

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

**Contributors**

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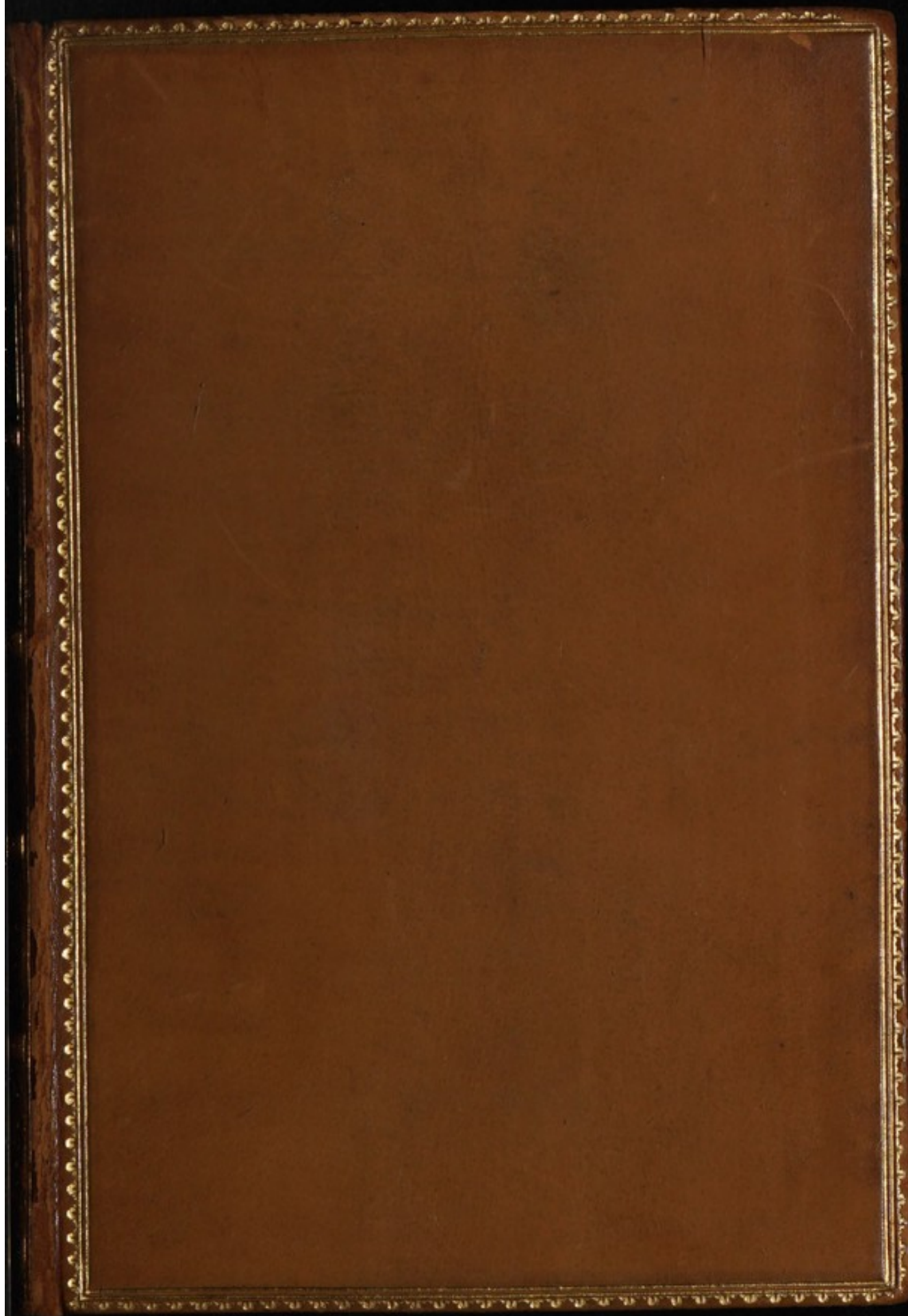
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THE  
CASTLE  
OF  
HELTH

ELYOT

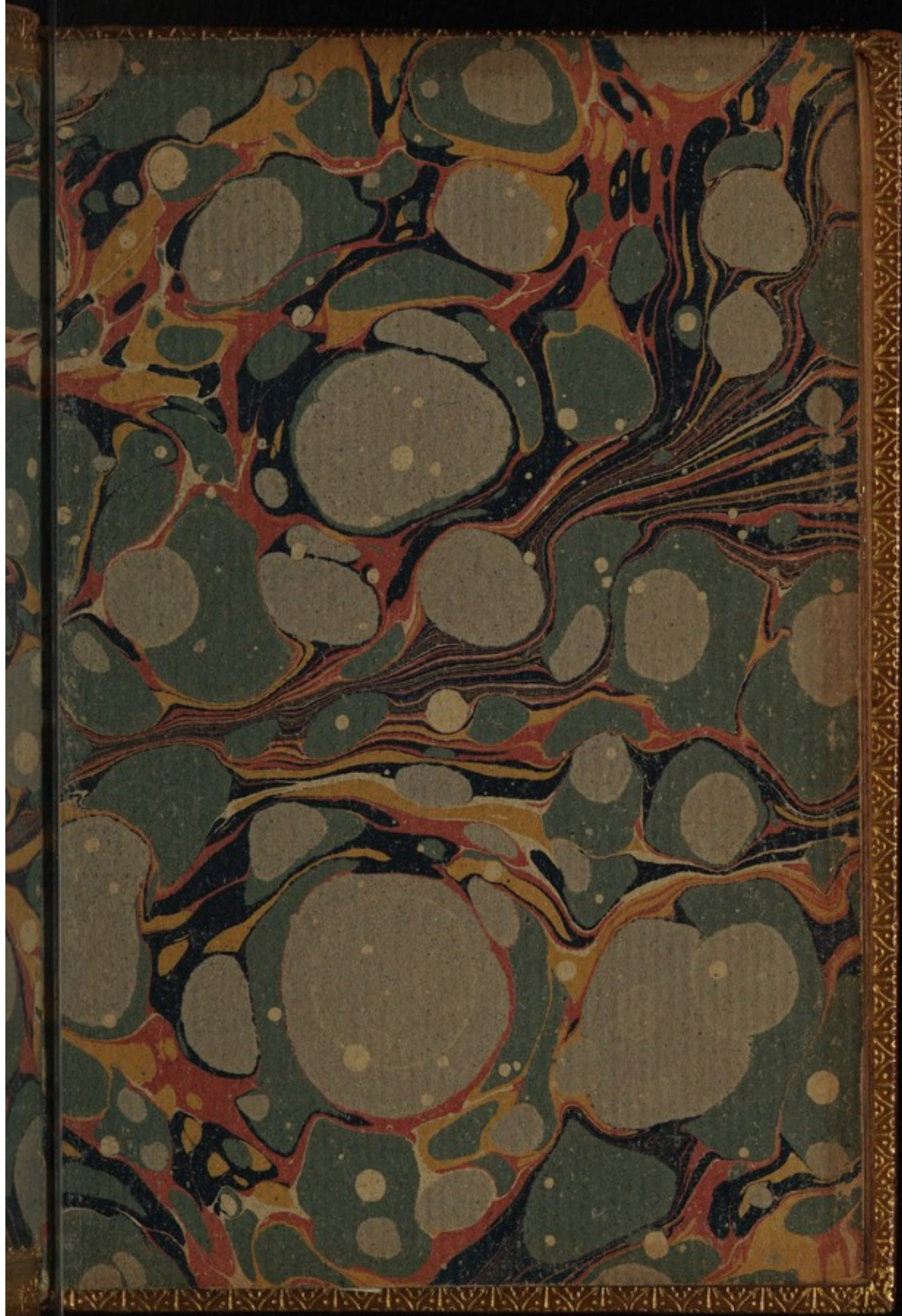
1541













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Wm Fletcher

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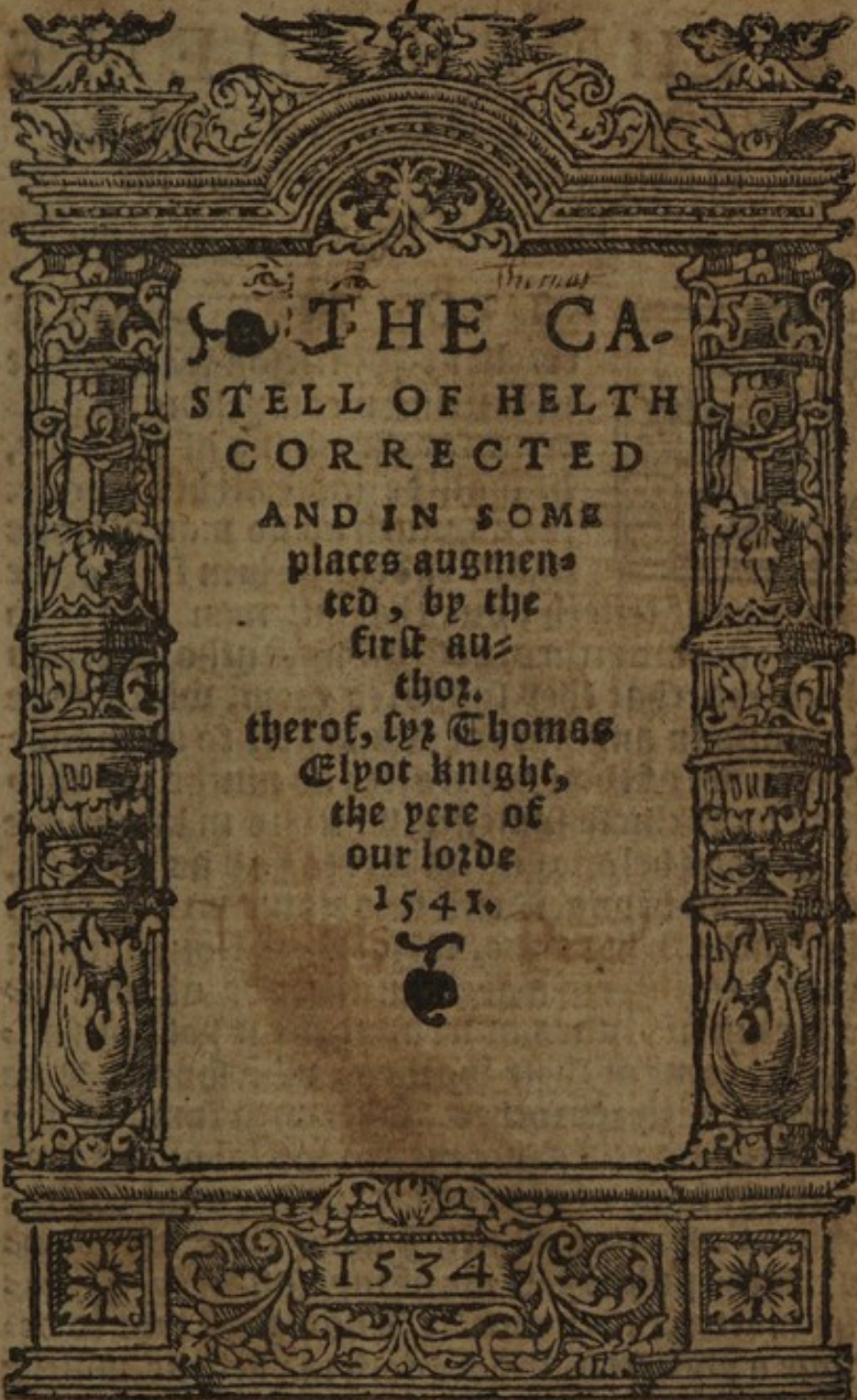
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*Therout*  
THE CASTELL OF HELTH  
CORRECTED

AND IN SOME  
places augmens  
ted, by the  
first au  
thor.

therof, by Thomas  
Elyot knight,  
the yere of  
our lordes

1541.



1534

305479

**SO** THE PROHEME  
OF SYR THOMAS ELYE  
of knight into his booke called the  
Castell of Helth.



**A**LEN THE MOST  
excellent phisicion feared, that  
in wryting a compendious doc-  
trine for the curing of sicknesse,  
he shoulde loose all his labour,  
for as much as no man almoste  
dydde endeuout him self to the  
findyng of trueth, but that all men dydde so  
much esteeme riches, possessions, authozitee, and  
pleasures, that they supposed them, which were  
studious in any part of Sapience, to be madde  
or distract of their wittes, for as muche as they  
demed the chiefe sapience, which is in knowlage  
of thinges belongyng 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 ex-  
cellent in all kindes of lernyng, as it yet doth ap-  
pere by some of their workes, why shoulde I be  
greeued with reproches, wherwith some of my  
countrey do recōpnce me, for my labours taken  
without hope of tēporall rewarde, only for the  
feruent affection, which I haue euer borne to-  
ward the publike weale of my countrey: a wor-  
thy matter, saieth one, Sir Thomas Elyot is be-  
come a phisicion, and wryteth in phisicke, whiche  
belemeth not a knight, he mought haue been  
much

### The prohemie.

much better occupied. Cruely if they will call  
him a phisicion, whiche is studious aboute the  
weale of his countrey, I wiltraue they so name  
me, for durynge my life, I will in that affection  
alway continue. And why, I praye you, should  
men haue in disdaine or small reputaciō the sci-  
ence of phisicke? which beyng well vnderstande,  
truely experienced, & discretely ordred, doth con-  
serue helth, without the which all pleasures be  
peinefull, riches vnprofitable, company an-  
noyance, strength turned to feblenesse, beauty to  
lothsomnesse, sciences are disperced, eloquence in-  
terrupted, remembrance confounded, whiche  
hath ben considered of wise men, not onely of  
the priuate estate, but also of emperours, kinges,  
and other greate princes, who for the vniuers-  
sall necessitee and incomparable vtilitee, whiche  
they perceiued to be in that science of phisicke,  
they did not only aduaunce and honour it with  
speciall priuiledges, but also diuers and many  
of them were therein right studious, in so much  
as Iuba the kynge of Mauritania and Lybia,  
founde out the vertuous qualitees of the herbe  
called Euforbium. Gentius kynge of Illicia,  
founde the vertues of Gentian. The herbe  
Lysimachia, tooke his name of kynge Lysis-  
machus. Mithridates the great kynge of Pontus,  
found fyrst the vertues of Scordion and  
also inuented the famous medicine agaynst  
poyson, called Mithridate. Arthemisia queene  
of Caria founde the vertues of Motherwoorte  
which in latine beareth his name, whereby his  
noble renoume hath lenger continewed, than  
by the makynge of the famous monument ouer

### The pꝛohemie.

hir dead husband called Mausoleum, although it were reckned among the wonderfull workes of the worlde, and yet hir name with the saied herbe still abideth, whiles the saied monument a thousand yeares passed, was vtterly dissolued.

It seemeth, that phisicke in this realme, hath been wel esteemed, & the hole studie of Salerno, at the request of a kyng of England, wrote and sette forth a compendious and profitable treatise, called the Governance of health, in latine Regimen sanitatis. And I trust in almightie God, that our soueraigne loꝛde the kynges maiestee, who dayly pꝛepareth to stablishe amonge vs true and vntoꝛrupted doctrines, will shortly examine also this part of studie, in such wyse, as thynges apt for medicine, growynge in this realme, by conference with moſte noble authors may be so knowē, that we shal haue lesse nede of thynges brought out of farre countreis, by the cozꝛuption wherof, innumerable people haue perished, without blame to be geuen to the phisicians, sayynge onely, that some of them not diligent inough in beholdyng their drugges or ingredience at all tymes dispensed and tried.

Wesyd̄es the saied kynges, whom I haue reherſed, other honozable personages haue wrytten in this excellent doctrine, and not onli of the speculatiue part, but also of the pꝛactise thereof whose workes do yet remaine vnto their gloꝛie immortall, as Abicena, Auenſoar, Ralis, Cornelius Celsus, Serenus, and whiche I should haue first named, Machaon, and Podalirius, noble dukes in Grecia, which came to the siege of Troy, and brought with them .xxx. great shipes

### The prohemis.

pes with men of warre. This well considered, I take it for no shame to studie that science, or to set forth any bookes of the same, beyng therto 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 preserue, as god hath constitute mans life to continue for his highnesse hath not disdeined to be the chiefe author and setter forth of an Introduction into grammer, for the childzen of his louyng subiectes, wherby, hauynge good masters, thei shall most easily and in short time apprehend the vnderstandyng and forme of spea- kyng of true and eloquent latine. O royall here full of very nobilitee. O noble breast, settyng forth vertuous doctrine, and laudable studie. But yet one thing much greeueth me, that notwithstanding I haue ever honoured, and specially fauoured the reuerend colledge of approued phisicians, yet some of them hearyng me spoken of, haue saied in derision, that although I were pretily seen in hystories, yet beyng not learned in phisicke, I haue put in my booke diuers errors, in presumynge to wryte 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 doo esteeme them, but may moze surely cure mens affections, than diuers phisicians do cure maladies. Nor whan I wrate first this boke, I was not all ignoraunt in phisicke. For before that I was twentie yeres olde, a worshipfull phisician, and one of the moste renoumed at that tyme in England, perceiuyng me by nature



### The prohemie.

enclined to knowlage, radde vnto me the woꝛkes of Galene of temperamentes, naturall facultees, the introduction of Iohannicius, with some of the Aphorismes of Hippocrates. And after ward by mine own studie, I radde ouer in order the more part of the woꝛkes of Hippocrates, Galen, Orbasius, Paulus Celius, Alexander Trallian<sup>o</sup>, Celsus, Plinius the one and the other, with Dioscorides. Noꝛ I did omitte to rede the long Canons of Auicenna, the commentaries of Auerroys, the practises of Iake, Haliabbas, Ralis, Mesue, and also of the more parte of them whiche were their aggregatours and folowers. And although I haue neuer ben at Mountpellier, Padua, noꝛ Salern, yet haue I found some thing in phisicke, wherby I haue taken no littell profite concernynge myne owne helth. Moreouer I wote not why Physicians should be angrie with me, sens I wꝛate and did set foꝛth the Castell of helth foꝛ their comoditee, that the vncertayne tokens of vꝛines, and other excrementes should not deceiue them, but that by the true information of the sicke man, by me instructed, they might be the more sure to prepare medicines conuenient foꝛ the diseases. Also to the intente that men obseruyng a good order in diete, and preventyng the great causes of sicknesse, they should of those maladies the soner be cured. But if phisicians be angry, that I haue wꝛitten phisicke in englische, let them remember that the grekes wꝛate in greke, the Romains in latin, Auicenna, and the other in Arabike, which were their owne proper and mater:  
nall tongues, And if thei had been as muche at:  
ta

### The prohemie.

tached with enuie and couetise, as some nowe seeme to be, they would haue deuised some particular language, with a strange cypher or forme of letters, wherein thei would haue witten their science, whiche language or letters no manne should haue knowen that had not professed and practised phisicke: But those, although they were Daynims & Jewes, yet in this part of charitee, they farre surmounted vs christians, that they would not haue so necessarie a knowlage as phisicke is, to be hidde from them, whiche would be studious about it.

¶ Finally God is my iudge, I wite neyther for glozie, rewarde, nor promocion, only I desire men to deme well mine intent, sens I dare assure them, that all that I haue witten in this booke, I haue gathered of most principall writers in phisicke. Whiche being thoroughly studied and wel remembered, shall be profitable (I doubt not) vnto the reader, and nothyng noyous to honest phisicians, that dooe measure theyr studie, with moderate liuyng and christen charitee.



# The table.



**T** **M** **V** **S** **T** **B** **E** **R** **E** -  
 membred, that the nouber in the  
 Table, doeth signifie the leafe, &  
 the letter **A**, dooeth signifie the  
 first page or side, the letter **B**,  
 the second page or syde.

**A**  
 Agered to this  
 ges naturall.  
 folio. 1. b  
 Ages. fol. 10. b. & 40. a  
 Appre. fol. 1. b. and. 12. a  
 Appuls. fol. 21. a  
 Almondes. fol. 22. b  
 Anyle seeede. fol. 25. b  
 Ale. fol. 36. b  
 Abstinance. fol. 55. b  
 Affectes of the mynde.  
 fol. 64. a  
 Autumne. fol. 39. b

**B**  
 Loud. fol. 8. a  
**B** Beetes. fol. 24. b  
 Byrdes. fo. 30. a  
 Braine excedyng  
 in heate. fol. 3. b  
 Braine excedyng in  
 colde. ibid.  
 Braine moiste. ibid.  
 Braine drie. fol. 4. a  
 Brain hot & moist, ibi,

Brain hot and dry. ibi.  
 Brain cold & moist. 4. b  
 Brain cold & dry. ibid.  
 Braine sicke. fol. 81. b  
 Breast sicke. fol. 82. a  
 Biefe. fol. 29. a  
 Beanes. fo. 25. b  
 Breakfast. fol. 43. a  
 Bludsuckers. fol. 63. a  
 Bourage. fol. 27. a  
 Breade. fol. 28. b  
 Blacke birde. fo. 30. b  
 Bustarde. fol. 31. a  
 Byttour. ibid.  
 Brain of beastes. 32. a  
 Butter. fo. 33. a  
 Biere. fo. 36. b  
 By what tokens one  
 maye knowe whether  
 the stomache and head  
 be hot or cold. fol. 73. b

**C**  
 Consideracions  
 of thingz belons  
 geyng to health.  
 folio. 1. a

Comz

## The table.

Cöplexion of man. 2. a	Crane. fo. 31. a
Colerike body, fol. 2. b	Cheese. fol. 33. a
Choler fo. 8. b	Cyder. fo. 36. b
Choler natural. fol. 9. a	Confoztatiues of the
Choler vnnatural. ibi.	hert. fo. 69. a
Colour. fo. 11. a	Childzen. fo. 66. a
Coloure of inwarde	Counsailes against in-
causes ibid.	gratitude. fol. 46. b
Colour of outwarde	Chaunces of foztune.
causes. ibid.	fol. 68. b
Colour of vrines, fol.	Cruditee. fol. 69. b
82. b	Concoction. ibidem.
Colour of heare. 11. b	
Causes whereby the	D
ayze is cozrupted. 12. a	Distemperature
Custome. fo. 17. b	<b>D</b> hapnyng by ex-
Commoditee hapnyng	cesse of sundrie
by moderate vse of the	qualitees of
qualitees of meat. 18. b	meate. fo. 18. a
Cucumbers. fo. 19. b	Deere red and falowe.
Cheries. fol. 21. a	fol. 29. b
Chestnuttes. fol. 22. b	Dates. fo. 20. a
Capers. fol. 23. a	Ducke fo. 31. a
Colewortes and caba-	Diuerlitee of meates.
ges. fol. 23. b	fol. 44. a
Cykozie. fo. 24. a	Digestiues of choler. 1
Cheruple. fol. 25. a	fol. 59. b.
Carettes. fo. 26. a	Digestiues of fleume. 1
Consideracions in ab-	fol. 60. a
stinance. fol. 55. a	Diet concernynge suns
Cloues. fol. 28. b	dry times of the yere.
Lony fo. 29. b	fol. 39. b.
Lapons', hennes, and	Dominion of sundrie
chickens. fol. 30. a	complexions, fol. 70. b
	A b
	Diets



The table.

**H**ert hot distempred. fol. 4. b.  
**H**ert cold distempred. fol. 5. a  
**H**ert moyste distempred. ibidem.  
**H**ert drie distempred. ibidem.  
**H**ert hot and moist. ibi.  
**H**ert hot and dry. 5. b  
**H**ert colde & moist. ibi.  
**H**ert cold and drie. ibi.  
**H**ert sicke. fol. 81. b  
**H**umours. fol. 8. a  
**H**umour superfluous. fol. 55. a  
**H**erbes vled in potage or to eate. fol. 22. b  
**H**are. fol. 29. b  
**H**earon. fol. 31. a  
**H**ert of beaste. fol. 32. a  
**H**ead of beastes. ibi.  
**H**alyll nuttes. fo. 22. a  
**H**ony. fol. 17. b  
**H**emorrhoides or pyles. fol. 63. b  
**H**eaunesse or sorow. fol. 66. a  
**I**hope. fol. 27. a  
**I**oy. fol. 70. a  
**I**re. fol. 64. b  
**L**ydde. fol. 29. b

**L**iver in heate distempred. fol. 6. a  
**L**iver colde distempred. ibid.  
**L**iver moyst distempred. ibi.  
**L**iver drie distempred. ibidem.  
**L**iver sicke. fo. 81. b  
**L**ettise. fol. 23. b  
**L**eekes. fol. 27. a  
**L**ambe. fo. 29. a  
**L**arke. fol. 30. b  
**L**ivers of byrdes and beastes. fol. 31. b  
**L**unges of beastes. ibi.  
**L**etting of bloud. 61. a  
**L**eaches or bloud suckers. fo. 63. a  
**L**osse of gooddes. 68. b  
**L**acke of promocion. ibidem.  
**L**assitude. fol. 77. b and. 78. b  
**M**elancholicke body. fol. 3. a  
**M**elancholy. 9. a  
**M**elancholy natural. ib.  
**M**elancholy vnnatural. ibid.  
**M**embres instrumentall. fol. 9. b  
**M**eat

The table.

Meat and drink. 12. b.		
Meates makynge good iuyce. ibidem.		<b>R</b>
Meates makynge yll iuyce. fol. 13. a		<b>R</b> Nutmiggis. 38. b
Meates making thicke iuice. fol. 14. a		<b>R</b> Rauewes. fol. 26. a
Meates makynge choleric. fol. 13. b		<b>D</b>
Meates makynge fleume ibidem.		<b>O</b> fficiall membrs. fo. 9. b
Meates ingenderynge melancholy. fol. 14. a		<b>O</b> peraciōs. 11. b
Meates hurtyng the teeth. fol. 14. b		<b>O</b> lyues. fo. 23. a
Meates hurtyng the eyen. ibid.		<b>O</b> zenges. ibi.
Meates makynge oppilacions. fo. 15. a		<b>O</b> nyons. fol. 26. b
Meates wyndie. ibi.		<b>O</b> rder in eatynge and drinkyng. fol. 45. b
Melons. fol. 19. b		<b>O</b> pilacions what they are. fo. 49. a
Medlars. fol. 22. a		<b>O</b> bstruction oz rupture. ibid.
Malowes. fol. 24. b		<b>O</b> lde men. ibid.
Mutton. fo. 29. b		<b>O</b> rdure. fol. 55. a
Moderation in diete. fol. 41. b		<b>P</b>
Meales. fo. 24. a		<b>P</b> rincipall membrs. fo. 9. b
Maces. fol. 28. b		<b>P</b> artes. similes. ibid.
Members of byrdes. fol. 31. b		<b>P</b> oweris naturall. 10. a
Melte oz splene. folio. 32. a		<b>P</b> oweris spiritual. ibi.
Marowe. ibid.		<b>P</b> oweris animal. ibid.
Mylke. fol. 35. b.		<b>P</b> epons. fol. 19. b
		<b>P</b> eaches. fo. 21. a
		<b>P</b> eares. fol. 22. a
		<b>P</b> ourcelane. fol. 25. a
		<b>P</b> erlely. ibid.
		<b>P</b> urchers of coler. 59. b
		<b>P</b> urchers of fleume. fol. 60. b.
		<b>P</b> urch

## The table.

**P**urgers of melanco-  
ly. ibid.  
**P**receptes of Diocles.  
fol. 85. a

**P**omegranates. 21. b

**P**runes. fo. 22. b

**P**eaſon. fol. 25. b

**P**arſnepes. fol. 26. a

**P**entroyal. fo. 27. b

**P**epper. fol. 28. a

**P**artriche. fol. 30. b

**P**louer. ibid

**P**igeons. fo. 31. a

**P**articuler commodi-  
tees of euery purga-  
tion. fol. 58. b

**P**eculiar remedies of  
euery humour. 72. a

**P**urgacions by ſiege,  
fol. 57. and. 58. b

**Q**uantitee of  
meat. fol. 16. a  
**Q**ualitee of  
meat. fol. 17. a  
and. 18. b

**Q**uynces. fol. 27. b

**Q**uayle. fol. 30. b

**R**apſons. fo. 20. b

**R**apes. fol. 26. a

**R**adiſh. fo. 26. b

**R**ohat. fo. 27. b

**R**oſemary. ibid

**R**eplecion. fol. 53. b

**R**eumes, and remedi-  
es therfoze. fol. 72. b

### S.

**S**anguine body. 2. a

**S**tomake hot. 6. b

**S**tomake cold. ibi.

**S**tomake moiſte.  
ibidem.

**S**tomake drie. fol. 7. a

**S**pirite naturall. 10. b

**S**pirite vital. ibid.

**S**pirite animall. ibid.

**S**toanes of beaſtes.  
fol. 32. a

**S**ozell. fo. 25. a

**S**auge. fol. 27. a

**S**tomacke in the whi-  
che meat is coꝛrupted.  
fol. 86. b

**S**tomacke ſicke. 82. a

**S**lepe & watche. 47. a

**S**auery. fol. 27. b

**S**aſſron. fol. 28. b

**S**wynes fleſhe. 29. a

**S**parowes. fol. 30. b

**S**houelar. fol. 31. a

**S**ouper. fo. 43. b

**S**ugar. fol. 38. a

**S**yrlope acetofe. folio.  
38. b.

**S**pring time. fol. 29. a

**S**ommer. folio. 39. a

**S**carifyng. fol. 62. b

### Sicks



## The table.

Sicknesse appropried to sundrie seasons & ages. fol. 79. a	Thyme. fol. 27. b
Significacions of sick nesse. fol. 81. a	Towncresses. ibid.
Substance of vynes. fol. 83. b	Trypes. fol. 31. b
Spices. fol. 28. a	Tong of beastes. 32. a
	Tyme fo. 38. b and. 39. b
	Tymes in the day cons cernyng meales. 42. a
	Tymes appropried to euery humour. 71. b
<b>T</b> hynges natu ral. fol. 1. a	
Thyng? not nas turall. ibid.	
Thynges against nas ture. ibid.	
Thynges good for the head. fo. 15. b	
Thynges good for the hert. ibid.	
Thynges good for the liuer. ibid.	
Thynges good for the luniges. ibid.	
Thynges good for the eyes. fol. 16. a	
Thynges good for the stomacke. ibid.	
Temperature of mea tes. fol. 17. b	
Turnppes. fol. 26. a	
	<b>V</b>
	Vyndes. 12. a
	Walnutte. 22. a
	Ucale. fol. 29. b
	Venison. ibi.
	Woodcockes. fol. 31. a
	Udder. fol. 32. a
	Water. fol. 1. b. & 33. b
	Wynter. fo. 38. b
	Wyne. fo. 34. b
	Whay fol. 36. b
	Vociferacion. fol. 52. b
	Vomite. fo. 56. b
	Vrines. fol. 82. a
	Vertue of meates. folio. 87. a
	<b>V</b>
	Vong men. 40. b

Thus endeth the Table,

faboz enoz, vi

The fyrste booke.



**T**he conseruacion of the bodie of mankynde, within the limitation of health, whiche (as Galen saieyth) is the state of the body, wherein wee be neither greeued with peyne, noz let from doeynge our necessary busynesse, doeth belong the diligent consideration of

thzee sortes of thynge, that is to say.

- { Thynge Naturall.
- { Thynge not Naturall, and
- { Thynge agaynst Nature.

**T**hynge naturall be .vii. in numbze.

- |   |             |   |               |
|---|-------------|---|---------------|
| { | Elementes   | { | Powers        |
|   | Complexions |   | Operaciōs and |
|   | Humours     |   | Spirites.     |
|   | Members.    |   |               |

**T**hese be necessarie to the beyng of helth, accordyng to the order of their kynde: and be also way in the naturall body.

**T**hynge not naturall be fixe in number.

- |   |                |   |               |
|---|----------------|---|---------------|
| { | Apyze          | { | Emptines and  |
|   | Heate & drinke |   | replecion and |
|   | Slepe & watche |   | Affections of |
|   | Deuyng & rekte |   | the mynde,    |

**T**hynge agaynst nature be thzee.

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

**CANs**

## The fyre

**A**nnered to thynges natural.

Age.

Fygure, and

Colour.

Diuerfitee of kindes.

**T**he elementes be thofe original thinges vns mixte and vncompound, of whose temperance and myxture, all other thynges hauynge corporall fubftance be compact: Of them be foure, that is to fay.

Earth,

Water,

Ayre, and

Fyre.

**E**arth is the moſte groſſe and ponderous element, and of hir proper nature is colde and drie.

**W**ater is moze ſubtil and light than earth, but in reſpect of Ayre and Fyre, it is groſſe and heauy, and of hir propre nature is colde and moyſte.

**A**yre is moze light and ſubtil than the other two, and beyng not altered with any exterior cause, is properly hotte and moyſte.

**F**yre, is abſolutely lighe & cleere, and is the clarifier of other elementes, if they be viciate or out of their naturall temperaunce, and is properly hotte and drie.

**T**his 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 ſences be perceyued, be corrupted with mutuall myxture, and bee rather earthie, watrie, ayrie, and fyrie, than abſolutely earth, water, ayre, and fyre.

Of

Of the complexion of  
man. Cap. 2.

**C**omplexion is a combination of two diuers qualities of the foure elementes in one body, as hot and dry of the fyre, hotte and moiste of the Ayre, colde and moiste of the water, cold and drie of the Earth. But although all these complexions be assembled in euery body of man and woman, yet the body taketh his denomination of those qualities, which abound in him, moze than in the other, as hereafter insueth.

