the fowꝛe humours, called naturall, or els it is gathered into the bꝛayne, or it is betwene the ſkinne and the fleſhe, or lyeth among the ſynewes, Muſcules, or ioinctes. Of humours ſome are moze groſſe and colde, ſome are ſubtill and hotte, and are called vapours. Now for to expell the ſaid excrementes, are ix. ſundrye kyndes of euacuation, that is to ſaie, abſtinence, vomit, purgacion by ſiege, letting of blood, ſcarifyng called cuppyng, ſweatynge, prouoc-

Ordure.

Digeſted

Urine.

Humour  
ſuperflu-  
ouſe.



## The thirde

production of brine, spitting, bleding at the nose, or by hemoroides. And in womē, their naturall purgacions. Of these euacuacions I wil briefly declare, with the commoditees, which by the discrete vse of thē do happen vnto the body.

### Of abstinence. Cap. 3.

**A**bstinence is a forbearing to receiue any meate or drinke. For if it be but in part, it is than called rather temperance than abstinence. It ought to be vsed onely after repleciō, as the proper remedie therfore. And than if it be moderate, it consumeth superfluities, and in consumyng them, it clarifieth the humours, maketh the bodie fayre coloured, and not onely keepeth out sicknesse, but also where sicknesse is entred, nothing moze helpeth, if it be vsed in season. To them, which haue very moiste bodies, hunger is right expedient, for it maketh them moze drie: not withstanding there ought to be consideraciōs, in the meate before eaten, in the age of the person, in the tyme of the yere, and in custome. First in the meate before eaten, if it be muche in excesse or very grosse, or not muche excreadyng, or light of digestion, and accor dyng thereto, would abstinence moze or lesse be proportioned. Concernyng age, Hippocrates saith, olde men maie susteine fastyng easily: next vnto thē, men of middell age, yong men maie worse beare it, children worst of all, specially they that be lustie: not withstanding here Galene correcteth Hippocr. sayng, that he should haue excepted men very olde, who, as

expe

Cor. cel.  
lib. 2.

Hipp. ap  
hor. li. 7

Consider  
aciōs in  
abstinēce

Aph. li. 1

Galē. in  
cōmen.



experience declarerh, must eate often and littell. As touchyng tyme, it muste be remembred, that in wynter and spring tyme, the stomakes be naturally very hotte, and slepe is long, and therfore in that tyme meates would be more abundant, and although much be eaten, it will be sooner digested. Wherefore abstinence wold not be than so muche as in sommer, all be it to absteyne muche in sommer, excepte it be after replecion, Damascene saith, it dzyeth the bodie, it maketh the colour salow, it ingendzeth melancoly, and hurteth the sight. Moreover, custome maie not be forgotten, for they whiche are vsed fro childhode, to eate sondrie meales in the daie, would rather be reduced to fewer meales, and littell meate, than to be compelled to absteyne vtterly, to the intent that nature, whiche is made by custome, be not rebuked, and the power digestiue therby debilitate. And note well, that by to muche abstinence, the moisture of the body is withdrawen: and consequently the body dzyeth, and waxeth leane, naturall heate, by withdrawyng of moisture is to muche incended, & not findyng humour to worke in, turneth his violence to the radical or substanciall moisture of the bodie, and exhaustyng that humour, bryngeth the body into a consumpcion. Wherefore Hippo. saith, that to scarce and exquisite an order in meate and drinke, is for the more parte more daungerous than that, whiche is more abundant. Contrariwise moderacion in abstinence, accordyng to the saied considerations, is to health a sure bulwarke.

Damascene  
n<sup>o</sup>.apho.

Apho.  
lib. 2.



The thirde  
Of vomite. Cap. 4.

Aetius.  
lib. 1.

**T**he meate or drinke superfluous, or corrupted in the stomake, is best expelled by vomite, if it be not very greuous to hym which is diseased. Also the moderate vse of it, purgeth fleume, lighteth the head, causeth that the excess of meates or drinckes, shall not annoie or byng sicknesse. Moreover it amends the affectes of the raynes, bladder, and the foundemēt. It also helpeth against lepries, cankers, goutes, droplics, and also diuers sicknesses proceeding of the stomake. For if any grefe hapneth of the head, vomite is than vncommodious. It is better in winter than in sommer. Also good for them, whiche are replete, or very cholesterike, if they haue not well digested, but it is yll for them that be leane, or haue weake stomakes. And therfore where one feelth bitter vapours risng out of his stomacke, with griefe and weightinesse, in the ouer partes of his bodie, let hym renne foozethwith to this remedie. It is also good for him that is hert burned, and hath much spytte, or his stomake wambleth, and for hym that remueth into sundrie places. Yet I counsaile saith Iulius, hym that will be in helth, and would not be to sone aged, that he vse not this daily. And I my self haue knowen men, whiche daily vsng it, haue brought thereby their stomakes into suche custom, that what so euer they did eate, they could not long retain it, wherby they shorten their liues. Wherfore it would not be vsed, but onely where great surfe,

Cor. cel.  
lib. 1.



fet, or abundance of flemme do require it. He that  
 will vomite after meate, let him drinke condrie  
 drinckes myrte together, and last of all, warme  
 water: or if that be to easie, let hym mixe ther  
 with salte or hony. If he will vomite fastyng,  
 let him drinke water and hony sodden together,  
 or scope with it, or eate of a radishe roote, and  
 drinke warme water vpon it. Also water wherin  
 radishe is boyled, and afterwarde prouoke him  
 selfe to it. Whaim that will haue more violent  
 purgacions, I remit to phisicians lerned. But  
 yet I doe escones warne them, that therein they  
 be circumspect, and do not muche vse it. More  
 ouer in vomites, the matter brought forth, wold  
 be considered, accordyng to the rules of Hippo-  
 crates, in his second boke of pronostications, Hippoc.  
 that is to saie, if it be mixt with flemme and cho- prælag.  
 ler, it is moske profitable, if it be not in verie 2. cap. 7.  
 great quantitee, nor thicke, the lesse myxture it  
 hath, the worse it is. If it be greene, like to lecke  
 blades, thynne or blacke, it is to be iudged yll.  
 If it haue all colours, it is extreme perillous.  
 If it be leady coloured, and sauoureth horribly,  
 it signifieth a short abolicion, or dissolution of  
 nature. For as Galene affirmeth there in his  
 comment, suche maner of vomite declareth cor-  
 ruption with extinctyng of nature. Also euery  
 putrified and stinkyng sauour in vomite is yll.  
 These thynges be right necessarie to be looked  
 for, where one doeth vomite without any dif- Galē. de  
 ficultee: but to enforçe one to vomite, whiche locis as  
 can not, is very odious and to be abhorred. fectis.  
 Of lib. i.



## The thirde

### Of purgacions by siege. Cap. 5.

Cel. li. 1.  
Aetius.  
lib. 3.

**I**f the head be heauie, or the eien dimme,  
or if there be peyne felte of the colike, or  
in the lower part of the bealy, or in the  
hyyppes, or some cholerike matter or  
fleume in the stomake. Also if the bryeth be hard-  
ly fetched, if the bealy of him selfe sendeth forth  
nothyng, or if beyng costue, one feeleth yll sa-  
uour or bitternesse in his mouth, or that whiche  
he maketh, hath an horrible saour, or if abstin-  
ence do not, at the first put awaie the feuer, or  
if the strength of the bodie may not susteine let-  
tyng of bloud, or els the tyme therfore conueni-  
ent is past, or if one haue dzonke muche before  
his sicknesse, or if he whiche oftentimes vncon-  
streigned, hath had great sieges, bee suddainly  
stopped: In all these cases, and where it is peina-  
full to vomitte, and in gnawynge or frettynges  
of the stomake, finally in all replecions, where  
a man can not or will not be let blud or vomit,  
it is expedient to prouoke siege by purgacions,  
whiche are receiued by two waies: Upward at  
the foundemente by suppositoies or clisters.  
Downward at the mouth, by pocions, electua-  
ries, or pylles. Suppositoies are vled, where  
the patient is weake, and may not receiue any  
other pougacions. Somtime for as muche as  
the straitte gutte is stopped with excrementes,  
whiche are drie and harde, somtime where there  
nedeth none other purgacion, specially in bur-  
nyng feuers, wherof the matter ascendeth into  
the head, than clisters may do harme, and by the  
bes



benefite of suppositoꝛies, excrement? ar brought  
foorth without any annoiaunce. And oftenty-  
mes it bringeth foorth that, whiche clisters may  
not. Suppositoꝛies are made somtyme with  
honye onely, sodden, rolled on a bourde, and  
made round: smaller at the one end, than at the  
other, and of the length and greatnesse, accoꝛds  
dyng to the quantitee of the body that taketh it.  
Somtyme there is myrte with the honye, salte  
dꝛyed, oꝛ salte pepper, oꝛ the powder of suche  
thynges, as do either pouurge the humour, whis-  
che offendeth, oꝛ dissoluech grosse wyndes, oꝛ o-  
ther matter: they be somtyme made with rosin,  
pitche, waxe, oꝛ gummes, somtyme of rootes, oꝛ  
the leaues of Mercurie greene, very small bzui-  
sed. Also with fygges oꝛ raisons, the stones ta-  
ken out, oꝛ of white sope, made in the sygure as  
foresaid, and beyng made in the fourme afores-  
said, they must be put vp in at the foundement,  
to the great ende, and the patient must keepe it  
there the space of halfe an houre, oꝛ moze.

**C**lysters are made of licour somtime symple,  
as water sodden, mylke, oyle, oꝛ wyne, somtime  
myrte, as water and oyle together, oꝛ decocti-  
ons, as where herbes, rootes, fruite, seedes, oꝛ  
gūmes, hauing propertie to make soft, dissolue  
drawe foorth, oꝛ expell matter that greueth, be  
boyled, and the lycour therof, somtime warme,  
somtyme hotte, is receiued at the foundement  
into the body by a littell pype of gold, oꝛ silver,  
yuoꝛie, oꝛ wodde, therfoze ordeyned and called  
a clyster pype. This is necessarie, where the sto-  
make is wcke, and maie not susteine the woꝛ-  
kyng



### The thirde

kyng of medicines receiued at the mouth, also in feuers, colickes, and other diseases in the bowels, greife in the raynes of the backe or huckle bone, ventosities in the beap, inflamacion or exulceracion in the guttes or bladder. It is a conuenient and sure medicine, and least hurt doeth ensue of it. The makynge and ordynynge thereof, I will omitte to write in this place, partly that I wold not, that phisicions should to muche note in me presumption, partly that an other place may be moze apte to that purpose.

### The particuler commoditees of euery purgacion. Cap. 6.

**I**n potions, electuaries, and pylles, ought to be muche moze obseruacion, than in clysters or suppositoies, for as much as these do entre no further than into the gutte, where the ordure lieth, & by that place onely, bringeth forth the matter, whiche causeth disease. But the other entrynge in that waie, that meates and drinckes do, cometh into the stomake, and there is boyled, and sente into the places of digestion, and afterwarde is myxte with the iuice, wherof the substance of the bodie is made, and expellyng the aduersarie humoures, somewhat thereof doubtlesse remaineth in the bodie. Wherefore menne haue neede to beware, what medicines they receiue, that in them be no venenositee, malyce or corruption, lest for the expellyng of a superfluous humoz, which perchance good diet, or some brothes made of good herbes, or the said

eua



evacuacion, with suppositoꝝ oꝝ clister, mought  
 byng forth at leysure, by desirynge of two ha-  
 stie remedy, they receiue in medicine, that whis-  
 che shall ingender a venemous humour, and  
 vneuitable destruction into all the bodie. And  
 therfoze happie is he, whiche in sickenesse syn-  
 deth a discrete and well learned phisicion, and  
 so true a potycarie, that hath alwaie drugges  
 vncorrupted, and whom the phylicion maie  
 surely truste, to dispence his thynges truely.  
 But nowe to retourne to the saied fourme of  
 purgacion, I wyll nowe set forth some coun-  
 sailes, concernynge that matter, whiche I haue  
 collected out of the chiefe authours of phisicke.  
 Bodie hotte and moiste, maie easily susteyne  
 pourgacion by the stoole. Thei whiche be leane  
 oꝝ thynne, haupyng the membes tender, maie  
 take harme by pourgacions. To men that are  
 cholericke, and theim that cate littell, pourga-  
 rions are greuous. In yong children and old  
 men, it is daungerous to loose muche the bras-  
 ly. To theim that are not woonte to it, pour-  
 gacion is noysfull. He that liueth in a good oꝝ-  
 der of diete, needeth neither purgacion noꝝ vo-  
 mite. After that the pourgacion hath wrought,  
 thirstinesse and sounde sleepe be signes that the  
 bodie is sufficiently purged. By daily takynge  
 of medicines, Nature is corrupted. Whan ye  
 wyll purge any thyng, make first the matter  
 flowynge and soluble. Medicine to purge ought  
 not to be myngled with meate, but to be taken  
 fowre houres at the leaste before meales, oꝝ  
 thre houres after meales, excepte certayne casti-

Hippocra-  
 tapher.



### The thirde

pylles made to clesse and comfort the stomake,  
whiche would be taken at the beginnyng of  
supper, or after supper, a littell before that one  
goeth to bedde, makynge a light supper or none.  
After purgacion taken, the pacient should reste  
and not walk, vntill the medicine hath wrought  
nor eate or drinke in the meane space. These  
thynges haue I remembred, because I haue knowen  
right good Physicions, to haue forgotten,  
to instruct therof their pacientes. Nowe wyl  
I set forth the table of suche thynges, whiche  
of their propertee dooe digest or purge, super-  
fluous humors particularly, whiche I haue gas-  
thered out of the bookes of Dioscorides, Gas-  
lene, Paul<sup>us</sup> Aegineta, Oribasius, and Aetius,  
and other late writers: not withstanding, I  
haue not written all, for as muche as there be di-  
uers thynges, wherunto we haue not yet foun-  
den any names in englishe.

#### **D**igestiues of choler.

**E**ndiue.

**L**ettise.

**L**ykoie.

**S**cabiose.

**M**aydenheare.

**M**alwes.

**M**ercurie.

**T**he iuice of pomegra-  
nades.

**P**ourselane.

**P**opy.

**B**arberies.

**R**oses.

**V**iolettes the leafe and  
flowre.

**S**ozell.

**L**yuerwoort.

**S**ozell de boyse.

**M**hay clarified.

**T**he great foure colde  
seeds, that is to say, of  
gourdes, cucumbers,  
melones, and citruls.

**P**silium.

**M**enez



Hyneget.  
Saunders.  
Barley water.  
Pynes.  
Camaryndes.

