

**The English physitian: or an astrologo-physical discourse of the vulgar herbs of this nation. Being a compleat method of physick ... / By Nich. Culpeper.**

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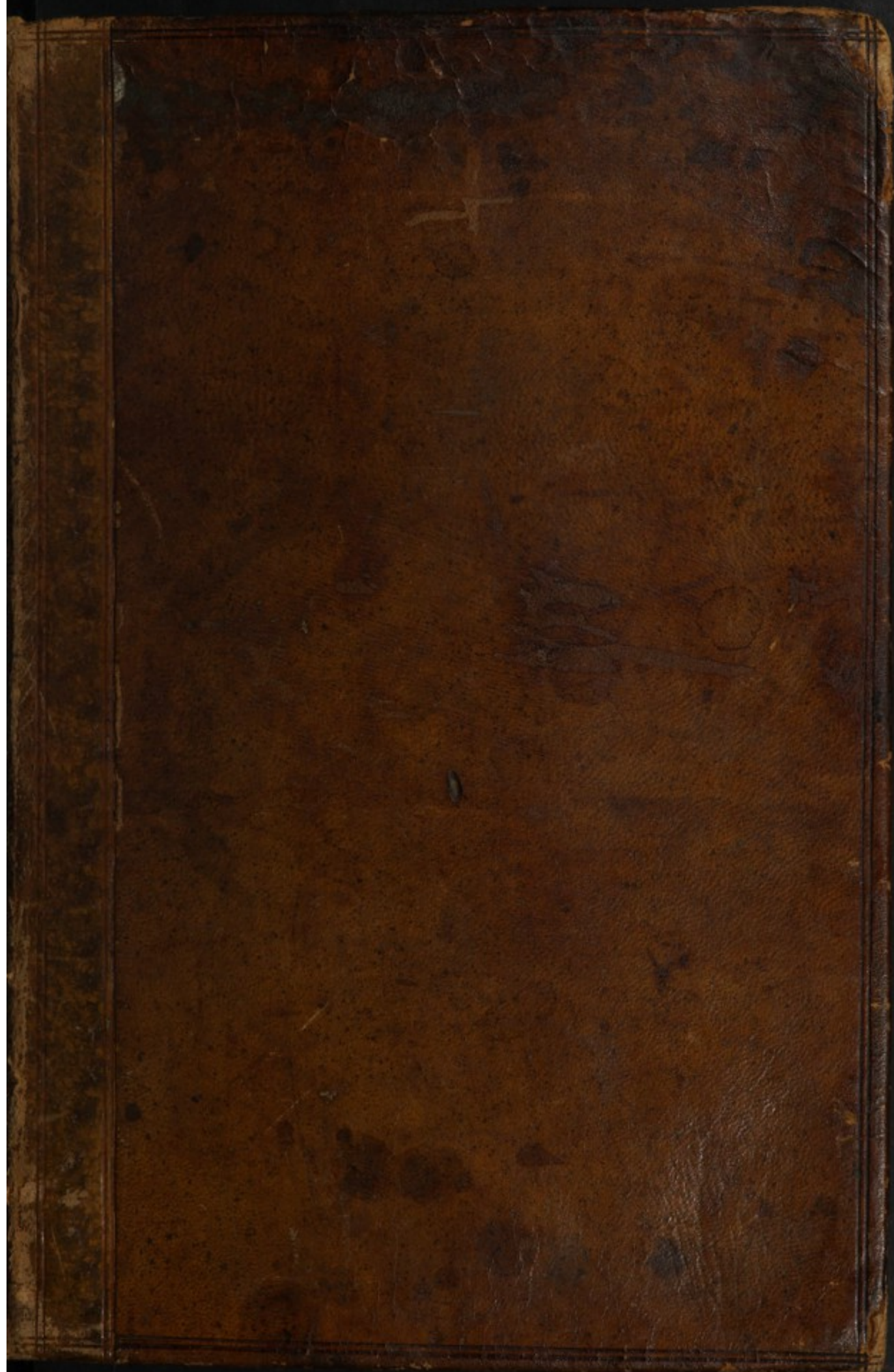
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CULREPE

—  
ENGLISH

PHYSITIA

1652



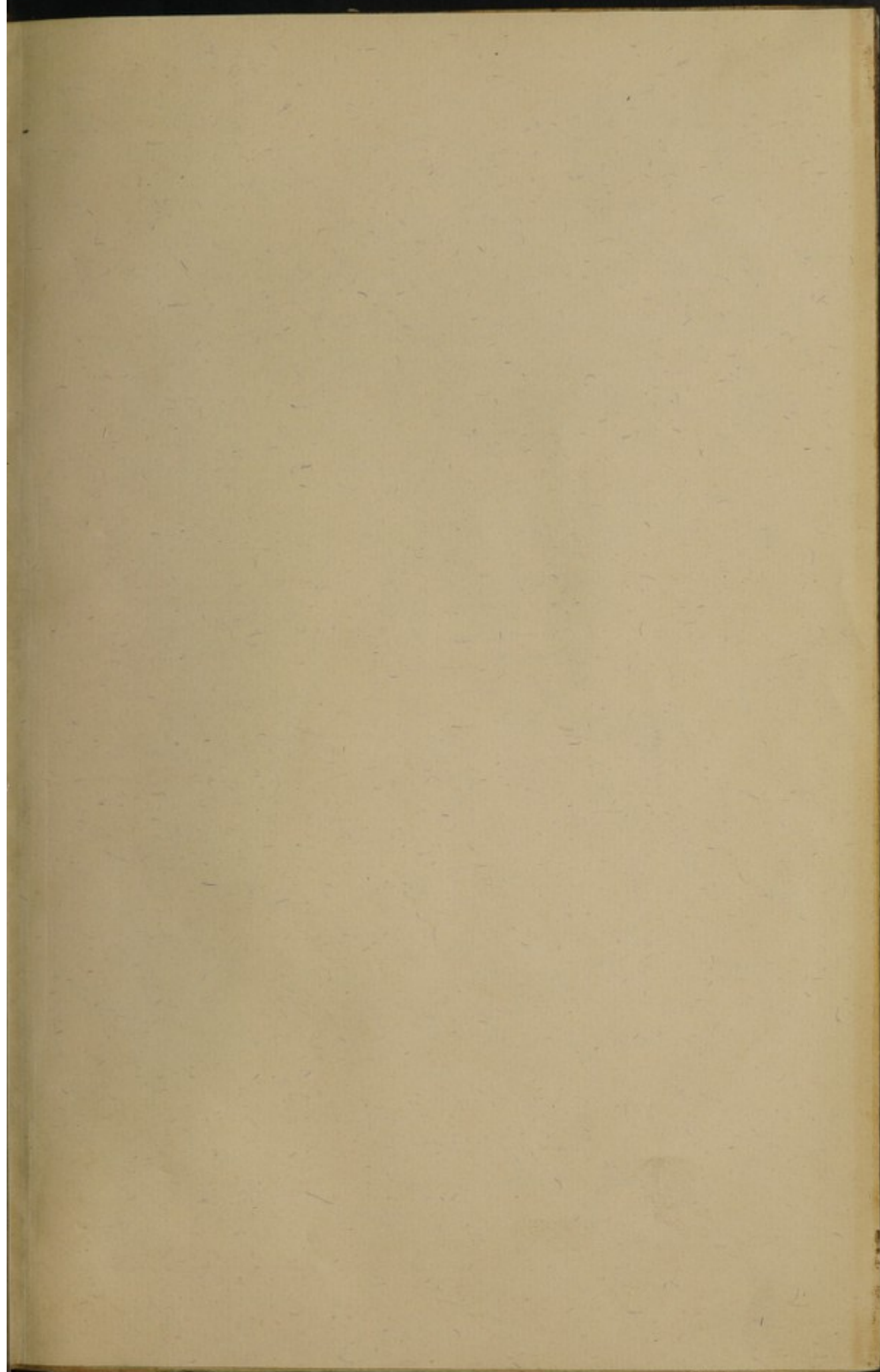




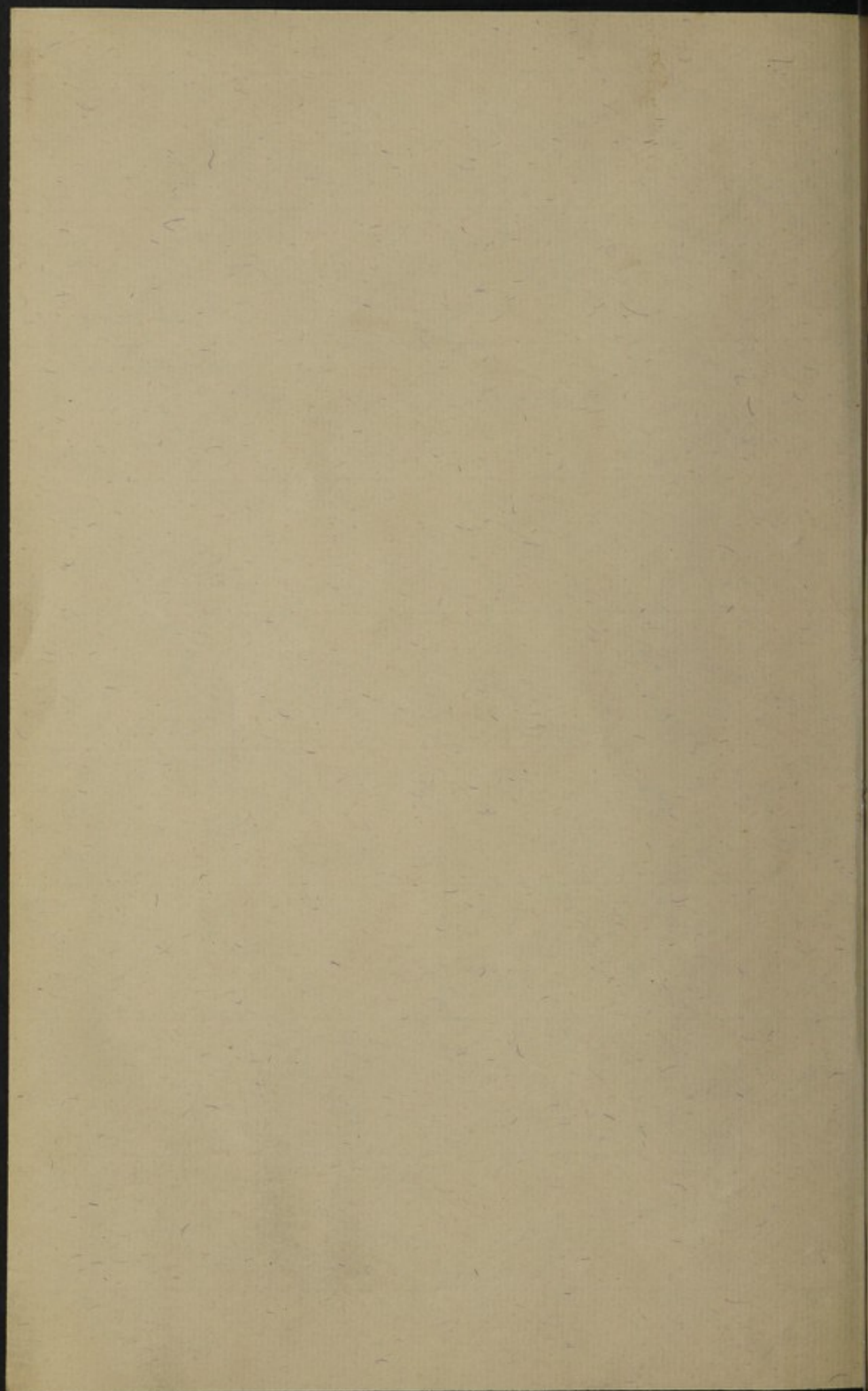


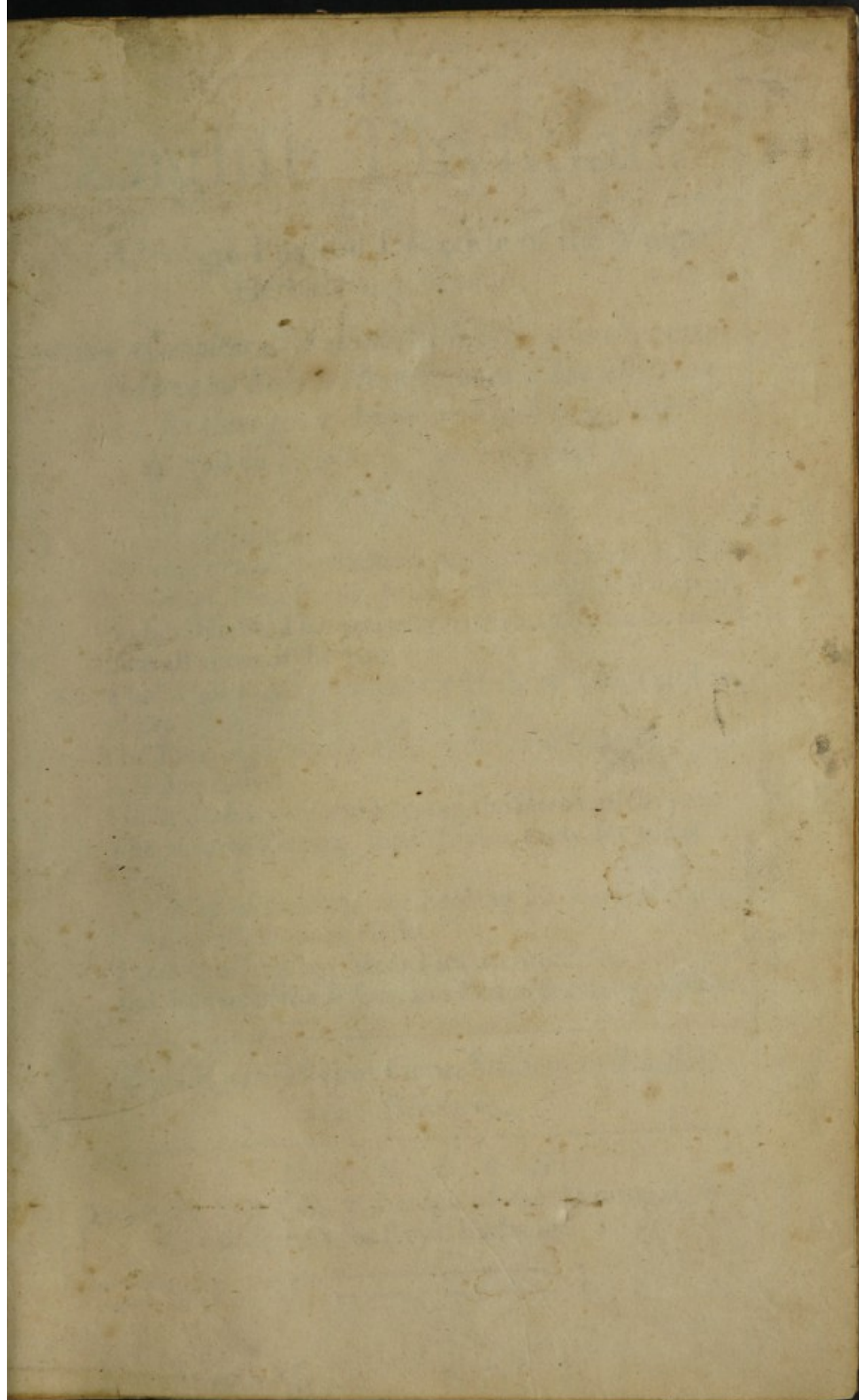


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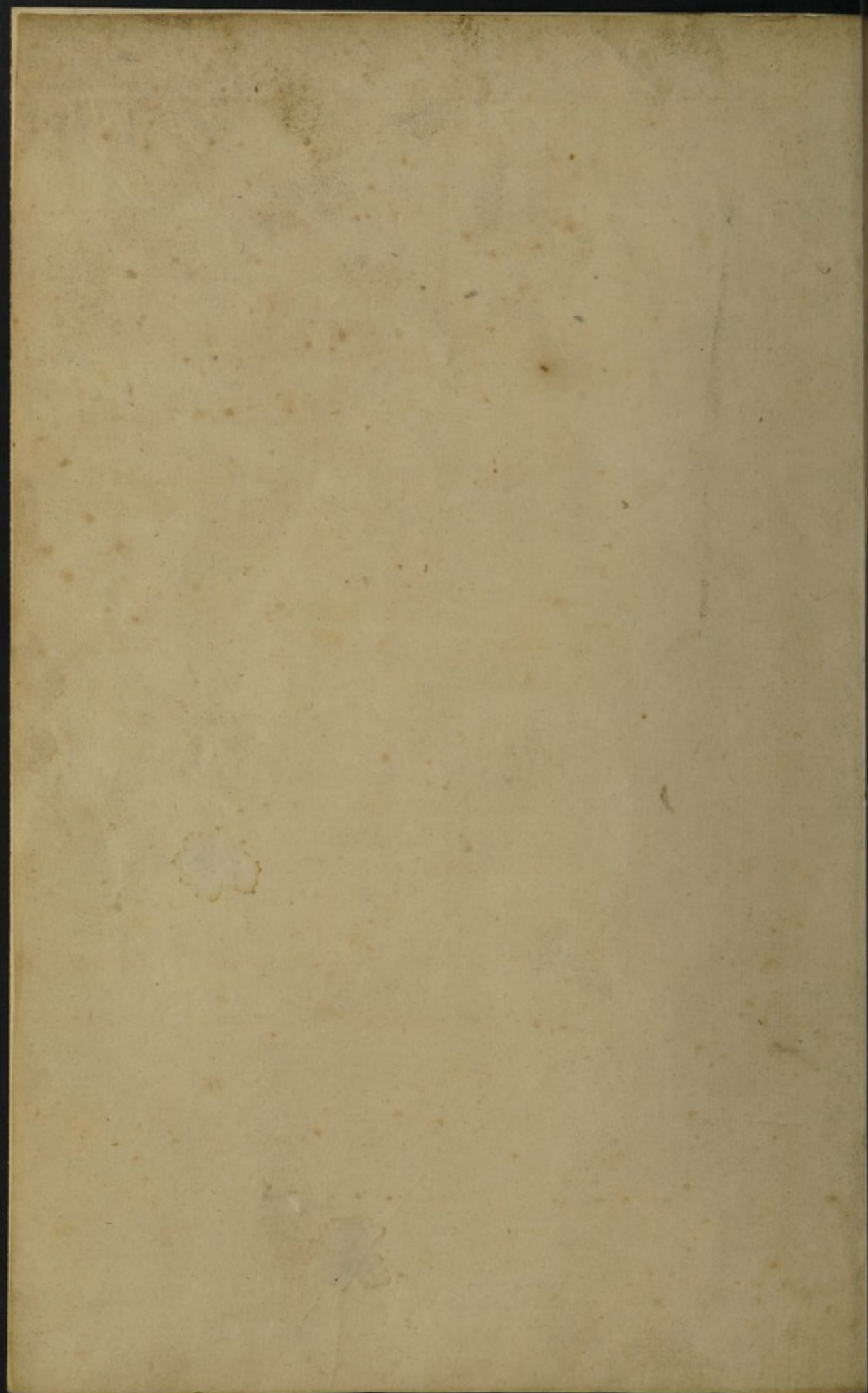














T H E  
**English Phyfitian:**

O R  
An Astrologo-Physical Discourse of the Vulgar  
Herbs of this Nation.

*Being a Compleat Method of Physick, whereby a man  
may preserve his Body in Health; or cure himself, being  
sick, for three pence charge, with such things only  
as grow in England, they being most fit  
for English Bodies.*

Herein is also shewed,

1. The way of making Plaisters, Oyntments, Oyls, Pultif-  
ses, Syrups, Decoctions, Julips, or Waters, of all sorts of  
Physical Herbs, That you may have them readie for your  
use at all times of the yeer.
2. What Planet governeth every Heib or Tree (used in  
Physick) that groweth in *England*.
3. The Time of gathering all Herbs, both Vulgarly, and  
Astrologically.
4. The Way of drying and keeping the Herbs all the yeer.
5. The Way of keeping their Juyces ready for use at all  
times.
6. The Way of making and keeping all kind of useful  
Compounds made of Herbs.
7. The way of mixing Medicines according to *Cause* and  
and *Mixture* of the *Disease*, and *Part* of the *Body Afflicted*.

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By *Nich. Culpeper*, Gent. Student in *Physick*  
and *Astrologie*.

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L O N D O N:  
Printed by *Peter Cole*, at the sign of the Printing-Press in  
Cornhil, near the Royal Exchange. 1652.



# THE English Physician:

An Astrological, Physical Discourse of the Vulgar  
Herbs of this Nation.

Being a Compleat Method of Physick, whereby a man  
may preserve his Body in Health; or cure himself, being  
sick, for those pence charge, with such things only  
as grow in England, they being made fit  
for English Bodies.

1. The way of making Plasters, Ointments, Oyle, Pulvis  
ter, Symples, Decoctions, Julaps, or Waters, of all sorts of  
Physical Herbs, That you may have them ready for your  
use at all times of the year.
2. What Planet governeth every Herb or Tree (used in  
Physick) that groweth in England.
3. The Time of gathering all Herbs, Vulpary, and  
Astrologically.
4. The Way of drying and keeping Herbs all the year.
5. The Way of keeping their Juices ready for use at all  
times.
6. The Way of making and keeping all kind of useful  
Compound made of Herbs.
7. The way of mixing Medicines according to Coughs and  
and Mixture of the Digests, and Tinctures of the Body Afflicted.

By NICH. CULPEPER Gent. Student in Physick  
and Astrologie.

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## TO THE READDR.

*Courteous Reader,*

**A**RISTOTLE, in his *Metaphysicks* writing of the Nature of Man, hit the Nail on the Head when he said, That Man is naturally enclined to, and desirous of Knowledge: and indeed it is palpable and apparent, that as Pride is the first visible sin in a child, whereby we may gather that it was the first sin of *Adam*; so Knowledge being the first Vertue a Child minds, as is apparent to them that do but with the eye of Reason heed their actions even whilst they are very yong, even before they are a yeer old, even by natural instinct, whereby a man may more than guess that Knowledge was the greatest loss, or at least one of the greatest we lost by the fall of *Adam*: Knowledge, saith *Aristotle*, is in *Prosperity* an Ornament, in *Adversity* a Refuge; and truly there is almost no greater enemy to Knowledge in the world than Pride and Covetousness: Excellently said, *Juvenal*, Sat. 7.

*Scire volunt omnes, mercedem solvere nemo.*

*Although all men, in Knowledge take delight,  
Yet they love money better, that's the spight.*

And again, some men are so damnable proud and envious withal, that they would have no body know any thing but themselves; the one I hope will shortly learn better manners, and the other be a burden too heavy for the Earth long to bear.

The Subject which I here fixed my thoughts upon is not only the Description and Nature of Herbs, which had it been all, I had authority sufficient to bear me out in it, for *Solomon* employed part of that wisdom he asked, and received of God in searching after them, which he wrote in Books, even of all Herbs, Plants and Trees; some say those Writings were carried to *Babylon* by *Nebuchadnezzar*; being kept in the Temple at *Jerusalem* for the publick view of the People, but being transported to *Babylon* in the Captivity, *Alexander the GREAT TYRANT* at the taking of *Babylon* gave them to his Master *Aristotle*, who committed them to the mercy of the fire.

But since the daies of *Solomon*, many have those famous men been that have written of this Subject, and great Encouragements have  
A been



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been given them by Princes, of which I shall quote an example or two, *Mathiolus* his greediness was such to finish his Comment upon *Dioscorides*, which Book is yet in use in the famous Universities in *Leyden* in *Holland*, & *Mountpilier* in *France*, that he forgot to count what the charges of it might amount to, although I rather commend him for his dilligence in Studie and Care of the Worlds good, than harbor the least ill thought of him for not counting the middle and both ends before he began the Work, I say when he came to count the charges of Printing and cutting the Cuts, it far surmounted his Estate; in this he was abundantly furnished by *Ferdinand* the Emperor, and diverse other Princes of *Germany*, as himself confessed furnished him with great sums of money, for perfecting that so great, so good a Work; the Prince Elector of *Saxony* sent him much money towards his charge, as also *Joachim*, Marquess of *Brandenburg*, who as he was neighbor to *Saxony* in Place, so was he in Affection to so good a Work; *Frederick*, Count *Palatine* of the *Rhine*, the Cardinal Prince of *Trent*, the Arch Bishop of *Salzburg*, the Dukes of *Bavaria* and *Cleveland*, and the Free State of *Norimberg*, together with many others, so that he had the help of the Emperor, of Arch Dukes, Dukes, Electors, Cardinals, Princes. Happie is that Nation whose Magistrates countenance such as mind and study their Good: I might instance in many more, and thereby give you a glimpse how Magistrates formerly favored this Art, and which is more, how studious they were in it. *Bellonius* a man that soared high in the Nature of Herbs, also professed he had the helping hand of Kings and Cardinals to maintain him in his Studies, and more than this, Kings themselves were Studious in it; amongst which (*Solomon* excepted) *Mithridates* that renowned King of *Pontus* seems to bear away the Bell, his Writings after his death were found in his Country Mannor by *Pompey* the great, but never a Roman of them all had the honesty to print them with his name in the Frontispiece, so that we have nothing of them but what is quoted by some honest Authors, especially by *Plutarch*.

*Ad nos vix tenuis fame dilabitur aura.*

*Men mind our good, but such cross times do fall,  
We only hear they did, and that is all.*

*Mesue* King of *Damascus*, *Avicenna*, and *Evax* King of *Arabia*, labored much in this Study, and I could well have afforded to have mentioned *Dioclesian* the Roman Emperor had he not washed out his Vertues, and defiled them with a Purple stain, in a most bloody persecution of Christians. It is quoted in *Virgil*, that when a famous Prince was proffered by *Apollo* to be taught his Arts, viz. *Physick*, *Musick*, *Augury*, and the Art of shooting in the Bow, he made choice of *Physick* and to know the Nature of Herbs.



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*Ipse suas artes, sua munera, letus Appollo  
 Augurium, Citharamq; dedit, celeresq; sagittas,  
 Ille, ut depositi preferret fata Parentis  
 Scire potestates Herbarum, usumq; Medendi  
 Maluit: & mutas agitare (inglorias) Artes.*

*His Arts to him, when great Appollo gave,  
 He did nor Augury, nor Arrows crave,  
 Nor the Melodious Lute, but to prevent  
 His Fathers death, who now with age was spent,  
 To be an Herbarist, and Medicine  
 To learn, he rather did his thoughts incline.*

So precious hath the knowledg of the Vertues of Herbs been in former times to men of quality, and indeed happy is that Nation, whose Rulers mind Knowledg, as *Solomon* saith on the contrary, *Wo to that Nation whose King is a Child*, and indeed in Ancient times people need little other Phylick than such Herbs as grew neer them, some Footsteps of which and but a few only, are now in use with us to this day, as people usually boyl Fennel with Fish, and know not why they do it but only for custom, when indeed the Original of it was founded upon Reason, because Fennel consumes that Flegmatick quality of Fish, which is obnoxious to the Body of man, Fennel being an Herb of Mercury, and he so great an Enemie to the Sign *Pisces*.

In this Art the Worthies of our own Nation, *Gerard*, *Johnson*, and *Parkinson* are not to be forgotten, who did much good in the Studie of this Art, yet they and all others that wrote of the Nature of Herbs, gave not a bit of a reason why such an Herb was appropriated to such a part of the Body, nor why it cured such a Disease; truly my own body being sickly brought me easily into a capacitie to know that Health was the greatest of all Earthly Blessings, and truly he was never sick that doth not beleve it; then I considered that all Medicines were compounded of Herbs, Roots, Flowers, Seeds &c. and this first set me awork in studying the Nature of Simples, most of which I knew by sight before, and indeed all the Authors I could reade gave me but little satisfaction in this particular, or none at all; I cannot build my faith upon Authors words, nor beleve a thing because they say it, and could wish every bodie were of my mind in this, to labor to be able to give a reason for every thing they say or do; they say reason makes a man differ from a Beast, if that be true, pray what are they that instead of Reason for their judgment, quote old Authors, perhaps their Authors knew a reason for what they Wrote, perhaps they did not, what is that to us, do we know it? Truly in writing this Work first, to satisfie my self I drew out all the Vertues of vulgar Herbs, Plants, and Trees &c. out of the best and most approved Authors I had or could get, and having done so, I set my self to studie the Reason of



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them; I knew well enough the whol world and every thing in it was formed of a Composition of contrary Elements, and in such a harmony as must needs shew the wisdom and Power of a great God. I knew as well this Creation though thus composed of contraries was one united Body, and man an Epitome of it, I knew those various affections in man in respect of Sicknefs and Health were caused Naturally (though God may have other ends best known to himself) by the various operations of the *Macrocosm*; and I could not be ignorant, that as the Cause is, so must the Cure be, and therefore he that would know the Reason of the operation of Herbs must look up as high as the Stars; I alwaies found the Disease vary according to the various motion of the Stars, and this is enough one would think to teach a man by the Effect where the Cause lay: Then to find out the Reason of the Operation of Herbs, Plants, &c. by the Stars went I, and herein I could find but few Authors, but those as full of nonsense and contradictions as an Egg is full of meat, this being little pleasing, and less profitable to me, I consulted with my two Brothers, D<sup>r</sup> REASON, and D<sup>r</sup> EXPERIENCE, and took a Voyage to visit my Mother NATURE, by whose advice together with the help of D<sup>r</sup> DILLIGENCE, I at last obtained my desires, and being warned by M<sup>r</sup> Honesty, a stranger in our daies to publish it to the World, I have done it.

But you will say, *What need I have written of this Subject, seing so many famous and learned men have written so much of it in the English Tongue, nay much more than I have done?*

To this I Answer,

1. All that have written of Herbs either in the English or not in the English Tongue, have nowaies answered my intents in this Book, for they have intermixed many, nay very many outlandish Herbs, and very many which are hard, nay not at all to be gotten, and what harm this may do I am very sensible of. Once a Student in Physick in *Sussex* sent up to *London* to me, to buy for him such and such Medicines, and send them down, which when I viewed, they were Medicines quoted by Authors living in another Nation, and not to be had in *London* for Love nor Money, so the poor man had spent much pains and Brains in studying Medicines for a Disease that were not to be had; so a man reading *Gerards* or *Parkinsons* Herbal for the Cure of a Disease, he may as like as not, light on an Herb that is not here to be had; or not without great difficulty, if possible; but in mine, all grow neer him.

2. My last, though not the least of my Reasons is, Neither *Gerard* nor *Parkinson* nor any that ever wrote in the like Nature, ever gave one wise Reason for what they wrote, and so did nothing els but train up yong Novices in Physick in the School of Tradition, and teach them just as a Parrot is taught to speak, an Author saith so, therefore 'tis true, and if all that Authors say be true, why do they contradict one another? But in mine, if you view it with the Eye of Reason, you shall see a Reason for every thing that is written, whereby you may find the very Ground and Foundation of Physick, you may know what



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what you do, and wherefore you do it, and this shall call me Father, it being (that I know of) never done in the world before.

I have now but two things more to write and then I have done.

1 *What the profit and benefit of this Work is.*

2 *Instructions in the Use of it.*

1. The Profit and Benefits arising from it, or that may accrue to a wise man, from it are many, so many that should I sum up all the particulars, the Epistle would be as big as the Book; I shall only quote some few general Heads.

First, The admirable Harmony of the Creation is herein seen, in the Influence of Stars upon Herbs and the Body of man, how one part of the Creation is subservient to another, and all for the use of man whereby the Infinite Power and Wisdom of God in the Creation appears; and if I do not admire at the simplicity of the Ranters, never trust me, who but viewing the Creation can hold such a sottish Opinion, as that it was from eternity, when the Mysteries of it are so cleer to everie eye; but that Scripture shall be verified to them, *Rom. 1. 20. The invisible things of Him from the Creation of the world are cleerly seen, being understood by the things that are made, even his eternal Power and Godhead, so that they are without excuse.* And a Poet could teach them a better Lesson.

*Excideret ne tibi divini muneris author  
Presentem monstrat, qualibet Herba Deum.*

*Because out of thy thoughts God should not pass,  
His Image stamped is on every Grass.*

This indeed is true, God hath stamped his Image upon every Creature, and therefore the abuse of the Creature is a great sin; but how much more doth the Wisdom and Excellencie of God appear if we consider the Harmony of the Creation in the Vertue and Operation of every Herb; this is the first.

Secondly, Hereby thou maist know what infinite Knowledg Adam had in his Innocencie, that by looking upon a Creature, he was able to give it a name according to his Nature, and by knowing that, thou maist know how great thy fall was, and be humbled for it even in this respect, because hereby thou art so ignorant.

Thirdly, Here is the right way for thee to begin the study of Physick if thou art minded to begin at the right end, for here thou hast the Reason of the whol Art. I wrote before in certain Astrological Lectures which I read, and printed, intituled *Semeiotica Uranica* what Planet caused (as a second Cause) every Disease, and how it might be found out what Planet caused it; here thou hast what Planet cures it by *Sympathy* and *Antipathy*; and this brings me to my last promise, *Viz.*

*Instructions for the right use of the Book.*

And herein let me premise a word or two, Many Herbs, Plants, &c



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are not in the Book appropriated to their proper Planets, the Reason was, want of time, or some other thing else, which many that know me will easily guess at; at last the Book hanging longer in the Press than I imagined it would, I took the time and pains (though I could ill have spared either) to appropriate them all, and have for thy benefit (Courteous Reader) inserted them in order after the Epistle, now then for thy Instruction,

First, Consider what Planet causeth the Disease; that thou maist find in my *Semeiotica*.

Secondly, Consider what part of the Body is afflicted by the Disease, and whether it lie in the Flesh, or Blood, or Bones, or Ventricles.

Thirdly, Consider by what Planet the afflicted part of the Bodie is governed; that my *Semeiotica* will inform you in also.

Fourthly, You have in this Book the Herbs for Cure appropriated to the several Diseases, and the Diseases for your ease set down in the Margin, whereby you may strengthen the part of the Bodie by its like, as the Brain by Herbs of *Mercury*, the Breast and Liver by Herbs of *Jupiter*, the Heart and Vitals by Herbs of the *Sun*, &c.

Fifthly, You may oppose Diseases by Herbs of the Planet opposite to the Planet that causeth them, as Diseases of *Jupiter* by Herbs of *Mercury*, and the contrary; Diseases of the *Luminaries* by Herbs of *Saturn*, and the contrary; Diseases of *Mars* by Herbs of *Venus*, and the contrary.

Sixthly, There is a way to cure Diseases sometimes by Sympathy, and so every Planet cures his own Diseases, as the *Sun* and *Moon* by their Herbs cure the Eyes, *Saturn* the Spleen, *Jupiter* the Liver, *Mars* the Gall and Diseases of Choller, and *Venus* Diseases in the Instruments of Generation.

Seventhly, There was a smal Treatise of mine of *Humane Vertues*, printed at the latter end of my *Ephemeris* for the yeer 1651. I suppose it would do much good to yong Students to peruse that with this Book.

Eighthly Yong Students would do themselves much good, and benefit themselves exceedingly in the Study of Physick if they would tak the pains to view the Vertues of the Herbs &c. in the Book, and compare them to these Rules, they shall to their exceeding great content find them all agreeable to them, and shall thereby see the reason why such an Herb conduceth to the Cure of such a Disease.

Ninthly, I gave you the Key of al in the Herb *Wormwood*, which if because of the volubility of the Language, any think it will not fit the Lock, I will here give it you again in another Herb of the same Planet which in the Book either through my own forgetfulness, or my *Amanuensis* was omitted, and here I shal give it you plainly without any circumstances.

The Herb is *Carduus Benedictus*.

It is called *Carduus Benedictus*, or blessed Thistle or holy Thistle, I suppose the name was put uppon it by some that had little Holiness in them.



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themselves: It is an Herb of *Mars*, and under the Sign *Aries*; now in handling this Herb, I shall give you a rational Pattern of all the rest, and if you please to view them throughout the Book, you shall to your content find it true.

*It helps Swimmings and giddiness of the Head, or the Disease called Vertigo, because Aries is the House of Mars.*

*It is an excellent Remedy against the yellow Jaundice, and other Infirmities of the Gall, because Mars governs Choller.*

*It strengthens the attractive faculty in man, and clarifies the Blood, because the one is ruled by Mars.*

*The continual drinking the Decoction of it helps red Faces, Tetters, and Ring-worms because Mars causeth them.*

*It helps Plague-sores, Boils, and Itch, the Bitings of mad Dogs and venomous Beasts, all which infirmities are under Mars. Thus you see what it doth by Sympathy.*

*By Antypathy to other Planets.*

*It cures the French Pox by Antypathy to Venus who governs it.*

*It strengthens the Memory and cures Deafness by Antipathy to Saturn who hath his Fall in Aries which Rules the Head.*

*It cures Quartan Agues, and other Diseases of Melancholly and adust Choller by Sympathy to Saturn, Mars being exalted in Capricorn.*

*Also it provokes Urine, the stopping of which is usually caused by Mars or the Moon.*

If you please to make use of these Rules, you shall find them true throughout the Book, and by heeding them, you may be able to give a Reason of your Judgment to him that asketh you: I assure you it gave much content to me, and for your goods did I pen it; but I must conclude, my Epistle having exceeded its Bounds already; hereby you see what Reason may be given for Medicines, and what necessity there is for every *Physitian* to be an *Astrologer*, you have heard it before I suppose, but now you know it; what remains, but that you labor to glorifie God in your several places, and do good to your selves first by encreasing your Knowledge, and to your Neighbors afterwards by helping their Infirmities; some such I hope this Nation is worthy of, and to such shall I remain a Friend, during life, ready to my poor power to help.

*Nich. Culpeper.*

*Spittle-fields next door  
to the red Lyon.  
Novemb. 6. 1652.*





# Authors made use of in this T R E A T I S E.

<i>A</i>	<i>I</i>
<i>Ægineta.</i>	<i>Isidore.</i>
<i>Ætius.</i>	<i>Johnson.</i>
<i>Aristotle.</i>	<i>L</i>
<i>Avicenna.</i>	<i>Leonicerus.</i>
<i>Averrois.</i>	<i>Lobel.</i>
<i>Avenaris.</i>	<i>Lugdunensis.</i>
<i>Andreas Cæsalpinus.</i>	<i>M</i>
<i>Antonius Musa.</i>	<i>Mathiolus.</i>
<i>B</i>	<i>Mesue.</i>
<i>Bauhine.</i>	<i>Mizaldus.</i>
<i>Bellus.</i>	<i>O</i>
<i>Bartholomeus Anglus.</i>	<i>Otho Brunfelsius.</i>
<i>Butler, a Manuscript.</i>	<i>P</i>
<i>C</i>	<i>Parkinson.</i>
<i>Clusius.</i>	<i>Pliny.</i>
<i>Cameravius.</i>	<i>Pena.</i>
<i>D</i>	<i>Platearius.</i>
<i>Dodoneus.</i>	<i>Pona.</i>
<i>Dioscorides.</i>	<i>R</i>
<i>E</i>	<i>Dr. Reason.</i>
<i>Dr. Experience.</i>	<i>Rhazis.</i>
<i>F</i>	<i>S</i>
<i>Fabius Columna.</i>	<i>Serapio.</i>
<i>Fuchsius.</i>	<i>T</i>
<i>G</i>	<i>Taberna Montanus.</i>
<i>Gesner.</i>	<i>Theophrastus.</i>
<i>Galen.</i>	<i>Turner.</i>
<i>Gerrhard.</i>	<i>Tragus.</i>



A Catalogue of the Herbs and Plants &c. in this  
Treatise, appropriated to their several  
P L A N E T S.

*Under Saturn are,*

Barley  
Red Beets  
Beech-tree  
Bifoyl, or Twayblade  
Birdsfoot  
Bistort, or Snakeweed  
Blewbottles  
Buckshorn-Plantane  
Wild Campions  
Pilewort  
Cleavers, or Goosgrafs  
Clowns Woundwort  
Comfry  
Cudweed, or Cottonweed  
Sciatica Cresses  
Croswort  
Darnel  
Doddar  
Epithimum  
Elm-tree  
Osmond Royal  
Fleawort  
Flixweed  
Fumitory  
Stinking Gladwin  
Goutwort  
Wintergreen  
Haukweed  
Hemlock  
Hemp  
Henbane  
Horftail  
Knapweed  
Knotgrafs  
Medlar-tree  
Mofs  
Mullein  
Nightshade  
Polypodium  
Poplar-tree  
Quince-tree

Rupture-wort  
Rufhes  
Solomons-Seal  
Sarazens Confound  
Service-tree  
Spleenwort, or Cetrach  
Tamaris  
Melancholly-Thistle  
Blackthorn  
Throughwax  
Tutfan, or Parkleaves  
Woad.

*Under Jupiter are,*

Agrimony  
Alexanders  
Asparagus  
Avens  
Bay-tree  
White Beets  
Water-Bettony  
Wood-Bettony  
Bilberries  
Borrage  
Buglofs  
Chervil  
Sweet Cicely  
Cinkfoyl  
Costmary, or Alecoft  
Dandelyon  
Docks  
Bloodwort  
Dog, or Quich-grafs  
Endive  
Hartftongue  
Hyfop  
Houfleeke, or Sengreen  
Liverwort  
Lungwort  
Sweet Maudlin  
Oak-tree

Red Roses  
Sage  
Sauce alone, or Jack by the  
Hedg  
Scurvy-grafs  
Succory  
Our Ladies Thiftles.

*Under Mars are,*

Arsefmart  
Afarabacca  
Barberry-bush  
Sweet Bazil  
Bramble-bush  
Briony  
Brooklime  
Butchers-broom  
Broom  
Broomrape  
Crowfoot  
Cuckoopint, or Wake-Robin.  
Cranebil  
Cotton-Thistle  
Flax-weed, or Toad-flax.  
Furfebush  
Garlick  
Hawthorn  
Hops  
Naddir  
Masterwort  
Mustard  
Hedg-Mustard  
Mettles  
Onions  
Pepperwort, or Dittander  
Carduus Benedictus, in the  
*Epistle*  
Rhadiſh  
Horſe Rhadiſh  
Rhubarb  
Rapontick



*A Catalogue of the Herbs and Plants &c.*

Bastard Rhubarb  
Thistles  
Star-thistle  
Tobacco  
Wolly Thistle  
Treacle Mustard  
Mithridate Mustard  
Wold, Weld, or Dyers Weed.  
Wormwood.

*Under the Sun are,*

Angelica  
Ash-tree  
Bawm  
One-blade  
Burnet  
Butter-bur  
Chamomel  
Chelondine  
Centaury  
Eyebright  
St. Johns wort  
Lovage  
Marigolds  
Mistleto  
Peony  
St. Peters wort  
Pimpernel  
*Rosa Solis*  
Rosemary  
Rhue  
Saffron  
Tormentil  
Turnsole, or Heliotropium  
Vipers Bugloss  
Walnut-tree

*Under Venus are,*

Alehoof, or Ground-Ivy  
Black Alder-tree  
Alder-Tree  
Apple-tree  
Stinking Arrach  
Arch-Angel, or Dead Nettles  
Beans  
Ladies Bedstraw  
Birch-tree  
Bishops Weed  
Blites  
Bugle  
Burdock

Cherry-tree  
Winter Cherries  
Chickweed  
Cichpease  
Clary  
Cocks-head  
Coltsfoot  
Cowslips  
Daisies  
Devils-bit

Elder  
Dwarf Elder  
Eringo  
Featherfew  
Figwort  
Filipendula  
Foxgloves  
Golden-rod  
Gromwel  
Groundfel  
Herb Robert  
Herb Truelove  
Kidneywort  
Ladies Mantle  
Mallows  
Marsh-Mallows  
Mercury  
Mints  
Motherwort  
Mugwort  
Nep, or Catmint

Parsnip  
Peach-tree  
Pear-tree  
Penyroyal  
Perewinkle  
Plantane  
Plum-tree  
Primroses  
Ragwort  
Rocket  
Winter-Rocket  
Damask Roses  
Wood Sage  
Sanicle  
Selfheal  
Sopewort, or Bruisewort  
Sorrel  
Wood Sorrel  
Sowthistles  
Spignel  
Strawberries  
Garden Tansy

Wild Tansy, or Silver-weed  
Teazles  
Vervain  
Vine-tree  
Violets  
Wheat  
Yarrow.

*Under Mercury are,*

Calaminth, or Mountain  
Mint  
Carrots  
Carraway  
Dill  
Elicampane  
Fern  
Fennel  
Hogs Fennel  
Germander  
Hazel Nut-tree  
Horehound  
Houndstongue  
Lavender  
Liquoris  
Wall-Rhue  
Maidenhair  
Golden Maidenhair  
Sweet Marjoram  
Melilot  
Moneywort  
Mulberry-tree  
Oats  
Parsley  
Cow Parsnep  
Pellitory of the Wall  
Groundpine, or Chamepitys  
Rest-Harrow, or Chamock  
Sampire  
Summer and winter Savory  
Scabious  
Smallage  
Southernwood  
Meadow Trefoyl  
Garden Valerian  
Woodbind, or Honey-Suc-  
kles.

*Under the Moon are,*

Adders Tongue  
Cabbages  
Coleworts

Sea



*apropriated to their several Planets.*

Sea Coleworts	Water-Lillies	Privet
Columbines	Loofestripe, with, and with-	Rattle-grafs
Watercreffes	out spiked Heads	White Roses
Duckmeat	Moonwort	White Saxifrage
Yellow Waterflag	Moufeare	Burnet Saxifrage
Flower-de-luce	Orpine	Wall-flowers, or Winter-gil-
Fluellin	Poppies	lifflovers
Ivy	Purflain	Willow-tree
Lettice		



C 2

The





*The Names of several Books printed by Peter Cole, at the sign of the Printing Press in Cornhill, by the Exchange, London.*

*Four several Books, by Nich. Culpeper, Gent. Student in Physick and Astrology.*

**A PHYSICAL DIRECTORY:** Or a Translation of the *Dispensatory*, made by the Colledge of Physicians of London. Whereunto is added, *The Key to Galen's Method of Physick.*

**A DIRECTORY** for *Midwives*; or a Guide for *Women*.

**AN EPHEMERIS** for the year 1651. Amplified with Rational Predictions from the Book of the Creatures. 1. Of the State of the Year. 2. What may probably be the effects of the Conjunction of *Saturn* and *Mars*, July 9. 1650. in *Scotland*, *Holland*, *Zealand*, *Tork*, *Amsterdam*, &c. and about what time they may probably happen. To which is joyned, *An Astrologo-Physical Discourse of the Humane Vertues in the Body of Man.*

**GALENS ART OF PHYSICK**; wherein is laid down,

1. A Description of Bodies, Healthful, Unhealthful, and Neutral.

2. Signs of good and bad Constitutions.

3. Signs of the	{	Brain,	{	Hot,
		Heart,		Cold,
		Liver,		Dry,
		Testicles,		Moist,
		Temperature,		Hot and dry,
	{	Lungues,	{	Hot and moist,
		Stomach, &c.		Cold and dry,
				Cold and moist.

4. Signs and Causes of Sicknes.

Translated into English, and largely Commented on. Together with convenient Medicines for all particular Distempers of the Parts, a Description of the Complexion, their Conditions, and what Diet and Exercise is fittest for them.

**A Godly and Fruitful Exposition**, on the first Epistle of *Peter*. By Mr. *John Rogers*, Minister of the Word of God at *Deakham* in *Essex*.

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Mr. *Love's* Case, containing his Petitions, Narrative, and Speech.

*Vox Pacifica*, or a Perswasive to Peace.

Dr. *Prestons* Saints submission, and Satans Overthrow.

Pious mans practice in Parliament Time.

**A Treatise of the Rickets**, being a Disease common to Children; Wherein is shewed, 1. The Essence, 2. The Causes, 3. The Signs, 4. The Remedies of the Disease. Published in Latin by Dr. *Gliffon*, Dr.

*Bate*, and Dr. *Regemortier*.

Mr. *Symons* Sermon at *Wexminster*.

Mr. *Feaks* Sermon before the Lord Major.

Mr. *Phillips* Treatise of Hell.

of Christs Genealogy.

**Seven Books of Mr. Jeremiah Burroughs** lately published; As also the Texts of Scripture upon which they are grounded.

1. *The Rare Jewel of Christian Contentment*, on *Phil.*

4. 11. Wherein is shewed, 1. What Contentment is, 2. It is an holy Art and Mystery, 3. The Excellencies of it, 4. The Evil of the contrary sin of Murmuring, and the Aggravations of it.

2. *Gospel-discipline*, on *Levit.* 10. 3. Wherein is shewed, 1. The right manner of the Worship of God in general; and particularly, In Hearing the Word, Receiving the Lords Supper, and Prayer.

3. *Gospel-conversation*, on *Phil.* 1. 17. Wherein is shewed, 1. That the Conversations of Believers must be above what could be by the Light of Nature, 2. Beyond those that lived under the Law, 3. And suitable to what Truths the Gospel holds forth. To which is added, *The Misery of those Men that have their Portion in this Life only*, on *Psal.* 17. 14.

4. *A Treatise of Earthly-mindedness*. Wherein is shewed, 1. What Earthly-mindedness is, 2. The great Evil thereof, on *Phil.* 3. part of the 19. Vers. Also to the same Book is joyned, *A Treatise of Heavenly-mindedness, and walking with God*, on *Gen.* 5. 24. and on *Phil.* 3. 20.

5. *An Exposition*, on the fourth, fifth, sixth, and seventh Chapters of the Prophecie of *Hosea*.

6. *An Exposition* on the eighth, ninth, and tenth Chapters of *Hosea*.

7. *An Exposition* on the eleventh, twelfth, and thirteenth Chapters of *Hosea*.

*The Compassionate Samaritan.*

**Twelve several Books of Mr. William Bridge**, Collected into one Volume. Viz.

1. *The great Gospel-Mystery of the Saints Comfort and Holiness*, opened and applied from Christs Priestly Office.

2. *Satans Power to Tempt*; and Christs Love to, and Care of His People under Temptation.

3. *Thankfulness* required in every Condition.

4. *Grace for Grace*; or, the Overflowings of Christs Fulness received by all Saints.

5. *The Spiritual Aetings of Faith*, through Natural Impcibilities.

6. *Evangelical Repentance*.

7. *The Spiritual-Lite*, and In-Being of Christ in all Believers.

8. *The Woman of Canaan*.

9. *The Saints Hiding-Place* in time of Gods Anger.

10. *Christs Coming* is at our Midnight.

11. *A Vindication of Ordinances*.

12. *Grace and Love beyond Gifts*.

*Cum multis alijs—*





## THE English Physitian.

### Adders Tongue.

#### Description.

His small Herb hath but one Leaf; which grows with the Stalk a fingers length above the ground, being fat, and of a fresh green colour, broad like the Water Plantane (but less) without any middle Rib in it: from the bottom of which Leaf on the inside, riseth up (ordinarily) one; sometimes two, or three small slender stalks, the upper half wherof is somewhat bigger, and dented with smal round dents of a yellowish green colour, like the Tongue of an Adder or Serpent (only this is as useful as they are formidable) The Root continues all the year.

#### Place.

It groweth in moist Meadows, and such like places.

#### Time.

'And is to be found in April and May, for it quickly perisheth with a little heat.

#### Vertues and use.

It is temperate, in respect of heat, but dry in the Second Degree. The Juyce of the Leaves drunk with the distilled Water of Horstail is a singular Remedy for all manner of wounds in the Breast, Bowels, or other parts of the Body, and is given with good success unto those who are troubled with Casting, Vomiting, or bleeding at the Mouth or Nose, or otherwise downwards. The said Juyce given in the distilled Water of Oaken Buds is very good for Women who have their usual Courses, or the Whites flowing down too abundantly. It helps sore Eyes. The Leaves infused or boyled in Oyl Omphacine, or unripe Olives set in the Sun for certain daies, or the green Leaves sufficiently boyled in the said Oyl, is made an excellent green Balsom, not only for green and fresh Wounds, but also for old and inveterate Ulcers, especially if a little fine

clear Turpentine be dissolved therein: It also stayeth and represseth all inflammations that arise upon pains, by Hurts, or Wounds.

It is an Herb under the Dominion of the Moon in Cancer, and therefore if the weakness of the Retentive Faculty be caused by an evil influence of Saturn, in any part of the Body governed by the Moon, or under the Dominion of Cancer, this Herb cures it by Sympathy: It cures those Diseases before specified in any part of the Body under the influence of Saturn, by Antypathy.

What parts of the Body are under each Planet and Sign, and also what Diseases may be found in my Astrological Judgment of Diseases, and for the internal Work of Nature in the Body of Man, as Vital, Animal, Natural, and Procreative Spirit of Man, The Apprehension, Judgment, Memory, the external Sences, viz. Seeing, Hearing, Smelling, Tasting, and Feeling; the Vertues, Attractive, Retentive, Digestive, Expulsive &c. under the Dominion of what Planets they are, may be found in my Ephemeris for the year 1651. in both which you shall find the Chaff of Authors blown away by the Fame of Dr Reason, and nothing but Rational Truths left for the Judgment of the Ingenious to feed upon.

Lastly, To avoid blotting Paper with one thing many times, and also to ease your Purfes in the price of the Book, and withal to make you Studious in Physick, you have at the latter end of the Book, the way of preserving all Herbs either in Juyce, Conserve Oyl, Oynement, or Plaister, Electuary Pill or Troches.



### Agrimony.

#### Description.

His hath divers long leaves (some greater, some smaller) set upon a Stalk, all of them dented about the edges, green above, and grayish

Wounds in  
the Breast,  
Bowels,  
Vomiting,  
Bleeding,  
Terms  
stops,  
Whites,  
Wounds,  
Ulcers, In-  
flamati-  
ons in  
Wounds.



grayish underneath, and a little hairy withal : Among which ariseth up usually, but one strong, round, hairy, brown Stalk, two or three Foot high, with smaller Leaves set here and there upon it, at the top whereof grow many small yellow Flowers one above another in long Spikes : after which come rough heads of Seeds hanging downwards which will cleave to and stick upon Garments or any thing that shal rub against them. The Root is black, long, and somewhat woody, abiding many yeers and shooting afresh every Spring which Root, though small hath a reasonable good scent.

*Place.*

It groweth upon Banks near the sides of Hedges, or Pales.

*Time.*

And it floweth in July and August, the Seed being ripe shortly after.

*Virtues and uses.*

It is of a cleansing and cutting faculty without any manifest heat, moderately drying and binding ; It openeth and cleneth the Liver, helpeth the Jaundice, and is very beneficial to the Bowels, healing all inward Wounds, Bruises, Hurts, and other distempers. The Decoction of the Herb made with Wine and drunk is good against the stinging and biting of Serpents, and helps them that have foul, troubled, or bloody waters, and makes them piss cleer speedily ; It also helpeth the Chollick, cleneth the Breast, and rid away the Cough. A draught of the Decoction taken warm before the Fit, first removes, and in time rid away the Tertian or Quartan Agues : The Leaves and Seed taken in Wine, stayeth the Bloody Flux. Outwardly applied, being stamped with old Swines grease, it helpeth old sores, Cancers, and inveterate Ulcers ; and draweth forth Thorns, Splinters of Wood, Nails, or any other such thing gotten into the Flesh ; it helpeth to strengthen the Members that be out of joynt ; and being bruised and applied, or the Juyce dropped in, it helpeth foul and imposthumes.

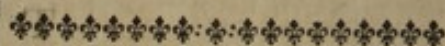
The distilled Water of the Herb is good to all the said purposes, either inward or outward, but a great deal weaker.

It is an Herb under Jupiter, and the Sign Cancer, and therefore strengthens those parts under that Planet and Sign, and removes Diseases in them by Sympathy, and those under Saturn, Mars, and Mercury, by Antipathy. If they happen in any part of the Body governed by Jupiter, or under the Signs, Cancer, Sagittary, or Pisces, and therefore must needs be good for the Gout, either used outwardly in an Oyl or Oynment, or inwardly in an Electuary or Syrup, or concreated Juyce, for which see the latter end of the Book.