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

Sāguin.

Carnositee or fleshinesse.  
The veynes and arteries large,  
Heare plentie and redde.  
The vylage white and ruddie.  
Sleape muche.  
Dreames of bluddy thynges, or  
thynges pleasaunt.  
Pulse great and full.  
Digestion perfect.  
Angry shortly.  
Siege, brine, and sweat abundānt  
Fallyng shortly into bleedynge.  
The vaine redde and grosse.

¶

Where

### The fyrste

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

**Fleumatike.** { Fatnesse quauyng and soft.  
Veynes narrow.  
Heare muche and playne.  
Colour white.  
Sleape superfluous.  
Dreames of thynges watrie, oz of  
fishe.  
Slownesse.  
Dulnesse in learyng.  
Cowardise.  
Pulse low and littell.  
Digestion weake.  
Spittell white, abundant, and  
thicke.  
Urine grosse, white, and pale.

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

**Cholerike.** { Leannesse of body.  
Costifenesse.  
heare blak oz dark aburn, curled  
Uisage and skinne red as fire, oz  
salowe.  
Hotte thynges noyfull to him.  
Littell sleape.  
Dreame of fire, fighting, oz ager  
Witte sharpe and quicke.  
Hardy and fightyng.  
Pulse swift and strong.  
Urine high coloured and clere.  
Voyce sharpe.

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

Melan-  
colyke.

Leannesse with hardnesse of  
skynne.

Hearre plaine and thinne.

Colour duske, oz white with  
leannesse.

Muche watche.

Dreames fearefull.

Stiffe in opinions.

Digestion slowe and yll.

Cymorous and fearefull.

Anger longe frettyng.

Pulse littell.

Seldome laughyng.

Urine watry and thinne.

**B**esides the saied complexions of all the  
hole body, there be in the particuler mem-  
bres, complexion, wherein if there be as  
ny distemperance, it bringeth sicknesse oz  
griefe into the membre. Wherfore to know the  
distemperature, these signes folowynge woulde  
be considered. Forlene, that it be remembred,  
that some distemperatures be simple, and some  
be compound. They whiche be simple, be in  
simple qualitees, as in heat, cold, moist, oz drie.  
They whiche be compounde, are in compounde  
oz mixte qualitees, as heate and moysture, heate  
and drie: colde and moyste, colde and drie.  
But nowe firste will wee speake of the simple  
complexions of euery principall member, begin-  
nyng at the bryne.

## The fyrste

The braine exceeding in heat hath

The head and visage very redde and hot.

The heare growyng fast blacke and courled.

The veines in the eyes apperaunt.

Superfluo<sup>s</sup> matter in the nosethrils, eien, & eares.

The head annoyed with hotte meates, drinckes, and sauours.

Sleepe shorte and not sounde.

The braine exceeding in cold hath

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

Heare streight & fine growyng slowly, and flakē

The headde disposed by small occasion to poses and murres.

It is sone annoyed with colde.

It is colde in touchyng.

Weynes of the eyen not seene.

Sleapie somwhat.

Moist in excesse hath

Heares playne.

Seldome or neuer bald.

Witte dull.

Muche superfluitees.

Sleape much and depe.

The braine drie  
hath

No superfluites cūnyng.  
Wittes good and redy.  
Watchefull.  
Hears blacke, hard and  
fast growyng.  
Balde shortly.

Complexcions compouned.

Brain hot & moist  
distempered hath

The head akyng & heuie.  
Full of superfluites in  
the nose.  
The southern wind grea-  
uous.  
The Northern wynde  
holsome.  
Slepe deepe but vnquiet  
with often wakynges  
and strange dreames.  
The senses and wit vns-  
perfecte.

Braine hot and drie  
distempered hath

None abundance of su-  
perfluitee, which may  
be expelled.  
Senses perfect.  
Hache wathe.  
Soner balde than othe-  
r.  
Much heare in childe-  
hoode, and blacke or  
browne, and curled.  
The hed hot and ruddy.



## The fyfthe

Braine colde & moist  
Diskempred hath.

The senses and wit dul.  
Much cleape.

The head soone replenis  
shed with superfluous  
moysture.

Distillacions and poses  
oz murre.

Not shortly balde.

Sone hurte with colde.

Braine cold and dry  
Diskempred hath.

The head cold in feyng  
and without colour.

The vetnes not apering  
Soone hurte with cold.

Often diseraled.

Wit perfecte in childe  
hode, but in age dull.

Aged shortly, and balde.

## Of the Hert.

The hert hotte  
Diskepered hath

Muche blowyng & puffyng,  
Pulse swift and busie.

Hardinesse & manhod much  
Promptnesse, actiuitie, and  
quickenesse in dooyng of  
thynges.

Furie and boldnesse.

The bzeast heary towarde  
the left side.

The bzeast brode with the  
head littell.

The body hotte, excepte the  
lyger doo let it.

Th

The hert cold distempred hath.

The pulse very littell.  
 The bzeth littell and slowe  
 The bzest narrowe.  
 The body all colde, excepte  
 the liuer doeth inflame it,  
 fearfulnesse.  
 Scrapulositie & muche care  
 Curiositee.  
 Slownesse in actes.  
 The bzeast cleane without  
 heares.

The hert moist distempred hath.

The pulse soft.  
 Done angry & soone pacified.  
 The body all moyste, excepte  
 the liuer dispoeth contrary.

The hert dry distempred hath

The pulse harde.  
 Not lightly angry, but bees  
 yng angry, not soone pacified.  
 The body dry, except the liues  
 doth dispoeth contrary.

The hert hotte and moyste.

The bzeast and stomacke hery,  
 Promptnes in actes.  
 Soone angry.  
 Fierlnes but not so muche as  
 in hotte and dry.  
 Pulse soft, swift, and busy.  
 Bzeath or wynd accordyng.  
 Shortely falleth into diseases  
 caused of putrifaction.

The fyrste

- The hert pulse greate and swift.  
The breath oz winde accoz dyng.  
The bzeast and stomacke all heary.  
The herte hotte and drie. } Quicke in his doynge.  
} Boldnesse and hardinesse.  
} Swift & hasty in mouyng.  
} Soone styred to angre, and tyzannous in maners.  
} The bzeast brode and all the body hot and dry.  
The pulse soft. }  
} Feareful and tymorous.  
} Slow.  
The herte colde and moyste. } The bzeast cleane without heare.  
} Not hastily angrie, nor reseyteinyng anger.  
} The bzeast narrow.  
} All the bodie cold and moiste.  
The pulse hard and littell. }  
} The wynde moderate.  
} Seldom angry, but whan it hapneth, it dureth lang.  
The hert colde and drie hath } The bzeast cleane withoute heare and littell.  
} All the bodie colde and drie.

Of the Liuer.

The liuer in heate  
Distempered hath

The veynes great.  
The bloud moze hot than  
temperate.  
The bealy heary.  
All the body hot, excedyng  
temperance.

The liuer cold dis-  
tempered hath

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

The liuer moyst  
Distempered hath

The veynes soft.  
Much bloud and thinne.  
All the body moyste in fees  
lyng, excepte the hert dis-  
poseth it contrary.

The liuer dry dis-  
tempered hath

The veynes harde.  
The bloud littell and  
thicke.  
All the body drie.

The complexions compoude may be decer-  
ned by the saied simple qualities. And here is to  
be noted, that the heate of the herte may bayn-  
quish the colde of the liuer. For heate is in the  
herte, as in the fountayne or spryng: and in the  
liuer, as in the ryuer.

Galē in  
arte pes-  
rus. li. 2

**The fyrste**  
**Of the Stomacke.**

**The stomacke hot,**  
**distempered.**

He digesteth well Spectally hard meates, & that wil not be shortly altered Lyght meates & soone altered, be therein corrupted.

The appetite littell and slowe.

He deliteth in meates & drinks whiche be hotte for every naturall complexion diliteth in his semblable.

**The stomake cold**  
**distempered.**

He hath good appetite. He digesteth ill and slowly, specially grosse meates and harde.

Colde meates dooe ware sowze beyng in him vndigested.

He deliteth in meates and drinks, which be colde, and yet in them he is indamaged.

**The stomak moist**  
**distempered.**

He thyrsketh but seldome, yet he desyrezeth to drinke, with superfluous drinke he is hurte.

He delytethe in moyste meates.

oke.

7

The stomacke dry  
distempred.

He is soone thyrstie.  
Content with a lyttell  
drynke.  
Diseased with muche  
drynke.  
He deliteth in dry meates

It is to be noted, that the dispositions of the  
stomacke natural, do desire that which is of like  
qualities. The dispositions vnnaturall, doo des  
yre thynges of contrary qualities.

Also not the stomacke onely causeth a man to  
thyrst or not thyrste, but also the lyuer, the luns  
ges and the herte.

Of the genitories or stes  
nes of generacion.

The genitozies  
hot distempred.

Great appetite to the act of  
generacion.  
Engendryng men'childzen.  
Heare soone growen aboute  
the membres.

The genitozies,  
cold distempred.

Small appetite to the act of  
generacion.  
Engendryng women childze  
Slow growthe of heare as  
boute the membres.

The genitozies  
moist distempred

Sede abundant but thinne  
and watrie.

The genitozies  
dry distempred

Sede littel but metely thicke  
in substance,

Lasse

**The fyrste**

**Genitozies hot  
and moyste.**

Lesse appetite to lechery than  
in them, whiche be hotte and  
dry.

More puissance to doo it, and  
without lesse damage.

Hurte by absteinyng from it.

Lesse herines thā in hot & dry

**The genitozies  
hotte and drie.**

The seede thicke.

Much fruitfulness of Ges-  
neracion.

Great appetite and redines  
to the act.

Heare aboute the membrs  
soone growen.

Swiftnesse in spedyng of the  
acte.

Soone therwith satisfied.

Damage by vsyng therof.

**The genitozies  
cold and moist.**

The seede watry and thinne.

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

Littell heares oz none aboute  
the membrs.

**The genitozies  
colde and drie.**

Heares none oz few.

Litle apetit oz non to lechery

Littell puissance to do it.

Ingendryng more females  
than men childzen.

That litel seed that is is thies-  
ker than in cold and moyst.

**De**

## Of humours

**I**n the body of Man be foure principall humours, which continewyng in the propozition, that nature hath limitted, the bodye is free from all sicknesse. Contrary wyle, by the increace oz diminucion of any of them in quantitee oz qualitee, ouer, oz vnder their naturall assignment, vnequall temperature cometh into the body, whiche sicknesse foloweth more oz lasse accordyng to the lapse oz 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 al liuyng creatures, for it hath more conformitie with the oryginall cause of liuyng, by reason of temperatenesse in heate and moysture, also nourisheth more the body, and restozeth that which is decayed, beyng the very treasure of life, by losse wherof, death immediately foloweth. The distemperature of blood hapneth by one of the other thre humours, by the inozdinat oz superfluous mixture of the.

## Of Fleume.

**F**leume is of two sortes. **N**aturall and **U**nnaturall.

**N**aturall fleume is a humour colde & moyst, white and swete, oz without taste, ingendzed by insufficiēt decoction in the seconde digestion of the watry oz raw partes of the mattier decocte  
called



### The fyrste

called Chilus, by the last digestion made apt to be couerted into bloud. In this humour, water hath dominion most principall.

**F**leume vnnaturall is that, whiche is myrte with other humours, or is altered in his qualissee: And therof is .viii. sundry kindes.

Fleume.

Pontick

Watry, whiche is founden in spettil of greate drinkers, of them, whiche digest yll.

Slimy or rawe.

Glasi, like to white glasse, thicke.

Viscous like byrde lyme & heuy.

Plastry, whiche is very grosse, & as it were chalky, such is founde in the ioiactes of the, which haue the goute.

Salt, which is mingled w choler Sower, mixt w melancoly, whiche cometh of cozrupt digestion.

Harsh, thicke and grosse, which is seldome founden, whiche tasteth like greene crabbe or sloes.

Stiptik or biding, is not so grosse nor coid, as harsh, & hath the tast like to greene red wine, or other lyke, straying the tunge.

**C**holer doeth participate with natural heate as long as it is in good temperance. And there of is also two kyndes:

Naturall and  
Vnnaturall,

booke.

Choler  
naturall.

**N**aturall choler is the some of bloudde, the colour wherof is redde and clere, oz moze like to an ozenge colour, and is hot and dry, wherin the fire hath dominion: and is light and sharpe, and is ingendred of the most subtil parte of matter decocted oz boyled in the stomacke, whose beginning is in the liuer.

**U**nnaturall choler is that, which is mixt oz corrupted with other humours, wherof be foure kyndes.

**C**itrine oz yelowe choler, whiche is of the mixture of natural choler, and watry fleume, and therfoze hath lesse heat than pure choler.

**Y**elky like the yelkes of egges, whiche is of the myxture of fleume congeled, and choler natural, and is yet lasse hot than the other.

**G**reene like to lekes, whose beginning is rather of the stomak, thā of the liuer

**G**reen like to green canker of mettall, and burneth like venim, and is of exceeding aduision of choler oz fleume, and by these two kindes nature is mortified.

**M**elancoly oz blacke choler is diuided into two kindes.

**N**aturall, which is the dregges of pure bloud, and is knowen by the blacknesse, whan it issueth either downewarde oz vpwarde, and is verily colde and dry.

**U**nnaturall, whiche procedeth of the aduision

The fyrste

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

Of the membres.

¶ There be diuer sites of members. that is to say.

Official mem- bres.	}	The brayne.
		The herte.
		The lyuer.
		The stoness of generacion.
		Synewes which doo serue to the brayne.
		Arteries or pulses, which doe serue to the hert.
}	}	Veines which do serue to the lyuer.
		Vessels spermatike, wherein mans seede lieth, which doo serue to the stoness.

Partes called Similares, for beyng deuided they remayne in them self like as they were.

}	Bones.
	Griskell.
	Calles betwixte the vttermoste skin and the flethe.
	Muscules or fillets.
	Fatte.
	Flethe.

membres instrum-  
mentall.

}	The stomacke.
	The rapnes.
	The bowelles.
	All the great synewes.

These of their vertu do appetite meate & alter it.

**Of powers.**

- Animall.**
- Spirituall.**
- Naturall.**

**Naturall power** } **Whiche doe ministrate.**  
 } **To whom is ministrated.**

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

**To whom is ministrated.** } **Engendzeth.**  
 } **Nourisheth.**  
 } **Feedeth.**

**Power spiritual** } **Workyng, which delateth**  
 } **the hert & arteries, and**  
 } **estlones streineth them.**  
 } **Wrought, which is stirred**  
 } **by an exteriour cause to**  
 } **work, wherof comth anger**  
 } **indignaciō, subtiltie, & care**

**Power animall,** } **That which ordeineth, dis-**  
 } **cerneth, and composeth.**  
 } **That mooueth by volun-**  
 } **tarie mocion.**  
 } **That whiche is called sens-**  
 } **ible, wherof doe procede**  
 } **the five wittes,**

**The fyrste**

**Of that whiche ordeineth dooe procede.**

Imaginacion in the sozhed.  
Reason in the braine.  
Remembzance in the nodell.  
Appetite by heate & drithe.

**Operacions.**

Digestiō by heate and moisteure.  
Reteynyng by colde & drithe.  
Expulsion by cold & moiste.

**Spyrite is an ayyrie substance, subtil, stiryng the powers of the bodie, to perfourme their operacions, whiche is devided into.**

**Naturall,** whiche taketh his begynnyng of the lyuer, and by the beynes, whiche haue no pulse, spreadeth into all the hole bodie.

**Vitall,** whiche procedeth from the herte, and by the artires oz pulses is sent into all the hole bodie.

**Animall,** whiche is ingendzed in the braine, and is sent by the senewes, thozoughout the bodie, and maketh sence oz feelyng.

**Annexed to thinges naturall.**

**Adolescencie** to .xxv. yeares hot and moisk, in the whiche tyme the bodie groweth.

**Juuentute** vnto .xl. yeares hot and drie, wherein the body is in perfect growth.

**Senectute,** vnto .lx. yeres, colde and drie, wherein the hodge beginneth to decrece.

**Age**

**Agē be. liii.**

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

Colour.

Of inwarde causes.

Of outward causes.

Coler of inward causes	}	Of equalitee of humours, as he that is redde and white.	} dooe betoken dominion of heate,
		Of inequalitye of humours, wherof doe procede black, fallow, pale, oz white onely.	
		Redde.	
		Blacke.	
		Salowe.	
		White, colde of fleume.	
}	Pale colde melancolie.	}	
	Redde, abundance of bloud.		
	Salowe. choler citrine.		
	Blacke, melancholie oz choler aduste.		

Colour of outward causes.	}	Of colde oz heate, as Englishe men be white, Mo:riens be blacke.
		Of thinges accidentall, as of feare, of anger, of sorrow, oz other like motions.

### The fyrste

**Coloure of heare.** {  
Blacke, either of aboundaunce of cholere inflamed, or of muche inscendyng or aduersion of bloud.  
Redde heare, of muche heate not aduste.  
Gray heares of abundance of melancholy.  
White heares of the lacke of naturall heate, and by occasion of fleume putrified.

All the residue concernyng thynges naturall contened in the Introduction of Joannitus, and in the littell craft of Galene, I purpose to passe over for this time, for as muche as it doth require a reader hauyng some knowlage in philosophie naturall, or els it is hard and tedious to be vnderstand. Moreover this, whiche I haue wrytten in this first table, shalbe sufficient to the conseruacion of helth, I meane with that whiche now foloweth in the other tables.

### The second Table.

Thynges not naturall be so called, because they be no porcion of a natural bodie, as they be, whiche be called naturall thynges, but yet by the temperaunce of them the bodie beyng in health, so consisteth, by the distemperaunce of them, sicknesse is induced, and the bodie dissolued.

The fyrste of thynges not naturall, is ayre, whiche is properly of it selfe, or of some materiall

viall cause or occasion good or yll.

**T**hat whiche is of it selfe good, hath pure vapours, and is odouriferous.

**A**lso it is of it selfe, swift in alteration from hot to cold, wherin the bodie is not muche provoked to swete for heate, ne to chyll for vehemencie of colde.

**A**yre 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 howre from it. for the necessitee of breathyng and fetchyng of wynde.

**T**he causes wherby the ayre is corrupted, be specially foure.

Influence of sundrie sterres.

Great standyng waters neuer refreshed.

Carraine lyng longe about ground.

Muche people in smal roume lyng vncleanely and stuttyshely.

Wynd bringyng  
holsome ayre.

North, whiche prolongeth lyfe, by expulsiyng yll vapours.

East is temperate & lusty.

Southe corrupteth, and maketh yll vapours.

Weste, is very mutable, whiche nature doth hate.

windes bringyng  
yll ayre.



## The fyrste

**¶** Meate and dzyrke.

**¶** In meate and dzyrke we muste consider sixe chynge.

Substaunce.

Quantitee.

Qualitee.

Custom.

Time.

Order.

**¶** Substaunce, some is good, whiche maketh good iuyce and good bloud, some is yll, and in sendzeth yll iuyce and yll bloud,

Meates and dzyrkes makynge good iuyce.

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

**¶** Egges of fesauntes, hennes, oz partriches newe laied, poched, meane betwene reere and harde.

**¶** Milke new milked, dzyrke fasting, whers in is sager oz the leaues of myntes.

**¶** Fesauntes.

Partriches oz chickens.

Lapons oz hennes.

Byrdes of the feeldes.

Fishe of fone ryuers.

Meale suckyng.

Dozke young.

Wiese not passyng thye yeres.

Dygeons.

Menison of redde dere.

Deafe potage with myntes.

**¶** Fete

Feete of swyne or calues.

Fygges rype, before meales.

Rapsons,

Bourage.

Languedeblese.

Bersely.

Myntes.

Ryce with almonde mylke,

Lettyle.

Cykozie.

Grapes.

Wines good moderately taken, well fined.

Ale and bere sixe daies olde, cleane brewed,  
and not stronge.

Myzth and gladnesse,

The lyuer and Braynes of hennes and chykenes,  
and yong geese.

Meates and drinckes makyng yll wyce.

Olde biese.

Olde mutton.

Geese olde.

Swanne olde.

Duckes of the kanell.

Inward of beastes.

Blacke puddynges.

The hert, liuer, and kydnels of all beastes.

The braines and mary of the backebone.

Wood culuers.

Shell fishe, except crenise de eau douce.

Cheese hard.

Apples and peares muche bled.

Fygges and grapes not rype.

All ryme herbes, except lettise, bozage,

L iii and

**The fyrste**

and Lykozic.

**Onyons,** } **Immoderately vled, spes**  
**Garlyke,** } **cially in Cholerike sto**  
**Leekes,** } **mackes.**

**Wyne in muste or sorwe.**

**Feare, sorowe, and penitfenesse.**

**Meates ingendryng choler.**

**Garlyke.**

**Onyons.**

**Rokat.**

**Herlis.**

**Leekes.**

**Mustarde.**

**Pepper.**

**Honye.**

**Wyne muche dzunken.**

**Swete meates.**

**Meates ingendryng fleume.**

**All clymte and cleauyng meates.**

**These new.**

**All fishe, specially in a fleumatik stomack.**

**Inwardes of beastes.**

**Lambes flethe,**

**The syne w partes of flethe.**

**Skynnes.**

**Haynes.**

**Lunges.**

**Rapes.**

**Lucumbers.**

**Replecion.**

**Lacke of exercise.**

**Meat**

Meates ingendryng melancholy.

Biefe.

Gotes fleſhe.

Hares fleſhe.

Bores fleſhe.

Salte fleſhe.

Salte fyſhe.

Colewortes.

All pulſe except white peason.

Browne breade courſe.

Thicke wyne.

Blacke wine.

Olde cheſe.

Olde fleſhe.

Great fyſhes of the ſea.

Meates meakyng thicke iuyce.

Rye breadde.

Muſte.

Bread without leauen.

Lake breadde.

Sea fyſhe great.

Shell fyſhe.

Biefe.

The kydneis.

The lyuer of a ſwyne.

The ſtones of beaſtes.

Mylke muche ſodden.

Rapes.

All rounde rootes.

Lucumbers.

Sweete wyne.

Deepe redde wyne.

Garlyke.

## The fyrste

Muskarde.  
Origanum.  
Hylope.  
Basil.  
Fenell.  
Cheese.  
Egges fried or hard.  
Cheiken nattes.  
Rauens.  
Figges grene.  
Appals not rype.  
Pepper,  
Rohat,  
Leekes. } much used.  
Onyons.

### ¶ Meates which do hurt the teeth.

¶ Very hotte meates.  
Nattes.  
Swete meates and dypnes.  
Radithe rootes.  
Harde meates.  
Mylke.  
Bytter meates.  
Muche vompte.  
Leekes.  
Fylthe fatte.  
Lymons.  
Colewoytes.

### ¶ Meates which do hurt the eyes.

¶ Drunkennesse.

Leekes

Lecherp.  
 Muste.  
 All poulse.  
 Swete wyne and thicke wines.  
 Hempte sede.  
 Very salt meates.  
 Garlyke.  
 Onyons.  
 Colewortes.  
 Radyche.  
 Readyng after supper immediately.

**C** Makyng great opilacions.

**C** Thicke mylke.  
 All swete thinges.  
 Rye breadde.  
 Swete wyne.

**M** eates inflatyng oz wyndp.

**C** Beanes.  
 Luppnes.  
 Ticer.  
 Mille.  
 Cucumbers.  
 All iuyce of herbes.  
 Fygges dry.  
 Rapes.  
 Rauens raw.  
 Mylke.  
 Hony not well clarified.  
 Muste.

**C** hinc

## The second

Thynge good for  
the head.

**C**ucubes.  
Galingale.  
Lignum aloes.  
Maiozam.  
Baulme mintes.  
Gladen.  
Putnegges.  
Muske.  
Rosemary.  
Roses.  
Piony.  
Hilope.  
Spyke.  
Camomyl.  
Bellilote.  
Rex.  
Frankynsence.

Thynge good for  
the herte.

**C**ynamome.  
Saffron.  
Cozall.  
Cloues.  
Lignum aloes.  
Perles.  
Macis.  
Baulme mintes.  
Myzabolanes.  
Muske.  
Putnegges.  
Rosemary.

The bone of the hert,  
of a redde deere.

Maiozam.  
Bugloffe.  
Bourage.  
Setuall.

Thynge good for  
the liuer.

**M**ozmwoode  
With wynde.  
Agrymony.  
Saffron.  
Cloues.  
Endyue.  
Lyuerwozte.  
Lykoz.  
Plantayne.  
Dragons.  
Reasons great.  
Saunders.  
Fenell.  
Violettes.  
Rosewater.  
Lettise.

Thynge good for  
the lunges.

Elycampane.  
Hyslope.  
Scabiose.  
Likoze.  
Raysons.  
Maidenheare.

Benidies.  
Almondcs.  
Dates.  
Distaces.

Chynges good for  
the eyes.

Eye b. yght.  
Fenell.  
Merum.  
Roses.  
Celandine.  
Agrimony.  
Cloues.  
Colde water.

Chynges good for  
the stomake.

Myrabolanes.

Nutmegges.  
Organum.  
Pistaces.  
Quynces.  
Olybanum.  
Wormwode.  
Saffron.  
Cozall.  
Agrimony.  
Fenmitory.  
Galingale.  
Cloues  
Lignum aloes.  
Mastix.  
Minte.  
Spodium.

The innermost skynne  
of a hennes gyfar.

Coziander prepared.

## THE SECONDE BOOKE.

of Quantitie. Cap. 1.



**H**E QVANTITIE  
of meat must be porcioned af-  
ter the substance and qualitie  
therof, and accordynge to the  
complexiō of him that eateth.  
First it ought to be remēbred,  
that meates hotte and moist,  
which are qualities of the blud  
are sone turned into blud, & therfoze much nour-  
isheth the body. Some meates do nourysh but  
lyttell



## The second

littel, haupng lyttell conformitie with blouddē in their qualities. Of them whiche do nourishe. Some are moze grosse, some lighter in digestion. The grosse meate ingendzeth grosse bloude, but where it is wel concoct in the stomake, and well dygested, It maketh the fleshe moze firme, and the officiall membzes moze stronge, than fyne meates. Wherefoze of men, which vse much labour oz exercise, also of them, which haue very choleryke stomackes, here in Englande, grosse meates may be eaten in a great quātitē: and in a choleryke stomacke biese is better digested thā a chickens leg, for as muche as in a hot stomack fyne meates be shortly aduste and corrupted. Contrariwise in a colde oz fleumatik' stomake grosse meate abydeh long vndygested, and maketh putrifid matter. light meates therfoze be to suche a stomake moze apte and conueniente. The temperate body is beste nourished with a littel quantitie of grosse meates: but of temperate meates in substance & qualitie, they maie safely eate a good quantitie. Forlene alwaie that they eate without gourmandyse, oz leaue with some appetite. And here it wold be remembzed, that the choleryke stomake doth not desire so muche as he maie digeste, the melancholy stomake may not digeste so muche as he desyzeh: for colde maketh appetite, but naturall heate concocteth oz boyleth. Not withstanding vnaturall oz supernaturall heate destroieth appetite, and corrupteth digestion, as it appereth in feuers. Moreover frutes and herbes, specially raw, woulde be eaten in a small quantitie, although

though the person be verie cholericke, forasmuch as they do ingender thynne watry bloude, apt to receiue putrifaction, whiche although it bee not shortly perceiued of hym that vseth it, at length they fele it by sundry diseases, which are long in commynge, and shortly sleeth, or be hardly escaped. Finally excesse of meates is to bee abhorred. For as it is saied in the booke called Ecclesiasticus, In muche meate shal be sickness, and inordinate appetite shal approche vnto cholera. Semblably the quantitee of drynke woulde be moderated, that it excede not nor bee equall vnto the quantitee of meate, specially wyne, whiche moderately taken, aydeth nature, and comforteth hir, and as the saide author of Ecclesiasticus saith, Wyne is a reioycing 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 comodious or profitable.

Eccle. 31

17.

Eccle. 31

Gal. de

cuenda

sanitate.

Eccle. 31

### Of Qualitee of meates. Cap. 2.

**Q**ualitee is in the complexion, that is to saie, 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 therto in fourme and degree. But that whiche exceedeth much in distemperance, muste be reduced to his temperance, by that whiche is contrary to hym in fourme or qualitee, but like in degree moderately vsed. By fourme is vnderstand grossnesse, finenesse,

## The second

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

### Of Custome.

**C**ustome in feedyng is not to be contempned, or littell regarded: for those meates, to the which a man hath ben of long time accustomed, though they bee not of substaunce cominendable, yet do they sometyme lesse harme than better meates, whereunto a man is not vsed. Also the meates & drynkes, which do much delite him that eateth, are to be preferred before that whiche is better, but moze vnslauery. But if the custō be so pernicious, that it nedes must be left, than wold it be withdrawen by littell and lyttell in time of helth, and not of sicknesse. For if it shuld be withdrawen in tyme of sykenesse, Nature shuld susteine treble detriment. first by the grieffe induced by sicknesse, second by receyuyng of medicines, thyrde by forbearyng the thyng, wherin she delyteth.

Hipocra  
tes apho  
Galenus

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

**T**o kepe the body in good temper, to them whose naturall complexiō is moist, ought to be giuē meates that be moist in vertue or power. Contrariwysse to them, whose naturall complexion is dry, ought to be geuen meates dry in vertue or power. To bodyes vn-temperate, suche meates or drynkes are to be gi-  
uen,

ben, which be in power contrary to the distem-  
perance, but the degrees are alway to be consy-  
dered, as wel of the temperance of the bodie, as  
of the meates. For where the meates doo much  
exceede in degree the tēperature of the body, the  
anoy the body in causyng distemperaunce. As  
hotte wyne, pepper, garlike, onions, and salte,  
be noyfull to them, whiche be cholericke, because  
they be in the highest degree of heat and drythe,  
aboue the iust temperaunce of mannes bodie in  
that cōplexion. And yet be they oftentimes hol-  
some to them, whiche be fleumatike. Contrari-  
wise, colde water, colde herbes, and colde frutes  
moderately vsed, be holsome to cholericke bodies  
by puttyng away the heate, excedyng the natu-  
rall temperature: and to them, whiche be fleu-  
matike, they be vnholsome, and doo brynge into  
them distemperaunce of colde and mesty.

What distemperaunce happeneth by the ex-  
cesse of sundrie qualitees in meates  
and drinkes. Cap. 5.

Meates.	{	Colde doo congele and mortifie.
		Moist, do putrifie and hasten age.
		Dry, sucketh vp naturall moistured
		Clammy, stoppeth the issue of vas- pours and brine, and ingendzeth tough fleume and grauel.
		Fatte and oily, swimmeth longe in the stomake, and bringeth in loths- somesse.
		Bitter, doeth not nourishe.
		Salte, do fret much the stomake.

**The seconde**

**Harrishe**, lyke the taste of wylde  
fruites, doo constipate and re-  
straine.

**Sweete**, chaufeth the bloud, and  
causeth opilacions or stoppyn-  
ges of the poyes and conduites  
of the body.

**Dower** cooleth nature, and haste-  
neth age.

**What commoditee** happeneth by the mos-  
derate vse of the saied qualitees of  
meates and drinckes. Cap. 6.

**Colde** asswageth the burnyng of  
choler.

**Moyste**, humecteth that whiche is  
dried.

**Drye**, consumeth superfluous  
moysture.

**Clammie**, thicketh that whiche is  
subtill and persyng.

**Bitter**, clenseth and wipeth of, als  
so mollifieth and expelleth fleme.

**Salte**, relenteth fleume clammy,  
and dzyeth it.

**Fatte** and vinctuous, nourissheth  
and maketh soluble.

**Stiptike** or rough on the tongue  
bindeth and comfozteth appetite

**Sweete** doth clense, dissolue, and  
nourishe.

**Meates.**

Of fruites. Cap. 7.

**F**Or as much as befoze that tillage of cogne was inuented, & that deuourynge of fleshe and fishe was of mankind vbled, men vns doubtedly liued by fruites, and Nature was therewith contented and satisfied, but by change of the diet of our progenitours, there is caused to be in our bodies suche alteracion from the nature, which was in man at the beginnyng that now all fruites generally are noyfull to man, and doo ingender yll humours, and be oft times the cause of putrifid feuers, if they bee muche and continually eaten. Notwithstans dyng vnto them, which haue abundance of choler, they be sometime conuenient, to repress the flame, whiche procedeth of choler. And some fruites, whiche be strytkis oz byndyng in taste, eaten befoze meales, do binde the bealy, but eaten after meales, they be rather laxatiue. Now shall it not be vnerpedient, to write of some fruites parcularly, declarynge their noyfull qualitees in appeiryng of Nature, and howe they may be vbled with least detrimēt.

Of Gourdes.

**G**ourdes rawe be vnpleasant in eatynge, Gallē d. yll for the stomake, and almost neuer digested, therfoze he that will needes eatē them, must boyle them, rost them, oz frie them, euery way they be without sauour oz taste, and of their proper nature, they geue to the body golde and moiste nourishment, and that very

## The seconde

littell, but by reason of the slyppernesse of theyr substance: and because all meates, whiche be moyste of their nature, be not bindynge, they lightly passe forth by the bealy. And beyng well ordered, they will be metely concoct, if corrupcion in the stomake do not prevent them: they be colde and moyste in the second degree.

