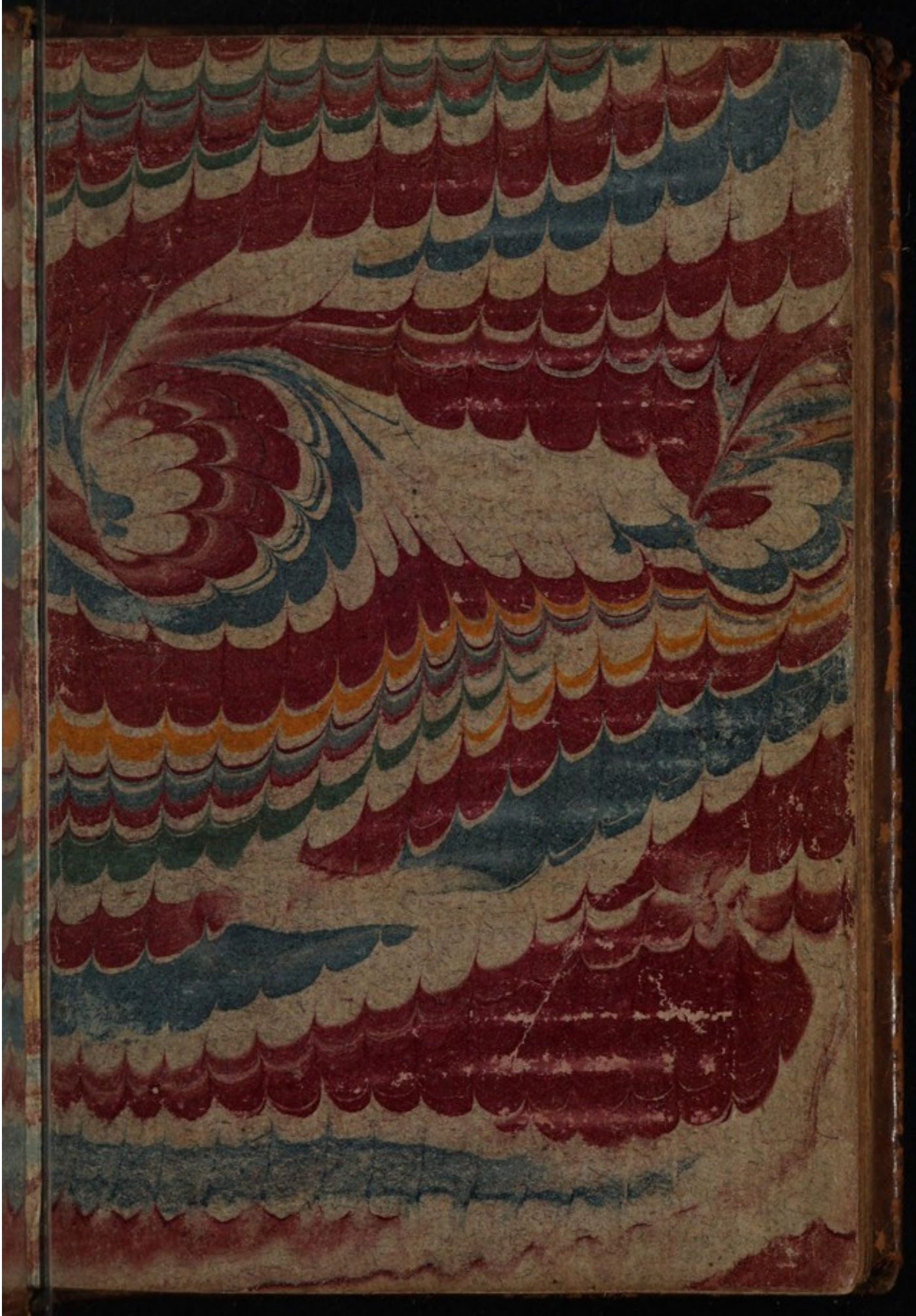
BULLEYN
ON
HEALTH


HONOR VIRTUTIS PREMIUM



One imperfect copy sold in 1932. No other copy sold since in BAR

Ga Berrano

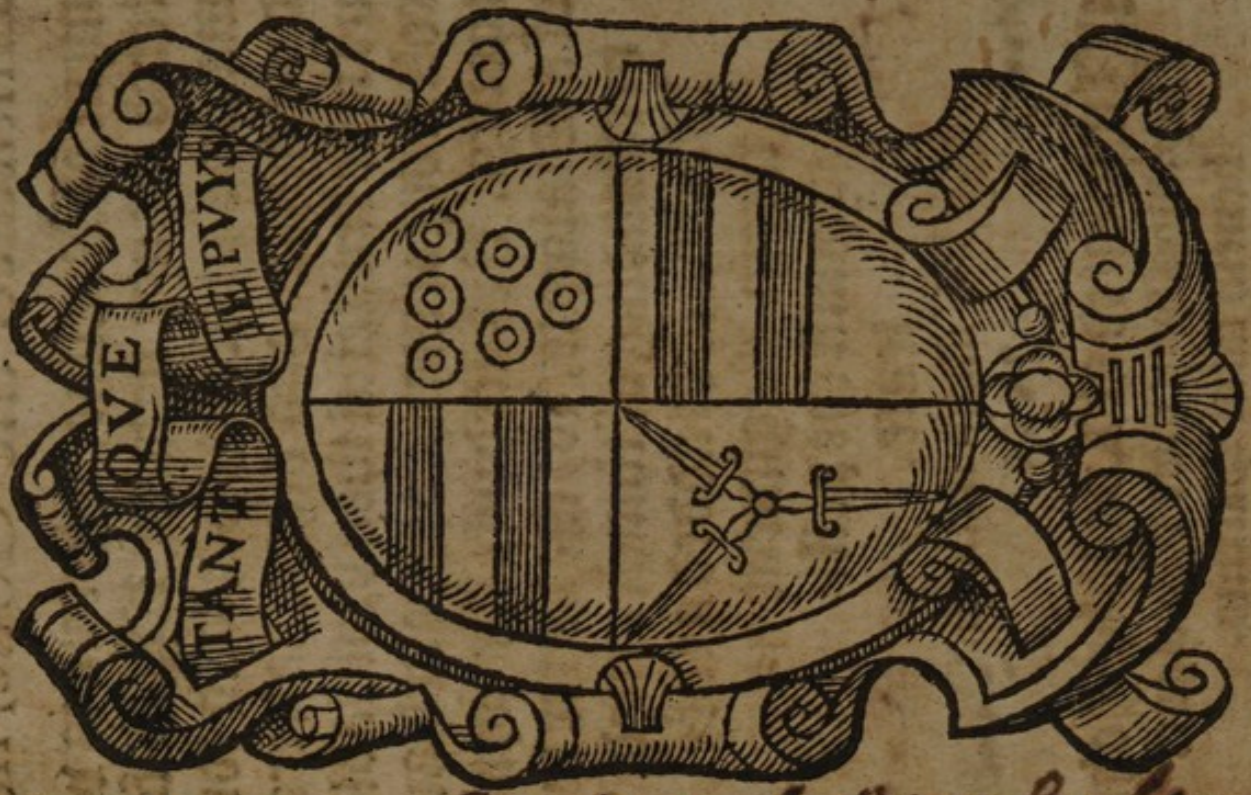
A newe booke

Entituled the Gouernement of Healthe, wherein is vttered manye notable Rules for mannes preseruacion, with sondry symples and other matters, no lesse fruiteful then profitable: colect out of many approued authours. Reduced into the forme of a Dialogue, for the better vnderstanding of thunlearned. Wherunto is added a sufferain Regiment against the pestilence.

By VVilliam Bulleyn.

/.1558./

Imprinted at Londō by John Day, dwellyng ouer Aldersgate beneth saint Martins.



T. H.

The 2d Edition begins. A Noue Boke of
of Physicke called the Gouernment of
Health wherein be vttered many notable
printed by John Day 1559 another Edit:
begins. The Gouernment of Health by Valentine
Sims 1595

To the right vvorschypfull Sir Thomas Hilton, Knyght, Baron of Hilton, and Captaine of the King and Quenes maiesties castell of Tinmoth. VVilliam Bulleyn, wisheth encrease of worschyp and health.

QVINTVS Curcius, ỳ famous wryter of the greate Battayles that kyng Alexãder, the sõne of Phillippe of Macedone, had against the moost noble, and ritch kyng of the Medes and Persians, called Darius (ryght worschipfull sir) declareth that when one Philippe the Phisicion vnto

the sayde Kyng Alexander, and his moste trusty subiecte. By sodayne chaunce, the kyng fell sore sicke, to the great heauines of all his royall armie, at whiche tyme with al speade, this phisicion did prepare a medicine, moste excellente for his soueraine Lorde, whome he so dearly loued, to this ende, that the great vertue therof might preuent his present sickenes, & iminent daũger: but malicious spite, that wretched enemie whiche neuer slepeth but watcheth euer, to bringe vertue and good fame to destructiõ: Immediatly before this gentle Philip did presente him selfe vnto the kyng with his medicine: Letters were sent to king Alexander, cõteining, that the said Philip was corrupted so with money from king Darius, that he hadde put

moste

moste deadly poyson and vncurable venyme into Alexanders medicine. The king perusing the letters, kept theim secrete vntyll he had dronke his medicine, and immediatly he toke his phisicion by the hande, and deliuered hym the letters, that he might rede thē hauing in him so great cōfidence, that he did in no maner of case mistruste him. The cause why I haue alledged this most worthy prince kyng Alexāder, & his excellent phisiciō Philip, is to declare the great truste in the one, & the fidelitie in the other, not forgetting the shameles condicions of the flattryng Parisites, whiche euer walketh with two faces in one hood, bearing fier in the one hande, and water in the other: sowers of discorde, reapers of mischief: which be alwaies enemies

vnto the disciples of Philippe, whose venemous stynges can not hurte them, which euer haue in store the precious Jewel of pa cience, and arme them selues to do good to euerye good man, for the preseruation of their lyues, by the trewe rules of the gouer= ment of health, whiche here I am so bold to present vnto your worship. For where as there lac keth gouernement in a common wealth, the people dooe eftsones fall into ruyne. The shippes that lacketh good gouernaunce, oftē= times be cast awaie vpon sandes and rockes. And therefore there is nothinge vnder heauen, that hath lyfe, but if it lacke good go= uernemēt it wil quickly fal into vtter decaie. For like as the crea= ture of all thinges, haue formed the bodies of al mē into the good=

liest

liest shapes of euery liuing thing that euer was, or euer shalbe: Euē so he hath ordeined for mā: herbes, frutes, rootes, seedes, plantes, gūmes, oyles, precious stones, beasts, foules, fishes, for the preseruation of health, to be moderatly vsed with discretion, whiche preserueth the bodye in good estate, without whose vertues the bodies can not lyue, for they be the norysshers of life. But misusing or abusing them, bringeth to the body many diseases, as rumes, catorres, dropsies, impostumes, gowtes, flixes, opelations, vertigos, blyndnes, ruptures, fransies, with many moo noysome diseases, which cometh thorowe the corruptiō of meates and ill aire. For what auaileth ryches, honoures, costly buyldinges, faire apparell, with all

the pompe of this worlde, and to be honoured of the people, and in the meane time to be eaten with wormes in the breaste or in the belly, consumed with agues, tormented with gowtes, sorenes, boneache. &c. Well I thinke, an hole Codrus is better than a sicke Mydas. And seing that to possesse health is better then to gouerne golde, in so much that health maketh men more happier, stronger and quieter then all maner of riches, lacking health: as exãple. Great princes, noble mẽ, men of great substaunce, when they bee wrapped & enclosed with many & sundry sickenesses, and in daily e daungers of death, in their extreme paynes and passions, they do more greatly coueit one drope of health then a whole tunne of gold, criyng out for the helpe and coun=

Codrus.
Midas.

counseile of the phisicion. Whom Iesus Sirack, in his godlie boke did counsell all wyse men to honour, and whome the almightie God, did create and ordeine for the infirmitie of mankinde, and also medicine for his helpe, and that no wyse man should despise thē. Therfore yet againe (right worthie Knight) I shall moste humbly desire you, to except the good will of him, whiche wysheth the yeares of your prosperous lyfe & health, to be equall to Nestor, Arganton, and Galen. Whose lyues were long, healthful and happy. And thus wysching the daily encrease of your worship, with continuall health, to gods pleasure: who euer be your guide and gouernour, Amen. Your worships alwaies to commaunde.

Cap. 38.

Nestor.
Galen.
Argantō.

VVilliam Bulleyn.

Cursed be Bachus, the father of dronkenes,
Founder of lothelie luste and lecherie,
Thy seruaũtes twain, be intẽperaũce & idlenes
Whiche gentle diet and sobernes do defie,
but sobernes, doth liue, when glotony doth die.
Though bãkettes doth abounde, eyes for to please,
Ouercharging the stomake, bringeth small ease.

The aboundaunce of wine, and luste of meate,
Feasting in the daie, and riot in the night,
Inflameth the bodie with vnnaturall heate.
Corrupteth the bloud, and abateth the sight,
The synewes wil relaxe, the Arteares haue no might
Apoplexia and Vertigo, will neuer fro the starte,
Vntill the vitall blode, be killed in the harte.

O happy is pouertie, with good gouernaunce,
Whiche offine fode hath no great plentie,
Nature is suffised, with thinges suffisaunce
But poysoned, with floodes of superfluitie,
Consider your foode, in the time of pouertie,
Erawple to Diogmes, sitting in his tonne,
Was well pleased, with reflexcion of the sunne.

Beastes and foules, of nature rauenous,
In fieldes and forestes, seke their aduenture,
Vpon their praies deuouring moste odious,
Consuming by glottonie, many a creature,
Yet eche of theim, according to their nature.
Can purge their Cruditie, with casting venomous
Man through replecion, is in daunger parelous.

Mans

Mans nature doth wekē, as this world doth wast
As thinges ingendred, corrupting by time,
Your lyfe is present, but death maketh haste,
Festinate by surfite, I tell you in ryme,
Example to the epicures, rotten into slime,
As gods worde and storis, the treuth to tell,
That vnsatiat glottons shall fasle in hell.

Truly to wyse men, this is the chief medicine,
Moderate diet, with temperat trauell,
good ayr in swete fields, whē ỳ son doth shine,
Flying stinging mistes, that the life will expell,
Digestion of stomake, they shall fele full well.
And to shake of anger and passions of the mynde,
Thus quietnes of cōscience the happy mā shal finde

We knowe eche one, and se by experience,
That men shall waste and phisicke fade,
What is man: when he is in moste excellence,
Sone fallen to duste, and sleapeth stil in shad,
flowers, leaues, & fruts, groweth ī somer most glad,
But from their braunches, as it is daily sene,
Are beatē down w̄ winde whē thei are fresh & grene

Sonne mone & starres, with heauenly influence,
The earth doth garnishe w̄ flowers fresh of hew,
The trees spring, w̄ frute of their beneuolence,
the rain norisheth, ỳ swete felds w̄ siluer drops new
The lelie, read rose, and flowers pale & blewe.
Corne and cattelle and euery thing temporall,
Be not these gods giftts: for these our liues mortal

But

But to know these creatures is a gift most excellēt
Complexions hote or colde, moist or drie,
And to whate nature they be conuenient.
Hippocrates and Gallene, in their time did trie.
Dioscorides and Auicen, with Plini wold not lye.
Aristotle the philosopher in learing moste excellent
So be many men now in this life present.

To them I bend my knee with dewe reuerence,
As one vnworthy their fotesteppes for to kisse,
Lacking no good will confessing my negligence,
Though many will iudge, my entent amisse.
Powring water in the sea, where aye plentie is.
But of your worship to whome I present this gift,
Except it better thē nothing to make a simple shift.

I pray you rede this gouernmēt short I wil it make
Betwene one called John, & Humfrey the wise,
When you are at leasure in your hand it take.
Though it lacke eloquence, yet do it not despise,
I will assite no authour, which haue writen lies.
And stil wil submitte my self vnto the lerned iudge,
And forse not of the ignorant whiche at my trauel (grudge.

Esse cupis sanus sit tibi parca manus,
Pone gule metus, etas vt sit tibi longa.

FINIS.

This booke to prayse, I will not be curius,
Let the wyse Reader with iudgement discus
The sonne nede no cãdel, to geue it more light.
The Egle requier none to teache him his flight,
Eche frutes hath their taste, & forth witnesse bring,
From what trees they came, & had their growing.
So is this worke a manifest seale,
Of great commendacion, to whiche I appeale,
The beginning scope, and ende of the counsell,
Health to preferre, and sickenesse expell.
Suche matter digesting as they do assende,
Applyng good medicines those cuils to amende,
With herbes that doth binde or elles be expulsyue,
Vicius humours, to correct and out dryue,
Diseases thus banished, & health brought in place,
Thou maiest liue quietly, and finishe thy race,
If death then shall come, wherto thou must trust,
Thy soule shalbe saufe, let him doode his worst.

FINIS. quod R. B.

To the gentle Reader.

Ere I doe present vnto thee (gentle Reader) a symple Gouerne mēt of helth, besechinge thee mosse heartely for to except it as an argument of my good wyll, as one vnfaynedly that greatly dooe couit the good estate and happy health of mankynde. Whiche by dayly casualtis, surfaites & age: do decay, and fall into many grevous & painful sickenesses. For whiche cause although perhappes I can not in all pointes aunswere to thy request, in this litle regement: yet I shall desire thee to except me amonge the felowesshyp of the botchers, which do helpe to repaire thinges that fall into ruine or decay. Euen so bee the pratisioners of phisicke, no makers of men, but when men dooe decaye throughe sickenesse, then the counsell of the Phisicion, and the vertue of medicine, is not to be refused, but mosse louingly to be embra-

ced, as

ced as a chief friende in the tyme of aduersitie, if thou readest this litle booke and obserue it, I trust it wyll paye as muche as it doeth promyse. And because I am a yong man I woulde not presume to take suche a matter in hãd although the wordes be fewe, but did consilist and gather thinges together, which of my selfe I haue practised and also read and noted in the workes. Hippocrates, Galen, Auicen, Plinii, Halyabas, VVenzoar, Rasis, Dioscorides, ☞ Leonhardus Fucchius, Conradus Gesnerus. &c. And thus I leue the to the company of this my litle booke, wisshyng thee health, and all them that shall reade it.

(.*.)

VVilliam Bulleyn.

The contentes of this boke of the gouernment of healthe.

Com-

The

Of

Svvete

The

FINIS.

CJohn.

If all pleasures & pastymes my thynke there is none like vnto good chere, what should mã do but passe awaye the tyme with good felowes and make mery, seynge we haue but a tyme to liue, cast away care, wherfore is meate and bellies ordeined but the one to serue the other? the flesche that we dayly increase is our own. Abstinence & fasting, is a mighty enemy and nothing pleasaunt to me, and be vsed of very fewe that loue thē selues, but only of beggers, and couetous sparers, whiche dooe spare muche and spende litle.

The epicure desireth too liue al together in belly chere.

CHumfrey.

I knowe well youre goodly expence of tyme, I wys it is no meruayle, althoughe you make your belly your God: and boste of it. You se that all lusty reuilers, & continuall banket makers, come

to great estimacion, as example to Varius Hælyogabalus, which was daily fedde with many hundreth fishes and foules, and was accōpanied with manye brothels, baudes, harlottes, and glottons, and thus it doth apeare by your abhorring vertue, that of ryght you might haue cleamed a great office in Hæliogabalus court, if you had been in those daies, but you haue an infinite number of your conuersacion in these daies, the more pitty.

Helioga-bal's court fit for vel ly gods.

¶John.

VWhat good sir, I require not your counsell, I pray you be your owne carver, and geue me leaue to serue my fantasy. I wyll not charge you, you are very auncient and graue, and I am but yonge, we be no matchis.

¶Humfrey.

GOod counsell is a treasure to wyse mē, but a very trifle to a foole,

foole, if thou haddest sene those thinges whiche I haue seene, I know, thou wouldest not be such a man, nor thus spend thy tyme.

John.

What haste thou sene, that I haue not seen?

Humfrey.

I haue seene many notable and greuous plages, whiche haue fallen vpon greddy gluttons, as wasting their substaunce, disforming their bodies, shorting their pleasaũt daies, and in this point to conclude with thee, where as glotony remaineth, from thence is moderate diat banysched: and those bellies that folowe the lust of the eyes (in meates) in youthe, shall lacke the health of all their bodies, in age if they liue so long.

The iust rewarde of belly gods.

John.

My thinke thou canste geue good

counsell, thou semest to be seen in phisicke. I praye thee is it so great hurt to delight in plenty of bankettes?

Humfrey.

The frutes of inordinate bãquets.

SIr, if it will please you to bee somewhat attentiue, I wyl tel you. It is ye very grayne wherof cõmith stinking vomettes, saucy faces, dropsies, vertigo, palseis, obstructiõs, blindnes, flixes, apoplexis, caters and rewmes. &c.

Iohn.

Is it trewe that you haue sayde too mee?

Humfrey.

VVOulde to God dayly experience did not trie it, I dooe perfectly knowe it. And once thou shalt be a witnes therof, if thou come to age.

Iohn.

THen I beseche thee gentle frende Humfrey, declare to me, why there is suche diuision among phisicions?

Hum=

Humfrey.

Thou seest, amōg the Theologiās there is much varietie, and yet but one troth. Discordes be soone knowen of Musicians, and the Phisicions bee not ignoraunt of the generall natures of thinges. No diuision is although it do so apeare: for regēts, place, age, time, and the present state of mans nature must bee obserued, & not the olde rules in al pointes. For mans nature is sore altered and chaunged, into a vyler sorte than it was wonte to bee.

Varietie of opinions amōg mē.

John.

Some dooe report that men of great estimaciō, say: what nedeth phisicke, it is but an inuention only for money, we see (say they) who liueth so wel, as they whiche neuer knew phisicke, and so euill as these pothicary men?

Anobiection against phisicke.

Humfrey.

MAny men bee more riche then wyse, & more estemed, for titles of their honours & worships, then for any other vertue or cunning, suche men in some pointes, bee more ingratifull to naturail remedies then dogges: whiche can electe or choose their vomitting gras, or birdes, whiche can chose grauell or stones for their casting. But to cõclude with thee in this matter. Plini the greate clarke, haue a thousand reasons, to proue them folishe that wil obiecte against Phisicke. And the author of al thinges did wel forse and knowe, what was good for mans nature, whan he stretchid out so large a cõpas roũd about the earth with ẏ noble planettes and signes, and their courses, influences and heauẽly qualities, and garnisshed the earth with fruites,

God the author of phisicke.

The inestimable goodnes of god ordeined herbes for the healh of man.

fruites, herbes, flowers, leaues graines, oyles, gums, stones, for mans comfort and helpe, and ordeined the phisicion for to helpe man. Thus the almyghtye haue done saith Salomon. And in recompēce, God hath not apointed the phisicions to be rayled vpō, or dispised, but honoured & rewarded: yea, estemed of princes. And seing good nature and wise men be on my side: I forse not of other mens phantasies, with whome neither good wisdome, nor good nature is guyde.

Salomon

Eccle. 36.

CJohn.

VWhy is phiscke of suche great authoritie: or hath it ben in estimatiō among olde fathers: May that be proued of thy parte:

CHumfrey.

yes that I can.

CJohn.

If thou canst bringe in any reuerent fathers that loued physick: I wil not despise, but greately esteme it, & desyre counsell in demaūding of a few questions. Humfrey.

The praise & excelēcie of physicke.

Physicke hath ben in so hye an estimaciō, that ỳ gentilles did all consent, it came from the immortall goddes. The Hebrues did well knowe it, as Moises in the moste auncient boke, called Genesis primo, doth discribe the worke of the almighty God: of herbes, fruites, and plantes, that Adam might teache the vertues of thē to his children. Iesus Sirack which was endued with ỳ spirit of god, haue lefte a laude behinde him greatlie commendinge Physick amongest the diuines of the Hebrues. Mercuri amōgst the Egiptians, Ouide doeth greately commende Apollo, the inuenter of herbes, when

Moises.

Adam.

Iesus Sirack. cap. xxxviii.

Diodoro.

Test.

Ouid. Metamor

when they were almoste oute of memory, he reuiued their vertues, and taught their nature to others that folowed him. After that came in Aesculapius, whiche did many moste excellent cures. And chiron, the instructer of Achillis, whose name can neuer die as longe as the herbe centauri, groweth vpon the earth, whiche is called after his name. Podalirius & Mechaon, were twoo brethren in the time of the battell of Troy, whiche were excellent phisiciõs, and be greatly commended of Homere, who was more excellẽt thẽ Hippocrates, in the Ile of Coose: whose workes will neuer die, for he brought in phisicke, and digested it into faire bokes, for mans great health. Then came Gallene, not vnknowen to all wyse and learned phisicions. I coulde reherse

Chiron centaurus.

Podalirius

Machaõ.

Hippocrates.

Gallenus.

herse many moo, but this shall suffise to proue phisicke to bee of greate authoritie amonge olde fathers.

¶ John.

I pray thee frende Humfrey, what is phisicke: I would bee glad to learne some of thy knowledge, for thou hast a good order in talking, I seme to be grōded of authoritie. Therfore I am sory that I haue cōtended with thee: I pray ẏ be not angry, with myformer talke.

¶ Humfrey.

Hippocrates in lib. de fla.