**C**ourgers of  
choler :

Wylde hoppel.  
Moimewood.  
Lentorie.  
Fumptorie.  
Whay of butter.  
Violettes.  
Mercurie.  
Pynes.  
Juice of Roses.  
Eupatorie.  
Camarindes, halfe an  
ounce in a decoction.  
Manna. vi. drammes  
at the least, and so to  
xxv. in the brothe of a  
henne or capon.  
Reubarbaru by it self  
from twoo drammes,  
vnto foure, infused or  
stiped in lycour, from  
iiii. drames vnto. viii.

Digestiues of  
fleume,

**C**fenell,

Persely, the rootes,  
Smallage.  
Capers.  
Lawrell.  
Sinuy.  
Duly.  
Matozam.  
Penitropall.  
Wylde parsnyp seede.  
Mynt.  
Pympernell.  
Hozemynt.  
Gladen.  
Agrimony.  
Calamynt.  
Nep.  
Betayne.  
Sauge.  
Radische.  
Mugwoort.  
Junyper.  
Hylope.  
Pyonie.  
Baulme.  
Hony.  
Gynger.  
Squilla.  
Aristolochia.  
Dynamome.  
Pepper.  
Lumyne.

**C**pour :



### The thirde

**T** Pourgers of  
fleume.

**T** Lentorie.

**P**ettyll.

**A**grimonie.

**A**lder.

**P**olypodiū of the oke.

**M**yzabolant herbult,

in fused from halfe an

ounce to an ounce, &

two drammes. In sub-

stance from two

drammes, to halfe an

ounce.

**A**garic<sup>9</sup>, from a drāme

to two drammes, in-

fused from, ii. drāmes

to fiue.

**V**reos.

**M**aydenheare.

**S**ticados.

**T** Pourgers of  
melancholy.

**T**he bzoathe of  
colewooztes, lyght  
boyled.

**B**aulme mynte.

**S**ticados.

**T**yme.

**S**eene, boyled in

white wine, or in

the bzoathe of a

henne.

**L**ased sauerie.

**E**rthimus.

**M**anwrought sylke.

**O**rganum.

**C**alamint.

**B**orage.

**H**artes tongue.

**Q**uickbeme.

**M**aydenheare.

**W**ithwynde.

**P**ulyall moun-

tayne.

**H**ony.

**S**ugar.

**T** Melancholy for the thinnesse and subtilnesse  
of the humour, nedeth no digestiue.

**T**hey whiche will take sharper purgacions,  
or compounde with diuerse thynges, let theim  
take the counsaile of an honest and perfect phis-  
sician, and not aduenture to myrte thynges to-  
gither, without knowyng the temperaunce of  
them



theim in degrees, and that he can proportion  
them to the bodie that shall receiue them in  
symples, as they be witten. And so he maie vse  
the without peryll, against the humours, wher  
vnto they serue.

Lettyng of bloud. Cap. 6.

**T**he parte of euacuation by lettyng of  
blad, is incision or cuttyng of the veine,  
whereby the bloud, whiche is cause of  
sicknesse or grieve to the hole bodie, or a-  
ny particuler part therof, doeth most aptly passe.  
The commoditees wherof, beyng in a moderate  
quantitee, and in a due time taken, be these that  
folow, it clarifieth the witte, and maketh good  
memozie, it clenseth the bladder, it dryeth the  
brayne, it warmeth the marowe, keyng in the  
bones, it openeth the hearyng, it stoppeth teares  
or dropynges of the eyen, it taketh awaie loth-  
somnesse, and confirmeth the stomacke, it noz-  
iseth that, whiche is proper to nature, and the  
contrarie expelleth. It is thought, that thereby  
life is prolonged, and the mattier makynge sick-  
nesse shortly consumed. Wherfore lettyng of  
bloud is not onely expedient for theim, whiche  
are full of bloudde, or haue abundaunce of  
strength, but also for theim, in whom with-  
out plenitude, called fulnesse, inflammacions  
beginne to be in their bodies, or by some out-  
warde stroake, the bloudde beeyng gathered  
within, by collection thereof, doe feele grieve or  
disease. Also where there is muche payne felte,

Arnold<sup>s</sup>  
de villa  
noua.

Oribasi<sup>s</sup>  
in medis  
cinæ cō-  
pendio.



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or debilitie of some member, whereof is supposed to be ingedred some greuous disease. Moze ouer they, whiche vse excelle of meates and drinckes, maie be cured by lettynge of bloudde. But those, whiche be temperate, keepynge good diete, be holpen without lettynge of bloud: as by fricasies, vsynge of bathes, exercise, walkynge, and ridynge moderately. Also vnctions with oyles and oyncementes, called Diaphoretice, whiche by euaporacion, do shortly euacuate the fulnesse. All be it, if the fulnesse be of melancoly bloud, than alwaie needes must be lettynge of bloud. Aboundaunce of melancoly bloud is knowen by these signes. There is felt in the entrayles, or within the bouke of a man or woman, a weightinesse with tension or thrustynge outward, and all that parte, whiche is aboue the nauell, is moze heauy than it was woont to be. Also muche brine and fattie, the residence or botome, thicke, troublous, and fatte, somtyme black poushes or boyles, with inflamacion and muche peyne. These must be shortly let bloud, and the melancoly humour also purged by siege. They, whiche haue crude or rawe humoures, muste bee warily let bloud, befoze that sickness ingender, but haupng the feuer in no wise. Concernynge lettynge of bloud, these thynges folowynge, would be had in continuall remembrance, and be afoze thought on. In abundance of the bloud, the qualitee and quantitee, the greatnesse of the sickenesse, and if it be present, or looked for, also the diet precedynge, the age and strength of the person, the naturall fourme of his

Aetius.  
lib. 3.



his bodie, the time of the yere, the region or coun-  
 trey, the present state of the ayre, the disuse of ac-  
 customed exercise, the ceasing of euacuacions  
 vsed before. In qualitee consider, of what hu-  
 mour the fulnesse proceedeth. In quantitee the a-  
 bundance of that, whiche is to be purged. In  
 sicknesse, if it be dangerous or tollerable: if the  
 sicknesse be present, it requireth the more dili-  
 gence, if it be looked for, it maie be the better pro-  
 portioned. In diete, the custome in eatyng and  
 drynkynge, must be specially noted. In yong men  
 and women, lettynge of blood would be more  
 liberall. In olde men and yonge chyldren, it  
 would be scarser: strong men may susteine bles-  
 dyng, they whiche are feble, may not endure it:  
 Large bodie haue greater vesselles, than they,  
 whiche be littell. Leane men haue more blood,  
 corpore men haue more fleshe. The time of the  
 yere must be specially marked. For in the begin-  
 nyng of spryng tyme it is best lettynge of blood,  
 as Oribasius saith, and so doth continue, after  
 the opinion of Arnold, vnto the eight calendes  
 of Iune. Aetius affirmeth, that in winter, or in  
 a cold countreie, or where the person is of a ve-  
 ry cold nature, the veines should not be opened.  
 And Damascene saith: They whiche in youth  
 haue vsed to be muche let blood, after they be  
 thre score yeres olde, their nature waxeth cold,  
 and naturall heat is in them suffocate, specially  
 if they were of a colde complexcion, but that is  
 to be vnderstand, where they that are in helth,  
 are often let blood. For in the lapse from helth,  
 and in diuers diseases, wherein the blood is

Oriba.  
 sup. Ars  
 noldus.  
 de villa  
 noua de  
 floborho  
 mia. lo.  
 Damas.  
 in ar.  
 med.



### The th' rde

corrupted, or where it ingendzeth imposthumes, or resoluzeth to any place, where it ought not to be, or passeth by any other conduite, then nature hath ordeyned, or where it is furiose or inflamed, or by any other meanes breedeth greivous diseases, in all these cases it ought to be practised, ye somtyme in aged persons, women with child, and yong infantes. For in extreme necessitee, it were better experience som remedie, than to doe nothyng. All other thynges concernyng this matter, pertaine to the part curative, whiche treateth of healyng of sickenesse, wherof I will not nowe speake, but remitte the reders to the counsaile of discrete phisicians.

### Of scarifiyng, called boxyng or cuppyng. Cap. 7.

Galenus

Aetius.  
liber. 3.

**F**or as muche as it is not convenient, to be let bloud oftentymes in the yere, because much of the vital spirite passeth forth with the bloud, whiche tryng exhauste, the bodie waxeth colde, and naturall operations become the moze feble, I therfore doe counsaile (saith Galen) that the base partes of the body, as the legges, be scarified, whiche is the mozte sure remedie, as well in conseruyng helth, as in repaiering thereof, beyng decayed. For it cureth the eyen beyng annoied with long distillacions. It profiteth also to the head, and ouer part of the body, against sondrie diseases. In what mebre the bloud is gathered, the bodie beyng firste purged by scarificacion, the greife may be cured. Also



Also Oribasi<sup>9</sup> affirmeth the same, and also ad<sup>d</sup> Oribasi<sup>9</sup>  
 deth therto, that it helpeth squynances, or quin<sup>z</sup> in medis  
 res in the throte, and dissolueth the consipact<sup>z</sup> cinæ cō  
 ons or stoppynges made of all places, if the plas<sup>z</sup> pendio.  
 ces be scarified: not withstandyng applicacion  
 of boxes about the stomake, in hot fevers, where  
 reason is troubled, are to be eschued, for feare of  
 suffocacion. Likewise put to the hed vndiscretely,  
 ly, it hurteth both the hed and the eyes. The late Actius<sup>9</sup>  
 autho<sup>r</sup>s do affirme, that scarifyng is in the steede  
 of lettynge blud, where for age, debilitie, or time  
 of the yere, or other lyke consideracion, a man  
 maie not susteyne bloud lettynge, and it byn<sup>z</sup>  
 geth forth the thynne bloud, whiche is nexte to  
 the skynne.

### Of bloud suckers or leaches. Cap. 8.

**T**here is also an other fourme of euacua<sup>z</sup>  
 tion by wormes, found in waters called  
 bloud suckers or leaches, whiche beyng  
 put vnto the body or mēbre, do draw out  
 blud. And their drawing is more conuenient for  
 fulnesse of bloud, than scarifyng is, for as mu<sup>ch</sup>  
 che as thei fetch blud more deper, and is more of  
 the substance of bloud, yet the opinion of some  
 men is, that they doe drawe no bloud but that  
 which is corrupted, and not proportionable vnto  
 our body. And therfore in grafes, which hap<sup>z</sup>  
 pen betwene the skynne and the fleshe of bloud  
 corrupted, these are more conuenient the scarif<sup>z</sup>  
 fying. But before that they be put vnto anye  
 parte of the bodie, they muste be first kepte all  
 one pendio.



### The thirde

One daie befoze, geuyng vnto them a littel bloud in freſhe fleſhe. And than put them in cleane water, ſomewhat warme, and with a ſpounge wype awaie the ſyme, whiche is about them, and than laie a littell bloud on the place grieved, and put them than to it, and laie on them a ſpounge, that whan they be full, they maie fall away, or if ye will ſooner haue them of, put a horſe heare betweene their mouthes, and the place, and drawe them awaie, or put to their mouthes ſalt or aſhes, or vyneger, and ſoothwith they ſhall fall, and than waſhe the place with a ſpounge, and if there do iſſue much bloud, laie on the place the pouder of a ſpunge, and pitche bourned, or linnen cloth burned, or gaulles burned, or the herbe called *Burſa paſtoris*, bruised. And this ſuffyleth concernyng bloud ſuckers.

### Of hemoroides or pyles. Cap. 9.

**H**emoroides be veynes in the fundement, of whō do happen ſondry paſſions, ſomtyme ſwell yng without bled yng, ſomtyme ſuperfluous bloud, by the puiſſaunce of nature, is by them expelled, and than be they very conuenient, for by them a man ſhall eſcape many great ſickneſſes, whiche be ingendred of corrupted bloud, or of melancholy. Semblably, if thei be haſtily ſtopped from the courſe, which they haue been vſed to, thereby do increaſe the ſaid ſickneſſes, whiche by them were expelled, as dropſies, conſumpcions, madneſſe, frange  
ſies



ties, and diuers diseases of the head, and other  
 sicknesse: palenesse of the visage, grieve in the  
 raynes of the back, and thies. And if they flow  
 to much, there insucth feblenes, leannesse of the  
 bodie, alteration of colour, great peynes in the  
 lower partes of the bodie. And if the fluxe be  
 vnmoderate, it ingendzeth mischeuo<sup>r</sup> diseases.  
 Wherfore it would be diligently taken heede,  
 that they runne in measure, or els to vse some  
 thynges moderately, whiche may restrain them.  
 Concernyng other euacuacions, I do pur-  
 posely omitte to wryte of them in this place, for  
 as muche as in this realme, it hath been accom-  
 pted not honest, to declare theim in the vulgare  
 tongue, but onely secretely.

### Of affectes of the mynde, Cap. 10.

**T**he last of thynges called not naturall, is  
 not the least parte to be considered, the  
 whiche is of affectes and passions of the  
 mynde. For if they be immoderate, they  
 doe not onely annoie the bodie and shorten the  
 life, but also they do appaire, and somtime lose  
 vtterly a mans estimation. And that much moze  
 is, they byng a man fro the vse of reason, and  
 somtyme in the displeasure of almightie God.  
 Wherfore thei do not onely require the helpe of  
 phyllicke corpozall, but also the counsaile of a  
 man wise and wel lerned in moral philosophy.  
 Wherfore after that I haue recited, what they  
 be, I wyll briezely declare suche counsailes, as  
 I haue gathered. And as concernyng remedies  
 of



### The thirde

of phisicke, sayng a fewe symples, whiche doe  
comforte the heart and spirites, the residue I  
will remitte to the counsaile of physicions, like  
as I haue dooen in euacuacion. Affectes of the  
mynd wherby the body is aroided, and do byng  
in sicknesse, be these, Ire oz wrathe, heuynesse oz  
sorrowe, gladnesse, oz reioycyng.