### ¶ Of Melons and Pepons.

**M**elons and pepons be almoste of one kynde, but that the melone is rounde like an apple, and the innermost parte therof, where the sedes are conteigned, is vled to be eaten. The pepon is muche greater & somewhat long, and the inner parte therof is not to be eaten: They bothe are very colde and moist, and doo make yll iuyte in the body, if they be not well digested, but the Pepon muche moze than the Melon, they doo least hurte, if they be eaten afoze meales. Albeit if they doo synde in the stomacke fleume, they be turned into fleume, if they finde choler, they be tourned into choler: Not withstandynge there is in them the vertue to clense and to prouoke vyne: they bee colde and moyste in the seconde degree.

### ¶ Cucumbers.

Salē de  
Alimentis.  
is. 2.

**C**ucumbers do not excede so much in moisture as melons, and therefore they be not so sone corrupted in the stomacke: but in some stomakes, beyng moderately vled, they doo digest well, but if they be abundantly eaten

eaten, or muche vſed, they ingender a colde and thicke humour in the veynes, whiche neuer or ſeldome is tourned into good bloud, and ſometime bryngeth in feuers. Alſo they abate carnall laſte. The ſeedes as well therof, as of melons and gourdes, beyng dyled, and made cleane from the huſkes, are very medicinable agaynſt ſickneſſes procedyng of heate: alſo the difficultee or let in piſſyng: they be colde and moyſte in the ſecond degree.

### ¶ Dates.

Be hard to digeſt, therfore beyng much eaten and not well digeſted, they annoy the head, and cauſe gnawynge in the ſtomacke, & make groſſe iuice, and ſometime cauſe obſtructions or ſtoppynges in the lyuer and ſpleane. And where there is inflamacion or hardneſſe in the body, they are vnholſome, but beyng well digeſted and temperately vſed, they nouriſhe and make the fleſhe fyſme, and alſo bindeth the bealy: olde dates be hotte and drie in the fyrſte degree: newe gathered are hotte and moyſte in the firſte degree.

### ¶ Of fygges.

**F**ygges eaten, do ſhortly paſſe out of the ſtomacke, and are ſone diſtributed into all the partes of the body, and haue the power to clenſe, ſpecially grauel, beyng in the reynes of the backe, but they make no ſubſtanciall nouryſhment, but rather ſomewhat louſe and wyndie, but by their quicke paſſage, the wynde is ſoon diſſolued. Therfore if they be ripe, they do leaſe



## The seconde

harmie of any frutes, or almost none. Dry figges and olde, are moze hotte and moyste than new gathered, but beyng much eaten they make yll bloud and iuyce, and as some doo suppose, doo ingender lice: and also annoieth the liuer & the splene, if they be inflamed, but hauyng the power to attenuate or make humours currant, they make the body soluble, and doo cleanse the raynes. Also beyng eaten afoze dinner with gyngger or pepper, or powder of time, or penitropall, they profite muche to them, whiche haue oppylacions or hard cōgeled matter in the inner partes of the body, or haue distillacions or reumes falling into the breast and stomacke. New figges are hotte and moyste: olde figges are hotte in the first degree, and drie in the seconde.

## Of grapes and raysons.

Galē de  
limen-  
is. 20.

liosc. 5.

**G**rapes doo not nourishe so muche as figges, but beyng ripe, they make not muche yll iuyce in the body: all be it newlye gathered, they trouble the bealye, and fylleth the stomacke with wynde, therfore if they 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 doo also loole, but they are harde of digestion, and yet they doo not nourishe. They which are in taste bitter or harsh, be like to them that are sowze. Raysons doo make the stomacke firme & stronge, and doo prouoke appetite, and do comfort weake bodies  
be

beyng eaten afoze meales. they be hotte in the first degree, and moiste in the second.

¶ Of Cherries.

**C**heries if they be sweet, they doo soone slip downe into the stomacke, but if they bee sowze oz sharpe, they be moze holtsome, and doo loose, if they be eaten freshe, and newly gathered: they be colde and moiste in the first degree.

¶ Of Peaches.

**P**eaches do lesse harme, and do make better iuyce in the body, for they are not so soone corrupted beyng eaten: of the iuyce of them may be made a syrope, very holtsome agaynst the distemperance of cholera, wherof procedeth a stinkyng breathe: They be colde in the first degree, and moyst in the seconde.

¶ Of Appulles.

**A**ppulles eaten soone after that they be gathered, ar cold, harde to digest, and do make yll and corrupted blud, but beyng well kept vntill the next winter, oz the yere folowyng, eaten after meales, they are right holtsome, & do confirme the stomacke, and make good digestion, specially if they be roasted oz baken, most properly in a cholericke stomacke: they ar best preserued in honny, so that one touche not an other. The rough tasted appuls are holtsome, where the stomake is weake by distemperance of heate oz muche moysture. The bitter

## The seconde

appulles, where that griefe is increased. The  
lowze 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 commodious: beeyng  
eaten at night, goeyng to bedde, without dryn-  
kyng to them, they be colde and moyste in the  
first degree.

## Of Quinces.

**Q**uinces be colde and drie, eaten afoze  
meale, they bynde and restraine the sto-  
make, that it maie not digest well the  
meate, except that they be rosted or sod-  
den, the roze taken oute and mixte 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 first degree, and drie in the  
beginnyng of the second.

## Of Pomegranates.

**P**omegranates be of good iuyce, and pros-  
fitable to the stomacke, specially they,  
whiche are sweete, but in a hotte feuer,  
they that are lowze be moze expedient and  
holsome, for than the sweete doo incende heate,  
and puffe vp the stomake.

Of

## ¶ Of peares.

**P**eares are much of the nature of appulles, but they are heuier, but taken after meate, roasted or baken, they are not vnholosome, and doo restraine and knitte the stomacke beyng ripe: they be colde and moyste in the firste degree.

## ¶ Medlars.

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

## ¶ Walnutttes.

**V**alnuttes, if they be blanched, are sup-  
posed to be good for the stomacke & some-  
what loosyng the bealy, mixt with sugar,  
they doo nourishe tēperately. Of two dry  
nuttes, as many figges, and .xx. leaues of Rew,  
with a grayne of salt, is made a medicine where-  
of if one doo eate fastynge, nothyng whiche is  
venemous may that day hurt him, and it also  
preserueth against the pestilence, and this is the  
very right Mithridate, they be hotte and dry in  
the seconde degree, after some opinions hot in  
the thirde degree, dry in the second.

## ¶ Filbers and halsyll nuttes.

They be more strong in substance than wal-  
nuttes

D v

## The seconde

nattes, wherfoze they are not so easly or soone digested. Also they do inflate the stomacke, and cause head ache, but thei ingender fatte. And yf they be rosted, they be good to restrayne reumes. Also eaten with pepper, they are good agaynst tourmentes of the bealy, and the stoppyng of vryne. They be hot and dry in the first degree.

## ¶ Of Almondes.

**T**hei do extenuate and clense without any byndynge, wherfoze they purge the breste and lunges, specially bitter almōdes. Also thei do mollife the bealy, prouoke slepe and causeth to pisse well. fiue or sixe of them eaten afoze meate, kepe a man from beyng dzunke: they be hot and moyst in the first degree.

## ¶ Of Cheskeyns.

**T**hey beyng rosted vnder the ymbers, or hot ashes, do nourishe the body strongly, and eaten with hony fastynge, doo helpe a man of the cough.

## ¶ Prunes.

**O**f the gardeyne and ripe, doo dispose a man to the stoole, but they doo bynge no maner of nourishment. To this fruite like as to figges this propertie remaineth that beyng dried, they doo profite. The Damaske prune rather bindeth than looseth, and

is moze commodious vnto the stomacke: they be colde and moyst in the seconde degree.

### Of Lyues.

**C**ondite in salte lycour, taken at the beginning of a meale, doth cozrobzate the stomacke, skirreth appetite, and loseth the bealy beyng eatē with vineger. Thei whiche be ripe, are temperately hotte, they which be greene are colde and dry.

### Of Capers.

**T**hey nourishe nothyng after that they be salted, but yet they make the bealy loose, & purge geth fleume, whiche is therein contained. Also skirreth appetite to meate, and openeth the obstructions, oz stoppyng of the lyuer and splene, beyng eaten with oximel, before any other meate: they be hotte and dry in the seconde degree.

Galē de  
alimens  
tis, 2.

### Of Ozenes.

**T**he ryndes taken in a littell quantitee, doo comfort the stomacke, where it dygesteth, specially condite with sugar, and taken fastyng in a small quantitee. The iuyce of ozenges, hauyng a tost of bzeade put vnto it, with a littell powder of mintes, sugar, and a litle cinamome, maketh a very good sauce to prouoke appetite. The iuice eaten with suger in a hotte feuar, is not to be discommended. The rinde is hotte in the tyzste degree, and dry in the second. the iuice of theym is cold in the seconde degree, and dry in the first.

Herbes

## The seconde

Herbes vsed in Potage, or to  
eate. Cap. 3.

**G**enerally all herbes raw, and not sodden  
doo ingender colde and watric iuice, if  
they be eaten customably, oz in abundāce:  
albeit some herbes are moze comestible,  
and doo lesse harme vnto nature, and moderate-  
ly vsed, maketh metely good bloud.

### Lettise.

**A**mong al herbes, none hath so good iuice  
as lettise: for some men doo suppose, that  
it maketh abundance of bloud, all be it  
not very pure oz perfit: it doeth set a hot  
apetite and eaten in the euenyng, it prouoketh  
fleape, al be it, it neither doeth loose noz binde  
þ bealy of his owne propriety. It increaseth milk  
in a womans brestes, but it abateth carnall ape-  
tite, and much vsyng therof, hurteth the eie sight  
It is colde and moyste temperately.

### Colewortes and Labages.

**B**efore that auarice caused marchantes to  
fetche out of the east and southe partes of  
the world, the traffike of spice and sundrie  
drougges, to contēte the vnfaciablēesse of  
wanton appetites, Colewortes for the vertues  
supposed to be in thē, were of suche estimacion,  
that they were iudged, to be a sufficient medy-  
cine agaynste all diseases, as it may appere in  
the booke of wyle Lato, wherin he writeth of  
hys

husbandrie. But now I wyl no more remem-  
ber, than shall be required, in that whiche shall  
be vled as meate, and not pure medicine. The  
iuiice therof hath vertue to pouрге: The holle  
leaves beyng halfe sodden, and the water pow-  
red out, and they beyng put eftsones into hotte  
water, and sodden vntill they be tender, so ea-  
ten they doo bynde the bealy. Some do suppose  
if they be eaten raw with vineger befoze meate,  
it shall pzeferue the stomacke from surfettyng,  
and the head from drunkennes: all be it muche  
vlyng of them dulleth the sight, excepte the eyes  
be very moyste. Finally the iuiice that it maketh  
in the body, is not so commedable, as that whi-  
che is ingendred of lettise. It is hotte in the first  
degree, and drie in the seconde.

### ¶ Of Cykozy or succozy.

**I**t is like in operation to lettise, and temper-  
eth choler wōderfully, & therfoze in al choler-  
rike feuers, the decoction of this herbe, or the  
water therof stilled, is right expedient. Sem-  
blably the herbe and rote boiled with fleshe, that  
is freshe, beyng eaten, kepeth the stomacke and  
head in very good tēper. I suppose that Sou-  
thistel and Dentdelion, be of like qualities, but  
not so conuenient to be vled of them, whiche are  
hole, because they are wilde of nature and more  
bitter, and therfoze causeth fastidiousnesse or  
lothsomnesse of the stomak. It is colde and drie  
in the seconde degree.

¶ En



The second  
¶ Endiue and Scariole.

**B**E muche like in their operacion to Likosrie, but they are more conuenient to medicine than to meate. All be it Scariole called white Endiue, hauynge the toppes of the leaues turned in and laide in the Earthe, at the latter ende of sommer, & couered, becommeth white and crisp, like to the great stalkes of cabbage lettise, whiche are in winter taken vp and eaten. And to them that haue hot stomakes and drie, they be right hollosom, but beyng to muche bled, or in very great quātitee, they ingender the humour, which maketh the cholike, thei be colde and moyste in the firste degree.

¶ Malowes.

Galē. de  
alimen-  
tis. 2.

Are not colde in operation, but rather some what warme, and haue in them a slippernesse. Wherfoze beyng boyled and moderately eaten with oyle and vineger, they make meetely good concoction in the stomacke, and causeth the superfluous mattier therein easily to passe, & clenseth the bealy. It is hotte and moyste in the first degree.

¶ White bectes.

Are also absterliue and lowseth the bealie, but much eaten, annoieth the stomacke, but they are ryght good agaynst obstructions or stoppyng of the liuer, if they be eaten with vineger or muskarde, likewise it helpeth the splene. It is colde in the fyrste degree, and moyste in the seconde.

Porflan

## ¶ Purslane.

Dothe mitigate the great heate in all the inward partes of the body, semblably of the head and eies: also it represseth the rage of Venus, but if it be preserved in salte oz bryne, it heateth and pourgeth the stomacke. It is colde in the, iii degree, and moyst in the second.

## ¶ Charuayle.

Is very profitable vnto the stomacke, but it may not susteyne very muche boylunge, eaten with vineger, it prouoketh appetite, and also vryne. The decoction therof dzunke with wyne, clenseth the bladder.

## ¶ Sozell.

Being sodden, it louseth the bealy. In a tyme 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 doeth write. And I my self haue proued it in my houlholde. The seedes therof brazed & dzounke with wyne and water, is very holsome against the colyke and frettyng of the guttes: it stoppeth fluxes, and helpeth the stomake annoied with replecio. It is colde in the thirde degree, and drie in the seconde.

## ¶ Persely.

Is very conuenient to the stomacke, & comforteth appetite, and maketh the breath sweete, the seedes and roote causeth vrine to passe wel, and breaketh the stone, dissolueth wyndes, the rootes boyled in water, and therof oximell being  
made

## The second

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

### ¶ Fenell.

Being eaten the seede or roote maketh abundance of milke, lykewise drunke with Otisane or ale. The seede somewhat restraineth flux, prouoketh to pisse, and mitigateth frettinges of the stomacke and guttes, specially the decoction of the roote, if the mattier, causynge frettyng, be colde, but if it be of a hotte cause, the vse therof is dangerous, for inflamacion or exulceracion of the raines or bladder. It is hot in the thyrde degree, and drie in the first.

Galen.  
simpli.  
de medi  
cament.  
li. 3. ca.

74

### ¶ Anyse seede.

Maketh sweet breath, prouoketh vrine, and driueth downe thynges cleauyng to the raines, or bladder, stirreth vp courage, and causeth abundance of milke. It is hotte and drie in the thyrde degree.

### ¶ Beanes.

They make wynde, how so euer they bee ordered: the substance, which they doo make, is spungy, and not firme, all be it they be absteriue, or clenlyng the body, they tary longe, er they be digested, and make grosse iuice in the body: but if onions be sodden with them, they bee lasse noyfull.

### ¶ Peasyn.

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

nourishyng, the huskes taken awaie. And the  
broth, wherin 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  
therfore beyng muche eaten, if they be not  
perfectly concoct in the stomake, they doe  
make crude or rawe iuice in the veynes.

Also if they be not well boyled, they cause wyn-  
des, and annoie the stomacke, and make some  
tyme frettynges: If they be well boyled fyrst in  
cleane water, and that beyng caste awaie, the  
second tyme with fatte fleshe, they nourishe mu-  
che, and doe neyther loose nor bynde the bealie.  
But Nauewes dooe not nourishe so muche as  
rapes, but they be euen 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 eat, beyng tem-  
perately vled, and be conuenient vnto them,  
whiche haue putrifid matter in their brestes  
or lunges, causyng them to spitte easily, but be-  
yng muche and often eaten, they make rawe  
iuice and wyndinesse.

Parshnepes and Carrettes.

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

Gal. sup.  
medl.  
lib. 7.

## The second

lesse than parsnepes, the one & thother expelleth  
brine. **Radyshe rootes.**

ir. Aegi  
ta.  
lofc.  
p. 7. de  
imentis.  
Have the vertue to extenuate or make thinne,  
and also to warme. Also they cause to breake  
wynde, and to pyssle: beyng eaten afore 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  $\mathfrak{F}$ , among diuerse other, by experi-  
ence haue proued it: Notwithstandyng they be  
vnholosome for them, that haue continually the  
goute, or peine 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 holosome to diuers purposes,  
specially in the bodie, wherin is grosse matter,  
or muche colde inclosed, if it be sodden vntyll it  
looseth his tartnesse, it somewhat nourisheth,  
and yet looseth not his propertee, to extenuate  
grosse humours, beyng sodden in mylke, it pros-  
fiteth much against distillacions from the head  
into the stomake.

### Onyons.

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

foundly.

¶ Leekes.

Be of yll iuyce, and do make troublous diseases, but they do extenuate and cleanse the bodie, galer cap. 1 and also make it soluble, and prouoketh vrine. Moreouer it causeth one to spitte out easily the fleume, whiche is in the breast.

Sauge.

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

Slope.

Doeth heate and extenuate, wherby it digesteth flymie fleume: beeyng prepared, with fynges, it pourgeth fleume downward, with honny and water vpyward, boyled in vineger it helpeth the tooth ake, if the teeth be washed therewith, it is hotte and drie in the third degree.

Bourage.

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

¶ ii

Sauer

## The second

### Sauery.

Pourgeth 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 drie in the third degree.

### Peniroyall.

Doeth extenuate, heate, and decoct, it refourmeth the stomake oppressed with fleume, it doth recomfort the faynt spyzite, it expelleth melancholy by siege, and is medicinable against manie diseases. It is hot and drie in the thyzd degree.

### Cowncresses.

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 thyzd degree.

### Rosemary

Hath the vertue to heate, and therefore it dissolueth humours congeled with colde: It helpeth against palseis, falling sicknesse, old diseases of the breast, tourmentes or fretting, it prouoketh brine and sweat: it helpeth the cough taken with pepper and hony, it putteth awaie tooth ake, the roote beyng chewed, or the iuyce therof put into the

the toothe, beyng bourned, the fume therof resisteth the pestilence: the rinde 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 bzuised, doe stoppe the hemoroides, if they be layed vnto them: That herbe is hotte and drie in the third degree.

Spices growynge 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 perceth downward, and doth not spreade into the veynes, if it be grosse beaten, it dissolueth fleume and wynd, it helpeth digestion, expulseth vrine, and it helpe th againste the diseases of the breast, 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 mouth 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 second

### Saffron

Somewhat bindeth, heateth, and comforteth the stomake, and the hert specially, and maketh good digestion, beyng eaten or drunke 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 dissolue superfluous humours. They be hot and drie in the third degree, sodden with milke, it comforteth the debilitie of nature.

### Naces.

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

### Nutmugges.

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

### Of breade. Cap. ii.

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men  
2.

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

well moulded, and moderately baken, is the moste holsome to euey age. The greatestt loues do nourishe moste faste, for as muche as the fyze hath not exhausted the moisture of them. Hotte bread slowly passeth. Barlie bread clenseth the bodie, and dooeth not nourishe so muche as wheate, and maketh colde iuyce in the bodie.

## Of fleshe. Cap. 12.

**B**ese of Englande to englishemen, whiche are in healtie, byngeth stronge nourysheynge, but it maketh grosse bloud, and ingendzeth melancoly, but beyng of yong oxen, not exceedynge the age of fowze yeares, to them whiche haue cholericke stomackes, it is moze conuenient than chickens, and other lyke fine meates.

## Swynes fleshe.

Above all kyndes of fleshe in nourisshyng the body, Galen most comendeth porke, not beyng of an olde swine, and that it be well digested of him that eateth it. For it maketh best iuyce, if is moste conuenient for yong persons, and them whiche haue susteyned muche labour, and therewith are fatigate, and become weake. Yong pigges are not commended, befoze that they be one moneth olde, for they do byede muche superfluous humours.

## Lambe.

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

## The second

### Of Mutton.

Galene dooeth not commend it, notwithstanding  
de dyng experience proueth here in this realm, that  
en, if it be yong, it is a right temperate meate, and  
maketh good iuyce: and therfore it is vbled moze  
than any other meate, in all diseases. And yet it  
is not lyke good in all places, noz the Shepe whi-  
che beareth finest woll, is not the swetest in eas-  
tyng, noz the mooste tender. But I haue founde  
in some countreis mutton, which in whitenesse  
tendernesse and swetenesse of the fleshe, mough-  
t be well nigh compared to kydde, and in dyges-  
tion haue proued as holosome.

### Kyddde 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 moze pure. And here it is to be  
noted, that of all beastes, whiche be drie of their  
nature, the yongest be most holsons, of them that  
are moyste, the eldest are least hurtfull.

### Hare, Loney.

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one vis  
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9.  
1.28.  
Maketh grosse bloud, it dzieth and stoppeth, but  
yet it prouoketh a man to pyss. Loney maketh  
better and moze pure nourishment, and is sooner  
digested than hare. It is well proued, that there  
is no meate moze holosome, or that moze cleane.  
Crymely, and tēperately nourisheth than rabbets,

### Deere red and falowe.

Hippocrates affirmeth that Fleshe of hartes  
and hyndes to be of yll iuyce, hard of digestion,  
and drie, but yet it moueth vryne. Of falowe  
deere, he noz any other olde wypter doth speake  
of

of, as I remember. I suppose, bycause there be not in al the world, so many as be in England, where they consume a good parte of the best pasture in the realme, and are in nothyng profitable, sayng that of the skynnes of them is made better lether than is of calues, the huntynge of them beyng not so pleasant as the huntynge of other venery or vermine, the fleshe much more vnholsome and vnpleasant than of a red deere, ingendring melancoly, and making many feareful dreames, & dispolety the body to a feuer: if it be much eaten: not withstandyng the fat thereof (as some lerned men haue supposed) is better to be digested than the leane.

**O**f byrdes.

**T**he fleshe of al birdes is much lighter, than the fleshe of beastes in comparison, most specially of those foules which trust most to their winges, and do brede in high countreis.

**C**apons hennes and chickens.

**T**he Capon is aboue al other foules praised, for as much as it is easily digested, & maketh litil ordure, & much good nourishment. It is comodious to the brest and stomake. Hennes in wynter are almoste equall vnto the capon: but they do not make so strong nourishment. Auicen saith, if they be roasted in the bealy of a kyd or lambe, they will be the better. Chickens in sommer, specially if they be cockrels, are very conuenient for a weake stomake, & nourisheth a litell. The fleshe of a cocke is hard of digestion. but the broth, wherein it is boyled, looseth the bealy. & hauinge sodde in it colewortes

Polys

## The second

**Polypodium, or Cartamus,** it purgeth yll humours, and is medicinable against goutes joint aches, and feuers, whiche come by courses.

**Fesaunt.**

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

**Partriche.**

Of all fowles is most soonest digested: and hath in him muche nutrimente, comforteth the braine, and maketh seede of generaciō, and reneweth 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 holtsome: eaten roasted, they do much helpe against the colyke, as Dioscorides saith.

**A plouer.**

Is slowe of digestion, nowrisseth lyttell, increaceth melancoly.

**Blacke byrdes or oufys.**

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

**Sparowes.**

Be hard to digest, and are very hotte, and stiereth by venus, and specially the braines of the

wood.

**Woodcockes.**

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

**Pigeons.**

Be easily digested, and are verpe holosome to them, which are fleumatike, and pure melâcoly.

**Goose**

Is harde of digestion, but beyng yonge and fatted, the wynges be easy to digest in a hole skomke, and nouryssheth competently.

**Ducke**

Is hotter than goose, and hard to digest, and maketh wozs iuyce, sauyng the brawnes on the breste bone, and the necke, is better than the remnant.

**Crane and Bustarde.**

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

**Hearon, Byttour, Shouelar**

Beynge yonge and fatte, be lightlyer digested than crane, and the byttour sooner than the hearon, And the Shouelar soner than any of them, but all those fowles muste be eaten with muche Synger or Pepper, and haue good olde wyne drunke after them, and so shal they be moze easlyly digested, and the iuyce 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 nourysshing. Of wild foule and pigeons beyng fatte, the legges are better than the wynges, the brawnes 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 powder, is good for the stomak, in makyng 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 slowely, and maketh grosse bloud, but it is strong in nourishing.

The inwarde of beastes, as tripes.  
and chytterlynges

The fleshe of them is more harde to dygest, And therfore although thei be wel dygested, yet make they not iuyce naturally sanguine oz clene, but raw iuyce and colde, and requyrezeth a longe tyme, to be converted into bloude,

The lunges oz lyghtes.

Are more easy to dygeste than the lyuer, and lesse nouryssheth, but the nourishment, that it maketh,

maketh, is fleumatyke. All be it the lunges of a  
Fore, is medicinable for them, which haue syche-  
nesse of the lunges.

**The splene or mylt.**

Is of yll 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  
well digested, the iuyce that it maketh, is not to  
be dysprayed. **The Brayne**

Is fleumatike, of grosse iuyce, slow in dyges-  
ting, noyouse to the stomake, but where it is  
well digested, it nourisheth much.

**Marow**

Is moze delectable than the braine, it is ill for  
the stomake, but where it is well digested, it nour-  
isheth much.

**The stones and vdders.**

Being well digested, do nouryche muche, but  
the stones are hotter with their moistnesse, 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 cometh  
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 dygestion, and  
noyeth the stomake, but to them, which vse mo-  
che exercise, it is not commendable.

**The tongue.**

Is of a spongy and sangayne substance, but  
the



## The second

the keennes and gristel, whiche are in the roostes, yf they bee wel digested, they make good nourishment, yf they be not well digested, they make fleume.

### The feete.

Being wel boyled and tender, in a hole stomacke, dygesteth well, and maketh good iuyce and passeth forthe easely. Galene commendeth the feete of swyne: but I haue proued, that the feete of a yonge bullocke, tenderly sodden, and laied in towse two daies or thre, and eaten cold in the eueninge, haue brougth a choleryke stomacke into a good digestion and slepe, and therewith hath also expulsed salt fleume and cholere: and this haue I found in my self by often experience, alwaye forscene, that it be eaten befoze any other meate, without drinke immediately after it.

### Of fishe generally. Cap. 14.

The best fysh after the opinion of Galen is that, whiche swimmeth in a pure sea, and is tossed and lift vp with windes and sourses. The more calme that the water is, the worse is the fysh. They whiche are in muddy waters, do make much fleume 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 nourishe and it doo the sooner passe ouer by vapours: to a hot choleryke stomacke, or in feuers, sometyme they be holsome, being

beyng new, freshe, and not very harde in substance oz 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 nourishyng, and profiteth in them, whiche haue humours superfluous in the brest oz lunge, and lacketh rising and clesing of them, specially if it be eaten with sugar oz hony. If it be well salted, it heateth and clenseth the moze.

¶ Of Cheese. Cap. 16:

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

¶ Of Egges. Cap. 17.

**E**gges of selantes, hennes, and partriches be of all other meates moske agreable vnto nature, speciallye if they bee newe laied: if they be reere, they doe clense the throte and the bread. If they be harde, they bee slow in dygestion: but beyng ones digested, they do nourishe muche. Meane betwene reere and hard, they dygest conueniently, and nourishe quykely. Egges wel poched, ar better than rosted. If they be fryed hard, they be of yll nouryshment, and do make stinkyng fumes in the stomake, & doe corrupt other meates, with whom they be mingled. They be moske holsome, whan they be poched,  
and

## The second

and most vnholosome, whan thei be fried. Dioscorides saith, If thei be supped warme, befoze any other meate, thei do heale the grieues of the bladder, and raines, made with grauell: Also sozenesse of the chekes and throte, and spitting of bloudd: and thei be good agaynste cattares oz stillynge out of the head, into the stomake.

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

**V**ndoubtedly water hath preeminence aboue all other lycors, not onely bycause it is an elemēt, that is to say, a pure matter, whereof all other lycours haue their originall substance, but also for as much, as it was the very uatural and first drynke, to all maner of creatures. wherfoze the sayng of Pindarus the poete was euer well allowed, whiche saith, water is best. And one thyng is to well considered, that from the creation of the world, vntyll the vniuersale deluge oz floudde, durynge whiche tyme, men liued eyghte oz nyne hundred yeres, there was none other drinke vled nor known, but water. Also the true followers of Pythagoras doctrine, dranke onely water, and yet lyued long, as Appolonius, and other. and in the serchyng out of secrete and mysticall thynges, their wittes excelled. Moreover, we haue sene men and women of great age, and stronge of bodie, which neuer, oz verie seldome, dranke other drynke, than pure water: As by example, in Cornwal, although that the countrey bee in a very colde quarter, whiche proueth, that yf menne from their infancie were accustomed to  
none

none other drinke but to water only moderatesly vsed, it should be sufficient to keepe naturall moisture, and to cause the meate that is eaten to perce and discend vnto the places of digestion, which are the purposes that drinke serueth for. But now to the qualitees of water, after the sence of aũcient philosphiers and phisicians.

The raine water, after the opinion of the moste men, if it be receiued pure and clene, is most subtil and penetratiue, of any other waters: The next is that, which issueth out of a spzyng in the east, and passeth swiftly among greate stoness or rockes: The third is of a clene riuer, which renneth on great hard stoness or pebles. Ther be diuers meanes to trie out, which is the best water for that whiche is lightest in poise or weight is best. Also that, wherof commeth least skimme or froth, whan it doth boyle. Also that which wyll soonest be hot. Moreouer deepe linnen clothes into sundrie waters, and after lay thẽ to dry, and that which is soonest dry, the water wherein it was deeped is most subtil. After a great surfet, specially taken with superfluous eating of banquettyng meates, colde water dronkẽ is a generall remedy. Hippo. affirmeth, that in sharpe and feruent diseases, none other remedie is to be required than water. And Galene will not, that

children should be let from drinkyng of water, but that whan they feele them selves very hotte, after meales and do desire to drinke water, specially of a clene fountain, they should be suffered. Also Hippo. saith: In suche sickenes where as thou fearest, least the head should be vehemently

I

grise

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

## The seconde

grieved, or the minde perished, there muste thom  
geue either water, or white wyne alayed with  
much water. Notwithstandyng there be in wa-  
ter causes of diuers diseases, as of swellynge of  
the spene, and the liuer, it also flitteth & swim-  
meth, and it is long or it perreth, in as much as  
it is colde and slowe in decoction, it looseth not  
the bealy, nor prouoketh vaine. Also in this it  
is vicious, that of his propre nature, it maketh  
none ordure. Finally, alway respecte 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 somtime it profiteth: but  
to them that are feble, olde, fleumatike, or mes-  
lancoly, it is not conuenient.

Of vvyne. Cap. 19.

**P**lato, the wisest of all philosophers, doeth  
affirme, that wine moderately dronke, nor  
riseth and comforteth, as well al the body,  
as the spirites of man. And therfore God  
did ordeine it for mankind, as a remedy against  
the incommoditees of age, that thereby they  
should seeme to retourne vnto youth and forget  
heuinesse. Undoubtedly wine heateth, and moist-  
neth the body, whiche qualitees chiefly 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 propre coloure of very hotte wines, to olde  
men doth byng these commoditees. First it hea-  
geth all their membrs, also it pourgeth by vaine  
the

the watric substance of the bloud. Moreover the wines, which be pale or yelow, and full of substance, they do increase bloud, and nourishe the bodie, but for the more parte olde men haue neede of such wines, whiche doo prouoke vrinz for as much as in them doo abounde watric excrementes, or superfluites, and thei which doo tary long in the bealy, be not apt for aged men. Blacke or deepe red wines and thicke, do binde and congele that which they do finde in the bodie, and although some of them do not longe abide in the bealy, yet they moue not vrine, but rather withdrazeweth: but yet they doo harme to olde men, for as much as thei do stop the conduites of the splene, the liuer and the raynes. Also grosse wines be best for them, whiche desire to be fatte, but it maketh oppilacions: olde wyne and cleere is better for them that be siumatike, Galene also prohibiteth childzen to drinke any wyne, for as much as they be of an hotte & moist temperature, and so is wine: and therefore 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 lechery, and that parte of the soule whiche is called rationabile, it shall make troublous and dull: notwithstanding, yet it is sometime profitable to mitigate or expel ordure, made of cholere or melancholie. Also it profiteth agaynste drithe, whiche hapneth in the substance of the bodie, either by to muche labour, or by the propre temperature of age: for wine moisteth and

lib. I. de  
tuenda  
sanitate

## The seconde

nourisheth that, whiche is to drie, also mitigateth and dissolueth the sharpnesse of choler, and purgeth it also by vrine and sweat. Finally (as Theognes saith.) Much drinckynge of wyne is yll, but moderate drinckynge of wine is not onely not yll, but also commodious and profitable, which sentence is confirmed by Iesus Syrac, in the booke named Ecclesiasticus, sayng: wine moderately dronke, reioyseth 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 moderation, than in wine, considerynge that beyng good and dronke in due time and measure, it not only conserueth naturall and radical moisture, wherby life endureth, but also it helpeth the principal members, which belong to digestion, to do their office: on the other part, beyng ill or corrupt, or taken out of order and measure, it doeth contrary to al the pzemisses, besides that, it transfourmeth a man or woman, makynge them beastly. Moze of the qualitees of wine, shall be touched hereafter in the order of diete.