HIppocrates in his booke of windes or blastes, saith ẏ phisicke or medecine, is but a putting to the body whiche it lacketh, or taking from the bodie thinges superfluous. And althoughe oure life be shorte, yet the arte of phisicke is long, because great nombres of thinges be in it, and requireth muche study, labour and

A diffinicio of physicke.

Ars longa, Vita brevis,

practise,

practise, and first of all, it requireth much contēplacion or knowledge, in studying good bookes, which is called Theoricha. Secōdly the very effect of contemplacion or study, is practica or actiua, whiche is doing of the thinges, that learninge haue taughte as repairing, amending, or preseruing, the bodies of men, women and children. &c.

Hippocrates in primo Aphoris.

Theoricha.

CIohn.

It semeth to be a goodly science.

CHumfrey.

HErodotus saieth: they greately erre that call it a science, for it is an excellēt art in doing of notable things. And science is but to knowe thinges. There is also in this excellēt art sundry sectes of phisicions, some be called Emperici, who suppose that onely experience doeth suffise, and so by vse

Herodot.

Emperici

vse and experience dooe take in hande to heale diseases, not knowing the cause of the said disease or sickenes. Philinus was one of that secte at the first beginning. Then folowed Serapion, & after that ȳ Apolonis. And then came Glaucius Menadotus Sextus. &c. Another kinde of phisicions, be called Methodici, whiche neither obserue tyme, place, age, state, nor cõdicion: & thinke theim thinges of small profite, but onely their respecte is to their disease: they loue not longe study in phisicke, and are greatly deceyued, because they would builde without foundacion: and haue the frutes before thei haue planted ȳ trees. These mennes cures be but by chaunce medly. One Sirus began this, whiche receyued certayne rules of Asclepiades. The chief & beste

Philinus

serapion.

Apolonii

Methodici.

Asclepiades.

beste secte of Phisitions called Dogmatici. These be the wyse mē which sette not the carte before the horse, nor the rootes of the trees vpwarde. They dooe prudently consider the chaunge of mans nature, ȳ dwellyng place, the alteration of ȳ ayre, the time of the yeare, the custome of people, the maners of diseases, the fashion of mens diete. And this they will proue by trewe argumentes and reasons, and will be very careful for their patientes. The disciples of those mē, be the best scollers, therfore I counsell thee Jhon to loue wel Hippocrates the prince of Phisicions, whiche began the best maner to geue rules to all the louers of phisicke. Of this writeth Gallen, much lauding Hippocrates & his followers, and in these daies Leonhardus Futchius,

Dogmatici.

Hippocrates.

chius Matheolus. &c.

¶ John.

Seinge thou hast spooken of sondrie partes of Phisicions, I praye thee what partes be there of phisicke?

¶ Humfrey.

Gallen de elemen. de temp. de facul.

Phisicke deuided into fyue partes.

TRuly there be fyue thinges to be noted in phisicke, as. v. principall partes, as Gallen saith: in lib. de Elementis. The first is to consider the nature of mans bodie. The seconde is, to kepe the bodie in health, and to defende it from sickenes and infirmities. The thirde is, to knowe all the causes, rules, and sedes, wherof the sicknes doth growe. The. iiii is Crises or iudgemēt of the disease of thinges present, past & to come. The fifth is the beste and moste excellēt, for it sheweth the maner of healing, dietinge, fashion, order, & waye to helpe the sicke

sicke bodie, & preserue the same, as longe as man doth remayne in the state of lyfe.

¶ John.

THou hast spoken of the partes of phisicke, what is the forme maner or distribucion thereof?

¶ Humfrey.

IT is distributed in thre formes one is natural, another vnnatu ral, ý. iii. against nature. The first is, by those things wherof ý bodie is cõpact, cõstituted or made, as Gallen saith: in his. iii. boke of his Tẽpramentis. Cap. 4. The secõd is called not natural, as meates or thinges to preserue the bodie in health, they be not called vnna turall, because they be against the body, but because the rasche takynge, or glotonus vsinge of them, may bryng many thinges to the vtter destruction of the bodie.

Gal. lib. 3. de temp. cap. 4.

die. The thirde, bee thinges against nature, whiche doeth corrupt the bodie or poisone nature, wherof Gallen writeth.

Galle. in lib. 2. Therap. metho.

John.

NOwe thou hast taughte me short rules of the partes & formes phisicall, I pray the shewe me some pretie rules of the complexions of men, and that I may aptelie knowe theim with their properties, elementes, temperamentes and humors.

Humfrey.

VPon my lute some time, to recreate my selfe, I ioyne with my simple armonie, manie playne verses. Among all other one smal songe of the foure complexions, wilte thou heare it, take that chaire and sitte downe, and I will teache thee my song.

John.

I thanke thee.

Hum-

Humfrey.

The bodies where heat & moister dwel,
Be saugnen folkes as Galen tell,
With visage faire & cheekes rose ruddy:
The slepes is much, & dreames be bluddy.
Puls great and full, with digestion fine,
Pleasauntlie concocting, flesh and wyne,
Excremētes aboūdant, with anger short,
Laughing very much and finding sport,
Vrine grose, with couler read:
Pleasaunt folkes at bord and bead.

The discription of the sanguene persons.

Where cold & moistur preuaileth much
Fleumatike folkes be alway suche,
Fatnes, softnes here plaine and right,
Narrowe vaines and couler whyt.
Dull of wyt, no hart to bold,
Pules very slowe, disgestion cold.
Sleping ouer much, vryne grose & pale,
Spittell whit & thick, thus endes the tale.

The discription of the fleumatike persons.

Coller is hoot, and drie as fyre,
Lenis of limmes and pukkeb with yre.
Costike belles, with litte slepe,
Dreames of fier, or woundes depe.
Sallowe coulered, or tawnie read,
Feding on salt meates, & crustes of bread,
Boyce sharpe, and quickenes of wit,
Vryne yellowe and saltnes of spit.
Pulses swyft, and very strong,
Cruell countenance, not anger long.

The discription of the colericke.

The discription of Melãcoly.

Melancoly is cold, and very drye,
As here in ryme his signes will trye,
Heare playne, and veray thyn,
A leane wretche, with hardnes of skyn.
Coller whitlie, or like to leade,
Muche watthe, and dreannes ofdreade,
And stik in folyshe fantasie,
Disgestion slowe, and long angrie.
Fearefull of minde, with watrie spitle,
Seldome laughing, and puls litle.
Vryne waterie, and very thyn,
The colde earth, to hym is kyn.

John.

This is a good song, and I wil learne it, for though it seme not verye pleasaũt, yet I perceiue it is profitable. Now thou hast spoken of the singes of the. iiii. complexions, I pray the teache me shortlie, howe to knowe the elementes.

Humfrey.

Hippocrates de Element. Auic. in cauteca.

They be ý foure beginners vnmingled and vntempered, frõ whose mixtures euerye corporall thynge hath his substaunce.

John.

What be ý partes? I pray the tel me.

Hum-

Humfrey.

FOure, the one is earth the heuiest matter & grossest, whiche is colde and drie, and melancoly. And the other is water, whiche is lighter & moste subtil then the earth, & of nature is colde, moist, and flegmatike. Then is ayre more purer and lighter then water, and if it bee not altered with any other straunge cause, it is hote and moiste and sanguen: Then fyer is moste lyghte, pure and cleare, a clarifier and a clenser of all the other elemētes, whē they are corrupted, and is of his owne nature hoot, drie, and collericke. And of these foure Elementes, both man, beaste, fysshe, foule, herbe, stone, mettall, haue their propre workyng, not of one of the Elementes alone, but of al: some more and some lesse, accor-

The description of the .iiii. Elemēts.

Galen. in li. 8. decr.

dyng to their natures.

Hippocrates in lib. de na.

Hippocrates saieth: after the soule is gone from the bodie, the body doeth returne to the first matter wherof it was made: And to cõclude, all thinges that be made vpon earth, shal returne vnto the earth againe in tyme.

¶ John.

Vwhy might not men, beastes, fyshe, or foule, herbe, or tree, be of one element aswell as of foure? I praye you tell me.

¶ Humfrey.

NOo, for Aristotel sayth: Deus et natura nihil agunt frustra. God & nature hathe doone nothinge in vaine. And if any thing vpon the earth sencible were of one element: no sickenesse coulde hurte it, nor disease corrupt it, but euery thing liuing vppon the earth, seing it hath had beginninge, it must

Creatures are compounded of more elementes then one.

must nedes haue ending, to whō these foure complexiōs doeth belonge, if they do greatly abounde or disminish, or withdrawe their vertues with quantities or qualities.

John.

May a man see anye of the Elementes.

Humfrey.

The thing whiche men do see, be none of ȳ foure Elemēts: not earth, but earthie, not water but waterie, not ayre, but airie, not fire, but firie. But the things whiche man do fele, be the foure Elementes, as earth, aire, fier, & water. And these be ȳ vttermost simples of complexions, diuersly & specially, alone oftheim selues, or mingled with other, takinge sundrie and diuers effectes, maners, condicions, formes & qualities,

Elemēts felt & not seen.

ities, both in man and beast, and euery liuing thinge, sensible and insensible.

¶ John.

V What is the cōplexions of the foure quarters of the yeare, and names of the signes?

¶ Humfrey.

Hippocr. in lib. de Natura humana.

THe spryng time when bloud doth increase: Sommer whē read coller doeth rewle: Heruest when collier aduste, or melancoly doth reigue. Wynter when fleme doth abounde in full strengthe. It is called wynter from the. xii. day of December, vnto the tenth daie of Marche. This season is colde & moiste, it is called spring time, frō the. xii. day of Marche, and endeth about the. xii. day of June. Sōmer beginneth about the. xii. day of June, and endeth about the. xii. day of Septēber.

Wynter. Spryng. Sommer Haruest.

Autum-

Autumne or Heruest, beginneth about the. xiii. daie of September, and endeth about the. xi. daie of December. Capricornus, Aquarius, and Pisces, be winter signes. Aries, Taurus, and Gemini, be signes for the springe. Cancer, Leo, and virgo, bee the signes for Sōmer. Libra, Scorpio, and Sagitari, be the signes for Haruest. And ye sunne goeth through all these. xii. signes in xii. monethes. And the Woone goeth. xii. times through eche of the forsayde signes ones in the yeare, and do take sondry effectes in man, beates, and frutes, in the sayd signes: hote or cold, moist or drye.

CJohn.

VWhat bee the complexions of medicines?

CHumfrey.

THose thynges that ouercommeth and gouerne the bodye, as purgacions, expulsiues. &c. These be called medicines, and those thinges that norysheth and augmenteth the bodye, be called meates. For the complexions of meates & medicines, be knowen by their tastes, as coldnes, hootnes, moistnes, Drynes, bitternes, saltnes, sweetenes, fatnes, sharpenes, stiptick, and clammy. And because thy requeste is, to haue prescribed vnto thee, but only a litle gouernement of health: I wyll showe vnto thee another of my litle songs in plain metre, howe thou shalt knowe meates and medicines, by their tastes.

Auic. in pri. can.

Meates and medicine bee knowen by tasting

¶ John.

THat is my chiefe desire, I wyll heare thee, saye on.

Hum-

Humfrey.

Colde quencheth the collers pride,
Moist humecteth, ý whiche is dried,
The flowing moister, be proffe I trie,
Is wasted of humors, hote and drie,
The subtill fode, that is persing quicke,
The clammy meates, maketh it thicke,
Bitter thinges, clense and wypith ofte,
And expel flem, and maketh softe.
Salt drieth, and resolueth fleme tough,
Fat norisheth, and make subtil inough.
Stiptick or rough taste on the tonge,
Bindeth and cōforteth appetite long.
Swete things in clensing, is very good
It desolueth much, & norisheth blod.
These things wel vsed, nature wilplease
But abusing thē beastly, brigeth disease.

Cold.
Moiste.
Salte.

John.

IN good faithe, me thinke thou sayest wel, for thers apere perfit reasons in these thy prety rules. Nowe thou hast declared vnto mee, the signes of complexions of men: with the waye and apte knowledge of meates by theyr tastes, I would fayne learne, shortely the temprammentis and complexions of mankynde.

Hum-

Humfrey.

There was neuer no discrete, nor wyse phisiciõ, that either feared God or pitied mankynde, or loued his own honestie: wold take in hande either to prescribe diet, or to minister medicine to any body, before be well did consider, and wysely weye with him selfe, the temprament, mixture or complexion of mankinde. Fyrste whether he were hoote or colde, moist or drie, fat or leane, or indifferent betwene them bothe. Tempored by health, or distempored by sickenesse, as the extremities of hootnes, coldnes, moistnes, and drienes. Therefore John, these thinges may not bee forgottẽ, you must note also the foure ages of mankinde, & fyrst the tender state of childrẽ, which beginneth at the birth, and so cõtinueth

Auic. in pri. tract. cantico.
Gal. lib. 1. cap. 2. li. 2.
cap. 3. li. 4
cap. vlti.
Sim. med.

tinueth vntill fiftene yeares next after their said byrth: Their temprامentes or complexions, bee hoote and moiste, very like vnto the seede wherof they be procreated; then next vnto childhode or innocent age. Youth which is the seconde part of life, beginneth to reigne, his temprament or complexion hathe rather more fyrie heate, then perfite naturall heat, and this second age, continueth for tenne yeares, as Galen saieth: Well, in this two firste states of lyfe, let al natural fathers & mothers bring vp their youth, sette GOD before their eyes, for they haue no small charge committed vnto theim, that muste geue accompte to God, howe they haue brought vp their children: & they that in these yeares do spare correction, truely be greuous enemies

Gal. lib. 5. Aphor. cōmen. 9.

An ernest brief exhortacion for ye bringyng vp of youth.

mies vnto their children, and at laste shalbe recompensed with shame, when they shall se missortune and wretchednes, fall vpon the frutes of their owne seedes. For mē haue smal profit of their corne, whiche bee choked & ouercome with thistels, bryeres, and brakes, whiche were not weeded in time, muche lesse of their children, whiche haue receaued neyther correction nor honest learnyng in due season. If ỳ kepers of gardeins be careful ouer their late sowē sedes, & tender herbes, whiche are in daunger to bee destroied of euerye froste: What shoulde good fathers & mothers do for their children, whose tender and youthfull yeares bee caried away, & ouercōmed of euery foolishe fantasie, and it is no meruayle. But this shall suffise for

the

the wyse, and ſmally profite the fooles, but to my matter whiche I toke in hande, I will returne vnto the thirde age of mankynd, which is called the lusty ſtate of lyfe, and beginneth at.xxv.yeres and continueth vnto,xxxv. This age is hoote and drie, and verye collericke, as Galene ſaieth: This parte of life is ſubiect, to manye burnyng and extreme feuers, & hoote vlcers: therfore it is neceſſary to knowe this temprament or cõplexion, which is called collericke, as plainely may appeare by age, ſtrength, diet, vrine. &c. This is the beſte tyme for mankynde to trauell in, with godlye exerciſe in ſcience, arte, and profitable trauelles in his vocatiõ, puttinge in practiſe, the vertues whiche he hath learned in youth, for this is the ſommer parte of lyfe,

Galen. in lib. Simp.

tife, wherin all goodlye frutes do florifche in euery good occupaciõ.

The beste tyme to prouide for age.

This is the very heruest, to gathe the precious corne, and frute of their labours againste the colde stormes & cloudie daies of their aged wynter, wherein the bodie shalbe weake, and the eies syght decaye, and the handes trimble, and therfore it is not comelye to see the state of age, without rest, whiche in the tyme of youth, did honestly trauell. For there is a grace geuen to many creatures vnreasonable, bothe beastes and foules, to make prouision before hande, what is then to be required of men reasonable, as followeth in these verses.

The bird in time her nest can make,
The bee will buyld his house ful fine
The Crane with stone in fote wil wake,
The Conys will carue vnder the mynne,

The

The Squirel in trees her nuts can kepe,
Against colde winter to feede and slepe,
And should not man well foresee,
In youth to know his old degree.

THen from.xxxv.or few yeres folowing, the iusty brauches of youth, begin to abate his pleasaunt leues, flowers and fruite by litle & litle will decaye, rawe humers, crampes, dropsies, quaterns, melãcoly, will then drawe nere. The riots, surfittes, sore labours, bearing of extreme burdens, wrestlings, actes venerus with the abuse of youth, wil then spring forth, to the detriment of age and sodaine decaye of lyfe, in especiall of drunkardes.

CJohn.

VWhat be the places of bloud, Choler, Fleume, and Melancoly: naturall or vnnaturall. Thou haste not made a particuler distinction of their

proper

proper places, but generally thou hast spoken well in thy songe.

Humfrey.

There are also other discrip-tions of the foure humors, very necessary to be knowē, and their places where as they dwel within the body, & first of bloud, as Galen saieth: in his first booke of effected places, bloude (saieth he) that is in the pulsis, doeth greatly differ from the bloude of the vaynes, for the bloude of the pulsis is thinner, yeallower and hotter, and this bloud, maye bee called the gouernour of life. The spring & fountayne of the bloud generall is in the lyuer, whiche serueth euery vayne of bloude, & this bloud in culler is very read. Flewme is whyte, and is ingen-dred in the stomake, and at lēgth by the vertue of naturall heate,

The.iiii. humours natural & vnnatu-ral are di-scribed.

pure

pure fleame is turned into blod. There be also watry, slimy glassy, grosse, salte, sower, thicke, harde, binding, and extreme cold fleames, whiche in dede be vnnaturall, that bee engendred thorowe surphets, coldnes or idelnes, bringing to the bodie many noisome diseases. There is also coller, whiche is yellowe, whose place in the body is ý gall, which commeth of the clensing or purysying of bloud: and this coller is cleare, hote and drie, and the cõforter of decoction. Grene coller, or coller myngled with fleame, be vnnaturall, melancoly naturall, in the splene is nothing but the sex degrees, or heauie residentes of the bloud, the naturall melãcoly is knowen by his blacknes, the vnnatural cometh of the burning of coller, and is lighter

& hoter, browne of couler, sower of taste, and putteth the bodie in great daũger: as madnes, blacke gaunders, continual feuers, and sodaine deadly diseases. Therefore my frende John, remember this short discriptiõ of humors, as the wordes of Galen & Auicen, saye.

Auicen. in li. can.

John.

THus I haue heard thy seueral placinge of the foure complexions of blood, Cholor, Fleume, and Melancoly, and is there any distincte hootnes, coldnes, moistnes, and drienes, in anye other creature besides man? tel me.

Humfrey.

NOt onely in manne, but in beastes, fysche, foule, serpẽts, trees, herbes, mettels. And euery thyng sensible and insensible, according to their natures, & be equally myngled or tempered togeter, whiche is called meane tẽperaunce, or els exceadeth in degrees,

grees, whiche is called intemperaunce, hote and moiste, may be compounded together, so maye colde and drie, hote and drie, cold and moiste, example. A cholerick man, hote & drie: a Fleumaticke man, cold & moist. &c. Of herbes, as hisope and rewe, hote and dry, purslen and coucumbers, cold & moist. &c. But temprammentes or complexiõs of men, beastes, and trees, be some hoter, some colder, according to their natures. As a lion is hooter then a cholericke man: pepper is hoter thẽ cloues. And though there bee degrees in more hotnes or more coldnes, yet they are called but hote or colde, as men after labour or trauell, they will saye they are hoote, but the fier which people warme thẽ at, is hotter. Also there be things repugnaunt to temprammentes,

Galen. in lib. 4. de tempor.

as moiste and drienes together, heate and coldnes together, as fier to bee colde, or the water of his own nature to be hote, which water peraccidence of the fier is made hote: and fier quenched by the water. And euery thynge exceading greatly with distemperaunce or wanting temperaunce or complexion, do eftsones come to an end, as men by extreme sicknesses, surphets or woundes, or finally age, lackinge naturall vertue. Of heate and moistnes of trees and herbes, from whome iuce and sappe is withdrawen, these thinges of necessitie muste nedes die, and come to corruption, as Galen and Aristotel sayeth.

Galen. in lib 4. de tempor. Arist. de Gene.

John.

V Whether be men or women of colder complexion?

Humfrey.

Auicen

AVicen saieth: like as menne be hote & drie, so be wemen colde and moiste. Auicen.

CIohn.

YEa but Lucian saieth: they be perelous hote of their tonges and ful of venim: though I am no phisicion, yet can I make a dissription of that member, for I am oftentimes stinged with it, I would to God they had been wormed when they were yong, but when they are olde, they are past all cure, but the best medicine ý I haue, is a gentle herbe called rewe, whiche I am neuer without great store. Whether this bee true let ý maryed iudge.

CHumfrey.

MAnkinde was borne naked to this ende, that he mighte clothe him selfe with other creatures: whiche he brought not in to this world with him, as cloth, lether, harnes made of iron, for his defence, because he is ý chief creature. But horses of nature euerí thig bringyng his apareí with him sauig ms.

haue harde houes, lyons sharpe teeth, purpintyns sharpe prickes whiche is their cõtinual and natural armour, as things euer prepared to debate & strife &, by no art can scant be tamed. The Rose as pleasauntly as she doeth appeare, and as swetely as she doth smel, spring not further without a great nõber of sharpe prickes. Therfore it is tollerable for men to beare with them whome nature hath sealed and marked for his owne. With that humor most chollerick, disgresse from this thy communication, and let vs talke of thinges more profitable, for in deade this is pleasaunt to no mã.

Muskels and glandens flesh

CIohn.

SEyng thou wilt not discribe me this particuler members, of whiche we haue spokẽ, I would be glad to know the partes of mankinde, with a shorte discryption of his members.

Hum-

Humfrey.

MEmbers be simple and also compounde, the simples bee tenne in nomber, the cartilages, the gristels, the bones, veynes, & synewes arteries, pannicles, lygamentes, cordes, and the skyn. Members compounded, be those that be ioyned and builded together of simple members as the handes, face, fete, lyuer, & harte, and so compounded members, be made of simple. Some of the compounded members be called principalles: as the harte from whence the arteries springes, the brain, frõ whẽce the sinewes springes, the liuer whiche is the well of the bloud, from whence ꝯ veynes do spring, & the stones of generacion from whence the sede of lyfe dooe spring: but those compounded members that bee

A diffinicion of members

principall. Be all the other members except the simple as ye nose, the eares, the eies, the face, the necke, the armes and legges, & the braynes and chief substance of our flesche, be compounded mē bers of sinowes, & couered with panackles, whiche be of a synue nature, but that sinewes geue felyng to all the whole body: euen as the artiers geueth spirituall bloud frō the heart to euery mēber. The whole body is couered with filmes and skynnes. Out the head springeth harde matter issuing from the places called ye pores, to pourge vapors & smoke from the braine, which ascēdeth out of the stomake into the head, and is clensed through Pia mater, called the tender coueringe of the brayne or spirites animall. And therfore as som partes of ye body

Muskels and glandens flesh

beyng

being deuided in sonder, be eche like vnto the other, and yet called by the name of the whole, as for example. When the bones be broken in sonder, or the flesche cut into diuers peces, or ý bloude poured into sondrie vessels. A peece of flesche is styll called flesche, a fragmente of a bone, is called a bone, and a drop of bloud is called bloud: Euen so an hãde, arme veyne, or suche lyke vnseparate partes being deuided into peces or called by the name of peces, & not by the name of ý whole parte (as is before.) But my frende John, to make a large discriptiõ of Anatomie, it were to longe for me, but shortly I will saye some thing. And first of the definition therof is, whã the body of a dead man or woman, is cut & opened & the mẽbers deuided, or for the

A parte is called by the name of ý whol and not ý whole by the part.

What anothomie is.

wāt of dead bodies to reade good bokes as Galen, Auicen. &c. And it behoueth thē that cutteth a dead corps, to note foure things. First the nutramentall members, as the liuer with the vaines: the seconde is, the members spiritual, as the harte with ỳ artiries, the thirde is the animall members, as the head, braines, & sinewes. The fourth & last, be excremētes of the bodye, as armes, legges, skyn, heere. &c. Of these sayd mēbers, with the boones, is all the body compounded. And like as euery tree and herbe, haue their rootes in the earth, & their braūches springeth vpwarde, euen so the rootes of mankinde, haue the beginning in the brayne, and the senewe and braunches groweth downward: in the which braine, dwelleth the vertues of imagina

Foure thinges cōsidered in the body of mā.

Example.

tion,

tion, fantasie, memory. &c. And these animall vertues, be placed as it were heauenly aboue al the members, communicating their heauenly influences, downe vnto the hart, as to a prince, or chefe reuler within the bodye, whiche geueth lyfe to euery part therof. Thou shalt cõsider, that the hart was the first ỳ receiued life from the spirites, and shalbe the last ỳ shall die. Note also, that as there be noble sences geuẽ to the body, as seyng, hearing, smellynge tastinge, feling: euẽ so nature hath foure principall vertues. First Attractiue, the second Retẽtiue, the thirde Disgestiue, the fourth Expulsiue. Attractiue is that by the whiche euery part of the body draweth the fode of life, and serueth the vertue disgestiue, and ỳ Retentiue dooe holde the meate

vntill

vntill it be ready to be altered & chaunged. Disgestiue do alter, & maketh the foode like vnto the thing ý it nourisheth, as fleme, bloud. &c. Expulsiue do separate them from the other, the good frō ý bad. Thou oughtest also moste chiefly to learne the knowledge of the vaynes, and for what sicknesse, they muste bee opened, and what medicines, either in sirops or pilles thou must vse. And first marke this figure of the Anatomie here presēt before thee, with the heauenly signes, because I haue not painted at large the seuerall partes of the sayde Anatomie.