It is a most admirable remedy for such whose Livers are annoyed either by heat or cold. The Liver is the former of Blood, and

Blood the Nourisher of the Body, and Agri-mony and Strengthner of the Liver.

I cannot stand to give you a Reason in every Herb why it cureth such Diseases, but if you please to peruse my Judgment in the Herb Wormwood you shall find them there, and it will be well worth your while to consider it in every Herb, you shall find them true throughout the Book.



## Alehoof, or Ground-Ivy.

*Description.*

This well known Herb, lieth, spreadeth, and creepeth upon the ground, shooting forth Roots, at the corners of the tender joynted Stalks, set all along with two round Leaves at every Joynt, somewhat hairy, crumpled, and unevenly dented about the edges with round dents : at the Joynts likewise with the Leaves towards the end of the Branches come forth hollow long Flowers of a blewish Purple colour with small white spots upon the lips that hang down : The Root is small with strings.

*Place.*

It is commonly found under Hedges, and on the sides of Ditches, under Houses, or in shadowed Lanes, and other wast grounds in almost every part of the Land.

*Time.*

They Flower somewhat early, and abide so a great while ; the Leaves continue green untill Winter, and sometimes abide, except the Winter be very sharp and cold.

*Virtues and use.*

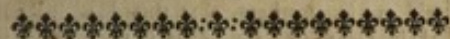
It is quick, sharp, and bitter in tast, and is thereby found to be hot and dry, a singular Herb for all inward Wounds, exulcerated Lungs, or other parts, either by it self or boyled with other the like Herbs : And being drunk, it in short time caseth all griping Pains, Windy and Chollerick Humors in the Stomach, Spleen, or Belly : helps the yellow Jaundice by opening the stoppings of the Gall and Liver, and Melancholly by opening the stoppings of the Spleen, expelleth Venom or Poyson, and also the Plague, it provoketh Urin, and Womens Courses. The Decoction of it in Wine drunk for some time together procureth ease unto them that are troubled with the Sciatica or Hip Gout, as also the Gout in the Hands, Knees, or Feet : and if you put to the Decoction, some Honey, and a little Burnt Allum, it is excellent good to gargle any sore Mouth or Throat, and to wash the Sores and Ulcers in the privy parts of man or woman : It speedily healeth green Wounds being bruised and bound therunto : The Juyce of it boyled with a little Hony & Verdigrise, doth wonderfully clens Fistula's, Ulcers, and

Inward Wounds, Pains Gripping, Wind Choller, Stomach, Spleen, Belly, Stop-ping in the Liver, Gall Plague, Poyson, Gout, Sciatica, sore Mouth & Throat, ulcers in the Privities, Itch, Scabs, Itch in the Eye Redness & watering of them, ulcers, noise in the Ears stayeth Deafness.



stayeth the spreading or eating of Cancers and Ulcers, It helpeth the Itch, Scabs, Wheals, and other breakings out in any part of the Body, The Juyce of Celondine, Field Day-fies, and Ground-Ivy clarified, and a little fine Sugar dissolved therein and dropped into the Eyes is a Sovereign Remedy for all the Pains, Redness, and Watring of them; as also for the Pin and Web, Skins, and Films growing over the Sight; It helpeth Beasts as well as Men; The Juyce dropped into the Ears doth wonderfully help the noise and ringing of them, and helpeth the Hearing which is decayed. It is good to Tun up with new Drink, for it will so clarify it in a night, that it will be the fitter to be drunk the next morning; or if any Drink be thick with removing or any other accident, it will do the like in a few hours.

It is an Herb of *Venus*, and therefore cures her Diseases by Sympathy, and those of *Mars* by Antipathy; how to preserve it all the year you shall find at the latter end of the Book.



## Alexander.

### Description.

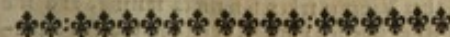
It is usually sown in all the Gardens in *Europe*, and so well known, that it needs no further Description.

### Time.

They Flower in *June* and *July*, and the Seed is ripe in *August*.

### Vertues and use.

**Obstru-** It warmeth a cold Stomach, and openeth  
**ions of** the stoppings of the Liver and Spleen, it is good  
**the** Liver and to move Womens Courtes, to expel the Af-  
**Spleen,** ter-birth, to break Wind, to provoke Urine,  
**provokes** and help the Strangury; and these things the  
**the Terms** Seeds will do likewise, if either of them be  
**Afterbirth** boyled in Wine, or being braised and taken in  
**Wind, pro-** Wine, it is also effectual against the biting of  
**vokes u-** Serpents. And now you know what *Alexan-*  
**rin, biting** der Portredg which is so familiar in this City  
**of Ser-** is good for, that you may no longer eat it out  
**pents.** of ignorance but out of knowledg.



## The Black Alder-Tree.

### Description.

**T**His Tree seldom groweth to any great bigness, but for the most part abideth like a Hedge, Bush, or Tree spreading into Branches, the Wood of the Body being white, and of a dark, red Core or Heart; the outward Bark is of a blackish colour, with many white spots thereon: but the inner Bark next

unto the Wood is yellow, which being chewed will turn the Spittle neer unto a Saffron colour. The Leaves are somewhat like those of the ordinary Alder-Tree, or the Female Cornel, or Dogberry-Tree, called in *Sussex* Dog-wood, but blacker, and not so long. The Flowers are white, coming forth with the Leaves at the Joynts, which turn into smal round Berries, first green, afterwards red, but blackish when they are through ripe, divided as it were into two parts, wherein is contained two smal round and flat Seeds: The Root runneth not deep into the Ground, but spreadeth rather under the upper crust of the Earth.

### Place.

This Tree or Shrub may be found plentifully in *St. Johns Wood* by *Honsey*, and in the Woods upon *Hamsted Heath*; as also at a Wood called the old Park in *Baycomb* in *Sussex*, neer the Brooks side.

### Time.

It Flowreth in *May*, and the Berries are ripe in *September*.

### Vertues and use.

The inner yellow Bark herof purgeth downwards both Choller & Flegm, & the watry humors of such as have the Dropsie, and strengtheneth the inward parts again by binding. If the Bark hereof be boyled with *Argimony*, *Wormwood*, *Dodder*, *Hops*, and some *Fennel*, with *Smalledg*, *Endive*, and *Succory Roots*, and a reasonable draught taken every morning for some time together, it is very effectual against the Jaundice, Dropsie, and the evil disposition of the Body, especially if some suitable purging Medicine have been taken before to avoid the grosser excrements; It Liver, purgeth and strengtheneth the Liver and Spleen, cleansing them from such evil humors, and hardnes as they are afflicted with: It is to be understood that these things are performed by the dried Bark, for the fresh green Bark taken inwardly provoketh strong Vomiting, pains in the Stomach, and gripings in the Belly: Yet if the Decoction may stand and settle two or three daies until the yellow colour be changed black, it will not work so strongly as before, but will strengthen the Stomach, and procure an Appetite to Meat. The outer Bark contrarywise doth bind the Body, and is helpful for all Lasks and Fluxes therof, Flux, Lice but this must also be dried first, whereby it will work the better. The inner Bark herof boyled in Vineger, is an approved remedy to kill Lice, to cure the Itch, and take away Scabs by drying them up in a short time: It is singular good to wash the Teeth, to take away the Pains, to fasten those that are loof, to dens them, and keep them sound. The Leaves are good Fodder for Kine to make them give more Milk.

If in the Spring time you use the Herbs before

Choller,  
Flegm.

Jaundice,  
Dropsie,  
Cachexia,

Spleen.

Stomach

weak, A-

petite lost,

Itch, Scabs

Tooth-ach

Teeth loof.



fore mentioned and will but take a handful of each of them, and to them ad a handful of Elder Buds, and having bruised them all, boyl them in a Gallon of ordinary Beer when 'tis new, and having boyled them half an hour, ad this to three Gallons more, and let them work together, and drink a draught of it every morning, half a pint or there abouts: It is an excellent Purge for the Spring, to consume that Flegmatick quality the Winter hath left behind it, and withal keep your Body in health, and consume those evil humors which the heat of Summer will readily stir up, esteem it as a Jewel.

\*\*\*\*\*

## The Common Alder-Tree.

### Description.

**G**roweth to a reasonable heighth, and spreads much if it like the place; It is so generally wel known unto Country People that I conceive it needless to tel them that which is no news.

### Place and Time.

It delighteth to grow in moist Woods and watry places, Flowring in April or May, and yeilding ripe Seed in September.

### Vertues and Use.

*Cooling, Drying, Binding, Swellings, Fleas.*  
The Leaves and Bark of the Alder-Tree, are cooling, drying, and binding. The fresh Leaves laid upon swellings, dissolveth them, and staith the Inflammations; The Leaves put under the bare Feet gauled with travelling are a great refreshing to them: The said Leaves gathered while the morning dew is on them, and brought into a Chamber troubled with Fleas, wil gather them therinto, which being suddenly cast out wil rid the Chamber of those troublesome Bed-fellows.

*Burnings, Inflammations.*  
It is a Tree under the Dominion of Venus, and of some watry Sign or other, I suppose Pisces, and therefore the Decoction, or distilled Water of the Leaves is excellent against Burnings, and Inflammation, either with Wounds or without, to bath the place grieved with, and especially for that inflammation in the Breast which the vulgar call an Ague.

If you cannot get the Leaves, as in Winter 'tis impossible, make use of the Bark in the same manner.

\*\*\*\*\*

## Angelica.

**T**O write a Description of that which is so well known to be growing in almost every Garden, I suppose is altogether need-

less: yet for its Vertues it is of admirable use.

In times of Heathenism when men had found out any excellent Herb &c. they dedicated it to their gods, As the Bay-tree to Apollo, the Oak to Jupiter, the Vine to Bacchus, the Poplar to Hercules: These the Papists following as their Patriarchs, they dedicate them to their Saints, as our Ladies Thistle to the Blessed Virgin, St. Johns Wort to St. John, and another Wort to St. Peter, &c. Our Physitians must imitate like Apes, (though they cannot come off half so cleverly) for they Blasphemously call Panfies, or Harts-eal, an Herb of the Trinity, because it is of three colours: and a certain Oynment, an Oynment of the Apostles, because it consisteth of twelve Ingredients; Alas poor Fools, I am sorry for their folly, and grieved at their Blasphemy; God send them the rest of their Age, for they have their share of Ignorance already; O! why must ours be Blasphemous because the Heathens and Papists were Idolatrous? certainly they have read so much in old rustie Authors, that they have lost all their Decemity, for unless it were amongst the Ranters, I never read or heard of such Blasphemy: The Heathens and Papists were bad, and ours worse, the Papists giving Idolatrous Names to Herbs for their Vertues sake, not for their fair looks; and therefore some called this an Herb of the Holy Ghost, others more moderate called it Angelica, because of its Angelical Vertues, and that name it retains still, and all Nations follow it so near as their Dialect will permit.

### Vertues and use.

It resists Poyson, by defending and comforting the Heart, Blood, and Spirits; it doth the like against the Plague, and all Epidemical Difeases if the Root be taken in powder to the waight of half a dram at a time, with some good Triacle in Cardus Water, and the party therupon laid to sweat in his Bed. If Treacle be not at hand, take it alone in Cardus, or Angelica Water. The Stalks or Roots candied and eaten fasting, are good Preservatives in time of Infection; and at other times to warm and comfort a cold Stomach. The Root also steeped in Vineger, and a little of that Vineger taken sometimes fasting, and the Root smelled unto is good for the same purpose. A water distilled from the Root simply, or steeped in Wine and distilled in Glass, is much more effectual than the Water of the Leaves; and this Water drunk two or three speonsfuls at a time, casteth all Pains and Torments coming of Cold and Wind, so as the Body be not bound: and taken with some of the Root in Powder at the beginning helpeth the Pluresy, as also all other Difeases of the Lungues and Breast, as Coughs, Phthisick, Shortness of Breath; and a Syrup of the Stalks of Breath,

*Poyson, Pestilence, Epidemical Difeases.*

*Cold, Wind, Pleuresy, Coughs, Lungues, Breast, Shortness of Breath.*



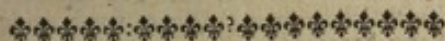
*Chollick,*  
*provokes*  
*the Terms,*  
*after birth,*  
*stoppings*  
*of the Li-*  
*ver and*  
*Spleen, In-*  
*digestion,*  
*Sur-*  
*fets, Tooth-*  
*ach, biting*  
*of Mad-*  
*dogs.*

*Ulcers,*  
*Gout, Sci-*  
*atica.*

Stalks doth the like: It helps pains of the Collick, the Strangury, and stopping of the Urin, procureth Womens Courses, and expelleth the After-birth, openeth the stoppings of the Liver and Spleen, and briefly easeth and discurseth al windiness and inward swellings. The Decoction drunk before the fit of an Ague, that they may sweat (if possible) before the fit come, wil in two or three times taking rid it quite away: It helps digestion, and is a remedy for a Surfet. The Juyce or the Water being dropped into the Eyes or Ears, helps dimness of sight and deafness: The Juyce put into the hollow Teeth, easeth their pains. The Roots in Pouder made up into a Plaister with a litle Pitch; and laid on the biting of a mad-Dog, or any other venomous creature, doth wonderfully help: The Juyce or the Water dropped, or tents wet therin, and put into old filthy deep Ulcers, Or the Pouder of the Root (in want of either) doth clens and caus them to heal quickly, by covering the naked Bones with Flesh. The distilled Water applied to places pained with the Gout or *Sciatica*, doth give a great deal of ease.

The wild *Angelica* is not so effectual as the Garden, although it may be safely used to al the purposes aforesaid.

It is an Herb of the *Sun* in *Leo*; let it be gathered when he is there, the *Moon* applying to his good Aspect; let it be gathered either in his hour, or in the hour of *Jupiter*, let *Sol* be angular. Observe the like in gathering the Herbs of other Plants, and you may happen do wonders. In al Epidemical Diseases caused by *Saturn* this is as good a Preservative as grows.



## Apples.

A Word or two of the most usual kinds of Apples, though the *Colledge of Physicians* make use of none but such as *Vulgo vulgati*, *Pearmaines*, vel *Pippins*.

*Fainting*  
*Stomach,*  
*Loof Bel-*  
*lies, Thirst,*  
*Flegm.*

Apples in general are cold and windy, and being of sundry tastes, *Galen* sheweth thereby how to distinguish them: Some have a sharp taste, and are good for fainting Stomachs and loof Bellies; others sower, good to cool and quench thirst; some sharp, fit to cut gross flegm; some sweet, soon distributed in the Body, and as soon passed away, yet sooner corrupted in the Stomach if they be staid: The best sorts before they be thoroughly ripe are to be avoided; then to be roasted or scalded is the best way to take them; and a litle Spice or Seeds cast upon them and taken after meat, do strengthen both Stomach and Bowels, especially in those that loath, or hardly digest their meat, or are given to casting, or have a Flux or Lask: Those that are a litle sower and harsh used in

*Stomach,*  
*Bowels,*  
*Vomiting,*

that manner are fittest: Sweet Apples loosen the Belly and drive forth Worms; Sower Apples stop the Belly, and provoke Urin; and Crabs for this purpose are fittest: The sweet Apples as the Pippin and Pearmain, help to dissolve Melancholly humors, and to procure Mirth, and therefore are fittest for *Confessio Alkermes*, and *Syrupus de Pomis*. The Leavs boyled and given to drink in hot Agues, where the heat of the Liver and Stomach causeth the Lips to break out, and the Throat to grow dry, harsh and furred, is very good to wash and gargle it withal, and to drink down som. This may to good purpose be used when better things are not at hand, or cannot be had. The Juyce of Crabs either Verjuyce or Cider, is of singular good use in the Heat and faintings of the Stomach, and against Casting to make a Posset with, or taken som of it alone by it self. The Juyce of Crabs, or Cider applied with wet cloaths therein to scalded or burnt places, cooleth, healeth, and draweth forth the Fire. A rotten Apple applied to Eyes blood-shotten, or enflamed with heat, or that are black and blue about them by any stroke or fall, and bound too all day or night, helpeth them quickly. The distilled Water of rotten Apples doth cool the heat and inflammations of Sores, and is good to bath foul creeping Ulcers, and to wash the Face to take away Spots, Freckles or other discolorings. The distilled Water of good and sound Apples is of special good use to procure Mirth, and expel Melancholly. The Ointment called *Pomatum*, if sweet and well made, helpeth the Chops in the Lips or Hands, and maketh smooth and supple the rough Skin of the Hands or Face parched with wind or other accidents.

*Flux,* *loosen,* *Worms*  
*Melan-*  
*cholly,* *Agues,* *heat*  
*of the Li-*  
*ver and*  
*Stomach.*

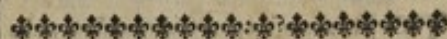
Thus my Authors.

All that I can say of Apples is this:

- 1 That they are extream windy.
- 2 That they provoke Urin, being roasted (especially Pomwaters) and mixed with fait Water, and drunk up at night going to bed; half a dozen great ones mixed with a quart of Water, excellently provokes Urin, if there be no material stone in the Body: This I had of *Gerhard*, and have often known it proved, and alwaies with good success. All Apples loosen the Belly and pleasure the Stomach by their coolness.

*Scalding,*  
*Burning,*  
*Eyes, In-*  
*flamation,*  
*ulcers,*  
*Spots,*  
*Freckles.*

*Chaps in*  
*the Lips*  
*& Hands.*



## Arrach wild & stinking.

*Description.*

THIS hath small and almost round Leaves, yet a litle pointed and without dent or cut, of a dusky mealy colour, growing on the slender Stalks and Branches that spread on the ground, with small Flowers in clusters set with the



the Leaves, and smal Seeds succeeding like the rest, perishing yearly, and rising again with its own sowing. It smells like old rotten Fish, or something worse.

*Place.*

It grows usually upon Dunghils.

*Time.*

They flower in June and July, and their Seed is ripe quickly after.

*Vertues and use.*

Stinking *Arrach* is used as a remedy to help Women pained, and almost strangled with the *Mother*, by smelling to it: But inwardly taken, there is not a better Remedy under the *Moon* for that Disease. I would be large in commendation of this Herb, were I but Eloquent. It is an Herb under the dominion of *Venus*, and under the sign *Scorpio*: It is common almost upon every Dunghil. The Works of God are given freely to Man, his Medicines are common and cheap, and easie to be found: 'tis the Medicines of the *Colledge of Physitians* that are so dear and scarce to find. I commend it for an Universal Medicine for the Womb, and such a Medicine as will easily, safely, and speedily cure any Disease thereof, as the fits of the Mother, Dislocation or falling out thereof; it cools the Womb being overheated. (And let me tel you this, and I will tel you but the truth, Heat of the womb is one of the greatest causes of hard labor in Childbirth) It makes barren women fruitful, it clenseth the Womb if it be foul and strengthens it exceedingly; it provokes the Terms if they be stopped, and stops them if they flow immoderately. You can desire no good to your Womb, but this Herb will effect it; therefore if you love Children, if you love Health, if you love Ease, keep a Syrup alwaies by you made of the Juice of this Herb and Sugar (or Honey if it be to clenst the Womb) and let such as be rich keep it for their poor neighbors, and bestow it as freely as I bestow my studies upon them, or else let them look to answer it another day when the Lord shall come to make inquisition for Blood.

to had I said: yell shini most lare nam on  
\*\*\*\*\*

## Archangel.

TO put a gloss upon their practice; the Physitians call an Herb (which Country people vulgarly know by the name of *Dead-Nettles*) *Archangel*, wherein whether they favor of more Superstition or Folly I leave to the judicious Reader. There is more curiosity than courtesie to my Countrymen used by others in the explanation, as well of the Names as Description of this so well-known an Herb, which that I may not also be guilty of, Take this short Description first of the *Red-Archangel*.

*Descriptions.*

This hath divers square stalks somewhat hairy, at the joynts whereof grow two sad green Leaves dented about the edges, opposit to one another, the lowermost upon long footstalks, but without any toward the tops which are somewhat round, yet pointed, and a little crumpled and hairy: Round about the upper Joynts where the Leaves grow thick, are sundry gaping Flowers of a pale reddish colour, after which com the Seeds three or four in a Husk. The Root is smal and thriddy, perishing every year: the whol Plant hath a strong scent, but not stinking.

*White-Archangel* hath diverse square stalks not standing streight upright but bending downward, whereon stand two Leaves at a Joynt, larger and more pointed than the other, dented about the edges and greener also more like unto Nettle-Leaves, but not stinking, yet hairy: At the Joynts with the Leaves stand larger and more open gaping white Flowers, in Husks round about the Stalks (but not with such a bush of Leaves, as Flowers set in the top, as is on the other) wherein stand smal roundish black Seeds: The Root is white, with many strings at it, not growing downward but lying under the upper crust of the Earth, and abideth many years encreasing: This hath not so strong a scent as the former.

*Yellow-Archangel* is like the White in the Stalks and Leaves, but that the Stalks are more streight and upright, and the Joynts with Leaves are further asunder, having longer Leaves than the former; and the Flowers a little larger and more gaping, of a fair yellow colour in most, in som paler. The Roots are like the White, only they creep not so much under the ground.

*Place.*

They grow almost every where, (unless it be in the middle of the street) the Yellow most usually in the wet grounds of Woods, and sometimes in the dryer, in divers Countries of this Nation.

*Time.*

They flower from the begining of the spring all the summer long.

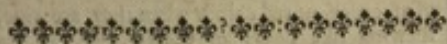
*Vertues and use.*

The *Archangels* are somewhat hot and dryer than the *stinking Nettles*, and used with better success for the stopping and hardness of the Spleen than they by using the Decoction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of the Spleen as a *Spleen*. Plaster, or the Decoction with Spunges. The Flowers of the *White Archangel* are preserved, *white*, *Red* or conserved to be used to stay the Whites, and *yellow* the Flowers of the *Red* to stay the Reds in *Flux*. Women. It makes the Heart merry, drives away *Melancholly*, quickens the Spirits, is good *ly*, *Quar*-against *Quartan Agues*, stancheth bleedings *tan Agues*, at Mouth or Nose, if it be stamped and applied *Bleeding* to at Nose,



Swelling,  
Kings-Evil,  
Gout,  
Sciatica,  
Joynts,  
Ulcers, old  
sores,  
Bruises,  
Burnings.

to the nape of the Neck: The Herb also bruised and with some Salt and Vinegar, and Hogs Grease laid upon any hard tumor or swelling; or that which is vulgarly called the Kings Evil, doth help to dissolve or discuss them, and being in like manner applied doth much allay the pains and give ease to the Gout, Sciatica, and other aches of the Joynts and Sinews: It is also very effectual to heal all green Wounds, and old Ulcers, also to stay their fretting, gnawing, and spreading; It draweth forth Splinters and such like things gotten into the flesh, and is very good against bruises and burnings. But the yellow *Archangel*, is most commended for old filthy corrupt Sores and Ulcers, yea, although they grow to be hollow; and to dissolve tumors. The chief use of them is for Women it being an Herb of *Venus*, and may be found in my *Guide for Women*.



### Arsmart.

#### Description of the Mild.

THIS hath broad Leaves set at the great red Joynts of the Stalks, with semicircular blackish marks on them usually, yet sometimes without: The Flowers grow in long Spikes usually either bluish or whitish with such like Seed following. The Root is long with many strings thereat perishing yearly; this hath no sharp taste (as another sort hath, which is quick and biting) but rather fowr like Sorrel, or else a little drying or without taste.

#### Place.

It grows in watery Plasshes, Ditches, and the like, which for the most part are dry in Summer.

#### Time.

It Flowreth in June, and the Seed is ripe in August.

#### Vertues and Use.

It is of a cooling and drying quality, and very effectual for putrified Ulcers in Man or Beast, to kill the Worms and cleanse the putrified Places: The Juyce thereof dropped in, or otherwise applied, consumeth all cold Swellings, and dissolveth the congealed Blood of bruises by strokes, falls, &c. A piece of the Root, or some of the Seed bruised and held to an aching Tooth, taketh away the pain. The Leaves bruised and laid to the Joynt that hath a Fellon thereon, taketh it away. The Juyce destroyeth Worms in the Ears being dropped into them: if the hot Arsmart be strewed in a Chamber it will soon kill all the Fleas; and the Herb or Juyce of the cold Arsmart put to Horses or other Cattels sores will drive away the Flie in the hottest time of Summer: A good handful of the hot biting Arsmart put

under a Horses Saddle will make him travel the better although he were half tired before: The mild Arsmart is good against hot Impostions, sthumes and Inflammations at the beginning, and to heal green Wounds.

All Authors chop the Vertues of both sorts of Arsmart together, as men chop Herbs for the Por, when both of them are of clean contrary qualities, The hot Arsmart groweth not so high or tall as the mild doth, but hath many leaves of the colour of Teache leaves, very seldom or never spotted, in other particulars it is like the former, but may easily be known from it, if you will be but pleased to break a Leaf of it cross your Tongue, for the hot will make your Tongue to smart, so will not the cold; if you see them both together, you may easily distinguish them, because the mild hath far broader Leaves: And our Colledge of Physitians out of their learned care for the publick good, *Anglice* their own gain, mistake the one for the other in their *New-Master-Piece*, whereby they discover, 1. Their Ignorance, 2. Their Carelesness, and he that hath but half an eye may see their pride without a pair of Spectacles. I have done what I could to distinguish them in their Vertues, and when you find not the contrary named, use the cold. The truth is, I have not yet spoken with Dr. Reason, nor his Brother Dr. Experience, concerning either of them both.



### Asarabacca.

#### Description.

ASARABACCA hath many Heads rising from the Roots, from whence come many smooth Leaves, every one upon his own Footstalk, which are rounder and bigger than Violet Leaves, thicker also, and of a darker green shining colour on the upper side, and of a paler yellow green underneath, little or nothing dented about the edges; from among which rise small round hollow, brown green husks, upon short stalks about an inch long, divided at the brims into five divisions, very like the Cups or Heads of the Henbane Seed, but that they are smaller; and these be all the Flowers it carrieth, which are somewhat sweet, being smelled unto, and wherein when they are ripe is contained small cornered, rough Seeds, very like the Kernels or Stones of Grapes or Raisons. The Roots are small and whitish spreading divers waies in the ground, and encreasing into divers Heads; but not running or creeping under ground as some other creeping Herbs do; They are somewhat sweet in smell, resembling Nardus, but more when they are dry, than green; and of a sharp but not unpleasant taste.

E 2

Place

ulcers,  
Cold swellings, bruises, Congealed Blood, Toothach, Felons, or Andicoms, Worms in the Ears. Fleas, Tired Horses,



## Place.

It groweth frequently in Gardens.

## Time.

They keep their Leaves green all Winter, but shoot forth new in the Spring, and with them come forth those Heads or Flowers which give ripe Seed about Midsummer, or somewhat after.

## Vertues and use.

*Causeth Vomiting, Cholera, Flegm, Urin, Obstructions of the Liver and Spleen, Dropsy, Jaundice, Agues.*

This Herb being drunk, not only provoketh vomiting, but purgeth downward, and by Urin also, purging both Choller and Flegm: if you ad to it some Spicknard, with the Whey of Goats Milk or Honeyed Water, it is made more strong, but it purgeth Flegm more manifestly than Choller, and therefore doth much help pains in the Hips and other parts, it being boyled in Whey, it wonderfully helpeth the Obstruction of the Liver and Spleen, and therefore profitable for the Dropsie and Jaundice being steeped in Wine and drunk. It helps those continual Agues that come by the plenty of stubborn humors: An Oyl made therof by setting it in the Sun, with some Laudanum added to it, provoketh sweating (the ridge of the Back being anointed therewith) and thereby driveth away the shaking Fits of Agues. It will not abide any long boyling, for it loseth its chiefest strength thereby; nor much beating; for the finer Pouder doth provoke Vomits and Urin, and the courser purgeth downwards.

*Serpents.* The common Use herof is to take the Juyce of five or seven Leavs in a little Drink to caus Vomiting: The Roots have also the same Vertue, though they do not operate so forcibly, yet they are very effectual against the biting of Serpents, and therefore is put as an ingredient both into *Metridate* and *Venice Treacle*. The Leaves and Roots being boyled in Ly, and the Head often washed therewith, while it is warm, comforteth the Head and Brain that is ill affected by taking cold, and helpeth the Memory.

*Head.*

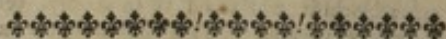
*Memory.* I shall desire Ignorant people to forbear the use of the Leavs, the Roots purge more gently, and may prove beneficial in such as have Cancers, or old putrified Ulcers, or Fistulaes upon their Bodies, to take a dram of them in Pouder in a quarter of a pint of white Wine in the morning. The truth is, I fancy Purging and Vomiting Medicines as little as any Man breathing doth, for they weaken Nature, nor shall never advise them to be used unless upon urgent necessity. If a Physitian be Natures servant, it is his duty to strengthen his Mistris as much as he can, and weaken her as little as may be.



## Asparagus, Sparagus, or Sperage.

## Description.

It riseth up at first with divers whitish green scaly Heads, very brittle or easie to break while they are yong, which afterwards rise up into very long and slender green stalks, of the bigness of an ordinary riding wand at the bottom of most, or bigger or lesser, as the Roots are of growth; on which are set divers branches of green Leavs, shorter and smaller than Fennel to the top, at the joynts wherof come forth small mossie yellowish Flowers, which turn into round Berries, green at the first, and of an excellent red colour when they are ripe, shewing like Beads of Corral, wherin are contained exceeding hard, black Seeds. The Roots are dispersed from a spongy Head into many long, thick, and round strings, wherby it sucketh much Nourishment out of the ground, and encreaseth plentifully thereby.



## Prickly Asparagus, Sparagus, or Sperage.

## Description.

It groweth usually in Gardens; and some of it grows wild, in Appleton Meadow in Gloucestershire, where the poor people do gather the Buds, or yong Shoots, and sell them cheaper than our Garden *Asparagus* is sold at London.

## Time.

They do for the most part Flower, and bear their Berries late in the yeer, or not at all, although they are housed in Winter.

## Vertues and use.

The yong Buds or branches boyled in ones ordinary broth, maketh the Belly soluble and open, and boyled in white Wine, provoketh Urin being stopped, and is good against the Strangury, or difficulty of making water; it expelleth the gravel and stone out of the Kidneys, and helpeth pains in the Reins: And boyled in white Wine or Vineger it is prevalent for them that have their Arteries loosned, or are troubled with the Hip-Gout, or Sciatica. The Decoction of the Roots boyled in Wine and taken is good to cleer the sight, and being held in the Mouth easeth the Toothach: And being taken fasting several mornings together stirreth up bodily lust in Man or Woman.

*Belly, Strangury, Disury, Gout, Sciatica, Eyes Tooth-ach.*



man (whatsoever some have written to the contrary.) The Garden *Asparagus* nourisheth more than the wild; yet hath it the same effects in all the aforementioned Diseases. The Decoction of the Roots in white Wine, and the Back and Belly bathed therewith, or kneeling or lying down in the same, or sitting therein as a Bath, hath been found effectual against pains of the Reins and Bladder, pains of the Mother and Chollick, and generally against all pains that happen to the lower parts of the Body; and no less effectual against stiff and benumbed Sinews, or those that are shrunk by Cramps, and Convulsions, and helpeth the *Sciatica*.

Reins,  
Bladder,  
Mother,  
Cramp,  
Chollick,  
Convulsion

### Ash-Tree.

THIS is so well known that time will be mispent and Paper wasted in writing a Description of it; and therefore I shall only insist upon the Vertues of it.

#### Vertues and use.

The young tender Tops with the Leaves taken inwardly, and some of them outwardly applied are singular good against the biting of the Viper, Adder, or any other Venemous Beast: And the Water distilled therefrom, being taken a small quantity every morning fasting, is a singular Medicine for those that are subject to a Dropsie, or to abate the greatness of those who are too gross or fat. The Decoction of the Leaves in white Wine, helpeth to break the Stone and expel it, and cureth the Jaundice. The Ashes of the Bark of the Ash made into Ly, and those Heads bathed therewith which are Leprous, Scabby, or Scal'd, they are thereby cured. The Kernels within the Husks commonly called Ashen Keys, prevaileth against Stitches and pains in the sides proceeding of Wind, and avoideth away the stone by provoking Urin.

I can justly except against none of all this save only the first, viz. That Ash-tree Tops and Leaves are good against the biting of Serpents and Vipers, and I suppose this had its rise from Gerard, or Pliny, both which hold that there is such an Antipathy between an Adder and an Ash-tree, that if an Adder be compassed round with Ash-tree Leaves, she will sooner run through the fire than through the Leaves, the contrary to which is the truth, as both my eyes are witnesses: the rest are Vertues something likely, only if it be in Winter when you cannot get the Leaves, you may safely use the Bark instead of them, the Keys you may easily keep all the year, gathering them when they are ripe.

Adders' &  
Vipers' bi-  
ting, Drop-  
sy, Stone,  
Jaundice,  
Leprosie,  
Scabs,  
Scald  
Heads,  
Stitches,  
Stone, Di-  
sury, Ric-  
kets.



### Avens.

#### Description.

THE ordinary *Avens* hath many long, rough, dark green, winged Leaves rising from the Root, every one made of many Leaves set on each side of the middle Rib, the largest three wherof grow at the ends and are snip'd or dented round about the edges: the other being small pieces, sometimes two and sometimes four standing on each side of the middle rib underneath them; among which do rise up divers rough or hairy Stalks about two foot high branching forth with Leaves at every Joynr, not so long as those below, but almost as much cut in on the edges, some into three parts, some into more: On the Tops of the Branches stand small pale yellow Flowers consisting of five Leaves, like the Flowers of Cynkfoyl, but larger in the middle, wherof standeth a small green Head, which when the Flower is fallen groweth to be rough and round, being made of many long greenish purple Seeds (like grains) which will stick upon your Cloathes. The Root consists of many brownish strings or fibres, smelling somewhat like unto Cloves, especially those which grow in the higher, hotter, and drier grounds, and in the freer and clear Air.

#### Place.

They grow wild in many places under Hedge sides, and by the Pathwaies in Fields, yet they rather delight to grow in shadowy than in Sunny places.

#### Time.

They Flower in May and June for the most part, and their seed is ripe in July at the furthest.

#### Vertues and use.

It is good for the Diseases of the Chest or Breast, Breast, for pains and Stitches in the Sides, Stitches, and to expel crude and raw humors from the Wind, Belly and Stomach by the sweet savor and warming quality; it dissolveth the inward congealed Blood hapning by falls or bruises, and Wounds, the spitting of Blood, if the Roots either Heart, cold green or dryed be boyled in Wine and drunk, Brain, Obstruction, as also all manner of inward Wounds or outward if they be washed or bathed therewith. Chollick, The Decoction also being drunk comforteth Fluxes, the Heart, and strengtheneth the Stomach, Ruptures, and a cold Brain, and therefore is good in the Spots and Spring time to open Obstructions of the Liver, Marks in ver, and helpeth the wind Chollick; it also the Face, helpeth those that have Fluxes, or are bursten, Plague, or have a Rupture; It taketh away spots or Poyson, marks in the Face, being washed therewith: Indigestion. The Juyce of the fresh Root or Pouder of the dried Root hath the same effect with the Decoction.



coction. The Root in the Spring time steeped in Wine doth give it a delicat favor and tast, and being drunk fasting every morning comforteth the Heart, and is a good Preservative against the Plague, or any other Poyson; it helpeth Digestion, and warmeth a cold Stomach, and openeth the Obstructions of the Liver and Spleen.

It is very safe, you need have no Dose prescribed; and is very fit to be kept in every good bodies house.

### Balm.

**T**His Herb is so wel known to be an Inhabitant almost in every Garden, that I shal not need to write any Description thereof, although the Vertues thereof which are many may not be omitted.

#### Vertues and use.

The Arabian Physitians have extolled the Vertues hereof to the Skyes, although the Greeks thought it not worth mentioning. Serapio saith, It causeth the Mind and Heart to becom merry, and reviveth the Heart fainting into soundings, especially of such who are overtaken in their sleep, and driveth away all troublesome cares and thoughts out of the Mind arising from Melancholly, or black Choller; which Avicen also confirmeth. It is very good to help Digestion, and open Obstructions of the Brain; and hath so much purging quality in it (saith Avicen) as to expel those Melancholly vapors from the Spirits & Blood which are in the Heart and Arteries, although it cannot do so in other parts of the Body. Dioscorides saith, That the Leaves steeped in Wine, and the Wine drunk, and the Leavs externally applied is a remedy against the sting of Scorpions, and the bitings of mad Dogs; and commendeth the Decoction thereof for Women to bath or sit in to procure their Courses; it is good to wash aching Teeth therewith, and profitable for those that have the bloody-Flux. The Leaves also with a little Nitre taken in Drink, are good against a Surfat of Muscovomes, helps the griping pains of the Belly, and being made into an Electuary is good for them that cannot fetch their breath: Used with Salt it takes away Wens, Kernels, or hard Swellings in the Flesh or Throat; it cleneth foul Sores, and easeth pains of the Gout: It is good for the Liver and Spleen. A Tanfie or Cawdle made with Eggs and the Juyce thereof while it is yong, putting to it some Sugar and Rosewater is good for Women in Childbed when the After-birth is not thoroughly avoided, and for their faintings upon, or after their sore travel. The Herb bruised and boyled in a little Wine and Oyl and laid warm on a Boil, will ripen and break it.

It is an Herb of Jupiter and under Cancer, and strengthens Nature much in all its actions; let a Syrup made with the Juyce of it and Sugar, (as you shall be taught at the latter end of the Book) be kept in every Gentlewomans house, to releve the weak stomachs and sick Bodies of their poor sickly Neighbors; as also the Herb kept dry in the Houe that so with other convenient Simples you may make it into an Electuary with Honey according as the Discal is, and as you shall be taught at the latter end of the Book.

### Barberry.

**T**He Shrub is so wel known to every Boy and Girl that hath but attained to the age of seven years, that it needs no Description.

#### Vertues and use.

Mars owns the Shrub, and presents it to the use of my Country-men to purge their Bodies of Choller. The inner Rind of the Barberry Tree boyled in White-Wine and a quarter of a pint drunk each morning, is an excellent remedy to cleanse the Body of Chollerick Humors, and free it from such Diseases as Choller causeth, such be Scabs, Itch, Tettors, Ringworms, yellow Jaundice, Boils, &c. It is excellent for hot Agues, Burnings, Scaldings, heat of Blood, heat of the Liver, Bloody-flux, for the Berries are as good as the Bark, and more pleasing; they get a man a good stomach to his victuals, by strengthening the attractive faculty, which is under Mars, as you see more at large in the latter end of my Ephemeris for the year 1651. The Hair washed with the Ly made of the Ashes of the Tree and Water, 'twil make it turn yellow, viz. of Mars his own colour. The Fruit and Rind of the Shrub, the Flowers of Broom and of Heath, or Furz, cleanse the Body of Choller by Sympathy, as the Flowers, Leaves and Bark of the Peach-Tree do by Antipathy; because these are under Mars, that under Venus.

### Barly.

**T**He continual usefulness hereof hath made it in general so acquainted herewith, that it is altogether needless to describe its several kinds hereof plentifully growing, being yearly sown in this Land. The Vertues whereof take as followeth.

#### Vertues and use.

Barly in all the parts and compositions thereof (except Malt) is more cooling than Wheat, and a little cleansing: and all the Preparations thereof,



therof, as *Barly-water* and other things made therof, do give great nourishment to persons troubled with Feavers, Agues, and heats in the Stomach. A Pultis made of *Barly Meal* or *Flower* boyled with Vinegar and Honey, and a few dry Figs put into them, dissolveth all hard Imposthums, and aswageth Inflammations being therto applied: And being boyled with *Melilot* and *Chamomel* Flowers, and som *Linseed*, *Fennegreek* and *Rue* in Powder, and applied warm, it easeth the pains in the Sides and Stomach, and windiness of the Spleen. The Meal of *Barly* and *Fleawort* boyled in Water, and made into a Pultis with Honey and Oyl of Lillies, applied warm, cureth swellings under the Ears, Throat, Neck and such like: and a Plaister made therof with Tar, Wax & Oyl, helpeth the Kings-Evil in the Throat: Boyled with sharp Vinegar into a Pultis and laid on hot helpeth the Leprosie: Being boyled in red Wine with Pomgranat Rinds and Mirtles, stayeth the Lask or other Flux of the Belly: Boyled with Vinegar and a Quince, it easeth the hot pains of the Gout. *Barly flower*, white Salt, Honey and Vinegar mingled together, taketh away the Itch speedily and certainly: The Water distilled from the green *Barly* in the end of May is very good for thos that have Defluxions of humors fallen into their Eyes, and easeth the pains being dropped into them: or White-Bread steeped therein and bound on to the Eyes, doth the same.

ther like Lawyers: *Galen* and *Diascorides* hold it not fitting to be taken inwardly: and *Chrysippus* rails at it with downright *Billingsgate-Rhetorick*. *Pliny*, and the Arabian Physitians defend it.

For mine own part I presently found that speech true;

*Non nostrum inter nos tantas componere lites.*

And away to Dr Reason went I, who told me it was an Herb of Mars, and under the *Scorpion*, and perhaps therefore called *Basilicon*, and then no marvel if it carry a kind of virulent quality with it: Being applied to the place bitten by a venomous Beast, or stung by a Wasp or Hornet, it speedily draws the Poyson to it; Every like draws his like. *Myzaldus* affirms, That it being laid to rot in Horfuding it wil breed Venemous Beasts. And *Hallerius* a French Physitian affirms upon his own knowledge, That an acquaintance of his by common smelling to it, had a *Scorpion* bred in his Brain. Something is the matter this Herb and *Rue* wil not grow together, no, nor near one another: And we know *Rue* is as great an enemy to Poyson as any grows.

To conclude: It expelleth both Birth, and After-birth; and as it helps the deficiency of *Venus* in one kind, so it spoils all her actions in another. I dare write no more of it.

\*\*\*\*\*

## The Bay-Tree.

This is so wel known that it needs no Description; I shal therefore only write the Vertues therof, which are many.

*Vertues and use.*

*Galen* saith, That the Leaves or Bark do dry and heal very much, and the Berries more than the Leaves: The Bark of the Root is less sharp and hot, but more bitter, and hath some attraction withal, whereby it is effectual to Stone, Ob-break the Stone, and good to open obstructions of the Liver, Spleen, and other inward of the Livers, which bring the Dropsie, Jaundice, &c. ver and The Berries are very effectual against al Poy-son of venomous Creatures, and the Stings of Dropsie, Wasps and Bees, as also against the Pestilence Poyson, or other infectious Discaies, and therefore is Jaundice, put into sundry Triacles for that purpose: Bees, They likewise procure Womens Courses; and Wasps, seven of them given to a Woman in fore travel Hornets, of Child-birth, do cause a speedy delivery, and Terms expel the After-birth; and therefore not to be provoked, taken by such as have not gon out their time Cause De-lest they procure Abortment, or cause Labor every, too soon: They wonderfully help al cold and Afterbirth, rhumatick Distillations from the Brain to the Eyes, Eyes, Lungs or other parts: And being made Lungs, into an Electuary with Honey, do help the Consumptions,

Venemous  
Beasts,  
Bees,  
Wasps,  
Hornets.

\*\*\*\*\*

## Garden Bazil, OR Sweet Bazil.

*Description.*

The greater ordinary *Bazil* riseth up usually with one upright Stalk diversly branching forth on all sides, with two Leaves at every Joynt, which are somewhat broad and round, yet pointed, of a pale green colour, but fresh, a little snipt about the edges, and of a strong heady scent: The Flowers are smal and white standing at the tops of the Branches, with two smal Leavs at the Joynt, in som places green, in others brown, after which come black Seed. The Root perisheth at the approach of Winter, and therefore must be new sown every year.

*Place.*

It only groweth in Gardens.

*Time.*

It must be sowed late, and flowers in the heat of Summer, being a very tender Plant.

*Vertues and use.*

This is the Herb which all Authors are together by the Ears about, and rail at one ano-



*Coughs,* Consumption, old Coughs, shortness of  
*Shortness* Breath, and thin Rhewms: as also the Mea-  
*of Breath,* grim, they mightily expel wind and provoke  
*Megrim,* Urin; help the Mother, and kil the Worms:  
*wind, Ver-* The Leaves also work the like effects. A  
*tigo, Disu-* Bath of the Decoction of the Leavs and Ber-  
*ry, Mother,* ries, is singular good for Women to sit in that  
*worms,* are troubled with the Mother, or the Discaes  
*Joynts,* therof, or the stoppings of their Courses, or  
*Nerves,* for the Discaes of the Bladder, pains in the  
*Arteries,* Bowels by wind, and stoppnig of Urin: A  
*Stomach,* Decoction likewise of equal parts of Bay-ber-  
*Belly,* ries, Cummin-Seed, Hylop, Origanum, and  
*Womb,* Euphorbium, with some Honey, and the Head  
*Ears,* bathed therewith doth wonderfully help Distil-  
*Marks in* lations and Rhewms, and scleth the Pallat of  
*the Skin,* the Mouth into its place. The Oyl made of the  
*Itch,* Berries is very comfortable in all cold Grieffs  
*Scabs.* of the Joynts, Nerves, Arteries, Stomach, Belly,  
 or Womb, and helpeth Palsies, Convulsions,  
 Cramps, Aches, trembling and numness in a-  
 ny part, weariness also, and pains that come  
 by sore travelling: Al grieffs and pains like-  
 wise proceeding from Wind, either in the  
 Head, Stomach, Back, Belly, or Womb, by  
 anointing the parts affected therewith: And  
 pains in the Ears are also cured by dropping in  
 some of the Oyl, or by receiving into the  
 Ears the warm fume of the Decoction of the  
 Berries through a Funnel. The Oyl takes a-  
 way marks of the Skin and Flesh by bruises,  
 fals, &c. and dissolveth the congealed Blood  
 in them: It helpeth also the Itch, Scabs, and  
 Wheals in the Skin.

*Witchcraft*

I shal but only ad a word or two to what my  
 Friend hath written, viz. That it is a Tree  
 of the Sun, and under the Coelestial Sign Leo,  
 and resisteth Witchcraft very potently, as also al  
 the evil old Saturn can do to the Body of Man,  
 and they are not a few, for it is the Speech of  
 one, and I am mistaker if it were not *Myzaldus*,  
 That neither Witch nor Devil, Thun-  
 der nor Lightning wil hurt a Man in the place  
 where a Bay-Tree is.

## Beans.

Both the Garden and Field Beans are so  
 wel known that it saveth me labor of writ-  
 ing any Description of them: Their Ver-  
 tues briefly are as followeth.

The distilled wather of the Flowers of Gar-  
 den Beans is good to clem the Face and Skin  
 from Spots and Wrinkles, and the Meal or  
 Flower of them, or the smal, doth the same.  
*Spots,* The Water distilled from the green Husks is  
*Stone,* held to be very effectual against the Stone, and  
*Distury,* to provoke Urine. Bean Flower is used in  
*Inflama-* Pulstiffes to assuage Inflammations rising upon  
*tion,* Wounds, and the swelling of Womens Breasts,  
*Womens*  
*Breasts,*

caused by the curding of their Milk, and re-  
 presseth their Milk: The Flower of Beans  
 and Fenugreek mixed with Honey, and applied  
 to Fellons, Boyls, Bruises, or blue Marks by  
 blows, or the Imposthumes in the Kernels of  
 the Ears, helpeth them all: And with Rose  
 Leavs, Frankinsens and the white of an Egg  
 being applied to the Eyes, helpeth them that  
 are swoln, or do water, or have received any  
 blow upon them if used with Wine. If a Bean  
 be parted in two, the skin being taken away,  
 and laid on the place where a Leech hath been  
 set that bleedeth too much, it staieth the bleed-  
 ing. Bean Flower boyled to a Pulvis with  
 Wine and Vinegar and some Oyl put thereto,  
 ceaseth both pain and swelling of the Cods:  
 The Husks boyled in Water to a consumption  
 of a third part therof staieth a Lask: and the  
 Ashes of the Husks made up with old Hogs  
 Greaf, helpeth the old pains, contusions and  
 Wounds of the Sinews, the Sciatica, and  
 Gout. The Field Beans have all the afore-  
 mentioned Vertues as the Garden Beans.

Beans eaten are extream windy meat, but if  
 after the Dutch fashion when they are half  
 boyled you husk them, and then stew them (I  
 cannot tell you how, for I never was Cook in  
 al my life) they are wholsomer Food.

## French-Beans.

### Description.

THE French or Kidney Bean ariseth up at  
 first but with one stalk which afterwards  
 divideth its self into many Arms or Branches,  
 but also weak that if they be not sustained  
 with sticks or poles, they wil lie fruitless upon  
 the ground: at several places of these Branches  
 grow forth long footstalks, with every one of  
 them three broad round and pointed green  
 Leavs at the end of them, towards the tops  
 wherof come forth divers Flowers made like  
 unto Pease Blossoms, of the same colour for  
 the most part that the fruit wil be of, that is  
 to say, white, yellow, red, blackish, or of a  
 deep purple; but white is most usual; after  
 which come long and slender flat Pods, some  
 crooked, some straight, with a string as it  
 were running down the Back therof, wherein  
 are contained flattish round fruit made to the  
 fashion of a Kidney; the Root is long and  
 spreadeth with many strings annexed to it, and  
 perisheth every year.

There is also another sort of French Beans  
 commonly growing with us in this Land,  
 which is called the Scarlet flowered Bean.

This ariseth up with sundry Branches as the  
 other, but runs up higher to the length of  
 Hop-poles, about which they grow twining,  
 but turning contrary to the Sun, having Foot-  
 stalks

*Fellons, or*  
*Andicoms,*  
*Boils, Bru-*  
*ses, Ears,*  
*Eyes, Lee-*  
*ches,*

*Cods swell-*  
*ed, Flux,*  
*Pain,*  
*Sinews,*  
*Sciatica,*  
*Gout.*



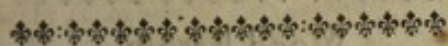
stalks with three Leaves on each as on the other: The Flowers also are in fashion like the other, but many more set together, and of a most Orient Scalet colour. The Beans are larger than the ordinary kind, of a deep Purple colour, turning black when it is ripe and dry: The Root perisheth also in Winter.

*Vertues.*

*Disury, Shortness of breath, Inoite to Vener.* The ordinary French Beans are of an easie digestion, they move the Belly, provoke Urin, enlarge the Breast that is straitned with shortness of Breath, engender Sperme, and incite Vener.

*A gallant shew.*

And the Scarlet-coloured Beans in regard of the glorious beauty of their colour, being set near a Quickset Hedge, will bravely adorn the same, by climbing up thereon; so that they may be discerned a great way, not without admiration of the beholder at a distance. But they will go near to kill the Quicksets by cloathing them in Scarlet.



## Ladies-Bedstraw.

*Description.*

THIS ariseth up with divers smal brown and square upright Stalks a yard high or more, sometimes branched forth into divers parts, full of Joynts, and with diverse very fine small Leaves at every one of them little or nothing rough at all: At the tops of the Branches grow many long tufts or branches of yellow Flowers very thick set together, from the several Joynts which consist of four smal Leavs apiece, which smel somewhat strong, but not unpleasant: The Seed is smal and black like Poppy seed, two for the most part joyned together: The Root is reddish with many smal thrids fastned unto it, which take strong hold of the ground and creeper a little: And the Branches leaning a little down to the ground take Root at the Joynts therof, whereby it is easily encreased.

There is also another sort of Ladies-Bedstraw growing frequently in England, which beareth white Flowers as the other doth yellow; but the Branches of this are so weak that unless it be sustained by the Hedges, or other things near which it groweth it wil lie down on the ground; the Leaves a little bigger than the former, and the Flowers not so plentiful as those; and the Root hereof is also thridy, and abiding.

*Place.*

They grow in Meadows and Pastures both wet and dry, and by the Hedges.

*Time.*

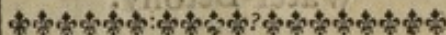
They flower in May for the most part, and the Seed is ripe in July and August.

*Vertues and use.*

The Decoction of the former of these being

drunk is good to fret and break the Stone, and provokes Urin, stayeth inward bleedings, and healeth inward Wounds: The Herb or Flower bruised and put up into the Nostrils, stayeth their bleeding likewise: The Flowers and the Herb made into an Oyl by being set in the Sun, and changed after it hath stood ten or twelve daies; or into an Ointment being boyled in Axungia or Sallet-Oyl with some Wax melted therein after it is strained; either the Oyl made therof or the Ointment do help Burnings with Fire, or Scalding with Water: the same also, or the Decoction of the Herb and Flower is good to bath the Feet of Travellers and Lacquies whose long running causeth weariness and stiffness in their Sinews and Joynts; If the Decoction be used warm, and the Joynts afterwards anointed with the Ointment. It helpeth the dry Scab, and the Itch in Children: And the Herb with the white flower is also very good for the Sinews, Arteries, and Joynts to comfort and strengthen them after travel, cold and pains.

They are both Herbs of Venus, and therefore strengthen the parts both internal and external which she rules.



## Beets.

*Description.*

THERE are two sorts of Beets which are best known generally, and wherof I shal principally intreat at this time. Viz. The White and the Red Beets, and their Vertues.

The Common White Beet hath many great Leaves next the ground somewhat large, and of a whitish green colour: The Stalk is great, strong and ribbed, bearing great store of leaves upon it almost to the very top of it: The flowers grow in very long tufts, smal at the ends, and turning down their Heads, which are smal, pale, greenish, yellow Burrs, giving cornered prickled Seed. The Root is great, long and hard, and when it hath given Seed of no use at all.

The Common Red Beet differeth not from the White, but only it is lesser and the Leaves and the Roots are somewhat red: The Leaves are differently red, in som only with red strakes or veins, som of a fresh red, and others of a dark red. The Root hereof is red, spungy and not used to be eaten.

The White Beet doth much loosen the Belly, and is of a clensing and digesting quality, and provoketh Urin: The Juyce of it openeth obstructions both of the Liver and Spleen, and is good for the Headaches and swimings therein, and turnings of the Brain; and is effectual also against all venomous creatures; and applied upon the Temples, stayeth Inflammations

Stone,  
Dysury,  
Bleeding,  
Wounds,

Burnings,  
Gauled-  
Feet,  
Weariness,  
Stiffness of  
Joynts,  
Scabs, Itch

Clenf, Di-

gest, Disury

and Obstructi-

ons of the

Liver and

Spleen,

Vertigo,

and Venemous

Beasts.



*Burnings,* ons in the Eyes; it helpeth Burnings being  
*St. Antho-* used without Oyl, and with a little Allum put  
*nies Fire,* to it, is good for St. Anthonies fire. It is al-  
*Wheals,* so good for al Wheals, Pushes, Blisters and  
*Blisters,* Blains in the Skin: The Herb boyled and  
*Chilblains,* laid upon Chilblains or Kibes, helpeth them:  
*Kibes, Itch* The Decoction therof in Water and some Vi-  
*Dandriff,* negar healeth the Itch, if bathed therewith, and  
*Scurff,* clenseth the Head of Dandraff, Scurff, and dry  
*Scabs, ul-* Scabs, and doth much good for fretting and  
*cers, Can-* running Sores, Ulcers, & Cankers in the Head,  
*kers, Bald-* Legs, or other parts, and is much commended  
*ness.* against Baldness and shedding of Hair.

The red Beet is good to stay the Bloody  
*Flux Terms* Flux, Womens Courses, and the Whites, and  
*spots,* to help the yellow Jaundice. The Juyce or  
*Whites,* the Root put into the Nostrils purgeth the  
*Stinking* Head, helpeth the nois in the Ears, and the  
*Breath,* Tooth-ach; the Juyce snuffed up the Nose  
*Noise in* helps a stinking Breath if the caul lies in the  
*the Ears,* Nose as many times it doth, if any bruise have  
*Toothach,* been there, as also want of smell coming that  
*Smell lost.* way.