### Of Ire. Cap. ii.

**I**re is kindled in the hert, inordinately chaun-  
sing the spirites there, and chan is sent forth  
into the membres, and doeth superfluousely  
heate them, and disturbeth reason, where the  
bodies be hotte afore, where naturall heat is fee-  
ble, the heate maie not be dispersed vnto the ex-  
treme partes, and than doeth the extreme mem-  
bres, that is to saie, whiche are farre from the  
heart, remaine colde and tremblyng. Of this  
affection commeth somtyme feuers, somtyme as  
poplexies, oz priuacion of senses, tremblyng,  
palsies, madnesse, fransies, deformities of vy-  
sage: and that worse is, outrageous swearing,  
blasphemie, desire of vengeance, losse of cha-  
ritie, amitie, credence, also forgetfulnesse of be-  
nefite preceedyng, and of obedience, duitie, and  
reuerence. There also doe succede, contencion,  
chargeable suite, vniquietnesse of mynde, lacke  
of appetite, lacke of slepe, feble digestion, scozne  
disdayne, and hatred of other, with peryll of  
losyng of al good reputacion. These incommo-  
dities of Ire, perfectly had in remembrance, and  
at the first motion thereof on theim thoughte  
vñ



on, maie happen to byrning in his felowes, and  
thereby the flame maie be quenched, or let hym  
that is angrie, euen at the firste consider one of  
these thynges, that lyke as he is a man, so is als  
so the other, with whom he is angrie, and there-  
fore it is as leeffull for the other to be angrie, as  
vnto him, and if he so be, than shall that anger  
be to hym displeasaunt, and stirre hym moze to  
be angrie. Wherby it appeareth, that Ire is to  
hym lothsome. If the other be patient, than let  
hym abhorre that thyng in hym selfe, the lacke  
wherof, in the other contenteth him, and all was-  
geth his malice. Moreouer, let hym before, that  
occasion of Ire dooeth happen, accustome hym  
selfe to behold and marke well them that be an-  
grie, with the successe of that anger, and rumi-  
nate it in his mynde, a good space after. And in  
that tyme, let hym remember, how Christe, the  
sonne of God, and God, who (as he hym selfe  
sated) mought haue had of God his father, if he  
would haue asked them, legions of aungelles,  
to haue defended him, yee with lesse than a winke  
mought haue slayne all his aduersaries, yet he  
not withstanding, rebuked, scorned, falsely ac-  
cused, plucked hither and thither, stryppd, boun-  
den with halters, whipped, spitte on, buffeted,  
crowned with thorne thorne, laded with a heuie  
piece of tymber, his owne propre tourment, har-  
led, and driuen forth lyke a calfe to the slaugh-  
ter howse, with stones beaten and ouerthrowen,  
retched forth with ropes, armes and legges laie-  
d on the crosse, and therevnto with long iron  
nailes through the handes and fete nailed, with  
many



### The childe

many strokes of hammers, with many prickyns  
ges, or euer the nayles myght perce by his ten-  
der and moſte blessed fleſhe and ſynewes, quite  
thzough the harde tymber, vp to the heades of  
the nayles. and al this beyng doen for thoffence  
of mankynde, and not his: yet with the men,  
whiche did it, his moſte vnkynd countrey men,  
his moſte vnnaturall kynſemen, whom he firſte  
made of nothyng, preſcrued by myracles, deli-  
uered from perylls, and cured of diſeaſes, in  
all his vexacion and trouble, he was neuer ſeen  
or perceiued angrie. If one will ſaie, that anger  
is naturall, let him alſo conſider that in Chriſt  
ſtes manhoode were all naturall powers. If he  
will ſaie, that yre is token of courage, and in  
Chriſt it lacked not, whom bothe aungels and  
diuelles trembled and feared. The premisses of-  
ten reuolued, and bozne in the mynde, I wyll  
not ſaie, ſhall vtterly extinct all mocions of  
wraſthe, which is not poſſible, but it ſhall whan  
it kendleth lightly repreſſe it, and let that it ſhal  
not growe into flame. And in ſpeakyng here of  
wraſthe, I do not meane that, which good men  
haue againſt vices: or wiſe and diſcrete gouer-  
noures and maiſters, againſt the defaultes or  
negligences of their ſubiectes or ſeruauntes, ba-  
ſed in rebukynge them, or moderately puniſhyng  
them. For that is not properly yre, but rather  
to be called diſpleaſure, and is that whereof  
God ſpeaketh by his prophete Dauid, ſaiyng:  
Be you angrie and doe not ſinne. And that ma-  
ner of anger hath been in diuers holy men, pro-  
phetes and other, And it appeared in Chriſte  
whan

Pſal. 4.

Gene. 31.

Exo. 32.

Leuit. 10.

Marc. 11.



When he draue out the, whiche made their market in the holy temple of god, where there ought to be nothing but prayer. And in likewise when he rebuked the hypocrites. But if none of these thynges may com so shortly to his remembrance, that is meened with anger, at the least let hym thinke on the lesson, that Appollo dozus the philosopher, taught to the Emperour Octavian, that befoze he speake or do any thyng in anger, he do recite in order, al the letters of the A. B. C. and remoue somewhat out of the place that he is in, and seke occasion to be otherwyle occupied. This shall for this time suffice, for the remedies of yre. And he that will know moze of this matter, let hym read in my worke called the Gouernour, where I therof do write moze abundantly.

Of dolour or heuinesse of mynde. Cap. 12.

**T**here is nothing moze enemye to life, then sorow, called also heuinesse, for it exhausteth bothe naturall heate and moysture of the body, and doth extenuate or make the body leane, dulleth the witte, and darkneth the spirites, letteth the vse and iudgement of reason, and oppresseth memorie. And Salomon Pro. 17. and. 25. saith: That sorow drieth vp the bones. And also lyke as the mothe in the garmente, and the woozme in the tree, so doth heuinesse annoie the heart of a man. Also in the booke called Eccle. 25. and. 38. Iusticus. Sorowe hath kyled many, and in it selfe is found no commoditee. Also by heuinesse

It

Death

*Health makes the glorying face of Nature Gay  
Gives beauty to the Sun and lustre to the Day*



### The thirde

death is hastened, it hydeth vertue or strength, and heauinesse of hert boweth down the necke. This is so puissaunt an ennemie to nature and bodily health, that to resist the malice and violence thereof, are required remedies, as well of the holson counsailes found in holy scripture, and in the bookes of moral doctrine, As also of certayne herbes, fructes, and spyes, hauyng the propertee to expell melancholike humours, and to comforte and keepe liuely the spirites, whiche haue their proper habitation in the hert of man, and moderate nourishyng of the naturall heat and humour, called radicall, whiche is the base or foundation, wherevpon the life of man standeth, and that failyng, life falleth in ruine, and the bodie is dissolued. Now first I wyll declare some remedies against sorrowfulnesse of heart, concernyng necessarie counsaile.

¶ Somtyme this affecte happeneth of ingratitude, either where for benefite, or speciall loue employed, one receiueth damage, or is abandoned in his necessitee, or is deceiued of him, whom he trusted, or findeth hym, of whom he hath great expectation, forgetfull or negligent in his commoditee, or perceyueth the person, whom of long tyme he hath loued, to be estraunged from hym, or to haue one of later acquaintance in more estimation. This affection nypbeth the hert, ye of mooste wyse men, for they loue mooste hertily, not prouoked by carnall affection, but rather by good opinion, ingendred by similitude of honest studies, and vertuous maners of long tyme mutually experienced. And it is not onely  
pntq



unto man greuous, but also unto god most displeaunt and odious, as it is abundantly declared in scripture. Wherfore the person, which feleth hym selfe touched with this affect, before that it groweth into a passion, and waxeth a sicknesse, let hym call to remembrance these articles folowyng, or at the least waies some of them. For eueriche of theim maie ease hym, though perchaunce they can not forthwith perfectly cure hym.

**C**onsider, that the corruption of mans nature is not so muche declared in any thyng, as in ingratitude, wherby a man is made woozse, than diuers brute beastes. The lyttell ante or emote helpeth vp his felowe, whom he seeth overthowen with burdein, or by other occasion. Also whan olyphantes do passe ouer any great water, the greatest and mooste puissant of them deuyde them selves, and settyng the weakest in the middell parte, go before, tryng the depenesse and perilles, parte come after, succouryng the weakest or least, with their long noses, whan they see them in danger. The same beastes haue been sene not onely byng men out of desertes, whiche haue lost their waies, but also rentyng the displeasures doen to theim, the whiche gaue them meate, as one that slewe hym, whiche had committed aduoutrie with his maisters wyfe. The terrible Lyons and Panthers, haue been seene in their maner, to render thanks to their benefactours, yee and to obiecte their owne bodies and lyues for their defence. The same we maie daily beholde in our owne dogges.

Loun  
sayles as  
gainst in  
gratitude  
Appian  
in varia  
historia.



### The thirde

Sene. de  
benefi. 7

Than in whom thou findest the detestable vice  
of Ingratitude, reputyng hym among the  
wooꝝt sortes of creatures, thinke not that thou  
hast losse a freende, but thinke that thou arte  
deliuered from a monster of nature, that deu-  
oured thy loue, and that thou art now at li-  
berte, and hast wonne experience to chose thee  
a better. But if this maie not suffice, than  
eetsoones consider, that if thou looke well on  
thy selfe, perchaunce thou maiest fynd the faute  
whereof thou complaynest, within thyne owne  
bosome. Call to thy remembraunce, if thou hast  
alwaie rendered vnto euerie manne condigne  
thanks or benefite, of whom thou hast kyndes-  
nesse receiued, or if thou hast alway remembꝛed,  
euery one of the, that haue doen to the any com-  
moditie or pleasure. Thou shalt well perceiue,  
that what thyng thou receiuedst in childehood,  
thou forgattest or diddest littell esteeme, whan  
thou cammest to the state of a man. And what  
thou diddest remember in youth, in age, thou  
diddest littell thinke on: thy nourices pappe,  
his rockynges, watchynges, thou hast not al-  
waie remembꝛed, or equally recompensed. Thy  
Schole maisters studie, his labour, his diligence  
in a lyke degree, thou hast not requited. What  
greater freendes hast thou had, of whom thou  
couldst receiue any greater benefites, than thy  
nourishyng and preseruyng of thy life, in thy  
moſte feblenesse, thine erudicion, whereby thy  
nature was made moze excellent. Remembꝛyng  
this, leaue to be angry or sorowful for so comon  
a vice: yet if it cease not to greue thee, conferre  
the



The ingratitute that doth bere the, with that ingratitude, which was shewed by the Israelites, whom god chose for his owne people, deliuered from seruage, shewed for them wonders, preserved them for tie yerres in deserte, destroyed for them kynges, gaue to them the countrey, whiche flowed mylke and honny, defended them against all outward hostilitie, sent vnto them suche abundance of riches, that syluer was in Hierusalem, as stones in the streete, had his tabernacle, and afterwarde his moste holie temple among them, whiche he did daiely visite with his diuine maiestee, made their kinges to reigne gloriously, and spake with their Prophetes familiarly, and corrected their errours most gently: and yet for all this, they, imbracyng the paynyms Idolatrie, they left so graciouse and loving a lord, and liuyng God, and to his great despite, gaue diuine honors to calves of brasse, and other monstrous Images, and at the last put to most cruell death, the only sonne of god, that had dooen so muche for them.

¶ And if we christen men doe loke well on our selues, reuoluyng the incomparable benefite, whiche we haue receiued by Christes passion, and consider the circumstance of his moste excellent patience, and moste feruent loue toward vs, with our forgetfulnes, and the daily breache of our promise, whiche we made at our baptism, conferryng our mutuall unkindnes therunto, there shal appere no ingratitute, that shuld offend vs. Finally for a conclusion, beholde well about thee, and thou shalt all daie fynde



### The thirde

the childzen ingrate to their parentes, and wyues to their husbandes. And wylte thou looke that thy benefite, or bayne expectation, should make the moze free fro ingratitudo of thy freend, whom chaunce hath sent the, than nature make the parentes toward their childzen, or the conjunction of bodies by lefull mariage, take vnkynndnesse from the wyues toward the husbandes. This vyce therfore of ingratitude, beeyng so common a chaunce, make no worldly friendship so pzeious, that lyfe or health therfore should be spent or consumed. I haue been the lenger in this place, because I haue had in this griefe sufficient experience.

**Death of  
childzen.**

**I**f death of childzen be cause of thy heauynesse, call to thy remembrance some childzen (of whom there is no littell noumbre) whose lyues eyther for vncorrigible vyces, or infortunate chaunces, haue been moze greuous vnto their parentes, than the death of thy childzen ought to be vnto thee: considering that death is the discharger of all griefes and myseries, and to them that dye well, the first entrie into lyfe everlasting.

**Losse of  
goodes.**

**T**he losse of goodes or auctoritee doe grieue none but fooles, which do not marke diligently, that lyke as neither the one nor the other doeth alwaie happen to them that are worthy, so we haue in daiely experience, that they fall from hym sodeinly, who in increasyng or keepyng them seemeth mozte bruisie.

**Lacke of  
p'mocion** **I**f tentymes the repulse from p'mocion is cause of discomforte. But than consider, whether



thee in the opinion of good men, thou art deemed worthe to haue suche aduancement, or in thine owne expectation and fantasie. If good men so iudge the, thanke thou god of that felicitie, and laugh at the blindnesse of them, that so haue refused the. If it procede of thine owne folie, abhorre all arrogance, and inforce thy selfe to be aduanced in mens estimation, before thou canst fynde thy selfe worthe in thy proper opinion.

All other chaunces of fortune, esteeme as nothing, and that long before they dooe happen. The ofte recording of myserie, prepareth the mynd to feele lesse aduersitee. And the contempt of fortune, is sure quietnesse, and moſte perſite felicitie. Chaunces  
offortune.

This now shall suffice concerning remedies of moſtall phyloſophie. Now will I write ſomewhat touching counſaile of phyſicke, as in relieuyng the bodie, which either by the ſaid occaſions, or by the humour of melancoly, is brought out of temper.

The firſt counſaile is, that during the tyme of that paſſion, eſchewe to be angrie, ſtudiouſe, or ſolitarie, and reioyce thee with melodie, or els be alwaie in ſuche compaignie, as beſt may content thee.

Auoyde all thynges that be noyous in ſight, ſmellyng and hearyng, and embrace all thyng that is delectable.

Flee darkeneſſe, muche watche, and buſineſſe of mynde, muche compaignieng with women, the uſe of thynges very hot and drie, often purgacions, immoderate exerciſe, thyſt, muche abſ-



### The thirde

**A**stinence, drye wyndes and colde.

Absteine from daily eatyng of muche old biese  
or olde mutton, hard cheese, hares fleshe, bores  
fleshe, venyson, saltefishe, colewoortes, beanes,  
and peason, very course bread, great fishes of  
the sea, as thurlewe, wyppse, and sturgeon, and  
other of lyke natures, wyne redde and thicke,  
meates beyng very salte or sowre, olde, burned,  
or fryed, garlyke, onyons, and leekes.

Use meates, whiche are temperately hot, and  
therwith somewhat moyste, boyled, rather than  
rosted, light of digestion, and ingendryng bloud  
clere and fyne. As mylke hotte from the udder,  
or at the least new mylked, ruen chese, swete al-  
mondes, the yelkes of fere egges, littel byrdes of  
the bushes, chickens, and hennes. Wyne white  
or claret, clere and fragrant. Swete sauours in  
wynter hot, in sommer colde, in the meane tyme  
temperate.

**C**onfortatiues of  
the hert hotte.

**B**ourage the floure  
or leafe.

Buglosse.

Baulme mynte.

Clicampane.

Cloues.

Cardamomum.

Rosemary.

Lignum alowes.

Muske.

Ambergrise.

Saffron.

The bone of the heart  
of a redde deere.