The middle vayne of the forehead is good to be opened against Megrim, forgetfulnes, and passions of the head. And they

they that be leaten bloud of this, or any other vayne, muste firste haue their head purged with pillule Chochi Rasis, or some purgation, but first vse thinges to extenuate matter, as syrruppe of Buglosse. &c.

Against Leprosy & deafnes. Let bloud the two vaines behind the eartes, and vse the sayde pilles or els pillule Aurea Nicholai or Arabice, or confectio Hameth minor.

Against replexion or to much bloude, or bloude in the eies, flowyng in the head, open the temple vaines called Artiers, for they bee euer beatynge. And vse too pourge with pillule Artritice, Nicholai or puluis ad epithema Hepatis.

Against Squinãce, stopping the throte, and stoppynge of the breath: Let bloud the vaynes vn

der the tounge. And for this vse Philoniūmai? Necholai.& Gargarismes, pillule Bechie, and oximel Simplex.

Vaines called Originales, open not without great coūsaile of a learned Physicion, or cunnyng Chirurgiō. They be in the necke, and haue a great course of bloud, that gouerneth the head, & the whole body.

Against short winde, and euyl bloud, aprochyng to the hart, and spitting bloude. Open the vayne called Cordiaca, or harte vayne, in the arme. Vse thinges to extenuate, as Aromaticum, Chariophillatum Mesue, serapium ex Absinthii in colde time, serapium Boraginis whote time, and pillule stomochi.

Against palsy, yellow Jaundies, burning heats, & apostimations of ye liuer. Opē ye liuer vain

vpon

vpon the right arme. Take Serapium ex endiue. Diamargariton frigidũ Auicenni.

Dropsy.

Against dropsy, open the vain betwene the belly & the braunch, the right side against the sayde dropsy. And the left syde against the passions of the milte, but bee not rasche, onlesse ye haue the coũsayle of one wel seen in the Annothomie. Vse pillule Hiere cum Agarico.

Helpyng the Emorodes.

Against the stoppinge the secrete termes or fluxions of wemen, or helpinge the Emorodes and purging sores. Open the vaine called Sophane vnder the ancle. Theriaca Andromachi. Pillule Mastichine, Petri de Ebano.

Theriaca is an excelent triacle.

Within. xx houres after one is infected wo the pestilence cõming sodenly. Open the vain betwene the wrest of the foote, & the great too.

to. Vse Serapium Cichorii, and Pillule pestilentialis Ruffi.

Against stinking breath. Open the vaine betwene the lippe and the chin. Vse for this Catharicum imperialie. Nicho. Alexandri.

Against the toothake. Open the vaine in the rote of ye mouth. And first purge with pillule Choci Rasis, or with pilles of Mastike.

Against quartens, tercions, & paines of the leftside. Open the splene vaine, commonly called ye lowe vaine, with a wide cutte, & not depe: For Chirurgiõs nisely pricking or opening vayns, with litle Scarifactions, doth let out good pure bloud, and still retain, grosse, cold, and drie earthly matter, to the great hurt of their pacientes. And albeit, many more vaines might heare be spokẽ of: and their vtilities, yet this shall

Vse to eate Capers, and take Pillule Iude Haly or pillule de lapide Lazule.

well suffice by Gods grace to kepe al people in health, that vpō iuste cause, haue these vaines opened. Except olde men, wemen with childe, and children vnder xiiii. yeares of age, or men after diuers agues. For bloud letting, will then engendre perillous pasties, as very excellent phisicions haue well declared. And after one be infected with the pestilēce xxiiii. houres, before he haue receiued medicine, or blod letting, miracle helpeth him, but truely no medicine haue vertue to do it.

Miracle helpeth, but no medicen in this case.

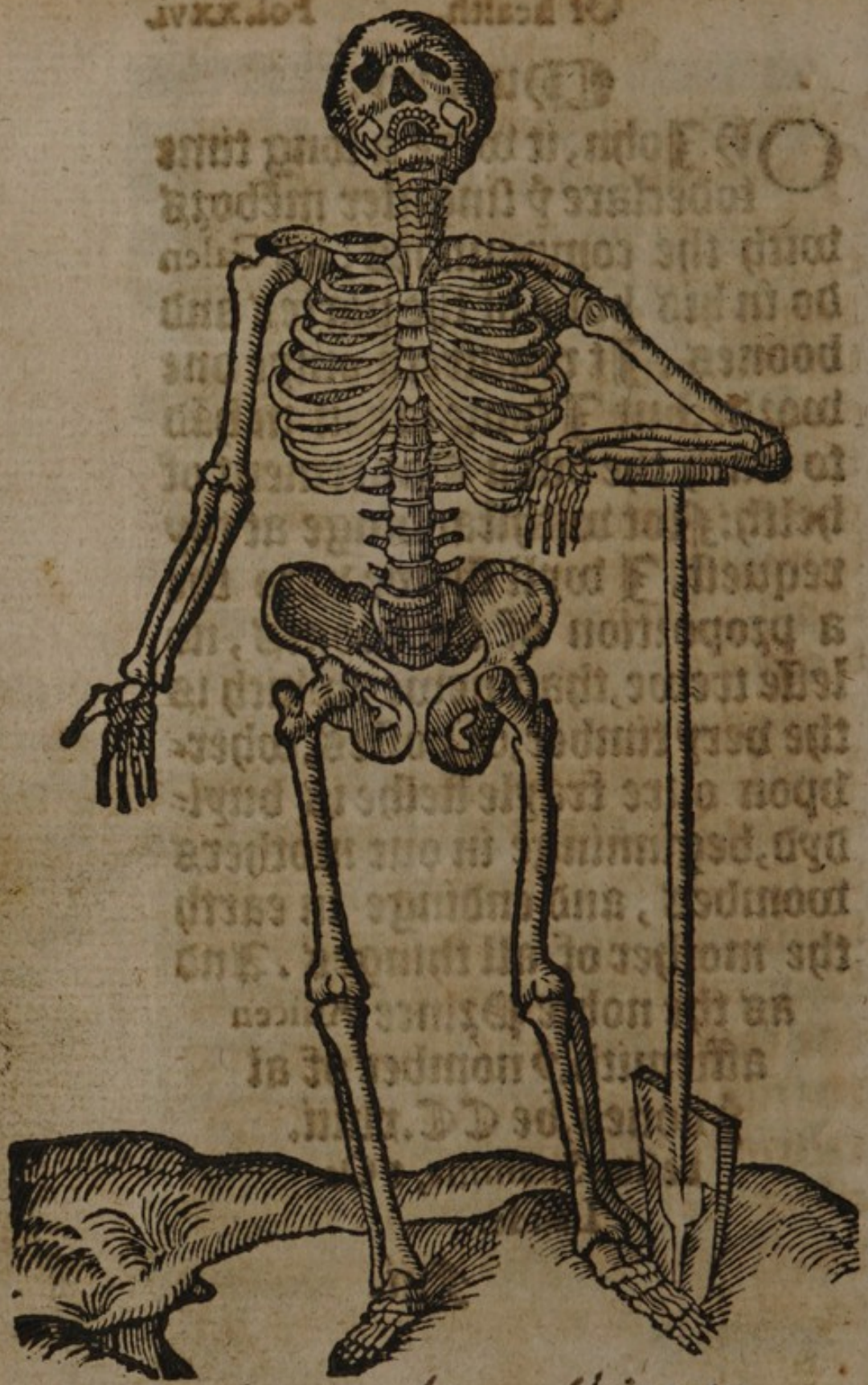
¶ John.

This same figure although it apereth in many bokes. Yet very fewe do vnderstand it in al pointes, such be ye secret workes of nature. And where as thou hast wel spokē of some vaines, & apte medicens for the body: I wolde fayne se the trewe forme and shape of the bones.

Humfrey.

Humfrey.

OH John, it were a long time todeclare ý singuler mēbors with the compoundes, as Galen do in his boke of the partes and boones. It requireth onlye one worke, but I haue taken in hād to teach the but a Gouerment of helth: Not withstandinge at thy request, I wyll showe vnto the a proportion of the boones, no lesse trewe, than newe, which is the very timber, or postes, wherypon oure frayle flesche is buyldyd, beginninge in our mothers wombes, and endinge in earth the mother of all thinges. And as the noble Prince Auicen affirmith, ý nomber of al ý bones, be CC.xliiii. beside Sisamina, & Os Laude.



Taken from Vicary

¶ John.

Thou haste spoken of the opening of vaines, and medicins conuenient to clense the blonde, with the figure of boones, but thou hast not spoken of cõuenient tyme when to let blonde, nor of the state or adge of thē whose vaines should be opened. Therfore I wold be glad to learne not onely time of blonde lettinge, but also, of purging the belly vomites, bathinges: nesinges, and rubbinge of the bodie. ꝛc.

¶ Humfrey.

Time for althinges

Every thinge haithe his tyme conueniente & must be donne with sobber discression, and not with rasche ignorãcie, which killethe an infinit nõber. Therfore the cause muste be knowen and the time obserued, as Gallen writeth in the cõmentary of the Afforismes, of Hippocrites, many bodies be extinguished by sodeyn death in whome is extreme fulnes, or

Hipp. in. 1. Affor. 3.

aboundance. For aboundance of bloode or any other humer sayth Arristotle, is the cause of manye sickenessis, and those menne that vseth muche glottonie in winter shalbe apte to receaue manye diseases in the spring time. Therfore when the body haue extreme heate, fulnes of vaines, flushing with sodaine redenes in the face, grose and rede vryne, and suche burninge heat in the nighte that lette the slepe. &c: then it is time to euacuate the bodie, with some purgation, bloude letting, or abstinence as the strengthe & adge of the paciente will serue. For many diseases, be helped by discrete bloude lettinge, as Pluricez, hoote feuers. Frenyces, repletion, or surphytes taken w̄ ouermuche eatynge or drinkinge, as Gallen sayth, The letting of blode dryeth

Aristo. in pri. prob. 56.

Auice. in 2. pri. doc. 2. Cap. 6.

Gallen in lib. de flobothomia.

dryethe vppe the superfluous moister of the belly, helpeth memorye, purgeth the blader quieteth the braine, warmeth the marie, openeth the orgãs of hering, helpeth disgestiõ inducith slepe, &c. Vnto this agreeth Rasis, saing it helpeth greatly against leprosies squinancis. Appoplexis, pestilencis. &c. But old men, children or women with childe, ought not to be lette bloode, nor also those people that dwell in colde regions maye not be lette bloude, because the bloode is the chieke warmer of nature: ý people that dwel in hoote regions, if they be letten bloude, it wyll drye there bodies, for bloode is the cheife moister of nature. Therfore, is ý heate of somer, and the coldnes of winter, forbiddẽ to opẽ vains, or let bloud, erept for a stripe, or

Rasi. in 4. alman. cap. 14.

Rasi in 4. alimē. Ca. 14.

sodain chaunce, as Rasis sayth the spring of ye yere is ye chief tyme to let bloud in ye right arme, or right fote, in the vayne called Mediana.

the midle vayne.

Which vayne must be opened aswell at other times in the beginnig of sicknesses, as hote feuers, & pleurices, &c. As basilica shold be opened in ye midle or towarde thende of a sicknes. Purgations ought to be ministred with great discrecion, and not rashely to be taken, for euerye trifle as thou haste hard me speake of blood letinge. So obserue the selfe same rules in purgation, as time, person, qualitie, or quātitie. For Hippocrates sayth, withoute doubte it is nedefull to purge the superfluitie of ye bodie. As if bloud do aboūde to take thinges to purge bloud. If fleame be superfluous, then take thinges to clense hys

Hip. in. 3. pri. doct. 3. cap.

super=

superfluitie. If coller be to ardēt hote, vse thinges to extinguishe, If melācoly be to extreme then taste thinges to bringe him into a meane. And not to purge one humer with the medicins of an other, but to take them in dewe order and aptenes. For the sayde humers as Valarius cordus, Mesue, and Nicholas, teacheth the maner of making of the moste excellent purgations with ther quātities. And as in bloode lettinge slepe muste be auoyded for viii. or xii. houres after them: so when your purgations be taken, ayre is to be auoyded and to be kepte close for ii. or iii. dayes or more, as the malice of the disease, or power of the purgations be, and the counsayll of Rasis muste be followed. Whiche sayth oftentimes to take purgations or laxatiue medicēs

Vsurpatiō in medicin be euill.

In the mornyng is beste to let bloud, euell towarde night.

Rasi in 4. alman. ca. 15.

dothe

doth make the bodie weake, and apt to the feuer ethicke, and specialye in verye leane or weake persons they ý be very fat haue smal gutes and vaynes, purgatiõs be verye noysome vnto thẽ But strong bodies hauing large vesselles, maye susteine purgatiõs without any hurt, but strõg purgations, either in pilles or potiõs, if thei any thing do excede be very hurtful: therfore, ý doces or quantities, may not exceade. And also they must bee made as pleasaunt as arte can dooe them, onles they offende the stomake. Hippocrates geueth counsaile that men should not mingle medicins with meate, but to take them thre or foure houres before meate, or els so long after. Onles they be pilles called Antecibum, which may be taken at the beginning of supper,

Meates & medicines greith not except pilles before supper.

supper, or els Pilli chochi, a litle be fore slepe, two houres after supper. The best tyme of purgaciōs is in the spring tyme, as the docters doth affirme: the apt daies & signes are commonly knowen in the Englische Almanackes, calculated into englische. As in the writinges of maister Leonarde Digges, & of William Kēnyngham, a learned student bothe in Astronomy and Phisicke, with many mo good men that taketh paines to profite ý cōmon welth. There is an other maner of purging of the body by vomet, for it clenseth from ý midrife vpward, if they haue large brestes, and be collericke persones. It is good against dropsies and leprosies, & better in sommer thē in winter, as Hippocrates saith: and holsomer one houre before supper then at any

Tyme to purge.

Digges Kenning ham.

Vomites and there profites.

Hip. Sēt. in. 4. Aphoris.

any other time, and not to be vsed as a custome: for the custome of of vomittes hurteth greately the head and eies, and make the stomacke so feble, that it wil scant bere any meates or drinkes, but eftsones caste them vp agayne. They which haue narrow throtes and brestes, and lōg neckes, vomites be neither apt nor good for theim. And Auicen sayeth: that vomites ought to be twyse in the moneth for the conseruacion of health, but that whiche is more doth hurte the bodye. There is an other kinde of the clensing of the body by sweeting, as with hoote drinkes, warme clothes, perfumes made of Olibalū brim stone, niter. ꝛc. There is also bathes and sweetinge in hoote houses for the pockes, scurffe, scabbes, hemerodes, piles, which hoote

Costome to vomit weakeneth the stomack.

Auicen. in. 4. pri. cap. 13.

Of bathes and there propertes.

hoote houses hathe the vertue of helping the sayd diseases. But if any that be of an whole temperat complexion do sweete in dzie hoote houses, it doth them muche harme: as hyndzynge their eie sightes, decaying their tethe, hurting memozy. The best bathing is in a great vessel, oz a litle close place with the euapuration of diuers sweate herbes well sodden in water, whiche haue vertue to open the poozes softly, letting out feble and grosse vapers, whiche lieth betwene the skinne and the flesche. This kinde of bathinge is good in the time of Pestilence, oz feuer quartein: in the ende of the bathes, it is good to anointe the body with some swete oyle, to molifie and make soft the synewes. And thus to cōclude of bathing, it is very holsome, so that it bee not

The discōmoditie of cōmon hote houses.

To vse oyntemētes after bathings is good.

To bathe vpon an empty stomake is perilous.

not doone vppon an emptie stomacke, palseis maye come there by, or to take sodaine colde after it, there foloweth an other purgacion, called nesing or sternutacion whiche is benificiall for the bodie if it be vsed vpon an empty stomacke. Twyse or thrise in a morning with a lefe of Bittony, put into thy nose, it helpeth memory, good againste opilation, stopping, & obstructions: Suspo

Of nesing

Of suppositers.

siters be good for weake people or childrē, made with Hieria Picra & hony, made in the length of a finger: Scarifiyng or boring, as Gallen saieth: applied vnto the extreme partes, as the legges, and the armes, doth great helpe vnto the body, in drawing watery humour away from the bodye, but boring is not good for the breste, applied therto in hote feuers, is

Boringe doth muche good to the bodye.

daungerous. Glisters made accoꝛding to arte, be good foꝛ them whiche be to weake to take purgations. The maner of the sayd glisters, because they be not here to be spoken of at large, I entend by Gods grace to set foꝛth in my next boke of Helthful medicins.

I will speake moꝛe of Glisters in my boke of healthful medicins

Purgacions venerus, there be so many pꝛacticioners thereof, that I neede to wꝛyte no rules: but this, that effectiõ, lust, & fantasie, haue banished chastitie, tẽpꝛaunce, and honestie.

Many pꝛacticioners of actes venerus.

John.

PLaine people in the countrey, as carters thꝛeschers, ditchers, colliers, & plowmen, vse seldome tymes to washe their hãdes, as appereth by their filthynes, & as very fewe tymes combe their heads, as it is sene by flore, neites, grese, fethers, strawe, and suche like, which hangeth in their heares. Whether is wasshing oꝛ rubbing thinges to

decoꝛate

decorate or garnishe the body, or els to bryng health to the same?

Humfrey.

Bestes & birdes, vse frictions and pruninge thē selues

THou seest that ý deare, horse, or cowe, will vse friction or rubbing thē selues against trees both for their ease and healthe. Birdes and haukes, after their bathing will prune & rouse themselues vpon their braūches and perkes, and al for healthe. What should man do, whiche is reasonable but to kepe hym self clene, & often to wasche ý hādes, which is a thinge moste comfortable to coole the heate of the liuer, if it be done often, the handes be also the instrumentes to the mouthe and eies, with manye other thinges cōmōly to serue ý body. To wash the handes in cold water is very holsome for the stomake and liuer, but to wash with hote water

The profit whiche cometh in washing, the hādes with cold water.

engen=

engendreth rumes, wormes and corruption: in the stomacke, because it pulleth awaye naturall heate vnto the warmed place, whiche is washed. Frication or rubbing the bodye, is good to be done a morninges after the purgation of the bellye with warme clothes, frō the head to the brest, then to the belly, from the bellye to the thighes, legges, & so forth, so that it be done downwarde. And in drie folkes to be rubbed with the oyle of Camomill. Coming of the head is good a morninges, and dothe comforte memory, it is euill at night and opē the pores. The cuttinge of the heer, and the paring of the nails, cleane kepinge of the eares, and teethe, be not only thinges comlye and honest, but also holsome rules of Phisicke, for they be su-

Hote water is vnholsome to washe hands in

Fricatiō holsome for the bodye.

Comyng the head.

Cutting of hear & paring of nailes.

perfluous things of the excrementes.

John.

THe chiefe thing that I had thought to haue demaunded, and the verye marke that I would haue the to shote at, is to tell me some thing of dietinge my selfe with meate & drinke, in health and sicknes.

Humfrey.

A consideration to be had in eatinge & drinking.

THere is to bee considered in eating and drinking, the time of hunger or custome, the place of eatyng and drinking, whether it be colde or hotte, also the time of the yeare, whether it be Winter or Sommer: Also the age or complexion of the eater, and whether he be hoole or sicke: also the thinges which be eaten, whether they be fishe or flesche, frutes or herbes. Note also the cõplexions and temperaments, of the sayde meates

meates, hotte or colde, drye or moist, and moste chiefye marke the quantitie &so furth. And like as lampes doe consume thoyle, whiche is put vnto them, for the preseruaciõ of ỳ lighte, although it cannot continue for euer: so is the natural heate which is with in vs preserued by humiditie & moistnes of bloude and fleame, whose chiefe engenderer be good meates and drinckes. As Auicen sayeth de ethica. When naturall heat is quẽched in ỳ body, then of necessitie, the soule must departe from the bodye. For the worcke=man can not worke when his in=strumente is gone; So the spi=rites of life, can haue no exercise in the body, when there is no na=tural heate to worke vpon. With out meate sateth Galen: it is not possible for any mã to liue, either

A cause whye the soule de=parteth from the body.

whole or sicke, and thus to conclude, no vital thing liueth without refection and sustenaunce, whether it be animall reasonable, or animale sensible, without reason or any vitall thing insensible, bothe man, beast, fishe, and worme, tree, or herbe. All these thinges be nourished with the influence or substance of the .iiii. Elementes or any of them.

John.

Well Humfrey thou knowest well my complexion and disorder of my diet, what remedye for me, that haue liued like a riotour?

Humfrey.

To eate both fishe and flesche together hurteth ye flegmaticke.

I know it wel thou art flegmatike, and therfore it is longe or thy meate is disgested. When thou doste eat fyshe and flesh together, it dothe corrupte in thy stomack and stinke, euen so doth

harde

harde chese and cold frutes. And olde poudred meates, and rawe herbes ingender euil humers, so ý diuersitie of qualitie, and quãtitie of diuers meates, dothe bringe muche payne to the stomack, and doth engendre manye diseases, as thou maiste rede in the firste booke of Galen: iuuemẽtis membrorum. c. iiii. And the Prince him selfe saithe in. iii. pri. doc. ii. Ca. vii. Saing nothing is more hurtful then diuers meates to be ioyned together. For while as ý last is receiued, the firste beginneth to disgest. And when the table is garnished with diuers meates, some rosted, some fried & baken, some warme, some colde, some fische, some flesche, wyth sundry frutes and Sallettes of diuers herbes to please thine eye: remẽber with thy selfe that the sighte

Galen.

Hipocrites.

of them all is better, then the fe-
ding of them all. Consider with
thy selfe thou arte a man and no
beast, therfore be tẽperate in thy
feding and remember the wyse
wordes of Salomõ: Be not gredie
saith he in euerye eating, and be
not hastie vpon all meates. For
excesse of meates, bringeth sick-
nes, and glottonie cometh at the
last into an vnmeasurable heat.
Throughe surfite haue manye
one perished, but he that dieteth
him selfe temperatly prolongeth
his life. Therefore grosse fishe,
lambes flesche, the inmeates of
beastes, rawe Herbes, Bigges
braines, and all slimie meates,
be euil for thee: but late suppers
is worste of all: specially e if they
be longe, for it causeth painefull
nightes to followe. But Galen
saith in his booke Diechimia the
meates

To feede of diuers sortes of meates corrupteth the bodye. Eccle. 37.

Good diet prolongeth life.

meates whiche be withoute all blame, be those whiche be betwene subtill and grose. Good bread of cleane wheate, flesche of capons or hēnes, Fesantes and patriches, Pigions, and Turtill doues, Black birdes, and small fielde Birdes, rosted Veale, or boyled Mutton: These doe engender good bloude saithe Galen. Note also that anye other meate that thou doest eate at supper, although it seme repugnante to a flegmatike stomack, if thou slepe well after it, and feele no paine, thou maiste vse it as a meat necessarye. And when thou canste not slepe wel, if the defaute came through meat, marke that meat or drinke, although it appere plesant, refuse it as an enemye. And wheras thou hast vsed euill diet as a custome in abusinge time,

What kindes of meates dothe cause good bloude.

quantitie & qualility, bi litle, and litle, bring thy selfe into good order & to time, bothe for thy brekfastes, dinner and supper. Prouided alwaye to eate good thinges, but not many thinges. For like as repletion or aboundance of meate is an ennemy vnto the body and soule, and bringeth sodain death: euen so is emptinesse a shorter of time, a weaker of the braine, a hinderer of memorye, an increaser of winde, coller, and melancholye. And oftentimes to manye, bringeth sodaine deathe also, excepte nature haue some thing to worke vpõ, as I did tell the before: vse some light things at brakfast of perfite disgestion. Within. iiii. hours after that receiue thy dinner, obseruinge the good order of diete, drinckinge wine or beere oftentimes, & litle

What hurt commeth of an empty stomacke when ye go to bed

attonce,

attonce, eschewing gret draughtes of drinck, whiche is vsed amongst beastes, and mingle thy meate with mirth, which is euer the best dische, at the borde, and be thanckfull to God. And so leaue wan appetite, passinge the time wisely betwene dinner & supper, with exercise, laboure, studie or pastime, vnto thend of. vi. hours and then begin thy supper, prouided that it be shorter then thy dinner, eating thy meate by litle and little: for gredye and sodain eatinge is hurtfull to nature, as Galen saithe in his dietory. Note also, that thou maiste eate more meate in winter then in Somer, because thy naturall heate is enclosed within thy body in winter, but vniuersallie sprede in Sommer. Also Collericke men maye as lightelye disgest biefe, baken,

An order of dieting

Galen metrite.

Collerick

Venison,

venison. &c. with asmuche speede and litle hurt, as the flegmatike mã may eate, rabit, chekẽ, & partriche. &c. But the melancoly mã throughe the coldnesse of the stomacke hath not that strength in the stomacke as he hath promptnes in wil, to eate things warm and moiste be good for him. The sanguine man is not so swifte in this disgestion, as the hot collerike manne is. But notwithstanding, he hath good disgestiõ through the humiditie & warmnes of bloud, and coueteth to eat swete thinges, whiche greatlye augment the blud: therfore sharp saucis made with Vineger, Onnions, & barbaries be holesome, Purslen, sorrel, small fisches that fedeth vppon the stones in fayre running waters, cucombers and pure french wine partly delayed

The Melancholy.

The Sanguine.

wyth

with water, be good for the saide sanguin men: to kepe them from much encrease of flesche.

Thon.

Thou hast shewed vnto me, a very discrete and wholsome order of diet particuler to my selfe, and partly to other complexiõs: but what rule or prety Gouernment is for sick folkes?