### Water-Betony.

#### Description.

First of the *Water-Betony*, which riseth up  
 with square hard greenish Stalks, and some-  
 times brown, set with broad dark green Leavs  
 dented about the edges with notches, somewhat  
 resembling the Leavs of the *Wood-Betony*,  
 but much larger, two for the most part set at a  
 Joynt. The Flowers are many, set at the tops  
 of the Stalks and Branches, being round bel-  
 lied, and open at the Brims and divided into  
 two parts, the uppermost being like a Hood,  
 and the lowest like a Lip hanging down, of a  
 dark red colour, which passing away, there  
 comes in their places small round Heads with  
 small points in the ends, wherein lie small and  
 brownish Seeds: The Root is a thick Bush  
 of strings and threds growing from an Head.

#### Place.

It groweth by Ditchsides, Brooks, and o-  
 ther Water-courses generally through this  
 Land, and is seldom found far from the Wa-  
 tersides.

#### Time.

It Flowreth about *July*, and the Seed is ripe  
 in *August*.

#### Vertues and Use.

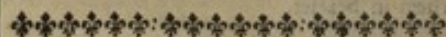
It is of a clensing quality; the Leavs bru-  
 sed and applied are effectual for all old and fil-  
 thy Ulcers; and especially if the Juyce of the  
 Leavs be boyled with a little Honey, and tents  
 dipped therein, and the Sores dressed therewith:  
 as also for Bruises or Hurts whether inward or  
 outward. The distilled water of the Leavs  
 is used for the same purposes; as also to bath

ulcers,  
 Bruises,  
 Sunburn-  
 ing.

the Face or Hands spotted or blemished, or  
 discolored by Sunburning.

I confels I do not much fancy distilled Wa-  
 ters, I mean such Waters as are distilled cold,  
 some vertue of the Herb they may happily  
 have (it were a strange thing else) but this I  
 am confident of, that being distilled in a Pew-  
 ter Stil, as the vulgar and apish fashion is, both  
 Chymical Oyl and Salt is left behind, unless  
 you burn them, and then all is spoiled, Water  
 and al, which was good for as little as can be  
 by such a Distillation. You have the best way  
 of Distillation in my *Translation of the Lon-  
 don Dispensatory*. The *Colledg of Physitians*  
 having as much skil in Distillations as an Als  
 hath reading Hebrew.

*Water-Betony* is an Herb of *Jupiter* in *Can-  
 cer* and is appropriated more to Wounds and  
 Hurts in the Breast than *Wood-Betony* which  
 follows.



### Wood-Betony.

#### Description.

The Common or *Wood-Betony* hath many  
 Leavs rising from the Root which are  
 somewhat broad and round at the ends, roundly  
 dented about the edges, standing upon long  
 Footstalks, from among which rise up smal,  
 square, slender, but yet upright hairy Stalks,  
 with some Leavs thereon, two apiece at the  
 Joynts, smaller than the lower, whereon are  
 set several spiked Heads of Flowers like  
 Lavender, but thicker and shorter for the most  
 part, and of a reddish or purple colour, spotted  
 with white spots both in the upper and lower  
 part: The Seeds being contained within the  
 Husks that hold the Flowers, are blackish,  
 somewhat long and uneven. The Roots are  
 many white threddy strings; the Stalk peri-  
 sheth, but the Root with some Leavs thereon,  
 abides al the Winter. The whole Plant is  
 somewhat smal.

#### Place.

It groweth frequently in Woods, and de-  
 lighteth in Shady-places.

#### Time.

And it flowreth in *July*, after which, the  
 Seed is quickly ripe, yet in its prime in  
*May*.

#### Vertues and Use.

*Antonius Musa* Physitian to the Emperor  
*Augustus Caesar*, wrote a peculiar Book of the  
 Vertues of this Herb, and amongst other  
 Vertues, saith of it, That it preserveth the  
 Lives and Bodies of Men free from the danger  
*Epidemi-*  
 of Epidemical Diseases, and from Witchcrafts cal Disea-  
 also: It is found by daily experience to be ses, witch-  
 good for many Diseases; It helpeth those that craft, Ape-  
 loath, or cannot digest their Meat, those that tite, Indi-  
 have gestion,



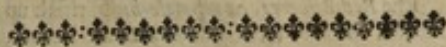
Stomach, have weak Stomachs, or slower belchings, or  
Belching, continual rising in their Stomach, using it fa-  
Jaundice, miliarly either green or dry; either the Herb,  
Falling- the Root, or the Flowers in Broth drunk, or  
sickness, Meas, or made into Conserve, Syrup, Water  
Palsy, Electuary, or Powder as every one may best  
Convulsion frame themselves unto, or as the time or season  
shrinking requireth, taken any of the aforesaid waies. It  
of the Si- helpeth the Jaundice, Falling-sickness, the  
news, Palsie, Convulsions or shrinking of the Si-  
Gout, news, the Gout, and those that are inclined to  
Dropfie, Dropsies, those that have continual Pains in  
Frensic, their Head, although it turn to Phrensic. The  
Cough, Powder mixed with pure Honey is no less a-  
Cold, vailable for all sorts of Coughs or Colds,  
shortness Wheezing or shortness of Breath, Distillati-  
of Breath, ons of thin Rhewm upon the Lungues, which  
Agues of causeth Consumptions. The Decoction made  
all sorts, with Mead and a little Penroyal, is good for  
Sore Eyes, those that are troubled with putrid Agues, whe-  
Worms, ther Quotidian, Tertian, or Quartan, and to  
Obstructi- draw down and evacuate the Blood and humors  
ons of the that by falling into the Eyes do hinder the  
Liver and Sight: The Decoction thereof made in Wine  
Spleen, and taken, killeth the Worms in the Belly, o-  
Stitcher, peneth Obstructions both of the Spleen and  
Pains in Liver, cureth Stitches and Pains in the Back,  
the Back, or Sides, the Torments and griping pains of  
and Belly, the Bowels, and the wind Chollick: and  
Terms mixed with Honey purgeth the Belly, helpeth  
provokes, to bring down Womens Courses, and is of  
Mother, especial use for those that are troubled with the  
Childbirth falling down of the Mother, and pains thereof,  
Stone, and causeth an easie and speedy delivery of  
Toothach, Women in Childbirth: it helpeth also to  
Venomous break and expel the Stone either in the Blad-  
Beasts, der or Kidneys. The Decoction with Wine  
Mad-dogs gargled in the Mouth, easeth the Toothach.  
Weaviness, It is commended against the sting or biting  
Bleeding or Venomous Serpents or Mad Dogs. Being  
at Mouth used inwardly and applied outwardly to the  
and Nose, place. A dram of the Powder in Betony taken  
Pissing & with a little Honey in some Vinegar, doth  
spitting of wonderfully refresh those that are overwearied  
Blood, by travail; it staith bleedings at the Mouth  
Ruptures, or Nose, and helpeth those that piss or spit  
Bruises, Blood, and those that are Bursten or have a  
Wounds, Rupture, and is good for such as are bruised  
Veins and by any fall or otherwise. The green Herb  
Sinews bruised, or the Juyce applied to any inward  
Cut, hurt or outward green Wound in the Head or  
Ulcers, Body wil quickly heal and close it up; as also  
Fistulaes, any Veins or Sinews that are cut; and will  
Boyls, draw forth any broken Bone, or Splinter,  
Ears. Thorn or other thing gotten into the Flesh:

It is no less profitable for old Sores, or filthy  
Ulcers, yea, though they be Fistulous and  
hollow, but some do advise to put in a little  
Salt to this purpose: Being applied with a  
little Hogs Lard, it helpeth a Plague-Sore,  
and other Boyls and Pustles: The fumes of  
the Decoction while it is warm received by a  
Funnel into the Ears, easeth the pains of them,

destroyeth the Worms, and cureth the running  
Sores in them. The Juyce dropped into them  
doth the same. The Root of Betony is dis-  
pleasing both to the tast and Stomach, whereas  
the Leavs and Flowers by their sweet and spicy  
tast, are comfortable both in Meat and Medi-  
cine.

There are some of the many Vertues Anto-  
ny Musa an expert Physitian (for it was not  
the practice of Octavius Cesar to keep Fools  
about him) appropriates to Betony; It is a  
very precious Herb that's certain, and most  
fitting to be kept in a mans hous both in Sy-  
rup, Conserve, Oyl, Oynment, and Plaister.  
The Flowers are usually Conserved.

The Herb is appropriated to the Planet Ju-  
piter, and the Sign Aries.



## The Beech-Tree.

IN treating of this Tree, you must understand  
that I mean the great *Maft Beech*; which  
is by way of distinction from that other smal  
rough sort, called in *Suffex*, the *smal Beech*;  
but in *Essex*, *Hornbeam*.

I suppose it needles to describe it, being al-  
ready so wel known to my Countrymen.

### Place.

It groweth in Woods amongst Oaks, and o-  
ther Trees, and in Parks, Forrests, and Cha-  
ses, to feed Deer; and in other places to fat-  
ten Swine.

### Time.

It bloometh in the end of *April*, or begining  
of *May* for the most part, and the Fruit is ripe  
in *September*.

### Vertues and Use.

The Leavs of the Beech-Tree are cooling *Cools*,  
and binding, and therefore good to be applied *Binds*,  
to hot Swellings to discuss them: The Nuts *Hot swell-*  
do much nourish such Beasts as feed thereon: *lings*,  
The Water that is found in the hollow places *Scurff*,  
of decaying Beeches, will cure both Man and *Scabs*,  
Beast of any Scurf, Scab, or running Tetters, *Tetters*.  
if they be washed therewith. You may boyl the  
Leavs into a Pultis, or make an Ointment of  
them when time of year serves.



## BILBERRIES:

Called also (by som)

Whorts, and Whortleberries.

### Descriptions.

OF these I shal only speak of two sorts,  
which are commonly known in *England*,  
*Viz.* The *Black*, and the *Red Bilberries*. And  
first of the *Black*.



This smal Bush creepeth along upon the ground, scarce rising half a yard high, with divers smal dark green Leaves set on the green Branches, not alwaies one against another, and a little dented about the edges: At the foot of the Leaves com forth smal, hollow, pale, bluish coloured Flowers, the brims ending in five points, with a reddish threed in the middle, which pass into smal round Berries of the bigness and colour of *Juniper Berries*, but of a Purple sweetish sharp tast; the Juyce of them giveth a Purplish colour to their Hands and Lips that eat and handle them, especially if they break them. The Root groweth asloop under ground, shooting forth in sundry places as it creepeth: This loseth its Leaves in Winter.

The Red Bilberry, or *Whortle-bush*, riseth up like the former, having sundry harder Leaves, like the Box-Tree Leaves, green and round pointed standing on the several Branches, at the tops whereof only, and not from the sides as in the former, com forth divers round flowers of a pale red color, after which succeed, round, reddish sappy Berries when they are ripe, of a sharp tast: The Root runneth in the ground, as the former; but the Leaves of this abide al Winter.

#### Place.

The first groweth in Forrests, on the Hearths and such like barren plaaces: The Red grows in the North parts of this Land, as *Lancashire, Yorkshire, &c.*

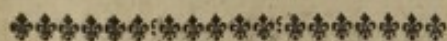
#### Time.

They flower in *March* and *April*; and the Fruit of the Black is ripe in *June* and *July*.

#### Vertue and Use.

The Black Bilberries are good in hot Agues and to cool the heat of the Liver and stomach; they do somewhat bind the Belly, and stay Vomiting and Loathings: The Juyce of the Berries made into a Syrup, or the Pulp made into a Conserve with Sugar, is good for the purposes aforesaid, as also for an old Cough or an Ulcer in the Lungs, or other diseases therein. The Red *Whorts* are more binding, and stop Womens Courses, spitting of Blood, or any other Flux of Blood or Humors, being used aswel outwardly as inwardly.

Agues,  
Stomach,  
Liver,  
Vomiting,  
Apetite lost,  
Cough,  
Phthisick,  
Fluxes.



### Bifoyl, or Twayblade.

#### Description.

This smal Herb from a Root somewhat sweet, shooting downwards many long Arings, riseth up a round green Stalk bare or naked next the ground for an inch, two or three to the middle thereof, as it is in age or growth, as also from the middle upward to the Flowers, having only two broad Plantain-like

Leaves (but whiter) set at the middle of the Stalk one against another, and compasseth it round at the bottom of them.

#### Place.

It is a usual Inhabitant in *Woods, Coppes*, and in many other places in this Land.

There is another sort growes in wet grounds and Marshes, which is somewhat differing from the former: It is a smaler Plant, and greener, having sometimes three Leaves; the Spike of Flowers is less than the former, and the Roots of this do run or creep in the ground.

They are much and often used by many to good purpose for Wounds both green and old, and to consolidate or knit Ruptures.



### The Birch-Tree.

#### Description.

This groweth a goodly tall straight Tree, fraught with many Boughes and slender Branches bending downward; the old ones being covered with a discoloured chapped Bark, and the yonger being browner by much: The Leaves at their first breaking out are crumpled, and afterward like the Beech Leaves, but smaler and greener, and dented about the edges: It beareth smal short Catkins, somewhat like those of the Hazel-Nut-tree, which abide on the Branches a long time, until growing ripe they fall on the ground, and their Seed with them.

#### Place.

It usually groweth in Woods.

#### Vertues.

The Juyce of the Leaves while they are yong, or the distilled Water of them, or the Water that coms out of the Tree, being bored with an Augur and distilled afterwards; any of these being drunk for som time together, is available to break the Stone in the Kidnies or Bladder; and is good also to wash sore Mouths.

Stone, sore Mouths.



### Birds-Foot.

This smal Herb groweth not above a span high, with many Branches spread on the ground, set with many wings of small Leaves; The Flowers grow upon the Branches, many smal ones of a pale yellow colour, being set at a head together, which afterwards turn into so many smal joynted Cods with Seeds in them; the Cods well resembling the Claws of smal Birds, whence it took its name.

There is another sort of *Birds-Foot* in all things



things like the former, but a little larger; the Flowers of a pale whitish red colour, and the Cods distinct by Joynts like the other, but a little more crooked, and the Roots do carry many smal white Knots or Kernels amongst the Strings.

*Place.*

These grow on Heaths, and many open untilld places of this Land.

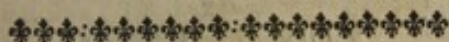
*Time.*

They flower and seed in the end of Summer.

*Vertues and use.*

*Dry, Bind, Wounds, Stone, Ruptures.* They are of a drying, binding quality, and therby very good to be used in Wound-drinks, as also to apply outwardly for the same purpose. But the latter *Birds-foot* is found by experience to break the Stones in the Back or Kidnies, and drive them forth, if the Decoction therof be taken; and it wonderfully helpeth the Rupture, being taken inwardly, and outwardly applied to the place.

All Salts have best operation upon the Ston, as Ointments & Plaisters have upon Wounds; and therfore if you may make a Salt of this for the Stone, the way how to do so may be found in my Translation of the *London Dispensatory*, and it may be I may give you again in plainer terms at the latter end of this Book.



## Bishops-weed.

*Description.*

**C**ommon *Bishops-weed* riseth up with a round straight Stalk, sometimes as high as a Man, but usually three or four foot high, beset with divers smal, long, and somewhat broad Leavs, cut in som places and dented about the edges, growing one against another, of a dark green colour; having sundry Branches on them, and at the top smal umbels of white flowers, which turn into smal round brown Seed, little bigger than Parsly-seed, of a quick hot scent and tast: The Root is white and stringie, perishing yearly after it hath seeded, and usually riseth again of its own sowing.

*Place.*

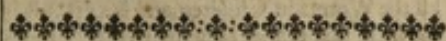
It groweth wild in many places in *England* and *Wales*, as between *Greenheath* and *Gravsend*.

*Vertues.*

*Disury, Terms provoked, Wind, Chollick, Venemous Beasts, Cantharides, black and blew Spots,* It digesteth Humors, provoketh Urin and Womens Courses, dissolveth Wind; and being taken in Wine, easeth pains and griping in the Bowels, and is good against the biting of Serpents: It is used to good effect in those Medicins which are given to hinder the poysonful operation of *Cantharides* upon the passages of the Urin: Being mixed with Honey, and applied to black and blue marks, coming of blows or bruises, it takes them away: and being

ing drunk or outwardly applied, it abateth an high colour, and makes it pale; and the Fumes therof taken with Rozin, or Raisons, clenseth the Mother.

It is hot and dry in the third degree, of a bitter tast and something sharp withal; it provokes Lust to purpose; I suppose *Venus* owns it.



## Bistort, or Snakeweed.

*Description.*

**T**his hath a thick, short, knobbed Root, blackish without, and somewhat reddish within, a little crooked or turned together, of an harsh astringent tast, with divers black threds hanging there, from whence spring up every year divers Leavs standing upon long Footstalks, being somewhat broad and long like a Dock-leaf, and a little pointed at the ends, but that it is of a blewish green colour on the upper side, and of an Ash colour gray, and a little purplish underneath, with divers Veins therin; from among which rise up divers smal and slender Stalks, two foot high, and almost naked, and without Leavs, or with very few, and narrow, bearing a spiky Bush of pale Flesh colour'd Flowers, which being past there abideth smal Seed, somewhat like unto Sorrel Seed, but greater.

There are other sorts of *Bistort*, growing in this Land, but smaller, both in height, Root, and Stalks, and especially in the Leavs, The Root blackish without, and somewhat whitish within, of an austere binding tast as the former.

*Place.*

They grow in shadowy moist Woods, and at the foot of Hills, but are chiefly nourished up in Gardens. The narrow leaved *Bistort* groweth in the North, in *Lancashire*, *Yorkshire*, and *Cumberland*.

*Time.*

They Flower about the end of *May*, and the Seed is ripe about the beginning of *July*.

*Vertues and use.*

Both the Leavs and Roots have a powerful faculty to resist al Poyson: The Root Poyson, in Poudre taken in drink expelleth the Venem Plague, of the Plague, the smal Pox, Meazles, Purples, Smal pocks or any other infectious Disease, driving it out Meazles, by sweating: The Root in Poudre or the Purples, Decoction therof in Wine being drunk, stayeth Epidemial manner of inward bleedings or spittings of cal Disease Blood, and any Fluxes in the Body of either sex. Man or Woman, or Vomitings; it is also very available against Ruptures or Burstings, or bleeding, all bruises or falls, dissolving the congealed Flux, Vomiting, Blood, and easeth the pains that happen thereupon, it also helpeth the Jaundice. The Water Jaundice.



*Venemous  
Beasts.*

ter distilled from both Leavs and Roots, is a singular remedy to wash any place bitten or stung by any venemous creature; as also for any of the purposes before spoken of.

*ulcers,*

And is very good to wash any running Sores or Ulcers. The Decoction of the Root in Wine being drunk, hindreth Abortion or Miscarriage in Child-bearing. The Leavs also kil the Worms in Children, and is a great help for them that cannot keep their Water, if the Juyce of Plantane be added thereto. And outwardly applied, much helpeth the Gonorrhoea,

*Running of  
the Reins.*

or running of the Reins. A dram of the Powder of the Root taken in the Water thereof, wherein som red hot Iron or Steel hath been quenched is also an admirable help thereto, so as the Body be first prepared and purged from the offensive humors. The Leaves, Seed, or Roots are al very good in Decoctions, Drinks

*Wounds,*

or Lotions, for inward or outward Wounds or other sores: and the Powder strewed upon any cut or wound in a Vein, stayeth the im-

*Bleeding,*

moderat bleeding thereof. The Decoction of the Roots in Water whereunto som Pomgrate Pils and Flowers are added, injected into

*Matrix,*

the Matrix, stayeth the access of humors to the Ulcers thereof, and bringeth it to its right place, being fallen down, and stayeth the im-

*Terms  
stopr.*

moderat flux of the Courses. The Root hereof with Pellitory of Spain and burnt Allum of each a like quantity, beaten smal and made into

*Tooth-ach,*

Past, with some Honey, and a little Picce thereof put into an hollow-Tooth, or held be-

*Head.*

tween the Teeth if there be no hollowness in them, stayeth the defluxion of Rheum upon them, which causeth pains, and helps to cleanse

*Cankers,*

the Head, and avoid much offensive Water. The Distilled Water is very effectual to wash

*Gums, In-*

Sores or Cankers in the Nose or any other part, if the Powder of the Root be applied ther-

*Almonds of*

unto afterwards. It is good also to fasten the

*the Ears.*

Gums, and to take away the heat and inflammation that happen in the Jaws, Almonds of the Throat or Mouth, if the Decoction of the

Leavs, Roots, or Seeds be used, or the Juyce of them; but the Roots are most effectual to all the purposes aforesaid.

\*\*\*\*\*

## One-Blade.

### Description.

**T**His smal Plant never beareth more than one-Leaf, but only when it riseth up with its Stalk which thereon beareth another, and seldom more, which are of a bluish green colour, broad at the bottom and pointed with many Ribs or Veins like Plantane: At the top of the Stalk grow many smal white Flowers Star-fashion smelling something sweet: after which come smal reddish Berries when

they are ripe. The Root is smal, of the bigness of a Rush, lying and creeping under the upper crust of the Earth, shooting forth in diverse places.

### Place.

It groweth in moist shadowy, grassie places of Woods in many places of this Realm.

### Time.

It flowreth about May, and the Berries be ripe in June, and then quickly perissheth until the next year it springth from the same again.

### The Vertues.

Half a dram, or a dram at most of the Roots hereof in Powder, taken in Wine and Vineger of each a like quantity, and the party presently

laid to sweat, is held to be a sovereign remedy for those that are infected with the Plague, and

have a sore upon them, by expelling the Poyson and defending the Heart and Spirits from

danger: it is also accounted a singular good Wound-Herb, and therefore used with other

Herbs in making such Balms as are necessary for the curing of Wounds, either green or old,

and especially if the Nerve or Sinews be hurt.

\*\*\*\*\*

## The Bramble;

OR

## Black-Berry-Bush.

**T**His is so wel known that it needeth no Description. The Vertues thereof are as followeth.

### Vertues and use.

The Buds, Leavs and Branches while they are green are of a good use in the Ulcers and

putrid sores of the Mouth and Throat, and for the Quinsie; and likewise to heal other fresh

Wounds and Sores; but the Flowers & Fruit unripe are very binding, and so profitable for

the Bloody-flux, Lasks, and are a fit remedy for spitting of Blood. Either the Decoction

or Powder of the Root being taken is good to break or drive forth Gravel, and the Stone in

the Reins and Kidnies. The Leavs and Brambles aswel green as dry, are excellent good

Lotions for sores in the Mouth or secret parts: The Decoction of them & of the dried Branches, do much bind the Belly, and are good for

the too much flowing of Womens Courses: The Berries or the Flowers are a powerful re-

medy against the Poyson of the most venemous Serpents, as wel drunk as outwardly ap-

plied, helpeth the sores of the Fundament, and the Piles. The Juyce of the Berries mixed

with Juyce of Mulberries, do bind more effectually, and help fretting and eating sores and

Ulcers whersoever. The Distilled Water of the Branches, Leavs and Flowers, or of the Fruit, is very pleasant in tast, and very effect-

*Pestilence,*

*Wounds,*

*Nerve,*

*Wound-Herb,*

*hurt.*

*Herbs*

*for the curing*

*of Wounds,*

*either green or old,*

*and especially if*

*the Nerve or*

*Sinews be hurt.*

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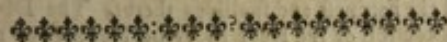
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*Feavers, Head, Eyes, Itch, Scab- by Heads.* Etual in Feavers and hot distempers of the Body, Head, Eyes and other parts, and for al the purposes aforesaid. The Leaves boyled in Ly and the Head washed therewith, healerth the Itch and the running sores therof, and maketh the Hair black. The Pouder of the Leaves strewed on cankrous and running Ulcers, doth wonderfully help to heal them. Some use to condensate the Juyce of the Leaves, and some the Juyce of the Berries to keep for their use all the year, for the purposes aforesaid.

It is a Plant of *Venus* in *Aries*: You shall have som Directions at the latter end of the Book for the gathering of al Herbs and Plants &c. If any ask the Reason why *Venus* is so prickly? Tel them 'tis because she is in the house of *Mars*.



## Blites.

### Description.

OF these there are two sorts commonly known, *Virg.* White and Red. The White hath Leavs somewhat like unto Beets, but smaller, rounder and of a whitish green colour, every one standing upon a smal long Footstalk: The Stalk riseth up two or three foot high with such like Leavs thereon: The Flowers grow at the top in long round tufts or clusters, wherein are contained smal and round Seed. The Root is very full of threads or strings.

The red *Blite* is in all things like the white, but that his Leavs and tufted heads are exceeding red at first, and after turn more Purplish.

There are other kinds of *Blites* which grow wild, differing from the two former sorts but little, only the wild are smaler in every part.

### Place.

They grow in Gardens, and wild in many places of this Land.

### Time.

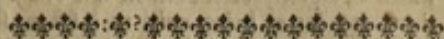
They seed in *August* and *September*.

### Vertues and use.

They are all of them cooling, drying and binding, serving to restrain the Fluxes of Blood in either man or woman, especially the Red; which also stayeth the overflowing of women's Reds, as the white *Blite* stayeth the Whites in Women. It is an excellent secret, you cannot wel fail in the use; they are al under the Dominion of *Venus*.

There is one other sort of wild *Blites*, like the other wild kinds, but having long and spike heads of greenish Seed, seeming by the thick setting together to be al Seed.

This sort the Fishes are delighted with, and it is a good and usual Bait; for Fishes will bite fast enough at them, if you have but wit enough to catch them when they bite.



## Borrage & Bugloss.

These are so wel known to be Inhabitants in every Garden, that I hold it needless to describe them.

### Time.

They flower in *June* and *July*, and the Seed is ripe shortly after.

### Vertues and use.

They are very Cordial. The Leaves or Roots are to very good purpose used in putrid and Pestilential Feavers, to defend the Heart, and hlp to resist and expel the Poyson, or the Venom of other Creatures; the Seed is of the like effect; and the Seed and Leavs are good to cncrate Milk in Womens Breasts: The Leavs, Flowers and Seed, all, or any of them are good to expel Pensiveness and Melancholy: it helpeth to clarifie the Blood, and mitigate heat in Feavers. The Juyce made into a Syrup prevaileth much to all the purposes aforesaid, and is put with other cooling, opening, cleansing Herbs, to open obstructions, and help the yellow-Jaundice, and mixed with Fu-

*Feavers, Pestilence, Poyson, Venemous, Beasts, Milk in Nurses, Melancholy, Ill Blood,*

mitory, to cool, clens, and temper the Blood, therby it helpeth the Itch, Ringworms, and Tettters, or other spreading Scabs or Sores. The Flowers candied, or made into a Conserve are helping in the former causes, but are chiefly used as a Cordial, and is good for those that are weak with long sickness, and to comfort the Heart and Spirits of those that are in a consumption, or troubled with often swoonings or passions of the Heart: The Distilled Water is no less effectual to all the purposes aforesaid, and helpeth the redness and inflammation of the Eyes being washed therewith: The dried Herb is never used, but the green; yet the Ashes therof boyled in Mead, or Honyed Water is available against Inflammations and Ulcers in the Mouth or Throat, to wash and gargle it therewith. The Roots of *Bugloss* are effectual being made into a licking Electuarie, for the Cough, and to condensate thin flegm, and Rheumatick Distillations upon the Lungs.

*Yellow-Jaundice, Itch, Ringworms, Scabs, Weakness by long sickness, Consumption, Swooning, Inflammations, Ulcers, sore Mouths & Throat, Cough, Flegm.*

They are both Herbs of *Jupiter*, and under *Leo*, both great Cordials, great strengtheners of Nature.



## Bluebottles.

These are so wel known generally unto my Country men to grow among their Corn, that I suppose it needless to write any Description therof: There are other kinds which



which I purposely omit both in this and others, my intent being only to insift most principally upon the vulgarly known, and commonly growing Flowers and Herbs.

## Time.

They Flower and Seed in the Summer Months.

## Vertues and Use.

Bruises,  
Broken  
Veins,  
Poyson,  
Plague,  
Epidemi-  
cal Disea-  
ses,  
Wounds,  
ulcers,  
Inflama-  
tions in  
the Eyes.

The Pouder or dried Leavs of the *Bluebot-  
tle*, or *Cornflower* is given with good success  
to those that are bruised by a fall, or have bro-  
ken a Vein inwardly, and void much Blood at  
the Mouth, being taken in the Water of *Plan-  
tane*, *Horttail*, or the greater *Comfry*. It is a  
Remedy, against the Poyson of the *Scorpion*,  
and resisteth al other Venoms and Poysons;  
The Seed or Leavs taken in Wine is very good  
against the *Plague*, and al infectious Diseases,  
and is very good in Pestilential Feavers. The  
Juyce put into fresh or green Wounds doth  
quickly soder up the Lips of them together,  
and is very effectual to heal al Ulcers and Sores  
in the Mouth: The Juyce dropped into the  
Eyes, taketh away the heat and inflammation  
in them. The distilled Water of the Herb  
hath the same properties, and may be used for  
all the Effects aforesaid.



## Briony, or VVild Vine.

## Description.

THE Common white *Briony* groweth ram-  
ping upon the Hedges, sending forth many  
long rough very tender branches at the begin-  
ning, with many very rough broad Leavs ther-  
on, cut (for the most part) into five partitions,  
in form very like a Vine Leaf, but smaller,  
rougher, and of a whitish or hoary green co-  
lour, spreading very far, spreading and twin-  
ning with his smal Claspers (that come forth  
at the Joynts with the Leavs) very far on  
whatsoever standeth next it: At the several  
Joynts also (especially towards the top of the  
Branches) cometh forth a long Stalk, bearing  
many whitish Flowers, together in a long tuft,  
consisting of five smal Leavs apiece, laid  
open like a Star: after which come the  
Berries, separated one from another more than  
a Cluster of Grapes, green at the first, and ve-  
ry red when they are through ripe, of no good  
sent, but of a most loathsome tast provoking  
Vomit: The Root groweth to be exceeding  
great with many long Twines or Branches  
growing from it of a pale whitish colour on  
the outside, and more white within, and of a  
sharp, bitter loathsome tast.

## Place.

It groweth on Banks, or under Hedges,  
through this Land the Roots lie very deep.

## Time.

It Flowreth in July and August, som earlier  
and some later than others.

## Vertues and Use.

The Roots of the *Briony* purge the Belly with great Violence, troubling the Stomach, and hurting the Liver, and therefore not easily to be taken, but being corrected is very profitable for the Diseases of the Head, as *Fal-  
ling-sickness*, *Giddinels*, and *Swimmings*, by drawing away much *Flegm* and *Rheumatick* humors that oppress the Head, as also the Joynts and Sinews, and is therefore good for *Palseys*, *Convulsions*, *Cramps*, and *Stitches* in the Sides, and the *Dropsie*; and in pro-  
voking Urin it clenseth the Reins and Kidnies from Gravel and the Stone, by opening the *Obstructions* of the Spleen, and consumeth the hardness and swellings therof. The De-  
cection of the Root in Wine drunk once a week at going to bed, clenseth the Mother, and helpeth the rising therof, expelleth the dead Child, and Afterbirth, but is not to be used by Women with Child, for fear of abortion; a dram of the Root in Pouder taken in white Wine bringeth down their Courses. An E-  
lectuary made of the Roots and Honey, doth mightily clen the Chest of Rotten *Flegm*, and wonderfully help an old strong Cough, those that are troubled with shortness of  
Breath, and is very good for them that are bruised inwardly, to help to expel the clotted or congealed Blood. The Leavs, Fruit, and Root, do clen old and filthy Sores, are good against al fretting and running Cankers, Gan-  
grenes, and Tetters, and therefore the Berries are by some Country People called *Tetter-  
Berries*. The Root clenseth the Skin wonder-  
fully from al black and blew Spots, Freckles, *Morphew*, *Leprosie*, foul Scars, or other de-  
formity whatsoever: as also al running Scabs, and Manginess are healed by the Pouder of the dried Root, or the Juyce therof, but especially by the fine white hardened Juyce: The distilled water of the Roots worketh the same effects but more weakly. The Root bruised and ap-  
plied of it self to any place where the Bones are broken, helpeth to draw them forth, as also Splinters and Thorns in the Flesh; and being applied with a little Wine mixed therewith it breaketh Boyls, and helpeth Whitlows on the Joynts.

For al these latter beginning at Sores, Can-  
kers &c. apply it outwardly and take my ad-  
vice along with you, you shal find in my *Tran-  
slation of the London Dispensatory*, among the Preparations at latter end, a Medicin cal-  
led *Foecula Brionia*, take that and use it, you have the way there how to make it, and mix that with a little Hogs Greas or other conve-  
nient Oyntment, and use it at your need.

As for the former Diseases where it must be taken inwardly, is purgeth very Violently, and needs

Falling-  
sickness,  
Vertigo,  
Flegm,  
Palsies,  
Convulsion  
Cramp,  
Stitches,  
Dropsies,  
Gravel,  
Stone,  
Obstruc-  
tions,  
Womb, Mo-  
ther, Dead  
Child, Af-  
ter-birth.

Cough,  
Shortness  
of Breath,  
Sores, Can-  
kers, Gan-  
grenes,  
Tetters,  
Ring-  
worms,  
Black  
Spots,  
Freckles,  
Morphew,  
Leprosie.

Broken  
Bones,  
Splinters,  
Thorns,  
Whitlows,  
or Nail-  
wheals, or  
Ardicoms.



needs an abler hand to correct it than most Country people have, therefore it is a better way for them (in my opinion) to let the Simple alone, and take the Compound Water of it, mentioned in my *Dispensatory*, and that is far more safe, being wisely corrected.



## Brooklime.

### Description.

**T**His sendeth forth from a creeping Root, that shooteth forth strings at every Joynt as it runneth, divers and sundry green Stalks, round and sappy with some branches on them, somewhat broad, round, deep green, and thick Leavs set by couples thereon: from the Bosom wherof shoot forth long Footstalks, with sundry smal blue Flowers on them, that consist of five smal round pointed Leavs apiece.

There is another sort nothing differing from the former, but that it is greater, and the Flowers of a paler blue Colour.

### Place.

They grow in smal standing Waters, and usually neer Watercresses.

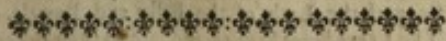
### Time.

And Flower in June and July, giving Seed the next Month after.

### Virtues and use.

Brooklime and Watercresses are generally used together in Diet Drinks with other things, serving to purge the Blood and Body from ill Humors that would destroy health, and are helpful for the Scurvy: They do also provoke Urin, and help to break the Stone and pass it away; they procure Womens Courses, and expel the dead Child. Being fried with Butter and Vinegar and applied warm, it helpeth all manner of Tumors or Swellings, and Inflammations.

Such drinks ought to be made of Sundry Herbs according to the Malady offending, I shal give a plain and easie Rule at the latter end of the Book.



## Butchers-Broom.

### Description.

**T**He first shoots that sprout from the Root of *Butchers-Broom* are thick, whitish, and short, somewhat like those of *Asparagus*, but greater: these rising up to be a foot and an half high are spread into divers Branches, green & somewhat crested with the roundness, tough and flexible, wheron are set somewhat broad and almost round hard Leavs, sharp and prickly pointed at the ends, of a dark green co-

lour, two for the most part set at a place, very close or neer together; about the middle of the Leaf, on the back or lower side from the middle Rib, breaketh forth a smal whitish green Flower consisting of four smal round pointed Leavs standing upon little or no Footstalk, and in the place wherof cometh a smal round Berry, green at the first, and red when it is ripe, wherin are two or three white, hard, round Seeds contained: The Root is thick, white, and great at the Head, and from thence sendeth forth divers thick, white, long, tough strings.

### Place.

It groweth in Coples, and upon Heaths and wast grounds, and oftentimes under or neer the Holly-Bushes.

### Time.

It shooteth forth his yong buds in the Spring and the Berries are ripe in or about September, The Branches and Leavs abiding green al the Winter.

### Virtues and use.

The Decoction of the Roots made with Wine, openeth Obstructions, provoketh Urin, helpeth to expel Gravel and the Stone, the Strangury, and Womens Courses, as also the yellow Jaundice and the Head-ach; and with some Honey or Sugar put therunto, cures the Breast of Flegm, and the Chest of much clammy Humors gathered therein. The Decoction of the Roots drunk, and a Puleis made of the Berries and Leavs being applied, are effectual in knitting and consolidating broken Bones and Parts out of Joynt.

It is called *Bruscus* in some places, and in *Sussex* *Kneeholly*, and *Kneeholm*. The common way of using it is to boyl the Roots of it and Parsly, and Fennel, and Smallage in white Wine, and drink the Decoction, adding the like quantity of *Grass* Roots to them; the more of the Roots you boyl the stronger will the Decoction be, it works no ill effects, yet I hope you have wit enough to give the strongest Decoction to the strongest Bodies.



## Broom, & Broomrape.

**T**O spend time in writing a Description herof is altogether needless, it being so generally used by all the good Huswives almost through this Land to sweep their Houses with, and therefore very wel known to all sorts of people.

The *Broomrape* springeth up in many places from the Roots of the *Broom* (but more often in fields, by Hedg sides, and on Heaths) The Stalk wherof is of the bigness of a Finger or Thumb, above two Foot high having a show of Leavs on them and many Flowers at



the top, of a deadish, yellow colour, as also the Stalks and Leavs are.

*Place.*

They grow in many places of this Land commonly, and as commonly spoyle all the Land they grow in.

*Time.*

And Flower in the Summer Months, and give their Seed before Winter.

*Vertues and use.*

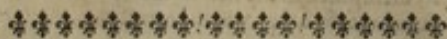
The Juyce, or Decoction of the yong Branches, or Seed, or the Powder of the Seed taken in Drink, purgeth downwards, and draweth Flegmatick and watery humors from the Joynts, wherby it helpeth the Dropfie, Gout, Sciatica, and the pains in the Hips and Joynts: It also provoketh strong Vomits, and helpeth the pains of the Sides, and swellings of the Spleen, clenseth also the Reins, or Kidnies and Bladder of the Stone, provoketh Urin abundantly, and hindreth the growing again of the Stone in the Body. The continual use of the Powder of the Leaves and Seed, doth cure the Black Jaundice: The distilled Water of the Flowers is profitable for all the same purples; it also helpeth Sursets, and altereth the Fits of Agues, if three or four ounces therof, with as much of the Water of the lesser Centaury and a little Sugar put therin, be taken a little before the fit cometh, and the party be laid down to sweat in their Bed. The Oyl or Water that is drawn from the ends of the green sticks heated in the fire, helpeth the Toothach. The Juyce of the yong Branches made into an Oymment of old Hogs Greaf and anointed, Or the yong Branches bruised and heated in Oyl or Hogs Greaf, and laid to the Sides pained by wind, as in Stitches, or the Spleen, caseth them in once or twice using it: The same boyled in Oyl is the safest and surest Medicine to kil Lice in the Head or Body of any; and is an especial Remedy for Joynt aches, and swollen Knees that come by the falling down of Humors.

The Broomrape also is not without his Vertues.

The Decoction therof in Wine is thought to be as effectual to avoid the Stone in the Kidnies and Bladder, and to provoke Urin, as the Broom it self: The Juyce therof is a singular good help to cure as wel green Wounds, as old and filthy Sores, and malignant Ulcers. The insolate Oyl wherein there hath been three or four Repetitions of Infusion of the top stalks with Flowers strained and cleered, clenseth the Skin of al manner of Spots, Marks and Freckles that arise either by the heat of the Sun, or the Malignity of humors.

As for the Broom (for as yet I know not what to say to Broomrape in the business) but as for Broom, Mars owns it, and it is excec-

ding prejudicial to the Liver, I suppose by Reason of the Antipathy between Jupiter and Mars, therefore if the Liver be disaffected, administer none of it.



## Bucks-horn Plantane.

*Description.*

THIS being sown of Seed, riseth up at the first with smal, long, narrow hairy dark green Leavs like grals, without any division or gash in them; but those that follow are gashed in on both sides the Leavs into three or four gashes, and pointed at the ends, resembling the Knags of a Bucks Horn (wherof it took the name) and being well grown round about the Root upon the ground, in order one by another thereby resembling the form of a Star: from among which rise up divers hairy Stalks, about a hand breadth high, bearing every one a smal long spiky Head like to those of the common Plantane, having such like Blooming and Seed after them. The Root is single, long, and smal, with divers strings at it.

*Place.*

They grow in dry Sandy grounds, as in Tuttle-Fields by Westminster, and divers other places of this Land.

*Time.*

They Flower and Seed in May, June, and July, and their green Leavs do in a manner abide fresh al the Winter.

*Vertues and use.*

This boyled in Wine and drunk, and some of the Leavs applied to the hurt place, is an excellent remedy for the biting of the Viper or Adder which I take to be one and the same: The same being also drunk helpeth those that are troubled with the Stone in the Veins or Kidnies by cooling the heat of the parts afflicted strengthening them: as also weak Stomachs that cannot retain but cast up their Meat. It stayeth al bleedings at Mouth and Nose, bloody Urin, or the Bloody Flux, and steppeth the Lask of the Belly and Bowels. The Leavs herof bruised and laid to their sides that have an Ague, suddenly caseth the Fit: and the Leavs and Roots beaten with some Bay Salt and applied to the Wrists, worketh the same effects. The Herb boyled in Ale or Wine and given for some mornings and evenings together, staith the distillations of hot and sharp Rheums falling into the Eyes from the Head, and helpeth al sorts of fore Eyes.

Venus challengeth the Dominion of this Herb.

Venemous  
Beasts,  
Stone,  
Stomach,  
Vomiting,  
Bleeding,  
Pissing  
bloody, Flux  
Bloody  
Flux,  
Agues,  
Eyes.

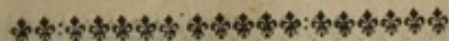
Flegm,  
Joynts,  
Dropfie,  
Sides,  
Spleen,  
Bladder,  
Kidneys,  
Stone, Di-  
sury, black  
Jaundice,  
Agues.

Toothach.

Wind,  
Stitches,  
Lice.

Stone,  
Disury,  
Green  
Wounds,





## Bugle.

## Description.

**T**His hath larger Leavs than those of the *Selfheal*, but else of the same fashion, or rather a little longer, in some green on the upper side, and in others more brownish, dented about the edges, somewhat hairy, as the square Stalk is also, which riseth up to be half a yard high sometimes, with the Leavs set by couples; from the middle almost whereof upwards stand the Flowers together, with many smaller and browner Leavs than the rest on this stalk below, set at distances, and the stalk bare between them, among which Flowers are also smal ones of a bluish, and sometimes of an Ash colour, fashioned like the Flowers of the *Ground-Ivy*, after which come small, round, blackish Seed. The Root is composed of many strings, and spreadeth upon the ground in divers parts round about.

The *White-flowered Bugle* differeth not in form or greatness from the former, saving that the Leavs and Stalks are alwaies green and never brown like the other, and that the Flowers thereof are very white.

## Place.

They grow in Woods, wet Coppes, and Fields generally throughout England; but the *White flowered Bugle* is not so plentiful as the other.

## Time.

They flower from May until July, and in the mean time perfect their Seed. The Roots and Leavs next therunto upon the ground abiding all Winter.

## Vertues and Use.

The Decoction of the Leavs and Flowers made in Wine and taken dissolveth the congeled Blood in those that are bruised inwardly by a fall or otherwise, and is very effectual for any inward Wounds, Thrusts or Stabs into the Body or Bowels, and is an especial help in all Wound-drinks, and for those that are Liver-grown (as they call it.) It is wonderful in curing all manner of Ulcers and Sores whether new and fresh, or old and inveterate, yea Gangrenes and Fistulaes also, if the Leavs bruised be applyed, or their Juyce used to wash and bath the places. And the same made into a Lotion with some Honey and Allum, cureth all sores of the Mouth or Gums be they never so foul, or of long continuance; and worketh no less powerfully and effectually for such Ulcers and Sores as happen in the secret parts of Men or Women: Being also taken inwardly, and outwardly applyed, it helpeth those that have broken any Bone, or have any Member out of Joynt. An Ointment made with the Leavs of Bugle, Scabious and Sanicle bruised and

boyled in Hogs-Greas, until the Herbs be dry, and then strained forth into a Pot, for such occasions as shal require it, is so singular good for all sorts of hurts in the Body, that non that know its usefulness will be without it.

This Herb is belonging to Dame *Venus*, and if the Vertues of it make you in love with it, (as they wil if you be wise) keep a Syrup of it to take inwardly, and an Ointment and Plaster of it to use outwardly alwaies by you.

The truth is, I have known this Herb cure some Diseases of Saturn, of which I thought good to quote one. Many times such as give themselves much to drinking are troubled with strange Fancies, strange sights in the night-time, and some with Voices, as also with the Disease *Ephialtes* or the *Mare*. I take the reason of this to be (according to *Fernelius*) a Melancholly vapor made thin by excessive drinking strong Liquor, and so flies up and disturbs the Fancy, and breeds imaginations like it self, viz. fearful and troublesome: These I have known cured by taking only two spoonfuls of the Syrup of this Herb, after Supper two hours when you go to bed. But whether this do it by Sympathy or Antipathy is som question; all that know any thing in *Astrologie*, know that there is a great Antipathy between Saturn and Venus in matter of Procreation, yea such an one, that the barreness of Saturn can be removed by none but Venus, nor the lust of Venus be repelled by none but Saturn: but I am not yet of opinion this is done this way; and my reason is, because these vapors though in quality Melancholly, yet by their flying upward seem to be something *Aerial*, therefore I rather think it is done by Sympathy, Saturn being exalted in *Libra* the house of Venus.

*Selfheal*, which follows, is of the same nature, and I am of opinion the same Herb, only differs a little in form according to the difference of place they grow in; this I am sure they work the same effect.



## Burnet.

**T**He common Garden Burnet is so well known, that it needeth no description. There is another sort which is wild, the description whereof take as followeth.

## Description.

The great wild Burnet, hath winged Leavs rising from the Roots like the Garden Burnet, but not so many, yet each of these Leavs are at the least twice as large as the other, and nicked in the same manner about the edges, of a grayish colour on the under side: The Stalks are greater and rise higher, with many such like Leavs set thereon, and greater heads at the tops of a brownish green colour, and out of them

Mares,  
Strange  
Sights in  
the night.

Bruises,  
Falls,  
Wounds,  
Scabs,  
Ulcers,  
Liver-  
grown,  
Gangrenes,  
Fistulaes,  
Sore  
Mouths,  
Gums,  
Sores in  
the Secrets,  
broken  
bones.



come final dark purple Flowers, like the former, but greater. The Root is black and long like the other, but greater also: It hath almost neither scent nor taste therein like the Garden kind.

## Place.

The first grows frequently in Gardens: The Wild kind groweth in divers Countries of this Land, especially in *Huntington & Northampton shires* in the Meadows there; as also near *London* by *Pancras-Church*, and by a Causey side in the middle of a Field by *Paddington*.

## Time.

They flower about the end of *June* and beginning of *July*, and their Seed is ripe in *August*.

## Vertues.

Heart,  
Liver,  
Melancholy,  
Pestilence,  
epidemicall  
Diseases,  
Bleeding,  
Stoppeth  
Terms and  
Whites,  
Belching,  
Vomiting,  
Wounds,  
Ulcers,  
Cankers,  
Sores,  
Fluxes.

They are accounted to be both of one property, but the lesser is more effectual, because quicker and more Aromaticall: It is a friend to the Heart, Liver, and other the principal parts of a mans Body. Two or three of the Stalks with Leavs put into a Cup of Wine, especially Clarret, are known to quicken the Spirits, refresh and cheer the Heart and drive away Melancholly. It is a special help to defend the Heart from noisom vapors, and from Infection of the Pestilence, the Juyce thereof being taken in som Drink, and the party laid to sweat thereupon. They have also a drying and an astringent quality, whereby they are available in all manner of Fluxes of Blood or Humors, to stanch bleedings inward or outward, Lasks, Scourings, the Bloudy-flux, Womens too abundant Courses, the Whites, and the Chollerick belchings and castings of the Stomach; and is a singular good Wound-herb for all sorts of Wounds both of the Head and Body, either inward or outward; for all old Ulcers, or running Cankers and moist sores to be used either by the Juyce or Decoction of the Herb, or by the Pouder of the Herb or Root, or the Water of the Distilled Herb, or Ointment by it self, or with other things to be kept. The Seed is also no less effectual both to stop Fluxes and dry up moist Sores, being taken in Pouder inwardly, in Wine or steeld Water, that is, wherein hot Gads of Steel have been quenched. Or the Pouder of the Seed mixed with the Ointments.

This is an Herb the *Sun* challengeth dominion over, and is a most precious Herb, little inferior to *Betony*: The continual use of it preservs the Body in health, and the Spirits in vigor; for if the *Sun* be the preserver of life under God, his Herbs are the best in the World to do it by.



## The Butter-Bur.

## Description.

This riseth up in *February*, with a thick Stalk about a foot high, whercon are set a few smal Leavs, or rather pieces, and at the tops a long spiked head of Flowers, of a bluish or deep red colour, according to the soil wherin it groweth; and before the Stalk with the Flowers have abidden a month above ground, will be withered and gone, blown away with the wind; and the Leavs will begin to spring, which being full grown are very large & broad, being somewhat thin and almost round, whose thick red footstalks, about a foot long stand towards the middle of the Leavs: The lower parts being divided into two round parts, close almost one to another, and of a pale green colour, and hoary underneath. The Root is long and spreading under ground, being in some places no bigger than ones Finger, in others much bigger, blackish on the outside & white within, of a bitter and unpleasant taste.

## Place and Time.

They grow in low and wet grounds by Rivers and Waters side: their Flower (as is said) rising and decaying in *February* and *March*, before the Leavs which appear in *April*.

## Vertues and use.

The Roots hereof are by long experience found to be very available against the Plague, and Pestilential Feavers, by provoking Sweat, if the Pouder thereof be taken in Wine, it also resisteth the force of any other Poyson. The Root hereof taken with *Zedoary* and *Angelica*, or without them, helps the rising of the Mother: The Decoction of the Root in Wine is singular good for those that wheeze much, or are short-winded. It provoketh Urin also and Womens courses, and killeth the flat and broad Worms in the Belly. The Pouder of the Root doth wonderfully help to dry up the moisture of sores that are hard to be cured, and taketh away all spots and blemishes of the skin.

It were wel if Gentlewomen would keep this Root preserved, to help their poor Neighbors: It is fit the Rich should help the Poor, for the Poor cannot help themselves.

Plague,  
epidemicall  
Diseases.  
Poyson.  
Mother,  
wheezing,  
Difficulty  
of breathing,  
Disury,  
Terms  
provokes,  
Flat and  
broad  
worms,  
Blemishes  
of the skin

The



## The Bur-Dock.

IT is so well known even to the little Boys who pull off the Burs to throw and stick upon one another, that I shall spare to write any description of it.

### Place.

They grow plentifully by Ditches and Water-sides, and by the High-waies almost every where through this Land.

### Vertues and use.

*Cools,*  
*Dryes,*  
*ulcers,*  
*Sores,*  
*Flegm,*  
*Sinews,*  
*Arteries,*  
  
*Venemous*  
*Beasts,*  
  
*Mad dogs,*  
*Disury,*  
*Bladder,*  
  
*Sciatica,*  
*Burning,*  
  
*Sores,*  
*Cankers,*  
  
*Consump-*  
*tion,*  
*Stone,*  
*Flux.*

The *Bur Leavs* are cooling, moderately drying, and discussing withal, whereby it is good for old Ulcers and Sores: A dram of the Roots taken with Pine Kernels, helpeth them that spit foul, mattery, and bloody Flegm: The Leavs applied on the places troubled with the shrinking of the Sinews or Arteries, give much ease: The Juyce of the Leavs, or rather the Roots themselves given to drink with old Wine doth wonderfully help the bitings of any Serpents: And the Root beaten with a little Salt and laid on the place, suddenly easeth the pain thereof, and helpeth those that are bit with a mad-Dog. The Juyce of the Leavs taken with Honey provoketh Urin, and remedieth the pain of the Bladder. The Seed being drunk in Wine fortydaies together, doth wonderfully help the *Sciatica*. The Leavs bruised with the White of an Egg and applied to any place burnt with fire, taketh out the Fire, gives sudden ease, and heals it up afterwards. The Decoction of them fomented on any fretting sore or Canker stayeth the corroding quality, which must be afterwards anointed with an Ointment made of the same Liquor, Hogs-Grease, Nitre and Vinegar, boyled together. The Roots may be preserved with Sugar, and taken fasting, or at other times for the said purposes, and for Consumptions, the Stone, and the Lask. The Seed is much commended to break the Stone and cause it to be expelled by Urin; and is often used with other Seeds and things to that purpose.

*Venus* challengeth this Herb for her own, and by its Leaf or Seed you may draw the Womb which way you please, either upward by applying it to the Crown of the Head, if in case it fall out; or downward in fits of the Mother, by applying it to the Soles of the Feet; Or if you would stay it in its place, apply it to the Navel, and that is one good way to stay the Child in it. See more of it in my Guide for Women.

## Cabbages and Coleworts.

I shall spare a labor in writing a Description of these, sith almost every one that can but write at all may describe them from his own knowledg, they being generally so well known that Descriptions are altogether needless.

### Place.

These are generally planted in Gardens.

### Time.

Their flowering time is towards the middle or end of July, and the Seed is ripe in August.

### Vertues and use.

The *Cabbages* or *Coleworts* boyled gently in Broth and eaten, do open the Body, but the second Decoction doth bind the Body. The Juyce thereof drunk in Wine helpeth those that are bitten by an Adder, and the Decoction of the Flowers bringeth down Womens Courses. Being taken with Honey, it recovereth hoarseness or loss of the voice. The often eating of them wel boyled, helpeth those that are entering into a Consumption. The Pulp of the middle Ribs of Coleworts boyled in Almond Milk, and made up into an Electuary with Honey, being taken often, is very profitable for those that are purse and short-winded. Being boyled twice, and an old Cock boyled in the Broth and drunk, it helpeth the pains and obstructions of the Liver and Spleen, and the Stone in the Kidnies. The Juyce boyled with Honey and dropped into the corner of the Eye, clearereth the sight, by consuming any Film or cloud beginning to dim it; it also consumeth the Canker growing therein. They are much commended being eaten before meat, to keep one from sursetting, as also from being drunk with too much Wine, or quickly make a man sober again that is drunk before. For (as they say) there is such an *Antipathy* or enmity between the Vine and the Colewort, that the one will die where the other groweth. The Decoction of Coleworts taketh away the pain and ach, and allayeth the swellings of swoln and gouty Legs and Knees, wherein many gross and watry humors are fallen, the place being bathed therewith warm: It helpeth also old and filthy sores being washed therewith, and healeth all small Scabs, Pusles and Wheals that break out in the Skin. The Ashes of Colewort Stalks mixed with old Hogs-Grease are very effectual to anoint the Sides of those that have had long

*Venemous*  
*Beasts.*  
*Terms*  
*provokes,*  
*Hoarsness,*  
*Consump-*  
*tion,*

*Obstruc-*  
*tions,*  
*Stone,*  
*Sight,*  
*Canker*  
*Sursets,*

*Swellings,*  
*Gout,*  
*Sores,*  
*Scabs,*  
*Wheals;*



*Melan-  
cholly,  
wind.*

pains therein, or any other place pained with Melancholly and windy humors.

This was surely *Chrysippus* his god, and therefore he wrote a whole Volume of them and their Vertues, and that none of the least neither, for he would be no small Fool, he appropriates them to every part of the Body, and to every Disease in every part, and honest old *Cato* they say used no other Physick, I know not what Mettals their Bodies were made of, this I am sure, *Cabbages* are extreame windy whether you take them as Meat, or as Medicine, yea as windy Meat as can be eaten, unless you eat Bagpipes or Bellows, and they are but seldom eaten in our daies, and *Colewort* Flowers are something more tollerable, and the whole former Food of the two.