Myntes.

The rynde of Citron.

Beene.

Bububes.

Balyll.

**C**onfortatiues of  
the hert colde.

**V**iolettes.

Perles.

Lozall.

The



The vnicoꝛnes hoꝛne.  
OId appulles whiche  
be good.

Roses.

Saunders.

The Olyphauntes  
toothe.

Water lyllys.

Coꝛyander prepared.

Confoꝛtatiues  
temperate.

Jacinthe.

Saphire.

Emerauldes.

Myzabolanes, called  
kebuli.

Buglosse.

Golde, syluer.

### Of Ioye.

**I**oye or gladnesse of heart doth prolong  
the life, it fatteth the bodie that is leane  
with troubles, bityng the humours to  
an equall temperaunce, and drawyng  
naturall heate outwarde. But if it be sodayne  
and feruent, it oftentymes sleeth, for as muche  
as it draweth to sodainly and excessiue-ly natu-  
rall heate outwarde. And therfoze diuerse men  
and women haue been seene to fall in a sound,  
whan they haue sodainly beholde the persons,  
whom they feruently loued.

A woman in Rome, hearyng first, that hir  
sonne was slayne in battayle. After whan he  
came to her, she seeyng hym alīue, imbracyng  
eche other, she dyed in his armes. This well  
considered, against suche inoꝛdinate gladnesse,  
the best pꝛeseruatiue is to remember, that the ex-  
treeme partes of mundaine ioye is sorowe and  
heauinesse: And that nothyng of this woꝛlde,  
maie so muche reioyce vs: but occasion maie  
cause it to be displeasaunt vnto vs.

¶

The



## The thirde

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

**I**t seemeth to me not inconuenient, that I doe declare as well the counsailes of auncient and approued authozs, as also mine owne opinion, gathered by diligent markyng in daily experience, concernyng as well the necessarie diete of euery complexion, age, and declinacion of health, as also the meane to resist the discrasies of the bodie, before sicknesse be therein confirmed, leauyng the residue vnto the substanciall lernyng and circumspect practise of good phisicians, whiche shall the more easily cure their pacientes, if their pacientes do not disdain to beare awaile and followe my counsaile.

And first it ought to be considered, that none of the thre complexions haue soolely suche dominion in one man or womans body, that no part of any other complexion is therewith mixt. For when we call a man sanguine, colerike, fleumaticke or melancoly, we do not meane, that he hath blood only without any of the other humours, or choler without blood, or fleume without blood or melancolie, or melancoly without blood or choler. And therfore the man, whiche is sanguine, the more that he draweth into age, wherby naturall moysture decayeth, the more is he cholerike, by reason that heate surmountyng moysture, needes must remaine heat and drythe. Semblable the cholericke man, the more that he



he waxeth into age, the more naturall heate in hym is abated, and by the surmountyng naturall moysture, he becommeth melancholike, but some sanguine man hath in the propozcion of temperatures, a greater myxture with choler, than an other hath. Likewise the cholerike or fleumatike man with the humour of sanguine or melancholy. And therfore late practisers of phisike are wont to call men, accordyng to the myxture of their complexions, as sanguine cholericke, fleumatike sanguine. &c. Moreover, beside the naturall complexions, whiche man receiveth in his generation, the humours, wherof the same complexions doe consist, beyng augmented superfluously in the body or membes by any of the said thynges called not naturall, euery of them doe semblably augment the complexion, whiche is proper vnto hym, and bringeth vnequall temperature vnto the bodie. And for these causes, the sanguine or fleumatike man or woman, feelyng any discrasie by choler hapned to them by the said thynges, called not naturall, they shall vse the diete described hereafter to him, whiche is naturally cholerike. Semblable the cholerike or melancholike man or woman, hauyng any discrasie by fleume to vse the diete of hym whiche is naturallie fleumatike, alwaie remembryng, that sanguine and fleumatike men haue more respecte vnto drythe, cholerike and melancholie vnto moysture, and that alwaie as the accidentall complexion decayeth, to resorte by littell and littell to the dysete, pertainyng to his naturall complexion.

¶ The



### The thirde

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

**B**ut first it must be considered, that where the foure humours be alway in man, and in some man commonly one humour is moze abundant than an other naturally, that is to saie, from his generacion. The saied humours haue also peculiare tymes assigned to euery one of them, wherein eche of them is in his moste power and force, as after insueth, after the description of Soranus.

Soranus  
Ephesi<sup>o</sup>.

**F**leume hath most puissance in winter, from the. viii. Idus of Nouember, vnto the. viii. Idus of Februarie, wherby are ingendred Catarres or reumes, the vuula, the coughe, and the stitche. This humour is parte in the head, part in the stomacke. It hath dominion from the. iiii. houre of nyght, vntyll the nyynth houre of the same nyght.

**B**lood increaseth in sprynge tyme from the. viii. Idus of Februarie, vnto the. viii. Idus of Maie, wherof are ingendred feuers, and swete humours, whiche do shortly putrifie, the power of this humour is about the hert, and hath dominion from the ninth houre of night, vntil the thirde houre of the mornynge.

**R**edde choler hath power in Sommer from the. viii. Idus of may, vntill the. viii. Idus of August, wherby are ingendred hotte and sharpe feuers: this humour is specially in the liuer, and hath dominion from the third houre of day, vntill the. ix. houre of the same daie.

**Y**elowe



**T**he yellowe choler, wherof is engendred the flemme of the stomake, is noyshed in Autumne, whiche beginneth the .viii. Idus of Auguste, and dureth vnto the .viii. date of Nouember, and maketh shakynge feuers and sharpe: the blacke choler that increaseth, and than foloweth thicke-nes of the bloud in the veines. Blacke choler or melancholy mooste raineth in the splene, and it raineth from the .ix. houre of daie, vntill the third houre of nyght.

**P**eculiar remedies against the distemperaunce of euery humour.

**I**f the distemperaunce be of bloud, helpe it with thynges colde, sharpe and drie, for bloud is moyste, hotte, and sweete. **Soranus in arte medendi.**

If it be of redde choler, geue thynges colde, moyste, and sweete, for redde choler is bitter and fyrie. If it be of blacke choler, geue thynges hot moiste and swete, for blacke choler is sharpe and colde. If the disease be of salte fleume, geue thynges swete hotte and drie, thus saith Soranus. Notwithstanding where there is aboundance of colde fleume not myrte with choler, there thynges very sharpe and hotte be mooste conuenient, as tarte vyneger with hotte roses and sedes of wynges, strong and rough honye beyng sodden in the one and the other, or where choler is myrte with fleume: syrope of rose made with vyneger and sugar boyled, sometime with herbes, rootes, or seedes, whiche maye dissolue fleume and digest it,

**Diete**



### The thirde

Diete of them, vvhiche are of sanguine complexcion. Cap. 15.

**F**or as muche as in sanguine men bloud mooste reigbeth, whiche is soone corrupted, it shall be necessarie for them whiche are of that complexcion, to be circumspect in eating meat, that shortly will receiue putrefaction, as the more part of fruites, specially not being perfectly ripe, also meates that be of yll iuice, as fleshe of beastes to olde or to yonge, vdders of trastes, braines, except of capons and chickens, marowe of the backbone, much vse of onyons, leekes, garlyke, muche vse of olde fygges, muche vse of rawe herbes, and all thyng wherin is excessse of heate, colde, or moisture, meates that be stale, fishes of the fennes or muddy waters, and to muche slepe, as experience sheweth.

Diete of cholerike persons. Cap. 16.

**T**o them whiche be colerike, tryng in these naturall temperature, and hauyng not from their youth vsed the contrary, grosse meates moderately taken, be more convenient, than the meates that be fine, and better shall they digest a piece of good biese, than a chickens legge. Choler of his proper tee rather burnyng than well digestyng meates of lyght substance, not withstanding some gentilmenn whiche be nicely brought vp in their infancie, make not so well susteyne that diete as poore men, being the more part vsed to grosse meates.



tes. wherfoze their diet must be in a temperance,  
as yonge biefe, olde beale, mutton, and venison  
powdred, yong geese, and such lyke, concernyng  
their complexcion with meates like therunto in  
qualitee and degree, accoꝝdyng to the counsaile  
of Hippocrates. And as he perceiueth choler to  
abounde, so to interlace meates whiche be cold  
in a moderate quantitee, and to alaie their wine  
moze oꝝ lesse with water, eschewyng hotte spi-  
ces, hotte wyne, and excessiue labour, wherby  
the bodie maie be muche chaufed. Also he maie  
eate oftener in the daie than any other: foꝝseen,  
that there be suche distance betwene his meales  
as the meate befoze eaten be fully digested, whi-  
che in some person is moze, in some lesse, accoꝝ-  
dyng to the heate and strength of his stomacke,  
notyng alwaie, that the cholerike person diges-  
teth moze meate than his appetite desireth, the  
melancholike person desireth by false appetite  
moze than his stomacke maie digest. And to a  
cholerike person it is right daungerous, to vse  
long abstinence: foꝝ choler, findyng nothyng  
in the stomacke to concocte, it fareth than, as  
wherc a littell potage oꝝ mylke, beyng in a ves-  
sell ouer a great fyre, it is bourned to the vessell,  
and vnsauerie fumes and vapours do issue out  
therof. Lykewise in a cholerike stomake, by ab-  
stinence, these inconueniences doe happen, hu-  
mours aduste, consuming of natural moisture,  
fumositiees and stinkyng vapours, ascendyng  
vp to the heade, whercof is engendred duskyng  
of the eyes, hed aches, hotte and thinne reumes  
after euery littell surfet, and manie other in-  
con-



### The thirde

noyfull, whiche are very colde, viscous or fleshy, fatte or soone putrified, eatyng muche and often, specially meates ingendryng fleume, whiche be remembred in the table pcedyng. All thynges be good, whiche are hotte and drie, also meates and drinckes whiche be lowe: onions also, and garlyke moderately vled, be very commendable, in pure fleume not myxte with choler, muche vlyng of salte, specially dyed. Pepper grosse beaten, & eaten with meat, ought to be with all fleumatike persons familiar, also gynger is right conuenient, but not to be so frequently vled as pepper, for asmuche as the nature of pepper is, that beyng eaten, it passeth through the bodie, heatyng and comfortyng the stomake, not entryng into the veynes, or annoyng the lyuer, whiche vertue is not in gynger. Gynger condite, the whiche we doe call greene gynger, specially conded with sugar, if it maie be gotten, and also Mirabolanes called kebuli condite in India, be most excellent remedies against fleume, also the herbes, whiche are remebred afore in the table of digestiues of fleume, and the rootes of persely, fenell, yreos, Glycampane, and carrettes be very commendable. Exercise twise in a day, the stomakes bring almost emptye, so that sweat beginne to appere, is very expedient, clenstyng of the bodie from all filthynesse, with rubbyng and wippyng, oftentymes with waschyng, specially the heade and partes there about, moderate sweatyng in hot bathes or stufes, be to this complexcion necessary, specially whan they haue eaten and dronken excessiue



temperately. The head and feete to be kept from cold, and to dwell high and farre from moozes and marshes, is a rule right necessarie, also to abstain from etyng herbes and rootes not boyled, and generally from all meates whiche will not be easily digested.

**T**he diuision of melancoly, and the diet of persons melancolyke. Cap. 18.

**M**elancoly is of two sortes, thone is called natural, which is only cold and dry, the other is called aduste or burned. Natural melancoly is (as Galene saith) the residence or dregges of the bloud: and therfore is colder and thicker than the bloud. Melancholy adust is in foure kindes, either it is of naturall melancoly adust, or of the more pure part of the bloud adust, or of choler adust, or of salt sicume adust. But of al other, that melancoly is worst, whiche is ingendred of choler, finally all adust melancoly annoieth the witte and iudgement of man. For whan that humour is hette, it maketh men mad, and whan it is extinct, it maketh men fooles, forgetfull and dull. The natural melancolie kept in his temperance, profiteth much to true iudgement of the witte, but yet if it be too thicke, it darkeneth the spirites, maketh one tymorous, and the witte dull: If it be myrte with sicume, it mortifieth the bloud with too much colde, wherfore it maie not be so littell, that the bloud and spirites in their feruentnesse, be as it were vnbrideled, wherof doe happen vnstablenesse of witte, and slipper remembrance, nor yet so much, that by the weight thereof (for it is hea-

Ex Mar-  
cilio fi-  
cino de  
uita sana



### The thirde

use appochoyng nigh to the earth) that we seme to be alwaie in slepe, and nede a spurre to pricke vs forward. Wherfore it is right expedient, to kepe that humour as thinne as nature will suffer it, and not to haue to muche of it. But now to the diete pertainyng to them, whom this humour annoyeth. The knowlage that melancoly reigneth, is oftentimes, heuinesse of mynde, or feare without cause, slepinesse in the membres, many crampes without replecion or emptines, sodain furie, sodain incontinenzie of the toong, muche sollicitude of light thynges, with plainenesse of the vylage, and fearfull dreames of terrible visions, dreampyng of darkenesse, depe pities, or death of frendes or acquaintance, and of all thyng that is blacke. The meates conuenient are they, whiche be temperately in heate, but specially they that be moiste meates soone digested, and they rather boyled than roasted, temperately myrte with spyes, mylke hotte from the vdder, or late mylked, is very conuenient for that complexion, swete almondes blanchéd, and almond mylke, the yelkes of rere egges, and finally all thynges, whiche ingender pure blood, and all that is wrytten in the chapter of age. All these be yll for them. Wine thicke or troublous, specially red wyne, meates hard, drie, very salte or sowre, burned meate, fyled meate, much bicke, hares fleshe, beanes, roket, colewortes, musterd, radishe, garlyke, except there be muche wynde in the bodie, for than is it very holosome, onyons, lekes, finally all thynges whiche heateth to muche, kealeth to muche, or drieth to muche, also wryathe,



wraethe, feare, compassion, sorowe, muche studie  
or care, muche idelnesse or reste, all thyng that  
is greuous to see, to smell, or to heare, but moſte  
ſpecially darkneſſe. Moreover muche dryng of  
the bodie, either with long watche, or with muche  
care and toſſyng of the mind, or with muche  
lecherie, or muche eatyng and drynkynge of thinges  
that be hot and drye, or immoderate euacua-  
tion, labour, abſtinence, thirſt, goyng in the ayre  
vntemperately hotte, colde, or drye, al theſe thinges  
do annoy them that be greued with any me-  
lancolie. It is to be diligently conſidered, that  
where melancolie happeneth of choler aduſte,  
there meates whiche be hot in workyng, would  
be wiſely tempred, and drynkynge of hot wynes  
would be eſchewed, ſemblable cautele would be  
in ſauours. Not withſtandynge moderate uſe of  
ſmall wynes, clere and well verdured, is herein  
very commendable, the humour thereby beyng  
clarified, and the ſpirites clenſed, but the abuſe  
or exceſſe thereof, doeth as muche damage.