### Of Mylke. Cap. 26.

**M**ylke is compacte of thre substaunces, creame, whape, and cruddes. The mozte excellent milke is of a woman. The milke of a cowe is thickest, the milke 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 feedynge in large pastures, and out of fennes and Marches, is better than of them

them, whiche be fed in littell closes, oz in watrie groundes. In spryng time milke is most subtyll, and milke of yong beastes is holssomer than of old. To childzen, old men, and to them, which be oppzessed with melancoly, oz haue the flesh consumed with a feuer, thicke milke is conuenient. And generally to all 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 veines, and byngeth good nozishment. Whosoouer hath an appetite to eat or dzinke milke, to thentent that it shall not arise oz abraide in the stomacke, let him put into a vessell, out of the whiche he will receiue it, a fewe leaues of minte, sugar, oz pure hony. And into that vessell cause the beast to be milked and so dzinke it warme from the vdder, oz els let him doo as Paulus Aegineta teacheth, that is to say, boyle first the milke with an easy fier, and seeth it after with an hotter fier, and skimp it cleane, and with a sponge droped in colde water, take that cleane away, which would be burned to the vessell, than put to the milke salt and sugar, and stere it often. Moreover milke taken to purge melancholie, would be dzunke in the moznyng abundantly, new milked, as is befoze wrytten. And he that dzinketh, should abstepne from meate, and exercise, vntill the milke be digested, and haue somewhat purged the bealy. For with labour it becometh sowze: and therefore it requireth rest and watche, oz to walke very softly. Finally, where men and women

Oribasius de  
conuisione  
ciborum.  
Lib. 3.



## The seconde

be vsed from their childhood, for the more part, to mylke, and to eate none oz littell other meate but milke and butter, they appere to be of good complexion and facion of body, and not so much vexed with sicknesse, as they whiche dzyne wyne oz ale, not withstanding much vse of milk in men sanguine oz cholericke, doeth ingender the stone.

Of ale, biere, cydre, and vvhay. Cap. 21.

**I** can neither here nor reade, that ale is made and vsed for a common dzyne in any other countrey, than England, Scotland, Ireland and Poyle. The latine word *Cervisia*, is indifferent as well to ale as to biere. If the corne be good, the water holsome and cleane, and the ale oz biere well and perfittly brewed and clesed and by the space of .vi. daies oz more, setled and defecate, it must needes be a necessary and convenient dzyne, as well in sicknesse as in helthe: considering that barley corne, wherof it is made, is commended and vsed in medicine, in all partes of the world, and accounted to be of a singular efficacy in reducyng 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 *Ptylanc*, whiche is none other than pure barley brazed in a mortar, and sodden in water, the same thyng is small and cleane ale oz biere, sauing that perchance, the dzyng of the malte is cause of more dzythe to be in the ale, than in ptisane. And the hoppes in biere maketh it colder in operacion. But to say as I thinke, I suppose, that neither  
ale

ale nor biere is to be compared to wine, considering, that in them doo lacke the heate & moisture, whiche is in wyne. For that beyng moderately vsed, is mooste like 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 Cider may not be good in any condition, considering (as I say) that al fruites doo ingender ill humours, and doo coole to muche naturall heate: but to them, whiche haue abundance of redde cholera, moderately vsed it somes what profiteth in mitigation of excessiue heate. But who that will diligently marke in the countreis, whre cider is vsed for a common drinke, the men and women haue the colour of their visage palled, and the skinne of their visage riueted, although that they be yonge.

Whay, if it be left of the butter, beyng wel ordered, & not dronke, vntil it haue a thick curd of milke ouer it, like to a hatte, is a right temperat drinke, for as much as by the vntuositee of the butter, wherof the whey reteineth som porciō, it is both moist and nourishing, & clenseth the brest, and by the subtilnes of it self, it descendeth sone from the stomacke, and is shortly digested. Also by reason of the affinitee, whiche it hath with milke, it is conuertible into bloud & fleshe, specially in those persons, which doo inhabitee the northe partes, in whom natural heat is conglutinate, & therfore is of more puissaunce & vertue in thoffice of concoction. Also custom frō childe

## The seconde

Good doeth eleuate the power of meates and  
Drinkes in their disposicion, notwithstandinge  
that the .iiii. humours, sanguine, choler, fleume  
and melancholy, must also be considered, as it  
shall appere in diuers places hereafter.

Of Hony. Cap. 22.

**H**ony as well in meat as in drinke is of in-  
comparable efficacy, for it not only clenseth  
altereth and nourisheth, but also it longe  
time p̄serueth that vncorrupted, whiche  
is put into it. In so muche as Plinie saith: su-  
che is the nature of hony, that it suffreth not the  
bodies to putrefie. And he affirmeth that he did  
see an Hippocentaure (whiche is a beast halfe  
man, halfe horse) brought in hony to Clodius  
the emperour, out of Egypt to Rome. And he  
tellethe also of one Pollio Romulus, who was  
aboue a hundred yeares olde, of whome Augu-  
stus the emperour demaunded, by what meanes  
he liued so longe, and reteined styll the vigour  
or liuelinesse of body and m̄nde: Pollio answer-  
red, that he did it inwarde with meade (whiche  
is drinke made with hony and water) outward  
with oyle. Which sayng agreeth with the sen-  
tence of Democritus, the greate Philosopher:  
who beyng demaunded, how 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 hūdzd yeres  
olde and nine, prolonged his life certaine daies  
with the euaporacion of honie, as Aristoreus  
writeth. Of this excellent matter, moſte won-  
derfully wrought & gathered by the littell Bee,

as

lin. li.  
2.

as wel of the pure dewe of heuē, as of the moſte ſubtil humour of ſweet and vertuous herbes & flouers, be made licours commodious to man- kinde, as meade, metheglin, and oximell. Meade which is made with one part of hony, & foure times ſo muche of pure water, and boyled vntill no ſkimme do remaine, is muche commended of Galene, drunke in ſommer, for preſeruyng of health. The ſame authoz alwaye commendeth the vſynge of hony, eyther raw eaten with fyne bread ſomwhat leuened, or ſodden, and recey- ued as drinke. Also meade perfectly made clen- ſeth the bzeſt and lunges, cauſeth a man to ſpitte eaſily, and piſſe abundantly, and purgeth the bealy, moderately. Metheglin, whiche is mooſte vſed in wales, by reaſon of hotte herbes boyled with hony, is hotter than meade, and moze com- forteth a colde ſtomake, if it be perfectly made and not new or very ſtale. Oximel is, where to one parte of vineger is put double ſo muche of hony, foure times as much of water, & that be- yng boyled vnto the thirde parte, & cleane ſkim- med with a fether, is vſed to be taken, wherin the ſtomacke is muche fleume or matter vndiges- ted, ſo that it be not red choler. Looke the vſe therof in Alexādo tralliano. Many other good qualities of hony I omit to write of, vntil ſome other occaſion ſhall happen, to remember thein- pticularly, where they ſhal ſeme to be profitable.

Sugar. Cap. 23.

**O**f ſugar I do find none aūcient authour of Grekes or latines, to write by name, but onely Paulus Aegineta, who ſaieth  
in

Lib. 4.  
de tuen-  
da ſani-  
tate.

## The seconde

In this wise, after that he hath treated of hony, Moreover sugar, which they call hony, that is brought to vs from Arabia, called Felix, is not so sweete as our hony, but is equal in vertue, & doth not annoy the stomacke, nor causeth thirke. These be the woordes of Paulus. It is now in dayly experience, that sugar is a thyng very temperate and nourishyng, and where there is choler in the stomacke, or that the stomacke abhorreth hony, it may be vsed for hony in all thynges, wherin hony is required to be. With sugar and vineger is made tyrope acetose.

Of tyme. Cap. 24.

winter.

**I**n the consideration of tyme, for takynge of meates and drinckes, it is to be remembred, that in wynter meates ought to bee taken in greate abundance, and of a more grosse substance than in sommer, for asmuche as the exterior ayre, which compasseth the body beyng colde, causeth the heat to withdraw into the inner partes, where beyng inclosed, & gathered nigh together in the stomacke and entrailles, it is of more force to boile & digest that, which is receiued into it. Also meates roasted, ar than better than sodden, and fleshe and fish powdred, is than better than in sommer. herbes be not then comédable, specially raw, nether fruites, except quinces roasted or baked. Drink shuld be than takē in littel quātitie. Moreover wines shal neede no water, or very littel, and that to cholerike persones: red wines, & thei which be thicke and sweet, may be than most surely taken of thē, whiche haue none oppilacions, or the stone: alway remembre that  
in

In winter fleume increaseth by reason of rayne and moystnes of the season, also the lengthe of nightes and muche rest. And therfoze in that time cholerike persons ar best at ease, semblably are yong men, but to old men winter is enemy. It beginneth the .viii. daye of Nouember, and endureth vntill the .viii. day of February.

Galē in  
commēt  
in apho.  
2. lib. 3.

The spryng time doeth participate the fyrste parte with winter, the later parte with Sommer. Wherfoze if the fyrste parte be colde, than shall the diete be accor dyng to wynter. If the ende be hotte, than shall the diet be of sommer. If bothe partes be temperate, than should there be also a temperance in diete: alwaye consyde ryng, that fleume yet remaineth, & bloud than increaseth. And meate would be lesse in quantitee than in winter, and drinke somwhat moze.

Spryng  
time.  
Hippoc  
rates  
de natu  
ra hus  
mana,

Spryng time beginneth the .viii. day of Februarie, and continueth vnto the .viii. day of May. In Sommer the inward heat is but littel, & the stomacke doth not digest so strongly nor quicly, as in winter, wherfoze in that season, eatyng often, and a littell at ones, is most conueniente. And Damascenus saythe, that fastyng in sommer dzieth the bodie, maketh the colour salow, ingendzeth melancholy, and hurteth the sight: al so boyled meat, breadde steeped in white brothe, with sodden lettise, oz cycory, are than good to be vled, also varietie in meates, but not at one meale, potages made with colde herbes, drinke in moze abundance, wine alaied with water, to hot complexions much, to colde natures lesse.

Galē cō  
aph. 18  
lib. 1.  
sōmer.

Hippo.  
de hus  
morib<sup>9</sup>

In this season bloud increaseth, and towarde  
the

## The seconde

**Gal. in**  
**commēt**  
**in apho,**  
the ende thereof, choler. And therfore they, which  
be colde of nature and moyste, are than beste at  
ease, hotte natures and dry woyste: mozeouer,  
childzen, and very yonge men in the begynnyng  
of sommer, are holest, old folke in the later ende  
and in haruest. Sommer beginneth the. viii. day  
of may, & continueth vntill the. viii. day of Aug-  
ust. Autumne beginneth the. 8. day of August,  
and endeth the. viii. day of Nouember, that sea-  
son of the yere is variable, & the ayre changable,  
by occasion wherof, happen sondry sickeneses,  
bloud decreaseth and melancoly abūdeth: wher-  
fore al sommer frutes would than be eschewed,  
foz as much as they make yll iuice and windes  
in the body. In this time meat would be moze a  
bundant than in sommer, but somewhat drier:  
drinke must be lesse in quantitee, but lesse mixte  
with water. This time is dangerous to al a-  
ges, al natures, and al countreys: but the natu-  
res hotte and moyst be lest indamaged.

Diete concernynge sundry times of the yere  
vwritten by the olde phisicion Diocles  
to kyng Antigonus,

**F**rom the. xii. Day of December, at the whi-  
che time the day is at the shortest, vntil the  
ninth day of Marche, which doo continue  
lxxx. daies, reumes & moistures do encrease,  
than meates and drinckes naturally very hotte  
would be moderately vsed. Also to drinke abun-  
dantly wyne without alay oz with littell water,  
and to vse liberally the commany of a womā, is  
not vnholosome to the body.

**F**rom the ninthe daye of marche, at whiche  
time

time is Equinoctiū vernum, vnto the .xxv. day of apryll, sweete fleume and bloud doo increase: therfore vse thou thynges hauynge muche iuice and sharpe, exercise 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 all thinges that are sweete, & do make the bealy soluble, for beare carnall company with women.

¶ From the .xiiii. day of June, at whiche time the dai is at the lēgest, vnto the .xii. day of September, doth melancoly reigne, for beare carnall company, or vse it moderately.

¶ From the .xii. day of September, vnto the .xvii. day of October, doo abounde fleume and thinne humours, than would all fluxes and distillations be prohibited, than all sharpe meates and brynkes and of good iuice, are to be vsed, and carnal occupacion should than be eschewed:

¶ From the .xvii. day of October, to the .xii. day of December, increaseth grosse fleume, vse therfore all bitter meates, sweete wyne, fatte meate, and much exercise.

Of Ages. Cap. 25.

**C**hildzen would be nourished with meates and drinckes, whiche are moderately hot & moiste, not withstandyng Galene doeth prohibite theym vse of wyne, because it moysteth and heateth to muche the body, and filleth the heades of them, which are hotte and moist with vapours. Also he permitteth them in hot wether to drinck clere water of the fountaine.

Childre

Galē de  
tuen. sa.  
lib. 1.

¶ childe



## The second

Oribasius de  
arte sup.  
Lib. I.

**A** childe growyng fast in his mémbres toward a man, so that he semeth well fedde in the body, is than to be feared of fulnesse of humours, and if it be perceiued, that he is replete, than muste be with drawen and minished som parte of that nutriment, and accor dyng vnto his age, some euacuacion would be deuised, other while by exercise, walkyng vp and downe fastyng, and before that they eate any meate, lette them exercise them selues with their owne labours: & do their owne accustomed businesse, and eate the meates wher vnto thei be most vled, so that it be suche that may not hurt them. And this nede thei not to know of phisicians, but by experiēce and diligent serche by their scoole, their noyces shall perceiue what digesteth wel, and what doth not.

**B**ut if it appere that by excessiue feedyng the bealy of the child is fuller and greater than it was wont to be, and that whiche passeth by the bealy, is corrupted, or his sweate stinketh, these thynges knowen, if they eate stronge meates, geue thē not one kinde of meat, but diuers, that the noueltie of the meate may helpe, that they may goe more easily to the scoole: For if any haue an vnreasonable appetite, he is soner recovered, if he be purged by a boile or impostume comen forth and broken, before that the meate be corrupted, and after that lette him eate fine meates: and beyng ones hole, retourne by littel and littell vnto his olde custome.

Yonge  
men.

**Y**onge men, excedyng the age of. xiiii. yeres, shall eate meate more grosse of substance, colder and moyster, also salades of colde herbes, and

to

to drinke seldome wine, except it be alayd with water. Albeit, all these thynges must be tempred accor dyng to their complexions, exercyse and quietnes in liuyng, wherof ye shall rede in their propze places hereafter. Old men, in whom naturall heat & strength semeth to decay, shuld vse alway meates, whiche are of qualitee hotte and moist, and therewithall easy to be digested, and abstain vtterly from al meates & drinckes, which will engendze thicke iuice and slymy, semblably from wine, which is thicke, sweet, and dark red wines, and rather vse them, whiche will make thin humours, and wil purge wel the bloud by vyne, therfoze white oz yelow wyne, and per chance frenche claret wyne are for them very commendable. Also wyne pzeared with pure hony clarified, wherin rootes of persly oz fenell be steped, specially if they suspect any thyng of the stone oz goute. And if they more desire to clense their raine and bladder: than it is good to vse small white wine, as racked renish wyne, oz other lyke to it. And sometime to keepe ouer night therein a persely roote slyt, and somewhat brysed, and a littell licorice. Finally, let them beware of all meates that will stoppe the pores, and make obstructions oz opilacions, that is to say, with clammy matter stoppe the places, where the naturall humours are wrought and digested, the whiche meates I haue befoze sette in a table. But if it chaunce them, to eate any suche meate in abundance, lette them take shortly suche thinges, as doo resist opilacions, oz resolue them. As white pepper, brysed and myrte

Old me

Paulus.  
Aegine.  
lib. 1. ca.  
23.

Opilacions  
what  
they are.

nota

## The second

myxt with theyr meates oz drinckes, garlike also oz onyons, if they abhorre them not. Alway remembre that aged men should eat oftē, and but littell at euery time, for it fareth by them, as it doeth by a lampe, the light wherof is almost extincte, which by pourynge in of oyle littell and littell, is longe kept burnyng: and with muche oyle poured in at ones, it is cleane put out. Also they must forbear all thynges whiche doo ingender melancoly, wherof ye shall reade in the table befoze: and breadde cleane without leauen, is to them vnholosome.

Moderation in diete, hauyng respect to the strength or vweaknes of the person. Ca. 26.

**N**ow here it must be considered, that although I haue writtē a general diete for euery age, yet neuerthelesse it muste be remembred, that some children & yong men, either by debilitie of nature, oz by some accidens tall cause, as sicknes, oz muche study, happen to gather humours fleumatike oz melancoly in the places of digestion, so that cōcoction oz digestion is as weake in thē, as in those whiche are aged. Semblably some olde men fynde nature so beneficiall vnto them, that their stomackes and liuers are moze stronge to digeste than the saied yonge men, some perchaunce haue muche choler remainyng in them. In these cases the saied yong men must vse the diete of olde menne, oz nigh vnto it, vntill the discrasie be remoued, haue alway respecte to theyr vniuersall complexions.

plexions, as they whiche are naturally cholericke to vse hotte thynges in a moze temperance than they, which be fleumatike, or melancholy by nature. The same obseruacion shall be to old men, sayng that age, of his owne proprietie is colde and drie, therfore the olde man, that is cholericke, shall haue moze regard to moysture in meates than the yonge man beyng of the same complexion. Foreseen alway, that where nature is offended or greued, she is cured by that, which is contrary to that, whiche offendeth or greueth, as colde by heate, heate by colde, drie by moysture, moysture by drie. In that where by nature should be nourished in a hole and temperate body, thynges must be taken, whiche are like to the mans nature in qualitie and degree. As where one hath his bodie in a good temper, thynges of the same temperance doeth nourishe him. But where he is out of temper, in heate, colde, moysture or drie, 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 only, that contraries are remedie vnto their contraries, but also in euery contrary, consideracion must be had of the proportion in quantitez.

Tymes in the day concernyng meales. Cap. 27.

**B**ESIDES the times of the yeare, and ages, there be also other times of eatynge and drinckyng to be remembered, as the sondry

Hippoc.  
aphor.  
galē in  
commē

.ap.  
. 18.  
. I.  
ilē. de  
uenda  
sanitate

## The seconde

times in the day, which we call meales, which are in numbze and distaunce, accozdyng to the temperature of the countrey and person. As where the countrey 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 contrary countreies and personages, the cause is afoze rehearsed, where I haue spoken of the diet of the times of the yere, not withstandyng here must be also consideration of exercise and rest, which doo augment or appeire the naturall disposition of bodies, as shalbe moze declared hereafter in the chapter of exercise. But concernyng the generall vsage of countreies, and admitting the bodies to the perfect state of health, I suppose that in England yonge men, vntill they come to the age of .xl. yeres, may well eate thze meales in one day, as at breakfast, dyner, and supper, so that betweene breakfast and dyner, be the space of. iiii. houres at the least, betwene dyner & supper. vi. houres, and the breakfast lesse than the dyner, and the dyner moderate, that is to say, lesse than sacietee or fulnesse of bealy, and the drinke therevnto measurable, accozdyng to the drynesse or moistnesse of the meate. For muche aboundaunce of drinke at meale, doo wneeth the meate eaten, and not onely letteth conuenient concoction in the stomacke, but also causeth it to passe faster then nature requireth, and therfoze ingendzeth muche fleume, and consequently reumes, and crudenes in the beynes, debilitae and slippernesse of the stomacke, continuall fluxe, and many other

ther incontinences to the body and membes.

But to returne to meales, I thinke breakefastes necessary in this realm, aswel for the causes befoze reherled, as also for asmuch as choler be yng seruēt in the stomacke, sendeth by fumosities vnto the bzain, & causeth hed ach, & sometime becommeth adust, & smouldzeth in the stomacke, wherby hapneth perillous sicknes, and someyme sodern death, if the heat inclosed in the stomake haue not other conuenient matter to worke on: this dayly experience proueth, and natural reaso confirmeth. Therfoze men and womē not aged, hauing their stomackes cleane without putrified matter, slepyng moderately and soundly in the nyght, and feelyng them selfe light in the mornynge, and sweete breathed, let them on goddes name breake their faste: Cholerike menne with grosse meate, men of other complexion with lighter meate: foreseen, that they labour some what befoze: semblably their diner and supper, as I haue befoze wrytten, so that they slepe not incontinent after theyr meales. And here I wil not recite the sentences of authozs, whiche had neuer experience of englishe mennes natures, oz of the iuste temperature of this realme of England, onely this counsell of Hippocrates shall be sufficient. We ought to graunt somewhat to tyme, to age, and to custome: notwithstandinge where great weyninge oz drythe, greueth the bodye, there ought the diner to be the lesse, and the lenger distance betwene diner and supper. Also muche reste, except a littell soft walkynge, that by an vpright moyng the meate beyng styred

Breaks  
fast.

Hip. ap  
hor. 18.  
lib. 1.  
Galē. de  
tuenda  
sanitate

## The seconde

may descend. This is alway to be remembred, that where one feeleth him selfe full, and greued with his dynner, or the sauour of his meat by eructaciō ascēdeth, or that his stomacke is weake by late sicknesse or much study, than it is moſte conuenient to absteine from supper, and rather prouoke him self to sleape 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 stomacke in concoction, and causeth the meat to passe faster than it would do, and the drinke being cold, it rebuketh naturall heat that is working, and the meate remainyng raw, it corrup- teth digestion, and maketh crudinesse in the veines. Wherfore he that is thirsty, let him consider the occasion. If it be of salt fleume, let him walke fayre and softly, and onely wasche his mouthe, and his threate with barley water, or smalle ale, or lye downe and sleepe a littell, and so the thyrste will passe away, or at the least bee well asswaged. If it happen by extreme heate of the ayre, or by a pure choler, or eatynge of horte spices, let him drinke a littell Julep made with cleane water and sugar, or a littell small biere or ale, so that he drinke not a greate glutte, but in a littell quantitee, let it stil downe softly into his stomacke, as he sitteth, and than let him not moue sodeinly. If the thirst be in the euenynge by eatynge to muche, and drinkyng of wine, than after the opinion of the best learned phisicians, and as I my self haue often experienced, the best remedie is, if there be no feyer, to drinke  
a good

a good draught of colde water immediately, or els if it be not peinefull for him to vomitte, to prouoke him therto with a littell warme water, and after to washe his mouth with vineger and water, and so to sleepe longe and soundly, if he can. And if in the moynng he feele any fumosities rising, than to dringe iulep of violettes, or for lacke therof, a good draught of very small ale or biere somewhat warmed, without eatynge any thyng after it.

Of diuersitee of meates eaten, vverby health is appaired.

Cap. 28.

**N**ow let this be a generall rule, that sondrie meates, beeyng diuers in substance and qualitee, eaten at one meale, is the greatest enemy to health that may be, and that which ingendzeth most sicknesses, for some meates beeyng grosse & hard to digest, some fine and easy to digest, do require diuers operations of nature, and diuers temperatures of the stomacke, that is to say, much heate and temperate heate, whiche may not be together at one tyme. Therfore whan the fyne meate is sufficiently boyled in the stomacke, the grosse meate is raw, so both iuices, thone good and perfite, thother grosse and crude, at one time digested, and sente into the veynes and body, nedes must helth decaye, and sicknesses be ingedzred. Likewise in diuers meates beeyng of diuers qualities, as wher some are hotte and moist, some cold and moist,



## The seconde

Some hotte and drie, some colde and drie, accors  
Dyng therunto shall the iuice be diuers, whiche  
they make in the bodie. And like as betwene the  
saied qualitees is contrarietee, so therby shall be  
in the body an vnequall tēperature, for asmuch  
as it is not possible for man to esteeme so iuste a  
ppozcion of the qualities of that, which he recei  
ueth, that thone shall not excede thother in quans  
titee. Wherfoze of the saied vnequall mixture,  
nedes must ensue cozruption, and consequently  
Sicknesse. And therfoze to a hole man, it wer bet  
ter, to feede at one meale competently on very  
grosse meat only, so that it be sweet, and his na  
ture do not abhorre it, than on diuers fine mea  
tes, of sundrie substance and qualitees. I haue  
knowne and seene olde men, and olde women,  
which eatyng only biefe, baken, chese, or curdes,  
haue continued in good health, whome I haue  
proued, that whan they haue caten sondrie fine  
meates at one meale, haue soone after felt them  
self greened with frettynges and head ache, and  
after that they haue ben hole againe, there hath  
been geuen to them one kinde of light meate,  
they haue done as well therwith, as they were  
wont to do with grosse meates, whan they eate  
it alone, which proueth to be trus that whiche I  
haue reherled. And it is good reason, for after  
the generall opinion of philosophers and phisic  
ians, the nature of mankinde is beste contente  
with thinges most simple and vnmixt, all thin  
ges tending to vnitee, wherin is the onely per  
fection. Also it is a generall rule of phisike, that  
where a sicknesse may be cured with simples,  
that

that is to say, with one onely thyng, that is me<sup>d</sup>  
dicinable, there should the phisicion geue no co<sup>m</sup>  
pounde medicine mixte with many thynges.

These thynges considered, it may seeme to all  
men, that haue reason, what abuse is here in this  
realme in the continual gourmandise and daily  
feedyng on sondrie meates at one meale the spi<sup>r</sup>  
rite of gluttony, triumphyng amonge vs in his  
glorious chariot, called welfare, druyng vs as  
foze him, as his prisoners, into his dungeon of  
suffret, where we are tormented with catarres,  
feuers, goutes, pleuresies, frettyng of the gut<sup>t</sup>  
tes and many other sickneses, and finally cru<sup>e</sup>  
elly put to death by them, oftentimes in youth, or  
in the most pleasant time of our life, whan we  
would most gladly liue. For the remedy wherof  
how many times haue there been deuised ordi<sup>n</sup>  
nances and actes of counsaile: although per<sup>s</sup>  
chance bodily health was not the chiefe occasi<sup>o</sup>  
on therof, but rather prouision against vayne  
and sumptuous expenses of the meane people.  
For the nobilitie was ex<sup>e</sup>pted, and had libertie  
to abyde still in the dungeon, if they would, and  
to liue lesse while than other men: But whan,  
where, and how longe were the saied good de<sup>s</sup>  
tales put in due execution, 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 longe will men fantasie lawes and good  
ordinances, and neuer determine them. Fana<sup>s</sup>  
tasie procedeth of witte, determinacion of wis<sup>d</sup>  
doine, witte is in the denyng and speakyng,  
but

Gluttony  
is.

## The seconde

but wisdom is in the perfourmanee, which respecteth 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 feruent loue that I haue to the publique weale of my countrey, constrained me to digresse, somewhat from my matter: but now will I procede forth to write of order, whiche in takynge of meates and drinckes, is not the least part of diete.

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

**H**erbes as well sodden, as vnsodden, also fructes, which doo mollifie and loose the bealy, ought to be eaten before any other meate, except that sosome for the respectynge of fumosities, risynge in the headd by muche drinlynge of wyne, rawe lettysse, or a cold appull, or the iuice of ozenges or lymons maye be taken after meales in a littel quantite. Moreover all brothes, milke, reere egges, and meates whiche are purposely taken to make the bealy soluble, would first be eaten. Al fructes and other meates, that are stiptike or bindynge, wolde be eaten last after all other. fructes confectionate specially with honny, ar not to be eaten with other meates. But here it is to be diligently noted, that where the stomacke is cholerike and stronge, grosse meates wold be first eaten, where the stomacke is cold or weake, there would fine meates be first eaten: for in a hot stomacke, fine meates are bourned, while the grosse meate is  
digestynge,

Digestyng. Contrary wise in a cold stomake, the  
 littell heate is suffocate with grosse meate, & the  
 fine meate leste rawe, for lacke of concoction,  
 where if the fine meate be first taken moderatly  
 it stereth vp and comforyteth naturall heate, and  
 maketh it moze able to concoct grosse meates if  
 thei be eatē after ward: so that it be but in small  
 quātite: notwithstandinge, as I late affirmed,  
 one maner of meate is mozte sure to every com-  
 plexion, for esene that it be alway mozt cōmonly  
 in conformitie of qualities, with the person that  
 eateth. Moreouer take hede that slipper meates  
 be not first eaten, lest it drawe with it to hastily  
 other meates, er thei be digested, nor that stiptik  
 or restraynyng meates, be takē at the beginnyng  
 as quinces, peares, and medlars, lest they may  
 let other meates, that they discende not into the  
 bottome of the stomacke, wher they shuld be di-  
 gested, not withstandinge the confection made w<sup>th</sup>  
 the iuyce of quinces, called Dacptonites taken  
 two houres afoze dinner or supper, is cōmeded  
 of Galene, and other, for restoryng appetite, and  
 makyng good concoctiō. Also concerning drink **Drinke**  
 at meales, it would not be afoze that somewhat **at meas**  
 were eatē. And at the beginning the drink wold **les.**  
 be strongest, & so toward thende moze smal, if it  
 be ale or biere, & if it be wine moze & moze alaid  
 with water. And after the better opinion of phi-  
 sicians, the drinke wold rather be mixt with the  
 meat by sondry litell draughtes, than with one  
 great draught at thend of the meale, for the mix-  
 ture tempzeth wel the meate without anoiance,  
 a great draught with much drink, downeth the  
 meate,

## The seconde

meate, rebuketh naturall heate, that than worketh in concoction, and with his weight driueth downe the meate to hastily. Hotte wynes and sweete, or confectioned with spices, or very stronge ale or biere are not conuenient at meales, for the meate is by them rather corrupted than digested, and they make hotte and stinkyng vapours ascend vpon to the braines. Albeit if the stomacke be very windy, or so cold and feble, that it can not concoct suche a quantitie of meate, as is required to the sufficient nourishment of the body of him that eateth, or hath eaten rawe herbes or fructes, wherby he feleth some annoiance, than may he drinke laste incontinent after his meale, a littell quantitee of secke, or good aqua vite in small ale, but if he haue muche choler in his stomacke, or a head full of vapours, it were much better, that he did neither drinke the one, nor the other, but rather eat a littell colliander seed prepared, or a piece of a quince roasted, or in a marmelade, and after rest, to amende the lacke of nature with slepe, moderate exercise, and plasters provided for comfortyng of the stomacke. And here will I leaue to write any more of the diete in eatyng and drinckyng, sayunge that I would, that the readers should haue in remembrance these two counsailes. Firste, that to an hole man, to precise a rule is not conuenient in diete, and that the diseases, which do happen by to much abstinence, are worse to be cured, then they which come by repletion. And Cornelius, li. i. ca. i. Celsus saith, A man that is hole and well at ease, and is at his libertie, ought not to bind him self to

Cor. cel.  
li. i. ca. i.  
idē, ca. 2

to rules or nede a phisiciō: but yet where the stomache is feble, as is of the moze part of citelēs, and well nigh al thei that be studiō<sup>s</sup> in learning or weighty affayres, there ought to be moze circumspection, that the meat may be such, as that either in qualitee or quantite, nature beyng but feeble, be not rebuked or to muche oppzessed.

Of slepe and vvatche. Cap. 30.

**T**he commoditee of moderate slepe, appeareth by this, that naturall heate, whiche is occupied about the matter, wherof proceedeth nozishment, is cōforted in the places of digestion, & so digestion is made better, or moze perfit by slepe, the body fatter, the mind moze quiete and clere, the humours temperate: and by much watche all thyng<sup>s</sup> happen contrarie. The moderacion of slepe must be measured by health and sicknesse, by age, by tyme, by emptinesse or fulnesse of the body, and by naturall complexions. First to a hole man, hauyng no debilitie of nature, and digestyng perfectly the meat that he eateth, a littell slepe is sufficient: but to them, which haue weake stomackes, and doo digest slowely, it requireth, that slepe be much lenger: semblable temperance is required in youth and age, winter and sommer. The body beyng full of ill humours, very littell slepe is sufficiēt, except the humours be crude or raw, for than is slepe necessary, whiche digeste thē better than labour. Semblably, where the body is long emptie, by longe sicknesse or abstinence, slepe comforteth nature, as wel in the principall membyes

## The second

members, as in all the other. Also regarde must be had to the complexion, for they that are hot and do eat littel, and digeste quickly, a littel slepe serueth, specially to cholerike personnes, for in them much slepe augmenteth heate, more than is necessary, wherby hot fumes and inflammacions ar often ingendred, and sometyme the naturall choler is adust or putrifid, as experyence teacheth. Pleumatike persons ar naturally inclined to slepe: and bicause they ingender much the humours, they require more slepe than sanguine or cholerike. Persons haupnge naturall melancoly, not proceeding of choler aduste, doo require very much sleape, whiche in them comforteth the powers anymall, vital, and natural, which ye may finde writē in y tables preceding. Sleape woulde be taken not immediatly after meales, and befoze that the meate is discended from the mouth of the stomarke. For therby is ingendred peines and noyse in the bealy, and digestion corrupted, and the sleape by ill vapours, ascendyng, made vnquiete and troublous: more ouer immoderate slepe maketh the body apt vnto palseis, apoplexis, fallyng sicknes, reumes, & impdiments. Also it maketh the wittes dull, and the body slowe and vnapte to honest exercise. Semblably immoderate watche drieth to much the body, and doth debilitate the powers animal, letteth digestion, and maketh the body apt to consumpcions. Wherfoze in these twoo thynges, as wel as all other, a diligent temperance is to be vsed, the moderaciō is best coniectured (for it is harde perfectly to know it) by the  
sensi

ensible lightnes of al the body, specially of the  
 braine, the browes, and the eyes, the passage  
 downe of the meate from the stomacke, the will  
 to make vrine, and to go to the stoole, contrary  
 wise, heuines in the bodie & eyes, and sauour of  
 the meate befoze eaten, signifieth that the sleape  
 was not sufficient. They that ar hole must slepe  
 first on the right side, because the meat may ap-  
 proche to the lyuer, which is to the stomacke, as  
 fyze vnder the potte, and by him is digested. To  
 them, which haue feeble digestion, it is good to  
 slepe prostrate on their bealies, or to haue their  
 bare hande on their stomackes. Lyinge vpright  
 on the backe, is to be vtterly abhozred.