The Moon challengeth the Dominion of the Herb.

### The Sea Colewort.

#### Description.

This hath divers somewhat long and broad, large thick wrinkled Leavs, somewhat crumpled upon the edges, growing each upon a several thick Footstalk very brittle, of a grayish green colour. From among which riseth up a strong thick stalk two Foot high and better, with some Leavs thereon to the top, where it brancheth forth much; and on every Branch, standeth a large Bush of pale whitish Flowers, consisting of four Leavs apiece: The Root is somewhat great and shooteth forth many Branches under ground, keeping the green Leavs al the Winter.

#### Place.

They grow in many places upon the Sea Coasts, as wel on the Kentish, as *Essex* Shores, as at *Lidd* in *Kent*, *Colechester* in *Essex*, and divers other places, and in other Countries of this Land.

#### Time.

They Flower and Seed about the time that other kinds do.

#### Vertues.

The Broth or first Decoction of the Sea Colewort doth by the sharp nitrous and bitter qualities therein, open the Belly and purge the Body, it cleneth and digesteth more powerfully than the other kind: The Seed herof bruised and drunk, killeth Worms. The Leavs or the Juyce of them applied to Sores or Ulcers cleneth and healeth them, and dissolveth Swellings, and taketh away Inflammations.

*Sores,  
wounds,  
ulcers,  
swellings,  
inflammations.*



### Calamint, or Mountain Mint.

#### Description.

This is a small Herb seldom rising above a Foot high, with square hoary and woody Stalks, and two small hoary Leavs set at a Joynt, about the bigness of Marjoram, or not much bigger, a little dented about the edges, and of a very fierce or quick scent, as the whole Herb is: The Flowers stand at several spaces of the Stalks from the middle almost upwards, which are small and gaping like to those Mints, and of a pale Blush colour: after which follow small, round, blackish Seeds: The Root is small and woody, with divers small sprigs spreading within the ground, and dieth not, but abideth many yeers.

#### Place.

It groweth on Heaths, and Upland dry grounds, in many places of this Land.

#### Time.

They Flower in July, and their Seed is ripe quickly after.

#### Vertues and Use.

The Decoction of the Herb being drunk, bringeth down Womens Courses and provoketh Urin: It is profitable for those that are Bursten, or troubled with Convulsions or Cramps, with shortness of Breath, or Choleric torments and pains in their Bellies or Stomachs, it also helpeth the yellow Jaundice, and staiech Vomiting, being taken in Wine; taken with Salt and Honey, it killeth all manner of Worms in the Body: It helpeth such as have the Leprosie, either taken inwardly, drinking Whey after it, or the green Herb outwardly applied: It hindren Conception in Women: being either burrd, or strewed in the Chamber, it driveth away Venemous Serpents. It takes away black and blue marks in the Face, and maketh black Scars become wel colored, if the green Herb (not the dry) be boyled in Wine and laid to the place, or the place washed therewith. Being applied to the Hucklebone, by continuance of time it spendeth the humors which caused the pain of the Sciatica. The Juyce dropped into the Ears killeth the Worms in them: The Leavs boyled in Wine and drunk provoketh sweat, and openeth Obstructions of the Liver and Spleen; it helpeth them that have a Tertian Ague (the Body being first purged) by taking away the cold Fits. The Decoction herof with some Sugar

*Terms  
provokes,  
Disury,  
Ruptures,  
Convul-  
sions.  
Cramps,  
Shortness  
of Breath,  
Jaundice,  
Vomiting,  
Worms,  
Leprosie,  
Serpents,  
Black and  
blue  
Marks,  
Scars,  
Sciatica,  
Obstruction  
of the  
Liver and  
Splein.*

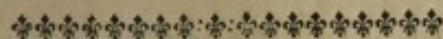
*Tertian  
Agues.*



Gall,  
Cough,  
Bowels,  
Spleen.

Sugar put therto afterwards, is very profitable for those that be troubled with the overflowing of the Gall, and that have an old Cough, and that are scarce able to breath by the shortness of their wind: That have any cold distemper in their Bowels, and are troubled with the hardness of the Spleen, for al which purposes, both the Ponder called *Diacalamintus* and the Compound Syrup of Calamint (which are to be had at the Apothecaries) are most effectual.

Let not Women be too busy with it, for it works very violently upon the Fœminin parts.



### Chamomel.

This is so wel known every where that it is but lost time and labor to describe it. The Vertues wherof are as followeth.

A Decoction made of *Chamomel* and drunk, taketh away al pains and Stitches in the Sides.

Stitches in  
the Side.

Agues.

The Flowers of *Chamomel* beaten and made up into Bals with Oyl driveth away al sorts of Agues; if the party griev'd be anointed with that Oyl taken from the Flowers, from the Crown of the Head to the Soal of the Foot, and afterwards laid to sweat in his Bed, and that he sweat wel: This is *Nichessor* an Egyptian's Medicine. It is profitable for all sorts of Agues that come either from Flegm or Melancholly, or from an Inflammation of the Bowels being applied when the Humors causing them shal be concocted; and there is nothing more profitable to the sides and Region of the Liver and Spleen than it.

Liver,  
Spleen,  
weariness,

Sinews,  
Swellings,

The bathing with a Decoction of *Chamomel* taketh away weariness, easeth pains to what part of the Body soever they be applied: it comforteth the Sinews that are overtrained, mollifieth al Swellings: It moderately comforteth al parts that have need of warmth, digesteth and dissolveth whatsoever hath need thereof by a wonderful speedy property. It easeth al the pains of the Chollick and Stone, and al pains and torments of the Belly, and gently provoketh Urin. The Flowers boyled

Chollick,  
Stone,  
Belly-ach,

Cold, Ach,

in Posset Drink provoketh Sweat, and helpeth to expel Colds, Aches, and Pains, whosoever and is an excellent help to bring down Womens Courses. A Syrup made of the Juyce of *Chamomel* with the Flowers and white Wine, is a Remedy against the Jaundice and Dropsie. The Flowers boyled in a Ly, are good to wash the Head, and comfort both it and the Brain. The Oyl made of the Flowers of *Chamomel* is much used against al hard swellings, pains or aches, shrinking of the Sinews

Jaundice,  
Dropsie,

Brains,

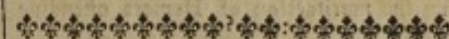
Cramp,

Stitch in  
the Side.

or Cramps, or pains in the Joynts, or any other part of the Body; being used in Clifters, it helpeth to dissolve wind and pains in the

Belly; anointed also it helpeth Stitches and pains in the Sides.

*Nichessor* saith the Egyptians dedicated it to the Sun becaus it cured Agues; and they were like enough to do it, for they were the arrantest Apes in their Religion that ever I red of. *Bacchinus*, *Pena*, and *Lobel* commend the Syrup made of the Juyce of it and Sugar, taken inwardly, to be excellent for the Spleen. Also this is certain, that it most wonderfully breaks the Stone, some take it in Syrup or Decoction, others inject the Juyce of it into the Bladder with a Syring; my Opinion is, That the Salt of it taken half a dram in a morning, in a little White or Rhenish Wine is better than either, that it is excellent for the Stone appears by this, which I have seen tried, viz. That a Stone that hath been taken out of the Body of a man being wrapped in *Chamomel* will in time dissolve, and in a little time too.



### Campions wild.

#### Descriptions.

The white wild *Campion* hath many long and somewhat broad dark green Leavs, lying upon the ground with divers Ribs therein somewhat like Plantane, but somewhat hairy, broader, and not so long: The hairy Stalks rise up in the middle of them three or four foot high, and sometimes more, with divers great white Joynts at several places thereon, and two such like Leavs therat up to the top, sending forth Branches at the several Joynts also; al which bear on several Footstalks white Flowers at the tops of them, consisting of five broad pointed Leavs, every one cut in on the end unto the middle, making them seem to be two apiece, smelling somewhat sweet, and each of them standing in large green striped hairy Husks, large and round below next to the Stalk: The Seed is smal and grayish in the hard Heads that come up afterwards: The Root is white and long, spreading divers fangs in the ground.

The Red Wild *Campion* groweth in the same manner as the White, but his Leavs are not so plainly ribbed, somewhat shorter, rounder and more woolly in handling: The Flowers are of the same form and bigness, but in som of a pale, in others of a bright red colour, cut in at ends more finely, which maketh the Leavs seem more in number than the other. The Seed and the Roots are alike: The Roots of both sorts abiding many years.

There are forty five kinds of *Campions* more, those of them which are of Physical uses having the like Vertues with these above described, which I take to be the two chiefest kinds.



*Place.*

They grow commonly through this Land by Fields, Hedg-sides, and Ditches.

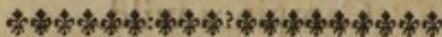
*Time.*

They flower in Summer som earlier than others, and some abiding longer than others.

*Vertues and use.*

It is found by experience that the Decoction of the Herb either the White or Red being drunk, doth stay inward bleedings; and applied outwardly it doth the like: And being drunk helpeth to expel the Urin being stop'd, and Gravel or the Stone in the Reins or Kidneys. Two drams of the Seed drunk in Wine, purgeth the Body of Chollerick humors, and helpeth those that are stung by Scorpions, or other venomous Beasts; and may be as effectual for the Plague: It is of very good use in old Sores, Ulcers, Cankers, Fistulae and the like, to clesn and heal them, by consuming the moist humors falling into them, and correcting the putrification of Humors offending them.

Bleeding  
inward &  
outward,  
Disury,  
Gravel,  
Choller,  
Venemous  
Beasts.  
Plagues,  
Sores,  
ulcers,  
Cankers,  
Fistulae.



## Carrots.

The Garden kind are so wel known that they need no Description; but because they are of less Physical use than the Wild kind (as indeed almost in all Herbs the Wild are most effectual in Physick, as being more powerful in operation then the Garden kinds) I shal therefore briefly describe the Wild Carrot.

*Description.*

It groweth in a manner altogether like the Tame, but that the Leavs and Stalks are somewhat whiter and rougher: The Stalks bear large tufts of white Flowers, with a deep Purple spot in the middle, which are contracted together when the Seed begins to ripen, that the middle part being hollow and low, and the outer Stalks rising high, maketh the whol Umbel to shew like a Birds-Nest. The Root is small, long, and hard, unfit for meat, being somewhat sharp and strong.

*Place.*

The Wild kind groweth in divers parts of this Land plentifully by the Fields sides, and in untilld places.

*Time.*

They flower and seed in the end of Summer.

*The Vertues.*

The Wild kind, breaketh Wind, and removeth Stiches in the Sides, provoketh Urin and Womens Courses, and helpeth to break and expel the Stone: The Seed also of the same worketh the like effect, and is good for the Dropfie, and those whose Bellies are swollen with Wind; helpeth the Chollick, the Stone

wind,  
Stiches,  
provokes  
urin and  
the Terms,  
Stone,

in the Kidnies, and the rising of the Mother, Dropfie, being taken in Wine, or boyled in Wine and taken; and helpeth Conception. The Leavs Chollick, Barvenneß being applied with Honey to running Sores or ulcers. Ulcers, doth clesn them.

I suppose the Seeds of them perform this better than the Roots; And though Galen commend Garden Carrots highly, to break Wind; yet experience teacheth, that they breed it first; and we may thank Nature for expelling it, not they: The Seeds of them expel Wind indeed, and so mend what the Root marreth.



## Caraway.

*Description.*

It beareth divers Stalks of fine cut Leavs lying upon the ground somewhat like to the Leavs of Carrots, but not bushing so thick, of a little quick tast in them, from among which riseth up a square Stalk not so high as the Carrot, at whose Joynts are set the like Leavs but smaler and finer, and at the top smal open tufts or Umbels of white Flowers, which turn into smal blackish Seed smaler than the Anniseed, and of a quicker and hotter tast. The Root is whitish, smal and long, somewhat like unto a Parsnep, but with more wrinckled Bark, and much less, of a little hot and quick tast, and stronger than the Parsnep, and abideth after Seed-time.

*Place.*

It is usually sown with us in Gardens.

*Time.*

They flower in June or July, and seed quickly after.

*Vertues and use.*

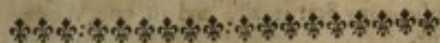
Caraway Seed hath a moderat sharp quality wherby it breaketh Wind and provoketh Urin, wind, which also the Herb doth. The Root is better Disury, food than the Parsnep, and is pleasant & comfortable to the Stomach, helping digestion. Indigestiō, Head, The Seed is conducing to all the cold griefs of Stomach, Head and Stomach, the Bowels or Mother, as Bowels, also the wind in them, and helpeth to sharpen Mother, the Eye-sight. The Pouder of the Seed put Black and into a Pultis, taketh away black and blue spots blue spots, of Blows or Bruises. The Herb it self, or with Bruises, Chollick, some of the Seed bruised and fryed, laid hot in a bag or double cloth to the lower part of the Belly, easeth the pains of the wind Chollick.

The Roots of Caraways eaten as men eat Parsnips, strengthen the Stomacks of ancient people exceedingly, and they need not make a whol meal of them neither, and are fit to be planted in every ones Garden.

Caraway Comfects, once only dipped in Sugar, and half a spoonful of them eaten in the morning fasting, and as many after each Meal



meal is a most admirable Remedy for such as are troubled with Wind.



## Celandine.

### Description.

**T**His hath divers tender, round, whitish, green Stalks, with greater Joynts than ordinary in other Herbs, as it were Knees, very brittle and easie to break, from whence grow Branches with large tender long Leavs, much divided into many parts, each of them cut in on the edges, set at the Joynts on both sides of the Branches, of a dark bluish green colour on the upper side like Columbines, and of a more pale bluish green underneath, full of a yellow sap, when any part is broken, of a bitter tast and strong scent. At the tops of the Branches which are much divided, grow gold yellow Flowers of four Leaves apiece, after which come small long pods, with blackish seed therein. The Root is somewhat great at the head, shooting forth divers other long Roots and small Strings, reddish on the outside and yellow within, full of a yellow sap therein.

### Place.

It groweth in many places by old Walls, by the Hedges, and way sides in untilled places; and being once planted in a Garden, especially in some shady place, it will remain there.

### Time.

They flower all the Summer long, and the Seed ripeneth in the mean time.

### Vertues and Use.

The Herb or Roots boyled in white-Wine and drunk, a few Aniseeds being boyled therewith, openeth Obstructions of the Liver and Gall, helpeth the yellow Jaundice: and the Gall, yet often using it, helps the Dropsie, and the Itch, low Jaundice and those that have old Sores in their Legs, or dice, Dropsie, other parts of the Body. The Juyce thereof taken fasting, is held to be of singular good use against the Pestilence: The distilled Water, with a little Sugar, and a little good Triacle mixed therewith (the party upon the taking being laid down to sweat a little) hath the same effect. The Juyce dropped into the Eyes cleanseth them from Films and cloudiness which darken the sight, but it is best to allay the sharpnes of the Juyce with a little Breast-milk: It is good in old filthy corroding creeping Ulcers whersoever, to stay their malignity of fretting and running, and to cause them to heal the more speedily: The Juyce often applied to

Tetter, Ringworms, or other such like spreading Cancers, will quickly heal them, and rubbed often upon Warts will take them away. The Herb with the Roots bruised and heated with Oyl of Camomel, and applied to the Navel, taketh away the griping pain in the Belly, Bo-

and Bowels, and all the pains of the Mother: wels, Mo- and applied to Womens Breasts stayeth the o- ther Worms vermuch flowing of their Courses. The Juyce Terms Decoction of the Herb gargled between the stops, Teeth that ache, easeth the pain; and the Toothach; Powder of the dryed Root, laid upon an aching Itch, Beau- hollow, or loose Tooth, wil caus' it to fall out. ry lost.

The Juyce mixed with som Pouder of Brimstone, is not only good against the Itch, but taketh away al discolourings of the Skin whatsoever: And if it chance that in a tender Body it causeth any Itching or Inflammation, by bathing the place with a little Vinegar it is helped.

This is an Herb of the Sun, Scunder the Celestial Lyon, and is one of the best cures for the Eyes that is. Al that know any thing in Astrologie, know as well as I can tel them, That the Eyes are subject to the Luminaries; let it then be gathered when the Sun is in Leo, and the Moon in Aries applying to his Trine; let Leo arise, then may you make it into an Oyl or Oynment which you please to anoint your sore Eyes withal: I can prove it both by my own experience, and the experience of those to whom I have taught it, That most desperat sore Eyes have been cured by this only Medicine; And then I pray, is not this far better than endangering the Eyes by the art of the Needle? for if this do not absolutely take away the Film, it will so facilitate the work that it may be done without danger.

Another ill-favored trick have Physitians got to use to the Eye, and that is worse than the Needle; which is, To eat away the Film by corroding or gnawing Medicines. This I absolutely protest against.

1 Because the Tunicles of the Eye are very thin, and therefore soon eaten asunder.

2 The Callus or Film that they would eat away is seldom of an equal thickness in every place, and then the Tunicle may be eaten asunder in one place, before the Film be consumed in another, and so be a readier way to extinguish the sight than to restore it.

It is called *Chelidonium* from the Greek word *χελιδων*, which signifies a Swallow, because they say, That if you prick out the Eyes of yong Swallows when they are in the Nest, the old ones wil recover their Eyes again with this Herb. This I am confident, for I have tried it, That if you mar the very Apple of their Eyes with a Needle, the wil recover them again, but whether with this Herb or no I know not.

Also I have read (and it seems to me somewhat probable) That the Herb being gathered as I shewed before, and the Elements drawn apart from it by the art of the Alchymist, and after they are drawn apart, rectified, the earthy quality still in rectifying them, added to the Terra damnata (as Alchymists call it) or Terra sacratissima (as som Philosophers call it) the



the Elements so rectified are sufficient for the Cure of all Diseases, the humor offending being known and the contrary Element given; It is an Experience worth the trying, and can do no harm.

with this I cured my own Daughter of the Kings Evil, broke the Sore, drew out a quarter of a pint of Corruption, and cured it without any Scar at all, and in one Weeks time.

### The lesser Celondine, usually known by the Name of Pilewort.

I Wonder what ailed the Antients to give this the name of *Celondine* which resembles it neither in Nature nor form? It acquired the Name of *Pilewort* from its Vertues, and it being no great matter where I set it down, so I do set it down at all, I humor'd Dr. Tradition so much as to set it down here.

#### Description.

This *Celondine* then or *Pilewort* (which you please) doth spread many round, pale, green Leavs set on weak and trailing Branches, which lie upon the ground, and are fat, smooth, and somewhat shining, and in some places (though seldom) marked with black spots, each standing on a long Footstalk among which rise small yellow Flowers, consisting of nine or ten small narrow Leavs, upon slender Footstalks very like unto a Crowfoot, wherunto the Seed also is not unlike, being many small ones set together upon a Head. The Root is made of many small Kernels like grain of Corn, some twice as long as others, of a whitish colour with some Fibres at the end of them.

#### Place.

It groweth for the most part in the moist corners of Fields, and places that are neer water Sides, yet will abide in dryer grounds, if they be but a little shadowed.

#### Time.

It Flowreth betimes about *March* or *April*, is quite gone in *May*, so as it cannot be found until its spring again.

#### Vertues and use.

It is certain by good experience that the Decoction of the Leavs and Roots, doth wonderfully help the Piles and Hemorrhoids, as also Kernels by the Ears and Throat called the Kings evil; or any other hard Wens or Tumors.

Here's another Secret for my Country Men and Women, a couple of them together, *Pilewort* being made into an Oyl Oyntment or Plaister, readily cures both the Piles or Hemorrhoids, and the Kings Evil, If I may Lawfully call it the Kings Evil now there is no King, the very Herb born about ones Body next the Skin, helps in such Diseases, though it never touch the place grieved, let good people make much of it for these uses,

### The Ordinary small Centaury.

#### Description.

This groweth up most usually but with one round and somewhat crested stalk, about a foot high, or better, branching forth at the top into many sprigs, and some also from the Joyns of the Stalks below; The Flowers that stand at the tops as it were in an umbel or tuft, are of a pale red, tending to a Carnation colour, consisting of five, sometimes six small Leavs, very like those of St. Johns Wort, opening themselves in the day time, and closing at night; after which come Seed in little short Husks in form like unto Wheat Corns: The Leavs are small and somewhat round. The Root small and hard, perishing every year: The whole Plant is of an exceeding bitter taste.

There is another sort in all things like the former, save only it beareth white Flowers.

#### Place.

They grow ordinarily in Fields, Pastures, and Woods, but that with the white Flowers, not so frequent as the other.

#### Time.

They Flower in *July*, or thereabouts, and Seed within a Month after.

#### Vertues and use.

This Herb boyled and drunk, purgeth Chollerick and gross humors, and helpeth the Choller, Sciatica: It openeth Obstructions of the Sciatica, Liver, Gall, and Spleen, helping the Jaundice, and easing pains in the Sides, and hardens, Liver, nels of the Spleen, used outwardly, and is given with very good effect in Agues: It helpeth those that have the Dropsie or the green Agues, Sicknels, being much used by the Italians in Dropsie, powder for that purpose. It killeth the Worms green sick in the Belly as is found by experience. The best Decoction thereof (viz.) the tops of the Stalks lick, Terms with the Leavs and Flowers, is good against provokes, the Chollick, and to bring down Womens Joyns, Courses, helpeth to avoid the dead birth, and Gout, Sciatica, ease the pains of the Mother, and is very effectual in all old pains of the Joyns, as the Gout, Cramps, or Convulsions. A dram of the Powder thereof taken in Wine, is a wonderful good help against the biting and poyson of the Adder. The Juyce of the Herb with a little Honey put to it, is good to cleer the Eyes from dimnells, mists, and clouds that offend

Hemor-  
rhoids,  
Kings Evil.

Cramps,  
Convulsi-  
on, Ven-  
erous  
Beasts,



Eyes,  
Wounds,  
Ulcers.

Ears,  
Scabby  
Heads,  
Freckles,  
Spots,

send or hinder the Sight: It is singular good both for green and fresh Wounds, as also for old Ulcers and Sores, to close up the one and cleave the other, and perfectly to cure them both, although they be hollow or Fistulous; the green Herb especially being bruised and laid thereto. The Decoction thereof dropped into the Ears, cleaveth them from Worms, cleaveth the foul Ulcers and spreading Scabs of the Head, and taketh away all Freckles, Spots, and Marks in the Skin being washed therewith.

The Herb is so safe you cannot fail in the using of it, only give inwardly for inward Diseases, use it outwardly for outward Diseases, 'Tis very wholesome but not very toothsome.

Dr. Reason and Dr. Experience could not agree (the last time I spake with them) whether the Herb were under the Dominion of the Sun or Mars.



## The Cherry-Tree.

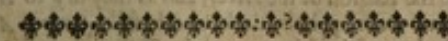
I Suppose there are few but know this Tree, for his Fruits sake, and therefore shall spare the writing a Description thereof.

Place.

For the place of its growth, it is afforded room in every Orchard.

Vertues and Use.

Cherries, as they are of different tastes, so they are of divers qualities: The sweet pass through the Stomach and Belly more speedily, but are of little Nourishment. The tart or sour, are more pleasing to an hot Stomach, procuring appetite to meat, and help to cut tough Flegm and gross humors; but when these are dried they are more binding the belly than when they are fresh, being cooling in hot Diseases, and welcome to the Stomach, and provoke Urin. The Gum of the Cherry-Tree dissolved in Wine, is good for a cold Cough, and hoarseness of the Throat, mendeth the colour in the Face, sharpeneth the Eye-sight, provoketh appetite, and helpeth to break and expel the Stone. The Black Cherries bruised with the Stones and distilled, the Water thereof is much used, to break the Stone, expel gravel, and break the Wind.



## Winter Cherries.

Description.

The Winter Cherry hath a running or creeping Root in the ground of the bigness many times of ones little Finger, shooting forth at several Joyns in several places, whereby it quickly spreadeth a great compass of ground: The Stalk riseth not above a yard

high, whereon are set many broad, and long green Leavs, somewhat like Nightshade but larger, at the Joyns whereof come forth whitish Flowers made of five Leavs apiece, which after turn into green Berries, inclosed with thin Skins, which change to be reddish, when they grow ripe, the Berry likewise being reddish, and as large as a Cherry, wherein are contained many flat and yellowish Seeds lying within the pulp; which being gathered and strung up are kept all the year to be used upon occasion.

Place.

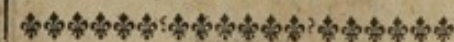
They grow not naturally in this Land, but are cherished in Gardens for their Vertues.

Time.

They Flower not until the middle or latter end of July, and the Fruit is ripe about the end of August, or beginning of September.

Vertues and Use.

They are of great use in Physick: The Leavs being cooling may be used in Inflammations, but not opening, as the Berries and Fruit are, which by drawing down the Urine, provoke it to be avoided plentifully when it is stopped or grown hot, sharp, and painful in the passage; it is good also to expel the Stone and Gravel out of the Reins, Kidnies, and Bladder, helping to dissolve the Stone, and avoiding it by greet or gravel sent forth in the Urin; It also helpeth much to cleanse inward impostumes or Ulcers in the Reins or Bladder, or in those that avoid a Bloody or foul Urin. The distilled Water of the Fruit, or the Leavs together with them, or the Berries green or dry, distilled with a little Milk, and drunk morning and evening with a little Sugar, is effectual to all the purposes afore specified, and especially against the heat and sharpness of the Urin. I shall only mention one way amongst many others which might be used for ordering the Berries to be helpful for the Urin and the Stone, which is thus. Take three or four good handfuls of the Berries either green and fresh, or dried and having bruised them, put them into so many Gallons of Beer or Ale when it is new tunned up: This Drink taken daily hath been found to do much good to many, both to ease the pains and expel Urin, and the Stone; and to cause the Stone not to ingender. The Decoction of the Berries in Wine or Water is the most usual way; but the Powder of them taken in drink is more effectual.



## Chervil.

Description.

The Garden Chervil doth at first somewhat resemble Parsly, but after it is better grown the Leavs are much cut in and jagged resembling

Inflammations, but not opening, as the Berries and Fruit are, which by drawing down the Urine, provoke it to be avoided plentifully when it is stopped or grown hot, sharp, and painful in the passage; it is good also to expel the Stone and Gravel out of the Reins, Kidnies, and Bladder, helping to dissolve the Stone, and avoiding it by greet or gravel sent forth in the Urin; It also helpeth much to cleanse inward impostumes or Ulcers in the Reins or Bladder, or in those that avoid a Bloody or foul Urin.

A precious Receipt.



resembling Hemlocks, being a little hairy and of a whitish green colour, sometimes turning reddish in the Summer with the Stalks also; It riseth little above half a Foot high, bearing white Flowers in spoked tufts, which turn into long and round Seed pointed at the ends, and blackish when they are ripe; of a sweet taste, but no smell, though the Herb it self smelleth reasonable well: The Root is small and long and perisheth every year, and must be sown anew in the Spring for Seed, and after July for Autumn Sallet.

The wild Chervil groweth two or three foot high, with yellow Stalks and Joynts, set with broader and more hairy Leavs, divided into sundry parts nicked about the edges, and of a darker green colour, which likewise grow reddish with the Stalks; at the tops wherof stand small white tufts of Flowers & afterwards smaller and longer seed: The Root is white, hard, and enduring long. This hath little or no scent.

*Place.*

The first is sown in Gardens, for a Sallet-Herb. The second groweth wild in many of the Meadows of this Land, and by the Hedgesides, and on Heaths.

*Time.*

They flower and seed early, and thereupon are sown again in the end of Summer.

*Vertues and use.*

The Garden Chervil being eaten, doth moderately warm the Stomach, and is a certain remedy (saith *Tragus*) to dissolve congealed or clotted Blood in the Body, or that which is clotted by bruises, falls, &c. The Juyce or distilled Water thereof being drunk, and the bruised Leavs laid to the place, being taken either in meat or drink, it is held good to provoke Urin, to expel the Stone in the Kidnies, to send down Womens Courfes, and to help the Plurisie and prickings of the Sides.

The wild Chervil bruised and applied, dissolveth Swellings in any part of the Body, and taketh away the Spots and Marks of congealed Blood by Bruises or Blows, in a little space.

*Stomach  
Clotted  
Blood,  
Bruises,  
Falls,  
Disury,  
Stone,  
Pleurisie,  
Sides,  
Swellings,  
black and  
blue Spots.*

**Sweet Chervil;  
OR  
Sweet Cicely.**

*Description.*

THIS groweth very like the greater Hemlock having large spread Leavs, cut into diverse parts, but of a fresher green colour than the Hemlock, tasting as sweet as the *Aniseed*. The Stalk riseth up a yard high or better being crested or hollow, having the like Leavs at the Joynts, but lesser; and at the tops of the bran-

ched Stalks, Umbels or Tufts of white Flowers; after which com large and long crested, black shining Seed, pointed at both ends, tasting quick, yet sweet and pleasant. The Root is great and white, growing deep in the ground, and spreading sundry long Branches therein, in taste and smell stronger than the Leavs or Seed, and continuing many years.

*Place.*

This groweth in Gardens.

*Vertues.*

This whole Plant besides its pleasantness in Cold Sallets, hath also his Physical Vertues. The Root boyled and eaten with Oyl and Vinegar, Wind, (or without Oyl) doth much please and warm Flegm, an old and cold Stomach, oppressed with wind, or flegm, or those that have the Phtisick or Consumption of the Lungs. The same drunk with Wine, is a preservative from the Plague; it provoketh Womens Courfes, and expelleth the After-birth, procureth an appetite to meat, and expelleth Wind. The Juyce is good to heal the Ulcers of the Head and Face. The candied Roots herof are held as effectual as *Angelica* to preserve from Infection in the time of a Plague, and to warm and comfort a cold weak Stomach.

It is so harmless you cannot use it amiss.



**Chickweed.**

*Description.*

THIS is generally known to most People, I shal therefore not trouble you with the Description thereof; nor my self with setting fourth the several kinds; sith but only two or three are considerable for their usefulness.

*Place.*

These are usually found in moist and watry places, by Wood sides, and els-where.

*Time.*

They flower about June, and their Seed is ripe in July.

*Vertues and use.*

It is found to be as effectual as *Purslane* to all the purposes whereunto it serveth, except for meat only. The Herb bruised or the Juyce applied (with cloaths or sponges dipped therein) to the Region of the Liver, and as they dry to Hot Liver, have fresh applied, doth wonderfully temper the heat of the Liver; and is effectual for all Swellings, Imposthums and Swellings wheresoever; for Red Face, all redness in the Face, Wheals, Pulses, Itch, wheals, Scabs, the Juyce either simply used, or boyled with Hogs-Grease and applied; the same helpeth Cramps, Convulsions and Palsies: The Juyce or distilled Water is of much good use for all heat and redness in the Eyes to drop som on, Palsy, thereof into them; as also into the Ears to ease Red Eyes, pains in them, and is of good effect to ease the



Hemor-  
rhoids,  
ulcers,

Sinews,

the pains, the heat, and sharpness of Blood in the Piles and generally all pains in the Body that arise of heat; it is used also in hot and virulent Ulcers and sores in the privy parts of Man or Woman, or on the Legs or elsewhere. The Leavs boyled with Marsh-Mallows and made into a Pultis with Fenugreek, and Linseed, applied to Swellings or Imposthumes ripeneth and breaketh them; or swageth the Swellings and easeth the pains: It helpeth the Sinews when they are shrunk by Cramps or otherwise, and to extend and make them pliable again, by this Medicine. Boyl an handful of Chickweed and a handful of Red-Rose Leavs dried, but not distilled in a Quart of Muscadine until a fourth part be consumed; then put to them a pint of the Oyl of Trotters, or Sheeps-feet; let them boyl a good while still stirring them well; which being strained, anoint the grieved place herewith, warm against a fire, rubbing it well in with ones hand, and bind also some of the Herb (if you will) to the place, and with Gods blessing it will help in three times dressing.

\*\*\*\*\*

### Cich-Peaf, or Cicers.

#### Description.

**T**He Garden sorts, whether Red, Black, or White, brings forth Stalks a yard long, whereon do grow many small and almost round Leavs, dented about the edges, set on both sides of a middle Rib: at the Joynts come forth one or two Flowers upon short Footstalks, Peaf fashion, either white or whitish, or purplish red, lighter or deeper according as the Peaf that follow will be, that are contained in small, thick, and short Pods, wherein lie one or two Peaf more usually, a little pointed at the lower end, and almost round at the Head, yet a little corner'd or sharp. The Root is small, and perisheth yearly.

#### Place and Time.

They are sown in Gardens, or the Fields, as Peaf, being sown later than Peaf, and gathered at the same time with them, or presently after.

#### Vertues and Use.

They are no less windy than Beans, but nourish more; they provoke Urine, and are thought to encrease Sperm; they have a cleansing faculty, whereby they break the Stones in the Kidneys. To drink the cream of them being boyled in Water is the best way; it moveth the Belly downwards, provoketh Womens Courses, and Urin, and encreaseth both Milk and Seed. One ounce of Cicers, two ounces of French Barley, and a small handful of Marsh-Mallow Roots, clean washed and cut, being boyled in the broth of a Chicken, and four ounces taken

in the morning and fasting two hours after is a good Medicine for a pain in the Sides. The white Cicers are used more for Meat than Medicine, yet have they the same effects, and are thought more powerful to encrease Milk and Seed.

The wild Cicers are so much more powerful than the Garden kinds, by how much they exceed them in heat and driness; whereby they do more open Obstructions, break the Stone, and have all the properties of cutting, opening, digesting, and dissolving, and this more speedily, and certainly than the former.

Obstruction,  
on Stone,  
Open, Digest, Dissolve.

\*\*\*\*\*

### Cinkfoyl, or Five Leaved Grass;

Called in some Countries,  
Five finger'd Grass.

#### Description.

**T**His spreadeth and creepeth far upon the ground, with long slender strings like Strawberries, which take Root again and shooteth forth many Leavs made of five parts, and sometimes of seven, dented about the edges and somewhat hard; The Stalks are slender leaning downwards, and bear many small yellow Flowers thereon, with some yellow threads in the middle, standing about a smooth green head; which when it is ripe is a little rough, and containeth small brownish Seeds. The Root is of a blackish brown colour, seldom so big, as ones little finger, but growing long with some threads therat; and by the small strings it quickly spreadeth over the ground.

#### Place.

It groweth by Wood sides, Hedge sides, the Pathwaies in Fields, and in the Borders and Corners of them almost through all this Land.

#### Time.

It Flowreth in Summer, some sooner, some later.

#### Vertues and Use.

It is an especial Herb used in all Inflammations, Fevers, Peons and Feavers whether Infectious or Pestilential; or among other Herbs to cool, and Sore temper the Blood and humors in the Body; Mouths, As also for all Lotions, Gargles, Injections, ulcers, and the like for sore Mouths, Ulcers, Cankers, Cankers, Fistulae, and other corrupt, Foul, or running Fistulae, Sores. The Juyce herof drunk about four Quince, ounces at a time for certain daies together, Yellow cureth the Quinsie, and the yellow Jaundice, Jaundice, and taken for thirty daies together cureth the Falling-sickneis. The Roots boyled in Milk sickneis, and drunk is a most effectual remedy, for all Flux, Fluxes in Man or Woman, whether the Terms Whites stops,

Dissey,  
Seed en-  
creas,  
Stone,  
Costiveness,  
Terms  
provokes.



*Whites,* Whites, or Reds, as also the Bloody Flux.  
*Bloody* The Roots boyled in Vinegar, and the Deco-  
*Flux,* ction therof held in the Mouth, caseth the  
*Tooth-ach,* pains of the Toothach. The Juyce or Deco-  
*Hoarsenes,* ction taken with a little Honey, helpeth the  
*Cough,* hoarsenes of the Throat, and is good for the  
*Palsey of* Cough of the Lungs. The distilled Water of  
*the Hands,* both Roots and Leavs is also effectual to all  
*Knots in* the purposes aforesaid: and if the Hands be  
*the Flesh,* often washed therein, and suffered at every time  
*St. Antho-* to dry in of it self without wiping, it wil in  
*nies Fire,* short time help the Palsy or shaking in them.  
*Shingles,* The Root boyled in Vinegar, helpeth all  
*Scabs,* Knots, Kernels, hard swellings, and lumps  
*Itch,* growing in any part of the Flesh, being ther-  
*Joynts* applied; as also al Inflammations, and St.  
*pained,* Anthonies Fire, all Imposthumes, and pain-  
*Sciatica,* ful Sores, with heat and putrefaction; the  
*Ruptures,* shingles also, and all other sorts of running,  
*Gouts,* and foul Scabs, Sores, and Itch. The same  
*Bruises,* also boyled in Wine, and applied to any Joynts  
*Falls,* full of pain and ach, or the Gout in the Hands  
*Bleeding.* or Feet, or the Hip-gout, called the *Sciatica*,  
 and the Decoction therof drunk the while,  
 doth cure them; and caseth much pains in the  
 Bowels. The Roots are likewise effectual to  
 help Ruptures or Burstings, being used with  
 other things available to that purpose, taken  
 either inwardly or outwardly, or both; as also  
 for Bruises, or Hurts by Blows, Falls, or  
 the like, and to stay the bleeding of Wounds  
 in any part inward or outward.

*Agues.*

This is an Herb of *Jupiter*, and therefore  
 strengthens the parts of the Body that he rules,  
 let *Jupiter* be angular and strong when it is  
 gathered, and if you give but a scruple (which  
 is but twenty grains of it) at a time, either in  
 white Wine, or white Wine Vinegar, you  
 shal very seldom miss the cure of an Ague be  
 it what Ague soever in three Fits, as I have  
 often proved to the admiration both of my  
 self and others, let no Man despise it becaus it  
 is plain and casie, the waies of God are all  
 such, 'tis the ungodliness and impudency of  
 Man that made things hard, and hath (by so  
 doing) made sport for al the Devils in Hell,  
 and grieved the good Angels, and when you  
 reade this, your own Genius, if you be any  
 thing at al acquainted with it, may dictate to  
 you many as good Conclusions both of this  
 and other Herbs.

Some hold that one Leaf cures a Quotidian,  
 three a Tertian, and four a Quartan Ague,  
 and a hundred to one if it be not *Dioscorides*,  
 for he is ful of such Whimseys. The truth is,  
 I never stood so much upon the number of the  
 Leavs, nor whether I gave it in Poudre or  
 Decoction: If *Jupiter* were strong and the  
*Moon* applying to him or his good aspect at  
 the gathering of it, I never knew it miss the  
 desired effects.

\*\*\*\*\*

## Clary.

### Description.

Our ordinary Garden *Clary* hath four  
 square Stalks, with broad, rough, wrink-  
 led, whitish, or hairy green Leavs, somewhat  
 evenly cut in on the edges, and of a strong,  
 sweet sent, growing some near the ground, and  
 some by couples upon the Stalks: The Flo-  
 wers grow at certain distances with two smal  
 Leavs at the Joynts under them, somewhat like  
 unto the Flowers of Sage, but smaller, and of  
 a whitish blue colour: The Seed is brownish,  
 and somewhat Flat, or not so round as the  
 wild, the Roots are blackish and spread not  
 far, and perish after the Seed time: It is usu-  
 ally sown, for it seldom riseth of its own sow-  
 ing.

### Place.

This groweth in Gardens.

### Time.

It Flowreth in *June* and *July*, some a little  
 later than others, and their Seed is ripe in  
*August*, or therabouts.

### Virtues and use.

The Seed is used to be put into the Eyes to  
 cleer them from Moats, or other such like  
 things gotten within the Lids to offend them,  
 as also to clear them from white or red spots in  
 them. The Mucilage of the Seed made with  
 Water, and applied to Tumors and swellings,  
 disperseth and taketh them away, as also draw-  
 eth forth Splinters, Thorns, or other things  
 gotten into the Flesh. The Leavs used with Vi-  
 negar either by it self or with a little Honey,  
 doth help hot Inflammations, as also Boils, Fe-  
 lons, and the hot Inflammations that are gathe-  
 red by their pains, if it be applied before they  
 be grown too great. The Poudre of the dri-  
 ed Leavs put into the Nose provoketh needfing,  
 and therby purgeth the Head and Brain of  
 much Rhewm and Corruption. The Seed or  
 Leavs taken in Wine provoketh to Venery.  
 It is of much use both for Men and Women  
 that have weak Backs, to help to strengthen the  
 Reins, used either by it self or with other  
 Herbs conducing to the same effect, and in  
 Tanfies often: The fresh Leavs dipped in a  
 Batter of Flower, Eggs, and a little Milk, and  
 fried in Butter, and served to the Table, is not  
 unpleasant to any, but exceeding profitable  
 for those that are troubled with weak Backs,  
 and the effects therof. The Juyce of the  
 Herb put into Ale or Beer, and drunk, bring-  
 geth down Womens Couries, and expelleth  
 the After-birth.

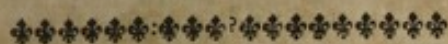
It



It is an usual course with Men when they have gotten the running of the Reins, or Women the Whites, then run to the bush of *Clary*; Maid bring hither the Frying Pan, fetch me some Butter quickly, then to eating fried *Clary*, just as Hogs eat Acorns, and this they think will cure their Disease (forsooth) whereas when they have devoured as much *Clary* as will grow upon an Acre of ground, their Backs are as much the better as though they had pissed in their shoes, nay perhaps much worse.

As for that trick of curing the Eyes by it, I can as yet say nothing to it, for the rest it may be effectual.

We will grant that *Clary* strengthens the Back, but this we deny, That the cause of the running of the Reins in Men, or the Whites in Women lies in the Back (though the Back may sometimes be weakened by them) and therefore the Medicine is as proper, as for me when my Toe is sore, to lay a Plaster to my Nose.



## Cleavers, or Goosegrass.

### Description.

THE common *Cleavers* hath divers very rough square Stalks, not so big as the Tag of a Point, but rising up to be two or three yards high sometimes, if it meet with any tall Bushes or Trees whereon it may climb (yet without any Claspers) or else much lower and lying upon the Ground full of Joynts, and at every of them shooteth forth a Branch, besides the Leavs therat, which are usually six, set in a round compass like a Star, or the Rowel of a Spur: from between the Leavs at the Joynts towards the tops of the Branches, come forth very small white Flowers, every one upon a small threddy Footstalk, which after they are fallen, there do shew two small, round, rough Seeds, joyned together like two Testicles, which when they are ripe grow hard and whitish, having a little hole on the side somewhat like unto a Navil. Both Stalks, Leavs, and Seeds are so rough that they will cleave to any thing that touch them. The Root is small and very threddy, spreading much in the Ground, but dieth every year.

### Place.

It groweth by the Hedge, and Ditch Sides in many places of this Land, and is so troublesome an Inhabitant in Gardens, that it rampeth upon and is ready to choak what ever grows next it.

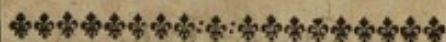
### Time.

It Flowreth in *June* and *July*, and the Seed is ripe and falleth again in the end of *July* or *August*, from whence it springeth up again, and not from the old Roots.

### Vertues and Use.

The Juyce of the Herb, and Seed together taken in Wine, helpeth those that are bitten with an Adder, by preserving the Heart from the Venom; It is familiarly taken in Broth to keep them lean and lank that are apt to grow fat. The distilled Water drunk twice a day helpeth the yellow Jaundice, and the decoction of the Herb in experience found to do the same, and stayeth Lasks and Bloody Fluxes. The Juyce of the Leavs, or they a little bruised and applied to any bleeding wound, stayeth the Bleeding. The Juyce is also very good to close up the Lips of green Wounds; and the Powder of the dried Herb strewed thereupon doth the same, and likewise helpeth old Ulcers: Being boyled with Hogs Grease, it healeth all sorts of hard Swellings or Kernels in the Throat, being anointed therewith. The Juyce dropped into the Ears taketh away the pains of them.

It is a good remedy in the Spring, eaten (being first chopped small and boyled well) in Water-gruel, to cleanse the Blood, and strengthen the Liver, thereby keeping the Body in health, and fitting it for that change of Season that is coming.



## Clowns Woundwort.

### Description.

IT groweth up sometimes to three or four Foot high, but usually about two Foot, with square, green, rough Stalks, but slender, joyned somewhat far asunder, and two very long, and somewhat narrow, dark green Leavs, bluntly dented about the edges thereat ending in a long point. The Flowers stand toward the tops compassing the Stalks at the Joynts with the Leavs and end likewise in a spiked top, having long and much open gaping hoods of a Purplish red colour, with whitish spots in them, standing in somewhat rough Husks, wherein afterwards stand blackish round Seeds. The Root is composed of many long strings, with some tuberous long Knobs growing among them, of a pale yellowish or whitish colour, yet at some times of the year these knobby Roots in many places are not seen in the Plant: The whole Plant smelleth somewhat strongly.

### Place.

It groweth in sundry Counties of this Land both North and West, and frequently by Path sides in the Fields neer about London, and within three or four miles distance about it, yet it usually grows in or neer Ditches.

### Time.

It Flowreth in *June* and *July*, and the Seed is ripe soon after.

### Vertues



Wounds,

Ulcers,

Blood,

Cancers,

Bloody

Flux,

Vessels

broken

Ruptures,

Spitting,

pissing,

Vomiting

Blood,

Veins

swelled,

Muscles

cut.

Vertues and use.

It is singularly effectual in all fresh and green Wounds, and therefore beareth not this name for nought. And is very available in stanching of Blood, and to dry up the Fluxes of Humors in old fretting Ulcers, Cancers, &c. that hinder the healing of them.

A Syrup made of the Juice of it is inferior to none for inward Wounds, Ruptures of Veins, Bloody Flux, Vessels broken, spitting, pissing or vomiting Blood, Ruptures are excellently and speedily, even to admiration cured by taking now and then a little of the Syrup, and applying an Ointment or Plaister of the Herb to the place. Also if any Vein be swelled, or Muscle cut, apply a Plaister of this Herb to it; and if you ad a little Comfrey to it 'twil not do amiss, I assure the Herb deserves Commendations though it have gotten but a Clownish name, and whoever reads this (if he try it as I have done) will commend it as well as I.

I have done, only take notice, that it is of a dry Earthy quality, and under the Dominion of the Planet Saturn.

\*\*\*\*\*

## Cocks-Head.

Description.

THIS hath divers weak, but rough Stalks, half a yard long, leaning downwards, beset with winged Leavs, longer and more pointed than those of Lentils, and whitish underneath; from the tops of these Stalks arise up other slender Stalks, naked without Leavs unto the tops, where there grow many small Flowers in manner of a Spike, of a pale reddish colour, with some blueness among them: after which rise up in their places, round, tough, and somewhat flat Heads. The Root is tough and somewhat woody, yet liveth and shooteth anew every year.

It groweth under Hedges, and sometimes in the open Fields, in divers places of this Land.

Time.

They Flower all the Months of July and August, and the Seed ripeneth in the mean while.

Vertues and use.

It hath a power to rarifie and digest, and therefore the green Leavs bruised and laid as a Plaister disperseth Knots, Nodes, or Kernels in the Flesh, and if when it is dry it be taken in Wine, it helpeth the Strangury: and being anointed with Oyl, it provoketh Sweat. It is a singular Food for Cattel, to cause them to give store of Milk, and why then may it not do the like being boyled in the ordinary drink of Nurses.

Knots and  
Kernels in  
the Flesh,  
Strangury,  
Milk in  
Cattel.

\*\*\*\*\*

## Columbines.

THESE are so well known, growing in almost every Garden, that I think I may save the expence of time in writing a Description of them.

Time.

They Flower in May, and abide not for the most part when June is past, perfecting their Seed in the mean time.

Vertues and use.

The Leavs of Columbines are commonly used in Lotions with good success for sore Mouths and Throats: Traagus saith, That a dram of the Seed taken in Wine with a little Saffron, openeth Obstructions of the Liver, and is good for the yellow Jaundice, if the party after the taking thereof be laid to sweat well in his Bed: The Seed also taken in Wine causeth a speedy Delivery of Women in Childbirth; if one draught suffice not, let her drink a second, and it is effectual: The Spaniards use to eat a piece of the Root hereof in a morning fasting, many daies together, to help them being troubled with the Stone in the Reins or Kidneys.

Sore  
Mouths &  
Throats,  
Obstructions,  
yellow  
Jaundice,  
Womens  
Travail,

Stone.

\*\*\*\*\*

## Coltsfoot, or Foalsfoot.

Description.

THIS shooteth up a slender Stalk with small yellowish Flowers somewhat early, which fall away quickly, and after they are past, come up somewhat round Leavs, sometimes dented a little about the edges, much lesser, thicker and greener than those of Butterbur, with a little down or Frez over the green Leaf on the upper side, which may be rubbed away, and whitish or mealy underneath. The Root is small and white spreading much under ground, so that where it taketh, it will hardly be driven away again, if any little piece be abiding therein; and from thence springeth fresh Leavs.

Place.

It groweth as well in wet grounds, as in drier places.

Time.

And Flowreth in the end of February, the Leavs beginning to appear in March.

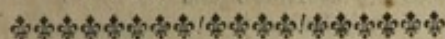
Vertues and use.

The fresh Leavs, or Juice, or a Syrup made thereof is good for a hot dry Cough, for wheezings and shortness of breath. The dry Leavs are best for those that have thin Rheums, and Distillations upon the Lungs, causing a Cough,

Cough,  
wheezing,  
shortness  
of breath,  
Cough,



*Agues,* Cough, for which also the dried Leavs taken  
*Inflama-* as Tobacco, or the Root, is very good. The  
*tions,* distilled water herof simply, or with Elder Flo-  
*Swelling,* wers and Nightshade, is a singular remedy a-  
*St. Antho-* gainst al hot Agues, to drink two ounces at a  
*nies fire,* time, and apply Cloathes wet therein to the  
*Burnings,* Head and Stomach; which also doth much  
*Chollerick* good being applied to any hot Swellings or  
*Pustles,* Inflammations, it helpeth St. Antonies Fire,  
*Piles,* In- and Burnings, and is singular good to take a-  
*flamations* way Wheals, and smal Pustles that arise  
*in the Pri-* through heat; As also the burning heat of the  
*vities.* Piles, or privy parts, cloathes wet therein be-  
ing therunto applied.



## Comfry.

### Description.

THE common great Comfry hath divers very large and hairy green Leavs lying on the ground, so hairy or prickly that if they touch any tender part of the Hands, Face, or Body, it will caus it to itch: The Stalk that riseth up from among them being two or three Foot high, hollow and cornered, is very hairy also, having many such like Leavs as grow below, but lesser and lesser up to the top. At the Joynts of the Stalks, it is divided into many branches with some Leavs thereon, and at the ends stand many Flowers in order one above another, which are somewhat long and hollow like the finger of a Glove, of a pale whitish colour, after which come smal black Seed. The Roots are great and long, spreading great thick Branches under ground, black on the outside and whitish within, short or easie to break, and ful of a glutinous or clammy Juyce of little or no tast at al.

There is another sort in al things like this, save only it is somewhat less, and beareth Flowers of a pale purple colour.

### Place.

They grow by Ditches and Water Sides, and in divers Fields that are moist, for therein they chiefly delight to grow: The first generally through al the Land, and the other but in some several places.

By the leave of my Author, the first grow often in dry places.

### Time.

They Flower in June and July, and give their Seed in August.

### Vertues and Use.

*Spitting,* The great Comfry helpeth those that spit  
*passing* blood, or make a Bloody Urin; The Root  
*Blood, In-* boyled in Water or Wine and the Decoction  
*ward* drunk, helpeth al inward Hurts, Bruises and  
*wounds &* Wounds, and the Ulcers of the Lungs, cau-  
*Bruises,* sing the Flegm that oppresth them to be eas-  
ily spit forth; It staith the defluxions of

Rheum from the Head upon the Lungs, the Fluxes of Blood or humors by the Belly, Womens immoderate Courses, as well the Reds, as the Whites; and the running of the Reins hapning by what caus soever. A Syrup made therof is very effectual for all those inward Grievs and Hurts; and the distilled Water for the same purpose also, and for outward Wounds and Sores in the Fleshy, or Sinewy part of the Body whersoever; as also to take away the fits of Agues, and to allay the sharpness of Humors. A Decoction of the Leavs herof is available to all the purposes, though not so effectual as of the Roots. The Roots being outwardly applied, helpeth fresh Wounds or Cuts immediately, being bruited and laid therunto; and is especial good for Ruptures and broken Bones: yea it is said to be so powerful to consolidate and Knit together; that if they be boyled with dislevered pieces of Flesh in a pot it will joyn them together again. It is good to be applied to Womens Breasts that grow sore by the abundance of Milk coming into them: as also to repress the overmuch bleeding of the Hemorrhoids to cool the Inflammation of the parts therabouts, and to give eas of pains. The Roots of Comfry taken fresh, beaten smal, and spread upon Leather, and laid upon any place troubled with the Gout, do presently give eas of the pains; and applied in the same manner giveth eas to pained Joynts and profiteth very much for running and moist Ulcers; Gangrenes, Mortifications, and the like, for which it hath by often experience been found helpful.

This is also an Herb of Saturn, and I suppose under the Sign Capricorn, cold, dry, and earthy in quality, what was spoken of Clowns Woundwort may be said of this.



## Costmary, or Alecost.

THIS is so frequently known to be an Inhabitant in almost every Garden, that I suppose it needless to write a Description therof.

### Time.

It Flowreth in June and July.

### Vertues and Use.

The ordinary Costmary as well as Maudlin, Disury, provoketh Urin abundantly, and moistneth the hardness of the Mother; It gently purgeth Choller and Flegm, extenuating that which is gross, and cutting that which is tough and gluttenous, clenseth that which is foul, and hindreth putrefaction and corruption, it dissolveth without Attraction, openeth Obstructions, and healeth their evil effects, and is a wonderful help to al sorts of day Agues. It is astringent to the Stomach, and strengtheneth the

*Phthisick,*  
*Bloody*  
*Flux,*  
*Terms*  
*stops,*  
*Whites,*  
*Nervus cut,*  
*Muscles*  
*cut, Sharp*  
*Humors,*  
*wounds,*  
*Ruptures,*  
*broken*  
*Bones,*  
*Knotted*  
*Breasts,*  
*Hemor-*  
*rhoids,*  
*Inflama-*  
*tion, Gout,*  
*Pained*  
*Joynts,*  
*Gan-*  
*greans.*



*Liver,* the Liver and al the other inward parts, and taken in Whey, worketh the more effectually. Taken fasting in the morning, it is very profitable for the pains in the Head that are continual, and to stay, dry up, and consume all thin Rheums, or distillations from the Head into the Stomach, and helpeth much to digest raw humors that are gathered therein. It is very profitable for those that are fallen into a continual evil disposition of the whole Body called *Cachexia*, being taken especially in the beginning of the Disease: It is an especial friend and help to evil, weak, and cold Livers. The Seed is familiarly given to Children for the Worms, and so is the infusion of the Flowers in white Wine, given them to the Quantity of two ounces at a time: It maketh an excellent Salve to cleanse and heal old Ulcers, being boyled with Oyl Olive, and Adders Tongue with it: and after it is strained, to put a little Wax, Rozin, and Turpentine to bring it into a convenient Body.

\*\*\*\*\*

### Cudweed, or Cottonweed.

#### Description.

**T**he common Cudweed riseth up but with one Stalk sometime, and sometimes with two or three, thick set on all sides with small long, and narrow whitish or wooly Leavs from the middle of the Stalk almost up to the top; with every Leaf standeth a small Flower, of a dun or brownish yellow colour, or not so yellow as others; in which Heads after the Flowers are fallen come small Seed wrapped up with the down therein and is carried away with the Wind. The Root is small and thready.

There are other sorts hereof, which are somewhat lesser than the former, not much different, save only that as the Stalk and Leavs are shorter, so the Flowers are paler, and more open.

#### Place.

They grow in dry, barren, sandy, and gravelly Grounds, in most places of this Land.