Humfrey.

An order for the dietynge of suche as be sick of sharpe feuers.

They that be sodeinlye vexed with sharpe sicknesses, must haue thinne dietes, wyth water gruell, thin mutton or chickens, pottage without any fat or thicknes, violet leues, endiue leaues, and such like coling herbes, and let their drinckes be made of Tizantes, thus do to them that haue hote sharpe sickenesses, occasioned of choller. And also colde sirupes of Endiue, violets, suger, water, and vineger, sodden toge-

ther be very holsome. But if sicknesses be longe of continuaunce, their diet muste be the thicker, & their meates made the stronger, specially if their diseases be cold: with the flesh of cockes, capons, temperate wine, stewed brothe, with holsom herbes, as buglos, burrage, basil, parcelye, and fennel Rootes, with some Maces, dates, damaske prunes, raysins of the sunne, and suche like. Sirupes of Isope and Citron, prouided ý they neither take meate nor medicine immediatly before or sone after their fittes. Posset ale with clarified herbes excepted, whyche they maye take for their comforte, accordinge to the estate of their disease. Such as be sicke, muste haue meate, contrarye to their complexion. For they that be cold, must haue hote meat,

Of sirop-pes and drinkes.

meate, and medicines. And they that bee drie, muste haue moiste thinges. But they that be hotte: must haue colde thinges, for the ardent heate of the fier is quenched with the moistnes of ỳ water, & so the quãtitie of one qualitie, ouer commeth the qualitie of an other. And in deede, phisicke saithe, the bodies that be hotte, muste be fed with thinges lyke, as they that be moist: with moist thynges to preserue their moistnes. They that bee hotte, wyth hotte thynges to preserue their heate, and suche lyke. But when they doo exceade in heate, colde, moiste or drie: then let the qualities, of moistnes, be tẽpered with drienes, & the coldnes, w̃ warmnes. For, like as man deliteth in thinges of like, as the collericke man, collericke thinges: euen so

As the cõplexion is, so ma requiret

do beastes, & frutes, as the Colloquintida which is bitter, delileth in bitter grounde. Hot spices delite to growe in hotte ground, and euery frute and herbe dothe delite in the thing that is of like: euen so dothe man in his foode. But in al things let him beware of distemperaunce, surfittes or replecion, reare suppers & dronkennesse.

Jhon.

But if a man feleth great greke after meates or drinkes, what waye is there then for to helpe him?

Humfrey.

The.iii. doctrine

The.vii. chapter. Moderat walk after meate profiteth

VSe walking vp and dowu, and perhappes that wil disgest, as Auicen sayeth: And Rasis sayeth, to walke a hundreth paces after meate, is holsome, for it comforteth disgestion, prouoketh vrine, and geueth one power

wer and strengthe of stomacke to eate his supper. But the counsail of Gallen must here be obserued whiche saieth: there is no meate but it wyll corrupte or stinke, if the bodie bee cast into a sodaine heate by stronge trauail sone after meate, which corruption of disgestion is the mother of all diseases, and the beginner of all infirmities, as Auicen reporteth: And if you se this wyll not helpe to disgeste your ingorged full stomacke, then prouoke your selfe to sleepe lying vppon your right side, leaning towarde your brest and belly, laying your warme hand vpon your brest, as Auerois saith: the power of digestion is made strōg when a man slepeth. For natural heat ẏ is drawen inwardly with warmnes, or heate hath power to disgest. But if slepe

Gallen n.6.de accedeti & morbo.1. cap.

Auice.in 13.theo.3. tracte.3. cap.

To helpe disgestiō by diuers wayes.

sleepe ease you not, prouoke vomite or fast it out, and this is the counsell of manye learned men. For it is no meruayll although many meates corrupt one man, whiche be of sondrye and diuers woorkynges in the stomack, liuer, and vains, for the qualities doe hinder nature as muche as the quantities. And take heede, these signes and euil tokens, bee not founde in you. The paines of all your members with idelnes and wearines to go or moue your bodie: Sodayne greate blusshynge or readnes in your face: Vaines swelled and pusfed vp, read vryne, and grosse skine, extended or stretched oute wyth fulnes, lyke a blowen bladder & full pulses, small desier to meate, ill reast and grief in slepe, seming in sleepe to beare some intollera-

Hipo. in secundo prim. doc. 3. ca. 6 Hec signa declarant.

ble

ble burdeyne, or dreamyng to be specheles, these be the euill and daungerous tokens of repletiō. And of this I geue you warning, for it hath slayne as manie by aboundance, as hunger hath killed through scarcitie.

John.

I haue heardc saye that holsome ayre is a great comforte to mans nature, but corrupt ayre doth muche harme. I shall require you therfore to tell me of the good and the bad ayre, that I may learne to vse the good, & refuse ye bad.

Humfrey.

Galen in lib. de Sectis. sayeth: A wyse phisiciō ought to know the natures of men, of waters, of aire, of regions and dwellings, generally, particulerly to thy self, being a natural English man of birth and education: this lande is very temporat. How be it, our

dwellinges in this lād, be variable as fennes, marisses, wodes, heythes, valleis, playnes, and rockie places, and neare the sea syde. But the sayde Galen geueth counsail in his regimēt of helth, saiyng: a good aire which is pure and holsome is that, whiche is not troubled in standing waters, pooles. Therfore maris groūds & places, where hempe & flaxe, is rotten, & dead carions be cast, or multitudes of people dwelling to together, or houses inuironed wō stādīng waters, wherinto iakes or sinkes, haue issues, or wallowing of swine, or cariō vnbruied or foull houses, or such like places be daūgerous, corrupteth the bloud, whiche is worse then enfectiō of meate, for ȳ prince saith, that al places of concauetes, as sellers, voltes, holes of minerals where mettels be digged, or hou-

Note which be the most holsomest ayers to dwell in.

What airs corrupteth the bloud.

ses, or walles, ioyned together, where as ye sunne with reflexion beateth in wo sodain heate, whose absence bryngeth colde. This aire is distempered, but pleasaunt clere aire, swete gardens, goodlye hilles, in daies tēperat when one may se far of. These be good also, there be certain stars called infortunates, in their exaltacion, whose influence bringeth corruptiō to creatures, rot & pestilence to men & beasts, poisoning waters, & killing of fish, blasting of frute in trees, and corne in the fields, infecting mē with diuers diseases, feuers, palses, dropsis, franses, falling sickenesses, and leprosis. Against ye said influēces al christen men must pray to god to be their defence, for thei be gods instrumētes to punisheth earth. Example, we haue of mortall

Corrupte aire bringeth sondry diseases.

Feruent praier vnto God, doth mitigate his wrath.

pestilence, horrible feuers, and sweeting sickenes, and of late a generall feuer, that thislande is oftē greatly plaged withal. Thē one muste make a fier in euerye chymnay within thy house, and burne swete perfumes to purge this foule aire, and nowe in conclusion to aunswere thy questiō, for the health of dwelling. Auicen saith: to dwell vpō hilles is cold. And in valleis comprised with hilles, is hote. Vpon a hyll syde against the north, is cold & drie. Towarde ý west, grose, & moist, verie subtill towardes the East. And cleare and warme towards the South. And Rasis saieth: in his first boke Afforicn. A mā dwelling nere the Sea side, or greate waters, can not liue lōg, nor can not be without weakenes of mēbers, or blindnes, but the beste

Swecte aire to be made in ý tyme of sicknes

building

building of a house, is vpō a drie ground, and a hill towardes the west side, and south west. doores, and windowes opē towards the east, and north east, hauing nere vnto ȳ said house, swete springs of running waters. From stony or chaukye grounde, whiche is both pleasaunt and profitable to the house. For Hippocrates saieth in his boke of aire and water: the second chapter. Cities & townes, which is placed toward the east, be more surer, then the townes builded towardes the north, for temperat aire or wynde, and sicknesses be les. And in the sayde boke, Auicen greatly commēdeth pleasant riuers, rūning towards the rising of the sunne, the dwellers in suche places sayeth he, be fayre and wellfauored: smothe skynned, cleare & sharpe voyces,

Situaciō best for a house.

Plesaunt people.

and thus to conclude with thee, this shal suffise at this time, what and where, good & pleasant dwelling is. Note also, that thou must obserue aire in sickenes, as thou must do meate in sickenes, colde sicknessis, warme aire, drie sicknessis, moiste ayre, and so in the contraries to them that be sicke, and they that be hole, aire of like qualitie is moste holsome, they that haue lōg sickenessis, chaūge of aire is a great helpe, bothe in feuers, dropsies, fallyng syckenesses and rumes.

John.

I haue founde very muche disquietnes in my body, when my seruaunts and labouryng familie, haue founde ease, & yet we are partakers of one aire.

Humfrey.

The cause why thy labouring seruauntes in the fielde at plough

plough, pastures, or woode, haue such good health, is exercise and labour, & thy disquietnes cometh partly of Idlenes, and lacke of trauel, which moderatly vsed, is a thing most souerainst to nature.

moderate exercise a souerayn thing.

¶ John.

I pray ye tel me some thing of exercise.

¶ Humfrey.

THe well learned man Fulgentius, saith: that exercise is a file and chafer of the heate natural, whiche chasseth away slepe, and cõsumeth superfluous strength. Of the naturall vertues, redeamynge of tyme, enemye vnto Idlenes, dewe vnto yong men, ioy of old mẽ, and to say ye truthe: he which doth abstein frõ exercise shal lacke ye ioyes of helth, & quietnes, both of body & mynde. And Galen saieth: in his regiment of health, if we wil kepe ytit health,

Fulgen. in lib. 2.

What profit cõmeth by exercise.

We muste begin of labors and moderat trauell and then to our meate and drinke, and so forthe to slepe, & this is the cause whye haukers, shooters, hunters, and plowmen, and gardeners, &c. haue so good dysgestyon and strength of bodie. Who be stronger armed men then Smithes, because of the exercise of there armes: stronger boddyed, then carpenters, which lifteth greate blockes, and masons which beareth greate stones, not onely in there youth, but suche men will take meruelous traueles in age which to Idle people semeth verye paynefull, but vnto themselues that trauell no paine but pleasure, because of custome. These people can disgeste grose meates, eating them with much pleasure, and slepinge soundlye after

Vse maketh labour esy.

after them, wheras the idle multitudes in Cities & noble mens houses, great nombers for lacke of exercise doth abhorre meates of lighte disgestion and dantye dishes, marye in deade thei may be very profitable to phisicions. But if trauell be one of the beste preseruer of helth, so is Idlenes the distroyer of life, as Auerois writeth, and Hippocrates sayinge euery contrarie is remoued and helped by his cõtrarie, as health helpeth sicknes, exercise putteth away Idlenes, &c. But euery light mouinge or softe walking maye not be called an exercise as Galen saythe, therfore tennis, dansinge, runninge, wrastlinge ridinge vppon great horsses, ordeyned, aswell for the state of mennes health, as for pleasure, wherunto it is nowe conuerted, rather

Apho.

Idelnes the mother of al mischieke

rather to the hurte of many then the profyte of fewe, exercise doth occuppe euery parte of the bodye, quycken the spryres, purge the excrenentes boythe by the raynes, and gutes, therfore it muste be vsed before meate, for if stronge exercise be vsed inmediatlie after meate, it conueyeth corruption to eche parte of the bodye, because the meate is not disgested, but when thou seste thy water. After meate appeareth some what citiene or yellow then mayste thou beginne exercise, for disgestion is then well. But sicke folkes, leene persons, yong childrē, women with childe may not much trauel. The exercise of dice, cardes, fighting, drinking, knauische raling, of bauderye, and such lyke: rather may be called an exercise of deuels, then

Exercise before meate.

of

of men. And thus to cõclud with Salomõ, quam pretiosus sit sanitas thesarus.

¶ John.

AFter paynfull labor and exercise, or disquietnes of the minde, there was neuer thinge that haue done me so much comfort as slepe haue doone.

¶ Humfrey.

AVicen sayth, that slepe is the reste and quietnes of the powers of the soule, of mouinges and of sensis, wythout the which man can not liue. And trewly slepe is nothinge else but an Image or brother to death, as Tulli saith. And if by imaginatiõ thou didest perseue sleping & waking wayed in the balance together, there thou should see them equal in waight, for Aristotle sayth that man do slepe as muche as he do wake,

Auicen in can. Of slepe and waking.

Tulli. in lib. de sene.

Arist. in lib. de so.

wake. But this is to be consideretb in slepe, that naturall heate is drawen inwardely and discrestion made perfyte, the spryites quieted and all the bodye comforted, if the trew order of slepe be obserued in sixe pointes. First a quiat minde without ỳ whiche ether there is no slepe, or else dredfull dremes, turmentinge the spryittes. Secondly the tyme of slepe, whyche is the nyghte, or tyme of moste quyat sylens, for the daye slepes be not good, moste chieflye soone after dinner, excepte to sicke persons or yonge Children, in there tymes conuenient. Thyrdly, the maner of slepe, that is to eschewe the lyinge on the backe, which bringeth manye greuous passions, and killeth the sleper wyth sodden death. To lye vppon the left

Slepe after dinner not helthful.

syde

syde is very euell in the fyrste slepe, but tollerable in the seconde, but the most sureest waye to make the digestion perfite, is to lye vpon the righte syde, with one of the handes vpon the brest Forthly slepe haue the quantety which must be meene, for superflous slepe maketh the spryres grosse and dul, and decayeth memorye, sixe or eyght houres wyll suffice nature. For lyke asmuche watche dryeth the bodye, and is perilous for fallinge sicknes, & blindnes: euen so to muche slepe is as perilous, for extremes be euer yll. Fyftlye in the tyme of cold feuers, the patient must not slepe vntill the trimbling fyt be paste, for then the hote fitte that foloweth wyll be extremer than any other fit, and harde to helpe, note forthermore ý those bodies that

Slepe on the right syde is best.

Gal. sen. 1. terap. ca. 6.

that be ful of hote inflamations slepe not wel, therfore thye must vse thinges to extenuat and to make colde, as Tizantes and cold Siruppes, or gẽtle purging fro the belly and lyuer, or finallye to haue the median vayne opened according to time, state, and age. Sixtly the chamber muste be considered that it be clene, swete comly, clothes fyt for the time of the yere, & the age of the people and to kepe the hedde warme, is very holsom, for in slepe natural heat is drawen into the bodie for the brayne of nature is cold and moyste. Windowes in the south parte of the chãber, be not good, it is beste for them whiche haue cold reumes, dropses, &c. To lye in close loftes, and for drye bodies to lye in lowe chambers, & in ỳ tyme of the Pestilence, often

Thy lodging muste be kepte clene.

to

thyste chambers is healthfull, lyinge vppon the ground in gardens, vnder trees, or nere vnto stinking pryuies be hurtefull to the bodye, and this shall suffice for thyne instructiō of slepe, prouided that thou dulste not longe retayne thyne vryn. For feare of the stone, and payne in thy raynes.

Note that sleapeers in fildes in harue sle shalbe in dannger of quartens in winter.

John.

There is nothinge whiche I more feare then the stone, for my father was sore vered therewith, what shall I marke in mine vryne.

Humfrey.

Among all mortall diseases, ỳ stone is the greatest, a preuenter of time, a deformer of mā, and the chiefwekener of the body, and a greuous enemy to the common wealth. How many no-

ble

The cause of ye stone

ble men and worchipfull personages hathe it slayne in this realme: many one, whiche cometh of hote wynes, spices, long banquettes, repletiōs, fulnes, costiknes, warme kepinge of ye backe, salte meates. &c. The remedy, wherof is in al pointes contrary to these causes, smal wines, tēperat beer, or ale, no spices, but holsome herbes, as tyme, percilly, saxifrage. &c. Light meales, most chiefly the supper, no baken, nor rostid thinge, but onely sodden meates, and often times to relax the belly with Cassia fistula, newe drawen from the Cane, with suger and to eschewe salt meates, and not to kepeth ye back warm: the stone is often found in yonge children, whiche commeth of the parentes, and oftentimes in old folke. Whiche stones be engen-

remedies for ye stone

dred

gendred as I haue saide: besides milke, frutes, herbes, saltfyshe, & flesh, hard chese. &c. Now marke well this lesson followyng, for thyne vrine.

Iohn.

THat shall I gladly, reade but softly and I wyll wryte thy wordes.

Humfrey.

FIrst in vrine. iiii. thinges Marke
Thus said Actuarii the good clarke,
Culler regentes and contentes therein.
Substaunce grosse, thicke or thyn.
A faire light, an vrinall puer,
Then of thy sight, thou shalt be suer.
Culler of bright gold or gilte,
Is health of liuer, harte and mylte.
Read as chery, or safron drie,
Excesse of meat in him I spie.
Culler grene, or like darke read wyne,
Or resembling the liuer of a swyne.
Is adustion with fiery heate
Burning the lyuer and stinking sweate
Leaddy culler or black as incke,
Death drawety neere as I do thinke.
Except the termes which women haue,

Foure thigs noted in vrines.

Golden vrine.

Read vrine.

Grene vrine.

Coulier like lead.

Grape. vrine.

Or purging black coller, which many do saue
Culler grey as horne, or clere as water,
Is lacke of disgestion sayth mine auther.

Vrin like flesche broth.

Vrin like flesche broth is very good,
Beginneth disgestion and norische blood.
Subcitrine and yellow be vrins nert best,
Bread and flesche will well disgest.

White & thick vrin

The vrin that is whyte and thicke,
Is euer Called flegmaticke.

White & thin vrin.

Melancholy water is whyte and thin,
The redde and grosse is Sanguin.

Yelowe vrine.

Yellow and thyn, springe from the gall,
Wherin holler ruleth all.
The swelling lyuer and braynes blouddy,
Causes Circle thicke with culler ruddy.

Circles are to be noted.

But whan Circles be thyn and red,
Choller greue the right syde of the head.
If fledden Circles swim on the brink,
It is falling sicknes as I do think.

Oyle in vrine.

When Oyle in vrin dothe apeer,
Resolutio pinguis drawetth neer.
When Oyle apeere in feuers hote,
Dissoluinge the body, causeth ablote.

Periotides, is tertian or quarten.

But of Periotides, thou felst no paynes,
This Oyle Pronogstick, consuming raynes.
The grauell red declareth for euer,
In dryebackyd men dubie tertian feuer.

Of grauel in vrin.

Whan golden grauell aperyth alone,

It hurt the raines but is no stone.
Whan grauel is of couller whight,
Stone in the bladder worketh spight.
Contentes like smale thrides or heers,
Through heate & drienes ỳ body weers.
Consumtion, scabbe, small spot & lust,
Is whã many heers be mingled w̃ dust.
In the bottom of vains, or vessels great,
Lieth stoppig matter like bran of wheat.
Wherin contentes are, like skales of fish
Als apereth in the chamber dishe.
These signifie feuers, and ethickes olde,
Or skabs, which the bladder do infolde.
Whight froth swymig, cometh of wind,
The pelow froth, is of Jaunders kynd.
Thus of vrins I do conclude,
With wordes of truthe, but meter rude.

Cõtents in vrin be the chieke things to know diseases.

Here is also a litle of ỳ signes of the excrementes of the belly.

Ou r filthy dunge, and fer moste vile,
The dregges of natures fode,
Whan thei be diuers coullerid made
The singnes be neuer good.

Many cullers in one stole be euill.

If the siege be like vnto the meat,
Hewe drawen into the mawe,
Or kleting with klem or burbles great.
The body is wyndy and rawe.

singns of Crudite & wynds.

Collericks signes. Signes deadly.

The pelowe doth from choller cum,
The grene is burnt adust,
The black and leady, be deadly signes,
That flesche wyll turne to duste.

Oile ercrements signify cōsumsion except the cause be of fatte meates. Stooles soft and hard.

The ercremēt that is in ỳ iackes cast,
If it haue oyle or fatte,
Consuption of body than begin,
The chiefest signe is that.

The priue soft well compacte,
Made in the acustomed time,
Is euer good and the hard is ill,
And thus I ende my ryme.

¶ John.

OFs I fel into a great sicknes, and hetherto, I am skant recouered of it, the surfite was so great, but consaill was geuen me, that I should not staye my selfe vpon the opinion of any one phisicion, but rather vpon three, then sayd I: to retayne thre at once, requiquireth great charge, for those men to whome lyues be committed, ought liberall rewardes to be geuen. Then sayd my frende, they are good gentlemen

men and no great takers. What bee their names said I? he aunswered saiyng: The first was called doctor diet, the seconde doctor quiet, the thirde doctor mery mã. I did wryte their names, but yet I could not speake with them.

Diet.
Quiet.
Merimã

Humfrey.

HEtherunto I haue sayd somthing that shall well suffice for the to knowe doctor diat, as for quiet, and mery man, they lie in no phisicions handes, to giue, but onlye in Goddes. For small it helpeth to any man, to haue honour, riches, fame, conning. &c. And in the meane time, to wante quietnes, and mirth, whiche bee the chief frendes. Tendrist nurysches, holsomest phisiciõs, moste plesaunt musicions, & friendliest cõpanions, to nature, pleasaunt birdes singing in the branches, be more happier then rauening

It were better to lacke ryches, thẽ to wante quietnes & mirth.

Many apt similitudes or metta-phers.

Cormerantes, and gready hauk-kes, whiche with paines incha-seth their prais. The quiet lābes be euer happier in their kynde, then ꝟ gredy rauining fores, wol ues and lions, which neuer cese, vexing them selues, to kil liuing things for their fode. The poore oyster, lurking vnder the rock, or sande, whiche is neuer remoued of stronge ebbes nor fluddes, is farder from trauell & continuall paynes, then the horrible whale, most feareful to fishes. The low shrubs, or bushes growyng nere to the ground, be euer in more sa uegarde then the lusty highe flo-rishyng trees, spred with pleasāt braunches, whiche be subiect to euery strong wynde. The poore bootes in harbor, be in lesse peryl then the fikle riche ships, tossed vp & downe on the cruel fluddes.

What

What shal I say: but this, that ye miserable ragged begger called Irus, was more happier in his pouertie with quietnes & mirth, then was the glotonus beaste, & mõsterous man king Sardanapalq, with all his goldẽ glory court of ruffians, & Curticens with Cam to an end moste shamefull. Diogines, I warrant you was not inferor to Alexander, in the state of Happines, and haue left as great a fame behind him, sauing that Alexãder, was a more cruel murderer then Diogenes a chast liuer. In dede ye poore sylly shepehard, doth pleasantly pipe with his shepe, whan mighty princes do fighe amonge their subiectes, & breake manye slepes in goldẽ beds, whã bakers in bags, & brewers in bottels, do snorte vpõ hard strawe, fearing no sodaine mischappe. The great

The pleasure of poore mẽ

paynes and secrete grieues that disquieted myndes, dooe daylye sustayne, bee not muche vnlike vnto the infernall turmentes, that the wicked dooe fele: Physicke vnto an extreme troubled mynde (saye what they lyste:) helpeth as lyttell, as to aplye a playster to the breaste, or head, of a dead bodye, to reuocate the spirites of lyfe or soule agayne. The syckenes of the body muste haue medicine, the passions of the mynde, must haue good cõsel. What pleasure hath a condẽned man in musicke, or a dead man in phisicke? Nothyng at all God knoweth. Oh howe many men haue bene caste awaye by thoughte, and moste for losse of estimacion, and some of other affections of the mynde, as inordinate loue, or couetyng thynges

The turments of the mind

Through thought many are kylled.

that

that they can not gette, or optaynynge those thynges that they can not kepe, or ire of other mēs prosperitie or good happe. As Tully sayeth: Ouide, as fyne in Poetrie, as Apelles was in paintyng, discribeth this vyle passion of Ire, with a pale face, lene body, skoulyng looke, gnaschyng teeth, venym tounge, colleticke stomacke, tounge full of poyson, ingratefull, seldome smylynge, but at mischieke, outwardly appearynge as it were quiet, inwardly the serpent gnaweth, fretteth & deuoureth. ¶ These mē be deuils incarnat, begining hel in this lyfe, moste enemies to them selues, & if they did beholde them selues in a glasse in the tyme of their tempestes, shoulde nottheir countenaunces, bee more fearefull to thē selues then their Ire, hurtfull

Ire is a greuous passion. Tul. in tuscū. li. 3

Ouid. in lib. 2. metha.

Deuils incarnat.

A good face in a glasse.

hurteful to others: yes, and perhaps make thē staring made, in seing such a diuels image, therfore let wise mē be of this mind. First to thinke that they wolde heue no man be Irefull against them or disdayne them, euen so let them do to others. Secondly let them thinke, it is better to be spited, then pittied, for euery prosperus felicite, hathe hys enemy wating vpon him. The fole hateth the wise. The wise man, pittieth the fole: wel couit rather to be spyted then pittied, the wrech enuieth the worthy man, and so forth: Onlye excepte aduersite, & extreme misery, al prosperus mē haue enimies, let this suffice, & consider what Galen sayth, that immoderat Ireful motions, cast the body into a cholericke heate, whereof cometh feuers, and all

Beter to be spited then pitied in som casis.

Galen, de regē sani libr. 1.

hote

hote diseases dangerous to the body, of this writeth Petrus de ebano. The passion of the mind called dread or feare, is whan the bloud and spirites be drawen inwardlye, and maketh the outwarde partes pale & trimblinge to this, by sides pitiful experiẽs, Haliabas, Galen, and Aristotel do wittnes the same. The suddayn passion of ioye, or gladnes, is clene contrary to feare. For the harte sendeth fourth ȳ spiritual bloud, whyche in weake persons, the harte can neuer recouer agayne but death incontinent, as Galen sayth, and as we maye se by experience: As in the metinge of men, and there wyues, Childrẽ and there parentes, which ether by pryson, or banyshment, were wythoute al hope, euer to se eche other, and in ioye of metynge

In comẽ. 32 septi. problem.