Alſo it is right expedient, to put into wyne or  
ale, a gadde of ſyluer or gold, glowyng hot out  
of the fyre, to temper hot meates with roſes, vi-  
olettes, ſaunders, roſe water, bozage, bugloſſe,  
baulme called in latine Melyſſa, or the water of  
all theſe broken with good wine, white or claret,  
or made in a iulep with ſugre, is wonderful hol-  
ſom, chewyng of lykoziſe, or raiſons of corance,  
is right expedient, but moſt of al other thynges,  
mirth, good cōpany, gladnes, moderate exerciſe,  
with moderate fedynge. And thus I leaue to ſpeke  
of diets, aptly belongyng to the.iiii. cōplexions.



# THE FORTH BOOKE.

¶VVhat cruditee is, and remedies  
therfore, Cap. primo.



VVILL SOM=

what write of two discras-  
sies of the bodie, which doe  
happen by the excesse oz  
lacke of thinges called not  
naturall, whereof I haue  
spoken befoze. The one is  
called cruditee, the other  
lassitude, whiche although

thei be wordes made of latine, hauyng none apt  
englishe woozd therfoze, yet by the diffinicions  
and moze ample declaracion of them, they shall  
be vnderstand sufficiently, and from hencefozth  
vsed for englishe. But first it shall be necessarie  
to consider that concoction is an alteration in  
the stomake of meates and drinckes, accoꝝdyng  
to their qualitees, whereby they are made lyke  
to the substance of the bodie. Crudite is a vici-  
ous concoction of thynges receiued, thei not be-  
yng holely oz perfectly altered. The cause ther-  
of is, sōtyme the distemperature of the stomake,  
sōmtyme inflammacions, sōmtyme matter cons-  
geled, oz imposthumes in the stomacke, others  
while ingurgitacion of meate and drinke: oz for  
the vicious qualitee of the same meates oz drin-  
kes, oz the receiuyng therof out of oꝝder, oz lack  
of

Conco-  
ctio what  
it is.

Crudite  
what it  
is.

The cau-  
se of cru-  
ditee.



of exercise, or of conuenient enacuation. Gas  
len saith, that in cruditee or vicious concoction  
it must be considered, as well if the iuyce be vt-  
terly corrupted, and may not be sufficiently con-  
cocte, as also if it be in the waie of concoction,  
for if it be corrupted, it must be expelled by sweat  
or brine, if it be halfe concoct, than must suche  
thynges be ministred, as maie helpe to profite  
concoction, hauyng regard to the qualitee and  
temperaunce of the iuyce, that is to saie, whe-  
ther it be thicke or thinne, fleumatike or chole-  
rike: whiche shall be perceiued by the diete pre-  
cedyng, and also by other thynges named not  
naturall. for fleumatike meates eaten in great  
quantitee or often, maketh fleumaticke iuyce.  
Likewyse doeth lacke of conuenient exercise, to  
much rest or idelnesse, as cholerike meates and  
vehement labours dooe make cholerike iuyce in  
sommer, and melancholyke iuyce in Autumne,  
specially where labours be continuall or long  
duryng. Also where labour is with much  
sweate, there is the brine more grosse: where  
it is without sweate, there is it thynner. Moze  
ouer the colour and substance of the brine de-  
clareth the temperance of the iuyce, whiche shall  
be hereafter declared in the table of brines:  
Semblably the colour of the bodie declareth  
the iuyce that is in it, for beyng whyter than it  
was woont to be, it signifieth aboundaunce of  
fleume, beyng more pale or yelow, it betokeneth  
excesse of choler, if it be blacker, it signifieth mes-  
lancoly, if the yll iuyce be much in quantitee and  
the bloud littell, the yll iuyce would be digested



### The fourth

and expelled with suche thynges as do serue for that temperature, but if the blud be muche, and the yll iuice littell in quantitee, there would the vaine be opened, and after sufficient bledying, a convenient purgacion geuen, hauyng regarde as well of the quantitee of the iuice, as of the kynd therof, in case that either for age or for tymorousnesse, a man will not be let bloud, than must he be purged by sieg in more abundance: But if he in whom is littell good bloudde, and muche yll iuyce, and feeleth a lassitude or wearisnesse in all his bodie, he should neyther be let bloud, nor receiue purgacion, nor yet labour or walke muche: but abide in muche quiet, and as laie to sleepe muche, and receiue suche meates Drinckes and medicines, whiche doeth extenuate or make thinne, cutte, and digest grosse humors, without vehement heate, wherof it is wrytten in the table of digestines: in the number of whom is oxymell, beyng well made, or Acetosus simplex, where the iuyce is muche cholerike or melancolicke. Semblably, capers with oyle and vinegar be praysed of Galene. When there appeareth in the vrine a residence lighte and white, than wyne white or clarette moderately taken, helpeth to concoction, maketh a good iuice, and prouoketh vrine, than increase frications and exercise by littell and littell, and than let hym retourne to his naturall diete. In whom is abundance of rawe iuice, and outwardly feeleth a lassitude, to theim Galene counsaileth, the second or thyrde daie to geue Mithridath, wher-in Ilope is boyled, and afterwarde to vomite.

The

Galē sū.  
liber. 6.



The meane to escape cruditee, is to be diligent in obseruacion of the counsels before witten, concernyng the thinges called not naturall, not muche vsyng meates that be very harde to concocte, also fatte meate, and meates long kepte, also corrupted or stinkyng, swete fructes, and bankettyng dishes, hasty fedynge without good chewyng, also muche or very ofte drinckyng at meales, very muche heate, or very muche colde after meate.

Furthermore it must be considered, that all thynges which bringeth greife to the body, is ingendred either of to muche abundance of iuyce, or of the vicio<sup>us</sup> qualitee therof: He that is sicke of abundance, the diet of hym wholly consisteth in reducyng the iuyce to a conuenient quantitee. He that is grieved with the vicious qualitee of the iuyces, his order resteth in makynge the iuyces equal in temperature. More ouer, where that whiche passeth out of the bodie, is lesse then that whiche is receiued into the bodie, there happeneth sicknesse, whiche commeth of abundance. In the whiche case it ought to be diligently foreseen, that there be obserued a conuenient meane of meates and drinckes, in respecte of that whiche is expelled out of the bodie, whiche mate be doen if the quantitee of eche of them be wisely considered. And where abundance is, there the quantitee or qualitee, or both be tēpēd. Alwaie remember, that of crude iuyce be diuers kyndes, some be colde and fleumatike, some be hotte and cholerike, other be more thin and wattrie, some of blake choler or melancolike. They



Eetius  
sermo:  
ne. 9.

### The fourth

whiche do abound in any of them, must absteyn  
from suche meates and drinckes, whiche doe in-  
gender suche iuice as doeth annoie them: those  
meates and drinckes be declared in tables prece-  
dyng. Aetius also would that he should drinke  
a draught of cold water, affirmyng, that therby  
the stomacke beyng corroboreate, driueth out of  
him downe into the bealy, that whiche cleaueth  
fast to it. I my self vsyng to drinke fastyng, ve-  
ry small biere or ale, whan I haue been in that  
case, haue founde ease by it. Paulus Aegineta  
willeth, that at the beginning, the legges and ar-  
mes shuld be rubbed with a course linnen cloth,  
the legges downward to the feete, the armes to  
the toppes of the fingers, and whan thei be well  
chaufed, than to rubbe them againe with some  
oyle, that doeth open the pores, and discusse the  
vapors, as oyle of camomill, oyle of anete, and  
other lyke he praiseth muche Bulse, or the wa-  
ter of hony, specially if some Slope be boyled in  
it. Galen, and al other do agre, that in this case  
pepper bruised and eaten with meat, is very ex-  
pedient: And where there is muche wynd in the  
stomake, than to eat all tymes of the day of the  
medicîne made of the thre kindes of pepper, time,  
anise seede, and hony clarified, whiche is called  
diatrion pipercon, or that whiche is called dia-  
spolsticon, or diapiganon, whiche is made of  
cummine steeped one daie and a night, or lenger  
in tart vineger, and after fried or laid on a bur-  
nyng hotstone, and made in powder, also pepper  
and rue dyed somewhat, and made into poulder,  
all in equall porcions, and myxt with clarified  
hony.



hony, Galen addeth thereto salt peter, called in  
latine Hierum. The confection made with the  
juice of quinces, and is called Diacytoniten, is  
very excellent. But it is to be diligently noted,  
that where crudite is in a cholerike persō, there  
would the said medicines be temperately vsed,  
and the said diacytoniten, to haue littell or no  
spices in it. And for my part, beyng of a colerike  
humour mixt with fleume, many yeres continu-  
ally in cruditee, I neuer found any thing better  
then fine Reubarbe chewed with raisons of co-  
rens, whiche I toke by the counsaile of the wor-  
shipfull and well lerned phisicion, maister do-  
ctour Augustine, who in his maners declareth  
the gentilnesse of his ancient bloud, whiche me-  
dicine I do not leaue to vse daily fastyng, when  
I fele some cruditie to beginne. Also syrope acc-  
tose, that is to saie, sugar sodden in pure byne-  
ger, and littell water, vntill it be thicke as a sy-  
rope, is somtyme conuenient, and that as well  
to cholerike persons, as vnto fleumatike: and  
if fleume be aboundaunt, than with rootes and  
seedes of fenell and persely sodden with it. Als-  
so in that case Drymell, that is to saie, honie  
and water sodden together, with the said roo-  
tes and seedes, and a quantitee of byneger put  
thereto in the boilyng, is very commendable. If  
the patient be very costive, than the medicine of  
Galene, called Hierapicra, from halfe an ounce  
to an ounce, taken in water of honny or ale, or  
taken in pylls the weight of a grote, and a  
halfe, or two grotes, if the stuffe be good, will  
pouge the bodie sufficiently, without makynge  
the

23.



### The fourth

the bodie weaker. Also that medicine by cleyng  
cleyng the stomacke and bodie, deliuereth a man  
and woman, from many perillous sickeneses.  
If the humors in the stomacke be not putrified,  
but that it is greeued with abundaunce of salt  
fleume, I haue found, that mylke new mylked,  
wherein is put a quantitee of good honny or su-  
gar, and thre leaues of good speare myntes,  
and a littell boyled, so beyng dronke warme fa-  
styng, the quantitee of a pynte, and restyng on  
it, without eatyng or drynkyng any other thyng  
the space of thre houres after, haue abundantly  
poured and comforted the stomacke, but where  
there is no fleume, but onely choler, it is not so  
holsome, but rather hurteth, makyng fumosi-  
tees in the head, whereof commeth head ache.

Of distillacions called commonly reumes,  
and of some remedies agaynst  
them right necessary. ca. 2.

**F**OR as much as at this present tyme in this  
realme of Englande, there is not any one  
more annoyauce to the helth of mans bo-  
die, than distillacions from the head cal-  
led reumes, I will not let to wryte somewhat of  
them, whereby men maie take benefite if they  
wyl, although some phisicians, more conside-  
ryng their market, than their duetie to god and  
their countreie, wyl be neuer so muche offended  
with mine honest enterpryse.

**D**istillation is a droppynge downe of a li-  
quide matter out of the head, and fallynge either  
into



into the mouthe, or into the noſethylles, or into the eyes, and ſomtime into the chekes and eares: that whiche falleth into the mouthe, is receiued of the throte into that part, which is the instrument of the voyce, whiche at the firſte maketh hoarſeneſſe, and in proceſſe of tyme maketh the voyce littell, and vnneth to be heard. And if the reume be ſharpe, it raſeth the inner ſkinne of the throte, and ſomtime it doeth exulcerate the lunges. If it doeth fall into the ſtomake, the reume beyng cold, it altereth the bodie into a colde diſtemperance, if it be hot, it maketh a hot diſtemperature, and doeth ſomtyme exulcerate in proceſſe of tyme: And at the beginnyng abateth appetite, and maketh feeble concoction. The colde reume, maketh concoction ſlow, and alſo cruditie, and ingendreth ſowre fumes in the mouth. If it be corrupted, it tourneth alſo noxiſhment vnto corruption, whiche maketh vpbaidynges ſumiſhe or ſharpe, or of ſome yll qualitee, which can not be expreſſed. If the matter do diſcend lower, it tormenteth the guttes called ſciunum and colon, and toucheth other veſſels, from whence procedeth digeſtion. In this diſeaſe, ii. thinges are to be prouided for, firſt to let that the reume doe not diſtill into the ſaid places, or if it hath dooen, that it be ſhortely expelled from thence. Firſt to let that it ſhall not diſtill, it ſhall be neceſſarie to eat ſome meate the ſooner in the morning, if there hath not preceded repletion.

Where the temperature of all the bodie is colerike, & the ſtomake is weake, the ſtomake wold be made ſtrong with ſuche thynges as of their



### The fourth

propertee dooe comfort the stomacke, forseene that they be moderately colde and moyste: And that whiche is alreadye fallen into the stomake, must be expelled with vomite or siege, prouoked with wormewood stieped all one daie and a night in a littell small white wyne, or small ale and stale, whiche hath vertue onely to wype away the fylth from the stomake, but if it be sucked deepe into the fylthes of the stomacke, than is it better to take the medicine called Therapiscra, either in powder with drinke warmed, or els in pylls, to the numbze of. v. or mo in the morning. vi. houres before any other meat or drinke taken, afterward to noynte the mouthe of the stomacke with oyle of Mastike or Rardinum temperately warme. Alwaie if a hot reume doe fall into a hotte stomake, then meates and drinckes whiche be colde in vertue would onely be vlsed, where the stomacke is distempered with heate, and the reume distilleth into a cold head, there is the discriasie hard to be cured: And they whiche be so affect or diseased, must take suche thynges as maie dissolue the fleume, and clense the stomacke without heatyng thereof, of the whiche vertue we knowe Oximell to be of.

**I**f the stomacke and head be bothe distempered with colde, than must be vlsed meates drinckes and oynctementes, whiche onely be hotte, and vtterly to forbear all that is colde.