#### Time.

They Flower about July, some earlier, some later, and their Seed is ripe in August.

#### Vertues and use.

*Bind, Dry,* The Plants are all astringent, or binding and drying, and therefore profitable for Distillations of Rheum from the Head, and to stay Fluxes, of Blood whosoever. The Decoction being made into red Wine and drunk, or the Powder taken therein; it also helpeth the Bloody Flux, and easeth the torments that come thereby, stayeth the immoderate Courses of Women, and is also good for in-

ward or outward Wounds, Hurts, and Bruises, Ruptures, and helpeth Children both of Burstings and Worms, the Worms; and the Disease called *Tenasmus*, *Tenasmus*, which is an often provocation to the Stool, and doing nothing, being either drunk or injected: The green Leavs bruised and laid to any green Wound stayeth the bleeding, and healeth it up quickly: The Decoction or Bleeding, Juyce thereof doth the same, and helpeth all old and filthy Ulcers quickly: The juyce of Ulcers, the Herb taken in Wine and Milk is (as *Pliny* saith) a Sovereign remedy against the Mumps and Quinsie; and further saith, That whosoever shall take it, shall never be troubled with that Disease again.

*Venus* is Lady of it.

\*\*\*\*\*

### Cowslips.

**B**oth the Wild and Garden Cowslips are so well known that I will neither trouble my self nor the Reader with any description of them.

#### Time.

They Flower in April and May.

#### Vertues and use.

The Flowers are held to be more effectual than the Leavs, and the Roots of little use.

An Ointment being made with them taketh away Spots, and Wrinkles of the Skin, Sunburning and Freckles, and adds Beauty exceedingly: They remedy all infirmities of the Head coming of Heat and Wind, as Vertigo, Epithetes, fall apparitions, Phrensies, Falling-sickness, Palsies, Convulsions, Cramps, Pains in the Nerves: The Roots ease pains in the Back and Bladder, and open the passages of Urine: The Leavs are good in Wounds, and the Flowers take away trembling: If the Flowers be not well dried and kept in a warm place, they will soon putrifie and look green, have a special eye over them: if you let them see the Sun once a Month, it will do neither the Sun nor them harm.

Because they strengthen the Brain and Nerves, and remedy Palsies the Greeks gave them the name *Præsalis*; The Flowers preserved or conserved, and the quantity of a Nutmeg eaten every morning, is a sufficient Dose, for inward Diseases, but for Wounds Spots, Wrinkles, and Sunburning, an Ointment is made of the Leavs and Hogs greas.

*Venus* laies claim to the Herb as her own, and it is under the Sign *Aries*, and our City Dames know well enough the Ointment or Distilled Water of it, adds Beauty, or at least restores it when it is lost.

Sciatica-



### Sciatica-Cresses.

#### Description.

These are of two kinds; The first riseth up with a round Stalk about two foot high spread into divers Branches, whose lower Leavs are somewhat larger than the upper, yet all of them cut, or torn on the edges, somewhat like unto Garden-Cresses, but smaller: The Flowers are smal and white, growing at the tops of the Branches, where afterwards grow Husks with smal brownish Seed therein, very strong and sharp in tast, more than the Cresses of the Garden: The Root is long, white and woody.

The other hath the lower leavs whol, somewhat long and broad not torn at al, but only somewhat deeply dented about the edges towards the ends, but those that grow up higher are lesser. The Flowers and Seed are like the former, and so is the Root likewise: and both Root and Seed as sharp as it.

#### Place.

These grow by the way sides in untilld places, and by the sides of old Walls.

#### Time.

They Flower in the end of June, and their Seed is ripe in July.

#### Vertues and use.

The Leavs, but especially the Roots taken fresh in the Summer time, beaten & made into a Pultis or Salve, with old Hogs Greas, and applied to the place pained with the Sciatica, to continue the on four hours if it be on a Man, and two hours on a Woman; the place afterwards bathed with Wine and Oyl mixed together, and then wrapped with Wool or Skins after they have swet a little, wil assuredly cure not only the same Disease in the Hips, Hucklebone, or other of the Joynts, as the Gout in the Hands or Feet, but all other old Grievs of the Head (as inveterate Rheums) and other part of the Body that is hard to be cured: And if of the former Grievs any part remain; the same Medicine after twenty daies is to be applied again. The same is also effectual in the Diseases of the Spleen: and applied to the Skin it taketh away the blemishes therof, whether they be Scars, Leprosie, Scabs or Scurf: which although it exulcerate the part, yet that is to be helped afterwards with a Salve made of Oyl and Wax.

Esteem of this as another Secret.

### Water-Cresses.

#### Description.

Our ordinary Water-Cresses spreadeth forth with many weak hollow sappy Stalks, shooting out fibres at the Joynts, and upwards, long winged Leavs, made of sundry broad, sappy and almost round Leavs of a brownish green colour. The Flowers are many and white, standing on long Footstalks, after which come small yellow Seed, contained in smal long pods like Horns: The whol Plant abideth green in the Winter, and tasteth somewhat hot and sharp.

#### Place.

They grow (for the most part) in the smal standing Waters, yet sometimes in smal Rivulets of running Water.

#### Time.

They Flower and Seed in the beginning of Summer.

#### Vertues and use.

They are more powerful against the Scurvy, and to cleanse the Blood and Humors than Brooklime is, and serve in al the other uses in which Brooklime is available, as to break the Stone, and provoke Urin, and Womens Courses. The Decoction therof cleanseth Ulcers by washing them therewith. The Leavs bruised, or the Juyc, is good to be applied to the Face, or other parts troubled with Freckles, Pimples, Spots, or the like, at night, and washed away in the morning. The Juyc mixed with Vineger, and the forepart of the Head bathed therewith, is very good for those that are dull and drowsie, or have the Lethargy.

Water-cress Potage is a good Remedy to cleanse the Blood in the Spring, and help Head-aches, and consume the gross Humors Winter hath left behind; those that would live in health may use it if they pleas, if they will not I cannot help it: If any fancy not Potage they may eat the Herb as a Sallet.

### Croswort.

#### Description.

The Common Croswort groweth up with square hairy brown Stalks, little above a Foot High, having four smal broad and pointed hairy, yet smooth green Leavs, growing at every Joynt, each against other Crows waies, which hath caused the name: Toward the tops of the Stalks at the Joynts with the Leavs in three or four rows upwards, stand smal pale, yellow Flowers, after which come smal blackish,



kish, round Seed, 'four for the most part set in every Husk. The Root is very smal and full of Fibres, or Threads, taking good hold of the ground, and spreading with the Branches a great deal of ground, which perisheth not in Winter, although the Leavs die every year, and spring again anew.

*Place.*

It groweth in many moist grounds as well Meadows, as untilld places about London. In Hamsted Church-yard, at Nye in Kent, and sundry other places.

*Time.*

It Flowreth from May al the Summer long in one place or other, as they are more open to the Sun; and the Seed ripeneth soon after.

*Virtues and Use.*

Wounds  
inward &  
outward,  
Flegm, Ob-  
structions,  
Stomach,  
Bowels,  
Ruptures.

This is a singular good Wound Herb, and is used inwardly, not only to stay bleeding of Wounds, but to consolidate them, as it doth outwardly any green Wounds, which it quickly sodereth up and healeth. The Decoction of the Herb in Wine, helpeth to expectorate Flegm out of the Chest, and is good for Obstructions in the Breast, Stomach, or Bowels, and helpeth a decayed Appetite; It is also good to wash any Wound or Sore with, to cleas and heal it: The Herb bruised and then boyled and applied outwardly for certain daies together, renewing it often, and in the mean time, the Decoction of the Herb in Wine taken inwardly every day, doth certainly cure the Rupture in any, so as it be not too inveterate; but very speedily if it be fresh and lately taken.



### Crowfoot.

**A** Bundance are the sorts of this Herb, that to describe them all would tire the Patience even of Socrates himself, but becaus I have not yet attained to the Spirit of Socrates, I shall but describe the most usual.

*Description.*

The most common Crowfoot hath many dark green Leavs cut into divers parts, in tast biting & sharp, biting & blistering the Tongue, it bears many Flowers and those of a bright resplendent yellow colour, I do not remember that ever I saw any thing yellower, Virgins in Ancient time used to make Pouder of them to strew Bride Beds, after which Flowers come smal heads of Seeds, round, but tugged like a Pine Apple.

*Place.*

They grow very common every where, unless you run your Head into a Hedge you cannot chuse but see some of them wherever you walk.

*Time.*

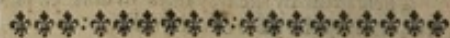
They Flower in May and June, even till September.

*Names.*

Many are the Names this furious biting Herb hath obtained, almost enough to make up a Welch-mans Pedegree, if he fetch it no further than John of Gaunt of William the Conqueror, for it is called *Fregs-foot* from the Greek name *farfaxer*, *Crowfoot*, *Gold Knobs*, *Gold Cups*, *King Kob*, *Bassnets*, *Troll Flower*, *Polts*, *Locker Goulons*, and *Butter-Flowers*.

*Virtues and Use.*

This fiery and hot spirited Herb of Mars is no way fit to be given inwardly, but an Oyntment of the Leavs or Flowers wil draw a Blister, and may so be fitting applied to the nape of the Neck to draw back Rheum from the Eyes, the Herb being bruised and mixed with a little Mustard, draws a Blister as well and as perfectly as Cantharides, and with far less danger to the Vessels of Urin, which Cantharides Naturally delight to wrong, I knew the Herb once applied to a Pestilential rising that was falling down, and it saved life even beyond hope, it were good keeping an Oyntment and Plaister of it if it were but for that.



### Cuckowpint, or VWake-Robin.

*Description.*

**T**His shooteth forth three, four, or five Leavs at the most from one Root, every one wherof is somewhat large and long, broad at the bottom next the Stalk, and forked, but ending in a point, without cut on the edges, of a ful green colour, each standing upon a thick round Stalk, of a hands breadth long or more: among which after two or three Months that they begin to wither, riseth up a bare round whitish green Stalk, spotted and straked with purple, somewhat higher than the Leavs: at the top wherof standeth a long hollow Hose or Husk, close at the bottom, but open from the middle upwards ending in a point; in the middle wherof standeth a smal long Pestle or Clapper, smaller at the bottom than at the top, of a dark purple colour as the Husk is on the inside, though green without; which after it hath so abidden for some time, the Husk with the Clapper decayeth, and the foot or bottom therof groweth to be a smal long Bunch of Berries, green at the first, and of a yellowish red colour when they are ripe, of the bigness of an Hazel Nut Kernel; which abide thereon almost until Winter; The Root is round and



and somewhat long, for the most part lying a-long, the Leavs shooting forth at the bigger end, which when it beareth his Berries, is somewhat wrinkled and loof, another being growing under it, which is solid and firm with many smal threads hanging therat : The whol Plant is of a very sharp biting tast, pricking the Tongue as Nettles do the Hands, and so abideth for a great while without alteration : The Root hereof was anciently used instead of Starch to starch Linnen withal.

There is another sort of *Cuckowpint*, with lesser Leavs than the former, and somewhat harder, having blackish spots upon them which for the most part abide longer green in Summer than the former; and both Leavs and Roots are more sharp and fierce than it : In al things elf it is like the former.

Place.

These two sorts grow frequently almost under every Hedg side in many places of this Land.

Time.

They shoot forth Leavs in the Spring, and continue but until the middle of Summer, or somewhat later, their Husks appearing before they fall away; and their Fruit shewing in August.

Vertues and Use.

*Tragus* reporteth that a dram weight, or more if need be, of the spotted *Wake-Robin*, either fresh and green, or dried, being beaten and taken is a most present and sure Remedy for Poyson and the Plague. The Juyce of the Herb taken to the quantity of a spoonful hath the same effect. But if there be a little Vinegar added therunto as well as unto the Root aforesaid, it somewhat allayeth the sharp biting tast therof upon the Tongue. The green Leavs bruised and laid upon any Boyl or Plague Sore, doth wonderfully help to draw forth the Poyson : A dram of the Pouder of the dried Root taken with twice so much Sugar in the form of a licking Electuary, or the green Root doth wonderfully help those that are purtie and short winded; as also those that have a Cough; it breaketh, digesteth, and riddeth away Flegm from the Stomach, Chest, and Lungs. The Milk wherein the Root hath been boyled is effectual also for the same purpose. The said Pouder taken in Wine or other Drink; or the Juyce of the Berries, or the Pouder of them; or the Wine wherein they have been boyled, provoketh Urine, and bringeth down Womens Courfes, and purgeth them effectually after Child-bearing to bring away the After-birth. Taken with Sheeps Milk it healeth the inward Ulcers of the Bowels. The distilled Water herof is effectual to all the purposes aforesaid; A spoonful taken at a time healeth the Itch; And an ounce or more taken at a time for some daies together doth help the Rupture; The Leavs ei-

ther green or dry, or the Juyce of them, doth cleas all manner of rotten and filthy Ulcers in what part of the Body soever, and healeth the stinking Sores in the Nose called *Polipus*. The Water wherein the Root hath been boyled dropped into the Eyes, cleaseth them from any Film or Skin, Clouds or Mists which begin to hinder the Sight, and helpeth the watering or redness of them; or when by some chance they become black and blue. The Root mixed with Bean Flower and applied to the Throat or Jaws that are inflamed helpeth them. The Juyce of the Berries boyled in Oyl of Roses, or beaten into Pouder and mixed with the Oyl, and dropped into the Ears and easeth pains in them. The Berries or the Roots beaten with hot Ox Dung, and applied, easeth the pains of the Gout. The Leavs and Roots boyled in Wine with a little Oyl, and applied to the Piles, or the falling down of the Fundament easeth them; and so doth sitting over the hot fumes therof. The fresh Roots bruised, and distilled with a little Milk, yieldeth a most Sovereign Water to cleas the Skin from Scurff, Freckles, Spots, or Blemishes whatsoever therein.

Authors have left large Commendation of this Herb you see, but for my part I have neither spoken with Dr. Reason, nor Dr. Experience about it.



Daisies.

These are so well known to almost every Child, that I suppose it is altogether needless to write any Description of them. Take therefore the Vertues of them as followeth.

Vertues and Use.

The greater wild *Daisie* is a Wound Herb of good respect, often used in those Drinks or Salvs that are for Wounds, either inward or outwards. The Juyce or distilled Water of these, or the final *Daisies*, doth much temper the heat of Choller, and refresheth the Liver and other inward parts. A Decoction made of them and drunk, helpeth to cure the Wounds made in the hollownes of the Breast: The same also cureth al Ulcers and Pustles in the Mouth or Tongue, or in the secret parts. The Leavs bruised and applied to the Cods, or to any other parts that are swollen and hot, doth resolve it and temper the Heat : A Decoction made hereof with Walwort and Agrimony, and the places fomented or bathed therewith warm, giveth great eas to them that are troubled with the Pally, *Sciatica*, or the Gout. The same also disperfeth and dissolveth the Knots or Kernels that grow in the Flesh of a-

*Polipus*

*Eyes*

*Throat,*  
*Jaws,*

*Gout,*  
*Piles, or*  
*Hemor-*  
*rhoids,*  
*Funda-*  
*ment fal-*  
*ling down,*  
*Scurf,*  
*Freckles,*  
*Spots,*  
*Blemishes*

*Wounds,*  
*inward &*  
*outward,*  
*Choller,*  
*Liver,*

*Breast,*  
*ulcers,*

*Swellings,*

*Kernels*  
*ny*

*Poyson,*  
*Plague,*

*Boyl,*

*Difficulty*  
*of breath,*  
*Cough,*  
*Flegm,*

*Disury,*  
*Terms*  
*provokes,*  
*Afterbirth*  
*Ulcers,*

*Itch, Ruptures.*



*Bruises,  
Falls,  
Ruptures,  
Burnings,  
Inflama-  
tions.*

ny part of the Body, and the Bruises and Hurts that come of Fals and Blows: They are also used for Ruptures, and other inward Burnings with very good success. An Oyntment made hereof doth wonderfully help al Wounds that have Inflamations about them, or by reason of moist humors having access unto them, are kept long from healing, and such are those for the most part that happen in the Joynts of the Arms or Legs. The Juyce of them dropped into the running Eyes of any doth much help them.

The Herb is under the Sign *Cancer*, and under the Dominion of *Venus*, and therefore excellent good for Wounds in the Breast, and very fitting to be kept both in Oyls, Oyntments, and Plaisters, as also in Syrup.



## DANDELYON,

*Vulgarly called,  
Piss-a-beds.*

### *Description.*

**T**His is wel known to have many long and deeply gashed Leavs lying on the ground, round about the Head of the Root; the ends of each Gash or Jag on both sides looking downwards towards the Root, the middle rib being white which broken yieldeth abundance of bitter Milk, but the Root much more: from among the Leavs which alwaies abide green, arise many slender, weak, naked Footstalks, every one of them bearing at the top one large yellow Flower, consisting of many rows of yellow Leavs, broad at the points and nicked in, with a deep spot of yellow in the middle, which growing ripe, the green Husk wherein the Flower stood, turneth it self down to the Stalk, and the Head of down becometh as round as a Ball, with long reddish Seed underneath, bearing a part of the Down on the Head of every one, which together is blown away with the Wind, or may be at once blown away with ones Mouth. The Root growth downwards exceeding deep, which being broken off within the ground, wil notwithstanding shoot forth again; and wil hardly be destroyed where it hath once taken deep Root in the ground.

### *Place.*

It groweth frequent in al Meadows and Pasture Grounds.

### *Time.*

It Flowreth in one place or other almost all the year long.

### *Vertues and use.*

*Openeth,* It is of an opening and clensing quality, and therefore very effectual for the Obstructions of the Liver, Gall, and Spleen, and the Diseases,

that arise from them, as the Jaundice, & Hypo-*Liver,* condriacal Passion: It wonderfully openeth *Gall,* the Passages of the Urin both in yong and old. *Spleen,* It powerfully clenseth Apoplethumes, and in-*Jaundice,* ward in the Uritory passages, and by the dry-*Hypocho-* ing and temperate quality doth afterwards *driacal* heal them; for which purpose the Decoction *Melan-* of the Roots or Leavs in white Wine, or the *cholly,* Leavs chopped as Potherbs with a few Alli-*Disjury,* sanders and boyled in their Broth, is very effe-*Consump-* ctual. And who so is drawing towards a Con-*tion,* sumption, or an ill Disposition of the whol Bo-*Cachexia,* dy called *Cachexia*, by the use herof for some *Watching,* time together shal find a wonderful help: It *Heat, Agn,* helpeth also to procure rest and sleep to Bodies *Pestilence.* distempered by the Heat of Ague Fits, or otherwise. The distilled Water is effectual to drink in Pestilential Feavers, and to wash the Sores.

You see here what Vertues this common Herb hath, and that's the reason you French and Dutch so often eat them in the Spring; and now if you look a little further you may see plainly without a pair of Spectacles, that Forraign Physitians are not so selfish as ours are, but more communicative of the Vertues of Plants to People.



## Darnel.

### *Description.*

**T**His hath all the Winter long, sundry long, fat, and rough Leavs, which when the Stalk riseth, which is slender and joynted, are narrower, but rough stil; on the top groweth a long spike composed of many Heads, set one above another, containing two or three Husks with sharp, but short Beards or awns at the ends; the Seed is easily shaked out of the Ear, the Husk it self being somewhat tough.

### *Place.*

The Country Husbandmen do know this too well to grow among their Corn: or in the Borders and Pathwaies of other Fields that are fallow.

### *Vertues and use.*

As this is not without some Vices, so hath it also many Vertues. The Meal of Darnel is very good to stay Gangreans, and other such *Gangreans* like fretting and eating Cankers, and putrid *Cankers,* Sores: It also clenseth the Skin of al Lepries, *Leprosie,* Morphews, Ringworms, and the like, if it be *Morphew,* used with Salt and Rhadish Roots. And being *Ring-* used with quick Brimstone and Vinegar, it *worms,* dissolveth Knots and Kernels, and breaketh those that are hard to be dissolved, being boyled in Wine with Pidgeons Dung and Linseed: A Decoction therof made with Water and Honey, and the place bathed therewith, is profitable for the *Sciatica.* Darnel Meal ap-*Sciatica,* plied



Thorns, Splinters, broken Bones, Diabets. plied in a Pultis, draweth forth Splinters and broken Bones in the Flesh: The red Darnel boyled in red Wine and taken, stayeth the Lask and all other Fluxes, and Womens bloody Issues; and restraineth Urin that passeth away too suddenly.



## Dill.

### Description.

The common Dill groweth up with seldom more than one Stalk, neither so high, nor so great usually as Fennel, being round, and with fewer Joynts thereon, whole Leavs are sadder, and somewhat long, and so like Fennel that it deceiveth many; but harder in handling and somewhat thicker, and of a stronger unpleasant set: The tops of the Stalks have four Branches and smaller Umbels of yellow Flowers, which turn into smal Seed somewhat flatter and thinner than Fennel Seed. The Root is small and woody, perishing every year after it hath born Seed; and is also unprofitable, being never put to any use.

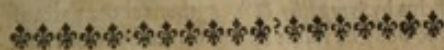
### Place.

It is most usually sown in Gardens, and Grounds for the purpose, & is also found wild with us in some places.

### Vertues and Use.

The Dill being boyled and drunk is good to ease Swellings & pains, it also stayeth the Belly, and Stomach from casting: The Decoction thereof helpeth Women that are troubled with the Pains and Windiness of the Mother, if they sit therein. It stayeth the Hiccough, being boyled in Wine and but smelled unto, being tied in a Cloth. The Seed is of more use than the Leavs, and more effectual to digest raw and viscus humors, and is used in Medicines that serve to expel Wind and the pains proceeding therefrom. The Seed being toasted or fried, and used in Oyls or Plaisters, dissolveth the Imposthumes in the Fundament, and drieth up all moist Ulcers (especially in the secret parts.) The Oyl made of Dill is effectual to warm, to resolve Humors and Imposthumes, to ease pains and to procure rest.

The Decoction of Dill be it Herb or Seed (only if you boyl the Seed you must bruise it) in white Wine, being drunk is a gallant expeller of Wind and provoker of the Terms.



## Devils-bit.

### Description.

This riseth up with a round, green, smooth Stalk about two foot high, set with divers

long and somewhat narrow, smooth, dark, green Leavs, somewhat snip'd about the edges for the most part, being all whole and not divided at all or but very seldom, even to the tops of the Branches which yet are smaller than those below, with one Rib only in the middle: At the end of each Branch standeth a round Head of many Flowers set together in the same manner or more neatly than the Scabious, and of a more blewish purple colour; which being past there followeth Seed that falleth away. The Root is somewhat thick, but short and blackish with many Strings, abiding after Seed time many years. This Root was longer untill the Devil (as the Fryars say) bit away the rest of it for spite, envying its usefulness unto Man-kind. For sure he was not troubled with any Discaise for which it is proper.

There are two other sorts hereof in nothing unlike the former, save that the one beareth White, and the other Blush colour'd Flowers.

### Place.

The first groweth as well in dry Meadows and Fields, as moist, in many places of this Land: But the other two are more rare, and hard to meet with, yet they are both found growing wild about Appledore, neer Rye in Kent.

### Time.

They Flower not usually untill August.

### Vertues and Use.

The Herb or Root (all that the Devil hath left of it) being boyled in Wine and drunk is very powerful against the Plague, and all Pestilential Discaises or Feavers, Poysons also, and the bitings of Venemous Beasts; It also helpeth those that are inwardly bruised by any casualty, or outwardly by Falls or Blows, dissolving the clotted Blood: and the Herb or Root beaten and outwardly applied, taketh away the black and blue Marks that remain in the Skin. The Decoction of the Herb, with Honey of Roses put therein is very effectual to help the inveterate tumors and Swellings of the Almonds and Throat, by often gargling of the Mouth therewith. It helpeth also to procure Womens Courtes, and easeth all pains of the Mother, and to break and discuss Winds therein and in the Bowels. The Powder of the Root taken in Drink, driveth forth the Worms in the Body: The Juyce, or distilled Water Scurff, of the Herb is effectual for green Wounds, or Itch, Darnold Sores, and denseth the Body inwardly, and driveth the Seed outwardly, from Sores, Scurff, Itches, Pimples, Freckles, Morpew, or other deformities thereof, but especially if phlegm a little Vitriol be dissolved therein.

A Learned Tale that cost a dull Fryar seven years study.

Pestilence, Feavers, Poyson, Venemous Beasts, Bruises, Falls, Clotted Blood,

Swellings of the Throat, cure Womens Courtes, and easeth all pains of Mother, to break and discuss Winds therein and in the Bowels. The Powder of the Worms, wounds, Scurff, Itch, Darnold Sores, and denseth the Body inwardly, and driveth the Seed outwardly, from Sores, Scurff, Itches, Pimples, Freckles, Morpew, or other deformities thereof, but especially if phlegm

## Dock.





## Dock.

**T**Hese are so wel known many kinds of them, that I shall not trouble you with a Description of them; my Book grows big too fast.

### Vertues and use.

All of them have a kind of cooling (but not all alike) drying quality the Sorrels being most cold, and the Bloodworts most drying: Of the Bur-Dock I have spoken already by himself. The Seed of most of the other kinds whether of the Garden or Field, do stay Lasks or Fluxes of all sorts, the loathings of the Stomach through Cholera, and is helpful to those that spit Blood. The Roots boyled in Vinegar helpeth the Itch, Scabs, and breakings out of the Skin, if it be bathed therewith. The Distilled Water of the Herb and Roots hath the same Vertue, and clenseth the Skin of Freckles, Morpheus, and all other Spots and Discolourings therein.

All Docks being boyled with Meat, make it boyled the sooner: Beside Bloodwort is exceeding strengthening to the Liver, and procures good Blood, being as wholesom a Pot Herb as any grows in a Garden, yet such is the nicity of our times forsooth, that Women will not put it in the Pot because it makes the Pottage black, Pride and Ignorance (a couple of Monsters in the Creation) preferring Nicity before Health.



## Dodder of Time, or Epithimum, and other Dadders.

### Description.

**T**HIs first from Seeds giveth Roots in the Ground, which shooteth forth threads or Strings, grosser or finer, as the property of the Plant wherein it groweth, and the Climate doth suffer, creeping and spreading on that Plant wheron it fastneth, be it high or low. These Strings have no Leavs at all upon them, but wind and interlace themselves so thick upon a small Plant that it taketh away all comfort of the Sun from it, and is ready to choke or strangle it: After these Strings are risen up to that Height that they may draw Nourishment from the Plant, they seem to be broken off from the ground, either by the strength of their rising, or withered by the heat

of the Sun. Upon these Strings are found clusters of small Heads or Husks, out of which start forth whitish Flowers, which afterwards give small pale colour'd Seed somewhat flat, and twice as big as Poppy Seed. It generally participates of the Nature of that Plant which it climbeth upon, but the Dodder of Time is accounted the best, and is the only true *Epithimum*.

### Vertues and use.

This is accounted the most effectual for Melanchollick Diseases, and to purge black or burnt Cholera, which is the cause of many Diseases of the Head and Brains, as also for the trembling of the Heart, faintings, and Swounings. It is helpful in all Diseases and Grievs of the Spleen, and of that Melancholly that ariseth from the windiness of the *Hypochondria*. It purgeth also the Reins or Kidneys by Urin. It openeth Obstructions of the Gall, wherby it profiteth them that have the Jaundice; as also of the Liver, and Spleen; purging the Veins of Chollerick and Eglematick Humors, and helpeth Childrens Agues, a little Wormseed being put thereto.

The other Dadders do (as I said before) participate of the Nature of those Plants whereon they grow: As that which hath been found growing upon Nettles in the West Country, hath by experience been found very effectual to procure plenty of Urin, where it hath been stopped or hindered. And so of the *Disjury*, rest.

All Dadders are under *Saturn*, Tell not me of Physicians crying up *Epithimum*, or that Dodder which grows upon *Time* (most of which comes from *Hymettus* in Greece, or *Hybla* in Sicilia, because those Mountains abound with *Time*) he is a Physician indeed that hath wit enough to chuse his Dodder according to Nature of the Disease and Humor peccant, we confess, *Time* is the hottest Herb it usually grows upon, and therefore that which grows upon *Time* is hotter than that which grows upon colder Herbs, for it draws Nourishment from what it grows upon as well as from the Earth where its Root is, and thus you see old *Saturn* is wise enough to have two Strings to his Bow.

*Sympathy* and *Antipathy*, are the two Hinges upon which the whole Modell of Physick turns, and that Physician which minds them not is like a Door off from the Hooks, more likely to do a man a mischief than to secure him: then all the Diseases *Saturn* causeth, this helps by *Sympathy*, & strengthens all the parts of the Body he rules, such as caused by *Sol* it helps by *Antipathy*, what those Diseases are see my Judgment of Diseases by Astrology, and you be pleased to look the Herb Wormwood, you shall find a Rational way for it.

Dogs





## Dogs-Grass;

OR

## Quich-Grass.

## Description.

IT is well known that this Grass creepeth far about under ground with long white joynted Roots, and smal fibres almost at every Joynt very sweet in tast, as the rest of the Herb is, and interlacing one another, from whence shoot forth many fair long grassy Leavs, small at the ends and cutting or sharp on the edges. The Stalks are joynted like Corn with the like Leavs on them, and a long spiked Head with long Husks on them and hard rough Seed in them.

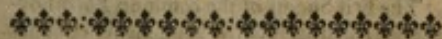
## Place.

It groweth commonly through this Land in divers plowed grounds, to the no smal trouble of the Husbandman, as also of the Gardiners in Gardens to weed it out if they can, for it is a constant Customer to the place it gets footing in.

## Vertues and use.

This is the most Medicinable of all the Quich-grasses: Being boyled and drunk it openeth Obstructions of the Liver and Gall, and the stoppings of the Urin, and easeth the griping pains of the Belly, and Inflammations; waiteth the matter of the Stone in the Bladder, and the Ulcers thereof also: The Roots bruised and applied doth consolidate Wounds: The Seed doth more powerfully expel Urin, and stayeth the Lask, and Vomiting; The distilled Water alone, or with a little Wormseed killeth the Worms in Children.

The way of use is to bruise the Roots, and having well boyled them in white Wine, drink the Decoction; 'tis opening, but not purging very safe; 'tis a Remedy against all Diseases coming of Stopping and such are half those which are incident to the Body of man; and although a Gardiner be of another opinion, yet a Physitian holds half an Acre of them to be worth five Acres of Carrots twice told over.



## Dovesfoot, or Cranesbill.

## Description.

THIS hath divers small, round, pale, green Leavs, cut in about the edges, much like Mallows, standing upon long reddish hairy

Stalks lying in a round compass upon the ground; among which rise up two or three, or more reddish Joynted, slender, weak, and hairy Stalks, with some such like Leavs thereon, but smaller, and more cut in up to the tops, where grow many very smal, bright, red Flowers of five Leavs apiece, after which follow smal Heads, with smal short beaks pointing forth, as all other sorts of these Herbs do.

## Place.

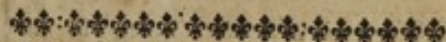
It groweth in Pasture Grounds, and by the Path sides in many places, and wil also be in Gardens.

## Time.

It Flowreth in June, July, and August, some earlier, and somelater, and the Seed is ripe quickly after.

## Vertues and use.

It is found by experience to be singular good for the Wind Chollick, and pains thereof, as also to expel the Stone and Gravel in the Kidnies. The Decoction thereof in Wine is an exceeding good Wound Drink for those that have inward Wounds, Hurts, or Bruises, both to stay the bleeding, to dissolve and expel the congealed Blood, and to heal the parts, as also to clens, and heal outward Sores, Ulcers, and Fistulaes; and for green Wounds many do but bruise the Herb, and apply it to the place, and it healeth them quickly. The same Decoction in Wine fomented to any place pained with the Gout, or to Joynt-aches, or pain, of the Sinews giveth much ease. The Pouder, or Decoction of the Herb taken for some time together is found by experience to be singular good for Ruptures, and Burstings in People, either yong or old.



## Ducksmeat.

THIS is so well known to swim on the top of standing Waters, as Ponds, Pools, and Ditches, that it is needless further to describe it.

## Vertues and use.

It is effectual to help Inflammations, and St. Anthonies fire, as also the Gout, either applied by it self, or in a Pultis with Barley Meal. The distilled Water herof is by some highly esteemed, against all inward Inflammations, and Pestilent Feavers; as also to help the redness of the Eyes, the Swellings of the Cods, and of the Breasts before they be grown too much. The fresh Herb applied to the Forehead, easeth the Pains of the Head-ach coming of heat.

Cancer claims the Herb, and the Moon will be Lady of it, a word is enough to a Wise man.

Down,

Liver,  
Gall,  
Disury,  
Griping,  
Inflammation,  
Ulcers,  
in the Bladder,  
Wounds,  
Vomiting,  
Worms,

Stopping.

Inflammations,  
St.  
Anthonies  
Fire, Pestilence,  
Eyes  
Swellings  
of the  
Cods,  
Headach,



Down, or Cotton-  
Thistle.

*Description.*

**T**His hath many large Leavs lying on the ground, somewhat cut in, and as it were crumpled on the edges, of a green colour on the upper side, but covered over with a long hairy Wool, or Cottony Down, set with most sharp, and cruel pricks; from the middle of whose Heads of Flowers, thrust forth many Purplish, Crimson Treds, and sometimes (although more seldom) white ones. The Seed that followeth in these Heads, lying in a great deal of fine white Down is somewhat large, long, and round, like the Seed of Ladies Thistle, but somewhat paler. The Root is great and thick spreading much, yet it usually dieth after Seed time.

*Place.*

It groweth on divers Ditches Banks, and in the Corn-fields, and High-waies generally every where throughout the Land.

*Time.*

It Flowreth and beareth Seed about the end of Summer, when other Thistles do Flower and Seed.

*Vertues and Use.*

*Pliny* and *Dioscorides* write, That the Leavs & Roots hereof taken in Drink, helpeth those that have a Crick in their Neck, whereby they cannot turn their Neck but their whole Body must turn also (Sure they do not mean those that have got a Crick in their Neck by being under the Hangmans Hands.) *Galen* saith that the Root and Leavs hereof are of an heating quality, and good for such Persons as have their Bodies drawn together by some *Spasmus*, *Spasme* or Convulsion; as it is with Children that have the Rickets, or rather (as the Colledg of *Physicians* will have it) the *Rachites*, for which name for the Disease, they have (in a particular Treatise lately set forth by them) Learnedly Disputed, and put forth to the publick view, that the World may see, they took much pains to little purpose.

*Mars* owns the Plant, and manifests to the World, that though it may hurt your Fingers it will help your Body, for I fancy it much for the Premises.

The Elder-Tree.

**I** Hold it needless to write any Description of this, sith every Boy that plaies with a Portgun, will not mistake another Tree instead of Elder. I shall therefore in this place only describe the *Dwarf Elder*, called also *Danewort*, and *Walewort*.

The Dwarf Elder.

*Description.*

**T**His is but an Herb every yeer dying with his Stalks to the ground, and rising again afresh every Spring; and is like unto the Elders both in form and quality, rising up with a four square rough hairy Stalk four foot high or more sometimes. The winged Leavs are somewhat narrower than the Elder, but els very like them. The Flowers are white with a dash of Purple standing in Umbels, very like the Elder also, but more sweet in scent, after which come smal blackish Berries, full of Juyce while they are fresh, wherein there lie smal hard Kernels or Seed. The Root doth creep under the upper crust of the ground, springing afresh in divers places being of the bigness of ones finger or Thumb sometimes.

*Places.*

The *Elder-Tree* groweth in Hedges, being planted there to strengthen the Fences, and Partitions of Grounds, and to hold up the Banks by Ditches, and Water-courses.

The *Dwarf Elder* groweth Wild in many places of *England*, where being once gotten into a Ground it is not easily gotten forth again.

*Times.*

Most of the *Elder-Trees* Flower in *June*, and their Fruit is ripe for the most part in *August*.

But the *Dwarf Elder*, or *Walewort* Flowreth somewhat later, and his fruit is not ripe until *September*.

*Vertues and Use.*

The first Shoots of the common *Elder* boyled like *Asparagus*, & the yong Leavs & Stalks boyled in Fat Broth, doth mightily carry forth *Flegm* and *Choller*. The middle or inner Bark boyled in Water, and given to drink worketh much more violently; and the Berries either green or dry, expel the same humors, and is often given with good success to help the Dropfie. The Bark of the Root Dropfie, boyled



boyled in Wine, or the Juyce therof drunk, worketh the same effects, but more powerfully than either the Leavs or Fruit. The Juyce of the Root taken doth mightily provoke Vomit, and purgeth the watery Humors of the Droffie. The Decoction of the Root taken cureth the biting of the Adder, and biting of Mad Dogs; It mollifieth the hardness of the Mother, if Women sit therein, and openeth the Veins, and bringeth down their Courses: The Berries boyled in Wine performeth the same effect; and the hair of the Head washed therewith is made black. The Juyce of the green Leavs applied to the hot Inflammations of the Eyes, asswageth them. The Juyce of the Leavs snuffed up into the Nostrils purgeth the Tunicles of the Brain. The Juyce of the Berries boyled with a little Honey and dropped into the Ears, helpeth the pains of them. The Decoction of the Berries in Wine being drunk provoketh Urine. The distilled Water of the Flowers is of much use to clear the Skin from Sunburning, Freckles, Morpew, or the like; and taketh away Headaches coming of a cold caus, the Head being bathed therewith. The Leavs or Flowers distilled in the Month of May, and the Legs often washed with the said distilled Water, it taketh away the Ulcers and Sores of them: The Eyes washed therewith, it taketh away the redness and Bloodshot: And the Hands washed morning and evening therewith helpeth the Palsey, and shaking of them.

*Venemous Beasts, Mad Dogs, Terms provokes. Inflammation, Brain, Ears, Urine provokes, Sunburning, Freckles, Morpew, Headach, Ulcers. Palsey.*

The Dwarf Elder is more powerful than the Common Elder, in opening and purging Choller, Flegm, and Water, in helping the Gout, the Piles, and Womens Diseases, coloreth the Hair black, helpeth Inflammation in the Eyes, and pains in the Ears; the biting of Serpents or a Mad Dog, Burnings and Scaldings, the wind Chollick, Chollick and Stone, the difficulty of Urine, the cure of old Sores, and Fistulous Ulcers.

Either Leavs or Bark of Elder stripped upward as you gather it causeth Vomiting, but stripped downward it purgeth downwards. Also Dr. Butler in a Manuscript of his commends Dwarf Elder to the Sky for Droffies, viz. to drink it being boyled in white Wine, to drink the Decoction I mean, not the Elder.

### The Elm-Tree.

THIS Tree is so well known, growing generally in all Countries of this Land; that it is needless to describe it.

#### Vertues and Use.

The Leavs herof bruised, and applied healeth green Wounds being bound thereon with

its own Bark: The Leavs or the Bark used with Vinegar, cureth Scurf, and Lepry very effectually: The Decoction of the Leavs, Bark, or Root, being bathed, healeth broken Bones. The Water that is found in the Bladders on the Leavs, while it is fresh, is very effectual to cleanse the Skin and make it fair: and if clothes be often wet therein and applied to the Ruptures of Children it helpeth them; if they be after wel bound up with a Truss. The said Water put into a Glass, and set in the Ground, or els in Dung for twenty five daies, the Mouth therof being close stopped; and the bottom set upon a lay of ordinary Salt, that the Feccs may settle and the Water become very cleer, is a singular and Sovereign Balm for green Wounds, being used with soft tents: The Decoction of the Bark of the Root fomented mollifieth hard tumors, and the shrinking of the Sinews. The Roots of the Elm boyled for a long time in Water, and the fat rising on the top therof being clean scummed off, and the place anointed therewith that is grown Bald, and the Hair fallen away, will quickly restore them again. The said Bark, ground with Brine and Pickle until it come to the form of a Pultis, and laid on the place pained with the Gout, giveth great ease. The Decoction of the Bark in Water is excellent to bath such places as have burned with fire.

*Wounds, Scurf, Leprosie, Beauty, Ruptures, Swellings, Baldness, Gout, Burning.*

### Endive.

#### Description.

THE common Garden Endive beareth a longer and a larger Leaf than Succory, and abideth but one yeer, quickly running up to Stalk and Seed, and then perisheth: It hath blue Flowers, and the Seed of the ordinary Endive is so like Succory Seed, that it is hard to distinguish them.

#### Vertues and Use.

The Decoction of the Leavs, or the Juyce, or the distilled Water of Endive serveth well to cool the excessive Heat in the Liver and Stomach, and in the hot Fits of Agues, and all other Inflammations in any part of the Body; it cooleth the heat and sharpness of the Urine, and the Excoriations in the Urinary parts; The Seed is of the same property or rather more powerful, and besides is available for the faintings, swoonings, and passions of the Heart. Outwardly applied they serve to temper the sharp Humors of fretting Ulcers, hot Tumors and Swellings, and Pecculent Sores; and wonderfully helpeth not only the redness and Inflammation in the Eyes, but the dimness of the Sight also: They are also used to allay the pains of the Gout.

You



You cannot use it amiss, a Syrup of it is a fine cooling Medicine for Feavers.



## Elecampane.

### Description.

THIS shooteth forth many large Leavs, long, and broad, lying neer the ground, smal at both ends, somewhat soft in handling, of a whitish green on the upper side, and gray underneath, each set upon a short Footstalk; from among which rise up divers great, and strong hairy Stalks, three or four foot high with some Leavs thereon compassing them about at the lower ends, and are branched toward the tops, bearing divers great and large Flowers like those of the Corn Marigold, both the Border of Leavs and the middle thrum being yellow, which turn into Down; with long small brownish Seed among it, and is carried away with the wind. The Root is great and thick, branched forth divers waies, blackish on the outside, and white within, of a very bitter tast, and strong, but good sent, especially when they are dryed, no part elf of the Plant having any smel.

### Place.

It groweth in the moist Grounds, and shadowy places oftner than in the dry and open Borders of Fields and Lanes, and in other wast places almost in every County of this Land.

### Time.

It Flowreth in the end of June and July, and the Seed is ripe in August, The Roots are gathered for use, as well in the Spring before the Leavs come forth, as in Autumn or Winter.

### Vertues and use.

The fresh Roots of Elecampane preserved with Sugar, or made into a Syrup or Conserve, are very effectual to warm a cold and windy Stomach, or the pricking therein, and Stitches in the Sides caused by the Spleen; and to help the Cough, shortness of Breath, and wheezing in the Lungs. The dried Root made into Poudet, and mixed with Sugar and taken, serveth to the same purposes, and is also profitable for those that have their Urine stopped; or the stopping of Womens Courtes, the pains of the Mother, and of the Stone in the Reins, Kidneys, or Bladder: It resisteth Poyson, and stayeth the spreading of the Venom of Serpents, as also of putrid and pestilential Feavers, and the Plague it self. The Roots and Herb beaten and put into new Ale or Beer, and dayly drunk, cleareth, strengthneth, and quickneth the Sight of the Eyes wonderfully. The Decoction of the Roots in Wine or the Juyce taken therein, killeth and driveth forth all manner of Worms in the Belly, Sto-

mach, and Maw; and gargled in the mouth; or the Root chewed fastneth loof Teeth, and Loof Teeth, helpeth to keep them from Putrefaction: And being drunk is good for those that spit Spitting Blood, helpeth to remove Cramps or Convulsions, and the pains of the Gout, the Sciatica, the loofness and pains in the Joynts, or those Members that are out of Joynt, by cold or moisture hapning to them, applied outwardly as well as inwardly, and is good for those that are bursten, or have any inward bruise. The Roots boyled well in Vineger, beaten afterwards and made into an Oynment, with Hogs Suet or Oyl of Trotters is an excellent remedy for Scabs or Itch in yong or old: The places also bathed or washed with the Decoction doth the same; it also helpeth all sorts of filthy, old, putrid Sores or Cankers wheresoever. In the Roots of this Herb lieth the chief effect for all the Remedies aforesaid: The distilled Water of the Leavs and Roots together is very profitable to cleanse the Skin of the Face or other parts, from any Morpew, Morpew, Spots, or Blemishes therein, and maketh it cleer.



## Eringo, or Sea-Holly.

### Description.

THE first Leavs of our ordinary Sea-Holly, are nothing so hard and prickly as when they grow old, being almost round and deeply dented about the edges; hard, and sharp pointed, and a little crumpled, of a bluish green colour, every one upon a long Footstalk; but those that grow up higher with the Stalk, do as it were compass it about. The stalk it self is round and strong, yet somewhat crested with Joynts and Leavs set therat, but more divided, sharp, and prickly; and branches rising from thence, which have likewise other smaller Branches, each of them bearing several bluish round prickly Heads, with many smal jagged prickly Leavs under them standing like a Star, and are sometimes found greenish or whitish: The Root groweth wonderful long, even to eight or ten Foot in length, set with Rings or Circles, toward the upper part, but smooth and without Joynts down lower, brownish on the outside, and very white within, with a pith in the middle, of a pleasant tast, but much more being artificially preserved and candy'd with Sugar.

### Place.

It is found about the Sea Coasts, in almost every Country of this Land which bordereth upon the Sea.

### Time.

It Flowreth in the end of Summer, and giveth ripe Seed within a Month after.

### Vertues

Cold Stomach,  
Wind,  
Stitch,  
Spleen,  
Cough,  
Shortness  
of Breath,  
Wheezing,  
Terms  
provokes,  
Mother,  
Stone,  
Poyson,  
Venemous  
Beasts,  
Pestilence,  
Eyes,  
Worms.



## Vertues and Use.

*Obstructions,* is very effectual to open the *Obstructions* of the Spleen and Liver, and helpeth the yellow Jaundice, the Dropsie, the pains in the Loins, and wind Chollick, provoketh Urine, and expelleth the Stone, and procureth Womens Courtes. The continued use of the Decoction for 15. daies taken fasting and next to Bedward, doth help the strangury, the pissing by drops, the stopping of Urine and Stone, and all defects of the Reins or Kidneys; and if the said drink be continued longer, it is said that it perfectly cureth the Stone, and that experience hath found it so: It is found good against the French Pox. The Roots bruised and applied outwardly, helpeth the Kernels of the Throat, commonly called the Kings evil; or taken inwardly and applied to the place stung or bitten by any Serpent, healeth it speedily. If the Roots be bruised and boyled in old Hogs greas, or salted Lard and applied to broken Bones, Thorns &c. remaining in the Flesh doth not only draw them forth, but healeth up the place again, gathering new Flesh where it was consumed: The Juyce of the Leavs dropped into the Ears, helpeth Imposthumes therein: The Distilled Water of the whol Herb when the Leavs and Stalks are yong, is profitably drunk for all the purposes aforesaid; and helpeth the Melancholly of the Heart, and is available in Quartane and Quotidian Agues, as also for them that have their Necks drawn awry, and cannot turn them, without turning their whol Body.

The Plant is Venerial, and breedeth Seed exceedingly and strengthens the Spirit procreative, it is hot and moist, and under the Celestiall Ballance.



## Eyebright.

## Description.

**T**he common Eyebright is a small low Herb, rising up usually but with one blackish, green Stalk, a span high, or not much more, spread from the bottom into sundry Branches, wheron are set smal and almost round, yet pointed dark, green, Leavs finely snipped about the edges, two alwaies set together, and very thick: At the Joynts with the Leavs from the middle upward, come forth small white Flowers striped with purple and yellow Spots or stripes; after which follow small round Heads with very small Seed therein: The Root is long, small, and threddy at the end.

## Place.

It groweth in many Meadows, and grassy places, in this Land.

## Vertues and Use.

If this Herb were but as much used as it is neglected, it would half spoil the Spectacle-makers Trade; and a man would think that reason should teach people to prefer the preservation of their Natural before Artificial Spectacles: which that they may be instructed how to do, take the Vertues of Eyebright as followeth.

The Juyce or distilled Water of Eyebright taken inwardly in white Wine or Broth, or dropped into the Eyes for divers daies together, helpeth all infirmities of the Eyes that caus dimness of Sight: Some make a Conserv Eyer, of the Flowers to the same effect: Being used any of these waies it also helpeth a weak Brain or Memory. This tunned up with strong Beer that it may work together, and drunk; Or the Pouder of the dried Herb mixed with Sugar, a little Mace, and Fennel Seeds, and drunk or eaten in Broth: Or the said Pouder made into an Electuary with Sugar and taken, hath the same powerful effect to help and restore the Sight decayed through age. And *Arnoldus de villa nova*, saith, It hath restored Sight to them that have been blind a long time before.

It is under the Sign of the *Lyon*, and *Sol* claims Dominion over it.



## Fern.

## Description.

**O**F this there are two kinds principally to be noted; viz. The Male and Female: The Female groweth higher than the Male, but the Leavs therof are lesser, & more divided or dented; & of as strong a smel as the Male: The Vertues of them are both alike; and therefore I shall not trouble you with any further Description or distinction of them.

## Place.

They both grow on Heaths, and in shady places neer the Hedge sides in all Countries of this Land.

## Time.

They flourish and give their Seed at Midsummer.

The Femal Fern is that plant which is in *Sussex* called Brakes, the Seed of which some Authors hold to be so rare, such a thing there is I know, and may easily Be had upon Midsummer Eve, and for ought yet I know two or three daies before or after, if not more.

## Vertues and Use.

The Roots of both these sorts of Ferns, being bruised and boyled in Mead or Honyed Water, und drunk, killeth both the broad and long Worms in the Body; and abateth the Swelling



*Spleen,* Swelling and hardness of the Spleen. The green Leavs eaten, purgeth the Belly and Chollerick and waterish humors, but it troubles the Stomach. They are dangerous for Women with Child to meddle with, by reason they caus abortment. The Roots bruised and boyled in Oyl or Hogs greaf, maketh a very profitable Oyntment to heal Wounds, or pricks gotten into the Flefh. The Pouder of them used in foul Ulcers, drieth up their Malignant moisture, and causeth their speedier healing: Fern being burned, the smoke thereof driveth away Serpents, Gnats, and other noisom Creatures, which in the Fenny Countreys do in the night time trouble and molest people lying in their Beds with their Faces uncovered it causeth Barrenness.



### Osmond Royal, or Water Fern.

#### Description.

**T**His shooteth forth in the Spring time (for in the Winter the Leavs perish) divers rough hard Stalks, half round and hollowish, or flat on the other side, two Foot high, having divers Branches of winged yellowish green Leavs on all sides, set one against another, longer, narrower, and not nicked on the edges as the former: From the top of some of these Stalks grow forth a long Bush of smal, and more yellowish green scaly aglets as it were set in the same manner on the Stalks as the Leavs are; which are accounted the Flower and Seeds; The Root is rough, thick, and Scaly, with a white pith in the middle which is called the Heart thereof.

#### Place.

It groweth on Moors, Bogs, and Watery places in many parts of this Land.

#### Time.

It is green all the Summer; and the Root only abideth in Winter.

#### Vertues and Use.

*Wounds,* *Bruises,* *Broken Bones,* *Chollick,* *Spleen,* *Ruptures,* *Dissey.* This hath all the Vertues mentioned in the former Ferns, and is much more effectual than they both for inward and outward Grieffs; and is accounted singular good in Wounds, Bruises, or the like; the Decoction to be drunk, or boyled into an Oyntment or Oyl, as a Balsom or Balm, and so it is singular good against Bruises, and Bones broken or out of joynt; and giveth much eas to the Chollick, and Splenetic Diseases; as also for Ruptures, or burstings. The Decoction of the Root in white Wine provokes Urine exceedingly and cleanseth the Bladder and passages of Urine.



### Featherfew.

#### Description.

**C**ommon Featherfew hath many large fresh green Leavs very much torn or cut on the edges: The Stalks are hard and round set with many such like Leavs, but somewhat smaller, and at the tops stand many single Flowers upon several smal Footstalks, consisting of many smal white Leavs, standing round about a yellow thrum in the middle. The Root is somewhat hard and short, with many strong Fibres at it: The scent of the whol Plant is very strong, and stuffing, and the tast very bitter.

#### Place.

This groweth wild in some places of this Land; but it is for the most part nourished in Gardens.

#### Time.

It Flowreth in the Months of June and July.

#### Vertues and Use.

It is chiefly used for the Diseases of the Mother, whether it be the strangling or rising of Mother, the Mother, or Hardness or Inflammations of womb, the same, applied outwardly thereunto: or a Terms, Decoction of the Flowers in Wine with a little Nutmeg or Mace put therein, and drunk often in a day, & is an approved Remedy to bring down Womens Couries speedily, and helpeth to expel the dead Birth and Afterbirth. For a Woman to sit over the hot fumes of the Decoction of the Herb made in Water or Wine is effectual also for the same; and in some cases to apply the boyled Herb warm to the privy parts. The Decoction thereof made, with some Sugar or Honey put thereto, is used by many with good success, to help the Cough, and stuffing of the Chest by cold, as also to cleanse the Reins and Bladder, and help to expel the stone in them. The Pouder of the Herb taken in Wine, with some Oximel purgeth both Choller and Flegm, and is available for those that are short winded; and are troubled with Melancholly and Heaviness or sadness of the Spirits. It is very effectual for all pains in the Head coming of a cold caus, the Herb being bruised, and applied to the crown of the Head; as also for a Vertigo, that is a turning or swimming in the Head. The Decoction thereof drunk warm, and the Herb bruised with a few Corns of Bay Salt and applied to the Wrists before the coming of the Ague Fits, doth take them away. The distilled Water taketh away Freckles, & other Spots and Deformities in the Face. The Herb bruised and heated on a Tyle, with some Wine to moisten it, or fried with a little Wine and Oyl in a frying Pan, and applied warm outwardly

*Dead Birth,*  
*Afterbirth,*

*Cough,*  
*Reins,*  
*Bladder,*  
*Choller,*  
*Flegm,*  
*Melancholly,*  
*Sadness.*

*Headach,*  
*Vertigo,*

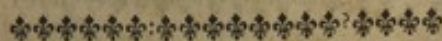
*Ague,*  
*Deformity of the skin*

*wind,*



*Chollick,*  
*Opium.* wardly to the places, helpeth the wind and Chollick in the lower part of the Belly: It is an especial Remedy against Opium taken too liberally.

*Venus* commands the Herb and hath commanded it to succour her Sisters [*women*] and to be a general strengthner of their Wombs and remedy such infirmities, as a careless Midwife hath there caused, if they will be but pleased to make use of her Herb boyled in white Wine, and drink the Decoction, it cleneth the Womb, expelleth the Afterbirth, doth the Woman all the good she can desire of an Herb. And if any grumble becaus they cannot get the Herb in Winter, tell them if they pleas they may make a Syrup of it in Summer.



### Fennel.

Every Garden affordeth this so plentifully, that it needeth no Description.

#### Vertues and Use.

*Wind,*  
*Disury,*  
*Stone,*  
*Encrea-*  
*feth Milk,*  
*Amends*  
*Milk,*  
*Hiccough,*  
*Loathing*  
*of meat,*  
*Venemous*  
*Beasts,*  
*Poyson,*  
*Mushrooms*  
*Obstruc-*  
*tions in the*  
*Liver,*  
*Spleen,*  
*and Gall,*  
*Yellow*  
*Jaundice,*  
*Gout,*  
*Cramp,*  
*Wheefing,*  
*Terms*  
*provokes,*  
*After De-*  
*livery,*  
*Clenf,*  
*open,*  
*Fatnesf,*  
*Eyes.*

Fennel is good to break wind, to provoke Urine, and eas the pains of the Stone, and help to break it. The Leavs or Seed boyled in Barley Water and drunk is good for Nurfes to encreas thejr Milk and make it more wholsom for the Child: The Leavs, or rather the Seed boyled in Water staith the Hiccough, and taketh away that loathing which oftentimes hapneth to the Stomachs of Sick, and Feaverish Persons, and allayeth the heat thereof. The Seed boyled in Wine and drunk, is good for those that are bitten by Serpents, or have eaten Poyson full Herbs or Mushrooms: The Seed and the Root much more helpeth to open Obstructions of the Liver, Spleen, and Gall, and thereby helpeth the painful and windy swellings of the Spleen, and the yellow Jaundice, as also the Gout and Cramps. The Seed is of good use in Medicines to help shortness of breath, and Wheefing by stopping of the Lungs. It helpeth also to bring down the Courses and to clenf the parts after delivery. The Roots are of most use in Physick Drinks and Broths that are taken to clenf the Blood, to open Obstructions of the Liver to provoke Urine, and amend the ill colour in the Face after Sicknesf, and to cauf a good habit through the Body: Both Leavs, Seeds, and Roots hereof are much used in Drinks or Broths, to make people more spare and lean that are too fat. The distilled Water of the whol Herb or the condensate Juyce dissolved, but especially the Natural Juyce that in hot Countries issueth out thereof of its own accord, dropped into the Eyes, clenfeth them from mists and films that hinder the sight. The sweet Fennel is much weaker in Physical uses, than the common Fennel.