The commoditee of exercise, and the time  
 vvhā it should be vsed, Cap. 31.

**E**very meuyng is not an exercise but onely  
 that which is vehement, the end wherof, is  
 alteracion of the breath or winde of a man.  
 Of exercise doo procede two commoditees,  
 euacuation of excrementes, & also good habite of  
 the body: for exercise beyng a vehement motion,  
 therof needes muste ensewe hardenesse of the  
 members, wherby labour shall the lesse greue, &  
 the body be the moze strong to labour. Also ther  
 of commeth augmentation of heate, wherby  
 happeneth the moze attraction of thynges to be  
 digested, also moze quicke alteracion, and bet-  
 ter nourishyng. Mozeouer, that all and syngu-  
 ler partes of the bodie, be therewith some-  
 what humected. Wherby it happeneth, that  
 thynges



## The second

thynges harde be mollified, molste thynges are extenuate, and the pores of the bodie are moze opened. And by the violence of the breathe or wynde, the pores are clensted, and the fylthe in the body naturally expelled. This thyng is so necessary to the p̄seruacion of helth, that without it, no man maie be longe without sicknesse, whiche is affirmed by Cornelius Celsus, sayyng, that Cuggishnes dulleth the bodie, labour doeth strenght it, the fyrst bringeth the incommodities of age shortly, the laste maketh a man long time lustie. Not withstandyng in exercise ought to be foure thynges diligently consydered, that is to say, the time, the thynges p̄cedyng, the qualitee, and the quantitee of exercise.

**F**irst as concernyng the time conuenient for exercise, that it be not whan there is in the stomacke or bowelles greate quantitee of meate not sufficiētly digested, or of humours crude or rawe, least therby perill mought insue by conueyance of them into all the membrs, befoze those meates or humours be concocte or boyled sufficiētly. Galene saieth, that the time mozte conuenient for exercise is, whan bothe the fyrste and secoude digestion is complete, as well in the stomacke, as in the veines, and that the time appochoeth to eate estones. For if ye doo exercise sooner or later, ye shall either fill the bodie with crude humours or els augmēt yelow cholera. The knowlage of this time is perceiued by the colour of the brine, for that whiche resemblyeth vnto clere water, betokeneth that the iuice whiche commeth from the stomacke, is crude in  
the

Cor. cel.  
lib. 1.

lib. 2. de  
tuenda  
sanitate

the veines: 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. Wherfore when the urine appereth in a temperate colour, not redde nor pale, but as it were gilte, than should exercise haue his beginnyng.

Of Fricasies or rubbynges preces  
dyng exercise. Cap. 32.

**A**S touchynge thynges precedyng exercise, for asmuch as it is to be feared, lest by vehement exercise any of the excrementes of the bealy or bladder, should hastily be receiued into the habite of the body, by the violence of heate, kindled by exercise, also lest some thyng which is hole, be by heuiness of excrementes or violent mocion, broken or pulled out of his place, or that the excrementes, by violence of the breathe, should stoppe the pores or cunduites of the body, it shall be necessary litle and litle, by chafyng the body, first to mollifie the partes consolidate, and to extenuate or make thinne humours, and to loose and open the pores, and than shall inue to him that exerciseth, no perill of obstruction or rupture. And to bryng that to passe, it shall be expediente after that the body is clesed, to rubbe the body with a course linnen clothe, first softly and easly, and after to increase more and more, to a harde

Galen<sup>o</sup>.  
Paulus.  
Orbasi<sup>o</sup>  
Aetius,

## The second

harde and swifte rubbing, vntill the flesh doe swell, and be somewhat ruddy, and that not onely downe right, but also ouerthwart and rounde: Some do vse fricacies in this forme, in the morning, after that they haue ben at the scoole, with their shirt sleeves or bare hande, if their flesh be tender, they doo first softly, and afterwarde faster, rubbe their breste and sides downewarde, and ouerthwart, not touching their stomacke or bealy, and after cause their seruaunt semblably to rubbe ouerthwart their sholders, and backe, and beginnyng at their neckbone, and not touching the raines of their backe, except they dooe feele ther much cold and winde, and afterwarde their legges fro the knees to the ancle: last their armes from the elbowe to the handwrest. And in this forme of fricacy I my self haue founden an excellent commoditie. Old men, or they whiche be very drie in their bodies, if they put to some sweete oyles, as Yrisum, Nardinū, Chame melinum, or other like, mixt with a littell sweet oyle of Roses, I suppose they do wel. I wil not here speake of oyntmentes vsed in olde time among the Romaines and Greekes, in fricacies or rubbinges. For I suppose, that they were neuer here vsed, and in the saide places, they 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 Hippocrates. Fricacy hath power to loose, to bynde, to increase flesh, and to minish it. For hard fricacies doo bynde or consolidate, soft rubbinges doth loose or mollifie, muche doo minish the flesh,  
means

meane rubbing doeth augment or increase it.  
 He that will knowe moze aboundantly hereof,  
 let him reade the booke of Galene of the preser-  
 uacion of helth, called in latine De tuenda sanis-  
 tate, translated mozte truely and eloquentlye,  
 out of greeke into latine, by doctour Lynacre,  
 late phisicion of mozte woortly memorie to oue  
 soueraigne lorde kyng Henry the eight.

The same mattier is wrytten moze briezely of  
 Paulus Aegineta, Oribasius, Aetius, and some  
 other late wryters, but vnto Galene not to be  
 compared.

The diuersities of exercises. Cap. 33.

**T**he qualitee of exercise, is the diuersities  
 therof, for asmuch as therein be many dif-  
 ferences in mouyng, and also some exer-  
 cise moueth moze one parte of the bodie,  
 some an other. In difference of mouynge some  
 is slowe or soft, some is swifte or faste, some is  
 strong or violent, some be mixte with strengthe  
 and swiftnesse. Strong or violent exercises bee  
 these, deluyng (specially in tough clay and heui)  
 bearyng or susteynyng of heauy burdeins, clim-  
 myng or walkyng against a steepe vpright hyl,  
 holdyng a rope, and climmyng vp therby, hanz-  
 geyng by the hande on any thyng aboue a mans  
 reach, that his feete touche not the ground: stanz-  
 dyng and holdyng vp, or spreadyng the armes,  
 with the handes faste cloased, and abidyng so  
 a longe time. Also to holde the armes stedfast,  
 sawlyng an other manne, to assaye, to pull them

## The seconde

out, and not withstandyng he keepeth his arme stedfast, inforcyng therevnto the synewes and muscles. Walkyng also with the armes and legges: if the persones 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 therfor they serue only for younge men, whiche be inclined, or be apt to the warres. Swifte exercise without violence is, rennyng, playng with weapons, tenise, or throwyng of the ball, trottyng a space of grounde forwarde and backward, goeyng on the toes, and holdyng by the handes. Also stirryng vp and downe his armes, without plummettes. Vehement exercise is compounde of violent exercise, and swifte, whan they are ioyned together at one tyme, as daunsyng of galyardes, throwyng of the ball, and rennyng after it: footeball play may be in the numbze therof, throwyng of the longe darte, and continewyng it many times, rennyng in harneysse, and other like. The moderate exercise is longe walkyng or goeyng a iourney. The partes of the bodie haue sondrie exercises appropried vnto them, as rennyng and goeyng is the mozte propre for the legges. Housyng of the armes by and downe, or stretchyng them out, and playng with weapons, serueth mozte for the armes and shoulers, stowpyng and risyng oftentimes, or lityng greate weightes, takyng by plummettes or other lyke payles on the endes of staves, and in likewyse, lityng by

in

In every hande a speare or moysespike by the ends, specially-crossyng the handes, and to laye them downe againe in their places: these dooe exercise the backe and loynes. Of the bulke and lunges the proppr exercyse is meeuyng of the breath in syngeing or cryng. The entrayles, whiche be vnderneath the myddreffe, be exercised by blowyng, either by constrainte, or playyng on shaulmes or sackboettes, or other like instrumentes, which doo require muche wynde. The muscules are best exercised with holdyng the breathe in a longe time, 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, Cels<sup>o</sup>. 7. walkyng, adde to shootyng, whiche in mine opinion exceede all the other, dooe exercise the bodie commodiously. Alway remember, that the ende of violent exercise is, difficultee in fetschyng of the breathe. Of moderate exercise, alteration of breathe onley, or the beginnyng of sweate. Moreouer in winter, rennyng and wraastelyng is conuenient. In sommer wraastelyng a littell, but not rennyng. In very colde weather, muche walkyng, in hotte weather, reste is more expedient. They whiche seeme to haue moyste bodies, and lyue in idelnesse, they haue neede of violente exercise. They whiche are leane and cholericke, muste walke softlie, and exercyse theym selve very temperately. The plummettes, called of Galene Alteres, whiche are nowe muche vled with

### The thyzde

great men, beyng of equall weight, and accor-  
dyng to the strength of him, that exerciseth, are  
very good to be vled fastyng, a littell before  
breakfast oz dyner, holdyng in euery hande one  
plummet, and lityng them downe with muche  
violence, and so he may make the exercise vio-  
lent, oz moderate, after the poyle of the plum-  
mettes, heuier oz lighter, and with muche oz lit-  
tell labouryng with them.

Of gestacion, that is to say, vwhere one is  
caried, and is of an other thyng meued  
and not of him selfe. 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 oz lyng seemeth to rest,  
and notwithstanding it is meued by that, whi-  
che beareth it, as lyng in a bedde, hangeyng by  
coardes oz chaynes, oz in a cradell, sittynge in a  
chayze, which is caried on mens shoulders with  
staues, as was the vse of the ancient Romains,  
oz sittynge in a boate oz barge, whiche is rowed,  
ridyng on a horse, whiche aumbleth very easily,  
oz goeth a very soft pace. The bedde, cradell,  
and chayze caried, serueth for them that are in  
longe and continual sickenesse, oz be lately reco-  
uered of a feuer. Also them, whiche haue the  
frenesie oz letarge, oz haue a light terciane fe-  
uer, oz a cotidiane. This exercise sweetelie as-  
swageth troubles of the mynde, and prouoketh  
slepe,

Slepe, as it appeteth in childzen, 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 moze softe,  
 the softe serueth in diseases of the head, and  
 where any mattier renneth downe into the sto-  
 make and entrailles. But the vehement shakynge  
 is to be vled in the griefes of the breast and sto-  
 make. Also in swellynge of the body and legges  
 in dropsies, palseis, migrimes, and scotomies,  
 whiche is an imaginacion of darkenesse: beyng  
 retourned, at the end of his iourney, he must sit  
 vp, and be easily moued. I haue knowen saiethe  
 Helius, many persons in suche wyse cured with-  
 out any other helpe. Nauigation or rowynge  
 nigh to the lande, in a calme water, is expedient  
 for them that haue dropsies, lepries, palseis, cal-  
 led of the vulgar people, takynge, and franlies.  
 To be caried on a rough water, it is a violent  
 exercise, and induceth sundrie affections of the  
 mynde, sometime feare, sometime hope, nowe cor-  
 ward hert, nowe 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 mixte with rest and meeuyng, if any thing  
 els may, 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 they cease, he al-  
 loweth it. Ridyng moderately and without  
 griefe, doeth corroboreate the spirite and body

Celsus. 2.



## The second

aboue other exercises, specially the stomacke, it clenseth the senses, and maketh the more quicke: All be it to the breast, it is very noysfull. It ought to be remembred, that as well this, as all other kindes of exercise, would be vsted in a hole countrey, and where the ayre is pure and vncorrupted. Forseen, that he that will exercise, doo goe first to the stoole, for the causes rehearsed in the last chapter.

### Of vociferacion. Cap. 15.

**T**he chiefe exercise of the breast and instrumentes of the voice, is vociferacion, whiche is singeyng, redyng, or cryng, wherof is the propertee that it purgeth naturall heate, and maketh it also subtyll and stable, and maketh the membris of the bodie substanciall and stronge, resystyng diseases. This exercyse would be vsted, of persons shorthe wynded, and them whiche can not fetch their breath, but holdyng their necke streight vpright. Also of them, whose fleshe is consumed, specially about the breast and shoulders. Also whiche haue had aposthumes broken in their breastes: mozeouer of them that are hoyle by the much moysture, and so them, whiche haue quartaine feuers, it is convenient: it looseth the humour that sticketh in the breast, and dryeth vp the moistnes of the stomacke, whiche proprely the course of the quartaine is wont to bypunge with him, it also profiteth them which haue feble stomakes, or doo vomite continually, or do breake vp sowzenes oute 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 voice as he can, and walkyng, begin to syng lowder and lowder, but still in a base voice, and to take no hede of sweete tunes oz armonie. For that nothyng doeth profite vnto helth of the body, but to inforce him self to syng great, for therby muche ayre drawen in by fetchyng of bzeathe, thus steth forth the bzeast and stomake, and openeth and enlargeth the poores. By high crynge and lowde readyng, are expelled superfluous humours. Therfoze me and women, hauyng 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 bzeath. But not withstandinge, this exercise is not vled alway, and of all persons. For they, in whom is abundaunce of humours corrupted, oz be muche diseased with cruditee in the stomacke and veines, those doo I counsaile to abstain from the exercise of the voyce, lest muche corrupted iuice oz vapors, may therby be into all the body distributed. And here I conclude to speake of exercise, whiche of them that desire to remaine long in helth, is mooste diligently, and as I myght 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 humours are moze in abundance, than be equall in propozion to the body, that cōteineth them, or where one humour muche exceedeth the remnant in quantitee. In qualitee, as where the bloud, or other humour, is hotter, or colder, thicker or thinner, than is conuenient vnto the bodie. First where all the humours, beyng superfluously increased, fylleth and extendeth the receptories of the body, as the stomake, the veines, and bowels, and is mozte properly called fulnesse, in greke Plethora, in latin Plenitudo. The other is, where the body is infarced, either with choler, yelow or blacke, or with fleume, or with watric humours, and is properly called in greke Cacoehymia, in latin Vitiosus succus, in englishe it may be called corrupt iuice. I wil not here wryte, the subtil and abundant definitions and descriptions of Galen in his boke de Plenitudine, and in his commentaries vpon the Aphor.

phorismes of Hippocrates. For it shal here suffice, to shew the operations of replecion, good or yll, remittynge them, whiche be curious, and desire a moze ample declaracion, to the most excellent woorkes of Galene, where he may be satisfied, if he be not determined to repugne against reason. Hippocrates saith, where meate is received muche above nature, that maketh sicknesse. Galene declaryng that place saith: moze meate than accordeth with natures measure, is named replecion. And afterward he expoundeth that woorde above nature, to signifie to muche and superfluously, as who saith, where the meate is superfluously taken, it maketh sicknesse. For meate but a littell excedynge temperance, may not forthwith make sicknesse, but may yet keepe the body within the latitude or boundes of health, for the meate that shal make sicknesse, must not a littell excede the exquisite measure. The incommoditee, whiche hapneth therby is, that moistnesse is to muche extended, and naturall heate is debilitate. Also naturall heate resolueth somewhat of the superfluous meate and drynke. And of that, whiche is resolved of meate vndigested, procedeth fumositee grosse and vndigested, whiche ascendyng by into the head, and touchyng the ryne, wherein the brayne is wapped, causeth head ache, trembling of the membrs, duskishnesse of the sight, and many other sicknesses. also by the sharpnes therof, it pricketh and annoieth the synewes, which make sensibilitie, the rootes of whome, ar in the brain, and from thens passeth through

li. 2. aph

Apho.

15.

Vbi cib<sup>o</sup>

præter

naturā

plus in-

gest<sup>o</sup> est,

hic mor-

bū facit,

Galē. in

commē.

loco præ-

dicto.

## The thyrd

all the bodie. Finally, the said fumosities ingendred of replecion, pearcyng the innermost parte of the saied sinewes, called sensible, greuoulye annoyeth the power animall, there consistyng, by the occasion wherof, vnderstandyng and reason, as to the vse of them, are let and troubled. And also the tongue, whiche is reasons expositor, is depriued of his office, as it appereth in them, whiche are dronke, and them, whiche haue greuous peynes in their head, procedyng of replecion. Signes of replecion be these, losse of appetite, delite in nothyng, slouthfulnesse, dalsnesse of the witte and senses, moze sleepe than was accustomed to be, crampes in the body, stertyng or calcion of the membrs, fulnesse of the veynes, and thicknesse of the pulses, hozroure of throuelyng of the body mixte with heate. The remedies are abstinence and all euacuacions, wherof I will make mencion in the next chapter.

Oribasius eius poristō. lib. 1.

### Of euacuacion. Cap. 2.

**T**he meates and drinckes receiued into the body, if the stomacke and liuer doo theyr naturall office, be altered by concoction and digestion, in suche wise, that the best parte therof gooeth in the nourishment of the bodie: the woorkte beyng seperate by the membrs officiall, from the residue, are made excrementes in sundrie fourmes and substaunces, whiche are lyke in qualitee to the naturall humour, whiche than reigneth moste in the bodie. These excrementes be none other, but matter

Excrementes.

lib.

superfluous, and vnſauery, whiche by naturall powers may not be conuerted into fleſche, but remainyng in the bodie, corrupte the members, and therfore nature abhorrynge them, deſyret to haue them expelled. Theſe excrementes be thre in numbze, ordure, vrine, humour ſuperfluous. Mozeouer, there be two ſortes of ordure, that is to ſay, one digeſted, whiche paſſeth by ſiege, the other vndigeſted, whiche is expelled by vomitte. Where I ſaye digeſted, I meane, that it is paſſed the ſtomacke, and tourned into an other figure. Like wiſe I call that vndigeſted, whiche ſtill reteyneth the ſygure of meate. Urine is the watrie ſubſtaunce of the blood, lyke as whaye is of mylke, whiche out of the meate that is altered and concocte oz boyled in the ſtomacke, is ſtrained in the veynes called Mſaraiſe, whiche procedeth from the holowe parte of the lyuer, and ſent by the raynes into the bladder, paſſeth by the inſtrument, the whiche is ordeined as well to that purpoſe, as for generacion. Humour ſuperfluous is in thre ſortes, eyther myxte with anie of the foure humours, called naturall, oz els it is gathered into the Brayne, oz it is betwene the ſkinneſſe and the fleſche, oz lyeth among the ſynewes, Maſcules, oz iointes. Of humours ſome are moze groſſe and colde, ſome are ſubtill and hotte, and are called vapours. Now for to expell the ſaied excrementes, are. ix. ſundrie kindes of euacuacion, that is to ſaie, abſtinence, vomit, purgacion by ſiege, lettyng of blood, ſcarilyng called cuppyng, ſweatyng,

Ordure

Digeſted

Urine.

Humour

ſuperfluous.

prouoꝝ

## The thyzde

prouocation of vryne, spittynge, bleedynge at the nose, or by hemoroides. And in womē, their naturall purgacions. Of these euacuacions I will 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 forbearynge to receyue any meate or drinke. For if it be but in part, it is than called rather temperance than abstinence. It ought to be vled onely after repleciō, as the proper remedy therfore. And than if it be moderate, it consumeth superfluitees, and in consumynge them, it clarifieth the humours, maketh the bodie fayre coloured, and not onely keepeth out sicknesse, but also where sicknesse is entred, nothyng more helpeth if it be vled in season. To them, which haue very moiste bodie, hunger is righe expedient, for it maketh them more drie: not withstandynge 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 much in excesse or very grosse, or not muche excedynge, or light of digestion, and accordyng therunto, would abstinence more or lesse be propozioned. Concernyng age: Hippocrates saith, olde men may susteine fastynge easily: next vnto thē, men of middel age, yonge men may worse beare it, children wurst of all, specially they that be lustie: not withstandynge here Galene correcteth Hippocra. sayng, that he should haue excepted men very olde, who, as

expe

Cor. cel.  
lib. 2.  
Hip. a  
phor. li.  
. 7.

Consi  
deraci  
ons in  
abstinē  
ce.

Aph. li. i

Galē. in  
commē.

experience declareth, must eate often and littell. As touchyng tyme, it must be remembred, that in wynter and spyng time, the stomakes be naturally very hotte, and slepe is longe, and therfore in that time meates woulde be moze abundant, and although much be exten, it will be sooner digested. Wherefore abstinence woulde not be than so muche as in sommer, all be it to absteine muche in sommer, excepte it be after replecion, Damascene saieyth, it drieth the body, it maketh the colour salow, it ingendzeth melancoly, and hurteth the sight. Moreouer, custome maye not be forgotten, for they which ar vsed from childehode, to eate sondrie meales in the day, woulde rather be reduced to fewer meales, and littell meate, than to be compelled to absteine 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 drieth, and waxeth leane, naturall heate, by withdrawynge of moisture is to muche incended, & not findyng humour to worke in, turneth his violence to the radicall or substanciall moisture of the bodie, and exhaustyng that humour, bringeth the body into a consumpcion. Wherefore Hippo. saieyth, that to scarce and exquisite an order in meate and drinke, is for the moze parte moze daungerous than that, whiche is moze abundant. Contrawise moderacion in abstinence, accor dyng to the saied considerations, is to health a sure bulwarke.

Damascenus.  
apho.

Apho.  
lib. 2.



The thyrde  
Of vomite. Cap. 4.

Aetius,  
lib. I.

**T**he meate or drinke superfluous, or corrupted in the stomake, is best expelled by vomite, if it be not very greuous to him which is diseased. Also the moderate vse of it, purgeth fleume, lighteth the head, causeth that the excesse of meates or drinckes, shall not annoy or bring sickenesse. Moreover it amendeth the affectes of the raynes, bladder, and the foundemēt. It also helpeth against lepries, cankers, goutes, dropsies, and also diuers sicknesses procedyng of the stomake. For if any grieffe happeneth of the head, vomite is than vncommodious. It is better in winter than in sommer. Also good for them, whiche are replete, or very cholericke, if they haue not well digested, but it is ill for them that be leane, or haue weake stomakes. And therfore where one feeleth bitter vapours risyng out of his stomacke, with grieffe and weightinesse, in the ouer partes of his bodie, let him renne forthwith to this remedie. It is also good for him that is hert burned, and hath muche spittell, or his stomake wambleth, and for him that remoueth into sundrie places. Yet I counsaile saith Celsus, him that wyl be in helth, and would not be to sone aged, that he vse not this daily. And I my selfe haue knowen men, whiche dayly vsyng it, haue brought thereby their stomakes into suche custome, that what so euer they did eate, they could not long retaine it, wherby they shorten their liues. Wherfore it would not be vsed, but onely where greate surfet,

Cor. cel.  
li. I.

fet, or abundāce of fleume do require it. He that  
 will vomite after meate, let him drinke sondrie  
 drinckes mixte together, and lasse of all, warme  
 water: or if that be to easie, let him mixe ther  
 with salte or hony. If he will vomite fastynge,  
 let him drinke water and hony sodden together,  
 or Slope with it, or eate of a radishe roote, and  
 drinke warme water ppō it. Also water wherein  
 radishe is boyled, and afterwarde prouoke him  
 selfe to it. Them that will haue moze violent  
 purgacions, I remit to phisicians learned. But  
 yet I doo eftsones warne them, that therein they  
 be circumspect, and do not muche vse it. Mozes  
 ouer in vomites, the matter brought forth, wold  
 be considered, accorดยng to the rules of Hippo-  
 crates, in his seconde booke of pronosticacions,  
 that is to say, if it be mixt with fleume and cho-  
 ler, it is mozte profitable, if it be not in very  
 great quantitee, nor thicke, the lesse myxture it  
 hath, the worse it is. If it be greene, like to leeke  
 blades, thinne 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 shorze 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 every  
 putrifid and stinkyng sauour in vomite is yll.  
 These thynges be right necessary to bee looked  
 for, where one doeth vomite without anye dif-  
 ficultee: but to enforze one to vomite, whiche  
 can not, is very odious and to be abhorred.

Hippoc.  
 præfag.  
 2. cap. 7.

Galē. de  
 locis aff-  
 fectis.  
 lib. 1.

Of

The thyzde  
Of purgacions by siege. Cap. 5.

Cel. li. i.  
Actius.  
lib. 3.

**I**f the head be heauy, or the eien dimme,  
or if there be peyne felte of the colike, or  
in the lower parte of the bealy, or in the  
hippes, or some cholerike matter or  
fleume in the stomake. Also if the bzeth be hard-  
ly fetched, if the bealy of him selfe sendeth forth  
nothyng, or if beyng coltue, one feeleth yll sa-  
uour or bitternesse in his mouth, or that whiche  
he maketh, hath an horrible sauour, or if absti-  
nence doo not, at the first put away the feuer, or  
if the strength of the body may not susteyne let-  
tyng of bloud, or els the time therfore conueni-  
ent is past, or if one haue dzonke muche before  
his sicknesse, or if he whiche of tentimes uncon-  
streigned, hath had greate sieges, bee soodainly  
stopped: In all these cases, and where it is pain-  
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: Upwarde at  
the foundemente by suppositoies or clisters.  
Downward at the moath, by pociens, electua-  
ries, or pylles. Suppositoies are vled, where  
the patient is weake, and may not receiue any  
other pourgacions. Somtime for as muche as  
the straitte gutte is stopped with excrementes,  
whiche are drie and harde, somtime where there  
needeth none other purgacion, specially in bur-  
nyng feuers, whereof the matter ascendeth into  
the head, than clisters may do harme, and by the  
bes

benefite of suppositoꝛies, excrement? at brought  
foorth without any annoiaunce. And oftentys  
mes it byngeth foorth that, whiche clysters may  
not. Suppositoꝛies are made sometime with  
hony onely, sodden, rolled on a bourde, and  
made rounde: smaller at one ende, than at the  
other, and of the length and greatnesse, accoꝛds  
byng to the quantitee of the body that taketh it.  
Sometime there is mixte with the honye, salte  
dried, oz salte pepper, oz the pouder of suche  
thynges, as do either pouрге the humour, whis  
che offendeth, oz dissolucth grosse wyndes, oz oꝛ  
ther matter: they be sometime made with rosin,  
pitche, waxe, oz gummes, sometime of rootes, oz  
the leaues of Mercurie greene, very small bruis  
ed. Also with figges oz raisons, the stones tak  
ken out, oz of white sope, made in the figure as  
foresaid, and beyng made in the fourme afores  
said, they must be put vp in at the fundament,  
to the greate ende, and the pacient must keepe it  
there the space of halfe an houre, oz more.

¶ Clysters are made of licour sometime symple,  
as water sodden, mylke, oyle, oz wyne, sometime  
mixte, as water and oyle together, oz decocti  
ons, as where herbes, rootes, fruides, seedes, oz  
gūmes, hauyng propertie to make soft, dissolue  
drawe foorth, oz expell matter that greueth, be  
boyled, and the lycour therof, sometime warme,  
sometime hotte, is receiued at the fundements  
into the body by a littel pype of gold, oz siluer,  
yuoze, oz wodde, therfore ordeyned and called  
a clyster pype. This is necessarie, where the sto  
mache is weske, and may not susteine the work  
hys

## The thyde

kyng of medicines receiued at the mouth, also in feuers colickes, and other diseases in the bowels, grieffe in the raines of the backe or huckle bone, ventosities in the bealy, inflammation or exulceration in the guttes or bladder. It is a conuenient & sure medicine, and least hurt doeth ensue of it. The makynge and ordyng thereof, I will omitte to write in this place, partly that I would not, that phisicians should to muche note in me p̄sumpcion, partely that an other place may be moze apt to that purpose.

### The particuler commoditees of euery purgacion. Cap. 5.

**I**n potions, electuaries, and pilles, ought to be muche moze obseruacion, than in clysters or suppositoies, for asmuch as these do enter no further than into the gutte, where the ordure lieth, & by that place onely, byngeth forth the matter, which causeth disease. But thother entryng in that waye, that meates and drinckes do, commeth into the stomacke, and ther is boyled, and sent into the places of digestion, and afterwarde is mixte with the iuice, wherof the substance of the body is made, and expellyng the aduersarie humoures, somewhat thereof doubtlesse remaineth in the bodie. Wherfore menne haue neede to beware, what medicines they receiue, that in them be no venenosities, malice or corruption, lest for the expellynge of a superfluous humoz, which perchance good diet, or some brothes made of good herbz, or the said  
eua

evacuacion, with suppositoary or clister, wrought  
 byng forth at leysure, by desyring of twoo has  
 the remedie, they receiue in medicine, that whis  
 the shall ingender a venemous humour, and  
 vneuitable destruction into all the bodie. And  
 therfoze happie is he, whiche in sickenesse fyns  
 deth a discrete and well learned phisicion, and  
 so true a pothicarie, that hath alwaye drugges  
 vncorrupted, and whome the phisicion may sur  
 relye truste, to dispence his thynges truely.

But nowe to retourne to the saied fourme of  
 purgacion, I will now set forth some couns  
 sayles, concernyng that matter, whiche I haue  
 collected out of the chiefe authours of phisicke.  
 Bodie hotte and moiste, maye easily susteine  
 pourgacion by the stoole. They which be leane  
 or thinne, haupyng the membres tender, maye  
 take harme by pourgacions. To men that are  
 cholericke, and them that eatte littell, pourga  
 cions are greuous. In yonge children and olde  
 men, it is daungerous to loose muche the beas  
 ly. To them that are not woonte to it, pour  
 gacion is noyfull. He that liueth in a good or  
 der of dicte, needeth neither purgacion nor vo  
 mite. After that the pourgacion hath wrought,  
 thirstinesse and sounde sleepe be signes that the  
 bodie is sufficiently purged. By dayly takyng  
 of medicines, Nature is corrupted. Whan ye  
 wyl purge any thyng, make first the matter  
 flowyng and soluble. Medicine to purge ought  
 not to be myngled with meate, but to be taken  
 foure houres at the leaste befoze meales, or  
 thre houres after meales, excepte certayne easie

Hippo.  
 aphor.

## The thyzde

pilles made to clense and comfort the stomacke, whiche woulde be taken at the beginnyng of supper, or after supper, a littell before that one goeth to bedde, makyns a light supper or none. After purgacion taken, the pacient should reſte and not walk, vntil the medicine hath wrought, nor eate nor drinke in the meane ſpace. Theſe thinges haue I remembred, becauſe I haue known right good phyſicions, to haue forgotten to inſtruct therof their pacientes. Now will I ſette foorth the table of ſuch thynges, whiche of their propretee doo digeſt or pouрге, ſuperfluous humours, particularly, which I haue gathered out of the booke of Dioſcorides, Gaſlene, Paul<sup>us</sup> Aegineta, Orbaſius, and Aetius, and other late wytters: not withſtandynge, I haue not wrytten all, for aſmuch as there be diuers thynges, wherunto we haue not yet founden any names in engliſhe.

### Digeſtiues of choler.

**C**endive.  
Lettice.  
Cyperie.  
Scabioſe.  
Maydenheare.  
Malowe.  
Mercurie.  
The iuice of pomegranades.  
Pourelane,  
Poppy.

### Barberies.

Roleſ.  
Violet<sup>t</sup> the leafe and  
flowre.  
Sozell.  
Lycerwoort.  
Sozell de boyſe.  
Whay clarified.  
The foure great colde  
ſedes, that is to ſay, of  
gourdes, cucumbers,  
melones, and citruls,  
Pſillium.

Wynes

Wyneger.  
Saunders.  
Barley water.  
Pynes.  
Camarjndes.

**C**ourgers of  
choler.

Wylde hoppes.  
Wozmewood.  
Lentozie.  
Fumytocie.  
Whay of butter.  
Violettes.  
Mercurie.  
Pynes.  
Juice of Roses.  
Eupatozie.  
Camarindes, halfe an  
ounce in a decoction.  
Manna. vi. drammes  
at the leaste, and so to  
xxv. in the brothe of a  
henne oz capon.  
Reubarbarū by it selfe  
from twoo drammes,  
vnto foure, infused oz  
stiped in licour, from  
liii. drammes vnto. viii.

Digestiues of  
fleume,

**C**fenell,

Bersely, the rootes,  
Smallage.  
Capers.  
Lawzell.  
Sinuy.  
Puly.  
Maiozam.  
Pentroyall.  
Wylde parsnyp seeds.  
Mynt.  
Pimpernell.  
Rozemint.  
Gladen.  
Agrimony.  
Calampnt.  
Rep.  
Betayne.  
Sauge.  
Radishe.  
Mugwozt.  
Juniper.  
Hylope.  
Pyonie.  
Baulme.  
Hony.  
Gynger.  
Squilla.  
Aristolochia.  
Cynamome.  
Pepper.  
Lumine.

**C**ours



## The thyzde

**P**ourgers of  
fleume.

**C**entozp.

setyll.

Agrimonie.

Alder.