Hali. in. ȝ theo. ca. vltimo. Ga. 1. qui. de acc. & morbo. c. 6. Ari. 10. proble.

the

the delating, & spreding of ỳ hart
bloud, haue caste the bodye into
swoninge. And thus my frende
John I do cõclude vpon certeyn
affections of the mind, wisching
doctor diat, quiat & mery man to
helpe the, whan thou shalt nede.
For mirth is beloued of musici-
Hudson. ons, plesante birdes & fisches as
the Dolphin. What is mirth ho-
nestly vsed: an image of heuẽ. A
great lordshippe to a poore mã,
and preseruer of nature, & Salo-
Eccl.c. 30 mon sayth. Non est oblectatio super
cordis gaudium, &c. And yet I saie.

THe Ireful man is euer a thall,
The toyful minde is happest of al.
Zele burne lyke flames of fiere,
Whan honest mirth, haue his desyre.
Loue well mirth but wrath dispise:
This is the counsell of all the wyse.

¶ John.

I Wold very fayne knowe the natu-
res of sorten simples, and first what
is wormewood. Hum.

Humfrey.

A Cõmon knowen herbe it is of diuers kindes as Põticum. Romanum, &c. It is hote in the first, & drye in the seconde degre, and it is very bitter, and beinge dried, kepeth clothes frome wormes and mothes, and the sirope thereof, eaten before wyne, preserueth men frome dronkennes, if it be sodden in vineger it will helpe ỳ sores that bredes in the eares, being laid warme vppon it, is good to be dronke agaynste Appoplexia, & Opthalmia. Which is a sicknes of the eye, is greatlye helped with the wormwood, if it be stamped & made luke warme wyth rosewater, and layed vpon the eye, and couered with a clene pyked walnut shel, the sirope helpeth the bloudie flixe, it doeth help a cold stomack if it be dröke tenne

The vertues of wormewood.

Auic. li. 2. Sim. 2.

tenne daies together, euery morninge two sponfull of the sirope, is good against the dropsie, euery daye dronke, two ounces fastinge, and thus saythe Auicen, figges, cocle, wormwood, nitur, stamped together, and made in a plaister, is good agaynst the disease of the splen, and also killeth wormes in the bellye, vsed in the foresayde maner, one drame of the powder maye be dronke at once in wine, it hath many moo godlie vertues.

¶ John.

What is ý propeties of Anes seedes.

¶ Humfrey.

IT is much like vnto fenel sede, and is called Romane fenel, that is warme and swete, and hote in the seconde, and drye in the third degre, the newe sedes is ý beste. It ingendereth vitall sede, ope-

Gal. de sim.

neth

neth the stoppinge of the raynes and matrixe, being dronke with Tysantes, or clene temperate wine.

John.

What thinkest thou of mouse eare?

Humfrey.

AN herbe comenlye knowen, colde and moiste in the firste degre, as Gallen sayth, the decoction of this herbe sodden in water with suger, is good againste the falling sickenes, being often times dronke, & put a lefe therof into the nose it wil prouoke sternutation, or nesinge which wonderfullie doth clense the bayns.

John.

I wold fayne knowe what is Thyken wede?

Humfrey.

ALmoste euery ignorant woman doth knowe this herbe,

but

but theyr be of it diuers kindes, they bee verye good to keepe woūdes from impostumations, stamped, and applied vnto them, and draweth corruption out of woūdes, and sodden with vineger, doth draue fleume out of the head, if it be often warme put into the mouthe and spit it oute agayne. In this same maner it helpeth the teath, and soden in wine and so dronke, it will clense the reignes of the backe.

The operation of chickin wede.

¶ John.

V What is Sorrell, might I knowe of the and the propertie therof?

¶ Humfrey.

THy Coke dothe righte well knowe it, and all they that make grene sauce, but ỳ discription I leue to Dioscorides, and Leonard Futchius, not onlye in thys herbe, but in al other, and to tell the,

The properties of Sorrell.

tell thee the vertue I will, it is colde and drie in the seconde degree, it also stoppeth: it is like endiue in propertie, because it ouercommeth choler, and is muche commended, it helpeth the yelow iaundis, if it be dröke with small wyne or ale, and also quencheth burning feuers: to eate of the leues euery morning, in a pestilēce time is moste hollsome, if they be eaten fasting. This herbe doeth Dioscorides, Galen, and Auicen, greatly commende, besides the greate learned men of this tyme.

John.

What is Planten, or Mayhrede.

Humfrey.

The greater Planten is the better, it hathe seuen greate vaynes, it is cold & drie, the seede of it, dröke with read wyne, stoppeth the bloudie flixe: the rootes

The properties of plantaine

sodden and dronke in wyne, stoppeth the bloudy Flixe: the rootes and leaues beinge sodden with sweate water, and with Suger or borage water, and geuen to hym that hath an Ague, either tertian or quartaine, two houres afore his fitte; proue this, for thus haue I helped many, it is verye comfortable for chyldren that haue great Fixes & Agues and is a friende vnto the lyuer, this herbe is greatlye prayſed of the Doctours.

Iohn.

What is Camomill, and the operation therof?

Humfrey.

This herbe is very hoat, it is dronke against cold windes, and rawe matter beinge in the guttes, the Egiptians did suppose

pose it woulde helpe all colde Agues, and did consecrate it to the sunne, as Galen saieth: Also if it be tempered and streined into white wyne, and dronke of women, hauing ye childe dead within the body, it will cause present deliuerance, it dooeth mightelie clense the bladder, and is excellent to be soddē in water to wash the feete: the oyle is precious as is declared hereafter.

To what purpose camomell seruieth.

Iohn.

HOppes be well beloued of the beer brewers, howe dooe the Phisicions saye to them?

Humfrey.

THere be whiche doth coole, be called Lupilum, those that we haue be hote and drie, bitter, sower, hote, saith old herbals. And Fucchius saith: thei clense fleume & choler, and ye water betwene the

Fucchius.

skin and flesche, the sirupes wyll clense grosse rawe fleume from ỳ guttes, and is good agaynst obstructiõs sodden. If the iuice be dropped in the eare, it taketh the stinke away of rotten sores, the rootes will helpe the lyuer and splene, beyng sodden, and drõke: the beer is very good for flegmatike men.

John.

What is Sage, for that I loue well.

Humfrey.

A wõderfull gift geuen to Sage.

There be two kindes of sage: they be herbes of health, and therfore they be called Saluia, this herbe is hote & dry, & prouoketh vrine, clenseth ỳ matrix, stoppeth the bloud in a woũde. If it be put in a pigge, it drieth the humours, that would engẽder fleume, it is good againste the pallsie: oftentimes eaten, or sodden in wyne, it

wyll helpe & clense ytche, scabs, and fylth from the pudent and secret mēbers. Aetius doth greatlye commende this herbe, and the excellent regiment of Salern, where it sayeth Cur moritur homo, cui saluia crescit in horto, enquiryng why men do die that haue Sage growyng in gardens. But trewlye, neyther Phisicke, herbe, nor cunning, can make man immortall: but assuredlye Sage is holsome for olde folkes, to be put in to their meates, for it clenseth fleame from the senewes, which fleame will relaxe the synewes: The wyne of Sage dronke vpō an empty stomake, is holsome for flegmatike persones, or them whiche haue the fallynge sickenes or dropsie.

An. in.3.1 cap. sing.

What is Pilopodie, that groweth vpon the Oke tree?

Humfrey.

Of polopodie.

If this herbe bee sodden with Beetes and Malowes, in the broth of a henne, and dronke, it will loose the belly, and clense fleume: the roote of this herbe being drie, and beaten into fyne pouder, and drawē into the nose thrilles, helpeth a disease called Polipus.

John.

I haue heard talke of Houndhounde, I would fayne heare of his workyng.

Humfrey.

What deseases houndhound helpeth.

It is a herbe hoat and drie, if it be sodden with fayre water, suger or hony, and streyne it, this drynke doeth clense the stomake from stynkynge fleume, it is an excellent herbe for women, to clense their moneth tearmes, the water

water of this, is good to helpe them which haue a moist reume fallyng from the head, vpon the lunges, being often dronke: but it is hurtfull to the bladder and raynes, the sirope therof dooeth clense the kynges euill: and also put into the eares, doth greatlye comforte the hearing if the eares be troubled: and stamped with hony, and applied into the eies, it clenseth the syght.

John.

What is Verbene?

Chumfrey.

IT is called the holy herbe, it drieth and byndeth, if it be sodden with vineger, it helpeth a disease called saint Anthonies fier, oftentymes washynge the pained place, the leues of Verbē

Of verbē & his properties.

and Roses, and fresche swynes grease stamped together, wyll seace payne and griefe in euerye wounde, and wyll keepe woundes from corruption: it is good for people, that haue the tercian, or quartaine Agues. And thus sayeth Dioscorides: moreouer, he sayeth, the weyght of a Dram of this herbe, with three halfe penyes weyght of Olibbalom, and put in nine ounces of olde wyne, tempered together, and dronke fourtie daies of this quantitie fastyng, it wyll helpe a disease, called the kynges euyll, or paine in the throte.

Dioscorides.

olibanum

John.

What is Rewe, or herbe Grace?

Humfrey.

I Tell thee, this herbe is verie hote and bitter, and doth burne

because

because of his hotenes in ỳ third degree: if a litle of this rewe be stamped, and sodden wyth wine, and dronke, it is an excellēt medicine, agaynst poysone and pestilence, wyth roses, and vineger, and rewe stamped together, and put in fored clothe or biggen, applied vnto the temples of the heade or forehead, do seace greuous paynes in the head. And in lyke mauer it healeth ỳ bitinges of serpentes or dogges, stamped with vineger: many nyce people cannot abide it, cryinge fie, it stinkes: The seade of thys herbe beaten in pouder, & put in fresche clarified butter, & pitche melted together, is good for thē to drink that are bruised.

Stue good against poyson.

¶ John.

What is burnet.

Hum=

Humfrey.

The properties of Burnet.

IT is of the nature of fyue fynger, drie and byndyng, and not moist, as many saith: stampe it & put it to the eies, doth take away the dropping and prickyng, and doth heale woundes, and is good to drinke for the tercian Ague.

John.

What is Dandilion?

Humfrey.

The vertues of Dandeliõ

IT is temperat, colde and drie: with Roses and vineger, tempered together, it helpeth ỳ head in hoat diseases. The sowthistle called Soncus, hath the same vertue, and so hath Suckery: if they be sodden, they lose the belly, and quencheth heate whiche burneth in the stomake, and defendeth the head frõ hote smokyng vapours, and purgeth yelow choulier, and rebateth venerous and flechelye heate.

heate, and is good to be sodden and dronke in hoate burnynge Agues, though this herbe be cõmonly knowen, and compted of many as a vyle weede, yet it is reported of Dioscorides, to be an excellent herbe.

John.

What is Spynnage?

Humfrey.

AN herbe much vsed in meat, colde and moiste, in the firste degree, it mollifieth and maketh softe the belly, it is good for them that be hoat and drie, and yll for flegmatike men.

John.

What is Cowcumbers?

Humfrey.

They be trewly in the seconde degree, very moist and colde: The seedes be good to be geuen

in hotte sicknesses: the pouder of the sayde seedes, dronke in clene wyne, is good agaynste dyuers passions of the harte: this frute wil cause one to make water wel the roote dryed in pouder therof dronken in water and honye, prouoketh vomite: if they be moderately eaten, they bringe good bloude, tempered wyth honie, and anointe the eyes, that helpeth a disease called Epinictidas, which troubleth mē with strāge sightes in the nightes: the best of this frute is, whiche beareth the beste seedes the sauoure of that is not holsome: mellons, citrons, pampans, and this kinde of pepons or great apples be muche vsed in Englād, and is more cōmon, then profitable, because they vse to eat them rawe. Englische men being borne in a tem-

For what purposes cōcōbers serueth.

Epinictidas.

pered

pered region, enclining to colde, may not without hurte eat rawe herbes, rootes and frutes plentifull, as manye men, whiche be borne farre in the south partes of the worlde, whych be moste hote of stomake, therefore lette them eat these frutes boyled or baken with hony and pepper, and fencle seedes or suche lyke, there be an other hote kinde of bitter cucombers, which doo purge.

¶ John.

What is Garlicke.

¶ Humfrey.

GArlicke is very hote and drie in ỳ fourth degre: it troubles the stomacke, it is hurtfull to the eyes & heade, it increaseth drienes, but it will prouoke vrine, & is good to be layd vppon the bytinge of a snake, or edder, it is good for the emeroides applied

The properties of Garlicke & his operation.

to

to the sore place, being first stamped, if it be sodden, the stinke is taken from it, but the vertue remayneth to be eaten against the coughes, & paines in the lunges, it cutteth and consumeth corrupt fleume, and bringeth slepe. It is not good for hoat men, nor women with childe, or Norces, geuing milke to children: but Galen calleth it the cõmon peoples treacle, if sanguin men do eate much of it, it will make them to haue read faces, but it is a speciall remedy aganst poyson.

The diuersitie of Onions & their properties.

John.

What is Onions?

Humfrey.

They do make thin the bloud, and bringe slepe, they be not good for collericke men, the long

onion is more vehemēter then ye
rounde, and the read more then
the whyte, the drie more then the
grene, and the rawe more then
the sodden, or preserued in salte
although they cause sleepe, verie
paynfull and troublous hoat in
the thirde degree, and warme in
the stomake, clenseth the sto-
make, and bryngeth good coul-
ler to the face, and helpeth the
grene sickenes, prouoketh vrine,
opened the emoroides. If they
be sodden in vineger, and layde
warme to them: pele of the rind
and cutte it at both the endes,
and cast it into fayre warme wa-
ter, and let it lie an houre or two,
and then slice it, this takes away
the veamēt sharpnes of it. Rew,
salte, hony, & one onion stāped to
gether, is a goodly plaister to lay
vpon

vpon ỳ biting of a dogge: leekes purgeth the bloud in march, and payneth the heed, and be not greatly praised, for their il-iuice. Adoge saythe, Dioscorides, the head beinge anoynted with the iuice thereof kepeth heare frome fallinge: thereis muche varietie of this onyon amongest wryters sayth Plini, but this shall suffise.

John.

What is Lettise.

Humfrey.

The properties of lettise.

IT doothe mightylye encrease milke in womens breastes, and therfore is called lettisse, as Martial saithe, firste shalbe geuen to the vertue and power to increase milke in the breasts euery hour, lettis is an hearb cold and moist and is comfortable for a hoate stomake, bringeth sleepe, mollifieth the belly: the drier it be eatē

the

the better it is, I meane if it be not muche washed in water, adding cleane sallet Oile, Suger, and vineger to it, it abateth carnall luste: and much vse of it, dulleth the sight, the seede is precious against hoat diseases drõke with tisans: There is an herbe called Rocked gentle, which partely smelleth like a Fore, whiche is very hoat, an increaser of sede, whiche herbe must alwayes bee eatẽ with Lettis. The roote ther of sodden in water, will drawe broken boones, and will helpe the cough in yonge children.

¶ John.

What be Myntes?

¶ Humfrey.

Myntes be of two kindes, garden and wylde Myntes, thei be hoat vnto the thirde: & dooeth drie in the second degre. Garden

The properties of mintes.

Mintes is best: ý pouder of this with the iuice of Pomgarnites, stoppeth vomits, helpeth sighig, clenseth hoate choller. Three braunches of this sodden with wine, doth helpe repletiõ dronke fasting. This iuice tẽpered with good triacle, & eaten of childrẽ a morninges, wil kil wormes, and stamped with salte, applie it to ý biting of a dogge, it will heale it: It is holsome sodde with wyndy meates, and sodden in posset ale with fenill, it helpeth collike, it encreaseth vital sede. It is not best for chollericke complexions, but good for flegmatike, and indifferent for melancoly: and it wyll stoppe bloude, stamped and applied to the place. The iuice of Mintes is best to mengle in medicine against poison: the pouder of Mintes is good in pottage,

to

to helpe disgestion, and to make sweate breth. John.

What is Fenkle?

Humfrey.

It hath power to warme in the third degree, and drie & maketh swete the breth: the seede eaten, often times vpon an empty stomake, doth helpe the eie sight: the rootes clene washed, be very holsom in pottage, and is good in tisantes: the grene or read tuftes, growing vpon the stalkes, soddē in wine, pottage, or ale, helpeth ý bladder, raines, & breaketh the stoone, increaseth mylke in womens brestes, and seede of generation: It is good to vse Endiue or suche like with it, because it is very hoate and good in barbars Baithes, washing water, & with Balme, Sauery: It is good to walshe ones feete to bedwarde.

The properties of fennel.

the sirupe is very holsome, it helpeth a flegmatike stomake.

¶ John.

What is Hysope?

¶ Humfrey.

The operation of Hisope.

AN herbe commonly knowen growinge in gardens, and hoate in the thirde degre: it hath vertues to make humours thin, and warme: sodden with figges, rewe, and hony, in cleane water and drōke, it greatly helpeth the sickenes in the longes, old cough and rotten humours, droppinge vppon the lunges: sodden with erius and grains of paradis called ye Cardamon, it mightely purgeth and bringeth good coulier. Figges, salt, Nitrum, and Isope, stamped together, and applied to the Splen, helpeth it muche, & taketh away the water that runneth betwene the skinne and the flesche,

flesche, sodden with Oximel, it clenseth flemme.

John.

What is Sention?

Humfrey.

It is of a mixt temprament, it coleth and partly cleseth if it be chopped and sodde in water, and drinke it with your potage, it will heale ỳ griefe of the stomacke, & purge it from hoate choller: his downe with saffron & colde water, stamped & put in the eies, it wyll drie the running droppes, & stamped plaister wyse, it helpeth many greuous woundes.

John.

What is Purslein?

Humfrey.

Colde in the third, and moiste in the seconde, if it be stamped with steped Barly, it maketh a goodly plaister to coole the head, eies,

The operation of Purslein

eyes, and lyuer, in agues burninge heate. To eate of it, stoppeth Flixes, and quencheth burning choller, and extingwysh venerus luste, and greatly helpeth the raynes and bladder, and will kill rounde wormes in the belly, and comforte the matrix against muche fleume: And the iuice is good to drinke in hoate Feuers, it may be preserued with salt, & then it is very good with rosted meates. Plini sayeth: it is supposed to make the sight blunte and weake, further he saieth: that in Spayne a great noble maune, whome he did knowe, did hang this Pursleyn roote in a threede cõmonly about his necke, which was muche troubled, of a longe sicknesse and was healed.

¶ John.

What is Mugwort.

Hum=

Humfrey.

Mugworte and Fetherfoy, & Tansey, be verye hoate and dryie in the seconde degree: Mugwort, sporge and oyle of Almondes, tempered plaister wise, and applied cold to the sick pained stomake, wyll bryuge healthy. It is good in bathes saieth Galen: it is holsome for women, it clenseth & warmeth and comfort, and breketh the stone. Plini saieth: it is good against serpentes, and holsome for trauelyng men, if they carye it, it comforteth them from wormes. Tansey doth myghtely cast wormes frō children, dróke w̄ wyne: A cold plaister stāped & layde vpon the belly of a womā whose childe is dead within her, it wyll seperate the dead chylde from the liuing mother, causing her to niese with Betony leues.

The operacion of Mugworte.

John.

There is an herbe commonly vsed to the great relief of many called Cabage, is it so good as it is reported of?

Humfrey.

The operation of Cabage.

Cabage is of twoo properties, of bynding the belly, and making laxatiue: the iuice of Cabages lightly boyled in freshe biefe broth, is laxatiue, but the substaunce of this herbe is harde of digestiō, but if it be twyse soddē, the broth of it will also bynde the belly, if it be tempred with Allū. This herbe hath vertue to clense a newe read Leprosie, laid vpon the sore place in the maner of a plaister. But to conclude of this herbe, the broth of it hath vertue to preserue from dronkenes, as Aristotle, Rasis, and Auicen, doth report, eaten before drinking time.

Aristo. 3. perproble
Auecen. 2 can.
Rasis. 3. almanc.

John.

What

What is Philopendula?

Humfrey.

IT is an herbe hoate and drie, if it be sodden in white wyne & dronke, it drieth vp windy places in the guttes, & cleseth the raines in the backe and bladder. Of philopendula.

John.

What is Agremonie?

DIoscorides saieth: that if this herbe with swynes greace be stamped together, and laid vpon an olde rotten sore being hoat, it hath vertue to heale it: the sede of this herbe dronke with wyne, is good against the biting of Serpentes, stopping of the liuer, and bloudy flire. The operation of Agremonie.

John.

SOme men sate that the herbe Dragon is of great vertue.

Humfrey.

THe iuice of it saith Dioscorides: dropped into ye ete, doth clense it, The vertue of dragon.

it, and geueth much might vnto the eyes of them whiche haue darke sightes, the water of this herbe hathe vertue against the pestilence. If it be dronke blud warme, w̃ venis triacle, ỳ sauor of this herbe is hurtful to a womã newly conceiued with child. Plenij saith, that who so beareth this herbe vpon them, no venomous Serpente will do them harme. This herbe is hote and drye.

Ihon.

There is a verye swete flower, called a violet, is it so profitable, as it is pleasaunt?

Humfrey.

The vertue of Violet

Simeon Sethi reporteth, that it doth helpe against hote inflamations of the guts, heade and stomacke, if the cause be of burning choller. Either the water, sirrope

sirrope, or concerue of the saide violets, either eaten or dronke, in the time of any hote passion. But vndoubtedly, it offendeth the hart, because of the coldnes, the sauour of the flowers be pleasaunte, the oyle that is made of this herbe, haue vertue to bring quiet slepes to them which haue greuous hote paine in the hed.

Jhon.

What is the vertue of the pleasant white Lilly?

Humfray.

Dioscorides saith, that the Oyle of Lillies doothe mollifye the Sinnewes and the mouthe of the Matrixe, the Juse of Lillies, vineger and Honnye, sodden in a brasen Vessell, doth make an ointment to heale both newe and olde woundes. If the roote be rosted and stamped with

Of white lilie & of his operation.

with Roses, it maketh a healing plaister against burning of fier: the same rote rosted, hath vertue to breake a Pestilence sore, applied hoate vnto the sore place, & is drie in ỳ first degre. The oile of water Lilies be moiste, sufferent against all hoate diseases, to anointe the ardent places, and doth reconcile quiet sleepe, if the forehead be anoynted therewith.

John.

IN the time of the pestilence, my wyfe maketh me a medicine, of an herbe called Centauri, doth she well or not?

Humfrey.

Of ỳ vertue of Centaurye.

PLini saieth: that the Sirupe of this herbe dronke with a litle vineger and salte, doth clense the body: The leaues and flowers, be of great vertue, to be sodden & dronke against al rawe humors of grose fleume, watry or windy: it doth

it doeth clense, cruent, or bloudy matter within the bodies of men or women. The pouder of this herbe is good in pessaries, for women, causing the dead childe to departe from the mother, and is holsome against the pestilence, in the time of wynter, and is hoat and drie.

John.

VWe beutifie and make pleasaunte our wyndowes with Rosemary, vsyng it for small other purposes.

Humfrey.

ROsemary is an herbe of gret vertue, hoate and drie, soddē in wyne, and drōke before meat, it doth heale the kinges euill, or paynes in the throte, as Dioscorides and Galen sayeth: the sauour of it doth comforte the brayne and harte: ý flowers of Rosemary is an excellēt cordial called Anthos.

Of Rosemarye.

John

Jhon.

Is pulial royal, an herbe of anye valewe, or a wede of contemption?

Humfrey.

The operation of Puliall royal.

It is an herbe of muche vertue and profite: hote and dry in the thirde degre. Diascorides saithe, if this herbe be sodden with honye and Aloes and droucke, it wil clense the liuer, and pourge the bloud: most chiefly it helpeth the lunges. Simeon Sethi saithe, if womē drinke it with white wine It wil prouoke and cleanse the termes menstrual, and is a very holsome pot herbe.

Jhon.

What saist thou vnto Mustarde.

Humfrey.

The operation of Mustar

PLinius dothe greatlye lawd it, saiyng, that there is nothing, that dothe pearse more swiftlier into the braine then it doth. Honye

ny, vineger, and mustarde, tempered together is an excellente gargarisma to purge the head, teethe, and throte. Mustarde is good, againste al the diseases of the stomacke or lunges, winde, fleume, and rawnes of the guts, and conduceth meat into the body: prouoketh vrine, helpeth the palsye, waisteth the quartaine, drieth vp moiste rumes: applied plaster wise vnto ȳ head. Hony and mustard helpeth the cough, and is good for them that haue the fallinge sicknesse, notwithstandinge the cõmon vse of mustard is an enemy to ȳ eie. Many more vertues haue I reade of mustarde, but the occasion of time hather vnhappilye preuented, not onlye my large discriptiõ in this: but also in manye other simples, whyche heareafter,

I entende largely to wryte vpon it, it please God to permit me.

John.

They say that Buglos is very holsom.

Humfrey.

The vertues of Buglos.

IT is an herbe moste temperate betwene hoate and colde, of an excellent vertue, a comforter of ỳ harte, a purger of Melancoly, a quieter of the Frencie, a purger of the vrine, hoisome to be drõke in wyne, but moste effectuall in sirupe. Dioscorides and Galen, doeth greatly commende this herbe, & that doth dayly experience well proue.