The wild Fennel is stronger and hotter than the tame; and therefore most powerful against the Stone, but not so effectual to encreas Milk, becaus of its drinesf.

One good old fashon is not yet quite left off, viz. To boil Fennel with Fish, for it consumes that Flegmatick humor which Fish most plentifully afford and annoy the body by, therefore it is a most fit Herb for that purpose though few that use it know why or wherefore they do it, I suppose the Reason of its benefit this way is becaus it is an Herb of *Mercury* and under *Virgo*, and therefore bears Antipathy to *Pisces*. Dill is also an Herb of *Mercury*, which I forgot to certifie you of before.



### Sow-Fennel, or Hogs-Fennel.

#### Description.

The common Sow-Fennel hath divers branched Stalks of thick and somewhat long Leavs, three for the most part joyned together at a place, among which riseth a crested strait Stalk, less than Fennel with some Joyns thereon, and Leavs growing thereat, and toward the top some Branches issuing from thence, likewise on the tops of the Stalk and Branches stand divers tufts of yellow Flowers, where after grow somewhat flat, thin, and yellowish Seed bigger than Fennel Seed: The Root groweth great and deep with many other parts and Fibres about them, of a strong scent like hot Brimstone and yielding forth a yellowish Milk, or clammy Juyce almost like a Gum.

#### Place.

It groweth plentifully in the Salt low Marshes neer by Feaversham in Kent.

#### Time.

It Flowreth and seedeth in July and August.

#### Vertues and Use.

The Juyce of Sow-Fennel (saith *Dioscorides* and *Galen*) used with Vinegar and Rose-Frenzie, water, or the Juyce with a little Euphorbium put to the Nose, helpeth those that are troubled with the Lethargy, the Frensie, the turning or Giddinesf of the Head, the Falling-Sickness, long and inveterate Headach, the Palsie, Palsie, *Sciatica*, and the Cramp, and general *Sciatica*, ly all the Diseases of the Sinews, used with Cramp, Oyl and Vinegar. The Juyce dissolved in Sinews, Wine, or put into an Eg, is good for the Cramp, Cough, or shortness of Breath and for those shortness that are troubled with the Wind in the Body; of breath, It purgeth the Belly gently, helpeth the hard-wind, nels of the Spleen, giveth eas to Women that Spleen, have



*Childbirth* have sore travail in Childbirth, and easeth the  
*Reins,* pains of the Reins and Bladder, and also of  
*Bladder,* the Womb. A little of the Juyce dissolved in  
*Womb,* Wine and dropped into the Ears, easeth much  
*Ears,* of the pains in them; and put into an hollow  
*Hollow* Tooth, easeth the pain thereof. The Root is  
*Teeth,* less effectual in all the aforesaid Diseases: yet  
*Ulcers,* the Powder of the Root cleanseth foul Ulcers  
*broken* being put into them; and taketh out Splin-  
*Bones,* ters of broken Bones or other things in the  
*Thorns,* Flesh and healeth them up perfectly, as  
*Wounds.* also it dryeth up old and inveterate running  
 Sores, and is of admirable Vertue in all green  
 Wounds.



### Figwort, or Throat- wort.

#### Description.

**T**He common great Figwort sendeth forth  
 divers great, strong, hard, square, brown  
 Stalks three or four Foot high, wherein grow  
 large, hard, and dark green Leavs, two at a  
 Joynt, which are larger and harder than Net-  
 tle Leavs, but not stinging: At the tops  
 of the Stalks stand many purple Elowers set in  
 Husks, which are somewhat gaping and open,  
 somewhat like those of Water-Betony; after  
 which come hard round Heads, with a small  
 point in the middle, wherein lie small brown-  
 ish Seed. The Root is great, white, and  
 thick, with many branches at it growing a-  
 slope under the upper crust of the Ground,  
 which abideth many yeers but keepeth not his  
 green Leavs in Winter.

#### Place.

It groweth frequently in moist and shadowy  
 Woods, and in the lower parts of Fields and  
 Meadows.

#### Time.

It Flowreth about July, and the Seed will  
 be ripe about a Month after the Flowers are  
 fallen.

#### Vertues and Use.

*Congealed* The Decoction of the Herb taken inward-  
*Blood* ly, and the bruised Herb applied outwardly,  
*by wound,* dissolveth clotted or congealed Blood within  
*Bruise, or* the Body, coming by any Wound, Bruise, or  
*Fall,* Fall; and is no less effectual for the Kings E-  
*Kings E-* vil, or any other Knots, Kernels, Bunches or  
*vil, Wens,* Wens growing in the Flesh whersoever, and  
*Hemor-* for the Hemorrhoids or Piles, or other  
*rroids,* Knobs or Kernels which sometimes grow a-  
*Funda-* bout the Fundament: An Ointment made  
*ment,* hereof, may be used at all times when the  
 fresh Herb is not to be had. The distilled  
 Water of the whol Plant, Roots and all is used  
 for the same purposes, and drieth up the su-  
 perfluous virulent moisture of hollow and cor-

roding Ulcers; It taketh away all redness, *ulcers,*  
 Spots and Freckles in the Face, as also the *Scurff,*  
 Scurff or any foul Deformity therein, and the *Spots,*  
 Leprosie likewise. *Freckles,*

Some Latin Authors call it *Cervicaria* be, *Deformity,*  
 caus 'tis appropriated to the Neck, and we *Leprosie.*  
*Throatwort* becaus 'tis appropriated to the  
 Throat: *Venus* owns the Herb, and the  
 Coelestial Bull will not deny it, therefore a  
 better Remedy cannot be for the Kings Evil,  
 becaus the Moon that rules the Disease is exal-  
 ted there, nor for any Disease in the Neck, the  
 rest of the Diseases specified, you may if you  
 look see a very good reason for their cure by  
 this Herb.



### Filipendula, or Drop- wort.

#### Description.

**T**His sendeth forth many Leavs some big-  
 ger, some lesser, set on each side of a mid-  
 dle Rib, and each of them dented about the  
 edges, somewhat resembling wild Tanse, or  
 rather Agrimony, but harder in handling, a-  
 mong which riseth up one or more Stalks two  
 or three Foot high, with like Leavs growing  
 thereon, and sometimes also divided into other  
 Branches spreading at the top into many white  
 sweet smelling Flowers, consisting of five  
 Leavs apiece with some threads in the middle  
 of them standing together in a tuft or Umbel  
 each upon a smal Footstalk, which after they  
 have been open and blown a good while do  
 fall away, and in their places appear smal,  
 round chaffy heads like Buttons wherein are  
 the chaffy Seed set and placed. The Root con-  
 sists of many smal black tuberous pieces, fast-  
 ned together by many smal long blackish  
 Strings which run from one to another.

#### Place.

It groweth in many places of this Land, in  
 the Corners of dry Fields and Meadows, and  
 their Hedg Sides.

#### Time.

They Flower in June and July, and their  
 Seed is ripe in August.

#### Vertues and Use.

It is very effectual to open the passages of  
 the Urine, and help the Strangury, and all o- *Disury,*  
 ther pains of the Bladder and Reins, helping *Strangury,*  
 mightily to expel the Stone in the Kidnies or *Reins,*  
 Bladder, and the Gravel also, and these are *Bladder,*  
 done by taking the Roots in Powder, or a *Stone,*  
 Decoction of them in white Wine, whereun- *Gravel,*  
 to a little Honey is added: The same also  
 helpeth to expel the Afterbirth. The Roots  
 made into Powder and mixed with Honey in-  
 to the form of an Electuary doth much help  
 them



Wind,  
Lungs,  
wheezing,  
Hoarseness  
Cough,  
Flegm.

them whose Stomachs are swollen, dissolving and breaking the Wind which was the cause thereof, and is also very effectual for all diseases of the Lungs, as shortness of breath, wheezings, hoarseness of the Throat, and the Cough, and to expectorate cold Flegm, or any other parts thereabouts.

It is called *Dropwort* because it helps such as piss by drops.

\*\*\*\*\*

## The Yellow Water-Flag, OR, Flower-de-luce.

### Description.

THIS groweth like the Flower-de-luces, but it hath much longer, and narrower sad green Leavs joyned together in that fashion; the Stalk also groweth oftentimes as high, bearing smal yellow Flowers, shaped like the Flower-de-luce with three falling Leavs, and other three arched that cover their Bottoms; but instead of the three upright Leavs as the Flower-de-luce hath, this hath only three short pieces standing in their places, after which succeed thick and long three square Heads containing in each part somewhat big and Flat Seed like to those of the Flower-de-luces: The Root is long and slender, of a pale brownish colour on the outside, and of a More flesh colour on the inner side, with many hard fibres thereat, and very harsh in taste.

### Place.

It usually groweth in watery Ditches, Ponds, Lakes, and More sides which are always overflown with water.

### Time.

It flowreth in July, and the Seed is ripe in August.

### Vertues and use.

Binds,  
Cools,  
Dries,  
Flux,  
Bloodyflux  
Bleeding,  
Terms  
stops,  
Eyes,  
Spots,  
Blemishes,  
Inflamati-  
ons, Sore  
Breasts,  
Cankers,  
Ulcers,  
Noli me  
tangere.

The Root of this Water-Flag is very astringent, cooling, and drying, and thereby helpeth all Lasks and Fluxes, whether of Blood or Humors, as bleeding at Mouth, Nose, or other parts, bloody Fluxes, and the immoderate Flux of Womens Courses. The distilled water of the whol Herb, Flowers, and Roots is a Sovereign good Remedy for watering Eyes, both to be dropped into them, and to have Cloathes or Spunges wetted therein and applied to the Forehead; It also helpeth the Blemishes, Spots or Blemishes that happen in or about the Eyes, or in any other parts: The said water, Sorely fomented on Swellings and hot Inflamations of Womens sore Breasts, upon Cankers also, and those spreading Ulcers called *Noli me Tangere*, doth much good; It helpeth also foul Ulcers in the privy parts of man or woman, or elsewhere. An Oynment made of

the Flowers is better for these external applications.

Take notice that the Moon rules the Plant and then I have done.

\*\*\*\*\*

## Flaxweed, or Toadflax.

### Description.

OUR common Flaxweed hath divers Stalks full fraught with long and narrow blue or Ash-colour'd Leavs, and from the middle of them almost upward stored with a number of pale yellow Flowers, of a strong unpleasant scent, with deeper yellow mouths, and blackish flat Seeds in round Heads. The Root is somewhat woody and white, especially the main downright one, with many fibres, abiding many yeers, shooting forth Roots every way round about, and new Branches every yeer.

### Place.

This groweth throughout this Land, both by the way sides in Meadows, as also by Hedge sides, and upon the sides of Banks and Borders of Fields.

### Time.

It Flowreth in Summer, and the Seed is ripe usually before the end of August.

### Vertues and use.

This is frequently used to provoke Urine being stopped, and to spend the abundance of those watery Humors by Urine which causeth the Dropsie. The Decoction of the Herb both Leavs and Flowers in Wine, taken and drunk doth somewhat move the Belly downwards, openeth Obstructions of the Liver, and helpeth the yellow Jaundice, expelleth Poyson, provoketh Womens Courses, driveth forth the dead Child, and Afterbirth. The Distilled water of the Herb and Flowers is effectual for all the same purposes, especially being drunke with a dram of the Poudre of the Seeds, or Bark of the Root of Walwort and a little Cinnamon for certain daies together, is held a singular Remedy for the Dropsie: The Juyce of the Herb or the distilled Water dropped into the Eyes is a certain Remedy for all heat, Inflamations and redness in them. The Juyce or water put into foul Ulcers whether they be Cancrous or Fistulous, with tents rouled therein, or the parts washed or injected therewith cleanseth them thoroughly from the bottom, and healeth them up safely. The same Juyce or Water also cleanseth the Skin wonderfully of all sorts of deformity thereof, as Lepry, Morpew, Scurf, Wheals, Pimples, or any other Spots or Marks in the Skin, applied of it self, or used with some Poudre of Lupines.

Disury,  
Dropsie,  
Obstruction  
of the  
Liver,  
yellow  
Jaundice,  
Dead Child  
and  
Afterbirth  
Inflamati-  
ons, Eyes,  
ulcers,  
Cancers,  
Fistulae,  
Leprosie,  
Scabs,  
Pimples,  
Freckles.

Mars owns the Herb, in *Sussex* we call it  
R. Gall.



Gall-wort, and lay it in our Chickens water, to cure them of the Gall I think, I am sure it releevs them when they are drooping.



## Fleawort.

### Description.

**T**he ordinary *Fleawort* riseth up with a Stalk two Foot high, or more, full of Joynts and Branches on every side up to the top, and at every Joynt two small long and narrow whitish green Leavs somewhat hairy: At the tops of every Branch stand divers small short scaly or chaffy Heads, out of which come forth small whitish yellow threads, like to those of the Plantane Herbs, which are the Bloomings or Flowers. The Seed inclosed in those Heads is smal and shining while it is Fresh very like unto Fleas, both for colour and bigness, but turning black when it groweth old. The Root is not long but white, hard, and woody, perishing every yeer and rising again of its own Seed for divers yeers if it be suffered to stand: The whol Plant is somewhat whitish and hairy, smelling somewhat like Rozin.

There is another sort hereof differing not from the former in the manner of growing, but only that his Stalk and Branches being somewhat greater do a little more bow down to the ground: The Leavs are somewhat larger; the Heads somewhat lesser, the Seed alike; and the Root and Leavs abide all the Winter, and perish not as the former.

### Place.

The first groweth only in Gardens, the second plentifully in Fields that are near the Sea.

### Time.

They Flower in July, or thereabouts.

### Virtues and use.

*Flux, Cough, Choleric Humors,* The Seed fried and so taken staith the Flux or Lask of the Belly, and the corrosions that come by reason of hot, Choleric, Sharp, and malignant Humors or by the too much purging of any violent Medicine, as Scammony or the like. The Muccilage of the Seed made with Rose Water, and a little Sugar Candy put thereto is very good in all hot Agues and burning Feavers, and other Inflammations to cool the thirst, and lenify the dryness and roughness of the Tongue and Throat. It helpeth also hoarseness of the voice, and Diseases of the Breast and Lungs caused by heat, or sharp salt humors, and the Pluresie also. The Muccilage of the Seed made in Plantane Water, whereunto the Yolk of an Egg or two, and a little Populeon is put, is a most safe and sure Remedy to ease the sharpness, prickings, and

pains of the Hemorrhoids or Piles, if it be Hemor-laid on a cloath and bound thereto. It helpeth *Rhoids*, also all Inflammations in any parts of the Body *Headach*, and the pains that come thereby, as the *Head-Megrim*, ach and Megrim, and all hot Impostumes or *Apostums*, Swellings, or breakings out of the Skin, as *Blains*, Blains, Wheals, Pustles, Purples, and the like; it *heals*, as also the pains of the Joynts, and of those *Pustles*, that are out of joynt; the pains of the Gout *Purples*, and *Sciatica*, the Buxting of yong Children, *Gout*, and the swelling of the Navel, applied with *Joynts*, Oyl of Roses and Vinegar. It is also very *Sciatica*, good to heal the Nipples and Sore Breasts of *Nipples*, Women being often applied thereto. The *Sore* Juice of the Herb with a little Honey put in *Breasts*, to the Ears helpeth the running of them, and *Ears*, the Worms breeding in them: The same al-*Worms*, so mixed with Hogs Grease, and applied to corrupt and filthy Ulcers and Sores, cleanseth *ulcers*, and healeth them.

The Herb is cold and dry, *Saturnine*, I suppose it obtained the name *Fleawort* because the Seeds are so like Fleas.



## Flixweed.

### Description.

**T**his riseth up with a round upright hard Stalk four or five Foot high, spread into sundry Branches, wheron grow many grayish green Leavs very finely cut and severed into a number of short and almost round parts. The Flowers are very smal and yellow growing Spike fashion, after which come very smal, long Pods, with very smal yellowish Seed in them. The Root is long and woody perishing every yeer.

There is another sort differing in nothing save only it hath somewhat broader Leavs: They have a strong evil savor being smelt unto, and are of a drying tast.

### Place.

They grow wild in the Fields by Hedges, and High-waies, and among rubbish, and in many other places.

### Time.

They Flower and Seed quickly after, namely in June and July.

### Virtues and use.

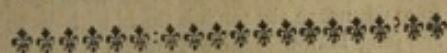
Both the Herb and Seed of *Flixweed* is of *Flux*, excellent use to stay the Flux or Lask of the *Bleeding*, Belly being drunk in Water wherein gads of *Bloody* Steel heated have been often quenched; and *Flux*, is no less effectual for the said purpose than *Terms* Plantane or Camfry, and to restrain any *c-stops*, ther Flux of Blood in man or Woman, as al-*broken* so to consolidate Bones broken or out of *Bones*, Joynt. The Juice thereof drunk in Wine, or *Members* the Decoction of the Herb drunk, doth kill *disjoynted*, the Worms in the Stomach or Belly, or the *Worms*



worms,  
Sorts,  
ulcers.

Worms that grow in putrid and filthy Ulcers; And made into a Salve doth quickly heal all old sores, how foul or Malignant soever they be. The distilled water of the Herb worketh the same effects although somewhat weaker, yet is a fair Medicine, and more acceptable to be taken.

It is called *Flaxweed* because it cures the Flux, and for its uniting broken Bones, &c. *Paracelsus* extols it to the Skies. It is fitting Syrups, Oynments, and Plaisters of it were kept in your Houses.



## Flower-de-luce.

### Description.

THIS is so well known, being nursed up in most Gardens, that I shall not need to spend time in writing a Description thereof.

### Time.

The Flaggy kinds thereof have the most Physical uses; the Dwarf kinds thereof flower in April, the greater sorts in May.

### Virtues and Use.

The Juice or Decoction of the green Roots of the Flaggy kind of *Flower-de-luce*, with a little Honey drunk, doth purge and cleanse the Stomach of gross and tough Flegm and Choller therein; It helpeth the Jaundice and the Dropsie by evacuating those humors both upwards and downwards, and because it somewhat hurteth the Stomach, is not to be taken but with Honey and Spicknard. The same being drunk doth ease the pains and torments of the Belly and Sides, the shaking of Agues, the Diseases of the Liver and Spleen, the Worms in the Belly, the Stone in the Reins, Convulsions or Cramps that come of cold Humors, it also helpeth those whose Seed passeth from them unawares; It is a Remedy against the bitings and stings of Venomous Creatures being boyled in Water and Vinegar and drunk: Being boyled in Wine and drunk it provoketh Urine, helpeth the Chollick, bringeth down Womens Courses; and made up into a Pessary with Honey, and put up into the Body, draweth forth the dead Child. It is much commended against the Cough to expectorate tough Flegm; It much easeth pains in the Head, and procureth sleep: Being put into the Nostrils it procureth sneezing, and thereby purgeth the Head of Flegm: The Juice of the Root applied to the Piles or Hemorrhoids giveth much ease. The Decoction of the Roots gargled in the Mouth easeth the Toothach, and helpeth a Stinking breath. The Oyl called *Oleum Iviscum* if it be rightly made of the great broad Flag *Flower-de-luce* (and not of the great Bulbous blue *Flower-de-luce* as is used by

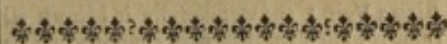
Stomach,  
Flegm,  
Choller,  
Jaundice,  
Dropsie,

Belly,  
Sides,  
Agues,  
Liver,  
Spleen,  
Stones,  
Convulsi-  
on, Cramp,  
Venomous  
Beasts,  
Disury,  
Chollick,  
Terms pro-  
vokes,  
Cough,

Sneezing,

Hemor-  
rhoids,  
Toothach,

some Apothecaries) and Roots of the same of the Flaggy kinds is very effectual to warm and comfort all cold Joynts and Sinews, as also *Joynts*, the Gout and *Sciatica*, and mellifieth, dissol-  
*Sinews*, veth, and consumeth Tumors or Swellings in Gout, any part of the Body, as also of the Matrix: *Sciatica*, It helpeth the Cramp and Convulsion of the Womb, Sinews: The Head and Temples anointed *Rheum*, therewith helpeth the Catark or thin Rheum Breast, distilling from thence; and used upon the Wounds Breast or Stomach, helpeth to extenuate the *ulcers*, cold tough Flegm. It helpeth also the pains *Fistulae*, and noise in the Ears, and the stench of the *Cankers*.  
Nostrils. The Root it self either green or in Powder helpeth to cleanse, heal, and incarnate Wounds, and to cover the naked Bones with Flesh again that Ulcers have made bare; and is also very good to cleanse and heal up *Fistulae* and *Cankers* that are hard to be cured.



## Fluellin.

### Description.

THIS shooteth forth many long Branches partly lying upon the Ground, and part standing upright, set with almost round Leavs, yet a little pointed, and sometimes more long than round, without order thereon, somewhat hoary, and of an evil greenish white colour; at the Joynts all along the Stalks; and with the Leavs come forth smal Flowers one at a place, upon a very small short Footstalk, gaping somewhat like Snapdragons, or rather like *Toadflax*, with the upper Jaw of a yellow colour, and the lower of a Purplish, with a small heel or Spur behind, after which come small round Heads, containing smal black Seed. The Root is smal and threddy, dying every year, and raiseth it self again of its own sowing.

There is another sort of *Fluellin* which hath longer Branches wholly trailing upon the ground two or three foot long, and sometimes more, thinner set with Leavs thereon, upon smal Footstalks: The Leavs are a little larger and somewhat round, and cornered sometimes in some places on the edges; but the lower part of them being the broadest, hath on each side a smal point, making it seem as if they were Ears, somewhat hairy but not hoary, and of a better green colour than the former; The Flowers come forth like the former, but the colours therein are more white than yellow, and the Purple not so fair: It is a larger Flower, and so are the Seed, and Seed Vessels: The Root is like the other, and perisheth every year.

### Place.

They grow in divers Corn Fields, and in borders about them, and in other fertile grounds,



Grounds, about Southfleet in Kent abundantly, at Buckworth, Hamerton, and Richersworth in Huntingdonshire; and in divers other places.

*Time.*

They are in Flower about June and July, and the whole Plant is dry and withered before August be done.

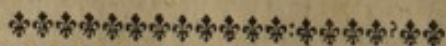
*Vertues and Use.*

The Leavs bruised and applied with Barley Meal to watering Eyes that are hot and inflamed by defluxions from the Head, doth very much help them, as also the Fluxes of Blood or Humors, as the Lask, Bloody Flux, Womens Courtes, and staieih all manner of bleeding at Nose, Mouth, or any other place, or that cometh by any Bruis, or Hurt, or bursting a Vein; and wonderfully it helpeth all those inward parts that need consolidating or strengthening: and is no less effectual both to heal and close green Wounds, as to clens or heal all foul or old Ulcers, fretting or spreading Cankers or the like.

Eyes, Pains,  
Bloody  
Flux,  
Terms  
stops,

Wounds,  
ulcers,  
Cankers.

Bees are industrious and go abroad to gather Honey from each Plant and Flower, but Drones lie at home, and eat up what the Bees have taken pains for; Just so do our Colledge of Physitians, lie at home and domineer, and suck out the Sweetness of other Mens Labors and Studies, themselves being as ignorant in the Knowledge of Herbs as a Child of four years old, as I can make appear to any Rational man by their last *Dispensatory*, now then to hide their Ignorance, there is not a readier way in the World, than to hide Knowledge from their Country men, that so noBody might be able so much as to smel out their Ignorance, when Simples were more in use mens Bodies were in better health by far than now they are, or shall be if the Colledge can help it. The truth is, this Herb is of a fine cooling, drying quality, and an Oyntment or Plaister of it, might do a Man a courtesie that hath any hot virulent Sores, 'tis admirable for the Ulcers of the French Pox, and being a gallant Antivenerean Medicine, under the Dominion of Saturn, if taken inwardly may cure the Disease. It was at first called *Famale Speedwel*, but a Shendle man of wales whose Nose was almost eaten off with the Pox, and so neer the matter, that the Docters commanded it to be cut off, being cured by only the Use of this Herb, to honor the Herb for saving his Nose whole, gave it one of her own Country names, **LULLIN.**



**Foxglove.**

*Description.*

This hath many long and broad Leavs lying upon the Ground dented about the edges, a little soft or woolly, and of a hoary green colour among which rise up sometimes sundry Stalks, but one very often bearing such Leavs thereon from the bottom to the middle, from whence to the top it is stored with large and long hollow reddish Purple Flowers, a little more long and eminent at the lower edge, with some white Spots within them, one above another, with smal green Leavs at every one, but all of them turning their Heads one way and hanging downwards, having some threds also in the middle, from whence rise round Heads pointed sharp at the ends, wherein smal brown Seed lieth. The Roots are many smal Huskie Fibres, and some greater strings among them; The Flower hath no scent; but the Leavs have a bitter hot tast.

*Place.*

It groweth on the dry sandy Grounds for the most part, and as well on the higher as lower places under Hedge-sides in almost every County of this Land.

*Time.*

It seldom Flowreth before July, and the Seed is ripe in August.

*Vertues and use.*

This Herb is familiarly and frequently used by the *Italians* to heal any fresh or green Wound, the Leavs being but bruised and bound thereon; and the Juyce therof is also used in old Sores, to clens, dry, and heal them. The Decoction hereof made up with some Sugar or Honey is available to clens and purge the Body, both upwards and downwards sometimes of tough Flegm and clammy Humors and to open Obstructions of the Liver and Spleen; It hath been found by experience to be available for the Kings Evil, the Herb bruised and applied; or an Oyntment made with the Juyce thereof and so used: And a Decoction of two handfuls therof with four Ounces of *Polipody* in Ale, hath been found by late experience to cure divers of the Falling-sickness, that have been troubled with it above twenty years.

wounds,  
clens, dry,  
Heal,  
Obstruction of the Liver and Spleen, Kings Evil, Falling-sickness, Scabby Heads.

My self am confident that an Oyntment of it is one of the best Remedies for a Scabby Head that is.

**Fumitory.**





## Fumitory.

### Description.

Our common *Fumitory* is a tender sappy Herb, sending forth from one square slender weak Stalk and leaning downwards on all sides many Branches two or three foot long, with finely cut and jagged Leavs of a whitish or rather Blewish, Seagreen colour: At the tops of the Branches stand many small Flowers, as it were in a long spike one above another, made like little Birds of a reddish Purple colour with whitish Bellies: After which come small round Husks containing smal black Seed. The Root is yellow, smal; and not very long, full of Juyce while it is green But quickly perishing with the ripe Seed: In the Corn Fields in *Cornwal* this beareth white Flowers.

### Place.

It groweth in the Corn Fields almost every where as well as in Gardens.

### Time.

It Flowreth in *May* for the most part, and the Seed ripeneth shortly after.

### Vertues and Use.

The Juyce or Syrup made thereof, or the Decoction made in Whey by it self, with some other purging or opening Herbs and Roots to caus it to work the better, (it self being but weak) is very effectual for the Liver and Spleen, opening the Obstructions thereof and clarifying the Blood from Saltish, Chollerick, and Adult Humors, which caus Lepry, Scabs, Tetter, and Itches, and such like breakings out of the Skin, and after the Purging doth strengthen all the inward parts; it is good also against the yellow Jaundice, and spendeth it by Urin, which it procureth in abundance.

The Pouder of the dried Herb given for some time together cureth Melancholly, but the Seed is strongest in operation for all the former Diseases. The distilled Water of the Herb is also of good effect in the former Diseases, and conduceth much against the Plague and Pestilence, being taken with good Treacle. The Distilled Water also, with a little Water and Honey of Roses helpeth all the Sores of the Mouth or Throat, being gargled often therewith. The Juyce dropped into the Eyes cleareth the Sight, and taketh away redness and other defects in them, although it procure some pain for the present and cause Tears. *Dioscorides* saith it hindreth any fresh springing of hairs on the Eyelids (after they be pulled away) if the Eyelids be anointed with the Juyce hereof with Gum *Arabic* dissolved therein. The Juyce of *Fumitory* and Docks mingled with Vinegar, and the places

Liver,  
Spleen,  
Choller,  
Adult  
Melan-  
cholly,  
Madness,  
Forgetful-  
ness,  
Jaundice,  
yellow &  
black,

Pestilence,

Sore  
Mouth &  
Throat,  
Eyes,  
Hairs,

gently washed or wet therewith, cureth all sorts Scabs, of Scabs, Pimples, Itches, Wheals, or Pusshes Itch, which arise on the Face or Hands, or any o- Pimples, ther part of the Body. Wheals,

*Saturn* owns the Herb and presents it to the World as a Cure for his own Diseases, and a strengthner of the parts of the Body he rules: If by my *Astrological Judgment* of Diseases, from the Decombiture, you find *Saturn* Author of the Disca, or if by *Direction* from a Nativity you fear a Saturnine Disca approaching, you may by this Herb prevent it in the one, and cure it in the other; and therefore 'tis fit you keep a Syrup of it alwaies by you.



## The Furf-Bush.

This is so well known, as well by this name, as in some Countries by the name *Gors*, that I shal not need to write any Description therof, my intent being to teach my Country men what they know not, rather than to tell them again of that which is generally known before.

### Place.

They are known to grow on dry barren Heaths, and other wast gravelly or sandy grounds in all Countries of this Land.

### Time.

They also Flower in the Summer Months.

### Vertues and Use.

They are hot and dry good to open Obstru- Obstru- tions of the Liver and Spleen. A Decoction, on made with the Flowers therof hath been Liver, found effectual against the Jaundice, as also Spleen, to provoke Urine, and clem the Kidneys from Yellow Gravel or Stones ingender'd in them. Jaundice,

It is a Plant of *Mars*, and doth all this by Disury, Sympathy. Gravel, Stone.



## Garlick.

The offensiveness of the breath of him that hath eaten Garlick will leade you by the Nose to the knowledg hereof, and (instead of a description) direct you to the place wher it groweth in Gardens, which kinds are the best and most Phisical.

### Vertues and Use.

This was antiently accounted the Poormans, Urine, Treacle, it beeing a remedy for all diseases or Terms hurts (except those which it self breeds) It provokes, provokes Urine and womens Courtes, hel- Mad Dogs peth the biting of a Mad Dog and of other Venemous Venemous Creatures killeth Wormes in Beasts, Children worms,



Children, cutteth and avoydeth rough flegm  
 Lethargy, purgeth the head, helpeth the Lethargie, is a  
 Flegm, good preservative against, a remedy for any  
 Pestilence, Plague sore, or foul Ulcer: taketh away spots  
 Apostums, and blemishes in the Skin, easeth pains of  
 Mineral the eares ripeneth and breaketh Impostumes  
 Vapors, or other swellings: And for all these diseases  
 Stinking the Onions are also effectual; But the Garlick  
 Vapors, hath some more peculiar vertues besides the  
 Henbane, It hath a speciall quality to discuss  
 Hemlock, the inconveniences coming by corrupt Agues or  
 Wolfbane, Mineral Vapours or by drinking corrupt and  
 Dropsie, stinking waters; As also by taking of Wolf-  
 Cramps, bane, Henbane, Hemlock, or other poysonfull  
 Convul- and dangerous herbs. It is also held good in  
 sions, Fal- Hydropick diseases, the Jaundice, falling-  
 ling-sick- sickness, Cramps, Convulsions, the piles or  
 ness. Hemorrhoids or other cold diseases.

My Author quotes here many diseases this is  
 good for, but conceals its vices: its heat is very  
 vehement, and al vehement hot things send  
 up but ill favor'd vapors to the brains; in chol-  
 lerick men 'twil ad fuel to the fire, in men op-  
 pressed by melancholly t'will attenuate the  
 humor and send up strange fancies and as  
 strange visions to the head, therefore let it be ta-  
 ken inwardly with great moderation, outward-  
 ly you may make more bold with it.

Mars owns the herb.

\*\*\*\*\*

## Germander.

### Description.

Common Germander shooteth forth sun-  
 dry stalks with small and somewhat round  
 leaves, dented about the edges: The Flowers  
 stand at the tops, of a deep purple colour: The  
 Root is composed of divers sprigs, which shoot  
 forth a great way round about, quickly over-  
 spreading a ground.

### Place

It groweth usually with us in Gardens

### Time

And flowreth in June or July.

### Vertues and Use

This taken with Honey (saith Dioscorides)  
 is a remedy for Coughs for hardness of the  
 Spleen, and difficulty of Urin, & helpeth those  
 that are fallen into a Dropsie, especially at the  
 beginning of the disease, a Decction being made  
 thereof when it is green & drunk: It also bring-  
 eth down Womens Courses and expelleth the  
 dead child: It is most effectual against the poy-  
 son of al Serpents, being drunk in Wine and the  
 bruised herb outwardly applied used with  
 Honey, it cleneth old and foul Ulcers, and  
 made into an Oyl and the Eyes anoynted ther-  
 with, taketh away their dimness and moyness:  
 It is likewise good for the paines in the sides:  
 and Cramps. The Decction thereof taken  
 for some daies together, driveth away and cu-

Cough,  
 Spleen,  
 Difury,  
 Dropsie,  
 Terms pro-  
 vokes,  
 Dead  
 Child,  
 Poyson,  
 Ulcers,

Cramps,

reth both Tertian and Quartan Agues. It is also Agues,  
 good against all diseases of the brain as con- Falling  
 tinual Headach Falling-sicknes, Melanchol- sicknes,  
 ly Drowlines and Dulnes of spirit, Convulsions Headach,  
 and Palseys. A dram of the seed taken in Pou- Melan-  
 der purgeth by Urine and is good against the chol- cholly,  
 yellow Jaundice. The Juyce of the leaves drop- dulness of  
 ped into the eares killeth the worms in them: Spirit,  
 The tops thereof when they are in flower flee- Convulsion  
 ped twenty four hours in a draught of white Palsey,  
 Wine and drunk, killeth wormes in the belly. Yellow,  
 It is a most prevalent Herb of Mercury, and Jaundice,  
 strengthens the brain and apprehension ex- worms.  
 ceedingly; you may see what humane vertues  
 are under Mercury in the latter end of my  
 Ephemeris for 1651. Strengthen them when  
 weak, relieve them, when drooping, by this  
 Herb.

\*\*\*\*\*

## Stinking Gladwin.

### Description.

This is one of the kinds of Flower-de-  
 luges, having divers Leavs rising from  
 the Roots very like a Flower-de-luce,  
 but that they are sharp edged on both sides,  
 and thicker in the middle, of a deeper green  
 colour, narrower and sharper pointed and of  
 a streng ill scent if they be bruised between  
 the fingers: In the middle riseth up a reasonable  
 strong Stalk a yard high at least, beareth 3. or 4  
 Flowers at the top made somewhat like the  
 Flowers of the Flower-de-luce with three up-  
 right Leaves of a dead Purplish Ash-colour  
 with some Veins discoloured in them, the o-  
 ther three do not fall down, nor the three o-  
 ther smal ones are so arched nor cover the low-  
 er leaves as the Flower-de-luce doth, but stand  
 loose, or asunder from them: After they are  
 past, there come up three square hard Husks  
 opening wide into three parts when they are  
 ripe, wherein lie reddish seed, turning black  
 when it hath abided long: The Root is like  
 that of the Flower-de-luce but reddish on  
 the outside, and whitish within, very sharp and  
 hot in tast, of as evil a scent as the leaves.

### Place.

This groweth as well on the upland grounds  
 as also in moist places, in woods and shadowy  
 places by the Sea side in many places of this  
 Land, and is usually nursed up in Gardens.

### Time.

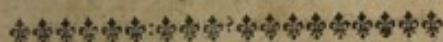
It flowreth not until July, and the seed is ripe  
 in August or September, yet the Husks after  
 they are ripe opening themselves, will hold  
 their seeds within them for 2. or 3. Months,  
 and not shedd them.

### Vertues and Use.

It is used by many countrey people to purge Flegm,  
 corrupt tough Flegm and Choller which they Choller,  
 do



do by drinking the decoction of the Roots, and some to make it work more gently do but infuse the sliced roots in Ale, and some take the leavs w<sup>th</sup> serveth wel for the weaker stomachs. The Juyce herof put up, or snuffed up the nose causeth netzing, & draweth from the head much corruption; & the powder therof doth the same. The Powder therof drunke in wine, helpeth those that are troubled with Cramps, and Convulsion or w<sup>th</sup> the Gout or *Sciatica* and giveth ease to those that have any griping pains in their body or belly, and helpeth those that have the Strangury: It is given w<sup>th</sup> much profit to those that have had long Fluxes by the sharp & evil quality of humors, which it stayeth having first clenfed & purged them by the drying and binding property therin. The Root boyled in wine and drunk doth effectually procure womens courses, and used as a Pessary worketh the same effects, but causeth Abortion in women with child. Half a dram of the seed beaten to powder and taken in wine doth speedily caus one to piss which otherwis cannot. The same taken with vinegar, dissolveth the hardnes & swellings of the spleen. The Root is very effectual in all Wounds, and specially of the head, as also to draw forth any splinters, Thornes, Broken bones, or any other thing sticking in the flesh without causing pain, being used with a little Verdigrecie and Honey, and the great Centaury Root: The same boyled in Vinegar and laid upon any Tumor or Swelling, doth very effectually dissolve and consume them, yea even the swellings of the Throat called the Kings evil. The Juyce of the Leavs and Roots healeth the Itch and all running or Spreading Scabs or Sores, and Blemishes or Scars in the Skin wherefoever they be.



## Golden Rod.

## Description.

This riseth up with brownish smal round Stalks two foot high and sometimes more, having thereon many narrow and long dark greene leaves very seldom with any dents about the edges, or any strakes or white spots therin, yet they are sometimes so found; divided at the tops into many small branches, with divers small yellow flowers on every one of them, all which are turned one way, and being ripe do turn into down & are caried away with the wind. The Root consisteth of many small fibres which grow not deep in the ground, but abideth all the winter therin, shooting forth new branches every yeer, the old ones dying downe to the ground.

## Place.

It groweth in the open places of woods and

Copies both moyst and dry grounds in many places of this Land.

## Time.

It Flowreth about the Month of July.

## Vertues and use.

*Arnoldus de villa nova*, commendeth it much against the Stone in the Reins and Stone, Kidneys, and to provoke Urine in abundance, *Gravel*, whereby also the Gravel or Stone may be a-*Diswy*, voided. The Decoction of the Herb green or *Wounds*, dry, or the distilled Water therof is very effe-*Flux*, ctual for inward Bruises, as also to be outward-*Bloody* ly applied, it stayeth bleedings in any part of *Flux*, the Body, and of Wounds also, the Fluxes of *Terms* Humors, the Bloody Flux, and Womens stops, Courses; and is no less prevalent in all Rup-*Ruptures*, tures or Burstings, being drunk inwardly and outwardly applied. It is a Sovereign Wound Herb, inferior to none, both for inward and outward Hurts, green Wounds and old Sores and Ulcers are quickly cured therewith. It is *ulcers*, also of especial use in all Lotions for Sores or Sore Mouth & Ulcers in the Mouth, Throat, or privy parts *Mouth &* of Man or Woman: The Decoction also *Throat*, helpeth to fasten the Teeth that are loof in *Teeth loof*, the Gums.

*Venus* claims the Herb, and therefore to be *Beauty* sure, it restores Beauty lost.



## Goutwort, or Herb-Gerrard.

## Description.

This is a low Herb seldom rising half a yard high, having sundry Leavs standing on brownish green Stalks by threes, snipped about, and of a strong unpleasant savour. The Umbels of Flowers are white, and the Seed blackish, the Root runneth in the Ground, quickly taking up a great deal of room.

## Place.

It groweth by Hedg and Wall sides, and often in the borders or Corners of Fields, and in Gardens also.

## Time.

It Flowreth, and Seedeth about the end of July.

## Vertues and use.

*Goutwort* had not his name for nothing, but *Gout*, upon good experience to help the cold *Gout*, *Sciatica*, and *Sciatica*, as also Joynt aches, and other *Joynts*, cold Griets.

The very bearing of it about one, easeth the pains of the Gout, and defends him that bears it from the Disease.





## Gromel.

OF this I shall briefly describe three kinds which are principally used in Physick, the Vertues whereof are alike, though somewhat different in their manner and form of growing.

## Description.

The greater *Gromel* groweth up with slender hard and hairy Stalks trailing and taking Root in the ground as it lieth thereon, and parted into many other smaller Branches with hairy dark green Leavs thereon. At the Joynts with the Leavs come forth very smal blew Flowers, and after them hard stony roundish Seed. The Root is long and woody abiding the Winter and shooting forth fresh Stalks in the Spring.

The smal wild *Gromel* sendeth forth divers upright hard branched Stalks two or three foot high, full of Joynts, at every of which groweth smal, long, hard, and rough Leavs, like the former but lesser, among which Leavs come forth small white Flowers, and after them grayish round Seed like the former. The Root is not very long, but with many Strings thereat.

The Garden *Gromel* hath divers upright slender woody hairy Stalks brown and crested, very little branched, with Leavs like the former, and white Flowers, after which in rough brown Husks is contained a white hard round Seed shining like Pearls, & greater than either of the former: The Root is like the first described, with divers Branches and Strings thereat, which continueth (as the first doth) all Winter.

## Place.

The two first grow wild in barren or untilled places, and by the way sides in many places of this Land. The last is a Nursling in the Gardens of the curious.

## Time.

They all Flower from *Midsummer* unto *September* sometimes, and in the mean time the Seed ripeneth.

## Vertues and use.

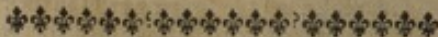
These are accounted to be of as singular force as any other Herb or Seed whatsoever, to break the Stone, and to avoid it and the Gravel either in the Reins or Bladder; as also to provoke Urine being stopped, and to help the Strangury. The Seed is of greatest use, being bruised and boiled in white Wine, or in Broth, or the like, or the Ponder of the Seed taken therein: Two drams of the Seed in Powder taken with Womens Breast-Milk, is very effectual to procure a speedy Delivery to such Wo-

Stone,  
Gravel,

Strangury.

men as have sore pains in their Travail and cannot be delivered. The Herb it self (when the Seed is not to be had) either boyled or the Juyce thereof drunk, is effectual to all the purposes aforesaid but not so powerful or speedy in operation.

The Herbe belongs to Dame *Venus*, and therefore if *Mars* cause the Chollick or Stone, as usually he doth if in *Virgo*. this is your cure.



## Winter Green.

## Description.

THIS sendeth forth 7. 8. or 9. Leavs from a smal brownish creeping Root, every one standing upon a long Footstalk, which are almost as broad as long, round pointed, of a sad green colour and hard in handling, and like the Leaf of a Pear-tree, from whence ariseth a slender weak Stalk, yet standing upright, bearing at the top many smal, white and sweet smelling Flowers, laid open like a Star, consisting of five round pointed Leavs, with many yellowish threads standing in the middle, about a green Head, and a long stile with them, which in time groweth to be the Seed Vessel, which being ripe is found five square with a smal point at it, wherein is contained Seed as small as dust.

## Place.

It groweth seldom in the Fields, but frequently in the Woods Northwards, viz. In *Yorkshire*, *Lancashire*, and *Scotland*.

## Time.

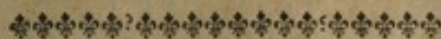
It Flowreth about *June* or *July*.

## Vertues and Use.

*Winter-Green* is a singular good Wound Herb and an especial Remedy for to heal green Wounds speedily, the green Leavs being bruised and applied, or the Juyce of them: A Salve made of the green Herbs stamped or the Juyce boyled with Hogs Lard, or with Sallet Oyl and Wax, and some Turpentine added unto it, is a Sovereign Salve, and highly extolled by the *Germans* who much use it to heal all manner of Wounds and Sores. The Herb boyled in Wine and Water and given to drink to them that have any inward Ulcers in their Ulcers, Kidneys or Neck of the Bladder, doth wonderfully help them: It staieth also all Fluxes Bladder, whether of Blood or Humors, as the Lask, Flux, Bloody Flux, Womens Courses, and bleeding Bloodyflux of Wounds, and taketh away any Inflammation rising upon pains of the Heart. It is no less helpful for foul Ulcers hard to be cured, Inflammation as also for Cankers or Fistulaes. The distilled Water of the Herb doth effectually per- Cankers, Fistulaes, from the same things.

## Groundsel.





## Groundsel.

## Description.

Our common Groundsel hath a round green, and somewhat brownish Stalk, spread toward the top into Branches, set with long and somewhat narrow green Leavs cut in on the edges, somewhat like the Oak Leavs, but lesser and round at the ends; at the tops of the Branches stand many smal green Heads, out of which grow small yellow threds or thrums, which are the Flowers, and continue many daies blown in that manner before it pass away into Down, and with the Seed is carried away in the wind. The Root is smal and threddy, and soon perissheth, and as soon riseth again of its own lowing, so that it may be seen many Months in the Year, both green, and in Flower and Seed, for it will Spring and Seed twice in a year at least if it be sufficed in a Garden.

## Place.

This groweth almost every where, as wel on the tops of Walls as at the foot among Rubbish, and untilld grounds, but especially in Gardens.

## Time.

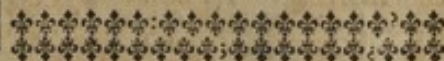
It Flowreth as is said before, almost in every Month through the year.

## Vertues and Use.

The Decoction of the Herb (saith Dioscorides) made with Wine and Drunk helpeth the pains in the Stomach proceeding of Choller (which it may well do by a Vomit, as daily experience sheweth) the Juyce hereof taken in Drink, or the Decoction of it in Ale, gently performeth the same: It is good against the Jaundice and Falling-sickness being taken in Wine, as also against difficulty of making Water, it provoketh Urin, expelleth Gravel in the Reins or Kidneys; a dram thereof given in Oximel, after some walking or stirring the Body; It helpeth also the Sciatica, griping of the Belly and the Chollick, helpeth the defects of the Liver, and provoketh Womens Courses. The fresh Herb boyled and made into a Pultis and applyed to the Breasts of Women that are swollen with pain and heat, as also to the privy parts of Man or Woman, the Seat, or Fundament, or the Arteries, Joynts, and Sinews when they are inflamed and swollen, doth much ease them: and used with some Salt helpeth to dissolve Knots or Kernels in any part of the Body. The Juyce of the Herb, or (as Dioscorides saith) the Leavs and Flowers with some fine Frankincense in Powder, used in Wounds of the Body, Nerve, or Sinews, doth singularly help to heal them: The Distilled Water of the Herb per-

formeth well all the aforesaid Cures, but especially for Inflammations or watering of the Eyes by reason of the Defluxion of Rheum Eyes, into them.

This Herb is Venus her Mrs. piece, and is as gallant an Universal Medicine for all Diseases coming of heat whatsoever they be, or in what part of the Body soever they lie, as the Sun shines upon; 'tis very safe and friendly to the Body of Man, yet causeth Vomiting if the Stomach be afflicted, if not, it purging, and it doth it with more gentleness than can be expected. 'Tis moist and somewhat cold withal, thereby causing expulsion, and repressing the Heat caused by the motion of the internal parts in Purges and Vomits, Lay by your Learned Receipts, Take so much Senna, so much Scammony, so much Colocynthis, so much Infusion of *Crocus Metallorum*, &c. This Herb alone preserved in a Syrup, in a distilled Water, in an Ointment shall do the deed for you in all hot Diseases, and it shall do it, 1. Safely, 2. Speedily.



## Harts-Tongue.

## Description.

This hath divers Leavs rising from the Root every one severally which fold themselves in their first springing and spreading; when they are full grown are about a foot long, smooth and green above, but hard and with little Sap in them, and straked on the back arthwart on both sides of the middle Rib, with smal and somewhat long brownish marks; the bottoms of the Leavs are a little bowed on each side of the middle Rib somewhat narrow with the length, and somewhat smal at the end. The Root is of many black threds, folded or interlaced together.

## Time.

It is green all the Winter, but new Leavs spring every year.

## Vertues and Use.

Harts-Tongue is much commended against the hardness and stoppings of the Spleen and Liver, and against the heat of the Liver and Stomach, and against Lasks and the Bloody Flux, Flux: The Distilled Water thereof is also very good against the Passions of the Heart, and to stay the Hiccough, to help the falling of the Gallat, and stay the bleeding of the Gums being gargled in the mouth. Dioscorides saith it is good against the stinging or biting of Serpents.

Jupiter claims Dominion over this Herb, therefore is a singular Remedy for the Liver, both to strengthen it when weak, and ease it when

Choller  
in the  
Stomach,  
Yellow  
Jaundice,  
Falling-  
sickness,  
Disury,  
Gravel,  
Sciatica,  
Chollick,  
Liver,  
Terms  
provokes,  
Womens  
Breasts,  
Privy  
parts,  
Arteries  
Joynts  
& Sinews  
over  
beated,  
Kernels,  
wounds  
in the  
Sinews,

3

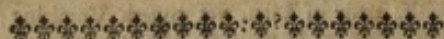
3

Bloodyflux  
Hiccough,  
Gums,  
Venemous  
Beasts.



when afflicted, 'tis no matter by what you should do well to keep it in a Syrup all the year, for though my Author say 'tis green all the year, I scarce beleev it.

As for the use of it, my Directions at latter end will be sufficient, and enough for those that are studious in Physick to whet their Brains upon for one year or two.



### The Hazel Nut.

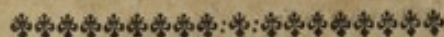
These are so well known to every Boy, that they need no Description.

*Vertues and Use.*

The parched Kernels made into an Electuary, or the Milk drawn from the Kernels with Mead or Honeyed Water, is very good to help an old Cough; and being parched and a little Pepper put to them and drunk, digesteth the Distillations of Rhewm from the Head: The dried Husks and Shells to the weight of two drams taken in red Wine, staith Lasks, and Womens Courses, and so doth the red Skin that covers the Kernels which is more effectual to stay Womens Courses.

Cough,  
Phthisick,  
Flux,  
Terms  
stops,

And if this be true as it is, then why should the Vulgar so familiarly affirm, that eating Nuts causeth shortness of Breath than which nothing is falser, for how can that which strengthens the Lungues cause shortness of breath? I confesse the Opinion is far older than I am, I knew Tradition was a Friend to Errors before, but never that he was the Father of Slanders, or are mens tongues so given to slandering one another that they must slander Nuts too, to keep their tongues in ure? If any thing of the Hazel Nut be stopping 'tis the Husks and Shells, and no body is so mad to eat them unless Physically, and the red Skin which covers the Kernel which you may easily pull off. And thus have I made an Apology for Nuts which cannot speak for themselves.



### Hawkweed

*Description.*

This hath many large hairy leaves lying on the ground, much rent or torn on the sides into many gashes like Dandelion but with greater parts more like the smooth sow Thistle from among w<sup>ch</sup> ariseth a hollow rough stalk two or three foot high branched from the middle upward, wherein are set at every Joynt longer leaves, little or nothing rent or cut in, bearing at their top sundry pale, yellow Flowers consisting of many small narrow leaves, broad

pointed and nicked in at the ends, set in a double row or more, the outermost being larger than the inner, which form most of the Hawkweeds (for there are many kinds of them) do hold, which turne into down, and with the small brownish seeds, is blown away with the wind: The Roote is long and somewhat greater with many small fibres thereat. The whole is full of bitter milke.

*Place.*

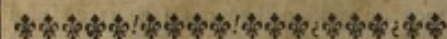
It groweth in divers places about Field sides, and the path waies in dry grounds.

*Time.*

It flowreth & lies away in the Summer Months.

*Vertues and use.*

Hawkweed (saith Dioscorides) is cooling Cools, somewhat drying and binding, and therefore Dries, good for the heat of the stomach, and gnawing Binds, wings therein, for Inflammations and the hot Gna- Gna- Gna- fits of Agues. The Juice therof in wine helpeth in the digestion, discusseth wind, hindreth crudities Stomach, abiding in the stomach, and helpeth the Inflammations, difficulty of making Water, the biting tions, of Venemous Serpents, and sting of the Agues, Scorpion, if the herb be also outwardly apply- Crudity, ed to the place, and is very good against all Dis- Dis- Dis- other Poysons. A scruple of the dried Juice Venemous given in wine and vinegar is profitable for Beasts, those that have the Dropsie. The decoction of Poyson, the Herb taken with Honey, digesteth Dropsie, thin slegm in the chest or lungs, and with Flegm, Hysop helpeth the cough. The Decoction Chollick, therof and of wild Succory made with wine Spleen, and taken helpeth the wind chollick and hard- watching, ness of the spleen, it procureth rest and sleep, Lust stops, hindereth venery and venereous dreams, coo- Venereous leth, heats, purgeth the stomach, encreaseh Dreams, blood, & helpeth the diseases of the Reins and Reins, Bladder. Outwardly applied it is singular good Bladder, for all the defects and diseases of the eyes, Eyes, used with some womens Milke, and is used Ulcers, w<sup>th</sup> good success in fretting or creeping ulcers, Burnings, etpecially in the beginning. The green Herb Inflammations, St. bruised and with a little Salt applied to any place burnt with fire before blisters do arise, Antho- Fire, Heat, nies fire and al Pushes, and eruptions, heat, and salt Flegm, salt Flegm. The same applied with Meal Convulsion place affected with convulsions and the Cramp, Cramp or such as are out of Joynt doth Spots, give help and ease. The distilled water Morpew, denseth the skin and taketh away freckles, Wrinkles. Spots, the Morpew or Wrinkles in the face.



### The Hawthorn.

It is not my intent to trouble you with a Description of this Tree which is so well known that it needeth none.

It



It is ordinarily but a Hedge Bush, although being pruned and dressed it groweth to be a Tree of a reasonable height.

As for the Hawthorn tree at Glastenbury, which is said to flower yearly on Christmas Day, it rather shews the superstition of those who observe it for the time of its Flowring, than any great wonder, sith the like may be found in diverse other places of this land, as in Whey-street in Rumney Marsh, and neer unto Nantwiche in Cheshire by a place called White-Green, where if the Winter be milde they will be white blossomes all over before and about Christmas, as in May, if the weather be frosty, it Flowreth not until January, or that the hard weather be over.

*Virtues and use.*

The Berries or the seeds in the Berries beaten to powder and drunk in wine, are held singular good against the stone and are good for the dropsey. The distilled water of the Flowers stayeth the lask. The seeds cleared from the Down, bruised and boyled in wine & drunk is good for inward tormenting pains: If clothes and sponges be wet in the said distilled water and applyed to any place wherein thornes, splinters or the like do abide in the Fleth, it will notably draw them forth.

And thus you see the thorn gives a medicine for his own pricking, and so doth almost every thing else.

Stone,  
Dropsey,  
Flux,  
Inward  
pains,  
Splinters,  
Thornes.

\*\*\*\*\*

## Hemlock

*Description.*

The Common great Hemlock groweth up with a green stalk four or five foot high or more, full of red spots sometimes, and at the Joynts very large winged-leaves set at them which are divided into many other winged leaves, one set against another dented about the edges, of a sad green colour branched towards the top where it is full of Umbles of white Flowers, and afterwards with whitish flat Seed: The Root is long, white, and sometimes crooked and hollow within, the whol Plant and every part hath a strong, heady, and ill favor'd scent, much offending the Senses.