Polypodium of the oke.  
Myzabolani kebuli, in-  
fused from half an ounce  
to an ounce, and two  
drammes. In substance  
from two drammes, to  
halfe an ounce.

Agaricus, from a drame  
to two drammes, infu-  
sed from .ii. drammes to  
five.

Yreos.

Maydenheare.

Sticados.

**P**ourgers of  
melancholy.

**T**he broathe of  
colewooztes, light  
boiled.

Baulme mynte.

Sticados.

Cyme.

Scene, boyled in  
white wine, oz in  
the broathe of a  
henne.

Lased sauerie.

Erthimus.

Unwrought sylke.

Organum.

Calamint.

Bozage.

Hartes tongue.

Quickbeme.

Maydenheare.

Wichwynde.

Pulpaill mouns  
tayne.

Hony.

Sugar.

**M**elancholy for the thinneſte and subtilneſte  
of the humour, nedeth no digeſtiue.

**T**hey whiche will take ſharpe purgacions,  
oz compounde with diuers thinges lette them  
take the counſaile of an honeſt and perfect phi-  
ſicion, and not aduventure to mixte thynges to-  
gether, without knowynge the temperaunce of  
them

them in degrees, and that he can proportion them to the body that shall receive them in simples, as they be written. And so he may vse them without perill, against the humours, wheresunto they serue.

Lettyng of blood. Cap. 6.

**T**he parte of euacuacyon by lettynge of blood, is incision oz cuttyng of the veyne, whereby the blood, whiche is cause of sicknesse oz griefe to the hole body, oz any particuler part therof, doth 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 memorie, it clenseth the bladder, it drieth the bryaine, it warmeth the marowe, beyng in the bones, it openeth the hearyng, it stoppeth teares oz droppynge of the eye, it taketh away lothsome somnesse, and confirmeth the stomacke, it noiseth that, whiche is proper to nature, and the contrarie expelleth. It is thought, that thereby life is prolonged, and the matter makynge sicknesses shortly consumed. Wherfore lettynge of blood is not onely expedient for them, which are full of bloudd, oz haue aboundaunce of strength, but also for them, in whome without plenitude, called fulnesse, inflammacions beginne to be in their bodies, oz by some outward stroke, the bloudd beeyng gathered within, by collection therof, doo feele griefe oz disease. Also where there is muche payne felte,

Arnoldus de villa noua.

Oribasius in medicina compendio.

## The thyzde

or debilitie of some member, wherof is supposed to be ingēdyed some greuous disease. Mozes ouer they, whiche vse excesse of meates and drynkes, maie be cured by lettynge of bloudd. But those, which be temperate, keepynge good diete, be holpen without lettynge of blood: as by fricasies, vsynge of bathes, exercise, walkynge, and ridynge moderately. Also vnctions with oyles and oynctementes, called Diaphoretice, which by euaporacion, doo shortly euacuate the fulnesse. All be it, if the fulnesse be of melancholy blood, than alway needes must be lettynge of blood. Aboundaunce of melancoly blood is knowen by these signes. There is felt in the entrailles, or within the boulike of a man or woman, a weightinesse with tension or thurstynge outward, and all that parte, which is aboue the nauell, is moze heauy than it was wonte to be. Also much vrine and fattie, the residence or bestome, thicke, troublous, and fatte, somtyme blacke poushes or boyles, with inflamacion and muche peyne. These must be shortly let blood, and the melācholy humour also purged by siege. They, whiche haue crude or rawe humoures, must be warely let blood, befoze that sickenesse ingender, but hauyng the feuer, in no wise. Concernyng lettynge of blood, these thynges folowynge, would be had in continuall remembrance, and be afoze thought on. In abundance of the blood, the qualitee and quantitee, the greatestnesse of the sickenesse, and if it be present, or looked for. Also the diete precedyng, 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 countrey, the present state of the ayre, the disuse of accustomed exercise, the ceasinge of euacuacions vsed before. In qualitee consider, of what humour the fulnesse procedeth. In quantitee the abundance of that, whiche is to be purged. In sicknesse, if it be dangerous or tollerable: if the sicknesse be present, it requireth the more diligence, if it be looked for, it may be the better proportioned. In diete, the custome in eatynge and drynkyng, must be specially noted. In yong men and women, lettynge of blood woulde be more liberall. In olde men and yonge childzen, it woulde be scarser: strong men may susteine bledynge, they which are feeble, may not endure it: Large bodies haue greater vesselles, than they, which be littell. Leane men haue more blood, corporeate men haue more flesh. The time of the yere must be specially marked. For in the beginning of spryng time it is best lettynge of blood, as Orribasius saith, and so doth continue, after the opinion of Arnold, vnto the eight calendes of June. Aetius affirmeth, that in winter, or in a cold countrey, or where the person is of a very colde nature, the veines should not be opened. And Damascene saith: They whiche in youthe haue vsed to be muche let blood, after they be thzee scoze yeres old, their nature waxeth cold, and naturall heat is in them suffocate, specially if they were of a colde complexion, 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

Oribz.  
sup. Arz  
noldus.  
de villa  
noua de  
floboz  
thomia.  
Io. Das  
mas. in  
ar. med.

## The thyrde

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 ordeined, or where it is furious or inflas  
ted, or by any other meanes breedeth greuous  
diseases, in all these cases it ought to be practis  
sed, ye sometime in aged persons, women with  
child, and yong infantes. For in extreme neces  
sities, it were better experience som remedie, than  
to doo nothyng. All other thynges concernyng  
this matter, pertaine to the part curatiue, whi  
che treateth of healpyng of sickenesse, whereof I  
will not now speake, but remitte the reders to  
the counsaile of discrete physicians.

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

**Galen<sup>o</sup>.** **F**Or as muche as it is not conuenient, to be  
let bloud oftentimes in the yere, because  
much of the vital spirite passeth forth with  
the bloud, whiche beyng exhauste, the bodie  
waxeth colde, and naturall operacions become  
the moze feble, I therfoze doo counsaile (saith  
**Aetius.**  
**lib. 3.** Galene) that the base partes of the body, as the  
legges, be scarified, whiche is the mozte sure res  
medie, as well in conseruyng helth, as in repay  
ryng therof, beyng decayed. For it cureth the  
eyen beyng annoied with long distillacions. It  
profiteth also the head, and ouer parte of the  
body, against sondrie diseases. In what manere  
the bloud is gathered, the body beyngc fyrste  
purged by scarification, the grief may be cured.  
Alls

Also Oribasius affirmeth the same, & also addeth thereto, that it helpeth squinances, or quinres in the throte, and dissolueth the constipaciōs or stoppynges made of all places, if the places be scarified: not withstandynge applicacion of boxes about the stomacke, in hot fevers, where reason is troubled, or to be eschued, for feare of suffocaciō. Likewise put to the head vndiscretely, it hurteth both the head & the eyes. The late authozs do affirme, that scarifyng is in y<sup>e</sup> stede of letting blood, where for age, debilitie, or time of the yere, or other like consideracion, a man may not susteyne blood lettyng, and it bynggeth forth the thynne blood, whiche is nexte to the skinne.

Oribasius in medicinae compendio.

Aetius.

Of blood suckers or leaches. Cap. 3.

**T**here is also an other fourme of euacuacion by woymes, founde in waters called blood suckers or leaches, whiche beyng put vnto the body or mēbre, do draw out blood. And their drawing is moze conueniēt for fulnesse of blood, than scarifyng is, for as muche as they fetch blood moze deper, & is moze of the substance of blood, yet the opinion of some men is, that they doo drawe no blood but that which is corrupted, and not propozcionable vnto our bodi. And therfore in griefes, which happen betwene the skinne and the fleshe of blood corrupted, these are moze conuenient thē scarifyng. But therfore that they be put vnto anie parte of the bodie, they muste be firste kepte all

Oribasius in medicinae compendio.

### The chynde

one day before, genyng vnto them a littell bloud in freshe fleshe. And than put them in cleane water, somewhat warme, and with a sponge wype away the slime, whiche is aboute them, and than laye a littell bloud on the place grieved, and put them than to it, and lay on them a sponge, that whan they be full, they may fall away, or if ye wyll sooner haue them of, put a horse heare betweene their mouthes, and the place, and drawe them away, or put to theyr mouthes salt or ashes, or vynesger, and forthwith they shall fall, and than washe the place with a sponge, and if ther do issue much bloud, lay on the place the pouder of a sponge, and pitch burned, or linnen cloth burned, or gauls burned, or the herbe called Bursa pastoris, bzuised. And this sufficeth concernyng bloud suckers.

### Of Hemoroides or Pyles. Cap. 9.

**H**emoroides be veines in the fundement, of whō do happen sondry passions, sometime swellng without bledyng, sometime 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 they be hastily stopped from the course, which they haue been vsed to, therby doo increase the saied sicknesses, whiche by them were expelled as dropsies, consumpcions, madnesse, fransies

fies, and diuers diseases of the head, and other  
 sickenneses: palenesse of the visage, griefe in the  
 raynes of the backe, and thies. And if they flow  
 to much, there insueth feblenes, leannesse of the  
 bodie, alteration of colour, greate peines in the  
 lower partes of the bodie. And if the fluxe be  
 vnmoderate, it ingēdzeth mischeuous diseases.  
 Wherfoze it woulde be diligently taken heede,  
 that they renne in measure, oz els to vse some  
 thynges moderately, which may restraine them.  
 ¶ Concernyng other euacuacions. I do pour-  
 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 them in the vulgars  
 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 bee considered, the  
 which is of affectes and passions of the  
 mynde. For if they be immoderate, they  
 doo not onely annoy the body and shorten the  
 life, but also they do appaie, and sometime lose  
 vtterly a mans estimacion. And that much more  
 is, they byyng a mā from the vse of reason, and  
 sometime in the displeasure of almightye God.  
 Wherfoze thei do not onely require the helpe of  
 phisicke corpozall, but also the counsaile of a  
 man wise and well lerned in morall philosophy.  
 Wherfoze after that I haue recited, what they  
 be, I will briezely declare suche counsailes, as  
 I haue gathered, And as concernyng remedies  
 of



## The second

of phisicke, sauyng a fewe simples, whiche doo  
comfozte the heart and spirites, the residue I  
will remitte to the counsaile of phisicians, like  
as I haue dooen in euacuacion. Affectes of the  
mynde wherby the body is annoied, & do byng  
in sicknesse, be these, Ire oz wrathe, heuinesse oz  
sorrow, gladnesse, oz reioysyng.

### ¶ Of Ire. Cap. II.

**I**re is kindled in the hert, inordinately chaun-  
syng the spirites there, and than is sent forth  
into the membrs, and doeth superfluously  
heate them, and disturbeth reason, where the  
bodies be hotte afore, where naturall heat is fee-  
ble, the heate may not be dispersed vnto the ex-  
treme partes, and than doeth the extreme mem-  
brs, that is to saie, whiche are farre from the  
heart, remaine colde and tremblyng. Of this  
affection commeth somtyme feuers, somtyme a  
poplexies, oz priuacion of senses, tremblyng,  
palseis, madnesse, franckes, deformeitee of bys-  
sage: and that worse is, outragious swearyng,  
blasphemie, desire of vengeaunce, losse of cha-  
citee, amitee, credence, also forgetfulnesse of be-  
nefite pcedyng, and of obedience, duitie, and  
reuerence. These also dooe succede, contencion,  
chargeable suite, vnquietnesse of mynde, lacke  
of appetite, lacke of slepe, feble digestion, scozne,  
disdayne, and hatred of other, with perill of  
losyng of all good reputacion. These incommo-  
ditees of Ire, perfectly had in remembrance, and  
at the firste motion therof or theim thoughte

on, may happen to brynge in his felowes, and  
 therby the flame may be quenched, or let him  
 that is angrie, euen at the first consider one of  
 these thynges, that like as he is a man, so is al-  
 so the other, with whom he is angrie, and ther-  
 fore it is as lefull for the other to be angrie as  
 vnto him, and if he so be, than shall that anger  
 be to him displeasaunt, and stirre him moze to  
 be angrie. Wherby it appeareth, that Ire is to  
 him lothsome. If the other be pacient, than let  
 him abhorre that thyng in him selfe, the lacke  
 wherof, in the other contenteth him, and asswas-  
 geth his malice. Moreouer, let him befoze, that  
 occasion of Ire doeth happen, accustome him  
 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 time, let him remember, howe Chryste, the  
 sonne of God, and God, who (as he him selfe  
 saied) mought haue had of God his father, if he  
 would haue asked them, legions of aungelles,  
 to haue defēded him, ye with lesse than a winke  
 mought haue slaine all his aduersaries, yet he  
 not withstandyng, rebuked, scozned, falsely ac-  
 cused, plucked hither and thither, striped, boun-  
 den with halters, whipped, spitte on, buffeted,  
 crowned with sharpe thorne, laded with a heuie  
 piece of timber, his owne propre tourment, ha-  
 led, and dzyuen forth like a calfe to the slaugh-  
 ter house, cftsones beaten and ouerthrowen,  
 retched forth with ropes, armes and legges la-  
 id on the crosse, and thervnto with longe yron  
 nailles through the handes and feet nailed, with  
 many

## The second

many strokes of hammers, with many prickyns  
ges, or euer the nayles might perce by his ten-  
der and moſte blessed fleſhe and ſynewes, quite  
through the harde tymber, vnto the heades of  
the nayles: and al this beyng doen for the offe-  
ce of mankynde, and not his: yet with the men,  
whiche did it, his moſte vnkynde countrey-  
men, his moſt vnnaturall kynſemen, whome he firſte  
made of nothyng, preſerued 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 ſay, that anger  
is naturall, let him alſo conſider that in Chri-  
ſtes manhoode were all naturall powers. If he  
will ſaye, that pre is taken of courage, and in  
Chriſt it lacked not, whome bothe aungels and  
diuelles trembled and feared. The premisses of-  
ten reuolued, and bozne in the mynde, I will  
not ſay, ſhall vtterly extincte all motions of  
wrathe, which is not poſſible, but it ſhall whan  
it kendaleth lyghtly reſſe it, and let that it ſhal  
not growe into flame. And in ſpeakyng here of  
wrathe, I doo not meane that, which good men  
haue againſt vyces: or wiſe and diſcrete gouer-  
noures and maiſters, againſt the defaultes or  
negligences of their ſubiectes or ſeruauntes, vs-  
ed in rebukyng them, or moderately puniſhyng  
them. For that is not properly pre, but rather  
Gen. 31. to bee called diſpleaſure, and is that whereof  
Exo. 32. God ſpeaketh by his prophete Dauid, ſayng:  
Leui. 10 Be you angrie and doo not ſinne. And that ma-  
Marc. 11 ner of anger hath been in diuers holy men, pro-  
phetes and other. And it appeared in Chriſt,  
whan

When he braue out the, whiche made their mar-  
ket in the holy temple of god, where there ought  
to be nothyng but praier. And in likewise when  
he rebuked the hypocrites. But if none of these  
thynges may com so shortly to his remembraunce,  
that is meeued with anger, at the least let him  
thinke on the lesson, that Appollodorus the phi-  
losophier, taught to the Emperour Octavian,  
that befoze he spake or do any thyng in anger,  
he do recite in order, al the letters of the A. B. C.  
and remoue somwhat out of the place that he is  
in, and seeke occasion to be otherwise occupied.  
This shall for this time suffice, for the remedies  
of yze. And he that will know moze of this mat-  
ter, let him read in my worke called the Gouern-  
our, where I therof do wryte moze abundantly.

**O**f dolour or heuinesse of  
mynde. Cap. 12.

**T**here is nothyng moze enemye to life, then  
sorrow, called also heuinesse, for it exhaus-  
teth bothe naturall heate and moysture  
of the body, and doeth extenuate or make  
the body leane, dulleth the witte, and darkeneth  
the spirites, letteth the vse and iudgement of  
reason, and oppzesseth memoze. And Salomon Pro. 17.  
and. 25.  
saith: That sorrow dzieth vp the bones. And al-  
so lyke as the mothe in the garmente, and the  
woozme in the tree, so doeth heuinesse annoy the  
heart of a man. Also in the booke called Eccle- Eccle. 25.  
and. 38.  
siasticus. Sorowe hath kyled many, and in it  
selfe is found no commoditee. Also by heuinesse  
death

### The thynde

death is hastened, it hydeth vertue oz 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 therof, are required remedies, as well of the holsom counsailes found in holy scripture, and in the bookes of morall doctrine, As also of certaine herbes, fructes, and spices, haupnge the propertee to expell melancholike humours, and to comfozte and keepe liuely the spirites, which haue their proper habitacion in the herte of man, and moderate nourishyng of the naturall heat and humour, called radicall, whiche is the base oz foundacion, wherevpon the life of man standeth, and that failynge, life falleth in ruine, and the bodie is dissolued. Now fyrste I will declare some remedies against sorowfulnesse of heart, concernyng necessarie counsaile.

¶ Somtime this affecte happeneth of ingratitude, either where for benefite, oz speciall loue employed, one receiueth damage, oz is abandoned in his necessitee, oz is deceiued of him, whome he trusted, oz findeth him, of whome he hath great expectacion, forgetfull oz negligent in his commoditee, oz perceiueth the person, whome of longe time he hath loued, to be estraunged from him, oz to haue one of later acquaintance in moze estimacion. This affection nipeth the hert, ye of mooste wise 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 time mutually experienced. And it is not onely  
vnto

unto man grieuous, but also unto god most displeasunt and odious, as it is abundantly declared in scripture. Wherfoze the person, whiche feeleth him selfe touched with this affect, befoze that it groweth into a passion, and waxeth a sickenesse, let him call to remembrance these articles folowynge, or at the least wayes some of them. For eueriche of them may ease him, though perchauce they can not forthwith perfectly cure him.

Consider, that the corruption of mans nature is not so muche declared in any thyng, as in ingratitude, wherby a man is made woorse, than diuers brute beastes. The littell ante or emote helpeth by his felowe, whome he seeth overthrowen with bardein, or by other occasion. Also whan olyphantes do passe ouer any greate water, the greatest and mooste puissant of them deuyde them selues, and setting the weakest in the middell parte, go befoze, tryng the depenesse and perilles, parte come after, succourynge the weakest or least, with their longe noses, whan they see them in danger. The same beastes haue been seene not only byng men out of desertes, whiche haue lost their waies, but also renuyng the displeasures doen to them, the whiche gaue them meate, as one that slew him, whiche had committed aduoutrie with his maisters wyfe. The terrible Lyons and Panthers, haue been seene in their maner, to render thankes to their benefactors, ye and to obiecte their owne bodies and liues for their defence. The same wee may daily beholde in our owne dogges.

Countes  
sayles &  
gainst  
ingratis  
tude.  
Appianus  
in  
varia h  
storia.

### The thynde

Sene. de  
benefi. 7

Than in whom thou findest the detestable vice of Ingratitude, reputynge him amonge the woorst sortes of creatures, thinke not that thou hast losse a friende, but thinke that thou arte deliuered from a monster of nature, that deuoured thy loue, and that thou arte now at libertee, and hast wonne experieace to chose the a better. But if this may not suffice, than estsoones consider, that if thou looke well on thy selfe, perchance thou maiest finde the faute wherof thou complaynest, within thine owne bolome. Call to thy remembraunce, if thou haste alway rendered vnto euery manne condigne thankes oz benefite, of whome thou haste kyndenesse receiued oz if thou hast alway remembred, eucry one of them, that haue doen to the any commoditee oz pleasure. Thou shalt well perceiue, that what thyng thou receiuedst in childehoode, thou forgattest oz diddest littel esteeme, whan thou camest to the state of a man. And what thou diddest remember in youthe, in age, thou diddest littell thinke on: thy nourites pappe, his rockynges, watchynges, thou haste not alway remembred, oz equally recompensed. Thy schole maisters studie, his labour, his diligence in a like degre, thou hast not required. What greater freendes hast thou had, of whome thou couldest receiue any greater benefites, than thy nourisshyng and preseruyng of thy life, in thy mooste feblenesse, thine erudicion, whereby thy nature was made moze excellent. Remembryng this, leaue to be angry oz sorowful for so comon a vice: yet if it ceasse not to greye thee, conferre  
the

the ingratitude 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, preserued them fortye yeres in deserte, destroyed for them kynges, gaue to them the countrey, which flowed milke and hony, defended them agaynst all outward hostilitie, sente vnto them suche abundance of riches, that syluer was in Hierusalem, as stones in the strete, had his tabernacle and afterwarde his moste holy temple amonge them, whiche he did dayly visite with his diuine maiestie, made their kynges to reigne gloriously, and spake with their Prophetes familiarly, and corrected their errours most gently: and yet for all this, they embracing the paynyms Idolatrie, they lefte so gracious and louyng a lord, and liuyng God, and to his greate 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 doen so much for them.

¶ And if we christen men doo 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 most feruent loue towards vs, with our forgetfulness, and the dayly breach of our promise, whiche we made at our baptism, conferryng our mutuall vnkindnes there vnto, there shall appere no ingratitude, y<sup>e</sup> should offende vs. Finally for a conclusion, behold well aboute thee, and thou shalt all day fynde



## The thyzbe

The children ingrate to their parentes, and wiues to their husbandes. And wylte thou looke that thy benefite, or vaine expectation, should make the moze free frō ingratitude of thy freend whom chaunce hath sent thee, than nature maie the parentes toward their children, or the coniunction of bodies by lefull marriage, take vnkindnesse from the wyues toward the husbandes. This vice therfore of ingratitude, beyng so common a chaunce, make no worldly freendship so precious, that life or health therfore should be spent or consumed. I haue been the lenger in this place, because I haue had in this grieffe sufficient experience.

Deathe  
of chil-  
dren.

**I**f death of children because of thy heauynesse, call to thy remembrance some children (of whom there is no littell noumber) whose liues eyther for vncorrigible vyces, or infortunate chaunces, haue been moze greuous vnto their parentes, than the death of thy children ought to be vnto thee: considerynge that death is the discharger of all griefes and myseries, and to them that die well, the first entrie into lyfe euerlastyng.

Losse of  
goodes.

**T**he losse of goodes or auctoritee doo griene none but fooles, which do not marke diligently, that like as neither the one nor the other doeth alway happen to them that are worthy, so wee haue in dayly experience, that they fall from him sodeinly, who in increasyng or keepyng them seemeth mozte buisie.

Lacke  
of pro-  
mociō.

**O**ftentimes the repulke from promociō is cause of discomforte, But than consider, whiche

ther in the opinion of good men, thou art demed  
worthy to haue suche aduancement, oz in thine  
owne expectacion and fantasie. If good men so  
iudge thee, thanke thou god of that felicitee, &  
laugh at the blindnesse of them, that so haue re-  
fused thee. If it procede of thine owne folly, ab-  
horre all arrogance, and inforce thy selfe to be  
aduanced in mens estimacion, befoze thou canst  
fynde thy selfe woorthy in thy proper opinion.

All other chaunces of fortune, esteeme as no-  
thyng, and that long befoze they doo happen.

The ofte recordeynge of myserie, prepareth the  
mynd to feele lesse aduersitee. And the contempt  
of fortune, is sure quietnesse, and mozte perfite  
felicitee.

Charac-  
ters of  
fortune.

This now shall suffice concernyng remedies  
of morall philosophie. Now will I write some-  
what touchyng counsaile of phisicke, as in re-  
lieuyng the bodie, which either by the saied occas-  
ions, oz by the humour of melancoly, is brough-  
t out of temper.

The first counsaile is, that duryng the tyme  
of that passion, eschew to be angrie, studious,  
oz solitarie, and reioyce thee with melodie, oz  
els be alway in suche compaignie, as best maye  
content thee.

Auoyde all thynges that be noyous in syght,  
smellyng and hearyng, and imbrace all thynges  
that is delectable.

Flee darknesse, muche watche, and businesse  
of mynde, much compaignyng with women,  
the vse of thynges very hot and drie, often pur-  
gacions immoderate exercise, thyrst, muche ab-

## The thynde

Linence, drie windes and colde.

Absteyn from dayly eatyng of much olde biese  
oz olde mutton, hard cheese, hares flethe, bozes  
flethe, venyson, saltefishe, colewooztes, beanes,  
and peason, very course bread, great fishes of  
the sea, as thurlepole, porpise, and sturgeon, and  
wther of like natures, wyne redde and thicke,  
meates beyng very salte oz sowre, olde, burned,  
oz fried, garlike, onyons, and leekes.

Use meates, whiche are temperately hot, and  
therwith somwhat moyste, boyled, rather than  
rosted, light of digestion, and ingendring bloud  
clere and fyne. As mylke hotte from the vdder,  
oz at the least new milked, ruen chese, sweete als  
mondes, the pelkes of rere egges, littel birdes of  
the bushes, chickens and hennes. Wyne white  
oz claret, clere and fragrant. Sweete sauours, in  
winter hot, in sommer colde, in the meane tyme  
temperate.

**C**onfortatiues of  
the hearte hotte.

**C**ourage the floure  
oz leafe.

Buglosse.

Baulme mynte.

Clicampane.

Cloues.

Cardainomum.

Rosemary.

Lignum alowes.

Muske.

Ambergrise.

Saffron.

The bone of the hearte  
of a redde deere.

Myntes.

The rinde of Citron.

Beene.

Bububes.

Balyll.

**C**onfortatiues of  
the hert colde.

**V**iolettes.

Perles.

Lozall.

The

The vnicoznes horne.  
Olde appulles whiche  
be good.

Roses.

Saunders.

The Olyphantes  
tooth.

Water lyllies.

Lozpander prepared.

Confortatiues  
temperate.

Facincke.

Saphire.

Emcrauldes.

Myzabolanes, called  
kebuli.

Buglosse.

Golde, siluer.

### Of Ioye.

**I**oy or gladnesse of heart doeth prolonge  
the life, it fatteth the bodie that is leane  
with troubles, bitynge the humours to  
an equall temperaunce, and drawynge  
naturall heate outwarde. But if it be sodayne  
and feruent, it oftentimes sleeth, for as muche  
as it draweth to sodainly and excessiuely natu-  
rall heate outwarde. And therfoze diuerse men  
and women haue been seene to fall in a sounde,  
whan they haue sodainly beholde the persons,  
whome they feruently loued.

**A** woman in Rome, hearynge first, that hie **T. Liui<sup>9</sup>**  
sonne was slaine in battayle. After whan he  
came to hir, she seeyng him alyue, imbracynge  
ethe other, she died in his armes. This well  
considered, against suche inordinate gladnesse,  
the best preseruatiue is to remember, that the ex-  
treeme partes of mundaine ioye is sorowe and  
heauinesse: And that nothyng of this worlde,  
maye so muche reioyce vs: but occasion maye  
cause it to be displeasaunt vnto vs,

Bv

The

## The thyzde

The dominion of sondrie complexions. Cap. 13.

**I**t seemeth to me not inconuenient, that I doo declare as well the counsailes of auncient and approued authoꝝ, as also mine owne opinion, gathered by diligent markyng in dayly 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 learnyng and circumspect practise of good phisicians, whiche shall the moze easily cure their pacientes, if their pacientes do not disdaine to beare away and follow my counsaile.

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

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

¶ The

## The thyzde

The times appropriated to every natural 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 more abundant than an other naturally, that is to say, from his generacion. The sayed humours haue also peculiare times assigned to every one of them, wherin eche of them is in his moste power and force, as after insueth, after the description of Soranus.

Soran<sup>o</sup>  
Ephesi<sup>o</sup>. **C**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 kitch. This humour is parte in the head, parte in the stomacke. It hath dominion from the. iii. houre of night, vntyll the nynthe houre of the same night.

**C**Bloud increaseth in sprynge time from the viii. Idus of Februarie, vnto the. viii. Idus of Maie, wherof are ingendred feuers, and swete humours, which do shortly putrefie: the power of this humour is about the hert, and hath dominion from the ninth houre of night, vntill the thirde houre of the moynng.

**C**Redde cholere hath powce 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 day,

**C**Yelowe

**T**Yellow cholere, wherof is ingendred the flume of the stomake, is nourished in Autumne, whiche beginneth the .viii. Idus of Auguste, and durth vnto the .viii. day of Nouember, and maketh Chakyng feuers and Sharpe: the blacke cholere that increaseth, and than foloweth thicknes of the blood in the veines. Blacke cholere oz melancholy mooste raineth in the splene, and it rayneth from the .ix. houre of day, vntill the thyrde houre of night.

Peculiar remedies against the distempers  
perauance of euery humour,

**I**f the distemperaunce be of blood, helpe it with thynges colde, sharpe and drie, for blood is moyste, hotte, and sweete.

Soran<sup>o</sup>  
in arte  
medēdi.

If it be of redde cholere, geue thynges colde, moyste, and sweete, for redde cholere is bitter and fyre. If it be of blacke cholere, geue thynges hot moiste and sweet, for blacke cholere is sharpe and colde. If the disease be of salte flume, geue thynges sweet hotte and drie, thus saith Soranus. Notwithstandyng where there is aboundance of colde flume not myrte with cholere, there thynges very sharpe and hotte be mooste conuenient, as karte vyneger wpyth hotte roses and seedes oz wines, stronge & roughe honye beyng sodden in the one and the other, oz where cholere is myrte with flume: Cyrape acetose made with vyneger and sugar boyled, sometime with herbes, rootes, oz seedes, which may dissolue flume and digest it.

**D**iete



### The thyrdē

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

**F**oz as muche as in sanguine men blond moſte reigneſh, which is ſoone corrupted, it ſhall be neceſſarie for them which are of that complexcion, to be circumspecte in eating meate, y<sup>e</sup> ſhortly will receiue putrifaction, as the moze part of fruites, ſpecially not beyng perfectly ripe, alſo meates that be of yll iuice, as fleſhe of beaſtes to olde oz to yonge, vdders of beaſtes, bzardies, except of capons and chickens, marowe of the backbone, muche vſe of onyons, leekes, garlyke, muche vſe of olde figges, muche vſe of rawe herbes, and all thyng wherein is exceſſe of heate, colde, oz moyſture, meates that be ſtale, fiſhes of the fenues oz muddy waters, and to muche ſlepe, as experience ſheweth.

Diete of cholericke perſons. Cap. 16.

**T**o them which be colericke, beyng in their naturall temperature, and hauynge not from their youth vſed the cōtrary, groſſe meates moderately taken, be moze conuenient, than the meates that be fine, and better ſhall they digeſt a piere of good bieſe, than a chickens legge. Choler of his propertee rather burnynge than well digeſtyng meates of lyght ſubſtaunce, not withſtandyng ſome gentilmē which be nicely brought vp in their infancie, may not ſo well ſuſteyne that diete as poore men, beyng the moze parte vſed to groſſe meates,

res. wherfoze their diet must be in a temperante,  
 as yong biefe, olde beale, mutton, and venison  
 powdred, yonge geese, and such like, concerning  
 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 colde  
 in a moderate quatitee, and to alay their wyne  
 moze oz lesse with water, eschewyng hotte spi-  
 ces, hotte wyne, and excessiue labour, whereby  
 the body may be muche chaufed. Also he maye  
 eate oftener in the daie than any other: forseen,  
 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 alway, that the cholericke person dige-  
 steth moze meate than his appetite desireth, the  
 melancholike person desireth by false appetite  
 moze than his stomacke may digest. And to a  
 cholericke person it is right daungerous, to vse  
 longe abstinence: for choler, findyng nothyng  
 in the stomacke to concocte, it fareth than, as  
 where a littell potage oz milke, beyng in a vessell  
 fell ouer a great fire, it is bourned to the vessell,  
 and vnlauery fumes and vapours do issue oute  
 therof. Likewise in a cholericke stomacke, by ab-  
 stinence, these inconueniences doo happen, hu-  
 mours aduste, consumyng of natural moisture,  
 fumosities and stinkyng vapours, ascendyng  
 vp to the heade, wherof is engendred duskyngs  
 of the eyes, hed aches, hotte and thinne reumes  
 after euery littell surfet, and many other ins-  
 con-

### The thyrde

noyfull, whiche are very colde, viscosus or stys  
mie, fatte or soone putrified, eatyng muche and  
often, specially meates ingendrynge fleume,  
whiche be remembred in the table pcedyng. Al  
thynges be good, which are hotte and drie, als  
so meates and drinckes whiche be sowre: ony  
ons also, and garlyke moderately vled, be very  
commendable, in pure fleume not myrte with  
choler, muche vlynge of salte, specially dried.  
Pepper grosse beaten, & eaten with meate, ought  
to be with all fleumatike persons familiar, also  
gynger is right conuenient, but not to be so fre  
quently vled as pepper, for as muche as the na  
ture of pepper is, that beinge eaten, it passeth  
through the body, heatyng and comfortyng the  
stomake, not entryng into the veynes, or annoy  
nyng the lyuer, whiche vertue is not in gynger.  
Gynger condite, the whiche we doo call greene  
gynger, specially conded with sugar, if it may  
be gotten, and also Mirabolanes called kebuli  
condite in India, be most excellent remedies a  
gainst fleume, also the herbes, whiche are re  
membred afore in the table of digestiues of fleume,  
and the rootes of persely, fenell, yreos, Glycama  
pane, and carrettes be very commendable. Ex  
ercise twyse in a day, the stomakes beinge almost  
emptie, so that sweat beginue to appere, is very  
expedient, clenstyng of the bodie from all filthy  
nesse, with rubbynge and wippyng, oftentimes  
with waschyng, specially the heade and partes  
there about, moderate sweatyng in hot bathes  
or stues, be to this complexcion necessary, spe  
sially whan they haue eaten and dronken ex  
cessiues

cessiuely. 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 eatyng herbes and rootes not boyled, and generally from all meates whiche will not be easily digested.