John.

What is thy mynde of swete Basell?

Humfrey.

The vertues of Basell.

THis herbe is warme in the seconde degre, hauing the vertue of moistnes, and if it be soddẽ in wyne with Spicenarde, & drõke,

it is

it is good agaynste dropsyes, windes, fleume, coldnesse of the hart, hardnesse of the stomacke, the sauoure of Basill, doth comfort the braine, and hart, the vse of this herbe in meates, doth decay the sight.

Jhon.

The plaine people of the country will say, that those flowers which be pleasaunt in smellinge, be oftentimes vnholesome in working, the rose is pleasaunte in sence, what is it in vertue?

Humfray.

IT hath an odour most plesãt & hath vertue to cole and binde. The water is good to make Manus Christe, & many other goodly cordialles, Roses and vineger applied vnto the foreheade, do bringe slepe: conserue of Roses, haue vertue to quench burning choller, and to stay the rage of a

The vertue of Roses.

a hoote feuer, oyle of Roses, Vineger, and the white of an egge, beaten together, doth not onlye quenche sacra ignis, but also bring a madde man into quietnesse, if hys foreheade be well annointed therwith, after the recept of Pilles of chochi, in the time of the pestilence, there is nothinge more cõfortable then the sauor of Roses.

¶ John.

What saist thou of Sauery.

¶ Humfrey.

The vertue of Sauery.

IT is hote and dry in the thirde degree, if the greene hearbe be sodden in water or white wine and dronke, these be his vertues to make the liuer soft, to cleanse dropsies, couide choughes, clenseth womens diseases, and seperateth the deade childe from the mother, as Diascorides and Galen, saithe

saith, also Germander is not much vnlike the vertue of this herbe.

John.

BUt for troublinge of you, I woulde be glad to knowe youre minde of Time, and a fewe of other hearbes.

Humfrey.

IT is vehamente of heat with drinesse in the thirde degree. Diascorides saith, if it be dronke with vineger and salte, it pourgeth fleume, sodden with honny or meide, it hathe vertue to cleanse the lunges, breaste, matrix, rains and bladder, & killeth wormes. The vertue of time.

John.

VWhat saiste thou of Parslye and Satifrage?

Humfrey.

THey haue vertue to breake the stone, Parslye is hote in the seconde degree, and drye in

The vertue of Persly & saxifrage

the middest of ỳ third. The sede dronke with whyte wine, prouoketh the menstruall termes, as Diascorides saithe: also smalledge hathe the like vertue.

John.

What is thy iudgemente of Liuerworte?

Humfrey.

The vertue of Liuerwort.

It hathe vertue to cleanse and coole. Dioscorides saithe, it dothe heale the wouudes of the liuer, and quencheth the extreme heat thereof, tempered with honnye and eaten, dothe healpe a disease called regius morbus, and pains of the throte and lunges.

John.

What is Bettony.

Humfrey.

The vertue of Betony.

They be of diuers kindes Leonardus Futchius doothe call the sweete Gilliuers by the names of

of Bettonye, but the one semeth to talcke of that, whiche is commonlye knowne of the people, called the lande Bettony, which hathe the vertue to kill wormes within the bellye, and healpeth the quarteine, cleanseth the matrixe, and hathe the vertue to heale the bodye within. If it be bruised, it is of greate effecte, if it be sodden with wormewodde in white wine, to purge fleume, and is hote in the first degre, dri in the seconde.

¶ John.

I Haue harde small commendations of Beetes.

Humfrey.

THey be of two kindes, and be bothe prayse worthye, Simeon Sethi, wryteth that they be hoate and drye in the thirde de-

The vertue of Beetes.

gre, ꝑ white Beete is ꝑ best, they haue vertue to cleanse, as niter hathe but hathe euill Iuse, the iuse of this herbe with honnye applied into the nose, do pourge the head, it is a holesome hearbe in pottage, if it be well sodden, or elsse it is noysome to thee Stomacke. If it be parboyled and eaten with Vineger, it is good against the stoppinge of the liuer. Notwithstandinge the iuse of this hearbe, do stop the belly, being simply taken.

John.

What is Maidenheare?

Humfrey.

The vertue of maidenheare

IT is an hearbe betwene hoote and dry, if it be sodden in wine, it breaketh the stone, it cleanseth the Matrix, bryngeth downe the secondes, as Diascorides and Galen

Galen saith, the best dothe growe vpon harde rockes.

Jhon.

What is Mellilot?

Humfrey.

IT hathe vertue to ripe, and is more hotter then cold, Mellilot, flex seede, Rose leaues, Cãpher and womans milke tempered together, doth make a goodlye medicine against the hote inflammation of the eyes. If this herbe be droncke wyth wine, it dothe molifye the hardnesse of the stomacke and liuer, the most excellente plaister agaynste the paines of the splen, dothe Mesue discribe, which is made of Mellilotte.

The ver. of melilot

Jhon.

BE pease and Beanes, anye thinge beneficial to nature?

Hum-

Chumfrey.

The operation of pease and Beanes.

BEanes be more groaser and fuller of wind then pease be, & maketh euel matter, except they be wel sodden and buttered, and so eaten, with the whitest & swetest Onions that maye be gotten. Because they be harde of disgestion: howe be it, they doe make fatte, and partlye clense, yet they are not to be compared wyth tender white peasen well sodden and buttred, or els made in pottage with gardein mintes and grose pepper, whiche haue vertue to cleanse the raines of the, backe and bledder. Lintelles bee of the same vertue. Barlye beynge cleane hulled and sodden wyth mylcke cleane water & suger, maketh a very comfortable & holsome pottage,

But Chutels and tares be Melancholy.

for

for hoate chollericke persones or younge people. And of this is muche vsed in the North partes of Englande, and is called bigg kele.

John.

VWhat be the vertues of the leekes & rootes of Radische, Turneps, Parsneps, Rapes or Naues?

Humfrey.

LEekes be euil, engender pain full sleepe: but eaten with hony, then they purge bloude, but rootes eaten rawe, breadeth yll iuice, therfore being first sodden, and the water cast away, & then sodden with fatte mutton, or tender fatte bief, these rootes norysheth muche. Rapes, & Naues, be wyndy: Turneps, causeth one to spitte easely that haue corrupt stomakes, but maketh raw iuce. Carettes do expulse wynde: Radische

Leekes & and their properties.

Of the vertues of radische with other rotes.

dish rootes prouoketh vryne, but be very euill for flegmaticke persons, hauing greif in their bones or ioyntes, and must be eaten, in the beginnyng of the meale, as Galen sayth, but many do vse thē in thende of meales, & fynde ease as sir Thomas Eliot that worthy knyght and learned man reporteth in hys good booke called the Castel of health. And thus I doo conclude of those herbes and rootes that I haue writtē vppō. Admonisshyng thee, that herbes puls, and rootes bee all wyndye, engēderers of melancholly, & in grossers of the bloude, eccept lettis, bourage, & purslen. Therfore the grose binding togither & seething of herbes in brothes & pottage, bee more hollsomer then the fyne choppynge of them. Thus John I haue declared vnto the, the

Galen de alimen.

Herbes ingēdereth melancholy.

the vertues of certayne herbes, which if thou wylte followe, and obserue my rules in thē, I doubt not, but thou shalt receiue mutch profyt therby. I would haue also taught the some pretie wayes for Distillation of Waters, but am preuented therein, and I am glad therof. Forasmuch as thou shalt se very shortly, booth Thesaurus Euonomi and Vlstadius which be exelent learned men in in ỳ Science, wherin I am sure thou wylt much delite. For I ensure the, the lyke bookes neuer were setfurth in our mother tounge, with the lyuelye fashion of the furnasses, and also of the Stillitories.

Vulstadius.

Thesaurus Euonomij.

¶ John.

What will disgest and purge choller, Fleume, and Melancoly, prouoke sternutaciō, and stoppe Fluxes, tel me:

Yum

Endiue,
Purslein,
Poppy,
Sorrell,
Mercury,
Lyuerwort
Whaye,
Tesantes,
Tarmeryndes
The foure cold seedes of gourdes and Cucūbers.
Sanders,
Buttermilke, or the milke which cometh of the pressing of the chese.

Thynges to disgest choller.

Maanna. 6. drām es.
Rubarbe. ii. drāmes or. iiii. but put into infusion from. v. to. vii.

Topurge choller.

Pilles of aloes
Wylde hops,
Syrrup of wormwode.
Syrrupe of semitory,
Diapruines.

Wulyall,
Pyntes,
Betony,
Egrymony,
Mugwort,
Hony,
Pepper,
Hysoppe,
Pimpernel,
Jeniper berris
Neppe.
Finkel,
Persely rotes,
Smallage.

The disgestee of fleume.

Aga-

Purgers of fleume

A Garick inkased krõ. it to. v. drammes
Sticaus,
The myrabolanes of al the kyndes.
Polipody of ye oke.
Centory.
Horhound,
Hayden here.

Good purgers of Melãcoly.

E Leberus Niger.
Capers,
Lapis Lazule.
Sene of Alexãder.
Borage,
Hartes tonge,
Hony sodden in swete wine
Sauory,
Tyme,
Trosses of capers, of Coloquintida, and of wormwod.

Good things to prouoke vrine.

PErsye,
Tyme,
Sarifrage,
Cassa fistula.
Rammes
Kadir,
The flesche of an hare,
Pilles of Tyribenthen.
Hayden heare
The beris of the Eglentyn.
Bromseede.

Comforters for ye brayne to smell vpõ

R Oses,
Violettes,
Jellouers, in sommer, but in winter Cloues
Spike,
Muske.
Amber greste.

Thynges good to stope flire

Sinaber called dragons blud.
Sloes or there decoction.
Sinamom.
Boolearmoniak.
Red wine.
Planton.
Olibanum.
Hard egges.
Hard chese scraped in red wine and drinke.

Thynges good to prouoke starnutation or neesing.

Betony leues.
primrose rotes moderatelye vsed.
Eleborus albus and Ginger.

Good cõ fortters fory hart

Musche.
Ambergrece.
Rosis, Perles.
Maces.
Diamuschi dulcis diambra.
The floures of Rosemary and Nutmegges.
Spiknard.
Galanga.

John.

VVhat be the vertue of Dates and Figges.

Humfrey.

Of figges and dates

SEraphio saithe, that the Dates whiche be preserued with suger

be

bee good. The crude rawe Date dothe califie the body, and dothe conuert quickly into choller, it is not good for the hedes of the hot people, ill for the throte and stoppeth the lyuer, and maketh the teeth rotten, but if they bee cleane pilled and the inward rynde takē away, they do greatly norische, & restore, beeyng sodden in stewed brothe they bee of dyuers kindes in quantitie and qualitie, but generally hoote & moyste in the second degree. Figges as Hippocrates sayeth, the best be white the second be red, the third be black, the ripest be the best & amongest all frutes doth most norische, prouoketh sweat, because it doth purge ꝑ superfluitie of humers through ꝑ skinne, it doth engēder lice, they be hot in the firste degre, and the new figes be moist in ꝑ secōd, the seedes

Rases in. 3 alman.

Halia in. 5 Theori.

Ra. Moyses.

Hi 2. can. c. ccviii.

seedes and the skyn of the Fyg, be not greatly cõmẽded: Figges and Almõdes, eaten of a fasting stomake, be veri holsom to make the way of good disgestion, but best if they be eaten with nuttes. Figges and herbe grace, stamped together, be very holsome to be eaten against the pestilence: Rosted Figges beaten together, and hote applied vpon the pestilence sore, doth drawe, molifie, & make rype the sore. And to the lunges, liuer, & stomake, figges be very cõfortable, as Galẽ saith.

Galen de Alimen.

John.

What be Peares?

Humfrey.

The operation of Peares.

They be of diuers kyndes heuier then Appels, not good vntill they bee verye rype, onles they be tenderly rosted or baken, and eaten after meales.

There

there is a kind of peares, growing in the City of Norwich, called the blacke friers peare, very delicious and pleasaunt, and no lesse profitable vnto a hoote stomacke, as I hard it reported by a right worshipful Phisition of the same Citye, called doctoure Mãfeilde, which said he thought those Peares without all comparison, were the best that grew in any place of Englande.

Blacke friers peare.

John.

What saist thou of Appels.

Humfrey.

Apples be very cold & winedy, hard to disgest ingenderers of euill bloude, hurtfull to flegmaticke people: good to cholericke stomackes, if they be through ripe, but best if they be rosted or baken, and eaten with grose pepper to bedwarde, they

The operation of Apples.

be of many kyndes, as the Costard, the grene coate, the pippē, the quene apple, & so furth: The distilled water of apples, Campher, vineger, & milke, is a good medicine to anointe the faces of children ỳ haue the smal pockes: when the said pockes be ripe, to kepe their faces from eres: prouided that the saide chyldren haue geuen them in their milke, saffrō or Methridatum, to expell the venim and kepe them frō the aire, during the saide sickenesse.

A medycin for the small pockes.

Ihon.

What be Pechis?

Humfrey.

The operation of Peaches.

THe leaues be hoate, for if thei be stamped in plaisterwyse and applied vnto the belly, they kil wormes: The fruite is cold, & very good to the stomake, they be

good

good to be eaten of thē that haue stinking brethes of hoat causes: eatē of an emptie stomake which is Galens counsell, whiche saieth: if they be eaten after meate, they dooe corrupte bothe in them selues and the meates lately eatē: and they be bynders of the belly. But Quinces be moste comfortable after meate, for they do enclose the stomacke, and letteth vapers to ascende into ỳ braine, and stoppeth vometes: They be holsome for sicke folkes that be swelled in the bodies. Eaten with the grose pouders of Gallanga, Spickanarde, Callamus, and Ginger, and maye be eaten before meate of the sayde sicke pacientes, as well as after meat But muche vse of them, be not so profitable as delectable, to the eaters of them.

John.

What be Quinces?

Humfrey.

The operation of Quinces.

If thy stomacke be verye hoate or moist, or thy bellye laxatiue then Quinces be good to be eaten before meate, beinge rosted or eaten cold, and in this case the tarter be the better, and Pomgranets be of the same vertue, as Isaac saithe: but eaten after meate they do enclose ý stomack, and moist the belly, they oughte not to be vsed in commõ meates the custome of them hurteth the sinnewes, but in the way of medicine they be excellente, and the cores being taken oute and preserued in honnye, or kepte theyr musse lege. Then they may long continue to the vse of rosting or baking, for they be perelous to the stomack eaten raw. But pre-

Isaac in. perticu. die.

serued

serued they do mightely preuail
againste dronckennesse, they be
colde in the first degree, and dry
in the beginninge of the second.

John.

What be Cherris?

Humfrey.

The tart cheries vndubtedly
be more holesomer then the
swete, and eaten before meat, do
mollify the belly, prepare disge-
stion, and they be most excellent
against hote burninge choller,
thei be good also after meat, and
be of manye kindes, as blacke,
red, & pale. The red chery part-
ly tarte, is beste. Galen and Rasis,
greatly commend this frute. In
the country of Kent be growing
great plentye of this frute. So
are there in a towne neare
vnto Norwich called Ketrein-
ham, this frute is colde & moiste

The operation of Cheries.

Galen de alimen.
Ra. lib. 23 cap.

in the first degree.

John.

What be the vertue of Grapes, Rasins, Prunes, Barberies, Oringes, and Pedlers?

Humfrey.

The goodnes of Grapes,

Galen de alimen. 2. Rasis in. 4 alman. 20 cap.

Hippocrates saith: that the white Grapes be better then the blacke, and holsomer when they are twoo or thre daies gathered from the vine, then presently pulled from it: And if they be sweete, they bee partely nutratiue, and warme the body. And vnto this agreeth Galen and Rasis, semeth to commende swete grapes aboue Daites, saiyng: although they be not so warme, yet they dooe not stoppe the body, or make opilatiõ as Daites do. They be holsome to be eaten before meate, euen as nuttes be good after fisshe. Towarde the southe, and southeaste

partes

partes of the world, there be many growing in diuers regions, wherof the wynes be made. The farther frō vs, the hoater wyne: There be very good grapes growyng here in England in many places, as partely I haue seene at Blarhall in Suffolke, where sometime I was nere kinsman vnto ye chefest house of that toun. Raisins of the sunne be very holsome, and cōforte disgestion, but the stones & rindes would be refused, & then they be good for the splene & liuer. So be aligantes, Rasis doth muche cōmend thē, but vndoubtedly the small raisins be hurtfull to the splene. Prunes or damasins haue vertue to relaxe the belly, if they be sweete & rype, but they do norysh very litle, but quenche choller. Grapes, raisyns & Prunes, Plūmes, & Sloes, if

Blarhall in Suffolk

Sweete Prunes be laratiue but tarte prunes be binding.

they be sower, be all bineders of the belly, and so is the barbarye called oxiacãtha and Oxinges, except the said oxinges be condited with suger, and then they be good coolers against hoate choller, whose rindes be hote & drye of nature. The frute called the medler, is vsed for medicine and not for meat, and must be taken before meate prouoketh vrine, & of nature is stipticke.

Oxiacantha. called the Barbery.

Mespila. called the Medler.

John.

What be Capers and Olives?

Humfrey.

The operation of Capers.

FResche Capers be hote & drye in the seconde degree, and eaten before meates do greatly cõforte disgestion, and be the best thinges for the splene, or to clẽse melancholye that can be taken. preserued Olives in salt eatẽ at ꝑ beginning of meales, do greatli

fortifye

fortify the stomack and relaxeth the belly, cleanseth the liuer and be hoate and drye in the seconde degree.

¶ John.

I Beseche the show the opinion of the natures of some kinde of flesche, and firste of the properties of Beefe.

Humfrey.

I Wyll not vndertake to shewe mine opinion: to thy request, but I wil declare the mindes, of some wise and learned men: and first of Simeon Sethi, which saith, that the flesche of Oxen that be yonge, dō much nourish & make them stronge that be fed with them, but it bringeth melancholy, and Melancholius diseases, it is cold and dry of nature, and hard to disgest, excepte it be of cholericke persones: but beinge tenderlly sodden, it nourisheth muche

Simeon Sethi.

Much biefe customably eatē of idle persons, and nice folks that laboure not, bringeth many diseases, as Rasis saithe. And Auicen saithe that the flesche of Oxen or kine, be very grose, ingendringe ill iuse in the body. Wherof oftē times come to scabbes, cankers, biles, but vnto hote strong, cholericke stomacks it is tollerable, and may be vsed as we haue the dailye experience thereof. The broth wherein beife hathe bene soddē, is good to be supped halfe a pint euery morning against ỳ flixe of the bellye, and runninge forthe of yellowe choller. If the said broth be tēpered with salte: Mustard, vinegar or garlicke &c. Be commonlye vsed for the sawses to disgest biefe withall, for the said sauces do not onlye helpe disgestion, but also defendeth

Ra'in lib. 2 cap. 3.

Auicen in 2. lib. pri. cap. 15.

Flixe.

Disgestiō

defendeth the body from sundry inconuenēces, and diuers sicknesses, as dropsies, quartens, leprases, and suche like. The gall of an Oxe or a cowe, distilled in the monthe of June, and kept in a close glasse, doth helpe to clēse the eyes frō spottes, if you put a droppe of thys water wyth a fether into thy eyes, when ye go to bed. The milte of a Bul dryed, & the powder therof droncke with redde wine, wil stoppe the bloudy flixe. Lighte poudered yonge Beeke, is better then eyther fresche or muche powdered. In speciallye those Cattell that be fed in fayre and drye Pastures, and not in stinckinge fennes.

A medicine for ye eyes.

The greate learned manne Gesnerus, in hys discriptyon of Beastes, dothe wryte moore of the

Conradus Gesnerus.

the vertues of bulles, oxen, kine and calues, then any other hath done. And thus to conclude, the flesche of the male beastes, is moze better then the female, and the gelded beasts be moze commodyous to nature, then any of them. And the yong flesh moze commendable then tholde, foz it is moze moist, and a frend to the bloud, as Haliabas saith, Roasted flesche, dothe nourische the bodye much, foz it is warm and moist. Bakē meats be very dzy: Clene boylde meates, wyth holsome herbes and frutes, be excellent to comfozte the bodye, if they be nutramental flesh. Calues flesh do greatlye nourrish and make good bloud.

Hali. in. 5
The. ca. 4

Jhon.

THou baste saide well of Wieke, but what goodnesse maye be repozted of

of Porke, I thincke verye little or nothinge.

Humfray.

THere be manye goodly commodities in ye flesh of bores. Gelded swine and pigges, for they be good for mans nature.

Jhon.

FOr mans nature? that is maruele For howe can those be good for mannes nature, whiche be so vile of their own nature. There foule feding of most stinking filth and carion. The noysome wallowinge in the mire and durt, the eating of their owne pigges, and oftentimes pulling children oute of the Cradle, for there dinners, if the good wife be not at home. Who is able to beholde suche noisome spirites, or helhoundes: did not almighty God commaund the Jewes to eate none of them? and the Bachomites at this daye, wil kil that man that eateth of their flesche, why should we then commēd them? for they are most vile.

The descriptiō of swyne.

Hum-

Humfrey.

ALl the aunciente and wisest phisicions that euer were in this world, did all consente, that of all flesh, the flesh of yong gelded swine, partly saulted or poudered, was euer a meate of the best norishinge moister, and colder then other flesche, for Isaacke saith, it is a flesh very moiste, except it be the flesh of lambes, as Galen reporteth. Yet it is not good to euery complexion, nor euerye age, but vnto youth and middle age. Wheras thou haste spoken againste ye vile nature of swine, calling them vnresonable, thou dost vse more wordes then wit: for ther is no beast, ye may be called reasonable: but man onlye. And wheras God did prohibite the Jewes to eate swines flesh: it was a figure to absteine from vncleane

floriba Corona

Isacke Galen in sec. comp Cap. ii.

Beastes haue no reason.

vncleane things: which I leaue to thee Theologians. The Mahumites abhorre swines flesche, because there droncken false prophet, and Pseudo Apostle was torne and rente in peeces wyth swine, being dronken & fallen in the mire. So the one must geue credence to time, and to learned Phisicions. The bloud of swine dothe nourrische muche, as it is seene in puddinges, made wyth greate Otmeale, swete sewet, & fennel, or Annes sedes. Pigges be verye moist, therefore Sage, Pepper and Salte, do drye vp the superfluous humoures of them, when they be rosted. Thei be not holsom to be eaten before they be three weekes olde. The tripes and guttes be holesomer, and doth nourisch better then ani other beastes guts, or in meats.

puddyng of swine.

of swine.

Bakon

Bakon is very hard of disgestion, and much discommēded, and is hurtfull. Onlye vnto a hoate chollericke labouringe body, the flesche of a Booze, is moze holsomer then the flesche of any sowe. The braines of a Boze, and his stones, oz any part of thē stāped together, & laide warme vpon a pestilence soze, in the manner of a plaister, it wil breake it incontinent. Swines grease is verye colde, and good to annointe burninge hote places of the bodye, oz a disease called sancte Anthonies fier, and thus muche haue I spoken of swine.

A plaster.

¶ John.

I Pray you tell me of the flesche of the Rammes, weathers, and Lambes, and how profitable they are to mans nature.

Hum-

Humfrey.

Simeon Sethi saith, Lãbes flesche is partlye warme, but superfluous moist, and euill for flegmatick persons, and doth much harme to theim that haue the dropsye, bonache, or a disease called Epiolus, whiche is spitting of fleame like glasse. Therefore if lambes flesh were sodden, as it is rosted, it would bringe many diseases vnto the body, withoute it were sodden with wine, & some hote grosseries, herbes, or rootes. When a weather is two yeares old, which is fed vpon a good ground, the flesche thereof, shalbe temperate and nourrishe much. Hippocrates saithe, that the lambe of a yeare olde, dothe norishe muche. Galen semeth not greatlye to commende Motton, but that whiche is tender, swete

Simeon Sethus.

Hip. in. 2. pri. doc. cap. 15.

and not olde, is very profitable, as experience and custome, doth dailye teache vs. The dounge Tallowe and woll be very profitable in Medicines, as Plinii saythe: And Conradus Gesnerus, de animalibus, and Galen in his third boke, de alimentis.

De ali. lib tertio. 3.

John.

What is the flesche of Gotes or kids.

Humfrey

They be beastes verye hurtful vnto yong trees & plãts, but Simeon Sethi saithe, that kids flesche is of easye disgestion, in healthe and sickenesse, they be verye good meate. They be drye of nature. Hipocrates saith. It behoueth that the conceruers and kepers of healthe, do study that his meate be such, as the flesche of kiddes, yonge calues, that be suckinge, and Lambes of one yeare

in ter. xii. doc. secũ. Capi. vii.

yeare olde. For they be good for them that be sicke, or haue euell complexions. Haliabas dothe saye, that the flesh of Kiddes do engender good bloude, and is not so flegmaticke, watery, and moiste, as the flesh of Lambes. They remaine Kiddes for sixe monethes, and afterwarde cõmeth into a groaser, and hotter nature, and be called Goates. The flesche of them that be gelded: is holsom to eate, the lungs of them eaten before a man doe drinke, dothe defende hym that daye from dronkennesse, as I haue red in the reportes of learned men. But the flesh of the old hee or male gotes be il, and ingender the Agues or feuers, If the vrine of goates be stilled in May with sorrel, the water distilled is not hurtful nor noysõ,

Hali in quincte theori. Capit. 2.