*Place.*

It groweth in all Countries of this Land by Walls and Hedges sides, in wast Grounds and untilld places.

*Time.*

It Flowreth and Seedeth in July, or thereabouts.

*Virtues and Use.*

Hemlock is exceeding cold and very dangerous, especially to be taken inwardly: It may

safely be applyed to Inflammations, Tumors, Inflammations, and Swelling in any part of the Body (save the Privy parts) as also to St. Anthonies fire, Wheals, Pusthes, and creeping Ulcers that rise of hot sharp Humors, by cooling and repelling the heat. The Leavs bruised and laid to the Brow or Forehead, is good for their Eyes that are red and swollen, as also to take away a Pin and Web growing in the Eye, this is a tried Medicine; Take a smal Handful of the Herb and half so much Bay Salt beaten together, and applyed to the contrary Wrest of the Hand for twenty four Hours, doth remove it in thrice dressing. If the Root hereof be roasted under the Embers, wrapped in double wet Papers, until it be soft and tender, and then applyed to the Gout in the Hands or Fingers it will quickly help this evil. If any shall through mistake eat the Herb Hemlock instead of Parsly, or the Root instead of a Parsnip (both which it is very like) whereby hapneth a kind of Phrensie, or Perturbation of the senses, as if they were stupified or drunk, The Remedy is as Pliny saith, to drink of the best and strongest pure Wine, before it strike to the Heart, or Gentian put into Wine or a draught of good Vinegar, wherewith *Tragus* doth affirm that he cured a Woman that had eaten the Root.

*Saturn* claims Dominion over the Herb, yet I wonder why it may not be applyed to the privities in a Priapismus, or continual standing of the Yard, it being very beneficial for that Disease; I suppose my Authors Judgment was first upon the opposit Disposition of *Saturn* to *Venus* in those Faculties, and therefore he forbid the applying of it to those parts that it might not caus Barrenness, or spoil the Spirit Procreative, which if it do, yet applyed to the Privities it stops lustful thoughts.

\*\*\*\*\*

## Hemp.

This is so well known to every good Husband in the Country, that I shal not need to write any Description of it.

*Time.*

It is sown in the end of March, or beginning of April, and is ripe in August or September.

*Virtues and use.*

The Seed of Hemp consumeth Wind, and by the much use thereof dispereth it so much that it drieth up the natural Seed for Procreation; yet being boyled in Milk and taken, helpeth such as have a hot dry Cough. The Dutch make an Emulsion out of the Seed, and give it with good success to those that have the Jaundice, especially in the beginning of the Disease if there be no Ague accompanying it, for it openeth

Cough,

Jaundice,



Gall,  
Choller,

Flux,  
Chollick,  
Bleeding,

Worms,

Earwigs,

Inflama-  
tion,

Gout,

Sinews  
strunk.

openeth Obstructions of the Gall, and causeth digestion of Choller. The Emulsion or Decoction of the Seed staith Lasks and continual Fluxes, causeth the Chollick, and allayeth the troublesome Humors in the Bowels, and staith bleeding at the Mouth, Nose, or other place, some of the Leavs being fried with the Blood of that bleed, and so given them to eat. It is held very good to kill the Worms in man or Beast, and the Juyce dropped into the Ears killeth Worms in them, and draweth forth Earwigs, or other living Creatures gotten into them. The Decoction of the Root allayeth Inflammations in the Head or any other parts; the Herb it self, or the Distilled Water thereof doth the like: The Decoction of the Roots causeth the pains of the Gout, the hard Tumors, or Knots in the Joynts, the pains and shrinking of the Sinews, and the pains of the Hips: The fresh Juyce mixed with a little Oyl and Butter, is good for any place that hath been burnt with fire being thereto applied.

It is a Plant of Saturn, and good for something else you see than to make Halsters only.



## Henbane.

### Description.

Our common Henbane hath very large, thick, soft, woolly Leavs lying upon the ground, much cut in or torn on the edges of a dark ill grayish green colour, among which rise up divers thick & short Stalks two or three foot high, spread into divers smaller Branches with lesser Leavs on them, and many hollow Flowers scarce appearing above the Husks, and usually torn on the one side, ending in five round points growing one above another, of a deadish yellow colour, somewhat paler toward the edges, with many purplish Veins therein, and of a dark yellowish purple in the bottom of the Flower, with a smal pointel of the same colour in the middle, each of them standing in hard close Husk, which after the Flower is past, groweth very like the Husk of Asarabacca, and somewhat sharp at the top Points, wherein is contained much smal Seed very like Poppy Seed, but of a dusky grayish colour. The Root is great, white and thick, branching forth divers waies under ground, so like a Parsnip Root (but that it is not so white) that it hath deceived divers. The whole Plant more than the Root hath a heavy ill soporiferous smell somewhat offensive.

### Place.

It commonly groweth by the way sides, and

under Hedg sides and Walls.

### Time.

It Flowreth in July, and springeth again yearly of its own Seed.

I doubt my Author mistook July for June, if not for May.

### Virtues and Use.

The Leavs of Henbane do cool all hot Inflammations in the Eyes or any other part of the Body; and are good to assuage all manner of Swellings of the Cods or Womens Breasts, or elsewhere, if they be boyled in Wine, and either applied themselves or the Fomentation warm; it also assuageth the pain of the Gout, the Sciatica and all other pains in the Joynts, which arise from an hot caus. And applied with Vinegar to the Forehead and Temples, helpeth the Headach and want of sleep in hot Feavers. The Juyce of the Herb or Seed, or the Oyl drawn from the Seed doth the like. The Oyl of the Seed is helpful for the Deafness, Nois, and Worms in the Ears, being dropped therein; the Juyce of the Herb, or Root doth also the same. The Decoction of the Herb, or Seed, or both, killeth Lice in Man and Beast. The fume of the dried Herb Stalks and Seed burned, quickly healeth Swellings, Chilblains, or Kibes in the Hands or Feet, by holding them in the fume thereof. The Remedy to help those that have taken Henbane is to drink Goats Milk, Honeyed Water or Pine Kernels, with Sweet Wine: or in the absence of these, Fennel Seed, Nettle Seed, the Seed of Cresses, Mustard, or Radish, as also Onions, or Garlic taken in Wine, do all help to free them from danger, and restore them to their due temper again.

Take notice that this Herb must never be taken inwardly, outwardly, an Oyl, Oyntment, or Plaister of it, is most admirable for the Gout, to cool the Venerial heat of the Reins in the French Pox, to stop the Tooth-ach being applied to the aching side, to allay all Inflammations, and to help the Diseases before premised.

I wonder in my Heart how Astrologers could take on them to make this an Herb of Jupiter, and yet Mirzaldus, a man of a penetrating Brain, was also of this Opinion as well as the rest, the Herb is indeed under the Dominion of Saturn, and I prove it by this Argument.

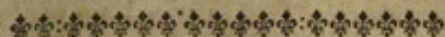
All the Herbs which delight most to grow in Saturnine places, are Saturnine Herbs.

But Henbane delights most to grow in Saturnine places, and whole Cart loads of it may be found near the places where they empty the common Jakes, and scarce a stinking Ditch to be found without, it growing by it.

Ergo 'tis an Herb of Saturn.

Herb





## Herb Robert.

## Description.

**T**His riseth up with a reddish stalk two foot high, having divers leaves thereon upon very long and reddish footstalkes, divided at the ends into three or five divisions, each of them cut in on the edges some deeper then others, and all dented likewise about the edges, which often times turn reddish: At the tops of the stalk come forth divers flowers made of five leaves, much larger then the Doves foot, and of a more reddeish colour after which come beak heads as in others: The Roote is small and threddy, and smelleth as the whole plant very strong, almost stinking.

## Place.

This groweth frequently every where by way sides, upon ditch banks, and wast grounds whersoever one goeth.

## Time.

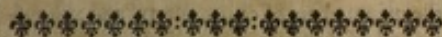
It flowreth in *June* and *July* chiefly, and the seed is ripe shortly after.

## Vertues and use.

Herb Robert is commended not only against the stone, but to stay bloud, where or howsoever flowings; it speedily healeth all green wounds, and is effectual in old ulcers in the privy parts or else where.

You may perswade your self this is true and also conceive a good reason for it, if you you doe but consider 'tis an herb of *Venus* for al it hath gotten a mans name.

Stone,  
Bleeding,  
Terms  
stops,  
wounds,  
Ulcers  
in the  
Privities.



## Herb True-love,

O. R.

## One-berry.

## Description.

**T**He ordinary Herb True-love, hath a small creeping Root running under the upper crust of the ground, somewhat like a Couchgrass Root but not so white, shooting forth stalks with leaves, some wherof carry no berries, though others do, every stalk smooth without Joynts and blackish green, rising about half a foot high if it bear berries otherwise seldom so high, bearing at the top four leaves set directly one against another in manner of a Crofs or a Riband tied (as it is called) on a True-loves Knot: which are each of them a part: somewhat

like unto a Nightshade Leaf, but somewhat broader, having sometimes but three Leaves, sometimes five, sometimes six, and these sometimes greater than in others. In the middle of the four Leaves riseth up one smal slender Stalk about an inch high, bearing at the top thereof one Flower spread open like a Star consisting of four small and narrow long pointed Leaves of a yellowish green colour, and four other lying between them lesser than they; in the middle wherof standeth a round dark purplish Button or Head, compassed about with eight smal yellow Mealy threds, with three colours make it the more conspicuous and lovely to behold: This Button or Head in the middle, when the other Leaves are withered, becometh a blackish Purple Berry full of Juyce of the bigness of a reasonable Grape, having within it many white Seeds: The whol Plant is without any manifest tast.

## Place.

It groweth in Woods and Coples, and sometimes in the corners or borders of Fields and wast Grounds in very many places of this Land; and abundantly in the Woods, Coples, and other places about Chiffelhurst and Maidstone in Kent.

## Time.

They spring up in the middle of *April* or *May*, and are in Flower soon after; The Berries are ripe in the end of *May*, and in some places in *June*.

## Vertues and use.

The Leaves or Berries hereof are effectual to expel poyson of all sorts, especially that of the *Poyson*, *Aconites*, as also the Plague, and other Pesti-  
lential Diseases. Some have been holpen thereby saith *Mathiolus*, that have lien long in *Fevers*, a lingering sickness, and others that by *Witchcraft* (as it was thought) were become half foolish, by taking a dram of the Seeds or Berries hereof in Powder every day for twenty daies together, they were restored to their former health. The Roots in Powder taken in Wine easeth the pains of the Chollick speedily: The Leaves are very effectual as well for green Wounds, as to clens and heal up old fil-  
thy Sores and Ulcers; and is very powerful to  
dis-  
cuss all Tumors, and Swellings in the Cods, Swellings  
privy Parts, or Groyn, or in any part of the  
Body, and speedily to ally all Inflammations. Groyn,  
The Leaves or their Juyce applied to Felons, Cods, and  
or thole Nails of the Hands or Toes that have  
Imposthumes or Sores gathered together at  
the Roots of them, healeth them in short  
space.

Chollick,  
wounds,  
ulcers,  
in the  
Groyn,  
Cods, and  
Privities,  
Inflama-  
tions, A-  
posthumes.

The Herb is not to be described for the premises, but is fit to be nourished in every good Womans Garden.

*Venus* owns it.

u

Hyfop.



## Hysop.

**T**His is so well known to be an Inhabitant in every Garden, that it wil save me Labor in writing a Description thereof. The Vertues are as followeth.

### Vertues and Use.

*Dioscorides* saith that *Hysop* boyled with Rue and Honey, and drunk, helpeth those that are troubled with Coughs, shortness of breath, wheezing, and Rheumatick Distillations upon the Lungs: Taken also with Oximel, it purgeth gross Humors by the Stool; and with Honey killeth Worms in the Belly; and with fresh or new Figs bruised, helpeth to loosen the Belly, and more forcibly if the Root of Flower-de-luce and Cresses be added thereto. It amendeth and cheriseth the Native colour of the Body spoiled by the yellow Jaundice, and being taken with Figs and Nitre helpeth the Droptic and the Spleen. Being boyled with Wine, it is good to wash Inflammations: and taketh away black and blew Spots and Marks that come by Strokes, Bruises, or Fals, being applied with warm Water. It is an excellent Medicine for the Quinsie, or Swelling in the Throat, to wash and gargle it, being boyled with Figs. It helpeth the Tooth-ach, being boyled in Vinegar, and gargled therewith. The hot Vapors of the Decoction taken by a Funnel in at the Ears, easeth the Inflammations and singing nois of them: Being bruised and Salt, Honey, and Cummin Seed put to it, it helpeth those that are stung by Serpents. The Oyl thereof being anoynted killeth Lice, and taketh away Itching of the Head: It helpeth those that have the Falling-sickness which way soever it be applied: It helpeth to expectorate tough Flegm, and is effectual in al cold Griets, or Diseases of the Chest and Lungs, being taken either in a Syrup or licking Medicine. The green Herb bruised and a little Sugar put thereto, doth quickly heal any cut, or green Wound, being thereunto applied.

The Herb is *Jupiters*, and the Sign *Cancer*; It strengthens all the parts of the Body under *Cancer* and *Jupiter*, which what they be may be found amply discoursed of in my *Astrological Judgment of Diseases*.

## Hops.

**T**Hese are so well known that they need no Description, I mean the manured kind which every good Husband or Huswife is acquainted with.

The wild *Hop* groweth up as the other doth, ramping upon Trees or Hedges that stand next unto them, with rough branches, and Leavs like the former; but it giveth smaller Heads & in far less plenty than it, so that there is scarce a Head or two seen in a year on divers of this wild kind; wherein consisteth the chief difference.

### Place.

They delight to grow on low moist grounds, and are found in all parts of this Land.

### Time.

They spring not up until *April*, and Flower not until the latter end of *June*, the heads are not gathered until the middle or latter end of *September*.

### Vertues and Use.

This Physical operation is to open Obstructions of the Liver and Spleen to dens the Blood, to loosen the Belly, to dens the Reins, from Gravel, and provoke Urine. The Decoction of the tops of Hops, as well of the Reins tame as the wild, worketh the same effects. In densing the Blood they help to cure the French French Disease, and al manner of Scabs, Itch, Pox, and other breakings out in the Body, as also Scabs, al Tettors, Ringworms, and spreading Sores, Itch, the Morpew, and all discolourings of the Skin. The Decoction of the Flowers and Ring-tops, do help to expel poyson that any one hath drunk: Half a dram of the Seed in Powder taken in drink, killeth Worms in the Body, bringeth down Womens Courses, and expelleth Urin: A Syrup made of the Juyce and Sugar, cureth the yellow Jaundice, easeth the Headach that comes of Heat, and tempereth the heat of the Liver and Stomach, and is profitably given in long and hot Agues that rise of Choller and Blood. Both the wild and the manured are of one property, and alike effectual in al the aforesaid Diseases.

By all these Testimonies, Beer appears to be better than Ale.

*Mars* owns the Plant, and then *Dr. Reason* will tell you how it performs these actions.

## Horehound

### Description

**C**ommon *Horehound* groweth up with square hoary Stalks, half a yard or two foot high, set at the Joynts with two round crumpled rough Leavs, of a sullen hoary green colour, of a reasonable good scent, but a very bitter tast: The Flowers are smal, white and gaping, set in rough, hard, prickly Husks, round about the Joynts with the Leaves from the middle of the Stalk upwards, wherein afterwards is found smal round blackish Seed. The Root is blackish, hard, and woody,



woody, with many strings thereat, and abideth many years.

Place.

It is found in many parts of this Land, in dry grounds and wast green places.

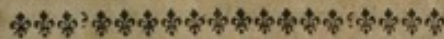
Time.

It Flowreth in or about July, and the Seed is ripe in August.

Vertues and Use.

Difficulty  
of breath,  
Cough,  
Consump-  
tion,  
Flegm,  
Terms  
provokes,  
Afterbirth,  
Weariness,  
Poyson,  
Venemous  
Beasts,  
Ulcers,  
Sides,  
Eyes,  
Yellow  
Jaundice,  
Ears,  
Obstruc-  
tions of the  
Liver and  
Spleen.  
Liver,  
Itch,  
Tetters,  
Worms,  
Dogs bi-  
tings,  
Womens  
Breasts,  
Thorns,  
Asthmaes.

A Decoction of the dried Herb with the Seed, or the Juyce of the green Herb taken with Honey, is a Remedy for those that are purse or short winded, or have a Cough or are fallen into a Consumption either through long sickness, or thin Distillations of Rhewm upon the Lungs. It helpeth to expectorate tough Flegm from the Chest, being taken with the Roots of Iris or Orris. It is given to Women to bring down their Courses, to expel the Afterbirth, and to them that have sore and long Travails, as also to those that have taken Poyson, or are stung or bitten by Venemous Serpents: The Leavs used with Honey purge foul Ulcers stay running or creeping sores, and the growing of the Flesh over the Nails. It also helpeth pains of the sides. The Juyce thereof with Wine and Honey helpeth to clear the Eyesight, and snuffed up into the Nostrils, purgeth away the yellow Jaundice, and with a little Oyl of Roses dropped into the Ears easeth the pains of them. Galen saith it openeth Obstructions both of the Liver and Spleen, purgeth the Breast and Lungues of Flegm; and used outwardly, it both clenseth and digesteth. A Decoction of Horehound (saith Matthiolus) is available for those that have bad Livers, and for such as have Itches and running Tetters; The Pouder hereof taken, or the Decoction, killeth Worms. The green Leavs bruised and boyled in old Hogs Greaf unto an Oynment, healeth the biting of Dogs abateth the Swellings of Womens Breasts, and taketh away the Swelling and Pains that come by any pricking of Thorns, or such like means, and used with Vinegar it clenseth and healeth Tetters. There is a Syrup made of Horehound to be had at the Apothecaries, very good for old Coughs, to rid the tough Flegm, as also to avoid cold Rhewm from the Lungs of old Folks, and for those that are Astmatick or short winded.



## Horstail.

Description.

OF this there are many kinds, but I shall not trouble you nor my self with any large Description of them, which to do, were but as the Proverb is, to find a knot in a Rush;

u 2

All the kinds hereof being nothing else but knotted Rushes, some with Leavs and some without: Take the Description of the most eminent sort as followeth.

The greater Horstail at the first springing hath Heads somewhat like those of Asparagus, and after grow to be hard, rough, hollow Stalks, joynted at sundry places up to the top, a foot high, so made as if the lower part were put into the upper, whereat grow on each side a Bush of smal, long, Rush-like hard Leavs, each part resembling a Horstail (from whence it was so called) At the tops of the Stalks come forth smal Catkins like to those of Trees. The Root creepeth under ground having Joynts at sundry places.

Place.

This (as most of the other sorts hereof) groweth in wet grounds.

Time.

They spring up in April, and their blooming Catkins in July, seeding for the most part in August, and then perish down to the ground, rising afresh in the Spring.

Vertues and use.

Horstail; the smoother rather than the rough, and the Leaved rather than the Bare, are most Physical: It is very powerful to stanch bleedings whersoever, either inward or outward, the Juyce or Decoction thereof being drunk, or the Juyce, Decoction, or distilled Water applied outwardly: It staicth also all sorts of Lasks and Fluxes in Man or Woman, and the pissing of Blood, and healeth al- so not only the inward Ulcers, and excoriati- ons of the Entrails, Bladder, &c. but al- ther sorts of foul, moist, and running Ulcers, and soon sodereth together the tops of green Wounds; It cureth also Ruptures in Chil- dren. The Decoction hereof in Wine being drunk, provoketh Urin, and helpeth the Stone, and the Strangury; and the distilled Water thereof drunk two or three times in a day, a smal quantity at a time; as also easeth the Intrails or Guts, and is effectual against a Cough that cometh by distillation from the Head. The Juyce or distilled Water being warmed, and hot Inflammations, Pustules, or red Wheals, and other breakings out in the Skin, being bathed therewith doth help them, and doth no less eas the Swellings, heat, and Inflammations of the Fundament or Privy parts in Man or Woman.

The Herb is belonging to Saturn yet is very harmless, and excellent good for the Pre- mises.

Houf-



## Houfleeke, or Sen- green.

**T**hese are so well known unto my Country Men that I shal not need to write any Description of them.

### Place.

It groweth commonly on Walls and Houfides, and flowreth in July.

### Vertues and use.

Our ordinary Houfleeke is good for all inward heats, as well as outward, and in the Eyes or other parts of the Body: A Posset made with the Juyce of Houfleeke is singular good in al hot Agues, for it cooleth and tempereth the Blood and Spirits, and quench the thirst; and is also good to stay al hot Defluxions of sharp and salt Rheums in the Eyes, the Juyce being dropped into them, or into the Ears helpeth them; It helpeth also other Fluxes of Humors into the Bowels, and the immoderate Courses of Women. It cooleth and restraineth also all other hot Inflammations. St. Anthonies Fire, Scaldings and Burnings, the Shingles, fretting Ulcers, Cankers, Tetters, Ringworms and the like, and much easeth the pain of the Gout proceeding from an hot caus. The Juyce also taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the Skin of the Leavs being laid on them afterwards. It easeth also the Headach, and distempered heat of the Brain in Phrenies, or through want of sleep, being applied to the Temples and Forehead. The Leavs bruised and laid upon the Crown or Seam of the Head staith bleeding at the Nose very quickly. The distilled Water of the Herb is profitable for all the purposes afore-said: The Leavs being gently rubbed on any place stung with Nettles or Bees, doth quickly take away the Pain.

It is an Herb of Jupiter, and it is reported by Myzaldus to preserve, it grows upon from Fire and Lightning.

## Houndstongue.

### Description.

**T**he great ordinary Houndstongue hath many long and somewhat narrow, soft, hairy darkish green Leavs, lying on the ground somewhat like unto Buglos Leavs, from among which riseth up a rough hairy Stalk about two foot high, with some smaller Leavs

thereon, and branched at the top into divers parts, with a smal Leaf at the Foot of every Branch, which is somewhat long, with many Flowers set along the same, which Branch is crooked or turned inwards before it Flowreth and openeth by degrees as the Flowers do blow, which consist of four smal purplish red Leavs of a dead colour, scarce rising out of the Husk wherein they stand, with some threds in the middle: It hath sometimes a white Flower. After the Flowers are past there cometh rough flat Seed, with a smal pointel in the middle, easily cleaving to any Garment that it toucheth, and not so easily pulled off again: The root is black, thick, and long, hard to break, and ful of a clammy Juyce, smelling somewhat strong, of an evil scent as the Leavs also do.

### Place.

It groweth in most places of this Land, in wast grounds, and untilled places by high way sides, Lanes, and Hedge sides.

### Time.

It Flowreth about May and June, and the Seed is ripe shortly after.

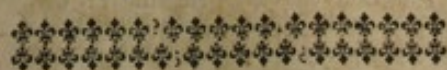
### Vertues and Use.

The Root is very effectually used in Pills, as well as in Decoctions, or otherwise, to stay al sharp and thin Defluxions of Rheum from the Head into the Eyes or Nose, or upon the Eyes, Stomach or Lungs, as also for Coughs or Nose, shortness of breath. The Leavs boyled in Stomach, Wine (saith Dioscorides) but others do rather appoint it to be made with Water, and to ad thereto Oyl and Salt, mollifieth or openeth the Belly downwards; it also helpeth to cure the biting of a mad Dog, some of the Leavs being also applied to the Wound: The Leavs bruised, or the Juyce of them boyled in Hogs Lard, and applied, helpeth the falling away of the Hair which cometh of hot and sharp humors; as also for any place that is scalded or burnt: The Leavs bruised and laid to any green Wound doth heal it up quickly. The Root baked under the Embers wrapped in Past, or wet Papers, or in a wet double Cloth, and thereof a Suppository made and put up into, or applied to the Fundament, doth very effectually help the painful Piles or Hemorrhoids. The distilled Water of the Herb, and Roots, is very good to al the purposes afore-said, to be used as well inwardly to drink, as outwardly to wash any sore places, for it French healeth al manner of Wounds and Punctures Pox, and those foul Ulcers that arise by the French Pox.

Mizaldus ads to this, that the Leavs laid under the Feet wil keep the Dogs from barking at you, Houndstongue becaus it ties the Tongue of Hounds, whether it be true or not I never tried yet I have cured the biting of a mad Dog with this only Medicine.

St Johns





## St. Johns-wort

## Description

**T**He common *St. Johns-wort* shooteth forth brownish, upright, hard, round Stalks, two foot high, spreading many Branches from the sides up to the tops of them with two small Leavs set one against another at every place, which are of a deep green colour, somewhat like the Leavs of the lesser Centaury, but narrower, and full of small holes in every Leaf, which cannot be so well perceived as when they are held up to the light: At the tops of the Stalks and Branches stand yellow Flowers made of five Leavs apiece, with many yellow threads in the middle, which being bruised do yeild a reddish Juice like blood, after which come small round Heads wherein is contained small blackish Seed smelling like Rozin: The Root is hard and woody with divers strings and fibres at it, and of a brownish colour which abideth in the ground many years, shooting anew every Spring.

## Place.

This groweth in Woods and Copse, as well those that are shady, as open to the Sun.

## Time.

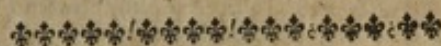
They Flower about Midsummer, and in July, and their Seed is ripe in the latter end of July or in August.

## Vertues and use.

*St. Johns-wort*, is as singular a Wound Herb as any other whatsoever, either for inward Wounds, Hurts, or Bruises, to be boyled in Wine and drunk, or prepared into Oyl or Oynment, Bath or Lotion outwardly: It hath power to open Obstructions, to dissolve Swellings to close up the Lips of Wounds, and to strengthen the parts that are weak & feeble. The Decoction of the Herb and Flowers, but of the Seed especially in Wine being drunk; or the Seed made into Powder and drunk with the Juice of Knotgrass, helpeth al manner of Spitting and Vomiting of Blood, be it by any Vein broken inwardly, by Bruises, Falls, or Bitten or stung by any Venemous Creature: And is good for those that are troubled with the Stone in their Kidneys, or that cannot make water; and being applied provoketh Womens Courtes. Two drams of the Seed of *St. Johns-wort* made into Powder and drunk in a little Broth, doth gently expel Cholter, or congealed Blood in the Stomach; The Decoction of the Leavs and Seeds being drunk somewhat warm before the Fits of Agues, whether they be Tertians, or Quar-

tanes, doth alter the fits, and by often using doth take them quite away: The Seed is much commended being drunk for forty daies together, to help the *Sciatica*: the Falling sickness, *Sciatica*, *Falling-sickness*, and the Palsey.

It is under the Cœlestial Sign *Leo*, and under the Dominion of the Sun, it may be if you meet with a Papist that is an Astrologer, he will tel you *St. John* made it over to him by a Letter of Attourney, especially if withal he be a Lawyer also.



## Ivy.

## Description.

**T**His is so well known to every Child al- to grow in Woods, upon the Trees, and upon the stone Walls of Churches, Houses, &c. and sometimes to grow alone of it self, though but seldom.

## Time.

It Flowreth not until July, and the Berries are not ripe til Christide that they have felt the Winter Frosts.

## Vertues and use.

A pugil of the Flowers, which may be about a dram (saith *Dioscorides*) drunk twice a day in red Wine, helpeth the Lask and Bloody Flux, Flux. It is an enemy to the Nerves and Sinews being much taken inwardly, but very helpful unto them being outwardly applied. *Pliny* saith that the yellow Berries are good against the Jaundice, and taken before one be set to drink hard, preserveth from drunkenness, and helpeth those that spit Blood: and Spitting that the white Berries being taken inwardly, Blood, or applied outwardly killeth the Worms in the Belly. The Berries are a singular Remedy to Drunkenness, prevent the Plague, as also to free them from nest, is that have got it, by drinking the Berries thereof. Pestilence, of made in Powder, for two or three daies together: They being taken in Wine do certainly help to break the Stone, provoke Urine Stone, and Womens Courtes. The fresh Leavs of Ivy boyled in Vinegar, and applied warm to the sides of those that are troubled with the Spleen, Ach, or Stitch in the sides, doth give them much eaf: The same applied with some Rosewater and Oyl of Roses to the Temples and Forehead, caseth the Headach though it be of long continuace. The fresh Leavs boyled in Wine, and old filthy Ulcers that are hard to be cured washed therewith, doth wonderfully help to cleanse and heal them, it also quickly healeth green Wounds, as also it is effectual to heal al Burnings and Scaldings, and all kind of exuicerations coming thereby. or by Salt Flegm, Salt Flegm or hot Humors in other parts of the Body. The Juice of the Berries or Leavs snuffed up into the Nose, purgeth the Head and



*Rheum,  
Sore Ears.*

and Brain of thin Rheum that maketh De-  
fluxions into the Eyes and Nose, and cureth  
the Ulcers and Stench therein: The same drop-  
ped into the Ears helpeth the old and running  
Sores of them. Those that are troubled with  
the Spleen shal find much ease by continual  
drinking out of a Cup made of Ivy, so as the  
drink may stand some smal time therein before  
it be drunk. *Cato* saith, that Wine put into  
such a Cup will soak through it, by reason of  
the Antipathy that is between them.

There seems to be a very Antipathy between  
Wine and Ivy, for if any have got a surfeit by  
drinking Wine, his speediest cure is to drink  
a draught of the same Wine wherein a hand-  
ful of Ivy Leavs being first bruised have been  
boyled.



### Kidneywort, or Wall- Penyroyal.

#### *Description.*

**T**His hath many thick, flat, and  
round Leavs growing from the  
Root, every one having a long  
Footstalk fastned underneath about  
the middle of it and a little uneven-  
ly waved somtimes about the edges, of a pale  
green colour, and somewhat hollow on the up-  
per side like a Sawcer; from among which  
rise one or more tender smooth hollow Stalks  
half a foot high with two or three smal Leavs  
thereon, usually not round as those below, but  
somewhat long and devided at the edges: The  
tops are somtimes devided into long Branches,  
bearing a number of Flowers, set round about  
a long spike one above another, which are  
hollow and like a little Bell, of a whitish green  
colour, after which come smal Heads contain-  
ing very smal brownish Seed, which falling  
on the ground, wil plentifully spring up before  
Winter, if it have moisture. The Root is  
round and most usually smooth, grayish with-  
out and white within, having smal fibres at  
the head of the Root, and bottom of the  
Stalk.

#### *Place.*

It groweth very plentifully in many places  
of this Land, but especially in all the West  
parts thereof, upon stone and mud Walls, upon  
Rocks also, and in stony places upon the  
ground, at the Bottom of old Trees, and  
somtimes on the Bodies of them that are de-  
cayed and rotten.

#### *Time.*

It usually Flowreth in the beginning of May  
and the Seed is ripening quickly after, shed-  
deth it self: so that about the end of May usu-

ally, the Leavs and Stalks, are withered, dry,  
and gone until September, that the Leavs  
spring up again, and so abide all Winter.

#### *Vertues and Use.*

The Juyce or the distilled water being drunk  
is very effectual for al Inflammations and unna-  
tural heats, to cool a fainting hot Stomach, or  
a hot Liver or the Bowels: The bruised Herb  
or the place bathed with the Juyce or distilled  
Water thereof and outwardly applied healeth  
Pimples, Redness, St. Anthonies Fire, and o-  
ther outward heats and Inflammations. The  
said Juyce or Water helpeth much also to heal  
sore Kidneys, torn or fretted by the Stone, or  
exulcerated within, and easeth the pains; It  
also provoketh Urine, and is available for the  
Dropisie, and helpeth to break the Stone, cool-  
ing the Inflamed parts and other pains of the  
Bowels, and the bloody Flux; It is singular  
good to cool the painful Piles, or Hemorrhoi-  
dal Veins, the Juyce being used as a Bath un-  
to them, or made into an Oyntment: It is  
no less effectual to give ease of pains to the hot  
Gout, the Sciatica, and the Inflammations and  
Swellings in the Cods; It helpeth the Ker-  
nels or Knots in the Neck or Throat, called  
the Kings Evil; healeth Kibes and Chilblains  
if they be bathed with the Juyce, or anointed  
with an Oyntment made thereof, and some of  
the skin of the Leaf laid upon them; It is al-  
so used in green Wounds to stay the Blood,  
and to heal them quickly.

*Venus* challengeth the Herb, under *Libra*.



### Knapweed.

#### *Description.*

**T**he common sort herof hath many long  
and somewhat broad darke green leaves,  
rising from the Root deeply dented about the  
edges, and somtimes a little rent or torne  
on both sides in two or three places, and som-  
what hairy withal among which riseth up a  
strong round stalk four or five foot high, de-  
vided into many branches: at the tops wherof  
stand great scaly green heads, & from the middle  
of them thrust forth a number of dark purplish  
red thrumms or threads, which after they are  
withered and past, ther is found divers black  
Seeds: lying in a great deal of down, somewhat  
like unto a Thistle Seed, but smaller: The  
Root is white, hard and woody, with divers  
fibres annexed therunto, which perisheth  
not but abideth with leavs thereon all the win-  
ter, shooting out fresh every Spring.

#### *Place.*

It groweth in most Feilds and Meadows, and  
about their borders and Hedges and in many  
waist grounds also, almost every where.

#### *Time.*



Time.

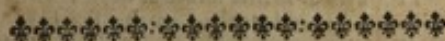
It usually flowreth in *June* and *July*, and the seed is ripe shortly after.

Vertues and Use.

Fluxes,  
Bleeding,  
Veins  
broken,  
Phitick,  
Falls,  
Blows,  
Ruptures,  
Sores,  
Cankers,  
Fistulae.  
Scabby  
head,  
Sore throat  
Vvula,  
Jaws.

This *Knapweed* helpeth to stay Fluxes, both of blood at the mouth or nose, or other outward parts, and those veins that are inwardly broken, or inward wounds, as also the Fluxes of the belly; It stayeth the distillations of thin and sharp humors from the head upon the stomach and Lungs: it is good for those that are bruised by any fall, blowes, or otherwise. It is very profitable for those that are bursten and have a Rupture, by drinking the decoction of the Hearbe and roots in wine, and applying the same outwardly to the place. It is singular good in al running sores, cankrous and fistulous drying up the moysture and healing them up gently, without sharpness; it doth the like to running sores or scabs of the head or other parts. It is of special use for the soreness of the Throat, swelling of the Vvula and Jaws; and excellent good to stay the bleeding and heale up all green wounds.

Saturn challengeth the herb for his own.



Knot-grafs.

Description.

This is generally so wel known that it needeth no Description.

Place.

It groweth in every County of this Land, by the High-way sides and by foot paths in Fields, as also by the sides of old Walls.

Time.

It springeth up late in the Spring, and abideth until Winter, when all the branches perish.

Vertues and use.

Bleeding,  
Heat,  
Flux,  
Bloody  
Flux,  
Cours'es  
stops,  
Dis'ury,  
Gravel,  
Venemous  
Beasts,  
Rheum,  
Worms,  
Heat,

The Juyce of the common kind of *Knot-grafs*, is most effectuell to stay bleeding at the mouth, being drunke in steed of red Wine: and the bleeding at the Nose, to be applied to the Forehead and Temples or to be squirted up into the Nostrils. And no less effectuell to coole and temper that heat of the blood, & stomach and to stay any Flux of the blood or humors, as Lask, Bloodyflux, Womens courses, and Running of the Reins. It is singular good to provoke Urine, helpe the strangurie, and allay the heate that cometh therby; and it is powerful by Urin to expel the Gravel, or stone in the kidneys or Bladder, a dram of the powder of the Herb being taken in wine for many dayes together: Being boyled in wine and drunke, it is profitable to those that are stung or bitten by venomous creatures, and very effectuell to stay al defluxi-

ons of rheumatick humors upon the stomach, & killeth Worms in the belly or stomach, quieteth inward paines that arise from the hear, sharpness & corruption of blood and Choller: The distilled water herof taken by it self, or with the powder of the Herb or seed, is very effectuell to al the purposes aforesaid, and is accounted as one of the most Sovereign remedies to cool all manner of inflammations, breakings out through heate, hot Swellings, and Impositumations Gangrenes, and Fistulous Cankers, or foule filthy Ulcers, being applyed or put into them; but especially for all sorts of Ulcers and Sores happening in the privie parts of men or women. It helpeth all fresh and green Wounds, and speedily helpeth them: The Juyce dropped into the Ears, cleanseth them being foule and having running matter in them.

Choller,  
Inflama-  
tions,  
Apostums,  
Gangrenes  
Fistulae,  
Cankers,  
Ulcers,  
Wounds  
Ears.

*Saturn* seems to me to own the Hearb, and yet some hold the *Sun*, out of doubt 'tis *Saturn*, it is very prevalent for the premises: as also for broken Joynts, and Ruptures.



Ladies-Mantle

Description.

His hath many leavs rising from the Root, standing upon long hairy footstalkes, being almost round, but a little cut in on the edges, into eight or ten parts more or less, making it seem like a Star, with so many corners and points, and dented round about, of a light green colour somewhat hard in handling, and as if it were folded, or plaited at first, and then crumpled in divers places, and a little hairy as the Stalk is also, which riseth up among them to the height of two or three foot, with such like Leavs thereon but smaller, and being weak is not able to stand upright, but bendeth down to the Ground, divided at the top into two or three smal Branches, with smal yellowish green Heads, and Flowers of a whitish colour, breaking out of them; which being past, there cometh smal yellow Seed like Poppy Seed: The Root is somewhat long and black with many strings or fibres thereat.

Place.

It groweth naturally in many Pastures, and Wood sides, in *Haxfordshire*, *Wiltshire*, and *Kent*, and other places of this Land.

Time.

It Flowreth in *May* and *June*, and abideth after Seed time green al the Winter.

Vertues and Use.

*Ladies-Mantle* is very proper for those Inflammations, and is very ons, effectual



*Bleeding,*  
*Vomiting,*  
*Fluxes,*  
*Bruises,*  
*Ruptures,*  
*Flagging*  
*Breasts,*  
*Burvenness*  
*Women*  
*with*  
*Child.*

effectual to stay Bleedings, Vomtings, Fluxes of all sorts in man or woman, and Bruises by Falls or otherwise, and helpeth Ruptures, and such Women or Maids as have over great Flagging Breasts, causing them to grow less and hard, being both drunk, and outwardly applied: The distilled water drunk for twenty daies together helpeth Conception, and to retain the Birth, if the Woman do sometimes also sit in a Bath made of the Decoction of the Herb. It is one of the most singular Wound Herbs that is, and therefore highly prized and praised by the Germans, who use in all Wounds inward and outward, to drink the Decoction thereof and wash the Wounds therewith, or dip Tents therein and put them into the Wounds, which wonderfully drieth up all humidity of the Sores, and abateth Inflammations therein. It quickly healeth all green Wounds, not suffering any corruption to remain behind, and cureth old Sores though Fistulous and hollow.

*Venus* claims the Herb as her own.



## Lavender.

**T**his is so well known, being an Inhabitant in almost every Garden, that it needeth no Description.

*Time.*

It flowreth about the end of June and beginning of July.

*Vertues and Use.*

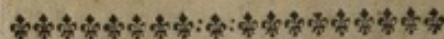
*Head,*  
*Brains,*  
*Apoplexie,*  
*Falling-*  
*sickness,*  
*Lethargy,*  
*Cramps,*  
*Convulsions,*  
*Palsy*  
*both dead*  
*and shak-*  
*ing,*  
*Stomach,*  
*Liver,*  
*Spleen,*  
*Terms*  
*provokes,*  
*Chollick,*  
*Vertigo,*  
*loss of*  
*voice,*  
*Trembling,*  
*Fainting.*

Lavender is of special good use, for all the Grievs and pains of the Head and Brains that proceed of a cold cause, as the Apoplexy, Falling-sickness, the drowsie or sluggish Malady, Cramps, Convulsions, Palseys, and often Faintings. It strengtheneth the Stomach, and freeeth the Liver and Spleen from Obstructions, provoketh Womens Courses, and expelleth the dead Child and Afterbirth. The Flowers of Lavender steeped in Wine helpeth them to make water that are stopped, or are troubled with the Wind or Chollick, if the places be bathed therewith. A Decoction made with the Flowers of Lavender, Horehound, Fennel, and Asparagus Roots, and a little Cinamon is very profitably used to help the Falling-sickness, and the giddiness or turning of the Brain. To gargle the Mouth with the Decoction thereof is good against the Toothach. Two spoonfuls of the distilled Water of the Flowers taken, helpeth them that have lost their voice; as also the tremblings and passions of the Heart, and faintings and swoonings, not only being drunk, but applied

to the Temples, or Nostrils to be smelt unto but it is not safe to use it where the Body repleat with Blood and Humors, because of the hot and subtil spirits wherewith it is possessed. The Chymical Oyl drawn from Lavender, usually called Oyl of Spike, is of so fierce and piercing Spirits that it is cautiously to be used: some few drops being sufficient to be given with other things, either for inward or outward Grievs.

*Mercury* owns the Herb, and it carries his effects very potently.

*Lavender* Cotten hath the same Vertues with Southernwood, which shall be shewed you when I come to speak of it.



## Lettice.

**T**his is so well known being generally used as a Sallet Herb, that it is altogether needless to write any Description thereof.

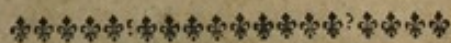
*Vertues and Use.*

The Juyce of Lettice mixed or boyled with Oyl of Roses, and applied to the Forehead and Temples procureth Sleep, and easeth the *Watching*, Headach proceeding of an hot cause; being *Head-ach*, eaten boyled, it helpeth to loosen the Belly. *Indige-* It helpeth digestion, quencheth thirst, *encreas-* sion, seth Milk in Nurses, easeth griping pains of *Thirst*, the Stomach or Bowels, that come of Chol-Milk *en-* ler. It abateth Bodily lust, represseth Venere- *creaseth*, ous Dreams, being outwardly applied to the *Chol-* Cods with a little Camphire: Applied in the *Bowels*, same manner to the Region of the Heart, *Li-* Lust, ver or Reins, or by bathing the said place with *Venerious* the Juyce or distilled Water, wherein some *Dreams*, white Sanders and red Roses are put also, it not only represseth the heat and Inflammation *Inflama-* therein, but comforts and strengthens those *tion*, parts, and also tempereth the heat of Urine. *Heat of* *Galen* adviseth old men to use it with Spices, *Urine*, and where Spices are wanting to ad Mints, Rocket and such like hot Herbs, or elf Citron, Lemmon, or Orange Seeds, to abate the cold of one, and heat of the other. The Seed and distilled Water of the Lettice work the like effects in all things: but the use of Lettice is chiefly forbidden to those that are short winded, or have any imperfection in their Lungs, or spit Blood.

The *Moon* owns them, and that's the reason they cool and moisten what heat and driness *Mars* causeth, because *Mars* hath his fall in *Cancer*, and they cool the Heart, because the *Sun* rules it, between whom and the *Moon* is a Reception in the Generation of Man, as you may see in my *Guide for Women*.

The





## The Water-Lilly.

## Description.

OF these there are two principally noted kinds, *Viz.* The *white*, and the *Yellow*.

The *white Lilly* hath very large, round and thick dark green Leavs lying on the Water, sustained by long and thick Footstalks, that rise from a great thick, round and long tuberos black Root, spongy or loof with many Knobs thereon like Eyes, and whitish within, from amidst the which rise other the like thick and great Stalks, sustaining one large white Flower thereon, green on the outside, but as white as Snow within, consisting of divers rows of long, and somewhat thick and narrow Leavs, smaller and thinner the more inward they be, encompassing a head within with many yellow threads, or thrums in the middle, where after they are past, stand round Poppy-like Heads full of broad, Oily, and bitter Seed.

The yellow kind is little different from the former save only it hath fewer Leavs on the Flowers, greater and more shining Seed, and a whitish Root, both within and without: The Roots of both being somewhat sweet in tast.

## Place.

They are found growing in great Pools and standing Waters, and sometimes in slow running Rivers and lesser Ditches of Water, in sundry places of this Land.

## Time.

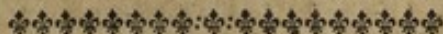
They Flower most commonly about the end of May, and their Seed is ripe in August.

## Vertues and use.

The Leavs and Flowers of the *Water-Lillies* are cold and moist, but the Root and Seed is cold and dry: The Leavs do cool all Inflammations, and both outward and inward heats of Agues, and so doth the Flowers also, either, by the Syrup or Conserve; The Syrup helpeth much to procure rest, and to settle the Brains of Frantick persons, by cooling the hot distemperature of the Head. The Seed as well as the Root is effectual to stay Fluxes of Blood or Humors, either of Wounds, or of the Belley; but the Roots are most used, some chusing the one, and some the other to be more effectual to cool, bind and restrain all Fluxes in Man or Woman, as also the running of the Reins, and the passage away of the Seed when one is asleep: but the frequent use hereof extinguisheth Venereous actions: The Root is likewise very good for those whose Urine is hot and sharp to be boyled in Wine or Water, and the Decoction drunk. The Di-

stilled water of the Flowers is very effectual for all the Diseases aforesaid, both inwardly taken and outwardly applied, and is much commended to take away Freckles, Spots, Sunburn, and Morpew from the Face, or other parts of the Body. The Oyl made of the Flowers as Oyl of Roses is made, is profitably used to cool hot Tumors, and the Inflammations of Ulcers and Wounds and to, ease the pains, and help the Sores.

The Herb is under the Dominion of the Moon, and therefore cools and moistens like the former.



## Liquoris.

## Description.

Our English *Liquoris* riseth up with divers woody Stalks, whereon are set at several distances, many narrow long green Leavs, set together on both sides of the Stalk, and an odd one at the end, very well resembling a young Ash-tree sprung up from the Seed: This by many yeers continuance in a place without removing, and not else, will bring forth Flowers, many standing together Spike fashion one above another upon the Stalks, of the form of Pease Blossoms, but of a very pale blue colour, which turn into long somewhat flat and smooth Rods, wherein is contained small, round hard Seed: The Root runneth down exceeding deep into the ground, with divers other smaller Roots and Fibres growing with them, and shoot out Suckers from the main Roots all about, whereby it is much increased, of a brownish colour on the outside, and yellow within.

## Place.

It is planted in Fields and Gardens in divers places of this Land, and thereof good profit is made.

## Vertues and use.

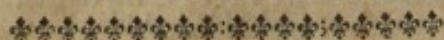
*Liquoris* boyled in fair Water with some Maidenhair and Figs, maketh a good Drink for those that have a dry Cough, or Hoarseness, Wheezing, shortness of breath; and for all the Griets of the Breast and Lungs, Phtisick or Consumptions caused by the Distillation of Salt humors on them. It is also good in all pains of the Reins, the Strangury, and heat of Urine: The fine Powder of *Liquoris* blown through a Quil into the Eyes that have a Pin and Web (as they call it) or Rheumatick Distillations into them, doth cleave and help them: The Juyce of *Liquoris* is as effectual in all the Diseases of the Breast & Lungs, the Reins and Bladder, as the Decoction. The Juyce dissolved in Rose Water with some Gum-Tragacanth, is a fine licking Medicine for Hoarseness, Wheezings, &c.

Freckles,  
Spots,  
Sunburn,  
Morpew.

Cough,  
Hoarseness,  
Phtisick,  
Consumption,  
Reins,  
Strangury;  
Heat of  
urine,  
Eyes,  
Bladder.

Liverwort.





## Liverwort.

### Description.

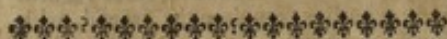
**T**HE Common *Liverwort*, groweth close and spreadeth much upon the ground in moyst and shadowy places, with many sd green leaves, or rather (as it were) sticking flat one to another, very unevenly cut in on the edges, and crumpled, from among which arise smal slender stalks an Inch or two high at most, bearing smal Starlike Flowers at the tops: The Roots are very fine and smal.

### Vertues and Use.

*Liver,*  
*Inflammati-*  
*on,*  
*yellow*  
*Jaundice,*  
*Spleen,*  
*Running*  
*of the*  
*Reins,*  
*Whites,*  
*Tetters,*  
*Ring-*  
*worms,*  
*Swifets.*

It is a singular good Herb for all the diseases of the Liver, both to cool and cleane it, and helpeth the Inflammations in any part, and the yellow Jaundice likewise: Being bruised and boyled in small Beer and drunke, it cooleth the heat of the Liver and Kidneys, and helpeth the rüning of the Reins in men, & the Whites in Women: It is a singular remedy to stay the spreading of Tetters, Ringworms, and other fretting and running Sores & Scabs, and is an excellent remedy for such whose Livers are corrupted by fursers w<sup>ch</sup> causeth their bodies to break out, for it fortifies the Liver exceedingly and make it impregnable.

It being under the command of *Jupiter*, and under the sign *Cancer*.



## Loof-strife or Willow- Hearb.

### Description.

**T**HE Common yellow *Loof-strife* groweth to be four or five foot high or more, with great round stalks a little crested, diversly branched from the middle of them to the tops, into great & long Branches, on al w<sup>ch</sup> at the Joynts ther grow long and narrow Leavs, but broader below, and usually two at a Joynt, yet sometimes three or four somewhat like Willow Leaves, smooth on the edges, and of a faint green colour from the upper Joynts of the branches, and at the tops of them also stand many yellow Flowers of five Leaves a piece, with diverse yellow threds in the middle, which turn into small round heads, containing small cornered Seeds: The Roote creepeth under ground, almost like Couchgras, but greater, and shooteth up every Spring, brownish heads, which afterwards grow up into stalks: It hath no scent nor salt but only astringent.

### Place.

It groweth in many places of this Land in moyst Meadows and by water sides.

### Time.

It Flowreth from *June* to *August*.

### Vertues and Use.

This Hearb is good to stay all manner of Bleeding at Mouth or Nose or Wounds, *Bleeding*, and all Fluxes of the Belly, and the bloody *Flux*, *Flux*, given either to drinke, or taken by *Bloody* Clyster; it stayeth also the abundance of *Flux*, *Womens Couries*: It is a singular good wound *Terms* Hearb for green wounds, to stay the bleeding, stops, and quickly to close together the lips of the *wounds*, *Wound*, if the herb be bruised and the Juyce *Sore*, only applied: It is often used in Gargles *Mouth*, for sore mouthes, as also for the secret parts: *Privities*, the smoke herof being burned driveth away *Gnats*, *Flyes* and *Gnats* which use in the night-time to molest people inhabiting neere *Marshes* and in the *Fenny Countreys*.



## Loof-strife, with Spiked Heads of Flowers.

### Description.

**T**His groweth with many woody square stalkes, full of Joynts about three foot high at least, at everyone wherof stand two long Leaves, shorter, narrower, and of a deeper green colour than the former; and some brownish. The stalkes are branched into many long stemmes of spiked Flowers, half a foot long, growing in Rundles one above another, out of smal husks very like the Spiked heads of *Lavender*, each of which Flowers have five round pointed Leaves of a Purple Violet Colour, or somewhat inclining to redness, in w<sup>ch</sup> husks stand smal round heads, after the Flowers are fallen, wherein is contained small seed: The Root creepeth under ground like unto the yellow, but is greater than it; and so is the heads of the Leaves when they first appear out of the ground and more brown than the other.

### Place.

It groweth usually by Rivers, and Ditches sides in wet grounds, as about the Ditches at and neer *Lambeth*: and in many other places of this Land.

### Time.

It Flowreth in the months of *June* and *July*.

### Vertues and Use.

This Herb is no whit inferior unto the former; it having not only all the vertues which the former hath, but some particular vertues of its own found out by experience, as namely.

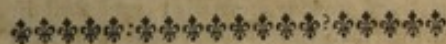
The



*Eyes,*  
*Blindnes,*  
  
*Wounds,*  
  
*Ulcers,*  
*Inflam-*  
*tions,*  
  
*Quinsie,*  
*Kings E-*  
*vil,*  
*Spots,*  
*Marks,*  
*Scars.*

The distilled water is a present remedy for hurrs and blows on the eyes and for blindness, so as the Christaline humor be not perished or hurt; and this hath been sufficiently proved true by the experience of a man of judgment, who kept it long to himself as a great secret. It also cleareth the Eyes of dust or any other thing gotten into them, and preserveth the Sight: It is also very much available against Wounds and Thrusts, being made into an Oyntment on this manner; To every ounce of the Water, ad two drams of May Butter without Salt, and of Sugar and Wax of each as much also, let them boyl gently all together: Let Tents be dipped in the Liquor that remaineth after it is cold, and put into the Wounds, and the place covered with a Linnen cloth doubled and anointed with the Oyntment, and this is also an approved Medicine. It likewise clenseth and healeth all foul Ulcers and Sores wheresoever, and stancheth their Inflammations by washing them with the Water, and laying on them a green Leaf or two in the Summer, or dry Leaves in the Winter. This Water gargled warm in the Mouth, and sometimes drunk also doth cure the Quinsie, or Kings Evil in the Throat. The said Water applied warm taketh away all Spots, Marks, and Scars in the Skin: And a little of it drunk quencheth thirst when it is extraordinary.

The Herb is an Herb of the Moon, and under the Sign Cancer, neither do I know a better Preserver of the Sight than 'tis well, nor a better Curer of sore Eyes than Eye-bright taken inwardly, and this used outwardly, 'tis cold in quality.



## Lovage.

### Description.

His hath many long and great Stalks, of large winged Leaves devided into many parts like Smalage, but much larger and greater, every Leaf being cut about the edges broadest forwards, and smallest at the Stalk, of a sad green colour, smooth and shining, from among which rise up sundry strong hollow green Stalks, five or six foot, yea sometimes seven or eight foot high, full of Joynts, but lesser Leaves set at them than grow below, and with them toward the tops come forth long Branches, bearing at their tops large Umbels, of yellow Flowers, and after them flat brownish Seed: The Root groweth thick, great and deep, spreading much and enduring long, of a brownish colour on the outside, and whitish within: The whol Plant, and every part of it smelleth strong, and Aromatically, and is of an hot sharp biting tast.

Y 2

### Place.

It is usually planted in Gardens, where if it be suffered it groweth huge and great.

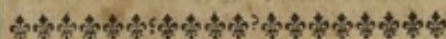
### Time.

It Flowreth in the end of July, and seedeth in August.

### Vertues and Use.

It openeth, cutteth and digesteth Humors, Humors, and mightily provoketh Womens Courses and Terms Urine. Half a dram at a time of the dried provokes, Root in Pouder taken in Wine, doth wonder- Disury, fully warm a cold Stomach, helping digestion, Cold Sto- and consuming all raw & superfluous moisture mach, In- therein; caseth al inward gripings and pains, digestion, dissolveth wind, and resisteth Poyson and in- Wind, fection: It is a known and much practised Poyson, Remedy to drink the Decoction of the Herb Epidemi- cal Disca- for any sort of Ague, and to help the pains of the Body and Bowels coming ses. of cold. The Seed is effectual to al the pur- Agues, poses afore said (except the last) and worketh Belly-ach, more powerfully. The distilled water of the Quinsie, Herb helpeth the Quinsie in the Throat, if Pleuresie, the Mouth and Throat be gargled and washed Spots, therewith, and helpeth the Pleuresie, being Freckles, drunk three or four times. Being dropped in- Boils. to the Eyes it taketh away the redness or dimness of them, it likewise taketh away Spots or Freckles in the Face. The Leavs bruised and fried with a little Hogs Lard & laid hot to any Borch or Boil, will quickly break it.

It is an Herb of the Sun under the Sign Taurus, if Saturn offend the Throat (as he alwaies doth if he be occasioner of the Malady and in Taurus in the Genesis) this is your cure.



## Lungwort.

### Description.

His is a kind of Moss, that groweth on sundry sorts of Trees, especially Oaks, and Beeches, with broad grayish tough Leavs, diversly folded, crumpled, and gashed in on the edges, and sometimes spotted also, with many smal spots on the upper side: It was never seen to bear any Stalk or Flower at any time.