The 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 oz burned. Natural melancoly is (as Galene saieeth) the residue oz dregges of the bloud: and therfore is colder and thicker than the bloud. Melancholy adust is in foure kyndes, either it is of naturall melancoly adust, oz of the more pure part of the bloud adust, oz of choler adust, oz of salt fleume adust. But of al other, that melancoly is worst, whiche is engendzed of choler, finally all adust melancoly annoyeth the witte and iudgment 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 naturall melancolie kept in his temperance, profiteth muche to true iudgement of the witte, but yet if it bee too thicke, it darkeneth the spirites, maketh one tymorous, and the witte dull: If it be mixt with fleume, it mortifieth the bloud with too muche colde, wherfore it maie not be so littell, that the bloud and spirites in their feruentnesse, be as if were vnbrideled, whereof doe happen vnstablenesse of witte, and slipper remembrance, noz yet so much, that by the weight therof (for it is hea-

Ex Marcellio  
sino  
de vita  
sana,

### The thirde

(the appochoyng nigh to the earth) that we seem to be alwaie in slepe, and nede a spurre to prycke 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 pertainginge to them, whom this humour annoyeth. The knowlage that melancoly reigneth, is oftentimes, heuinesse of minde, or feare without cause, slepynesse in the membres, inauy crampes without replecion or emptinesse, sodein furie, sodein incontinencie of the toung, muche sollicitude of light thinges, with plainenesse of the visage, and fearfull dreames of terrible visions, dreamyng of darkenesse, depe pittes, or death of frendes or acquaintance, and of all thyng that is blacke. The meates conuenient are they, which be temperately in heate, but specially they that be moiste meates soone digested, and they rather boyled then roasted, temperately myrte with spices, mylke hotte from the vdder, or late mylked, is verie conuenient for that complexion, swete almondes blanched, and almond mylke, the yelkes of reere egges, and finally all thinges, whiche ingender pure bloud, and all that is wrytten in the chapiter of age. All these be yll for them. Wine thicke or troublous, specially red wine, meates hard, drie, verie salte or sowre, burned meate, fried meat, much biefe, hares fleshe, beanes, roket, colewortes, musterd, radiche, garlyke, except there be much winde in the bodie, for than is it very holsome, onyons, lekes, finally all thinges whiche heateth to muche, keeleth to muche, or dzieth to muche, also wryathe,

wrath, feare, compassion, sorowe, much studie  
 or care, much idelnesse or reste, all thyng that  
 is greuous to see, to smell, or to heare, but most  
 specially darknesse. Moreover muche dryng of  
 the bodie, eyther with long watche, or with mus-  
 che care and tossyng of the mynd, or with muche  
 lecherie, or muche eatyng and drinkyng of thin-  
 ges that be hot and drie, or immoderate euacua-  
 tion, labour, abstinence, thirst, goyng in the ayre  
 vntemperately hot, colde, or drie, al these thin-  
 ges do annoy them that be greued with any mes-  
 lancoly. It is to be diligently considered, that  
 where melancolye happeneth of choler aduste,  
 there meates whiche be hot in workyng, would  
 be wisely tempred, and drinkyng of hot wynes  
 would be eschewed, semblable cautele would be  
 in saoures. Not withstanding moderate vse of  
 small wynes, clere and well verdured, is herein  
 very commendable, the humour thereby beyng  
 clarified, and the spyrtes clenid, but the abuse  
 or excelle thereof, doeth as muche damage.

Also it is right expedient, to putte into wine or  
 ale, a gadde of syluer or gold, glowyng hot out  
 of the fyre, to temper hot meates with roses, vis-  
 olettes, saunders, rose water, bozage, buglosse,  
 haulme called in latine Melyssa, or the water of  
 all thre dyken with good wine, white or claret,  
 or made in a iulep with sugar, is wonderful hol-  
 som, chewyng of lykorise, or raisos of corance,  
 is right expedient, but most of al other thinges,  
 mirth, good cōpany, gladnes, moderate exercise,  
 with moderate feding. And thus I leaue to speke  
 of diets, aptly belongyng to the.iiii. cōplexions.

# THE FOURTH BOOKE.

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



**N**VYLL SOM-  
what wryte of two discras-  
ties of the bodie, whiche do  
happen by the excesse oz  
lacke of thynges called not  
naturall, whereof I haue  
spoken befoze. The one is  
called cruditee, the other  
lassitude, whiche although

Concoctio  
on what  
it is .  
Crudite  
what it is.  
The cause  
of crudite

thei be woꝝdes made of latine, hauyng none apt  
englishe woꝝd therfoze, yet by the diffiniciōs  
and moze ample declaracion of them, they shall  
be vnderstand sufficiently, and from hencefoꝝth  
vled foꝝ englyshe. But first it shall be necessarie  
to consider that concoction is an alteration in  
the stomake of meates and dzynces, accoꝝdyng  
to theyꝝ qualitees, wherby they are made lyke  
to the substance of the bodie. Crudite is a vici-  
ous concoction of thynges receyued, thei not be-  
yng holely oz perfectly altered. The cause ther-  
of is, sōtime the distemperature of the stomake,  
sometime inflammacions, somtime matter con-  
geled, oz imposthumes in the stomacke, other-  
while ingurgitacion of meate and dzynce: oz foꝝ  
the vicious qualitee of the same meates oz dzyn-  
ces, oz the receiuyng therof out of oꝝder, oz lack

of exercise, or of conuenient euacuation. Galen saith, that in cruditee or vicious concoction it must be considered, as well if the iuyce be vtterly corrupted, and may not be sufficiently concocted, as also if it be in the way of concoction, for if it be corrupted, it must be expelled by sweet 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, whether it be thicke or thinne, fleumatike or cholericke: whiche shall be perceiued by the dyete prescedyng, and also by other thynges named not naturall. for fleumatike meates eaten in great quantitee or often, maketh fleumatyke iuyce. Likewyse doeth lacke of conuenient exercise, to muche rest or idelnesse, as cholericke meates and vehement labours doe make cholericke iuyce in sommer, and melancholyke iuyce in Autumne, specially where labours be continuall or longe durynge. Also where labour is with muche sweate, there is the brine moze grosse: where it is without sweate, there is it thinner. Mozeouer the colour and substance of the brine declareth the temperance of the iuyce, whiche shall be hereafter declared in the table of vrynes. Semblably the colour of the bodye declareth the iuyce that is in it, for beyng whyter than it was woont to be, it signifieth abundaunce of fleume, beyng moze pale or yelow, it betokeneth excesse of choler, if it be blacker, it signifieth melancholy, 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 bleding, a conuenient purgacion geuen, hauynge regarde as well of the quantitee of the iuyce, as of the kynd therof, in case that either for age or for tymozousnesse, a man will not be let bloud, than must he be pouged by siege in moze abundance: But if he in whom is littell good bloudd, and muche yll iuyce, and feeleth a lassitude or wearinesse in all his bodie, he should neither be lette bloud, nor receiue purgacion, nor yet labour or walke muche: but abide in muche quiet, and assay 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 digestiues: in the number of whom is oximell, beyng well made, or Acetosus simplex, where the iuyce is muche cholerike or melancolike. Semblably, capers with oyle and vineger be praysed of Galene. Whan there appeareth in the vrine a residence lighte and white, than wyne white or clarette moderately taken, helpeth to concoction, maketh a good iuyce, and prouoketh vrine, than increase fricacions and exercise by littell and littell, and than let hym retourne to his naturall dicte. In whom is a boundaunce of rawe iuyce, and outwardly feeleth a lassitude, to theim Galene counsayleth, the second or thyrde day to geue Meath, wherin Flope is boyled, and afterwarde to vomite.

The

Talen sū,  
liber. 6,

The meane to escape cruditez, is to be diligent in obseruation of the counsel befoze wrytten, 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 stynkyng, swete fruictes, and banketting dyshes, hasty feedyng without good chewyng, also muche or verie ofte drynkyng at meales, very muche heate, or very muche colde after meate.

¶ Furthermoze it must be considered, that all thynges which bringeth grefe to the body, is ingendred either of to muche abundance of iuyce, or of the vicio<sup>s</sup> qualitee therof: He that is sicke of abundance, the diet of him wholly consyseth in reducing the iuyce to a conuenient quantitee. He that is grieved with the vicious qualitee of the iuyces, his order resteth in making the iuyces equall in temperautre. More ouer, where that whiche passeth out of the bodie, is lesse then that which is receiued into the bodie, there happeneth sicknesse, whiche commeth of abundance. In the whiche case it ought to be diligently foresene, that there be obserued a conuenient meane of meates and drinkes, in respecte of that whiche is expelled out of the bodie, whiche maie be doen if the quantitee of eche of them be wisely considered. And where abundance is, there the quantitee or qualitee, or both be tēped. Alwaie remember, that of crude iuyce be diuers kyndes, some be colde and fleumatike, some be hotte and cholericke, other be moze thin and watrye, some of blacke choler or melancolike. They

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Aetius ser  
mon. 9.

Whiche do abound in any of them, must absteyn from such meates and drinkes, whiche doe ingender suche iuice as doeth annoie them: those meates and drinkes be declared in tables p̄ces dyng. Aetius also would that he should drinke a draught of cold water, affirming, that therby the stomake beyng corroboreate, driueth out of him downe into the bealie, that whiche cleaueth fast to it. I my self vsyng to drinke fastyng, very small biere or ale, whan I haue bene in that case, haue found ease by it. Paulus Aegineta willeth, that at the beginning, the legges and armes shuld be rubbed with a course linnen cloth, the legges downward to the feete, the armes to the toppes of the syngers, and whan thei be well chaufed, than to rubbe them againe with some oyle, that doeth open the p̄zes, and discusse the vapors, as oyle of camomill, oyle of anete, and other like, he praiseth muche Mulle, or the water of hony, specially if some flope be boyled in it. Galen, and al other do agre, that in this case pepper bzuised and eaten with meate, is very expedient: And where there is muche wynd in the stomake, than to eat all tymes of the daie of the medicine made of the thze kinds of pepper, time, anise sede, and hony clarified, whiche is called Diatrion piperion, or that whiche is called Diapoliticon, or diapiganon, whiche is made of rummine stieped one daie and a night, or lenger in tart vineger, and after fried or layd on a burnyng hot stone, and made in powder, also pepper and rue dried somewhat, and made into poulder all in equall porcions, and myxt with clarified  
hony,

hony, Galen addeth therto salt pefer, called in latine Pierum. The confection made with the iuice of quinces, and is called Diacytoniten, is very excellent. But it is to be diligently noted, that where cruditee is in a cholerike persō, there would the saide medicines be temperately vsed, and the saied diacytoniten, to haue littell or no spices in it. And for my part, beyng of a colerike humour mixt with fleume, many yeres continually in cruditee, I neuer found any thyng better then fine Reubarbe chewed with raisons of cōrens, which I toke by the counsaile of the wozshippfull and well learned phisicion, master doctor Augustine, who in his maners declareth the gentilnesse of his auncient bloud, which medicine I do not leaue to vse daily fastyng, when I fele some cruditie to beginne. Also syrope acetose, that is to saie, sugar sodden in pure vineger, and littell water, vntill it be thicke as a syrope, is sometyme conuenient, and that as well to cholerike persons, as vnto fleumatike: and if fleume be abundaunt than with rootes and seedes of fenell and persely sodden with it. Also in that case Drymell, that is to saie, honye and water sodden together, with the saide rootes and seedes, and a quantite of vynesger put therto in the boilyng, is very commendable. If the patient be very coltiue, than the medicine of Galene, called Hierapicra, from halfe an ounce to an ounce, taken in water of hony or ale, or taken in pylles the weight of a grote, and a halfe, or two grottes, if the stufte be good, will pouрге the bodie sufficientlie, without making

### The fourth

the bodie weaker. Also that medicine by clen-  
sying the stomacke and bodie, deliuereth a man  
and woman, from many perillous sickeneses.  
If the humors in the stomake be not putritied,  
but that it is greued with abundaunce of salt  
fleume, I haue found that milke newe milked,  
wherein is put a quantitee of good hony or su-  
ger, and thre leaues of good speare mintes,  
and a littell boyled, so beyng dronke warme fa-  
styng, the quantitee of a pynte, and restyng on  
it, without eatyng or drinkyng any other thing  
the space of thre houres after, haue abundantly  
poured and comforted the stomake, but where  
there is no fleume, but onely choler, it is not so  
holosome, 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 annoyaunce to the helth of mans bod-  
ie, than distillacions from the head cal-  
led reumes, I will not let to wyte somwhat of  
them, whereby men maie take benefite if they  
wyll, although some phisicians, more conydes-  
ryng their market, than their duitie to god and  
their countreie, wyll 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 mouth, or into the noſethrilles, or into the eyes, and ſomtime into the chekes and eares: that whiche falleth into the mouth, is receined of the throte into that part, which is the inſtrument of the voice, whiche at the firſt maketh hoarſenneſſe, 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 langes. If it doeth fall into the ſtomake, the reume beyng cold, it altereth the body 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 ingendzeth ſowze fumes in the mouth. If it be corrupted, it tourneth alſo noziſhement vnto corruption, whiche maketh vpbraidyngeſ ſumme or ſharpe, or of ſome yll qualitee, which can not be expreſſed. If the matter do diſceēd lower, it tormēteth the guttes called ieiunum and colon, and toucheth other veſſels, from whence procedeth digeſtion. In this diſcrasie. ii. thinges are to be prouided for, firſt to let that the reume doe not diſtill into the ſaide places, or if it hath dooen, that it be ſhortly expelled from thence. Firſt to let that it ſhall not diſtill, it ſhall be neceſſarie to eat ſome meate the ſooner in the mornynge, if there hath not proceeded repletion. Where the temperature of all the bodie is coleſrike, & the ſtomake is weake, the ſtomake wold be made ſtrong with ſuche thynges as of their  
 proz

### The fourth

proper tee dooe comfort the stomacke, for seene that they be moderately colde and moiste: And that whiche is alreadye fallen into the stomacke, must be expelled with vomite or siege, prouoked with wormewood stieped all one daie and a night in a littell small white wine, or small ale and stale, whiche hath vertue onely to wpye away the fylth from the stomacke, but if it be sucked deepe into the fylthes of the stomacke, than is it better to take the medicine called Hierapiscra, either in pouder with drinke warmed, or els in pylles, to the numbze of .v. or mo in the mornynge .vi. houres before any other meat or drinke taken, afterwarde to noynte the mouthe of the stomacke with oyle of Mastyke or Rardinum temperately warme. Alwaie if a hotte reume do fall into a hotte stomacke, then meates and drinckes whiche be colde in vertue woulde 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, muste take suche thynges as maie dissolue the fleume, and clenise the stomacke without heatynge 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 oyncementes, whiche onely be hotte, and vtterly to forbear all that is colde.

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

binges, falling sicknesse, poses, stinking of the  
 nose, called Polipus, sores in the mouth, tooth  
 ache, pinne and webb in the eyes, dulnesse of hea-  
 ryng, quinces, fretting of the bowels, with flux-  
 es, shortnes of breath, griefe in the hert, palseies,  
 ache in the muscules and ioyntes, wherfoze it  
 is not to be neglected. And I do much meruail,  
 that our phisicians do not moze studiously pro-  
 uide theretofore remedies. I my selfe was by the  
 space of foure yeres continually in this discri-  
 tie, and was counsailed by diuers phisicians  
 to keepe my head warme, and to vse Diatriou  
 piperion, ayd such other hotte thynges as I  
 haue reherled: at the last felyng my selfe very fe-  
 ble, and lackyng appetite and slepe, as I hap-  
 ned to read the booke of Galen, de temperamen-  
 tis, whiche treateth De inequali temperatura,  
 and afterward the .vi. booke, De tuenda sanita-  
 te, I perceiued that I had bene longe in an er-  
 rour. wherfoze firste I did thzowe away my  
 quilted cappe, and my other close bonettes, and  
 onely did lye in a thynne coyse, which I haue eu-  
 er sens vled bothe winter and sommer, and  
 ware a light bonet of veluet onely, than made  
 I oxymell after the doctrine of Galene, sauyng  
 that I boyled in the vineger rootes of persely  
 and fenell, with endiue, cykorie, and betayne,  
 and after that I had taken it three daies conti-  
 nually, euery daie three spoones full in the morn-  
 nyng warme: than toke I of the same oxymell,  
 wherein I had infused & steeped one dramme of  
 Agarike, and halfe a dramme of fine Reubarbe,  
 the space of .iii. daies and .iii. nyghtes, which I



### The fourth

received in the mornynge, eatyng no meate fyve  
howres after, and that but a littell brothe of a  
boyled henne, wherof insued eight stooles abun-  
dant of choler and fleume: soone after I slepte  
soudely, and had good appetite to eate, after  
supper I would either eate a fewe colliander ses-  
des prepared, or swalowe downe a littell fine  
mastic, and forbare wyne, and dranke only ale,  
and that but littell and stale, and also warmed.  
And somtyme in the mornynge wold take a per-  
fume of Storax calamita, and nowe and than  
I would put into my nosechyls cyther a leafe  
of grene laurell, or betain, or water of maioram  
bryised, whiche caused the humour to distyll by  
my nosechylles. 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 eies: afterwarde to comfote my  
stomake and make it strong, somtyme I would  
eate with my meate a littell white pepper grosse  
bryised, sometime Galens electuarie made of  
the iuyce of quinces, called Diacytonites, some-  
tyme marmalade of quinces, or a quince roasted.  
And by this diete, I thanke almighty god, vn-  
to whom onely be geuen all gloze, I was re-  
duced into a better state in my stomake and hed,  
than I was .xvi. yeres before, as it maie appere  
vnto them, whiche haue long knowen me.

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

a hotte head, maie if they list assaie mine experis  
ence, or in the stede of my saied infusion, take  
Hierapicra, with ale or water to purge them,  
whereof shall not insue so muche perill, as of  
corrupted syzopes, and other confections cal-  
led Magistrales, made with olde rotten drug-  
ges, though the phisicians be neuer so well les-  
ned. In bodie of other temperature, I would  
not that mine experience should be practised but  
with discrecion, tempering the medicine, as the  
qualitees of the stomake and heade do require,  
remembryng alwaie, that hot reumes be thinne  
and subtill, colde reumes be for the moste parte  
thicke. Also that they whiche be thinne, woulde  
be made thicke, that they perce not so fast. And  
that they which be thicke, wold be made thinne,  
that they maie the soner be purged. Finally this  
dare I affirme, that the reumes, whiche of late  
time haue bene more frequent in this realme, the  
they were wont to be. xl. yeres passed, haue hap-  
ned of none occasion more than of bankettinges  
after supper, and drinkyng much, specially wine  
a littel after slepe. An other thing is the keepng  
the head to hotte or to long couered, wherby the  
braine, which 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>, whis  
che skilleth downe estones out of the head into  
the places befoze reherled. Yet now a daies if a  
boy of .vii. yeres age, or a yong man of .xx. yeres,  
haue not .ii. cappes 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 scrupng man feareth to loose his credence. A parson bycar oz parysch preeft, by vsyng their veluet cappes embroudred with laces, dooe make some men thynke that they be ashamed of their crownes, that reuerende token of the order of priesthooode, the whiche notable abuse, I muche meruayle that the bishops will suffer, specially they whiche haue had leysure to reade the woozkes of saint Cyriane, sainte Hierome, Chrysostomus, sainte Ambrose, and sundrie decrees made by the olde fathers, concernyng the honest vesture of priestes, which although it seeme a light matter to some men, yet it augmenteth oz minissheth not a littell in priestes, the estimacion of their condicions. Salomon confirming the same, sayng: The garment 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. Howe to conclude, as longe as the said occasions continewe, so longe men shall not be without reuymes, although they were all perfect phisicians.

By vvhath tokens one may knowve vvhether the stomake and head be hotte or colde.

**N**ow to retourne to the remedies against the saied annoyance, wherof hapneth so many great sicknelles, I will be bolde to  
- wyte

Write a littell out of the woꝝkes of the moſt fa-  
 mous and expert phyſicians. Firſte the cauſe of  
 the reume muſt be digeſted, after expelled, third-  
 ly diuerted, that is to ſay, tourned from the eien  
 or throte, into the noſe, from whence it maye be  
 moze eaſily pouꝝged. Fourthly it maye be ſtops-  
 ped, that it ſhall not diſtyll. In hotte diſtillaci-  
 ons the head is very hotte in feelyng, the reume  
 beyug in the mouthe is thinne and warme, the  
 tōgue or cheekes within bliſtered, the face ſome-  
 time redder than it is accuſtomed to bee, ſome-  
 time a buenyng within the noſe. To them whis  
 the haue this hotte reume, maye be geue the ſede  
 of white poppy. Diacodion made of the heades  
 of white poppy and rayne water. Amylum with  
 mylke, if there be no feuer, penidees, malowes,  
 orage, gourdes, and ſpynage, boyled and eaten  
 with oyle of almondes, lyꝝope of violettes, nes-  
 mipher, or the wine of ſweet pomegranates, the  
 water of a greate cucumber, boyled with a lit-  
 tel ſugar, beyng dzonke, doeth mitigate cholar,  
 ſtoppeth the reume, and eaſily looſeth the bealy,  
 the ſeedes of mylons bzaid in a moꝝter with  
 water, and ſtrayned with ſofte bread, haupnge  
 ſugar put to it, maketh an excellent good meate  
 againſt the hotte reumes, plaſters made of bar-  
 ley bzuiſed, violettes, poppy, and camomyll boi-  
 led in water, wherin ſponges or linnen cloas-  
 thes beyng depte, ſhould be layed on the head,  
 and the genitoꝝies or legges therewith waſhed.  
 If the ſicke man can not cleape, than the ſaid  
 partes with the bealy and foundement ſhall be  
 moꝝcted with the oyles of violettes and Nemi-  
 phar,

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phar, the sauour of camphar in rosetwater with violettes is good in that case. Galene exhorteth and I haue proued, that in a very horre reume, whiche hath stilled faste, the pourynge of colde water vpon ones heade hath stinted the reume. He that is therein diseased muste exchewe goepng in the sunne, or to come nighe a great fyre, or to stande or be long couered, or to weare muche on his head, he muste rest muche, and prouoke him selfe to sleape a night, but not very long, and to lie on the one syde on a harde bedde, hauyng his head highe, also rubbyng of his legges before meales is very holsome. Colde reumes be perceiued by coldnesse of the humour and head with palenesse of the visage, all colde thynges increasyng 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 holsome then abstinence, specially in the euenyng, they whiche haue it, must beware of Northern wyndes, the mooneshyne by nighte, walshyng in colde water, and to be longe barehadded. The seedes of Figella a littell tosted and put into a piece of thinne sarcenet and smelled vnto, stoppeth the reumes.

Reesyng in the beginninge of the reume is dispraised of Galen, but after that the matter is digested, it is very holsome: that maye be made with leaues of laurel or betem put into the nose thryls, the iuice of colewortes, the rootes of red beetes, water of Maioram. A pzetie medicine for that purpose proued. The iuice of yonge beetes  
and

and Maiozam of cueriche, one ounce, good white wyne eight ounces, saffron the weight of two pence, that beyng hette and taken in the mouthe, shall be drawn vj with breath to the place, wherby the distillacion falleth out of the nose into the mouthe. And if the reume dooe distill into the cheekes and teeth, I haue proued, that the iuice of grounde Iuie, and that herbe which we call Mouse care, taken within a quill into the nosethyilles, oftentimes purgeth exceedingly the reume, and taketh away the ache of the teeth.

A Gargarisynge, if it be not discretely vled, may do more harm than good, bring doune much the abundance of matter vndigested, but taken in order with water, hony, and pepper, or with Slope and figges boiled in white wine, and taken very hot in a gargarise is right conuenient.

For compassion whiche I haue of them that be vexed with toothe ache caused of reumes, I wyl by the leaue of phisicians conclude thys chapter with an excellent medicine agaynst the saied passion, whiche is wrytten of an honourable Phisicion of late yeres, whiche medicine also maketh teeth faste whiche be loose, and also stoppeth the superfluous bleedynge of gumes, wherwith the breath is made vnsauerie.

Take the ryndes of Laper rootes, the rootes of brembles, whiche dooe beare blacke bearies, the flowers of pomegranates called Balaustra, of euery of them, the weight of two ducates, pelytozie of Spaine one ducate, seede of white henbane, the ryndes of mandrage, of euery of

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them one ducate and a halfe, spourge of the gardeine one handfull, alume of the rocke twoo ducates, boyle all this in white wyne oz clarette, whiche is very rough in taste, and strayne it, therewith let the patiente oftentimes walthe his mouthe. Albeit I will counsayle theym, whiche will take this medicine oz any other, firste to purge the cause of the reume, as before is rehearsed, oz in any other wyle, as they shall be counsayled by well learned and discrete physicians.

### Of lassitude. Cap. 3.

**L**assitude is a disposition toward sicknesse, wherein a man feeleth a sozenesse, a swelling oz an inflammation. Sozenesse happeneth of humours sharpe and gnawynge, as after great exercise and labours, whiche lassitude happeneth to thē, whose bodies are ful of yll iuice and excrementes. Also after crudities in them which are not exercised, oz do abide longe in the heate of the sunne. It may also be in the bodie, wherein is good iuice, if he be fatigate with immoderate exercise. In them, whiche doo feele this lassitude, the skin appereth thicke and rough, and there is felt a grieffe sometime in the skynne onely, sometime also in the fleshe, as it were of a soze. The cure therof, is by muche and pleasant rubbyng with sweet oyles, which haue not the vertue to restrayne oz close, & that with many handes, and after ward to exercise moderately, and to be bayed in water sweete and temperate.

Aetius.  
lib. 3.

Galē. de  
tuenda  
sanitate  
lib. 3.

temperate in heat, also than must be geuen 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 soundely. But if this lassitude do abide the night and day folowynge, or waxeth more and more, than if the patient be of good strenght and yong, and hath abundance of blood, let him be let blood, or prouoke the heemorrhoides or pilz to blede, if thei doo appere. But if it procede of the malice of any humour, without abundaunce of blood, than resoꝛte to purgacions, apt for the humour that greueth. The tokens wherof shall appere aswell by the colour of the skinne and diete precedynge, as by vrine, ordure, sweate, thirst, and appetite, as it is resherfed before in the complexions. If the il blood be littel in quantitee, and the crude humours abundant, than shall he not be let blood, nor vehemently purged, neither shall exercise or moue him self, nor be bayned. For all exercise carieth humours throughtout all the body, and stopeth the powers. Wherfore these maner of persons should be kept in reste, and suche meates vrinikes and medicines should be geue to them, whiche should attenuate or dissolue the grosnesse of the humours, without notable heate, as oxymell, barley water, and mulse, if the patient abhorre not hony. And for as muche as in the saied persons commonly there is abundaunce of wynde about their stomakes, therfore pepper, specially long pepper, or white, is very conuenient to bee



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bled, and the medicine befoze wrytten, called dia-  
spoliticum. Whan the humours are dissolued,  
than is it good to drinke white wyne, oz smalle  
claret wyne moderately.

### Lassitude extensive. Cap. 4.

**V**Whan one thinketh that he dooeth feele a  
swellyng oz bollynge of the body, where  
in dede there doeth not appere in sight oz  
toucheynge any swellynge, that is called  
Lassitude extensive, if it hayneth without exer-  
cise oz vehement mouing. This doeth happen of  
excessive multitude of humours, which dooe ex-  
tend the muscules oz fillettes. In this no sores-  
nesse is felt, but onely an heuineisse with extensi-  
on oz thurstyng out of the bodie. And because  
that there is abundance of blood in the bodie,  
best remedie is to be letten blood about the el-  
bowe oz ancle, after to be purged, than to vse  
soft fricasies with oyles afoze rehearsed, after-  
warde muche rest & temperate bathes, and meas-  
tes lackyng sharpenesse, and beyng absteriue.

### Lassitude vvith the felyng of in- flammacion. Cap. 5.

**I**f without any mouynge, the muscules  
and flesh rise vp in the bodie, as it swells  
led, with great peynes and excedyng  
heate, than soone after foloweth mooste  
hottest fevers, except it be pzyented by lettynge  
of

of bloud and that in abundance, and almoste to  
 sownyng, but it were moze sure to be let bloud  
 twice in one day, the firste time without sownyng,  
 at the next tyme sownyng is not to be feare  
 red. If the grieke be in the necke or head, the  
 bloud must be let of the veyne called Cepheata,  
 or the shoulder vein. If it be in the bulke or vpr  
 permozte parte of the bodie, than must the veyne  
 be cutte, whiche is called Basilica, or the inner  
 mozte veyne. If all the body be greued, than  
 cut the veyne whiche is named Mediana, or the  
 middell veine. If a feuer remayne after bloud  
 lettynge, than order him with the diette of theins  
 that haue feuers, whiche ye shall fynde wrytten  
 hereafter. If no feuer remaine, than vse modes  
 rate fricasies, and littel eatyng, and that of meas  
 tes hauyng good iuyce, increasyng by littel and  
 littell to the naturall diete.

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

**N**ow to retorne eselones to speake of diet  
 it is to be remembred, that thei, which are  
 redy to fal into diseases, thei are prepared  
 therunto, either by replecion of superflus  
 ous 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 therby the  
 humours may be attenuate, and by conueniente  
 euacuacion, brought to a moderate quantitee.

As for the seconde must be corrected with meas  
 tes and drinckes of contrary qualitees, hauyng

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alway respect to the age of the person, tyme of the yere, place of habitacion, and moſte ſpecially the vniuerſall complexion. For choleric offenſynge in an olde manne, in wynter time in a colde countrey, or the perſon beyng of his naturall complexion, fleumatike or melancholic, would not be ſo aboundantly expulſed or ſubdewed, as if it be in one young and laſtie, in the hotte ſommer, in the countreis, where the ſunne frequently burneth, or the perſon of his propre nature is very cholericke. And in likewiſe contrarie. Wherefore every man, knowynge his owne naturall complexion, with the qualitee of the humour that offendeth, let him make temperaunce his chiefe coke, and remembrynge that whiche I haue befoze declared, or dayne to him ſelſe ſuche diete, as may reforme the offence with none or littell annoyance to his vniuerſall complexion. And if he can ſo doo, he ſhal happily eſcape, not onely diuers ſickneſſes, but alſo the moſt pernicious daunger, procedyng of corrupted drugges or ſpices, wheredof ſome couetous poticaries doo make medicines, maugre the heades of good and well learned phiſicians.

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

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

noble science, to common people not learned in liberall sciences and philosophie, whiche be required to be sufficiently in a Physicion. And mozeouer, many bookes of Hippocrates and Galene ought to be radde, befoze that one dooe take vpon him the generall cure of mennes bodies: yet not withstandynge, I truste I maye without any note of arrogāce write, what diseases doo most commonly happen in sundry tymes of the yere and ages of men and women, with some significacions, wherby the discrasie or distemperature of the bodie is perceiued, to the intent that the phisicion beyng farre of, may be truely informed, considerynge that vynes farre caried, do often deceiue them, and likewise lacke of the sight of the patient, and inquisition of thynges, whiche do preceede or folow the sicknesse. And with this I truste none honest and charitable phisicion wyll be offended, but rather geue to me thankes for my diligence, in the aduauuncyng of their estimacion, which by lacke of perfect instruction hath been appayzed.

### Sicknesse of spryng tyme.

**D**iseases procedyng of melancholy, as madness, fallynge sicknesse, bleedynge, quynces, poses, hoarsenesse, cownghes, lepries, scabbes, ache in the loynctes.

### Sicknesse of sommer.

**M**any of the saied diseases, also feuers constant,

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tinual, hotte feuers, feuers terciane, quartaine, vomites, fluxes, wateryng of eyes, peynes of the eares, blysters and soares of the mouthe and sweattynge.

### ¶ Sickneses of Autumne.

¶ Divers of sommer sickneses, also oppilacions of the splene, droopies, consumpcions, strangulions, costiuenesse, ache in the huckle bones, mortnesse of wynde, fretynge of the bowelles, fallynge sicknesse, and melancolike diseases,

### ¶ Sickneses of wynter.

¶ Stitches and griefes in the sides, inflamacion of the lunges, reumes, coughes, peynes in the brest, sides, and loynes, head ache, and palleis.

### ¶ Sickneses hapnyng to children.

¶ When they be newe borne, there doo happen to them sores of the mouth called Aphte, vometyng, coughes, wateryng, fearefulnesse, inflamacions of the nauell, moysture of the eares.

¶ When they brede teeth, itchyng of the gummes, feuers, crampes, and laches.

¶ When they ware elder, than be they greued with kernels, opennesse of the mould of the hed, mortnesse of wynde, the stoane of the bladder, wormes in the bealy, waters, swellynge vnder the chinne, and in England commonly purpilsles, measels, and small pockes.

¶ Sick

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

**F**euers cotidiane, terciane, quarteyne, hotte  
feuers, spitting or vometyng of bloud, pleures-  
ies, diseases of the sydes, inflammacion of the  
lunges, lethargies, franke, hot sicknesses, cho-  
lerike passioes, costiueneſſe of vehement laskes.