A good medicen

but whomesoeuer vse to drincke therof two drammes morn and eueninge, it will preserue hym from the pestilence. The milcke of Goates I wil describe in the place of milke.

Jhon.

What is the flesches of Read and fallowe Deare?

Humfrey.

More pleasaunte to some, the profitable to manye, as appeareth once a yeare in the corne fieldes, the more it is to be lamented. Hippocrates and Simeon Sethi, do plainelye affyrme the flesche of them to engender euill iuse, and Melancholye cold diseases and quarteins, the flesche of winter deare, do lesse hurt the bodye, then that which is eaten in Sommer. For in Wynter mans

Hippo. Simeon Sethi.

Rasis. ala. Cap. 3.

mans disgestion is more stronger, and the inwarde partes of the bodye warmer, and may easerlye consume groose meates, then in Sommer, as we see by experience. In colde weather & frostes healful people, be moste hungriest. The lunges of a dere sodden in barlye water, and taken fourthe and stamped with penedice and Honye of equall quantitye to the saide lunges, and eaten a mornynges, dothe greatlye healpe olde coughes, and drinesse in the lunges.

There be many goodly vertues of theyr hornes, bones, bloude and tallowe.

Ihon.

V What is the properties of Hares and Conies flesche?

Aui.in.2. Can.cap. 146.

Humfrey.

Auicen saiethe, the flesche of Hares, be hoote and drye, ingenderers of Melancholye, not praised in Phisicke for meat but rather for medicine. For indede, if a Hare be dryed in the moneth of Marche in an Ouen or furneyse, and beaten into pouder, and kept close, & dronke a morninges in Beare, Ale, or white Wine: it wyll breake the stoane in the bledder, if the paciente be not olde. If childrens gummes be annointed with the braines of an Hare, their teethe wyll easelye come foorthe and growe. The gall of an Hare mingled with cleane hony, doth cleanse waterye eyes, or redde bloudye eyes. The flesche of Hares muste be tenderly rosted, and well larded and spiced, be-

Auicen. in. 2. Can. cap. 46.

A medicē for bloudi eyes.

cause

cause of the grosenesse, but it is better sodden. The flesche of Conies are better then hares flesh, & easyer of disgestion. But rabbets be holsomer. And thus to conclude of Connies, experience teacheth vs, that they are good, they be could and dry of nature, and small mention is made of them, amonge the auncient phisitions, as Galen saythe. I neede not to speake verye longe of euerye kinde of beastes as some of the beastes that be in Hiberia like little Hares whyche be called Conies.

Galen in. iii. de ali. Capi. 8.

Jhon.

If the olde and ignorauncte menne of Connyes, whyche were seene in the nature of manye other beastes, that hadde dwelte in diuers places

of

places of Englande they should haue knowne them righte well: And perhappes receyued of theym as small pleasure, as manye husbande menne haue founde profite by them in theyr Corne. Nowe thou haste well satisfied me of the four foted beastes, whiche commenlye Englishe menne fedeth vppon. Nowe I praye thee tell mee, some of the vertues of foules and firste of Cockes, Capones and Hennes.

Humfrey.

Auenz. lib.pri.

CHickens of Hennes, saithe Auenzoar, is mooste commended, and mooste laudable of any flesche, & nourrisheth good bloud It islighte of disgestion, and bothe comfort the appetite, cocke chickens, be better then hennes, the capō is better then the cock,

they

they doe augmente good bloud and seede, as Rasis reporteth, and experience proueth in men, both hole and sicke. An olde Cocke whiche is well beaten after his fethers be pulled of vntill he be all bloudy, and then cutte of his head and drawe him, and sethe him in a close potte with fayre water, and whyte wyne, Fenyll rootes, Burrage rootes, Violet, Planten, Succory, and Buglos leaues, Dates, Prunes, greate Raysins, Maces, and Suger, & put in the mary of a Calfe, and sanders. This is a moste excellent broth to them that be sicke, weake, or cõsumed. The braines of hennes, capons or chekens, be holsome to eate, to comforte the braine and memory. And thus to conclude these forsaide fowles, be better for idle folkes that labour

Rasis in lib. 4. Afforis.

boure not, then for them that vse exercise or trauel, to whom grose meates are more profitable.

¶ John.

What is the properties of Gese?

Humfrey.

Vuylde gyse and tame, their flesh be veri grose and hard of disgestion, as Auicen saieth: The flesche of great foules and of gese, be slowe and hard of disgestion: for their humiditie, they do breade feuers quickly, but their goostynges or yonge gese, being fatte, are good and much cõmended in meates. And Galen saieth: that the flesche of foules be better then the flesche of beastes. But vndoubtedly gose, mallard pecocke, swane, and euery foule hauing a long necke, be all hard of disgestion, and of no good cõplexions. But if gese be well rosted

Auicen. in 2. Cano. Cap. 46.

Galen in lib. 3. de alimen.

Of great foules.

sted and stopped with salte, sage, pepper, and onions, they will not hurte the eaters therof. There be great gese in Scotlād, which bredeth vpon a place called the Basse. Ther be also Bernacles, whiche haue a straunge generation as Gesnerus saith: and as the people of the Northe partes of Scotlande knoweth, & because it should seme incredible to mani I wil geue none occasiō to any, either to mocke or to meruayle. And thus I geue warninge to them whiche loue their healthe, to haue these forsayd foules somwhat poudred or stopped with salte, all the night, before they be rosted. Gesnerus.

John.

I pray the tel me of ꝑ flesh of Duckes:

Humfrey.

They be the hoatest of all domestical, or yard foules, and

vncleane

vncleane of feeding: notwithstãding, though it be harde of disgestion and marueilous hoate, yet it doth greatly norrishe the body and maketh it fatte. Hippocrates saieth: they that be fedde in puddels & foule places, be hurtfull: but they that be fedde in houses, pennes or coopes, be neutratiue, but yet grose, as Isack saith.

Hip. in 2. can. ca. 46

Isack. in. vni. ca. 16.

Jhon.

What be Pigiõs, Turtles or Doues?

Humfrey.

The flesh of Turtles be merueilous good, and equall to to the beste as Auicen saith: Thei be best when they be yonge and holsome for flegmaticke people. Simeon Sethi saieth: the house doue is hoater then the field doue, and doth engender grose bloud. The common eating of them is ill for choleriche persones with read faces,

Auicen. in can. de ca.

faces, for feare of Leprosie: therfore cut of the feete, wynges, and head, of your Pigiõs or Doues, for their bloud, is that whiche is so venemous: they be best in the spring tyme, and heruest. And Isaack saieth, because they are so lyghtly conuerted into choller. They did commaunde in the old time, that they shoulde be eaten with sharpe Vineger, Purslayn, Coucombers, or Sitron. Roosted Pigions be beste. The bloud that commeth out of the ryght wynge, dropped into ones eye, doth mightely help the eie, if it swelleth or pricketh. And thus much haue I spoken of Pigeõs, or Doues. Ihon.

Isaac. in lib. dietar Cap. 16.

Roosted pigions be beste.

What is the Flesh of Peacockes?

Humfrey.

SImeon Sethi saieth: it is a rawe flesh, and harde of disgestion, onles

onles it be very fatte. But if it be fatte, it helpeth the Pluresie. Haliabas saith: that both Swannes, Cranes, Pecockes, and anye great foules, muste after they be killed, be hanged vp by ẏ necks, two or thre daies, with a stoone waiyng at their feete, as ẏ weather will serue, and then dressed and eaten. Prouided that good wyne be dronken after them.

Hali.in.5. Retho. cap.23.

John.

What is the flesche of Cranes?

Humfrey.

Simeon Sethi saieth: their flesche is hoate and drie, the young be good, but the old encreaseth melancoly, they dooe engender seed of generation, and being tenderly rosted, doth helpe to cleare the voice, and clense the pype of the lunges.

Simeon Sethi.

John.

What

What is Swan?

Humfrey.

Every grose foule is cholle-ricke, harde of disgestion: the Signetes be better then the old Swānes, if their Galantines be well made, it helpeth to disgeste their flesche.

John.

What is the flesche of Herons, Byt-ters, and Shouellers?

Humfrey.

These foules be fisshers, and be very rawe, and flegma-ticke, like vnto the meate wherof they are fedde: the young be best, and ought to be eaten with pep-per, Synnamon, Suger, and ginger, & to drinke wyne after ꝑ for good disgestion: And thus do for all water foules.

John.

What be partriches, Fesants quails,

Larkes,

Larkes, Sparrowes, Plouer, and black Birdes?

Humfrey.

Auicen. Rasis in.3. alm.c. 10. PArtriches doth bynde the belly, and doth norysche muche: The Cockes be better then the Henne birdes, they dooe dry vp fleume and corruption in the stomacke. Feesantes, is the best of al flesh for his swetnes, is equal vnto the Capō or Partriche, but he is somewhat drier. And Rasis sayeth: Feasantes flesche is good for thē that haue ý feuer Ethike, for it is not only a meate, but a medicine, and doth clense corrupt humers it the stomake. Quailes altough they be eaten of many, yet they are not to be comended, for they do engender agawes, & be euill for the falling sickenesse. For as Conciliatur saieth: of all foules that be vsed for meates, it is

Ra. in lib. 4. affo.

it is the worste. Dioscorides sateth: that Larkes rosted, be holsome to be eaten of them that be troubled with the chollicke. Blacke birdes taken in the time of frost, be holsom and good of disgestiō: The donge of Black birdes tempered with vineger, and applied to any place that haue the blacke Morphewe, or black Leprosie, often tymes annointed with a sponge doth helpe thē. The flesh of Plouers doeth engender melancoly. Sparrowes be hoote, & prouoketh venus or lust: Plinii doeth discribe their properties: the braines be the beste parte of them. Woodcockes be of good disgestion and temperate to feede vpon. All smal birdes of ỳ field, as Robbin read brest, Lynettes, Finches, red Sparrowes, Gold wynges, and suche like, if thei be

Diosco.

The properties of small birdes.

Plinii. lib ii. Cap. 36.

fatte, they be marueilous good, and doth greatly cõforte nature, either rosted or boyled, and thus do I cõclude with the of birdes.

¶ John.

I Hartely thanke thee, gentle maister Humfrey: for thy paines takinge in these thy rules vnto me, concerning the proper vse of beastes, and foules, in meates. I would be glad to knowe the vertues of some fyshes?

¶ Humfrey.

IN many Ilãdes of this world, nere adiacent vnto the occiente seas, the people liue there, moste chiefly by fische, and be right strõg and sound people of complexion, as Aristotel sayeth: Consuetudo est tãquam altra natura. ¶ Custome is like vnto another nature, but because I speake of fische, I will deuide them in thre partes. First of the fisshes of the sea, secõdly the fische of fresche

Aristo in proble.

of freshe running riuers, thirdly of the fishes in poles & standinge waters. The Sea hath manye grose and fatte fysches, which be noysome to the stomacke, but the smaler kind of fishes syfede about rockes & cleare stony places, bee more drier and lesse of moistnes, then the fresh water fishe, & doth engender les fleume and winde, by the reason of their salt feding as Galen saieth: they be the beste fishes that feede in the pure sea: and chiefest of all fishes for the vse of mankinde. But Haliabas saieth: new fishe lately taken, is colde and moist, and flegmatick, but leste of all the Sea fysche. Fysche that swymmeth in freshe cleare Ryuers, or stoony places, where as the water is sweate, beynge fysches that beare scalles, bee meruaylous good.

Of sea Eishe.

Galen de tuen,

Hali. in quin, the. Capit. 25.

If they feede neare vnto places where muche filthe is daily caste out, there the fiſche be very corrupt and vnholſome, as the ſaid Haliabas ſaieth: Fyſche that fedeth in fennes, mariſces, diches, and moddie pooles, be very vnholſome, and do corrupt the bloude, they be groſſe & ſlymy, corrupt & wyndie. But thoſe fiſches that be fed in fayre pondes, wherein two running waters may enſue, and where as ſweate herbes, rootes, weedes, that groweth about the bankes, doth feed the fiſche: thoſe fiſche be holſome. Galen ſaieth: Fiſche ý is whyte ſkalled, harde. As perches, Cheuiens, Ruffes, Carpes, Breimes, Roches, Troutes. &c. be al good. But vnſkaled fiſches, as Eales, Tenches, Lampreis, and ſuche like, be daungerous, onles they bee well

Beſt feding for fiſche.

well baken or rosted, and eaten with pepper, ginger, & vineger: And note this, that it is not holsome trauelling, or labourynge, immediatly after the eatinge of fysche, for it doeth greately corrupte the stomacke, and as Galen saieth: the nourryshementes of flesche is better then the nourrismentes of fysche: And thus much generallie I haue spoken of fish.

To labor some after theatyng of fiche, is hurtfull. Galen.

Jhon.

And thus it semeth by thy wordes that great fisshe that be deuourers in sea, as Seale and Purpos, and such like, be vnholsome, and that the smaller fisshes, as Codlinges, Whitinges, Places, Smeltes, Buttes, Dolles, pike Perche, Breime, Roche, Carpe, and such as fedeth in cleane stony waters: thou saysse they be holsome, Eales, Lampreis, and other muddy fysches, thou doest not greatly commend.

Oyle fat, fiche be groose fode.

There be some kyndes of fysh soft and harde, whiche be the beste?

Humfrey.

The electiū of fish.

If fysche be softe, the eldest fysche is the be best: If fysche be harde the yongest is best, for it is either soft or hard. Of harde fische take the smallest, of softe fysche take the greatest: Prouided that your fysche be not very slimy, and thus sayeth Auicen in hys booke of fysches.

Auicen cap. de piscibus.

Jhon.

I pray the tell me some thynge of shell fysches?

Humfrey.

Creuises and crabs

CRauises and Crabbes, be very good fysches, the meate of them doth helpe the lunges, but they be hurtfull for the bladder, yet they wyll engender seade. If Crabbes of the freshe water bee sodden in pure grene Oyle olive: this Oyle dropped into the eare

luke

luke warme, dooeth heale hoate burning obstructions, and stoppinge matter that hindreth the hearynge. As for lempetes, Cockles, Scallapes as Galen saieth: they be harde of disgestion, muskels & oisters wold be wel boiled rosted, or baken with onions, wine, butter, suger, ginger, & pepper, or els they be very wyndy & flegmatike. Chollerick, stomaks may wel disgest raw oisters, but they haue cast many one away.

Galen in libra de alimento.

Jhon.

What is the vertue of Oyle?

Humfrey.

GReene oile of olíues, is ý mother of all oiles, which doeth drawe into her owne nature the vertues of herbes, buddes, flowers, frutes, and rootes. Swete sallet oyle is holsome to disgeste colde herbes, and sallets, tẽpered

Auicenes commeth oyle in quinto de ouis.

with sharpe Vineger and Sugger. Newe Oyle doth moist, and warme the stomacke, but olde Oile, corrupteth the stomacke, & cleueth to the lunges, and maketh one horse. Oyle of Roses & sharpe vineger, tempered together, is good to anointe the fore heades of them that be troubled with extreme heate or fransie, so that Bugose be sodden in their posset ale, or els drinke the syrupes of Endiue, or Buglos. There be many goodlie vertues in compounded oiles, both to calife and make hote: And also to coole the body whē it is extreme hoote, as the great learned man Iohn Mesua, hath decribed in his Antidorarii.

Ihon.

Wilt thou be so good as to tell me the properties of water?

Humfrey.

Water

Water is one of the four elementes, more lighter then earth, heuier then fire and ayre. But this water which is here amongest vs in Riuers, Pondes, springes, floudes, and seas: be no pure waters, for thei be mingled with sundry ayres, corruptions, grosenesse, and saltnes: notwithstandynge in all our meates and drinkes water is vsed, & amongest all liuyng creatures can not be forborn, both man, beast, fish, foule, herbe, and grasse. And as Auicen saieth, the claye water is pure, for cley clenseth the water, and is better then water that rũneth ouer grauell, or stones, so that it be pure cley, voyde of corruptions. Also waters runnynge toward the east, be pure, cõmyng oute of harde stonye rockes, and a Pinte of that water is lighter then

Galli. 3. de uic. in. auli. 1. fen. 2.

What kinde of waters is best.

Auice. lib 1. fen. 3. de dispositionibus aquarum.

then a pynte of the standyng water of welles, or pooles. The lighter the water, the better it is. Also waters that is put in wine. &c ought first to be soddē or it be occupied cold, and so the fire dothe clense it from corruption. Standing waters and water running neare vnto cities and townes, or marish ground, wodes, & fennes be euer ful of corruption, because there is so much filthe in them of carions & rotten dunge. &c. The hyer it water dothe faule, then the water is. Yse and snowe waters be verygrose, and be hurtfull to the bodies of menne and Beastes. To drincke colde water is euyll, for it wyll stoppe the bodye, and engender melancholye. Salte water helpeth a man from scabbes, iche, and moiste humoures, it killeth lice, and wa-

wasteth bloude betwene the skin and the flesche, but it is mooste hurtefull to the stomacke, but the vapoure and smoke of it is good for them that haue the dropsy.

¶ John.

What is Vineger?

Humfrey.

VIneger is colde and drye, and is hurtefull for theim that be melancholye, but when it is dronke, or poured vpon a outward wound stoppeth the bloud It also kylleth hot apostumations of erisipilus, it is an eneme to the sinowes. Vineger & brimstone sodden together, is good for the Goute, to wasche it withall. Vyneger tempered wyth oyle Olyke, or oyle of Roses, and sodē with vnwached wol, helpeth

The properties of Vineger.

a diſeaſe called Soda in the heade, applied warme vnto the place, it dothe helpe hoate diſeaſes in the hed called Soda, it is good in ſauce for al warm and moiſt men. Vineger with clene clarified honye penidies and faire water ſodden together, doth greatly helpe the paines in the throte, or lunges, or ſtoppyng the winde, & quencheth hoat diſeaſes. And ſharpe vyneger mingled with ſalt, and put vpon the biting of a dog, doth heal it: and againſt poyſon it is excellent, chiefly to drinke a litle therof againſt the peſtilence in a mornynge.

Iohn.

What vertue hath our common ſalt?

Humfrey.

Rasis in. 3 alman. Capit. 17. RAsis ſaith, ſalt is hoat and dry, Dioſcorides ſaith, ſalt hath vertue to ſtop, to ſcoure, and mundifie,

tie, and of that minde is Oribasius, saiyng: salt is compoūded of matter abstersiue and stiptik, whiche matters be both binding and dryyng moist humours, and is good to powder fat flesh, both biek and porke, and other fat meate: for it hath vertue to drye vp superfluous humours, as water & bloud. &c. But it is not good for leane bodies, or hoat cōplexcioned people, for the much vse of it maketh the body cholerike, appere aged, and to be angry. The very vse of it is onelye to season meates, but not to be meate. Much good salt is made here in Englande, as at Witch, Hollond in Lincholnshire and in the Shiles nere vnto new castell.

The vertue of salt

Jhon.

What is honye, or the vertue thereof.

Humfrey.

Auer-

Auerrois in. 5.

AVerrois sayeth, honye is hoat and drye in the seconde degree, and dooeth cleanse verye much, and is a medicinable meat moste chiefliest for olde men and women. For it doth warme them & conuert thē into good blud. It is not good for cholerick persons because of the heat and dryneſſe. Thei do greatly erre that say hony is hoat and moiste: but if it be clarified from his war and drosse and kept in a close vessel, there is nothinge that is liquid vpon the earth that remaineth lēger. And this precious iewel hony, hath euer bene more prayſed aboue suger, for it wil cōserue & kepe anye frute, herb, rote, or ani other thig that is put into it an exceadynge longe time. Marueilous is the worke of God in honye, beyng a heauenlye dewe, that falleth vp

Simeon Sethi.

pon

pon flowers and leues as Auicen saieth, and is neither the iuice of leaues nor fruite, but onelye the heauenlye dewe. Whereunto the Bees commeth in due time, and gather the said honye, and laye it vp in store in their curious builded houses, whereas they dwell together in most goodly order. O Bees bees, how happyer are you more then many wretched men, whyche dwelleth neuer together in vnitye and peace, but in continuall discorde, and disquietnes as Virgill sayeth. En quo discordia ciues produxerit miseros. Beholde what discorde wretched Citizins haue broughte foorth. But nowe to make an ende of the moste excellente vertues of honye, it is good in the meates of theim whyche be flegmatic.

Auen in. 2. Cano. Cap. 504.

god hath ordeyned ye Bees to bee an exãple vnto vs, bothe for loue & worckíng in the common wealthe. Virgilius

Hony newely taken out of their combes, be partlye laxatiue, but clarified hony doth binde and dry vp fleum, and kepeth the bodyes of flegmatike and old persons frō corruption. The best hony is gathered in the springe time, the seconde in somer, but that which is gathered in winter, is yll & hurtful. One parte of hony, and some part of water sodden together vntil the froth be all scomde of, and when it is colde kepte in a close stone pot, this drinke saieth Galen is holesome for sommer, clenseth the lunges, & preserueth the bodye in health. Oximel simplex and compositum be made wyth honye, and so be many mo thinges whiche be of greate vertue. Suger which is called Mel canne, hony of the reed, beyng clene, & not ful of grose pannell, doth clense, and is not

Galen de tuen, sani Libra. 4.

not so hoate as Bees honye, and doth agree with the stomacks of cholericke persons. Haliabas saith it moueth not the stomacke to drynes, and that the clene white suger not adulorated, dothe nourishe more then honye. Of Rose-water, Pearles, & suger is made a goodly comforter for the harte, called Manus Christi.

Haliabas in.5.theo. Capi. 27.

Jhon.

What is the propertie of milke?

Humfrey.

SImeon Sethi saieth that milke is of three partes: whay, curdes, and creme. Whay is holesome to drinke, in Sommer, specially of cholericke persons, it clenseth the body. Milke of fat beastes dothe nourish more then the leane beastes, and the mylke of yong beastes is better then of the olde. And the newe mylke is holeso-

Simeon Sethi.

mer then that whych hath stand in the ayre, as Rasis sayeth. And also those beastes that feadeth in drye Pastures amongest sweete Hearbes, grasse, and flowers, hauynge conueniente Water, their mylke is very good. Milke in the begynnynge of Somer is verye holesome. In winter it is vnholesome for flegmaticke persones, or them whyche haue corrupte and foule stomackes. For if the mylke be sower, it dooeth engender the stone in the raynes or bladder. Cowes mylke is the thyckest mylcke, and vnctius or full of butter. But the beste mylcke that healpeth agaynste Consumptions, is womannes mylcke. The nexte is Goates mylke, whych Goates mylke rather nourisheth to muche, if it bee taken commonely.

Rasis in. 3 alman. Capit. 15.

Milke not good for foule stomakes

Hip. in. li de air. et aqua.

Shepes

Shepes milke is not very pleasaunte to the stomacke. And note thys, that Mylcke is not holesome to theim whyche haue payns in the Head or teeth. But the people that bee broughte vp wyth mylcke, bee fayre coloured, and healthfull bodyes.
Isaac sayeth, if Honye and a little salte bee sodden in the mylke then it is wholesome, and is not wyndye nor flegmatycke.
If mynts, burrage leaues, rosemarye flowers, honye suckles, and a little Suger bee layed in a Basone, and couered wyth a fayre lynnen clothe, and mylke the sayed Bason full throughe the clothe, and let it stande all nyghte. Thys is pleasaunt to drynke in the mornynge vppon an empty stomacke, two houres

Galen de alimen.

before anye other meate, it clenseth the rage of hoate burnynge Chollere, and thus I leaue of mylke.

Jhon.

What is butter?

Humfrey.

The operation of butter & Cheese.

BUtter is hoate and moyste, fresche butter is vsed in manye medicines. Newe made butter meanelye salted, is good wyth breade, flesche, and fisshe, it healpeth the lunges, and purgeth the dryne sse of the throate, and helpeth coughes moste chieflyest if it be mingled wyth honie or suger. It is good for younge childrene when their teeth dothe growe or ake. Buttermilke if ye crumme newe whyte breade into it, and suppe it of, there is no mylke norisheth so muche, Goates mylke excepted. Cheese if it be newe

it

it is indifferentlye well commended, but harde salte Cheese doth drye the bodye, and engendereth the Stone, as Isaac and Auicene sayth, and manye other doctours moe doe discommende it then prayse it. When pottes or stones bee broken, if harde Cheese bee steped in water and made softe, and grounde vppon a Paynters Stone, it wyll ioyne the broken Pottes or Stones together agayne. By this I gather, that Cheese wil engender the Stone before anye other meates. Therfore Cheese shoulde be made in Somer when the creame is not taken from the milke. And Bittony, Saxifrage, and Parcelye, chopped together, be holesome to be mingled amongest the curds, and thus I conclude wyth Haliabas, that olde chese is vnholesome.

Isaac in.5 doc.ca.15. Auicen in secur. capitulo. cxxviii.

Thon.

John.

What be Egges.

Humfrey.

GAlen sayeth in hys boke of Sympples, that Egges is no parte of the fowles, but a porcion of the thynge frome whence it came. Simeon Sethi wrytynge of the diuersitye of Egges, sayeth, the fyrste propertyes is in their substaunce, and the seconde is in their tyme, either newe layed or olde. The thyrde is in the maner of their rosting, potchynge, or seethinge. Newe layed Egges of Hennes potched and supped, vppon an emptye Stomacke, dooeth clense the Lunges and the raynes of the backe. Harde Egges bee greatlye discommended, vnlesse it be to stoppe flixes, but it were better to seath Egges harde in vyneger

neger, and then vndoubtedlye it wyll drye vppe the Flyre of the beallye. Fryed Egges bee verye hurtefull for Cholericke people, and theim whiche haue the Stone. Duckes and Gees Egges bee grose and noysome, but Partriche, Feasauntes, and Hennes egges, ingendreth good bloude.