**B**y these distillacions or reumes happeneth many other greuous diseases, besides those wherof I haue spoken, as in the head whirlynges, called in latine Vertigines, codeine soundynges,



dynges, falling sicknesse, wses, stinkyng of the  
nose, called Polypus, sores in the mouth, tooth  
ache, pinne and web in the eies, dulnesse of hea-  
ryng, quinces, frettyng of the bowels, with flux-  
es, shortnes of breath, grieve in the hert, palseis,  
ache in the muscules and ioyntes, wherfore it  
is not to be neglected. And I do much meruail,  
that our phisicians do not more studiously pro-  
uide therfore remedies. I my selfe was by the  
space of foure yeres continually in this discra-  
sie, and was counsailed by diuers phisicians  
to keepe my head warme, and to vse Diatrion  
piperton, and suche other hotte thynges as I  
haue reherseed: at the last felyng my self verry fe-  
ble, and lackyng appetite and slepe, as I hap-  
ned to read the boke of Galen, de temperamen-  
tis, whiche treateth De inequali temperatura,  
and afterward the. vi. boke, De tuenda sanitas-  
te, I perceiued that I had been long in an er-  
roure. wherfore firste I did throwe awaie my  
quilted cappe, and my other close bonettes, and  
onely did lye in a thynne coyse, whiche I haue es-  
uer sens vled bothe wynter and sommer, and  
ware a lyght bonet of veluet onely, than made  
I oxymell after the doctrine of Galene, sayyng  
that I boyled in the vyneger rootes of persely  
and fenell, with endiue, cykozie, and betayne,  
and after that I had taken it thre daies conti-  
nually, every daie thre spones full in the morn-  
yng warme: than toke I of the same oxymell,  
wherin I had infused or stieped one dramme of  
Agarike, and half a dramme of fine Reubarbe,  
the space of, iiii, daies and, iiii, nyghtes, whiche I  
res



### The fourth

receded in the moynng, eatyng no meate fyre howres after, and that but a littell brothe of a boyled henne, wherof insued eight stookes abundant of choler and fleume: soone after I slepte soundely, and had good appetite to cate. after supper I would either cate a fewe colyander seedes prepared, or swalowe downe a littell fyne massix, and forbare wyne, and dranke only ale, and that but littell and stale, and also warmed. And somtyme in the moynng wold take a parfume of Storax calamita, and now and than I would put into my nosethryls cyther a leafe of grene laurell, or betain, or water of maicram bruised, whiche caused the humour to distyll by my nosethrylles. And if I lacked storax, I toke for a parfume the ryndes of olde rosemary and burned them, and held my mouth ouer the fume cloasyng mine eyes: afterward to comfort my stomake and make it strong, somtyme I would cate with my meate a littell white pepper grosse bruised, somtyme Galens electuarie made of the iuyce of quynces, called Diacptonites, somtyme marmalade of quinces, or a quince roasted. And by this diete, I thanke almightie god, vnto whom onely be geuen all glorie, I was reduced into a better state in my stomake and hed, than I was. xvi. yeres befoze, as it maie appere vnto them, whiche haue long knowen me.

¶ And this haue I not witten for vaine glory or of presumption, but to the intente that they whiche haue their bodie in lyke temperature as mine was, that is to saie, beyng cholericke of complexion, and hauyng reumes fallng out of  
a hotte



a hotte head, maie if they list assaie mine exper-  
ence, or in the steede of my saied infusion, take  
Hierapicra, with ale or water to poure them,  
whereof shall not insue so muche peryll, as of  
corrupted syropes, and other confections cal-  
led Magistrales, made with olde rotten drugg-  
es, though the physicions be neuer so well les-  
ned. In bodie of other temperature, I would  
not that mine experience shold be practised but  
with discrecion, temperyng the medicine, as the  
qualitees of the stomake and heade do require,  
remembryng alwaie, that hot reumes be thinne  
and subtil, colde reumes be for the more parte  
thicke. Also that they whiche be thinne, would  
be made thicke, that they perce not so fast. And  
that they which be thicke, wold be made thinne,  
that they may the soner be purged. Finally this  
dare I affirme, that the reumes, whiche of late  
time haue been more frequent in this realm, then  
they were wont to be. xl. yerres passed, haue hap-  
ned of none occasion more than of bankettyng  
after supper, and drynking muche, specially wine  
a littel afore slepe. An other thyng is the keping  
the head to hotte or to long couered, wherby the  
braine, whiche is naturally colde, is distempred  
with hot vapors ascendyng from the stomake,  
those same vapours beyng let to euaporate or  
passe forth out of the head, and therfore be con-  
crete or gathered into humour superfluo<sup>s</sup>, whi-  
che stilleth downe estones out of the head into  
the places before rehersted. Yet now a daies if a  
boy of. vii. yerres age, or a yong man of. xx. yerres,  
haue not, ii. capes on his hed, he and his fren-  
des



### The fourth

Des wyll thincke that he maie not continue in health. And yet if the inner cappe be not of veluet oz sattyne, a seruyng man feareth to loose his credence. A person bycar oz parish prest, by vsyng their veluet cappes embzoudred with laces, doe make some men thinke that they be ashamed of their crownes, that reuerende token of the order of priesthoope, the whiche notable abuse, I muche meruaile that the bishops wyll suffer, specially thei whiche haue had leysure to reade the woorkes of saint Cipriane, sainte Hierome, Chrysostomus, saint Ambrose, and sundrie decrees made by the olde fathers, concerning the honest vesture of priestes, which although it seeme a light matter to some men, yet it augmenteth oz minisheth not a littell in priestes, the estimacion of their condicions. Salomon confirming the same, sayng: The garmēt, the gate, and laughter of a man declareth what he is. But this matter will I leaue to an other place, where I intend to speke moze abundantly of it, if it be not the sooner amended. Nowe to conclude, as long as the said occasions continue, so long men shall not be without reuymes, although they were all perfect phisicians.

By vvhat tokens one may knowve vvher  
ther the stomake and head be  
hotte or colde.

**N**OW to retourne to the remedies against the saied annoyance, wherof hapneth so many great sicknesses, I will be bolde to write



Write a littell out of the woꝝkes of the most famous  
mouse and expert phisicions. First the cause of  
the reume must be digested, after expelled, thirdly  
ly diuerted, that is to say, tourned from the eiers  
oz throte, into the nose, from whence it maie be  
moze easily pourged. Fourthly it maie be stop-  
ped, that it shall not distyll. In hotte distillac-  
ons the head is very hotte in feelyng, the reume  
beyng in the mouthe is thinne and warme, the  
tongue oz cheekes within blistered, the face some-  
tyme redder than it is accustomed to be, some-  
tyme a burnyng within the nose. To them whis-  
che haue this hotte reume, maie be geuen the seeds  
of white poppy. Diacodion made of the heades  
of white poppy and raine water. Amylum with  
mylke, if there be no feuer, penidees, malowes,  
orage, gourdes, and spynage, boyled and eaten  
with oyle of almondes, syrope of violettes, nes-  
mipher, oz the wine of swete pomegranates, the  
water of a great cucumber, boyled with a lit-  
tell sugar, beyng dronke, doeth mitigate choler,  
stoppeth the reume, and easily looseth the bea-  
ly, the seedes of mylons brated in a morter with  
water, and strayned with soft bread, haupng  
sugar put to it, maketh an excellent good mead  
against the hotte reumes, plaisters made of bar-  
ley bruised, violettes, poppy, and camomyl boi-  
led in water, wherein sponges oz linnen cloa-  
thes beyng dept, should be layed on the head,  
and the genitoꝛies oz legges therewith washed.  
If the sicke man can not sleepe, than the saied  
partes with the bealy and foundement shall be  
poincted with the oyles of violettes and Nemi-  
phar,



### The fourth

phar, the saour of camphar in rosewater with violettis is good in that case. Galene exhorteth and I haue proued, that in a very hotte reume, whiche hath stilled faste, the pouring of colde water vpon ones heade hath stinted the reume. He that is therein diseased must excheue goeyng in the sunne, or to come nigh a great fyre, or to stande or be long couered, or to weare muche on his head, he muste rest muche, and prouoke hym selfe to slepe a nyght, but not very long, and to lye on the one syde on a hard bedde, haupng his head high, also rubbing of his legges befoze meale is very hollesome. Colde reumes be perceiued by coldnesse of the humour and head with palenesse of the vylage, all colde thynges increasynge the reume. These thynges are good against it, the decoction of cicor with hony and raysons, sylberd nuttes tosted eaten after meales, nothyng is moze hollesome then abstinence, specially in the euenyng, they whiche haue it, must beware of Northern wyndes, the mooneshyne by nighte, waschyng in colde water, and to be long bareheaded. The seedes of figella a littell tosted and put into a piece of thynne sarcenet and smelled vnto, stoppeth the reumes.

¶ Sleepyng in the beginnyng of the reume is dispraised of Galen, but after that the matter is digested, it is very hollesome: that mase be made with leaues of laurell or beten put into the nose thys, the iuice of colewortes, the rootes of red beetes, water of Maioram. A pery medicine for that purpose proued. The iuice of yong beetes  
and



and Maizam of eueryche one ounce, good white wyne eight ounces, saffron the weyght of two pence, that beyng hette and taken in the mouthe, shall be drawen vp with breath to the place, whereby the distillation falleth out of the nose into the mouthe. And if the reume doe distyll into the cheekes and teeth, I haue proued, that the iuyce of ground Iuie, and that herbe whiche we call House eare, taken within a quyll into the nosethpylles, oftentimes purgeth exceedingly the reume, and taketh away the ache of the teeth.

**G**argarisynge, if it be not discretely vsed, may do moze harm than good, byng doune muche abundance of matter vndigested, but taken in order with water, hony, and pepper, or with scope and figges boiled in white wyne, and taken very hot in a gargarise is right conuenient.

**F**or compassion whiche I haue of them that be vexed with toothe ache caused of reumes, I wyll by the leaue of physicions conclude this chapter with an excellent medicine against the saied passion, whiche is wrytten of an honorable physicion of late yeres, whiche medicine also maketh teeth faste whiche be loose, and also stoppeth the superfluous bleeding of gummes, wherewith the breath is made vnsauerie. Take the ryndes of Caper rootes, the rootes of brembles, whiche dooe beate blacke bearies, the flowers of winegranates called Balauitia, of euery of them, the weight of two ducates, pelytorie of Spayne one ducate, seede of white hennbane, the ryndes of mandrage, of euery of them



### The fourth

theim one ducate and a halfe, spourge of the gardeine one handfull, alume of the rocke two ducates, boyle all this in white wyne or clarette, whiche is very rough in taste, and straine it, therewith let the patient oftentimes washe his mouthe. Albeit I will counsaile theim, whiche wyll take this medicine or any other, firste to pource the cause of the reume, as before is rehearsed, or in any other wyse, as they shall be counsaylled by well learned and discrete physicions.

### ¶ Of lassitude. Cap. 3.

Aetius.  
lib. 3.

Galē. de  
tuenda  
sanitate.  
lib. 3.

**L**assitude is a disposicion toward sickness, wherein a man feeleth a sozenesse, a swelling or an inflamacion. Sozenesse happeneth of humours sharpe and gnawynge, as after great exercise and labours, whiche lassitude hapneth to them, whose bodies are full of yll iuice and excrementes. Also after cruditee in them whiche are not exercised, or do abide long in the heate of the sunne. It maye also be in the bodie, wherein is good iuice, if he be fatigate with immoderate exercise. In them, whiche doe feele this lassitude, the skyn appereth thicke and rough, and there is felt a grieve somtyme in the skinne onely, somtyme also in the fleshe, as it were of a soze. The cure therof, is by much and pleasant rubbyng with swete oyles, whiche haue not the vertue to restraine or close, & that with many handes, and afterward to exercise moderately, and to be bayned in water swete and temperate.



temperate in heat, also than must be gotten meates of good iuyce, potage but seeld, wine is not to be forboden, for vnto wine vneth any thyng may be compared, that so well digesteth crude humours: it also prouoketh sweate and vrine, and maketh one to sleepe soundly. But if this lassitude do abide the night and daie folowynge, or waxeth more and more, than if the pacient be of good strenght and yong, and hath abundance of bloud, let him be let bloud, or prouoke the hemorrhoides or piles to blede, if they do appere. But if it procede of the malice of any humour, without abundance of bloud, than resorte to purgacions, apt for the humour that greueth. The tokens wherof shall appere aswel by the colour of the skynne and diete precedynge, as by vrine, ordure, sweate, thyrst, and appetite, as it is resherfed befoze in the complexions. If the yll bloud be littell in quantitee, and the crude humours abundant, than shall he not be let bloud, nor vehemently purged, neither shall exercise or moue him self, nor be bayned. For all exercise carrieth humours throughtout all the body, and stoppeth the powers. Wherfoze these maner of persons should be kept in reste, and suche meates drinckes and medicines shold be geuen to them, whiche should attenuate or dissolue the grosnesse of the humours, without notable heate, as oxymell, barley water, and mulse, if the pacient abhorre not honye. And for as muche as in the said persons commonly there is abundance of wynde about their stomakes, therfoze pepper, specially long pepper, or white, is very conuenient to be



### The fourth

bled, and the medicine before written, called diaspolicum. When the humours are dissolued, than is it good to drinke white wyne, or smalle claret wyne moderately.

### Lassitude extensive. Cap. 4.

**V**hen one thinketh that he doeth feele a swellng or bollyng of the bodie, where in dede there doeth not appere in sight or touchyng any swellng, that is called lassitude extensive, if it hapneth without exercise or vehement moyng. This doeth happen of excessive multitude of humours, whiche doe extend the muscules or fyllettes. In this no sorenesse is felt, but onely an heavinesse with extencion or thuskyng out of the bodie. And because that there is abundance of bloud in the bodie, best remedie is to be letten bloud about the elbowe or ancle, after to be pouged, than to vse soft fricasies with oyles afore rehearsed, afterward muche rest and tēperate bathes, and meates lackyng sharpenesse, and beyng abstersive.

### Lassitude vvith the felyng of inflammation. Cap. 5.

**I**f without any moyng, the muscules and flesh rise vp in the bodie, as it swelled, with great peynes and exceadyng heate, than soone after foloweth moste hottest fevers, except it be prevented by lettynge  
of



of bloud and that in abundance, and almost to  
sownyng, but it were moze sure to be let bloud  
twise in one daie, the firste tyme without sow-  
nyng, at the next tyme sownyng is not to be fe-  
ared. If the grieve be in the necke or head, the  
bloud must be let of the veyne called Cephalea,  
or the shoulder veine. If it be in the bulke or by-  
permozte part of the bodie, than must the veyne  
be cutte, whiche is called Basilica, or the inners-  
mozte veyne. If all the bodie be greued, than  
cut the veyne whiche is named Mediana, or the  
middell veyne. If a feuer remaine after bloud  
lettyng, than order hym with the diette of them  
that haue feuers, whiche ye shall fynde written  
hereafter. If no feuer remaine, than vse moder-  
ate fricassies, and littel eatyng, and that of mea-  
tes hauyng good iuyce, increasyng by littell and  
littell to the naturall diete.

Diete of them that are ready to fall  
into sicknesse. Cap. 6.