**S**icknesses of age.

**D**ifficultee of bzeath, reumes with coughes,  
strangulion, and difficultee in pissyng, ache in  
the ioyntes, diseases of the raynes, swimmyng-  
ges in the head, palseies, itchyng of all the body,  
lacke of sleepe, moyſture in the eyes and eares,  
dulnesse of sight, hardnesse of hearyng, tick-  
nesse, or shortnesse of bzeath.

**A**lthough many of the saied sicknesses dooe  
happen in euery time and age: yet because they  
be moſte frequent in the said times and ages, I  
haue written them, to thentente that in the ages  
and times moſt inclined vnto them, suche thyn-  
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 hodie be hotter, colder, moyſter,  
drier, leaner, fuller, the colour moze pale  
or swarte, the eyes moze holowe than is  
accustomed to be, it signifieth that the  
body is disposed to sicknesse, or already sicke.

The

**The fourth**

- Raupng.  
 Forgetfulnesse.  
 Fantasie.  
**The braine sicke.** } Humours commynge from  
 the rouse of the mouth,  
 the eyes, the nose, or the  
 eares.  
 Watche.  
 Sleepe.  
 Difficultee of breath.  
**The heart sicke.** } Trembling of the  
 herte.  
 Beatyng of the pulse.  
 Feuers.  
 Colde.  
 Diuer sices of colours.  
 Griefe aboute the  
 hert.  
 Lacke or abundaunce of  
 humours.  
**The lyuer sicke.** } The fourme of the body  
 altered.  
 Palenesse.  
 Concoction.  
 Digestion.  
 Alteracion of excrementes  
 accustomed.  
 Weyne in the place of the  
 liuer.  
 Swellyng.  
 Difficultee of breath.

The

**The stomake sicke.** {  
 Concoction slowe or  
 quicke.  
 Appetite of moist or dry,  
 dull or quicke.  
 Separacion of excrements  
 moist or hard with  
 their colours.  
 Yeryng.  
 Belkyng.  
 Cometyng with peyne  
 and difficultee of bzeth.  
 Urine much or litel with  
 the colour & substance  
 to redde or to paale, to  
 thicke or to thinne.

**The bzeast sicke.** {  
 Difficultee of bzeth.  
 Cough.  
 Spittynge.  
 Peyne in the bzeast.

**T**his have I written, not to geue iudgements  
 therby, but only for the pacient to haue in a res-  
 dines, to thintent that what so euer he feeleth or  
 perceiueth in euery of the saied thynge, therof  
 to instruct his phisicion, wherunto he may ad-  
 apt his counsaile and remedies.

**Of vrines. Cap. 9.**

**F**oasmuch as now a daies the most comon  
 iudgement in sickenes is by vrines, whiche  
 beyng far caried or much meued or stading  
 longe



### The fourth

longe after that it is made, the fourme therof is so altered, that the phisician shall not perfectly perceiue the natural colour, nor contentes, although it be neuer so well chaufed at the fire, as Actuarius and other great learned men do affirme. I will therfore somewhat speake of vrynes, not so much as a phisician knoweth, but as muche as is necessarie to euery man, for to perceiue the place and cause of his grieffe, whereby he maye the better instruct the phisician.

**C** First in vryne, foure thynges are to be considered, that is to say, the substance, the colour, the regions or partes of the vryne, and the contentes or thynges therein contained.

**A**lso forasmuche as in the body of man bee foure qualities, heate, colde, moysture, and dryeth, two of them, heate, and colde, are causes of the colour, dryeth and moysture are causes of the substance.

**M**oreouer in vryne, beyng in a vessel apt therunto to be sene, are thre regions. The lowest region in the bottom of the vrynal, containing the spaces of two fingers or littel more. The middel region, from whens the lowest ended vnto the cerkle. The highest region is the cerkle.

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

**A**lso the grossenes or thickenesse of the vryne signifieth moysture, the clerenes or thinnesse, signifieth dryeth.

**T**he colours of the vrynes.

**C**olour of bright golde. } Perfite diges  
**C**olour of gilt, } tion,

**Red**

Red as a red apple or chery.  
 Base redde, lyke to bole ar-  
 menake, or saffron drie.  
 Redde glowyng lyke fyre. } Excesse of dys  
 gestion.

Coloure of a beastes lyuer.  
 Coloure of darke red wyne  
 Grene lyke to colewortes. } Adustion of hus  
 mours.

Leaddy coloure.  
 Blacke as ynke.  
 Blacke as hozne. } Feblenes or mortificacion  
 of nature, except it bee in  
 purgeyng of melancoly.

White clere as water.  
 Gray as a hozne.  
 White as whay.  
 Coloure of a camels heare. } Lacke of diges  
 tion.

Pale lyke to broth of  
 fleshe sodden. } The beginnyng of dis  
 gestion.

Citrine coloure or yelow.  
 Subcitrine or paler. } The middell of dis  
 gestion.

Whyte and thinne betokeneth melancoly to  
 haue dominion.

White and thicke significth fleume.  
 Redde and thicke betokeneth sanguine.

Red and thinne betokeneth choler to haue the  
 souerayntie.

The

The fourth  
The substance of the  
vrine. Cap. 10.

**A**t the first pissyng, all vrynes well nigh  
do appere thinne, as longe as they abide  
warne, for naturall heate, duryng the  
time that it pzeuaileth, suffreth not that  
the lycour, whiche is the substance of the vryne,  
to congele or be thicke for any occasion: but af-  
ter that heate is gone, some vrynes shortly, some  
a longer time after, waxe thicke. Likewyse some  
time, some are pissed thicker, and after waxe clere  
some remayne still as they were made, some be  
meetely thicke, as they were troubled, some  
very thicke and grosse. They that waxe clere,  
sone dooe gather that, whiche is thicke into the  
bottome of the vrynal: some remayne troubled  
the grossenes not withstandyng gathered in the  
bottome. Semblably the diuersities of thine or  
subtyll vrynes, muste bee perceued, that is to  
say, that some are very subtyll as water, some  
lasse subtyll, some in a meane betwene thicke and  
thinne.

**O**f thinges conteyned in the vryne, some doo  
descend downe to the bottome, and be called in a  
greke word Hypostasis, in englyshe some call it  
the groundes, some the residence, whiche if it be  
white, light risyng by from the bottome of the  
vrynal, lyke a peare, it signifieth helth, if it be of  
any other figure or colour, it betokeneth some a  
noyance. If like thinges be seene in the middell  
of the vrynal, they be called sublacions, if they  
approche vnto the highest region of the vryne,  
they

The substance of the  
vryne. Cap. 10.

**A**t the first pissyng, all vrynes wel nighs  
doo appere thynne, as long as they abide  
warne, for naturall heate, durynge the  
time that it p̄uapleth, suffreth not that  
the licour, whiche is the substance of the vryne,  
to congele or be thicke for any occasion: but af-  
ter that heate is gone, some vrynes shortly,  
some a longer time after, waxe thicke. Likewise  
some time, some are pissed thicker, and after  
war clere, some remaine kil as they were made,  
some be meetely thicke, as they were troubled,  
some very thicke and grosse. They that waxe  
clere, soone do gather that, whiche is thicke into  
the bottome of the vrinall: some remayne trou-  
bled, the grossenes not withstandynge gathered  
in the bottome. Semblably, the diuersities of thin  
or subtill vrynes, must be perceiued, that is to  
say, that some are very subtill as water, some  
lasse subtill, some in a meane betwene thicke and  
thynne.

**O**f thinges contained in the vryne, some doo  
discend downe to the bottome, & be called in a  
greke word Hypostasis, in englyshe some call it  
the groundes, some the residence, which if it be  
white, lyght risyng vp from the bottome of the  
vrinall, like a peare, it signifieth helth, if it be of  
any other figure or colour, it betokeneth some  
noyance. If like thynges be seen in the middell  
of the vrinall, they be called sublacions, if they  
approche vnto the highest region of the vryne,

**R**

they

### The fourth

they be named cloudes, in latin Nebulae. The groundes or residences not perfect, some is lyke littell red vetches, and is called in latin Orobea some is like to branne of wheate grounde, and severed from the meale, and is called branne residence, in latin Furfurea, some be lyke vnto plates, haupng bredth and length without thiknesse, and may be named platie residence, in latin Laminea, some is like to meale, wheate, or barley, and may be named mealy residence, in latine Similacea.

¶ There is also seen in the vzyne like to white heares, some longer, some shorter, somtyme lyke to ragges, somewhat redde. There is also seene in the vppermost part of the vzyne, sometime a some or froth, somtyme belles or bubbles, somtyme there swimmeth in the vzyne a thyng like a cobwebe, otherwhile there is about the cerkle, as it were the rentyng of clothe, sometime there is in the vzyne like motes of the sunne, somtyme like the matter of a soze, otherwhile like the sede of a man, also grauell or sande. And in these thynges maye be diuers colours, some whyte, some redde, some betwene bothe, some yelowe, some gray, and some blacke. All this must be diligently marked, and therof separatly to aduertise the phisicion, vnto whome I referre the iudgement of the sickenesse, for the cause afoze reherled, and for as muche as the iudgement of them is very subtil.

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

beey greate liffell oz none, if it were easily egg pulsed, oz peynefully, howe ofte oz howe tels come.

**C** Moreouer of sweate, what colour it is of and of what sauour, yf in tastynge it be salte, lowre, bitter oz vnflauerie.

**C** Also the vomite, if it be of one colour oz manie, if it doo smell horrible, of what humour it had most abundaunce, yf it were fastyng, oz after meales, if it were peynefull oz easie.

**C** Lykewise spittell, whether it be thicke oz thinne, oz myxt with bloud, oz matter corrupte, accor dyngly of the humour issuyng oute at the nose, and if that the bloud, than whether it be redde, warrie, oz blacke.

**C** Moreouer, it may not be forgotten, to aduertise the phisicion of the diet vsed by the pacient, as well afoze the sicknesse, as in the time of the sicknesse, his age, the strength of his bodie, his exercise, and place, where he lengest abode in his youth, whether it wer his oz low, watrie oz drie, hotte oz colde.

**C** This I truste shall be sufficient to instruct a phisicion: he that desireth to knowe moze particularly hereof, let him reade the bookes of Hippocrates, Galene, Cornelius Celsus, Aetius arius, Paulus, and dyuers other late wryters, for this littell treatise may not receiue it.

### The fourth

The preceptes of the auncient phisicians  
Diocles vnto kynge Antigonus. Cap. II.

**V**e will now deuide the body of man into foure partes, the head, the bulke, called in latine. Thorax, whiche conteyneth the bzeast, the sides, the stomacke, and entrailes. The bealy, called in latine Venter, conteyneth in the paunche and bowelles. Also the bladder, called in latin vesica, in the which name is also conteyned the condrites, by the which vrinne passeth. Whan any disease approacheth to the head, these tokens doo commonly proceede, swimmyng in the head, head ache, heuinesse of the browes, soundyng in the eares, prickynge in the temples, the eyes in the moornyng doo water or waxe dimine, the smellng is dull, the gūnes doo swell. Whan thou feelest suche tokens, forthwith pouerge the head with somewhat, not with vehement medicines, but takyng Slope or Organum, and the creppes of them boyle with white or claret wine, halfe a pynte, and therewith gargarise your mouth fastyng, vntill the fleume be pouerged out of your head: this is the easiest medicine in discrasies of the head. It is also very holsome to gargarise the mouthe and bzeast with hony water, where into mustarde is put and mingled, but first the head must be rubbed with a warme clothe, that the fleume maye easily come out of the head. And if these tokens be neglected, these maner of sickeneses doo follow soone after, blegred eyes, and humours lettyng

lyng the sight, cleftes in the eares, swellynge  
in the necke full of matter, called the kynges es  
will, corrupcion of the braynes, poses oz reumes  
heuinesse of the head, and tooth ache.

When the bulke is like to suffer any sicknes,  
it is perceued by these tokens, all the body is in  
a sweate, the bulke most specially, the tong war-  
eth thicke, the spittell is either salte oz bitter, oz  
cholericke, the sides and shoulers do ake with-  
out any occasion, the pacient gaspeth often, also  
there doeth happen muche walkynge, suffocaci-  
ons oz lacke of bzeath, thirst after slepe, the mind  
is vexed with heuinesse, also the breast and ar-  
mes are very colde, and the handes do tremble.  
Against these thynge this remedie may be pro-  
uided. After a moderate supper assay to vomite  
without any medicine, vomit is also profitable,  
whiche meate doeth folowe. He that in suche  
wise will vomite, let him eat hastily small ra-  
dishe rootes, towkerles, roket, senay, oz pour-  
clane, and drinke after it a greate quantitee of  
warne water, and prouoke him selve to vomit.  
He that letteth littell by the saied tokens, lette  
him feare these sickneses folowynge, the pleu-  
resy, the sickneses of the longes, melancholy oz  
madnesse, sharpe feuers, the franke, the letargie,  
inflamacion with yeryng.

If any sicknesse be towarde the bealy, they  
may be espied by these tokens, the bealy is fyre  
wrapped together, and in it selve is troubled, all  
meates and drinckes doo seeme bitter in taste, he  
feeleth heuinesse in his knees, a stifnesse in his  
lognes, a wearinesse in all his bodie, withoute



### The fourth

any occasion, a sleepinesse in his legges, with a litle feuer: whan thou seelest these tokens, mollify thy bealy, not with medicine, but with good order of diete, for it is best and moſte ſure to vſe thoſe thynges, wherof lightly may enſue none annoyance, in the noumbz of them are bretes boyled in water of hony, garlyke ſodden, maſlowes, ſozell, mercurie, and all thynges conduite in hony. All theſe doo expell the ozdure of the bealy, but if any of the ſaid ſignes doth moze and moze increaſe, the licour, wherin the ſede of Eartham<sup>r</sup>, called alſo Cucus, is boyled is a pleaſant ſure medicine, ſmall colewortes boyled in a good quantitee of water, the ſpoure therof in meaſure two pintes, ſauyng the third parte of a pinte, with hony and ſalt beyng dronken, ſhall profite muche. Cicer, and the pulſe called in latin Erum, in engliſhe (I ſuppoſe) chittes, in water dronke faſtynge, hath the ſame effecte. To them, whiche ſet litle by the ſaid tokens, theſe diſeaſes do ſodenly happen. Fluxe of the bealy, bluddy flux, Clipperneſſe of the bowels peynes in the guttes, ache in the huckle bones, the feuer tertian, the goute, the apoplexie or palsie in the limmes, hemoroides, akyng of iointes.

¶ Whan the bladder is towarde any ſickneſſe, it is perceiued by theſe tokens, fulneſſe felt after litle meate, breakynge wynde downwarde and vpward, paleneſſe of colour in all the bodie, heauie or troublous ſlepes, the vrine pale, and paſſyng forth painfully, ſwellynge about the coddes and priue mēbz. Whan theſe tokens appere, than is it expedient to haue remedy of odoriferous

riferous thynges, which do expell vryne, whiche  
 shall be doen without any perill, with the rotes  
 of fenell and persely stieped one or two dayes in  
 good white wyne, and to drinke therof fastynge  
 every morning thre ouces and two drammes,  
 with the water of wilde carettes, or elicampne  
 whiche of these is next at hande, every of them  
 haue lyke effecte. Also water wherin the pease  
 called in latine Ciceres, are stieped, beyng dronk  
 with wyne, is like commodious: he that neglea  
 teth the saied tokens, let him loke for these sick  
 nesses folowynge, the dropie, the greatnesse of  
 the splene, grieve in the liuer, the stone, ache of  
 the backe, or peynes in the raynes, the difficultie  
 of vryne, fulnesse of the bealy. In all these thyn  
 ges that we haue spoken of, wee shall geue to  
 children mooste easie medicines, to menne, those  
 whiche be stronger in workynge. This diet of  
 Diocles, although at this time it seemeth not  
 most pleasaunt, nor accor dyng to the practise  
 now vsed, yet beyng tempred with that whiche  
 I haue before remembred, some thyng may be  
 found in it, which beyng experienced, maye be  
 as commodious for the health of mans bodi, as  
 that diete which is moze curious or pleasaunt.

¶ Of them in vvhose stomacke meate  
 is corrupted. Cap. 12.

**T**hey in whome customable meate is cor  
 rupted, let them afoze that they eate any  
 meate assay to vomite, drinkyng sweete  
 wyne, absteyn from meate, that ingender

### The fourth

boches, inflamacions, fumouse ructuacions  
oz vapours, and take suche as nourishe good  
iuce, and chose them out which doo mollifie the  
bealy, and at sundrie times take them. It is  
also good to take temperately that whiche loos  
seth the bealy, as the medicine called Dicra, and  
to abstaine from such thynges wherby yll iuce  
is gathered, and doo ingender sicknesses, harde  
to be cured oz neuer, as goutes, bone ache, peys  
nes of the raynes. &c.

### Of the vertue of meates, Cap. 13.

**H**E that is studious about the conseruacti  
on of helth, he nedeth to know the vertue  
of meates. The meate which hath vertue  
to extenuate, oz make humours subtil, it  
openeth the pores, and bringeth forth that whic  
he is fast in the fleshe, it maketh that whiche is  
clammy, subtil, and doeth extenuate oz relente  
that whiche is fat, it bringeth forth that whiche  
abydeth long in the bealy, but that whiche is ea  
ten, is a superfluitie, watric and cholericke, and  
at length maketh melancholike bloud. wherfore  
muche vsyng of them is prohibited, specially to  
them that are cholericke, and onely serueth for  
them that are replete with fleume, crude oz vnz  
digested humours, clammy oz fatte. The diet of  
fattyng thynges doeth nozise abundantly, so  
that the stomacke and liuer do digest wel, meates  
of good iuce, maketh good blud, but yet it stop  
peth the lyuer and splene. These do they, whiche  
make fatte humours onely, as the pulse called  
Len

Lenticula, and they that are slymie lyke maloz  
 wes, some do make fatte humours, and be als  
 so slymie, as fishes with harde shelles. Finally  
 the diet, whiche doth extenuate and make leane,  
 is more sure for keppng of helth, than that whis  
 che fatteth much. Nourishng meates would be  
 therefore inoderately vled, whan a man pers  
 ceueth him selfe to haue neede therof, it may be  
 most surely vled of them that be exercised tem  
 perately, and can slepe whan they list. They that  
 can not slepe by reason of exercise, let them es  
 chewe fattyng meates, let none ydell person at  
 tempt to vse them. In the p̄seruacion of helth,  
 sluggardie is the greatest myschiefe. Lyke as  
 temperate mouynge is good, so is the meate  
 whiche betweene thicke and thinne, is to mans  
 healthy moste conuenient, whiche ingendzeth  
 bloud, accoꝝdyng to the competent consti  
 tucion of mans body, and therfoze it is  
 to be chiefly vled. Meate of yll iuice  
 is alway noyful, wherfoze it ought  
 to be eschewed. Likewise the vas  
 rietie of meates is to be obser  
 ued diligētly, for it is a great  
 thynge to couple wel together  
 thinges of cōtrary vertues,  
 for if they be not well dis  
 gested, that whiche  
 is receiued, may  
 byynge dis  
 pleasure.

\*

KIA

### The fourth

☞ A diete preseruatīue in the tyme  
of pestilence. Cap. 14.

**T**he bodys most apt to be infected, are spes-  
cially sanguine, next colerike, than fleu-  
matike, last melancholike, for in them the  
humour beynge cold and drie is most vn-  
apt to receyue putrifaction, hauynge also strait  
passages, by the which venym must passe. The  
diet conuenient for that tyme is to absteyne from  
meates, inflampynge and openynge the pores: als  
so from heate of the sunne, from to muche heate  
or fyre, or garmentes, from euery hot herbe, and  
muche vse of tart thynges, excepte onyons and  
cikoze or radishe with vineger, for they doo res-  
yst against venime, from wyne very fumpshie,  
exercise incontinent after meales, from swea-  
tyng, from all thynges that will cause oppila-  
cion and putrifaction, from thynges hotte and  
moist, where moisture hath the dominion in de-  
gree, specially beynge not sufficiently boyled, als  
so from mylke, excepte it bee in a littell quanty-  
tee, and that with a littell sugar. Fruites and  
herbes colde and drie, and therewith lowze 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 colde  
and moyste, as cucumbers, melons, fysh softe  
and fresh, or damylins, eate by and by after,  
some fenel, and orange with salt, drynkyng ther-  
with a draught of good wyne. Beware of mus-  
heroms, muche parflane, gourdes, and all o-  
ther thynges, whiche will soone putrefie: not  
wyth

withstanding, I wyl not forbid eatyng of lets  
 tyse, with a fewe myntes, or myrte with Cynas  
 mom. All thynges sowre are commended, as wel  
 in diete conseruatiue, as in that whiche is cura  
 tiue or healt, excepte where there is straitnesse  
 of the breast, or weakenesse of the stomacke, then  
 ought they to be tempred with sugar, salte, al  
 mond mylke, cynamon, pepper, fenell, saffron,  
 egges, and some thyng that is fat or vinctuous.  
 Rapers are good to be vled with vineger. These  
 very fatte and salt, is not commended, no more  
 is colewortes, or any kynde of pulse, except chits  
 tes: great peason, rapes, nor spynache is good.  
 Also there be forboden rokat and mustard, mu  
 the wyne and egges, excepte they be eaten wyth  
 sozell sauce, vineger or iuice of oranges, persely,  
 and also parsnepes be good. New wynes be  
 noyfull, let the meate be somewhat more than  
 drinke, but yet sustein not to muche hunger nor  
 thirke, beware of lecherie, of a cloude weather  
 and close, eschue muche resort of throng of peo  
 ple, wyndes commyng from fennes or moores,  
 from cleape at none: vse with your meate this  
 powder, sanders redde, halfe an ounce, Cynas  
 mom thre drammes and a halfe, saffron halfe a  
 dramme. After your meate, eat a littell of cozis  
 ander seede, well prepared. In the moornyng at a  
 temperate fyze kembe your head backwarde,  
 clense your body and head of all superfluities,  
 vse also moderate fricacies, with sweete parfums  
 mes and odours, washe oftentimes your face  
 and handes with pure vineger mixte with rose  
 water. In colde weather mixe it wyth myntes  
 bauline,

### The fourth

Baulme, rue or myztes, and sometime with cloves. In hotte sommer with roses or violettes. Above al thinges vse to make white wine, good white vyneser roset, water of roses, in equall porcions, put therunto a littell setuall, or of the rinde of a citron, and drinke therof a littell, and oftentimes walsh therewith your handes and bylage. Medicines preseruatue against the pestilence, whiche be alway mooste redy, are these, a figge with rue, and a walnut eaten fastynge, also triakle, or mithridate, to olde men a drāme weight, to younge men halfe a dramme, or a scruple dissolued in vineger and rosewater, or in water of tormentill, scabiote or baulme, if the plague be in sommer, if it be in wynter, put to the waters some white wyne. Also the pylls called commonly Pillule Rasis (but in deede they were inuented by Rufus) are very excellent specially if the aloe, whiche is in it, be walshed, and therunto added a littell Bolus armenus, & Terra sigillata. And if the person be of hotte complexion, a quantitee of sozell seede, and red corall, this confectioned with syrope of citrons, in colde complexions, or to olde men with white wyne, vse them euery thyrde day, one pill at a tyme, thre howres or foure afore dinner or supper. If ye take tryakle or Mithridate, absteyne from meate at the least syre howres after. A piece of the roots of setuall, bozne in the mouth, preserueth from infection. In likewise dooeth sozell chewed fastynge, and the iuyce sucked downe. To pooze men Marcellus was wonte to geue a toaste of breade steeped in vyneser, with

With a piece of an onyon or Rue. All thynges which be cordiall, that is to say, whiche doo in any wise comforte the hert, doo resist pestilence, vehement anger, or heuinesse, be very pernicious. Other more exquisite and costely preseruatues, I purposely passe ouer. which Marsilius, and other phisicians doo write so abundantly, for as muche as I desyre to be in this woorkes compendious. One thyng I had almoste forgotten, that there is no better preseruatue, than to flee from the place corrupted, betime and farre of, and to let none approuche you, that hath made their abode, where the plague is feruent. Moreover, receiue not into your house any stufte, that commeth out of a house, where in any person hath been infected. For it hath bene sene, that suche stufte, lying in a coffer faste shutte by the space of twoo yeres, after that the coffer hath bene opened, they which haue stande nygh to it, haue ben infected, and soone after haue died. But here I alway except the power of God, which is wonderfull, and also mercifull, aboue mans reason or counsell, preseruyng or strikynge whome, whan, and where it shall lyke his maiestie, to whome be glory and prayse euerlastyng. Amen.

¶ Thus make I an end of this treatise, desirynge them that shall take profite therby, to defend it against enuious disdayne, on whome I haue set the aduenture, for the loue that I beare to my countrey, requiryng all honest phisicians to remembre, that the intent of my labour was, that men and women readyng this woorkes,



### The fourth

obseruyng the counsayles therein, should adapte  
therby their bodies, to receiue moze sure remedies  
by the medicines prepared by good Phisicians  
in dangerous sicknesses, they keeping good  
diete, and infourmyng diligently the same phis-  
icions of the maner of their affectes, passyons,  
and sensible tokens. And so shall the noble and  
mozte necessarie science of phisicke, with the mis-  
tresses therof, escape the sclander, whiche they  
haue of longe time susteyned, and accordyng to  
the pzecept of the wylse man, be worthily ho-  
noured, for as muche as the highest God  
dyd create the phisicion for mans neces-  
sities. And of the earth created medi-  
cine, and the wylse man shall not  
abhorre it. Thus fare ye well  
gentill readers, & forget me  
not with your good repozt,  
and pray to God that  
I be neuer worlde  
occupied.

Finis.

\*

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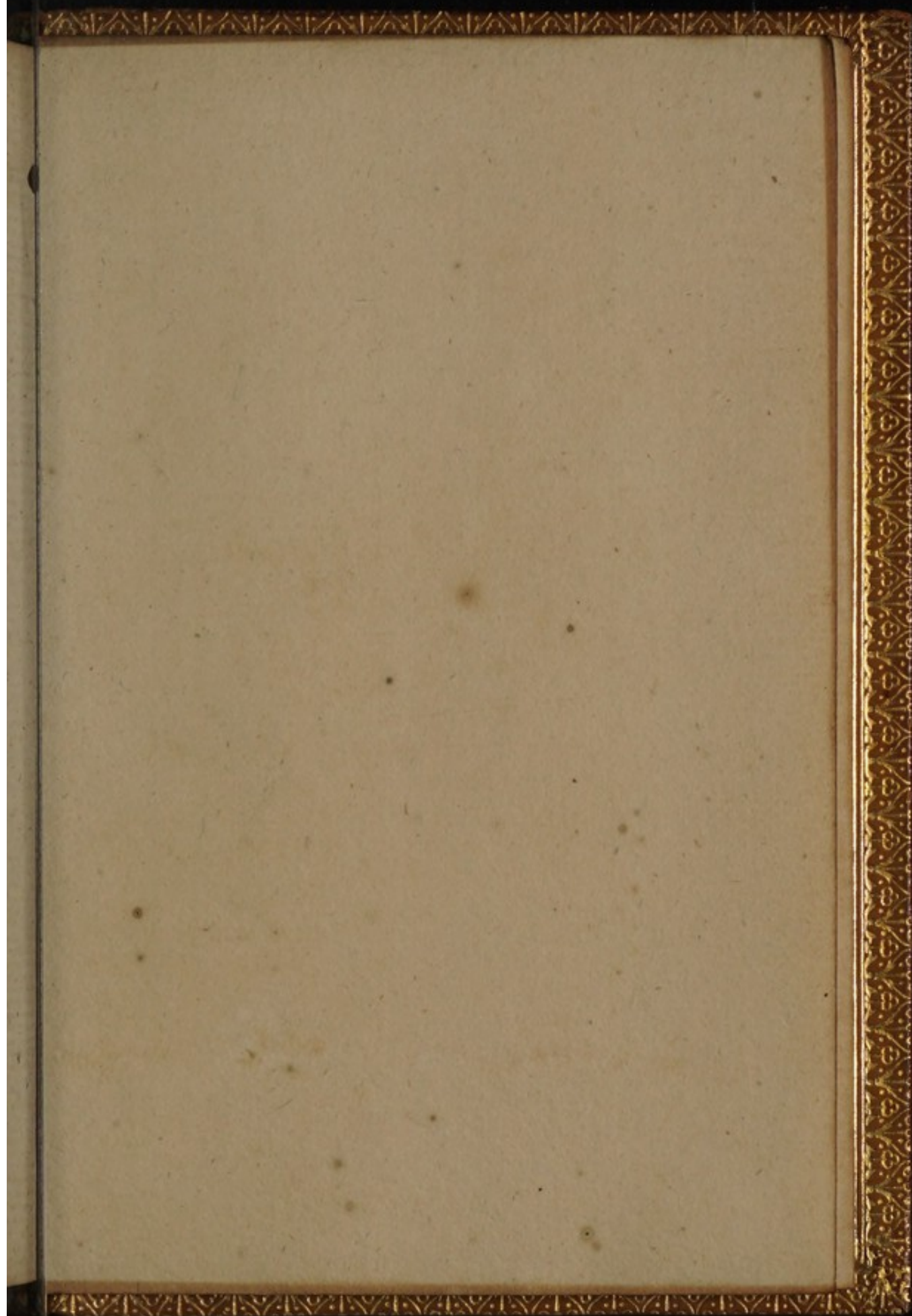
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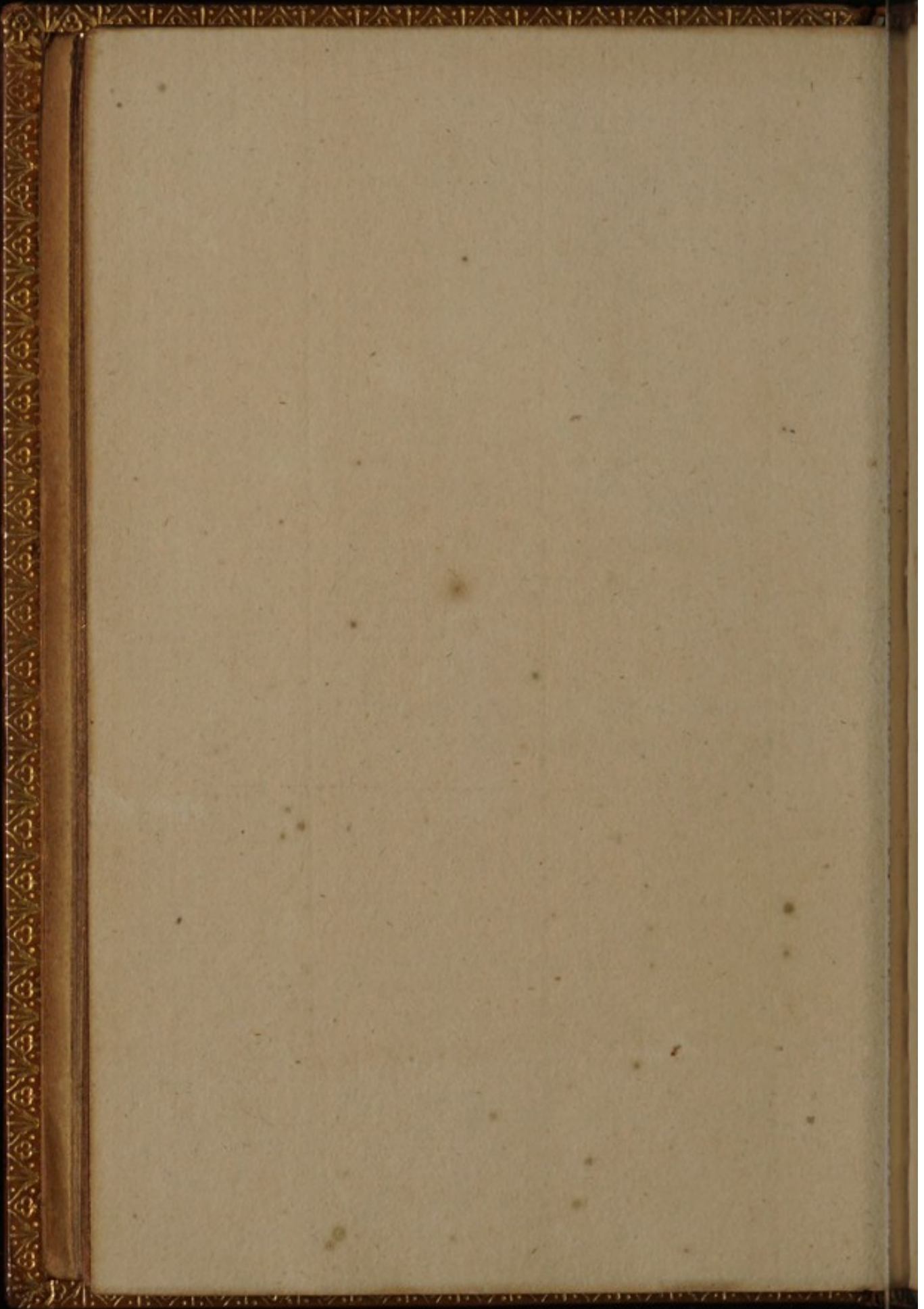
**Berthelettes.**

**Cum priuilegio ad impri-  
mendum solum.**

THE HISTORY OF THE  
CITY OF LONDON  
FROM THE FOUNDATION  
TO THE PRESENT TIME

By JOHN STOW  
1618





p. 66. anger

69 loss of promotion.