John.

What is the propertie of wyne.

Humfrey.

HIpocrates saith of a customable thinge commeth lesse hurte, where of I gather, that they that drynke wine customablye wyth mesure, it doth profit them much, and maketh good disgestion. But those people that vse to drynck wine seldome times, be distempe ra.

Hipp. in ii. aphori

Auero in 6.colig. Rasis in libra,26. con.ca.1.

rated. White wyne if it be cleare, it is holesome to be dronk before meat, for it pearseth quickely to the bladder: but if it be dronke vpon a full stomacke, it wil rather make opilation and stoppynge of the meserates, because it dothe swiftlye driue fode doune, before nature hath of hym self disgested it. And ỳ nature of white Wyne is of least warmenesse. The seconde Wyne is pure Claret, of a clere Jacinct, or yelow colour. This wine doth greatly nourryshe and warme the body, and is a holsome wyne with meate, and is good for flegmatike folke, but very vnholsome for younge children, or them whiche haue hoate liuers, or paines in their heade, occasioned of hoate vapours, or smokes, for it is like vnto fier, & flare. The thirde is blacke, or

depe

deepe read wyne, which is thick, a stopper of the belly, a corrupter of the bloud, a breader of ye stone, hurtfull to olde men, and profitable to fewe menne, except they haue the flixe. And for the election of wyne saieth Auicen: that wine is best that is betwene new and olde, cleare, declining somewhat to read of good odoure, neither sharpe nor swete, but equall betwene two, for it hathe vertue not onlye to make humoures tẽperate, warme, & moist, but also to expell euil matter, whiche corrupted the stomacke and bloude. In somer it oughte to be delayed with pure cleare water, as Aristotle sayth in his problemes. And note this, that in dri yeres, wines be beste and most holesome, but in watry yeres, the grapes be corrupted, whiche wine doth bringe

Auicẽ in 3. prim. 2. doc. ca. 8.

to

to the body many euill diseases, as dropsies, tympanes, flixes, reumes, wyndes and suche lyke, as Galen sayeth. And thus to cõclude of wyne, almighty god did ordeine it for the great comforte of mankinde, to bee taken moderatly, but to be dronken with excesse, it is a poyson moolte venemous, it relaxeth the senewes, bryngeth palsey, fallyng sycknes in colde persones, hoate feuers, fransies, fyghtinge, lecherie, and a consuming of the lyuer, to cholerycke persones. And generallye there is no credence to be geuen to dronkards, although they be myghty men. It maketh men lyke vnto monsters, with cõtinaunces, like vnto burnynge cooles: It dishonoureth noble men, and beggereth poore men: and generally kylleth as many as be

Galen in. reg. actis

The heat of excesse in drinking.

as be slayne in cruell battailles, the more it is to be lamented.

¶ John.

What is Beere or Ale?

¶ Humfrey.

ALe doth engendre grose humors in the body, but if it be made of good barly malte, and of holsome water, and verye well sodden, and stande fyue or syxe daies, vntyll it bee cleare. It is verye holsome, especiallye for hoate chollerycke folkes, hauing hoate burning feuers. But if ale be very swete and not well soddē in the brewing, it bringeth inflamation of wind and choller in to the belly: If it bee very sower, it fretteth and nepeth the guttes, & is euil for the eies. To them that be very flegmaticke, ale is very grose, but to temperat bodies it

encrea

encreaseth bloude: It is partely laxatiue, and prouoketh vrine. Cleane brewed Beare if it be not very strong, brewed with good hoppes, doeth clense the body frō corruption, & is very holsom for the liuer, it is an vsual or cōmon drinke in moste places of Englande, whiche in deade is hurt & made worse with many rotten hoppes, or hoppes dried like dust whiche commeth from beyonde the sea. But although there commeth manye good hoppes from thence, yet it is knowen that the goodly stilles, & fruteful groūds of englād, do bring furth to mās vse, as good hoppes as groweth in any place of this worlde, as by prefe I know in many places of the countrey of Suffolke: Where as they brewe their beare with the hoppes that groweth vppon

their owne groundes: And thus to conclude of ale and beere, they haue no suche vertue nor goodnes as wyne haue, and the surphetes whiche be taken of them, through dronkenes: be worse thē the surphetes taken of wyne. Knowe this that to drinke ale or beere of an empty stomacke moderatly hurteth not, but dooeth good. But if one be fasting hungry or empty and drinke muche wine, it will hurte the synewes, & bringeth crāpe, sharpe agues, & palseis, as Auicen, Auerois and Rasis saieth.

Auicen. in ter tra. ii. capitu. 8. Auero in comen. Rasis in. 4. alman. Capitu. 5.

John.

What is bread?

Humfrey.

THe beste Bread is made of cleane swete wheate whiche groweth in claie grounde, and maketh but litle brēne when it is

ground

groſid, light leuened, meanelye ſalted, and the bread to be baken in an ouen not extremely hoate, for burning of the bread, nor les then meane hoat, for cauſyng the bread to be heauy and rawe, the lyghter the bread is, & the more full of holes, it is ȳ holſomer, as Auerrois and Raſis ſaieth. And alſo bread muſt neither be eaten new baken, nor very ſtaile or olde, for thone cauſeth drieneſſe thirſt & ſmoking into ȳ head, troubling the braines and eies through the heate thereof: The other drieth the body and bringeth melãcoly, humers, hurting memory. The beſt bread is that whiche is of a daie olde, and the loues or manchets, may neither be great nor litle, but meane, for the fier in ſmal loues dryeth vp the moiſtnes or vertue of the bread, and in great

Auerrois in quint. Col. Raſis in. 30. Almã cap. 3.

great loues it leueth rawenes and grosenes. Reade Galen in the properties of bread: Sodden bread, whiche be called symnels or cracknelles, bee very vnholsome, and hurteth many one: Rie bread is wyndy and hurtefull to many, therfore it shoulde be well salted & bakē with Annis sedes, and cōmonly crustes of bread be very dri & burneth, thei do engēder melancoly humers. Therfor in great mens houses the bread is chipped and largeli pared and ordynarely is made in brewes, and sosse for dogges, whiche wyl helpe to feede a great nomber of poore people, but that manye be more affectionat to dogges then men: Barly bread do clense, coole and make the body leane.

Galen. 1. aliment. Cap. 2.

John.

What is Rise.

Humfrey.

There

Aui.in.2. Can.cap. 500. lxxviii.

There be many opiniõs in the vertue therof, but I shal stay my selfe with the iudgement of Auicen: Ryse saith he, is hot & dry & hath vertue to stop the belly, it doth nourrishe much, if it be sodden with milke, but it oughte to be steped in water a whole night before: if blaunched Almondes be stamped and with Rose water streined into them, and sodden with cowes milke, it is very nutramentall.

John.

What be Almondes?

Humfrey.

The bitter Almondes be hoatter then the swete Almõdes. Drie Almondes be hurtfull, the milke of moiste Almondes, wher in burning stele is quẽched, stoppeth the flix: To eate Almondes before meate, preserueth against

drunkenes

drunkenes. Walnuts be holsom when they be newe, to bee eaten after fishe, for they hinder engendring of fleume. Simeon Sethi saith they are hote in the first, and drie in the seconde degre, not holsome before meate, Plinii speakinge of Metridatis the greate kynge that Pompius, founde of his own hand writinge, that two nuttes & two figges, and twenty rewe leaues stāped together with a litle salt, and eaten fasting, doth defende a mam both from poyson and pestilence that daie. Philberdes and hasse nuttes, be hard of disgestion, ill before meate, hurtefull to the head and lūges, if they be rosted and eaten with a litle pepper, they will helpe the running and distillation of rumes. Chestnuttes if they bee rosted & eaten with a litle hony fastynge,

Of Walnuttes.

Plinii in Liber. 22. Capitu, 8.

Of Philbardes.

Of chestnuttes.

they healpe the coughe, if they be eaten rawe, although they greatelye nourysshe the boedy, yet they be hurtful for the splene and filleth the bellyful of winde.

Of nutmegges.

Nutmegges bee very good for colde persones, comforteth the sight & memory, as Auicen saieth: but without doubte Nutmegges doth combuste or burne sangwinmen, and drie their bloude: and thus much haue I spoken shortly of Nuttes.

Auicen Capit. de nuce.

John.

What be Cloues, Galangell, and Pepper?

Humfrey.

They be hoate and drie, and as Rasis saieth: doth comforte cold stomakes: and make sweate breth, and is good in the meates of them that hath ill disgestion. Black pepper is hoater then lõg pepper,

Rasis in li.4. acho

pepper, & doth mightely warme the body, the grosser it is eaten, with fisshe or frute, the better it prouoketh vrine, it is hoate and drie, in the fourth degre, therfore they do erre that sate pepper is hoate in the mouthe and colde in the stomacke. Although pepper be good to them that vse it well, yet vnto artificiall women that haue more beastlines then beuty and cannot be content with their natural complexions, but would fayne be fayre: they eate peper, dried corne, and drinke vineger, with suche like bagage, to drye vp their bloude, and this is the very cause that a great nomber though not all, fal into weakenes, greene sickenes, stinkinge brethes, and oftentimes sodaine death.

Isaac in parti diebus.

A practise

Jhon.

What is swete Callamus odoratus?

Humfrey.

AN excellent sweete roote and profitable for men, if the poticaries keepe it not vntill it bee rotten, it is hote and drie in the beginning to the middes of the second degre, it hath poore to clēse, to drie, to waste all windes with in the body without hurte. Galen doth greatly cōmend the sauoure of it. They ý drinke of this roote sodden in wyne, shal haue remedy of the white morphew, and recouer good collers. And this haue I proued, it helpeth crampes & sicknessis in the senewes, beinge dronke in wyne, sodden with sage, it helpeth the splene, ý liuer and raynes, and will clense the secrete termes of womē, and agmenteth naturall seede.

John

Jhon.

What is Ginger?

Humfrey.

IT is hoote in the thirde degre, and moiste in thende of the first if it be vncollered. White and not rotten it is very good, most chiefly if it be conserued. And grene as Mesua saith: it maketh warme a colde stomacke, and consumeth windes, helpeth euill disgestion, and maketh meate gooe easelye downe into the stomacke.

Auerrois in.5. coll.

Mesua in 4. distin.

John.

What is Setwall?

Humfrey.

HOate and drie in the seconde degree, and is good, the pouder therof to be dronke is moste of effect against the pestilence ercepte: Methredatum: It is good against poyson, winde chollericke and colde passions of the harte,

and doth restrain vometes. The weight of eight granes doth suffice to be dronke in ale or wyne vpon an empty stomacke.

¶ John.

What is Sinamon?

Humfrey.

Dioscorides dooeth saie: there be many kindes of Sinamon, but generally their vertue is this to helpe dropsies, windes or stopping of the lyuer, and is hoate & drie in the thirde degree. Jhon.

What is Cassia fistula, Seneca, and Rewbarbe?

Humfrey.

Cassia fistula, if the Caane be heuie & the cassia within blacke and shining that is good cassia, if this be drawen new out of the caane halfe an ounce or more at one time, & mingled with suger, and eaten of a fastinge stomacke

in

in the morning it hath power to purge choller, to clēse the raines of the backe it will frete and consume the stone, it purgeth verye easely, and is pleasant in taking, & may be taken of children, weke women, and sicke mē, in the time of their feuers, ỳ accesse of their fyttes, eccepted. Rhabarbe do purge yellowe coller by him self, two or thre drames may be takē or a litle more, so that there be a drame of spicanarde or sinamon, put vnto it. In sommer to drinke it with whay. In wynter with white wine: but ỳ cleane yellowe rubarbe sliced, and put into infusion all the nighte with whaye, whyte wyne, or Endiue water, and streyne it in the mornynge, doth greately purge the bloude and lyuer, three or foure drames with spicanarde a dram or more.

Of Rubarbe and his operation.

Seene Alexandria, if it bee sodden in the broth of a cocke or a henne doeth purge the bloude and melancoly, very gently and comfort the hart. One oũce of the cleane small leaues of seene withoute codes or stalkes, halfe a quarter of one ounce of ginger, twelue cloues, finkle seede two drames, or els twoo drames of sinamon tartar, halfe a drame, beaten all together in pouder: These dooe purge the head mightely to bee taken before supper, ỳ weighte of one drame in a litle white wine.

John.

I wouldе bee glad to learne the vertue of Aloes?

Humfrey.

There be two kindes of aloes, one is named Succo trina, which is lyke a lyuer, cleare, brittle bitter, collered betwene read and yellowe

yelow, this is best for medicines A little of this beinge tempered with Rose water, being put vnto the eyes, helpeth the droppyng & watery eies. Also it is put in many excellent medicines laxatiue, as safron, myrre, aloes, mingled together. In the forme of pilles, is the most excellent medicine against the pestilēce, as it is written in this boke folowing. Honye and aloes mingled together, doe take away the markes of stripes and also doth mundify sores and vlcers, it doth clense the abounddaunce of cholere, & fleume from the stomacke. It is not good to be taken in winter, for Auicen dothe forbid it, but in the springe time, or harvest the pouder therof. The weight of a frēch crown mingled with the water of honie or meade, and so droncke in the

Auicē in li. de sim.

mor

Aloes cabalin.

morninge it dothe clense bothe choller and flewme. There is an other grose aloes which is good for horse tempored with ale, and ministred aswell to other great beastes as horses, the weight of halfe Anounce, and thus muche haue I said of Aloes, but if aloes be clene washed, it is the holsomer, manye vnwasched Aloes wil cause emeroydes. John.

Is the Safron that growe in England as good as that, that come from the other syde of the Sea?

Humfrey.

OUr English hony, & Safron is beter thē any that cometh frō an other strang or forren lād. But to thy question of Safron, it haue vertue, ether in bread or potage, to make the hearte glad, it warme the body, it preserueth frō drōkenes, drōke in ale or wine

pro-

prouoketh actes venerus, induceth slepe, purgeth vryn. With a loes & saffrō, maketh an excelent pil against ý pestilens, two peny waght of safron powder roosted with the yolke of an egge very hard, and the sayd yoke beaten in powder, twelf graynes drinke a morninges is good agaynst the pestilēce, Safron, planten, & Iuiry soddē. The dicoction drinke helpeth the yellow Iaunders, it is drye in the firste degre & haue vertue to restrayne. Pillule stuffe.

John.

VIle playne men in ý countrie dwel far from great Cities, our wyues and children be often sicke, & at deaths dore, we can not tell what shifte to make we haue no acquantance with ý a apothicaris, comonly we send for a quātitie of mamsey what so euer our diseases be, these be our comō medicins or else we send for a bore of triakle, & when these medicins faile vs we cause

a great posset to be made, and drynke vp the drynke: thinkest thou these medicines be not good?

Humfrey

For lacke of medicine God helpeth the people oftentimes by myracle, or els a great number of men should pearish. But because the almightye God hath couered the whole face of the earth wyth many precious simples, wherof riche cõpossions be made. Therfore be nether so rude nor barbarous to thincke these medicines good that thou hast reherſed, for al diseases, although not hurtful to some: but because many do receiue more mischiefe then medicine in counterfaite treacles. I shal rehearse vnto thee what Valerius Cordus and other, doth write vppon the vertue of the precious triacle called Metridatum.

John

John.

I would be glad to heare of that precious triacle, and his vertues.

Humfrey.

This excellent triacle Methridatum is nerte in qualitye and vertue to Theriaca & do differ but little, but onely Theriacha is a little hotter and stronger againste venyme of Snakes, edders, and serpentes. It helpeth all paines of the head of men or women if it come of colde, most chiefly of melancholye and feare. It helpeth megreme, fallynge sickenes, and all paines of the forehead, droppynge of eyes. It helpeth tothe-ach, paines of the mouth, chekes, if it be put in maner of a plaister, or els anointe the pained place. It helpeth pains of the throte called Squinance, and also coughe, appoplextia, and passion of the lunges,

B
mithri
dathum

lunges, and many greuous dol-
lers and paynes within the bo-
dy, dronk with the decoction of
the flowers of pomgranetes or
planten it helpeth and stoppeth
flixes in the Ilias & long gutes
windes or colliek. The extention
or cramps be helped very much
with this Metridatū drōken wyth
stilled watters. Palses, sicke-
nessis in the midrisse, the liuer-
rayns & bledder, be clensed ther
by, it prouoketh the menstruall
termes in women being dronke
with possit ale. If Isope or ter-
mãder be sodden in the sayd ale
it is excellent agaynste the pesti-
lence, or poysone. If it be dronke
but a litle quãtitie therof, accor-
dinge to the disease, strength or
adge of the persone. It is verye
good against the stone, or for we-
men which haue a newe disease

per

peraccidentes called the grene sycknes, there is nothinge better against the bittinge of a mad dogge then to drink of this, and to anuoynt the wound. If it be geuen in drinke to any sicke body a litle before the accesse or cominge of the colde fyttes of cotidians, tercians or quartens, so that it be dronke with wyne tēperatly warmed, this Methridatū is a medicine of no small pryce, Democrates hath a godlie composition of it, an other excellent cōposition is of Cleopatre as Galen wryteth. An other and the most excellent is the dyscryption of Andromachus phisicion vnto king Nero, but the cheife father of this acte, was kinge Methridatus the noble king of Pōthus after whose name it is called.

Of the excellent treacle called Methridatum.

Ihon.

In

In dede this is an excellent medicin, but I pray thee where shall I buye it?

Humfrey.

THe blinde (felowe John) doe eate many aflye, & the plaine meanynge man is oft disceiued. There is no trust in some of the Poticaries, for althoughe the vsurpacion of quid pro quo is tollerable, for their Succidanes yet to abuse their simples or compoũdes, it is not onely theft to robbe simple men: but also murther to kyll the hurtlesse.

John.

OF late time we haue bene so afflicted with sondrye sickenesses and straung diseases that in many places we could get no phisicions to help vs, and when men be sodainly sicke. CC. miles from London, Cambridge or Orford, it is to late for the paciente to send for helpe, being infected with the pestilence. I pray the tel me some good

regimente

regiment for me and my family, if it please God that it may take place.

Humfrey.

I Shalbe glad forasmuche as thou hast takē paynes to heare me al this while, to teache thee a prety regiment for the pestilēce.

John.

READe it faire and softly, and I will take my penne and write it.

Humfrey.

CErtainly the occasion of this moste fearefull sickenes commeth many waies: as the chaūge of the aire from a good vnto an euill qualitie, taking his venemous effect of the vitall spirites, whiche incontinent with al speede, corrupteth the spirituall bloud. And sodēly (as it were) an vnmerciful fire, it quickely cōsumeth the whole body euen to death, vnlesse the holsome medicine do preuent and come to the heart, before the pestilent humour. And because it is a very strong sickenes, it is requisite to haue a strong curing medicine. For

Distinctiō epidimie Gall.

weake thinges wyll not preuayle a-
gainst so strong a matter. Therfore I
pray you note these six sayyngs, as aire,
diet, slepe, or watche, quietnes or trou-
Good air ble, and finally medicine. First walke
not in stinking mistes, nor by corrupte
marris ground, nor in extreme hoate
wether, but in faire cleare aire vppon
high ground in swete fields or gardēs,
hauing fire in your chāber, with swete
perfumes, of ỳ smoke of Olibanum, or
Beniamen Frankensence, beinge colde
wether. And in hoate wether, Roses,
willowe braunches sprinkled with vi-
neger, and often shiftinge the chamber
is holsome, fleing the South wynde.
Secondly, diat, moderate eating meate
of good disgestiō, as all that haue pure
white flesh, bothe of beastes & foules,
good bread of wheate, partly leuened.
pōg lettis Eate no raw herbes, Purslen, Lettis,
yong Lettis, or sorrell, except with vi-
neger. Drinke of cleare thine wine, not
chaunged and vse oft times vineiger
with your meates, and myngle not fish
and flesche together in your stomacke, &
to

to drinke a tisant of barley water, rose water, & sorrell water, betwene meales is good, eighte sponefulles at ones.

Thirdly, beware you slepe not at none it bringeth many sicknesses, & geueth place to the pestilence, and abateth memorye. For as ý marigold is spred by the daye, and closed by the nighte: euen so is man of nature disposed, although through custom otherwyse altered vnto great domage and hurte of body. Eight hours slepe, suffyseth wel to nature, but euery complexion hath his proper qualities, to slepe vpon the right side is best, euell vpon the lefte, and worse vpō the back. Fourthly, vse moderat exercise and labor for the euacuation of the excrementes, as swyfte going vp hilles, stretching forth armes and legges, lifting wayghtes, not verye ponderous, forby labour the first and second digestion is made perfit, and the bodye strengthened, & this is a mighty defence, agaynst the pestilēce, and many mo infirmities, whereas through idlenes bee engendred all

Noone slepe.

Slepe.

Exercise.

Detuēda sanitate. Gall.

diseases bothe of the soule, and bodie, where of mã is compounded & made.

Mirth. Fifthlye, aboue all earthlye thinges, mirth is moste excellent and the beste companion of lyfe, putter awaye of all diseases: the contrary in plage tyme bringeth on the pestilence, through painful melãcolike: which maketh the body heauy and earthlye. Companye Musike, honest gaming, or any other vertues exercise doth helpe agaynste heauines of minde. Sixtly medicine, the partie beyng chaunged in nature and condicion, trimbling or burning, vomiting wyth extreme payne in the daye, colde in the night, and straunge imaginacions.&c. Apte to slepe, when these signes do appeare, geue him medicine before.xii.houres, or else it will be his death. Take therfore withall spede, Horel, one handful stãped with Rewe, Enulacampana, Dringerindes, Sitronseedes: the great thistle rotes, Geneper beries, walnuttes cleane piked, of eche one ounce, stampe them all together, then take pure sharpe vi-

De signis pestilenci alis.

a medici pestilence

neger,

neger, a quarter of a pinte, as muche bugloſſe water, as much whyte wine, and temper your ſayd receites wyth theſe licoures. Then put in two ounces of pure Methridatum andromachi, which is an excellent triacle, and two drams waight of the powder of pure Bole armein, mingle them al together in a verye cloſe veſſell, and geue the pacient a ſponefull or more nerte hys heart, and eftſones aſmuch more, & let them that take this ſlepe not durynge twēty hours: or elſe take pure Triacle and ſetwel mingled in poſſit ale made with white wine, wherin ſorrel haue boyled a good draught, and let an expert Chirurgion let the pacient bloud vpon the midle vayne called Mediana, or the hart vayne: Baſilica a good quātity according to the ſtrength and age of the paciente, excepte women with childe, and children. For the retaining the ſayde bloud, would all turne to venym and incurable poyſon: And note this, that bloud be letten vpō the ſame ſide that ȳ ſore doth appere. If any ap-

Methridatū andromachi.

Mediana

Baſilica.

pere for many causes, & slepe not. viii. hours after, & vse this most excelēt pille often times. Take pure aloes epatik & myrre, wel washed in cleane water, or Rose water, of eche two drammes, and one dramme of the powder of Saffrō, mingled with litle of swete wine, and tempered in a very smal vessel vppon ÿ coles, vntil it be partly thicke, or els incorporat al together in a morter, thē rol them vp in smal round pils, vse to swalowe half a dram of these pilles two times a weke in ÿ pestilence time a morninges. iii. houres before meate.

Pillule Pestilencialis. Ruffi.

An other medicen, tormentil gentian setwell of eche one dram, spicenarde drams. ii. nastick drammes three, bole armen drams, viii. geue two drames to ÿ patiēt or any that feare the plage in the water of Skabeas, or Cardus Benedictus, then drinke the brothe of a chicken, or pure wine, to ripe the sore, rosse a great onion, take out the core, put in triacle, and warme apply it to the place thre or foure tymes renued warme. And oyle Oliue, blacke sope,

soure

soure leauen, Lilly rootes, of eche lyke quantitye boyled together, put in the toyse of Rew, and make a plaster, this wil breake the sayd sore, Capõs grese, yolkes of egges, swines grease, barlie floure, linsede in pouder, encorporated together, wil make a good heling plaster. Emplastrum diachilon, magnum discriptione filii Zacharia doth resolue: and quence the hote vlcer. But in the time of the plage trust not vrins.

Agayne to the gentle Reader.

THe swift (runner in his rase, gentle Reader) in a stobby or rockye groũd is in daunger eftsones to stumble or faule, where as the goer faire and softly in the smothe path is safe. Euen so, because I haue had no cõferrence with others, nor longe tyme of premeditatiõ in studie, but with speade haue cõciliated this smal intitled Gouernement of health, it can not be, but many things

haue

haue missed in the print, as in folio. lii. the. xviii. line, reade sighe for sight, in fol. lx. the seconde page. xi. line, reade Olibanum for Olibulom: and in the ende of the Epistle to the reader, there is imprinted Menzoar, for Auenzoer, & in fol. lxvi. line. xv. leaue out because. And thus to conclude, I will by Gods grace ioyne another booke, called the Healthfull medicins vnto this Gouernement, and at the next impressiõ such amendes shalbe made, that both sylable and sentence shalbe diligently kept in trew order to thy contentacion, God willing, who euer kepe the in health.

The first of March, the yeare of our saluacion. 1558.

VVilliam Bulleyn.

George Dyngley
1590
16