**N**OW to retorne effsones to speake of diete  
it is to be remembred, that they, which are  
redy to fall into diseases, they are prepared  
thervnto, either by replecion of superfluo-  
us humours, or els by cruditee or malice of hu-  
mours which are in them. As touching the first,  
the generall diete must be suche, as thereby the  
humours maye be attenuate, and by convenient  
evacuacion, brought to a moderate quantitee.  
As for the seconde must be corrected with mea-  
tes and drynkes of contrarie qualitees, hauyng  
M iiii alway



### The fourth

Alwaie respect to the age of the person, tyme of the yere, place of habitation, and moſte ſpecially the vniuerſall complexion. For choler offending in an olde manne, in winter tyme in a colde countreie, or the person beyng of his naturall complexion, fleumatike or melancholie, would not be ſo abundantly expulſed or ſubdewed, as if it be in one young and luſtie, in the hotte ſommer, in the countreies, where the ſunne feruently burneth, or the person of his proper nature is very cholerike. And in likewyſe contrarie. Wherefore euerie man, knowyng his own naturall complexion, with the qualitee of the humour that offendeth, let hym make temperaunce his chiefe coke, and remembryng that whiche I haue befoze declared, or dayne to him ſelfe ſuche diete, as maie reſourme the offence with none or littell annoiance to his vniuerſall complexion. And if he can ſo do, he ſhal happily eſcape, not onely diuers ſickneſſes, but alſo the moſt pernicious danger, procedyng of corrupted drugges or ſpyces, whereof ſome couetous potycaries do make medicines, maugre the heaues of good and well lerned phyſicians.

Sickneſſe moſt common to particuler times of the yere and ages. Cap. 7.

**A**lthough I do not intend to wryte of the cure of egritudes or ſickneſſes confirmed as wel becauſe it might be reputed in me a great preſumption, as alſo for as muche as it were very perillous, to diſulgate that noble



noble science, to common people not lerned in  
 liberall sciences and philosophy, whiche be re-  
 quired to be sufficiently in a Physicion. And  
 moreover, many bookes of Hippocrates and  
 Galene ought to be radde, before that one dooe  
 take vpon hym the generall cure of mennes bod-  
 ies: yet not withstanding, I truste I maie  
 without any note of arrogāce write, what dis-  
 eases we most commonly happen in sundrie ty-  
 mes of the yere and ages of men and women,  
 with some significacions, wherby the discriasie  
 or distemperature of the bodie is perceiued, to  
 the intent that the phisicion tryng farre of, may  
 be truely informed, considering that brines far  
 caried, do often deceiue them, and likewise lack  
 of the sighte of the patient, and inquisition of  
 thynges, whiche do preceede or folowe the sick-  
 nesse. And with this I truste none honest and  
 charitable physicion wyl be offended, but ra-  
 ther geue to me thanks for my diligence, in the  
 aduauuncyng of their estimacion, which by lacke  
 of perfect instruction hath been appayzed.

### Sicknesse of spring tyme.

**T** Diseases procedyng of melancholy, as mad-  
 nesse, falling sicknesse, bleedynge, quynce,  
 poses, hoarsenesse, cownghes, leproyes, scabbes,  
 ache in the ioyntes.

### Sicknesse of sommer.

**M**any of the saied diseases, also feuers con-  
 tinuall,



### The fourth

Annual, hotte feuers, feuers terciane, quartaine,  
bomytes, flyres, waterpynge of eyes, peynes of  
the eares, blysters and soares of the mouth and  
sweattynge.

### Sickneses of Autumne.

Diuers of sommer sickneses, also oppila-  
tions of the splene, droplics, consumptions,  
strangulations, costiuenesse, ache in the huckle bo-  
nes, shortnesse of wynde, frettyng of the bowels,  
falling sicknesse, and melancolike diseases.

### Sickneses of wynter.

Stitches and griefes in the sides, inflam-  
mation of the lunges, reumes, coughes, peynes in the  
brest, sides, and loynes, head ache, and palseis.

### Sickneses hapnyng to children.

Whan they be newe borne, there do happen  
to them sores of the mouth called Aphte, vomit-  
tyng, coughes, watchyng, fearefulnesse, infla-  
mations of the nauell, moysture of the eares.

Whan they bryde teeth, itchyng of the gums,  
feuers, crampes, and laskes.

Whan they waxe elder, than be they greued  
with kernels, opennesse of the mould of the hed,  
shortnesse of wynde, the stoane of the bladder,  
wormes of the bealy, waters, swellynge vnder  
the chinne, and in England commonly purpil-  
les, measels, and small pockes.

Sicknes



**S**icknesse hapnyng to yong men  
from. xliii. yeres of age.

**F**euers cotidiane, terciane, quarteyne, hotte  
feuers, spittyng or vometyng of bloud, pleures  
ies, diseases of the sydes, inflammation of the  
luniges, lethargies, franisie, hot sicknesses, cho  
lerike passios, costiuennesse of vehement laskes.

**S**icknesses of age.

**D**ifficultee of breath, reumes with coughes,  
strangulion, and difficultee in pissyng, ache in  
the ioyndes, diseases of the raynes, swimmyng  
ges in the head, palseies, itchyng of all the bo  
die, lacke of sleepe, moystore in the eyes and ea  
res, dulnesse of syght, hardnesse of hearyng, tis  
sickness, or thortnesse of breath.

**A**lthough many of the saied sicknesses dooe  
happen in euery tyme and age: yet because they  
be mozte frequent in the saied tymes and ages, I  
haue wrytten them, to thentent that in the ages  
and tymes most inclined vnto them, suche thin  
ges mought be than eschewed, whiche are apte  
to ingender the saied diseases.

**The generall significacions and to  
kens of sicknesse. Cap. 8.**

**I**f the bodie be hotter, colder, moyster,  
drier, leaner, fuller, the colour more pale  
or swarte, the eyes more holow than is  
accustomed to be, it signifieth that the  
body is disposed to sicknesse, or already sicke.  
The



## The fourth

**The brayne sicke.** { Raupng.  
Forgetfulnesse.  
Fantasie.  
Humours commyng from  
the rouse of the mouth,  
the eyes, the nose, or the  
eares.  
Watche.  
Sleepe.

**The heart sicke.** { Difficultee of breath.  
Tremblyng of the  
hert.  
Beatyng of the pulse.  
Feuers.  
Colde.  
Diuersitee of colours.  
Griefe aboute the  
hert.

**The lyuer sicke.** { Lacke or abundaunce of  
humours.  
The fourme of the bodie  
altered.  
Palenesse.  
Concoction.  
Digestion.  
Alteracion of excremen-  
tes accustomed.  
Peyne in the place of the  
lyuer.  
Swellyng.  
Difficultee of breath.  
The



Concoction slowe of  
 quicke.  
 Appetite of moyst or drye.  
 dull or quicke.  
 Separacion of excremen-  
 tes moyst or hard with  
 theyr colours.  
 The stomake sicke. { Veryng.  
 Belkyng.  
 Tormetyng with peyne  
 and difficultee of bryeth.  
 Urine much or litel with  
 the colour and substāce  
 to redde or to pale, to  
 thicke or to thinne.

The brest sicke. { Difficultie of bryeth.  
 Cough.  
 Spittynge.  
 Peyne in the brest.

This haue I written, not to geue iudgment  
 thereby, but only for the pacient to haue in a res-  
 dines, to thintent that what so ever he feleth or  
 perceyuethe in euery of the saied thynges, therof  
 to instruct his phisicion, wherunto he maie ada-  
 pt his counsaile and remedies.

### Of vrines. La. 9

As much as now a daies the most cōmon  
 iudgement in sickenes is by vrines, which  
 beyng far caried or much meyed or stāding  
 longe



### The fourth

longe after that it is made, the fourme therof is so altered, that the phisician shal not perfectly perceive the natural colour, nor contentes, although it be never so well chaufed at the fire, as Actuarius and other great lerned men do affirme. I wil therfore somewhat speake of brines, not so muche as a phisician knoweth, but as much as is necessary to every man, for to perceyue the place and cause of his grieve, whereby he maye the better instruct the phisician.

**F**irst in brine, four thynges are to be considered, that is to say, the substance, the colour, the regions or partes of the brine, and the contentes or thynges therein contained.

**A**lso forasmuche as in the body of man be foure qualities, heate, colde, moysture, and dryeth, two of theim, heate, and cold, are causes of the colour, dryth and moisture are causes of the substance.

**M**ozouer in brine, byng in a vessel apt therunto to be sene, are thre regions. The lowest region in the bottom of the brinal, containing the spaces of two fingers or litel more. The middel region, from whence the lowest ended unto the cerkle. The highest region is the cerkle.

**T**he highnesse of the colour signifieth heate: the pale, blacke, or grene, signifieth cold.

**A**lso the grossenes or thickenesse of the brine signifieth moysture, the clerenes or thinnesse, signifieth dryth.

**T**he colours of brines.

**C**olour of bright gold.      Perfecte diges-  
**C**olour of gilt,      tion.

Red



Red as a red apple or chery.

Pale redde, lyke to bole ar-  
menake, or saffron drie.

Redde glowyng lyke fyre.

} Excesse of dys-  
gestion.

Colour of a beastes lyuer.

Colour of darke red wyne.

Greene lyke to colewortes.

} Adustion of hu-  
mours.

Leadde colour.

Blacke as ynke.

Blacke as horne.

} Feblenes or mortificatiō  
of nature, except it bee in  
purgeyng of melancoly.

White clere as water.

Gray as a horne.

White as whay.

Colour of a camels heare.

} Lacke of diges-  
tion.

Pale lyke to broth of  
fleshe sodden.

} The beginnyng of di-  
gestion.

Citrine colour or yelow.

Subcitrine or paler.

} The middell of dis-  
gestion.

Whyte and thynne betokeneth melancoly to  
haue dominion.

White and thicke signifieth fleume.

Redde and thicke betokeneth sanguine.

Red and thynne betokeneth choler to haue the  
souerayntie.

The



The fourth  
The substaunce of the  
vryne. Ca. 10.

**A**t the first pissyng, all vrines well nigh  
do appere thinne, as longe as thei abide  
warne, for naturall heate, duryng the  
time that it preuaileth, suffreth not that  
the lycour, which is the substance of the vrine,  
to congele or be thicke for any occasion: but af-  
ter that heate is goone, some vrynes shortly,  
some a longer time after, waxe thicke. Likewise  
some tyme, some are pyssed thycher, and after  
wax clere, some remaine still as thei were made,  
some bee metely thicke, as they were troubled,  
some very thychke and grosse. They that waxe  
clere, some doe gather that, whiche is thicke into  
the bottome of the brinall: some remaine trou-  
bled, the grossenes not withstanding gathered  
in the bottom. Semblably the diuersitee of thin  
or subtyll vrines, must bee perceined, that is to  
say, that some are very subtyll as water, some  
lasse subtyll, some in a meane betwene thychke  
and thinne.

**I**f thynges conteyned in the vrine, some do  
descend downe to the bottome, and be called in a  
grecke word Hypostasis, in englishe some call it  
the groundes, some the residence, whiche if it be  
white, lyght risyng vp from the bottome of the  
brinal, lyke a peare, it signifieth helth, if it be of  
any other figure or colour, it betokeneth some a-  
noyance. If like thynges be scene in the middell  
of the brinall, they be called sublacions; if they  
approche vnto the hyghest region of the vryne  
they



they be named cloudes, in latine *Nebulae*. The groundes of residences not perfect, some is lyke littell red betches, and is called in latine *Diosbea*, some is lyke to branne of wheate ground, and seuered from the meale, and is called *brannie residence*, in latine *Furfurea*, some be lyke vnto plates, hauyng bredth and length without thichnesse, and maie be named platie residence, in latin *Laminae*, some is lyke to meale, wheate, or barley, and maie be named mealy residence, in latine *Similacea*.

There is also scen in the brine lyke to white heares, some longer, some shorter, somtyme lyke to ragges, somewhat redde. There is also secne in the vppermoste part of the brine, somtyme a some of froth, somtyme belles or bobbles, somtyme there swymmeth in the brine a thyng lyke a copwebe, otherwhile there is about the cerkle, as it were the rentyng of clothe, somtyme there is in the brine lyke moles of the sunne, somtyme lyke the matter of a soze, otherwhile like the sede of a man, also grauell or sande. And in these thynges maie be diuers colours, some white, some redde, some betwene bothe, some yelow, some graye, and some blacke. All this muste be diligently marked, and therof separately to aduertise the physicion, vnto whom I referre the iudgement of the sickenesse, for the cause afore rehersed, and for as muche as the iudgement of them is very subtil.

Semblably of ordure, whether it be verie thinne or very thicke: what other matter issueth out with it, what colour it is of, the sauer

R

very



### The fourth

very great littell or none, if it were easylie or  
pulsed, or peynefully, howe oft or howe sel-  
dome.

**C**Moreouer of sweate, what colour it is of,  
and of what saour, if in tastyng it be salte,  
lowe, bitter or vnsauerie.

**A**lso the vomite, if it be of one colour or ma-  
ny, if it doe smell horrible, of what humour it  
had most abundaunce, if it were fastyng, or af-  
ter meales, if it were peynefull or easie.

**L**ykewylse spettil, whether it be thicke or  
thinne, or myxt with bloud, or matter corrupte,  
accoꝝdnyngly of the humour issuyng out at the  
nose, and if that be bloud, than whether it be  
redde, watrie, or blacke.

**C**Moreouer, it may not be forgotten, to aduer-  
tise the phisicion of the diet vsed by the patient,  
as well afoze the sicknesse, as in the tyme of the  
sicknesse, his age, the strength of his bodie, his  
exercise, and place, where he lengest abode in his  
youth, whether it wer hie or low, watrie or drie,  
hotte or colde.

**T**his I truste shall be sufficient to instruct a  
phisicion: he that desireth to knowe moze par-  
ticulerly hereof, let hym reade the bookes of  
Hippocrates, Galene, Cornelius Celsus, Aua-  
rius, Paulus, and diuers other late wryters,  
for this littell treatise maye not receiue it.

**C**The



The preceptes of the auncient phisic  
cion Diocles vnto kyng Antigonus. Cap. II.

**V** We will now deuide the body of man into  
to foure partes, the head, the bulke, cal-  
led in latine *Thorax*, whiche containeth  
the brest, the sydes, the stomacke, and en-  
trayles. The bray, called in latine *Venter*, con-  
taineth the paunche and the bowelles. Also the  
bladder, called in latin *vesica*, in the which name  
is also contained the conduites, by the which *urine*  
passeth. When any disease approacheth to  
the head, these tokens doe commonly procede,  
swimmyng in the head, head ache, heauinesse of  
the browes, soundyng in the eares, prickynge  
in the temples, the eyes in the moornyng do water,  
or were dymme, the smellynge is dull, the gums  
do swell. When thou feelest suche tokens,  
forthwith purge the head with somewhat, not  
with vehement medicines, but takynge *Isciope* or  
*Organum*, and the croppes of them boyle with  
white or claret wyne, halfe a pynte, and theres-  
with gargarise your mouth fastyng, vntyll the  
fleume be purged out of your head: this is the  
easiest medicine in diseases of the head. It is  
also very hollesome to gargaryse the mouth and  
brest with honye water, whereinto mustard is  
put and myngled, but first the head must be rub-  
bed with a warme clothe, that the fleume maye  
easily come out of the head. And if these tokens  
be neglected, these maner of sickenneses doe fol-  
lowe soone after, bleared eyes, and humour lets-  
syng



### The fourth

tyng the sight, cleftes in the eares, swellynge  
in the necke full of matter, called the kynges e-  
uill, corruption of the braines, wses oz reumes,  
heuinesse of the head, and tooth ache.

When the bulke is like to suffer any sicknes,  
it is perceiued by these tokens, al the bodie is in  
a sweat, the bulke most specially, the tong wax-  
eth thicke, the spittell is either salt oz bitter, oz  
cholericke, the sides and shoulders do ake with-  
out any occasion, the pacient gapeth often, also  
there doeth happen muche walkyng, suffocaci-  
ons oz lacke of bryeth, thirst after slepe, the mynd  
is vexed with heuinesse, also the breast and ar-  
mes are very colde, and the handes do tremble.  
Against these thynges this remedie may be pro-  
vided. After a moderate soupper assaie to vo-  
mite without any medicine, vomite is also pro-  
fitable, whiche meate doeth folowe. He that in  
suche wise will vomite, let him eat hastily small  
radish rootes, townerkes, roket, senuy, oz pur-  
slane, and drinke after it a great quantitee of  
warne water, and prouoke hym self to vomite.  
He that setteth lirtell by the saied tokens, let  
hym feare these sickneses folowynge, the pleu-  
resie, the sickneses of the lunges, melancholy oz  
madnesse, sharpe fevers, the franisie, the letargie,  
inflamacion with peryng.

**I**f any sicknesse be towarde the bealy, they  
may be espied by these tokens, the bealy is first  
wapped together, and in it selfe is troubled, all  
meates and drinkes doe seeme bitter in taste, he  
feeleth heuinesse in his knees, a stifnesse in his  
loynes, a wearinesse in all his bodie, without  
any



any occasion, a sleepinesse in his legges, with a  
littell feuer: when thou feelest these tokens, mol-  
lify the tealy, not with medicine, but with good  
order of diete, for it is best and moſte ſure to vſe  
thoſe thynges, whereof lightly may enſue none  
annoyance, in the nymbre of them are beetes  
boyled in water of honye, garlyke ſodden, ma-  
lowes, ſozell, mercurie, and all thynges con-  
dite in honie. All theſe doe expell the ordure of  
the bealie, but if any of the ſaid ſignes dooeth  
more and more increaſe, the lyquour, wherin the  
ſede of Cartham<sup>9</sup>, called alſo Quicus, is boyled,  
is a pleaſant and ſure medicine, ſmal colewortes  
boyled in a good quantitee of water, the lycour  
therof in meaſure two pyntes, ſauyng the thirde  
part of a pinte, with hony and ſalt beyng dron-  
ken ſhall profite muche. Ricer, and the pulſe cal-  
led in latine eruum, in engliſhe (I ſuppoſe) chyt-  
tes, in water dronke faſtyng, hath the ſame ef-  
fecte. To them, whiche ſet littell by the ſaid to-  
kens, theſe diſeaſes do ſodenly happen. Fluxe of  
the tealy, bluddy flux, ſlipperneſſe of the bowels,  
peynes in the guttes, ache in the huckle bones,  
the feuer terciā, the goutte, the apoplexie or pal-  
ſie in the limmes, hemoroides, akyng of iointes.  
¶ When the bladder is toward any ſickneſſe,  
it is perceiued by theſe tokens, fulneſſe felt after  
littell meate, breakyng wynde downward and  
ypward, paleneſſe of colour in all the bodie, he-  
mie or troublous ſleepes, the veine pale, and paſ-  
ſyng forth painfully, ſwellynge about the cods  
des and priuie membres. When theſe tokens ap-  
pere, than is it expedient to haue remedy of ovs



### The fourth

risferous thinges, whiche do expell brine, whiche shall be doen without any perill, with the rootes of fenell and persely steeped one or two daies in good white wyne, and to drinke therof fastyng every moynyng thre ounces and two drammes, with the water of wild carrettes, or elicampane, whiche of these is next at hande, euery of them haue lyke effecte. Also water wherin the peascen called in latine *Liceres*, are steeped, beyng dronke with wyne, is lyke commodious: he that neglecteth the said tokens, let him loke for these sicknesses folowynge, the drop sicke, the greatnesse of the splene, grieve in the lyuer, the stone, ache of the backe, or peynes in the raynes, the difficultee of brine, fulnesse of the bealy. In all these thinges that we haue spoken of, we shall geue to children mooste easie medicines, to menne, those whiche be stronger in workyng. This diete of *Diocles*, although at this tyme it seemeth not mooste pleasaunt, nor accordyng to the practyse now vsed, yet beyng tempred with that whiche I haue before remembred, some thyng maie be found in it, whiche beyng experienced, maie be as commodious for the helth of mans bodie, as that diete whiche is moze curious or pleasaunt.

Of them in vvhose stomakes meate  
is corrupted. Cap. 12.

**T**hey in whom customablie meate is corrupted, let them afore that they eate any meate assaie to vomite, drinkeyng swete wyne, absteyn from meate, that ingender bot



botches, inflamacions, fumouse euctuations  
oz vapours, and take suche as nourishe good  
iuyce, and chose theim out whiche doe mollyfie  
the bealy, and at sundrie tymes take them. It is  
also good to take temperately that whiche loos-  
seth the bealye, as the medicine called Dicra,  
and to absteyne from suche thynges wherby yll  
iuyce is gathered, and doe ingender sickneses,  
hard to be cured oz neuer, as goutes, bone ache,  
peynes of the raynes. &c.

**C** Of the vertue of meates. Cap. 13.

**H**E that is studious about the conseruaci-  
on of helth, he nedeth to know the vertue  
of meates. The meate whiche hath vertue  
to extenuate, oz make humours subtil, it  
openeth the pores, and bringeth forth that whi-  
che is fast in the fleshe, it maketh that whiche is  
clammie, subtil, and dooeth extenuate oz relens  
that whiche is fat, it bringeth forth that whiche  
abydeth long in the bealy, but that which is eas-  
ten, is a superfluitee watrie and cholerike, and  
at length maketh melancolike bloud. Wherfore  
much vnyng of them is prohibited, specially to  
them that are cholerike, and onely serueth for  
them that are replete with fleume, crude oz vn-  
digested humours, clammie oz fatte. The diet of  
fattyng thynges doeth noythe abundantly, so  
that the stomake and lyuer do digest well, meate  
of good iuyce, maketh good blud, but yet it stop-  
peth the lyuer and splene. These do they, which  
make fatte humours onely, as the pulse called



### The fourth

Lenticula, and they that are slymie lyke malos  
wes, some doe make fatte humours, and be al-  
so slymie, as fyshes with hard shelles. Finally  
the diet, whiche doth extenuate and make leane,  
is moze sure for keepng of helth, than that whi-  
che fatteth muche. Nourishyng meates would  
be therfore moderately vled, whan a man per-  
ceiueth hym selfe to haue nede therof, it maie be  
mozte surely vled of them that be exercised tem-  
perately, and can slepe whan thei list. Thei that  
can not sleepe by reason of exercyse, let them es-  
chewe fattyng meates, let none ydell person at-  
tempt to vse them. In the preservation of helth,  
Gluggardie is the greatest myschiefe. Lyke as  
temperate moouyng is good, so is the meate  
whiche betweene thicke and thynne, is to  
mans health mozte conuenient, whiche in-  
gendzeth bloud, accoꝝdyng to the compe-  
tent constitution of mans bodie, and  
therfore it is to be chefly vled. Meate  
of yll iuyce is alway noyfull, wher-  
fore it ought to be eschewed. Like-  
wyse the varietee of meates is  
to be obserued diligently, for  
it is a gret thyng to couple  
well together thynges of  
contrarie vertues, for  
if they bee not well  
digested, that whi-  
che is receyued,  
maie bynge  
dysplea-  
sure.

A Diete



¶ A diete preseruatiue in the tyme of  
pestilence. Cap. 14.

**T**he bodie most apt to be infected, are specially sanguine, next colerike, than fleumatiike, last melancolyke, for in them the humour beyng cold and drie is most vnapt to receiue putrifaction, hauyng also strayte passages, by the whiche venym must passe. The diet conuenient for that time is to absteyne from meates, inflamyng and openyng the pores: also from heate of the sunne, from to muche heat or fyre, or garmentes, from euery hot herbe, and muche vse of tart thynges, except onyons and cikoze or radishe with vinger, for they doe resist against venime, from wyne very fumeshe, exercise incontinent after meales, from sweatyng, from all thynges that wyll cause oppilation and putrifaction, from thynges hotte and moist, where moisture hath the dominion in degree, specially being not sufficiently boyled: also from mylke, except it bee in a lyttell quantitie, and that with a lyttell sugar. Fruits and herbes colde and dry, and therewith soure or somewhat bitter, are not prohibited. If ye eate figges, grapes, or swete cherries, eate after them of an orange with salt. If ye eate thynges cold and moist, as cucumbers, melons, fysh soft and freshe, or damsons, eate by and by after, some fenel, and orange with salt, drinking therewith a draught of good wine. Beware of mushrooms, muche purslane, gourdes, and all other thynges, whiche will soone putrifie: not

R v

with



### The fourth

Withstandyng, I will not forbid eatyng of let-  
tise, with a fewe myntes, or myrte with cyna-  
mom. All thynges so wyre are commended, as well  
in diete conseruatiue, as in that whiche is cur-  
atiue or healeth, excepte where there is straitnesse  
of the brest, or weakenesse of the stomake, then  
ought they to be tempred with sugar, salte, al-  
mond mylke, cynamom, pepper, fenell, saffron,  
egges, and some thyng that is fat or vinctuous.  
Lapers are good to be vsed with vyneger. These  
very fatte and salt, is not commended, no more  
is colewortes, or any kynde of pulse, except chit-  
tes: great peason, rapes, nor spynache is good.  
Also there be forboden rokat and mustard, mu-  
che wyne and egges, except they be eaten with  
foxell sauce, vyneger or iuyce of orenges, perle-  
ly, and also parsnepes be good. Few wynes be  
noyfull, let the meate be somewhat more than  
drinke, but yet sustein not to muche hunger nor  
thirste, beware of lecherie, of a cloudie weather  
and close, eschue muche resort of throng of peo-  
ple, wyndes commyng from fennes or moores:  
from sleepe at none: vse with your meate this  
pouder, saunders redde, halfe an ounce, cyna-  
mom thre drammes and a halfe, saffron halfe a  
dramme. After your meate, eate a littell of cori-  
ander seede, well prepared. In the moornyng at a  
temperate fyre kemb your head backwarde,  
clense your bodie and head of all superfluities,  
vse also moderate fricacies, with swete parf-  
mes and odours, washe oftentymes your face  
and handes with pure vyneger myrt with rose  
water. In colde weather myrte it with myntes,  
baulme,



hauleme, rue or mirtes, and somtyme with cloves. In hotte sommer with roses or violetttes. Aboue al thynges vse to take white wine good, white vyneser roset, water of roses, in equall portions, put therunto a littell setuall, or of the rynd of a citron, and drinke thereof a littell, and oftentimes washe therewith your handes and bysage. Medicines preseruatiue against the pestilence, whiche be alwaie mooste redy, are these, a sygge with rue, and a walnut eaten fastyng, also tryakle, or mithridate, to olde men a dramme weyght, to younge men halfe a dramme, or a scruple dissolued in vyneser and rosewater, or in water of tozmentyll, scabiose or hauleme, if the plague be in sommer, if it be in wynter, put to the waters some white wyne. Also the pylles called commonly *Pillule Rasis* (but in deede thei were inuented by *Rufus*) are very excellent, specially if the aloe, whiche is in it, be washed, and therunto added a littell *Solus armenus*, et terra sigillata. And if the person be of hotte complexion, a quantitee of sorrell seede, and red corall, this confectioned with syrope of citrons, in colde complexions, or to olde men with white wyne, vse them euery thirde day, one pill at a tyme, three howres or foure afore dyner or supper. If ye take tryakle or Mithridate, abstaine from meate at the least sixe howres after. A peece of the roote of setuall, bozne in the mouth, preserueth from infection. In likewyse dooeth sorrell chewed fastyng, and the iuyce sucked downe. To pooze men *Marsilius* was wont to geue a toast of bycade steeped in vyneser, with



### The fourth

With a peece of an onyon or rue. All thynges  
whiche be cordiall, that is to saie, whiche doe in  
any wyse comfort the hert, doe resist pestilence,  
vehement anger, or heuinesse, be very pernicious.  
Other more exquisite and costely preser-  
uatiues, I purposely passe ouer, whiche Mar-  
silius, and other physicions do write of abun-  
dantly, for as muche as I desire to be in this  
woorde compendious. One thyng I had al-  
moste forgotten, that there is no better preser-  
uatiue, than to flee from the place corrupted,  
betyme and farre of, and to let none approche  
you, that hath made their abode, where the  
plague is feruent. Moreover, receiue not into  
your house any stuffe, that cometh oute of a  
house, wherein any person hath been infected.  
For it hath been sene, that suche stuffe, lying in  
a coffer faste shutte by the space of two yeres,  
after that the coffer hath been opened, they  
whiche haue stande nigh to it, haue been infe-  
cted, and soone after haue dyed. But here I  
alwaie except the power of God, which is won-  
derfull, and also mercifull, aboue mans rea-  
son or counsell, preseruyng or stryking whom,  
whan, and where it shall lyke his maiestee, to  
whom be glorie and praise euerlastyng. Amen.

**THE** V S make I an end of this treatise, de-  
siring them that shall take profite therby, to de-  
fend it against enuious disdayne, on whom I  
haue set the aduventure, for the loue that I beare  
to my countrey, requirynge all honest physicions  
to remembre, that the intent of my labour was,  
that men and women readyng this worke, and  
ob-



obseruyng the counsayles therein, should adapte  
therby their bodie, to receiue moze sure remedies  
by the medicines prepared by good physicions  
in dangerous sicknesses, thei keepyng good  
diete, and infourmyng diligently the same physicions  
of the maner of their affectes, passions,  
and sensible tokens. And so shall the noble and  
mozte necessarie science of phisicke, with the ministers  
therof, escape the sclander, whiche they  
haue of long tyme susteyned, and accoꝝdyng to  
the precept of the wyse man, be worthily ho-  
noured, for as muche as the highest God  
did create the physicion for mans neces-  
sities. And of the earth created medicine,  
and the wyse man shall not ab-  
horre it. Thus fare ye well gen-  
till readers, and forget me not  
with your good reporte,  
and praie to God that  
I be neuer worse  
occupied.

Finis.





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