### Vertues and Use.

This is of great use with many Physitians to help the Diseases of the Lungs, and for Lungues, Coughs, Wheelings, and shortness of breath, Coughs, which it cureth both in Man and Beast: It wheesings, is very profitably put into Lotions that are ta- shortness of breath, ken to stay the moist Humors that flow to Ul- of breath, cers, and hinder their healing, as also to wash Ulcers in all other Ulcers in the privy parts of Man or the Privi- ties and Woman.

It is an excellent Remedy boyled in Beer elsewhere. for broken-winded Horses.

Jupiter seems to own the Herb.

Madder.



\*\*\*\*\*

## Madder.

### Description.

**T**he Garden Madder shooteth forth many very long, weak four square reddish Stalks trailing on the Ground a great way, very rough or hairy and full of Joynts; At every of those Joynts come forth divers long, and somewhat narrow Leavs, standing like a Star about the Stalks, rough also and hairy, toward the tops whereof come forth many smal pale yellow Flowers: after which come smal round Heads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the Seed. The Root is not very great, but exceeding long, running down half a mans length into the ground, red and very clear while it is fresh, spreading divers waies.

### Place.

It is only manured in Gardens or larger Fields for the profit that is made thereof.

### Time.

It Flowreth towards the end of Summer, and the Seed is ripe quickly after.

### Vertues and Use.

It hath an opening quality, and afterwards to bind and strengthen. It is an assured Remedy for the yellow Jaundice by opening the Obstructions of the Liver and Gall, and cleansing those parts: It openeth also the Obstructions of the Spleen, and diminisheth the Melanchollick humor. It is available for the Palsey and Sciatica, and effectual for Bruises inward or outward, and is therefore much used in Vulnerary Drinks. The Root for all those aforesaid purposes, is to be boyled in Wine or Water, as the caus requireth, and some Honey or Sugar put therunto afterwards. The Seed herof taken with Vinegar and Honey, helpeth the Swellings and Hardness of the Spleen. The Decoction of the Leavs and Branches is a good Fomentation for Women to sit over that have not their Courses. The Leavs and Roots beaten and applied to any part that is discoloured with Freckles, Morpew, the white Scurf, or any such deformity of the Skin, cleanseth them thoroughly, and taketh them away.

Yellow  
Jaundice,  
Obstru-  
tions of the  
Liver and  
Gall,  
Spleen,  
Melan-  
cholly,  
Palsey,  
Sciatica,  
Bruises  
inward  
and out-  
ward,  
Terms  
provokes,  
Freckles,  
Morpew,  
Scurf.

\*\*\*\*\*

## Maidenhair.

### Description.

**O**ur common Maidenhair doth from a number of hard black Fibres send forth a great many blackish shining brittle Stalks,

hardly a span long; in many not half so long, on each side set very thick with smal round dark green Leavs, and spotted on the back of them like other Ferns.

### Place.

It groweth much upon old Stone Walls in the West parts, and Wales, in Kent and divers other places of this Land; It joyeth likewise to grow by Springs, Wells, and rockie moist and shadowy places; and is alwaies green.

## Wall-Rue; Or ordinary White Maidenhair.

### Description.

**T**his hath very fine pale green Stalks, almost as fine as hairs, set confusedly with divers pale green Leavs on very short Footstalks, somewhat neer unto the colour of Garden Rue, and not much differing in form, but more diversly cut in on the edges, and thicket, smooth on the upper part and spotted finely underneath.

### Place.

It groweth in many places of this Land, as at Dartford, and the Bridge at Ashford in Kent, at Beconsfield in Buckinghamshire, at Wolley in Huntingdonshire, on Frammingham Castle in Suffolk, on the Church wals at Mayfield in Sussex, in Summersetshire and divers other places of this Land, and is green in Winter as well as in Summer.

### Vertues and Use.

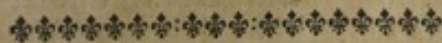
The Vertues of both these are so neer alike; that although I have described them, and their places of growing, severally; yet I shall in writing the Vertues of them joyn them both together: as followeth.

The Decoction of the Herb Maidenhair being drunk, helpeth those that are troubled with the Cough, shortness of breath, the yellow Jaundice, diseases of the Spleen, stopping of Urin, and helpeth exceedingly to break the Stone in the Kidneys: (in all which Diseases the Wall Rue is also very effectual) It provoketh Womens Courses, and staith both Bleedings and Fluxes of the Stomach and Belly, especially when the Herb is dry, for being green, it loosneth the Belly, and avoideth Choller and Flegm from the Stomach and Liver, it cleanseth the Lungs, and by rectifying the Blood causeth a good colour to the whole Body: The Herb boyled in Oyl of Chamomel, dissolveth Knots, allayeth Swellings, and drieth up moist Ulcers. The Ly made thereof is singular good to cleanse the head from Scurf, and from dry and running Sores; stayeth the falling or shedding of the Hair, and causeth it to grow thick, fair, and well coloured; for which purpose some boyl it in Wine

Cough,  
shortness  
of breath,  
the yellow  
Jaundice,  
Spleen,  
Disury,  
Stone,  
Terms  
provokes,  
bleeding,  
Fluxes,  
Lungs,  
Swellings,  
Ulcers,  
Scurf,  
Sores,  
Baldness.



Wine putting some Smallage Seed thereto, and afterwards some Oyl. The Wall Rue is as effectual as Maidenhair in all Diseases of the Head, and falling or the recovering of Hair again; and generally for all the aforementioned Diseases: and besides, The Powder of it taken in drink for forty daies together, helpeth the burstings in Children.



## Golden Maidenhair

### Description.

TO the two former give me leave to add this, and I shall do no more but only describe it unto you, and for the Vertues refer you unto the former, such whatsoever is said of them, may be also said of this:

It hath many small brownish red hayres to make up the form of Leavs growing about the ground from the Root, and in the middle of them in Summer, rise small Stalks of the same colour, set with very fine yellowish green hairs on them, and bearing a small gold yellow head, lesser than a Wheat Corn standing in a great Husk. The Root is very small and thready.

### Place.

It groweth on Bogs and Moorish places, and also on dry shadow places at Hampstead Heath and elsewhere.



## Mallows, and Marsh-Mallows.

THE Common Mallows are generally so well known that they need no Description.

Our common Marsh-mallows have divers soft hoary white stalks rising to be three or four foot high, spreading forth many Branches the Leavs wherof are soft and hairy, somewhat lesser then the other Mallow Leavs but longer pointed, cut (for the most part) into some few divisions, but deep: The Flowers are many but smaller also then the other Mallows & white, or tending to a bluish colour. After which come such like round cases and Seed as in the other Mallows. The Roots are many and long, shooting from one Head, of the bignets of a Thumb or Finger, very pliant, rough and bending like Liquoris, of a whitish yellow colour on the outside, and more white within, full of a slimy juyce which being layd in water will thicken it as if it were gelly.

### Place.

The Common Mallows grow in every country of this Land.

The Common Marsh Mallows in most of the Salt Marshes from Woolwich, downe to the Sea, both on the Kentish and Essex Shoares and in diverse other places of this Land.

### Time.

They Flower all the Summer Months, even until the Winter do pull them down.

### Vertues and Use.

The Leavs of either of the sorts above named, and the Roots also boyled in Wine or Water, or in Broth, with Parsley or Fenel Roots, doth help to open the Body, and is very convenient in hot Agues or other distempers of the Body to apply the Leavs so boyled warm to the Belly; It not only voideth hot Chollerick and other offensive Humors, but easeth the pains and torments of Gripings the Belly coming thereby; and are therefore in the used in all Clysters conducing to those purposes: The same used by Nurses, procureth Milk, them store of Milk.

The Decoction of the Seed of any of the common Mallows, made in Milk or Wine doth Merveilously help excoriations, Excoriation, the Phrisick, Plurisie, and other Diseases of the Chest and Lungues that proceed Phisick, of hot causes, if it be continued taking for Pleuresie, some time together: The Leavs and Roots work the same effects: They help much also in the excoriations of the Guts and Bowels and hardness of the Mother, and in all hot and sharp diseases thereof. The Juyce drunk in Wine, or the Decoction of them therein doth help Women to a speedy and easie Delivery in very. Pliny saith, That whosoever shal take a spoonful of any of the Mallows, shal that day be free from all Diseases that may come unto him; and that it is special good for the Falling-sickness. The Syrup also and Conserve made of the Flowers are very effectual for the the same Diseases, and to open the Body being costive: The Leavs bruised and laid to the Eyes with a little Honey, taketh away the impostumations of them. The Leavs bruised or rubbed upon any place stung with Bees, Wasps &c. or the like, presently taketh away the pains, redness, and Swellings that rise thereupon: and Dioscorides saith, The Decoction of the Leavs and Roots helpeth all sorts of Poyson, Poyson, so as the Poyson be presently voided by Vomit. A Pultis made of the Leavs boyled and bruised, whereunto some Bean or Barley Flower and Oyl of Roses is an especial Remedy against all hard Tumors and Inflammations of the Impostums and Swellings of the Cods and other parts, and easeth the pains of them; as also against the hardness of the Liver or Spleen, being applied to the places. The Spleen, Juyce of the Mallows boyled in old Oyl and applied, taketh away all roughness of the Skin, of the skin



*Scurff,* as also the Scurf, Dandrif, or dry Scabs in the  
*Dandrif,* Head or other parts if they be anointed there-  
*Scabby* with, or washed with the Decoction, and  
*Heads,* preserveth the Hair from falling off. It is also  
*Scalding,* so effectual against Scaldings and Burnings,  
*Burning,* St. Anthonies fire, and all other hot, red, and  
*St. Antho-* painful Swellings in any part of the Body.  
*nies Fire,* The Flowers boyled in Oyl or Water (as every  
 one is disposed) wherunto a little Honey

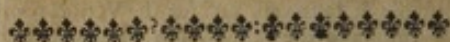
*fore Mouth* wash, cleanse, and heal any sore Mouth or  
*& Throat,* Throat in a short space. If the Feet be bat-  
 hed or washed with the Decoction of the  
 Leavs, Roots, and Flowers, it helpeth much  
 the Defluxions of Rheum from the Head.  
*Baldness,* If the Head be washed therewith, it staideth  
 the falling and shedding of the Hair. The  
 green Leavs (saith Pliny) beaten with Nitre  
*Thorns,* and applied draweth out Thorns, or Pricks in  
 the Flesh.

The Marsh Mallows are more effectual in  
 all the Diseases before mentioned: The Leavs  
*Belly,* are likewise used to loosen the Belly gently,  
 and in Decoctions for Clysters, to ease the pains  
 of the Body, opening the strait Passages, and  
*Stone,* making them slippery, whereby the Stone  
 may descend the more easily and without pain,  
 out of the Reins, Kidneys, and Bladder, and  
*Reins,* to ease the torturing pains thereof: But the  
*Kidneys,* Roots are of more especial use for those pur-  
*Bladder,* poses, as well as for Coughs, Hoarsness,  
*Coughs,* shortness of Breath, and Wheezings, being  
*Hoarsness,* boyled in Wine or Honeyed Water and drunk.  
*Shortness* The Roots and Seeds hereof boyled in Wine  
*of Breath,* or Water, is with good success used by them  
*Wheezing,* that have Excoriations in the Guts, or the  
*Excoriation* bloody Flux, by qualifying the violence of  
*on of the* the sharp fretting Humors, easing the pains,  
*Guts,* and healing the Soreness: It is profitably taken  
 of them that are troubled with Ruptures,  
*Ruptures,* Cramps, or Convulsions of the Sinews; and  
*Cramps,* boyled in white Wine for the Impostumes of  
*Convulsions,* the Throat, commonly called the Kings Evil,  
*The Kings* and of those Kernels that rise behind the Ears,  
*Evil,* and Inflammations or Swellings in Womens  
*Kernels,* Breasts. The dried Roots boyled in Milk  
*Chincough* and drunk is special good for the Chin-  
 Cough. Hippocrates used to give the Deco-  
 tion of the Roots, or the Juyce thereof to drink  
 to those that were wounded, and ready to  
 faint through loss of Blood, and applied the  
 same, mixed with Honey and Rozin to the  
 Wounds: As also the Roots boyled in  
 Wine to those that had received any Hurt by  
 Bruises, Falls, or Blows, or had any Bone or  
 Member out of Joynt, or any Swelling pain,  
 or ach in the Muscles, Sinews, or Arteries.

The Mucilage of the Roots, and of Linseed,  
 and of Fennugreek put together, is much used  
 in Pustiles, Oynments, and Plaisters, to mol-  
 lifie and digest all hard Swellings, and the In-  
 flamation of them, and to ease pains in any part  
 of the Body. The Seed either green or dry

mixed with Vinegar cleanseth the Skin of the *Morphew,*  
*Morphew,* and all other discolourings, being sun-  
 bathed therewith in the Sun.

You may remember that not long since there  
 was a raging Disease called the Bloody Flux,  
 the Colledge of Physitians not knowing what  
 to make of it, called it the Plague in the Guts,  
 for their wits were at *ne plus ultra* about it.  
 My son was taken with the same Disease, and  
 the excoriation of his Bowels was exceeding  
 great; my self being in the Country was sent  
 for up, the only thing I gave him was Mal-  
 lows bruised and boyled both in his Milk and  
 Drink, in two daies (the blessing of God be-  
 ing upon it) it cured him, and I here to shew  
 my thankfulness to God in communicating it  
 to his Creatures, leav it to posterity.



## Sweet Marjerom.

THIS is so well known being an Inhabitant  
 in every Garden, that it is needless to write  
 any Description thereof, neither of the Win-  
 ter Sweet Marjerom, nor Pot Marjerom.

### Place.

They grow commonly in Gardens; some  
 sorts there are that grow wild in the Borders of  
 Corn Fields, and Pastures in sundry places of  
 this Land, but it is not my purpose to insist  
 upon them: The Garden kinds being most u-  
 sed and useful.

### Time.

They Flower in the end of Summer.

### Virtues and Use.

Our common Sweet Marjerom is warming  
 and comfortable in cold Diseases of the Head, Head,  
 Stomach, Sinews, and other parts, taken in- Stomach,  
 wardly, or outwardly applied: The Decoction  
 thereof being drunk helpeth all the Diseases  
 of the Chest which hinder the freeness of Breath,  
 breathing; and is also profitable for the Ob- Obstru-  
 structions of the Liver and Spleen: It helpeth Elions,  
 the cold Grievs of the Womb, and the windi- Liver,  
 ness thereof, and the loss of Speech, by resolu- Spleen,  
 tion of the Tongue. The Decoction thereof Womb,  
 made with som Pellitory of Spain, and long Wind,  
 Pepper, or with a little Acorus or Origanum,  
 being drunk, is good for those that are begin-  
 ning to fall into a Dropsie, for those that can- Dropsie,  
 not make Water, and against pains and tor- Bellyach,  
 ments in the Belly; it provoketh Womens Terms  
 Courses if it be put up as a Pessary. Being provokes,  
 made into Powder and mixed with Honey, it  
 taketh away the black marks of Blows and Marks of  
 Bruises, being thereto applied. It is good for Blows,  
 the Inflammations and watering of the Eyes, be-  
 ing mixed with fine Flower and laid unto  
 them. The Juyce dropped into the Ears easeth Noise in  
 the Pains and ringing noise in them. It is pro- the Ears,  
 fitably put into those Oynments and Salves  
 that



*Joynts,* that are made to warm and comfort the out-  
ward parts, as the Joynts and Sinews, for  
*Sinews,* Swellings also and places out of Joynt. The  
*Swellings,* Powder thereof snuffed up into the Nose, pro-  
*Neefing,* voketh neezing, and thereby purgeth the  
Brain; and chewed in the Mouth draweth  
forth much Flegm. The Oyl made thereof  
is very warming and comfortable to the Joynts  
that are stiff, and the Sinews that are hard to  
mollifie and supple them. *Marjevom* is much  
used in all odoriferous Waters, Pouders, &c.  
that are for Ornament or delight.

It is an Herb of *Mercury* and under *Aries*,  
and is therefore an excellent Remedy for the  
Brain and other parts of the Body and Mind,  
under the Dominion of the same Planet.

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## Marigolds.

These being so plentiful in every Garden  
are so well known that they need no  
Description

### Time

They Flower all the Summer long, and some-  
times in the Winter if it be mild.

### Vertues and Use

The Flowers either green or dried are used  
much in Possets, broths, and drinks, as a  
comforter of the Heart and spirits, and to  
expell any malignant or pestilential quality  
which might annoy them.

*Heart,* It is an Herb of the Sun and under *Leo*  
*Vital* *Pestilence,* they strengthen the heart exceedingly, and are  
*Spirits,* very expulsive, and little less Effectual in the  
*Small Pox,* small pox and measles than Saffron. The Juice  
*Meazles,* of Marigold Leaves mixed with Vinegar,  
*Hot swell-* and any hot swelling bathed with it, instantly  
*ings,* giveth ease and asswageth it.

A plaister made with the dry Flowers in pou-  
der, hogs greas, Turpentine and Rozin, and  
applied to the breast strengthens and succours  
the heart infinitely in feavers whether pestilen-  
tial or not pestilentiall.

*Feavers,*  
*Pestilence.*

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## Masterwort.

### Description.

Common *Masterwort* hath divers stalks  
of winged Leaves divided into sun-  
dry parts, three for the most part standing  
together at a small footstalk on both sides  
of the greater, and three likewise at the end  
of the stalk, somewhat broad and cut in on  
the edges, into three or more divisions  
all of them dented about the brims, of a  
dark green colour, somewhat resembling the  
Leaves of Angelica, but that these grow lower

to the ground, & on lesser stalks: among which  
rise up 2. or 3. short stalks about 2. foot high,  
and slender, with such like Leaves at the Joynts  
as grow below, but with lesser & fewer divisions,  
bearing Umbels of white Flowers, and after  
them small, thinn, flat, blackish seed bigger  
than Dil seeds: The Root is somewhat greater  
and groweth rather sideways than down deep  
into the ground, shooting forth sundry heads,  
which tast sharp, biting on the Tongue, and is  
the hottest and sharpest part of the Plant, and  
the seed next unto it, being somewhat blackish  
on the outside, and smelling well.

### Place.

It is usually kept in Gardens with us in  
England.

### Time.

It Flowreth and seedeth about the end  
of August.

### Vertues and Use.

The Root of *Masterwort* is hotter than Pep-  
per and very available in all cold Greifes and Cold  
Diseases both of Stomach and body, dissol-  
ving very powerfully upward and downward: *Stomach,*  
It is also used in a decoction with wind a-*Wind,*  
gainst all cold rheums, or distillations upon Cold  
the Lungs, and shortnes of breath, to be taken *Rheums,*  
morning and evening; it also provoketh Urin *Urine,*  
and helpeth to break the Stone, and expel the Stone,  
Greavell from the Kidneys, procureth wo-*Gravel,*  
mens Courses, and expelleth the dead birth; *women's*  
is singular good for the strangling of the *Convers,*  
Mother, and other such like Feminine Dis-*Dead*  
eases. It is effectually also against the Dropsie, *Child,*  
Cramps, and the Falling sicknes, for the de-*Mother,*  
coction in wine being gargled in the Mouth *Dropsie,*  
draweth down much water and flegm from *Cramps,*  
the brain, purging & easing it of what oppres-*Falling-*  
seth it. It is of a rare quality against all sorts of *sicknes,*  
cold poyson, to be taken as there is cause, It Cold  
provoketh sweat. But lest the tast herof, or of *Poysons,*  
the seed (which worketh to the like effect *Sweat,*  
though not so powerfully) should be too of-  
fensive; the best way is to take the water  
distilled both from the Herb and Root. The  
Juice herof dropped or Tents dipped therein,  
and applyed either to green wounds, or filthy *Green*  
rotten Ulcers and those that come by invenc-*wounds,*  
med Weapons, doth soon cleas and heal them, *Rotten*  
or if they be bathed with the distilled water. *ulcers,*  
The same is also very good to help the Gout *Gout.*  
coming of a cold cause.

It is an Herb of *Mars*.

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## Sweet Maudlin

### Description.

Common *Maudlin* have somewhat long  
and narrow Leaves, snip'd about the  
edges: the stalks are two foot high, bearing at  
the



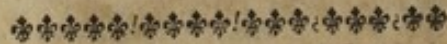
the topps many yellow flowers Set round together and all of an equal height, in umbles tufts like unto Tanfy after which flowereth small whitish Seed almost as big as Wormseed The whol Herb is sweet and bitter.

*Place and Time.*

It groweth in Gardens, and Flowreth in June and July.

*Virtues and use.*

The Vertues hereof being the same with Costmary, or Alecost, I shal not trouble you to make any repetition thereof, lest my Book grow too big: but rather refer you unto Costmary for satisfaction.



## The Medlar.

*Description.*

**T**His Tree groweth neer the bigness of the Quince Tree, spreading Branches reasonable large, with longer and narrower Leaves than either the Apple or Quince, and not dented about the edges: At the end of the Sprigs stand the Flowers made of Five white, great broad pointed Leavs, nicked in the middle, with some white threds also: after which cometh the Fruit, of a brownish green colour, being ripe, bearing a Crown as it were on the top, which were the five green Leaves; and being rubbed off or fallen away, the head of the Fruit is seen to be somewhat hollow. The Fruit is very harsh before it be mellowed, and hath usually five hard Kernels within it.

There is another kind hereof differing nothing from the former, but that it hath some Thorns on it in several places, which the other hath not, and the Fruit is smal and not so pleasant.

*Time.*

They grow in this Land; and Flower in May for the most part, and bear ripe Fruit in September, and October.

*Virtues and use.*

*Fluxes*

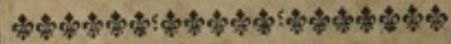
*Stayeth  
Womens  
Longings  
Hinders  
Miscar-  
riage,  
Gargle,*

*Womens  
Courses,  
Piles,*

They are very powerful to stay any Fluxes of Blood or Humors in Man or Woman: the Leavs have also the like quality. The Fruit eaten by Women with Child, stayeth their longings after unusual meats, and is very effectual for them that are apt to miscarry, and be delivered before their time, to help that malady, and make them joyful Mothers. The Decoction of them is good to gargle and wash the Mouth, Throat and Teeth, when there is any defluxion of Blood to stay it, or of Humors, which causeth Pains and Swellings: It is a good bath for Women to sit over that have their Courses flow too abundantly; or for the Piles when they bleed too much. If a Pultis or Plaister be made with dried Medlars beaten and mixed with the Juyce of red Roses,

whereunto a few Cloves and Nutmeg may be added, and a little red Correl also, and applied to the Stomach that is given to casting, or loathing of meat, it effectually helpeth. The Loathing dried Leavs in Pouder, strewed on fresh, bleeding Wounds, restraineth the Blood, and or Casting, healeth up the Wound quickly: The Medlar Bleeding, stones made into Pouder and drunk in Wine, Fresh wherein some Parsley Roots have lien infused all night, or a little boyled, do break the Stone Sane in the in the Kidneys, helping to expel it. *Kidneys,*

The Fruit is old Saturns, and sure a better Medicine he hardly hath to strengthen the retentive faculty; therefore it staies Womens Longings, the good old Man cannot endure Womens minds should run a gadding: Also a Plaister made of the Fruit dried before they be rotten, and other convenient things, and applied to the Reins of the Back, stops Miscarriage in Women with Child. *Miscarriage.*



## Melilot, or Kings Claver.

*Description.*

**T**His hath many green Stalks two or three foot high, rising from a tough long white Root, which dieth not every yeer; set round about at the Joynts with smal and somewhat long wel smelling Leavs set three together, unevenly dented about the edges: The Flowers are yellow, and well smelling also, made like other Trefoyls, but smal, standing in long Spikes, one above another, for an hand breath long, or better, which afterwards turn into long crooked Cods, wherein is contained flat Seed, somewhat Brown.

*Place.*

It groweth plentifully in many places of this Land, as in the edge of Suffolk and in Essex, as also in Huntingdonshire, and in other places, but most usually in Corn Fields, in corners of Meadows.

*Time.*

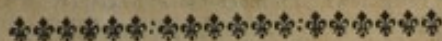
It Flowreth in June and July and is ripe quickly after.

*Virtues and Use.*

Melilot boyled in Wine and applied mollifieth all hard Tumors and Inflammations that happen in the Eyes or other parts of the Body, Hard as the Fundament: or privy parts of Man or Tumors & Woman; and sometimes the Yolk of a roasted Inflamed Egg, or fine Flower or Poppy Seed, or Em-tions in dive is added unto it: It helpeth the spread the Eyes, or ding Ulcers in the Head, it being washed with elsewhere, a Ly made thereof; It helpeth the pains of Ulcers in the Stomach being applied fresh, or boyled the Head, with any of the aforementioned things. It helpeth Stomach also the pains of the Ears being dropped into pained, them;



them; and steeped in Vinegar and Rose-Water it mitigateth the Headach. The Flowers of Melilot and Chamomel are much used to be put together in Clifters to expel Wind, & to ease pains; also into Pultices for the same purpose, and to assuage Swellings or Tumors in the Spleen or other parts; & helpeth Inflammations in any part of the Body. The Juyce dropped into the Eyes is a singular good Medicine to take away any Film or Skin that cloudeth or dimmeth the Eyesight. The Head often washed with the distilled Water of the Herb and Flowers, or a Ly made therewith, is effectual for those that have suddenly lost their senses; as also to strengthen the Memory, to comfort the Head and Brains, and to preserve them from pains and the Apoplexie.



## French, and Dogs Mercury.

### Description.

THIS riseth up with a square green stalk full of Joynts two foot high or therabouts, with two Leaves at every Joynt and branches likewise from both sides of the stalk, set with fresh green Leaves somewhat broad and long, about the bigness of the Leaves of Bassell finely dented about the edges: towards the topps of the stalks and branches come forth at every Joynt in the Male Mercury two small round green heads, standing together upon a short footstalk which growing ripe are the seeds; not having any Flower: In the female; The stalk is longer, spike fashion, set round about with smal green husks, which are the Flowers made like smal branches of Grapes which give no seed, but abide long upon the stalks without shedding: The Root is composed of many smal Fibres, which perisheth every year at the first approach of winter, and riseth again of its own sowing, and where it once is suffered to sow it self, the ground will never want it afterwards even both sorts of it.

## Dogs Mercury.

### Description.

HAVING described unto you that which is called French Mercury, I come now to shew you in a Description this kind also.

This is likewise of two kinds, Male and Female, having many stalks slenderer & lower than Mercury and without any branches at all upon them: The Male is set with two Leaves at every Joynt somewhat greater than the Female, but more pointed and full of Veins, and somewhat harder in handling, of a darker green co-

lour, and less dented or snip'd about the edges: At the Joynts with the Leaves come forth longer Stalks than the former, with two hairy round Seeds upon them twice as big as those of the former Mercury: The tast hereof is Herby, and the smel somewhat strong and Virulent: The Female hath much harder Leaves standing upon longer Footstalks, and the stalks are also longer: From the Joynts come forth Spikes of Flowers, like the French Female Mercury, The Roots of them both are many, and full of smal Fibres, which run under ground, and mat themselves very much, not perishing as the former Mercuries do, but abiding the Winter, and shoot forth new Branches every yeer (for the old die down to the ground.

### Place.

The Male and Female French Mercury are found wild in divers places of this Land; as by a Village called Brookland in Rumney Marsh in Kent.

The Dogs Mercury in sundry places of Kent also, and elsewhere; but the Female more seldom than the Male.

### Time.

They flourish in the Summer months, and therein give their Seed.

### Virtues and Use.

The Decoction of the Leaves of Mercury, or the Juyce thereof in Broth, or Drunk with a little Sugar put to it, purgeth Chollerick and waterish Humors. Hippocrates commendeth it wonderfully for Womens Diseases; and applied it to the secret parts to ease the pains of the Mother; and used the Decoction of it both to procure Womens Courses, and to expel the Afterbirth: And gave the Decoction thereof with Mirrh or Pepper, or used to apply the Leaves outwardly against the Strangury, and Diseases of the Reins and Bladder. He used it also for sore and watering Eyes, and for the Deafness and pain in the Ears, by dropping the Juyce therof into them, and bathing them afterwards in white Wine.

The Decoction thereof made with Water and a Cock Chicken, is a most safe Medicine against the hot fits of Agues: It also clenseth the Breast and Lungs of Flegm, but a little offendeth the Stomach: The Juyce or distilled Water snuffed up into the Nostrils purgeth the Head and Eyes of Catarrhes and Rheums. Some use to drink two or three ounces of the distilled water with a little Sugar put to it, in the morning fasting, to open and purge the Body of gross viscuous and Melancholly Humors. It is wonderful (if it be not Fabulous) that Dioscorides and Theophrastus do relate of it: Viz. That if Women use these Herbs either inwardly or outwardly for three daies together after Conception, and their Courses be past, they shal bring forth Male or Female Children, according to that kind of



Yellow  
Jaundice,  
Warts,  
Scabs,  
Tetter, &  
Ring-  
worms,  
Swellings,  
Inflammati-  
ons,  
waterish  
& Melan-  
choly  
Humors.

Herb they use. *Mathiolus* saith, That the Seed of both the Male and Female Mercury boyled with Wormwood and drunk, cureth the yellow Jaundice in a speedy manner: The Leavs or the Juyce rubbed upon Warts, taketh them away: The Juyce mingled with some Vinegar, helpeth all running Scabs, Tetter, Ringworms and the Itch. *Galen* saith that being applied in manner of a Pultis, to any Swelling or Inflammation, it digesteth the Swelling and allayeth the Inflammation; and is therefore given in Clysters to evacuate the Belly from offensive Humors.

The Dogs Mercury, although it be less used yet may serve in the same manner to the same purpose to purge waterish and Melancholick Humors.

*Mercury* they say owns this Herb, but I rather think 'tis Venus, and am partly confident of it too, for I never read that *Mercury* ever minded Womens busineses so much, I beleeve he minds his study more.



## Mint.

### Description.

OF all the kinds of *Mints*, the *Spear-Mint* or *Heart-Mint*, being most useful; I shal only describe it: as followeth.

*Spear-Mint*, hath divers round Stalks, and long, but narrowish Leavs set thereon; of a dark green colour. The Flowers stand in Spiked Heads at the tops of the Branches, being of a pale bluish colour. The smell or scent hereof is somewhat neer unto Basil: It encreaseth by the Root under ground, as all the others do.

### Place.

It is an usual Inhabitant in Gardens; And because it seldom giveth any good Seed, the defect is recompensed by the plentiful encrease of the Root, which being once planted in a Garden will hardly be rid out again.

### Time.

It Floweth not until the beginning of August, for the most part.

### Vertues and Use.

*Diocorides* saith, It hath an heating, binding and drying quality, and therefore the Juyce taken with Vinegar staith Bleeding: It stirreth up Venerie or Bodily lust: Two or three Branches thereof taken with the Juyce of some Pomegranates stayeth the Hiccough, Vomiting, and allayeth Choller: It dissolveth Impostumes being laid too with Barley Meal. It is good to repress the Milk in Womens Breasts, and for such as have swollen flagging, or great Breasts: applied with Salt, it helpeth the biting of a Mad Dog; with Mead or Honeyed Water, it easeth the pains of the Ears.

and taketh away the roughness of the Tongue, being rubbed thereupon. It suffereth not Milk to curdle in the Stomach if the Leavs hereof be steeped or boyled in it before you drink it. Briefly it is very profitable to the Stomach: The often use hereof is a very powerful Medicine to stay Womens Courses and the Whites. Applied to the Forehead or Temples, it easeth pains of the Head. And is good to wash the Heads of young Children the Head, therewith, against all manner of breakings Sores & out, Sores, or Scabs therein; and healeth the Scabs, chaps of the Fundament. It is also profitable against the Poyson of Venomous Creatures: The distilled Water of *Mints* is available to all the purposes aforesaid, yet more weakly.

But if a Spirit thereof be rightly and Chymically drawn, it is much more powerful than the Herb it self. *Simeon Sethi* saith, It helpeth a cold Liver, strengthneth the Belly and Stomach, causeth digestion, staith Vomiting and the Hiccough, is good against the Gnawings of the Heart, provoketh Appetite, taketh away Obstructions of the Liver, and stirreth up Bodily Lust: But thereof too much must not be taken, because it maketh the Blood thin and wheyish, and turneth it into Choller, and therefore Chollerick persons must abstain from it.

It is a safe Medicine for the biting of a Mad Dog, being bruised with Salt and laid thereon. The Powder of it being dried and taken after Meat helpeth digestion, and those that are Splenetick: taken with Wine it helpeth Women in their Sore Travail in Child-bearing; It is good against the Gravel and Stone in the Kidneys, and the Strangury. Being smelled unto, it is comfortable for the Head and Memory. The Decoction thereof gargled in the Mouth cureth the Gums and Mouth that is sore, and mendeth an ill savoured Breath: as also with Rue and Coriander, causeth the Pallat of the Mouth that is down to return to his place, the Decoction being gargled and held in the Mouth.

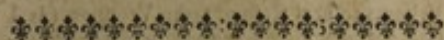
The Vertues of the wild or Horse *Mints*, such as grow in Ditches (whose Description I purposely omitted in regard they are well enough known) are especially to dissolve wind in the Stomach, to help the Chollick, and Venerie those that are short winded, and are an especial Remedy for those that have Venerious Dreams & pollutions in the Night being outwardly applied to the Testicles or Cods. The Juyce dropped into the Ears easeth the pains of them, and destroyeth the Worms that breed therein. They are good against the Venomous biting of Serpents. The Juyce laid on warm helpeth the Kings Evil, or Kernels in the Throat: The Decoction or distilled Water helpeth a stinking stinking Breath proceeding from the corruption of the Teeth; and snuffed up into the Nose purgeth the Head. *Pliny* saith, That eating of the Leavs hath been found by experience

Helpeth  
Liver and  
Stomach,  
stayeth  
Vomiting  
and Hic-  
cough,  
provoketh  
Lust,  
Spleen,  
Gravel,  
Stone, and  
Strangury,  
comforts  
the Head,  
sore  
Mouth,  
ill Breath,  
Pallet  
down,



*Lepry,* rience to cure the Lepry, and applying some of them to the Face: and to help the Scurf or Dandrif. Dandrif. Dandrif of the Head used with Vinegar.

They are extream bad for wounded people, and they say a wounded man that eats Mints his Wound will never be cured, and that's a long day.



## Mistleto.

### Description.

**T**His riseth up from the Branch or Arm of the Tree whereon it groweth, with a woody Stem, parting it self into sundry Branches, and they again divided into many other smaller Twigs, interlacing themselves one within another, very much covered with a grayish green Bark, having two Leaves set at every Joynt, and at the end likewise, which are somewhat long and narrow, smal at the bottom but broader toward the end. At the Knots or Joynts of the Boughs and Branches, grow smal yellowish Flowers, which turn into smal round white transparant Berries three or four together, full of glutinous moisture, with a blackish Seed in every of them, which was never yet known to spring being put into the ground or any where elf to grow.

### Place.

It groweth very rarely on Oaks with us, but upon sundry other, as well Timber as Fruit-Trees, plentifully in Woods, Groves, and the like through all this Land.

### Time.

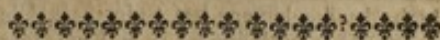
It Flowreth in the Spring time, but the Berries be not ripe until *October*, and abide on the Branches all the Winter, unless the Black-Birds, and other Birds do devour them.

### Vertues and Use.

Both the Leavs and Berries of *Mistleto* do heat and dry, and are of subtil parts: The Birdlime doth mollifie hard Knots, Tumors, and Impostumes, ripeneth and discusseth them, and draweth forth thick as well as thin Humors from the remote places of the Body, digesting and separating them: And being mixed with equal parts of Rozin and Wax, doth mollifie the hardness of the Spleen, and healeth old Ulcers and Sores: Being mixed with Sandarack, and Oriment, it helpeth to draw off foul Nails: and if quicklime and Wine Lees be added thereunto it worketh the stronger. The *Mistleto* it self of the Oak (as the best) made into Ponder and given in drink to thole that have the Falling-sickneß, doth assuredly heal them as *Mathiolus* saith, but it is fit to use it for forty daies together. Some have so highly esteemed of the Vertues hereof that they have called it *Lignum Sanctæ Crucis*, Wood of the holy Crofs, beleeving it to help

the Falling-sickneß, Apoplexie, and Palsie *Apoplexy*, very speedily, not only to be inwardly taken, *Palsy*, but to be hung at their Necks. *Tragus* saith, That the fresh Wood of any *Mistleto* bruised, and the Juyce drawn forth and dropped into the Ears that have Impostumes in them, doth help and eas them within a few daies.

That it is under the Dominion of the *Sun*, I do not question, and can also take for granted that that which grows upon Oaks participates something of the Nature of *Jupiter*, because an Oak is one of his Trees; as also that which grows upon Pear-trees and Apple-trees, participates something of the Nature, because he rules the Trees, and it draws sap from the Trees, it grows upon having no Root of its own, but why that should have most vertues that grows upon Oaks I know not, unless because 'tis rarest, and hardest to come by, and our Colledges Opinion is in this contrary to the Scripture which saith, *Gods tender Mercies are over all his works*, and so 'tis, Let the Colledg of Physitians walk as contrary to him as they pleas, and that's as contrary as the East is to the West. *Clusius* affirms that which grows upon Pear-trees to be as prevalent, and give order that it should not touch the ground after it is gathered, and also saith, That being hung about the Neck, it remedies Witchcraft.



## Money-wort, or Herb Two-pence.

### Description.

**T**He common *Money-wort*, sendeth forth from a smal threddy Root, divers long, weak, and slender Branches lying and running upon the ground two or three Foot long or more, set with Leavs two at a Joynt one against another at equal distances, which are almost round, but pointed at the ends, smooth and of a good green colour: At the Joynts with the Leavs from the middle forward come forth at every Joynt sometimes one yellow Flower, and sometimes two, standing each on a smal Footstalk, and made of five Leavs, narrow, and pointed at the ends, with some yellow threds in the middle: which being past, there stand in their places smal round Heads of Seed.

### Place.

It groweth plentifully in almost all places of this Land; commonly in moist grounds by Hedg sides, and in the middle of grassy Fields.

### Time.

They Flower in *June* and *July*, and their Seed is ripe quickly after.

### Vertues

*Impostumes*

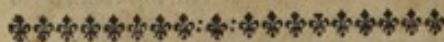
*Spleen, Ulcers,*

*Falling-sickneß,*



*Virtues and use.*

*Fluxes, Ulcers, Green Wounds, Oldulcers.* Moneywort is singular good to stay all Fluxes in Men or Woman, whether they be Lasks, Bloody Fluxes, the Flowing of Womens Courtes, Bleedings inwardly or outwardly, and the weakness of the Stomach that is given to casting. It is very good also for all Ulcers, or Excoriations of the Lungs or other inward parts. It is exceeding good for all Wounds, either fresh or green to heal them speedily; and for old Ulcers that are of a spreading nature: For all which purposes, The Juycce of the Herb, or the Pouder drunk in Water, wherein hot Steel hath been often quenched: Or the Decoction of the green Herb in Wine or Water drunk; Or the Seed, Juycce or Decoction used to the outward places to wash or bath them, or to have Tents dipped therein and put into them, are effectual.



## Moonwort.

*Description.*

This riseth up usually but with one dark green thick and fat Leaf standing upon a short footstalk, not above two fingers breadth; but when it will flower it may be said to beare a small slender stalk about four or five Inches high, having but one leaf set in the middle thereof, which is much devided on both sides into sometimes five or seven parts on a side, sometimes more, each of which parts is small next the middle rib, but broad forwards and round pointed, resembling therein an half Moon from whence it took the name, the uppermost parts or divisions being less than the lowest: The Stalk riseth above this Leaf two or three inches, bearing many Branches of small long Tongues, every one like the spiky Head of Adders-Tongue, of a brownish colour, which whether I shall call them Flowers or the Seed, I well know not: which after they have continued a while resolve into a Mealy dust: The Root is smal and Fibrous. This hath sometimes divers such like Leavs as are before Described, with so many branches or tops arising from one Stalk each devided from the other.

*Place.*

It groweth on Hills, and Heaths, yet where there is much Grass, for therein it delighteth to grow.

*Time.*

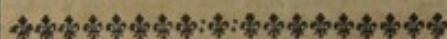
It is to be found only in April and May, for in June when any hot weather cometh for the most part it is withered and gone.

*Virtues and use.*

Moonwort is cold and drying more than Adders-tongue, and is therefore held to be more available for all Wounds both inward

and outward: The Leavs boyled in red Wine and drunk stayeth the immoderate Flux of Womens Courtes and the Whites: It also stayeth Bleeding, Vomiting, and other Fluxes; It helpeth all Blows and Bruises, and to consolidate all Fractures and Dislocations. It is good for Ruptures: But it is chiefly used by most, with other Herbs to make Oyls or Balsoms to heal fresh or green Wounds (as I said before) either inward or outward, for which it is excellent good.

Moonwort is an Herb which they say will open Locks, and unshoe such Horses as tread upon it, this some laugh to scorn, and those no smal Fools neither, but Country people that I know, call it [Unshoe the Horse] besides I have heard Commanders say, That on White Down in Devon. neer Tiverton, there was found thirty Horse shoes, pulled off from the feet of the Earl of Essex his Horses being there drawn up in a Body, many of them being but newly shod, and no reason known, which caused much admiration; and the Herb described usually grows upon Heaths. The Moon owns the Herb.



## Mosses.

I Shal not trouble the Reader with any Description of these, sith my intent is to speak only of two kinds as the most principal, *Viz.* Ground-Moss, and Tree-Moss, both which are very well known.

*Place.*

The Ground-Moss, growing in our moist Woods, and the bottoms of Hills, in boggy grounds, and in shadowy Ditches, and many other such like places.

The Tree-Moss groweth only on Trees.

*Virtues and use.*

The Ground-Moss, is held to be singular good to break the Stone, and to expel and drive it forth by Urin, being boyled in Wine and drunk: The Herb bruised and boyled in Water and applied easeth all Inflammations and pains coming of an hot caus; and is therefore used to eas the pains of the hot Gout.

The Tree-Mosses are cooling and binding, and partake of a digesting and mollifying quality withal, as Galen saith. But each Moss doth partake of the Nature of the Tree from whence it is taken; therefore that of the Oak is more Binding: and is of good effect to stay Fluxes in man or Woman, as also Vomiting or Bleedings, the Pouder thereof being taken in Wine: The Decoction thereof in Wine is very good for Women to be bathed with, or to sit in that are troubled with the overflowing of their Courtes: The same being drunk stayeth the Stomach that is troubled with casting, or

*Womens Courtes, Bleedings, Vomiting, Fluxes, Broken & disjoynted Bones, Green Wounds.*

*Stone, Inflammations, Fluxes, Vomiting, Bleeding, Womens Courtes,*



*Dropſie,*  
*Headach,*  
*Sinews.*

or the Hiccough; and as *Avicenna* ſaith, it comforteth the Heart: The Pouder thereof taken in Drink for ſome time together, is thought available for the Dropſie. The Oyl of Roſes that hath had freſh Moſs ſteeped therein for a time, and after boyled and applied to the Temples and Forehead, doth Merveilouſly eaſe the Headach coming of a hot cauſe, as alſo the Diſtillations of hot Rheum or Humors to the Eyes or other parts: The Antients much uſed it in their Oynments and other Medicines againſt Laſſitude, and to ſtrengthen and comfort the Sinews. For which, if it was good then, I know no reaſon but it may be found ſo ſtill.

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## Motherwort.

### Deſcription.

**T**His hath a hard, ſquare, browniſh, rough, ſtrong Stalk, riſing three or four foot high at the leaſt, ſpreading into many Branches, whereon grow Leavs out each ſide with long Footſtals, two at every Joynt, which are ſomewhat broad and long as it were, rough, or crumpled, with many great Veins therein; of a ſad green colour, and deeply dented about the edges, and almoſt devided: From the middle of the Branches up to the tops of them (which are very long and ſmal) grow the Flowers round about them at diſtances in ſharp pointed rough hard Huſks, of a more red or purple colour than Balm of Horehound, but in the ſame manner and form as the Horehounds: after which come ſmal round blackiſh Seed in great plenty: The Root ſendeth forth a number of long Strings and ſmal Fibres, taking ſtrong hold in the Ground; of a dark yellowiſh or browniſh colour, and abideth as the Horehound doth; the ſmell of this being not much different from it.

### Place.

It groweth only in Gardens with us in England.

### Vertues and uſe.

*Motherwort*, is held to be of much uſe for the trembling of the Heart, and in faintings and ſwounings from whence it took the name *Cardiaca*. The Pouder thereof to the quantity of a ſpoonful drunk in Wine is a wonderful help to Women in their Sore Travails, as alſo for the ſuffocations or riſings of the Mother; and from theſe effects it is likely it took the name of *Motherwort* with us. It alſo provoketh Urine and Womens Courſes, clenſeth the Cheſt of cold Flegm oppreſſing it, and killeth the Worms in the Belly. It is of good uſe to warm and dry up the cold Humors, to digeſt and diſperſe them that are ſetled in the Veins, Joynts, and Sinews of the Body, and

to help Cramps, and Convulſions.

*Cramps,*

*Venus* owns the Herb, and it is under *Leo*, *Convul-* there is no better Herb to drive Melancholly ſtons, Vapors from the Heart, to ſtrengthen it, and *Melan-* make a merry cheerful blith ſoul, than this *ebolly* Herb, it may be kept in a Syrup or Conſerve, *Vapors* therefore the Latins called it *Cardiaca*: Beſides, it makes Women joyful Mothers of Children, and ſettles their Wombs as they ſhould be, therefore we call it *Motherwort*.

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## Mouſear.

### Deſcription.

**T**His is a low Herb creeping upon the ground by ſmall ſtrings like the Strawberry Plant, whereby it ſhooteth forth ſmal Roots, whereat grow upon the Ground many ſmal and ſomewhat ſhort Leavs ſet in a round form together, hollowiſh in the middle where they are broadest, of an hoary colour all over, and very hairy, which being broken do give a white Milk: From among theſe Leavs ſpring up two or three ſmal hoary Stalks about a ſpan high, with a few ſmaller Leavs thereon; At the tops whereof ſtandeth uſually but one Flower, conſiſting of many paler yellow Leavs broad at the points, and a little dented in, ſet in three or four rows, the greater outermost, very like a Dandelyon Flower, and a little reddiſh underneath about the edges, eſpecially if it grow in a dry ground: which after they have ſtood long in Flower, do turn into Down, which with the Seed is carryed away with the Wind.

### Place.

It groweth on Ditch Banks, and ſometimes in Ditches if they be dry and in ſandy Grounds.

### Time.

It Flowreth about *June* and *July*, and abideth green all the Winter.

### Vertues and Uſe.

The Juyce hereof taken in Wine or the Decoction thereof drunk doth help the Jaundice *Jaundice,* although of long continuance, to drink there- *Stone,* of morning and evening, and abſtain from o- *Bellyach,* ther drink two or three hours after: It is a *Dropſie,* ſpecial Remedy againſt the Stone, and the *Flux,* tormenting pains thereof; as alſo other Tor- *wounds,* tures and griping pains of the Bowels; The *Bloody* Decoction thereof with Succory and Centaury, *Flux,* is held very eſſectual to help the Dropſie, and *Terms* them that are inclining thereunto, and the Diſ- *ſtops,* caſes of the Spleen. It ſtayeth the Fluxes of Blood either at the Mouth or Noſe, and inward Bleedings alſo, for it is a ſingular Wound Herb for Wounds both inward and outward; It helpeth the Bloody Flux and ſtayeth the abundance of Womens Courſes:

B b

There

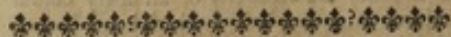
*Swoun-*  
*ings,*  
*Sore Tra-*  
*vail,*  
*Mother,*  
*Urine,*  
*Womens*  
*Courſes,*  
*Flegm,*  
*Cold*  
*Flegm,*



Cough,  
Phrisick,  
Ruptures,  
Canker,  
ulcers,  
spreading  
sores.

There is a Syrup made of the Juyce hereof and Sugar by the Apothecaries of Italy, and other places, which is of much account with them, to be given to those that are troubled with the Cough or Phrisick: The same also is singular good for Ruptures or Blistings. The green Herb bruised and presently bound to any fresh cut or Wound, doth quickly solder the lips thereof. And the Juyce, Decoction, or Pouder of the dried Herb, is most singular to stay the Malignity of spreading and fretting Cankers and Ulcers wheresoever, yea in the Mouth, or secret parts: The distilled Water of the Plant is available in all the Diseases aforesaid, and to wash outward Wounds and Sores, and to apply Tents, or Cloaths wet therein.

The Moon owns the Herb also, and though Authors cry out upon Alchymists for attempting to fix Quick Silver by this Herb and Moonwort: A Roman would not have judged a thing by the success, if it be to be fixed at all, 'tis by Lunar Influence.



## Mugwort

### Description.

THE common Mugwort have divers Leav lying upon the ground, very much devided, or cut deeply in about the Brims somewhat like Wormwood but much larger, of a dark green colour on the upper side and very hoary white underneath. The stalks rise to be four or five foot high, having on it such like Leav as those below, but somewhat smaller, branching forth very much toward the top, whereon are set very smal pale yellowish Flowers like Buttons, which fall away, and after them come small Seed inclosed in round Heads: The Root is long and hard with many smal Fibres growing from it, whereby it taketh strong hold in the ground, but both Stalk and Leaf do die down every yeer, and the Root shooteth anew in the Spring. The whol Plant is of a reasonable good scent, and is more easily propagated by the Slips, than by the Seed.

### Place.

It groweth plentifully in many places of this Land, by the way sides, as also by smal Water-Courses, and in divers other places.

### Time.

It Flowreth and Seedeth in the end of Summer.

### Vertues and Use.

Mugwort is with good success put among other Herbs that are boyled for Women to sit over the hot Decoction, to draw down their Courses, to help the Delivery of the Birth, Afterbirth and expel the Alterbirth, as also for the Ob-

structions and Inflammations of the Mother. *Womb In-* It breaketh the Stone, and causeth one to *flamed,* make water where it is stopped: The Juyce *wens,* thereof made up with Mirrh, and put under *Kings* as a Pessary, worketh the same effect, and so *Evil,* doth the Root also, being made up with Hogs *pains in* Greaf into an Oynment, it taketh away *the Neck,* Wens, and hard Knots and Kernels that grow about *Opium,* the Neck and Throat, and easeth the pains *Sciatica,* about the Neck more effectually, if some *Sinews* Field Daisies be put with it. The Herb it self *pained,* being fresh or the Juyce thereof taken, is a special Remedy upon the overmuch taking of *Cramp,* Opium. Three drams of the Pouder of the dried Leav taken in Wine, is a speedy and the best certain help for the Sciatica. A Decoction thereof made with Chamomel and Agrimony, and the place bathed therewith while it is warm, taketh away the pains of the Sinews and the Cramp.

This is an Herb of *Venus,* therefore maintaineth the parts of the Body she rules, and Remedies the Diseases of the parts that are under her Signs, *Taurus* and *Libra.*



## The Mulberry-Tree.

THIS is so well known in the places where it groweth, that it needeth no Description.

### Time.

It beareth Fruit in the Months of July and August.

### Vertues and Use.

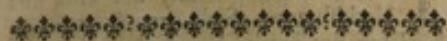
The Mulberry is of different parts; the ripe Berries by reason of their Sweetness and slippery moisture, opening the Belly, and the unripe binding it, especially when they are dried, and then they are good to stay Fluxes, *Binding,* Lasks, and the abundance of Womens Courses. The Bark of the Root killeth the broad *Fluxes,* Worms in the Body. The Juyce, or the Sy- *Lasks,* rup made of the Juyce of the Berries, helpeth *Terms* all Inflammations and Sores in the Mouth or *Stops,* Throat, and the Pallet of the Mouth when it *Inflamati-* is fallen down. The Juyce of the Leav is a *on,* sore Mouth *Uvula,* Remedy against the biting of Serpents, and *Throat,* for those that have taken Aconite: The Leav *Toothach,* beaten with Vinegar is good to lay on any *Bleeding,* place that is burnt with fire. A Decoction *Hemor-* made of the Bark and Leav, is good to wash *roids,* the Mouth and Teeth when they ach. If the Root be a little slit or cut, and a smal hole made in the ground next thereunto, in the Harvest time, it will give out a certain Juyce, which being hardned, the next day is of good use to help the Toothach, to dissolve Knots, and purge the Belly: The Leav of Mulberries are said to stay bleeding at Mouth or Nose, or the Bleeding of the Piles, or of a Wound



*Acurious  
secret.*

Wound being bound unto the places. A Branch of the Tree taken when the *Moon* is at the full and bound to the Wrist of a Womans Arm whose Courfes come down too much doth stay them in a short space.

*Mercury* rules the Tree, therefore are its effects variable as his are.



## Mullein.

### Description.

The common white *Mullein* hath many fair large woolly white Leavs lying next the ground, somewhat longer than broad, pointed at the ends, and as it were dented about the edges: The Stalk riseth up to be four or five Foot high, covered over with such like Leavs, but lesser, so that no Stalk can be seen for the multitude of Leavs thereon up to the Flowers, which come forth on all sides of the Stalk, without any Branches for the most part, and are many set together in a long spike, in some of a gold yellow colour, in others more pale, consisting of five round pointed Leavs, which afterwards give smal round Heads, wherein is smal brownish Seed contained: The Root is long, white, and Woody, perishing after it hath born Seed.

### Place.

It groweth by the way sides, and in Lanes in many places of this Land.

### Time.

It Flowreth in *July*, or thereabouts.

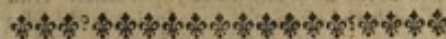
### Virtues and Use.

A smal quantity of the Root given in Wine, is commended by *Dioscorides* against Lasks and Fluxes of the Belly: The Decoction thereof drunk is profitable for those that are Bursten, and for Cramps and Convulsions, and for those that are troubled with an old Cough. The Decoction thereof gargled easeth the pains of the Toothach: An Oyl made by the often Infusion of the Flowers, is of very good effect for the Piles. The Decoction of the Root in Red Wine, or in Water (if there be an Ague) wherein red hot Steel hath been often quenched, doth stay the Bloody Flux. The same also openeth Obstructions of the Bladder and Reins when one cannot make water. A Decoction of the Leavs hereof, and of Sage, Marjerom and Camomil Flowers and the places bathed therewith that have Sinews stark with cold, or Cramps, doth bring them much eas, and comfort. Three ounces of the distilled water of the Flowers drunk morning and evening for some daies together is said to be the most excellent Remedy for the hot Gout. The Juyce of the Leavs and Flowers being laid upon rough Warts, as also the Pouder of the dried Roots rubbed on

*Gout,  
Warts,*

doth easily take them away; but doth no good to smoothe Warts. The Pouder of the dried Flowers is an especial Remedy for those that are troubled with belly-aches or the pains of the Chollick. The Decoction of the Root, and so likewise of the Leavs is of great effect to dissolve the Tumors, Swellings, or Inflammation of the Throat. The Seed and Leavs boyled in Wine, and applied, draweth forth speedily Thorns, or Splinters gotten into the Flesh, easeth the pains, and healeth them also. The Leavs bruised and wrapped in double papers, and covered with hot Ashes and Embers to bake a while, and then taken forth and laid warm on any Borch or Boyl hapning in the Groyn or share, doth dissolve and heal them. The Seed bruised, and boyled in Wine and laid on any Member that hath been out of Joynt and is newly set again, taketh away all Swellings and pains thereof.

*Bellyach,  
Chollick,  
Inflama-  
tion,  
Thorns,  
Splinters,  
Boyls,  
Groyn,  
Disjunc-  
tures.*



## Mustard.

### Description.

The common *Mustard* hath large and broad rough Leavs, very much jagged with uneven, and unorderly gashes, somewhat like Turnip Leavs, but lesser and rougher: The Stalk riseth to be more than a foot high, and sometimes two foot high, being round, rough, and branched at the top, bearing such like Leavs thereon as grow below, but lesser, and less devided; and divers yellow Flowers one above another at the tops; after which come smal rough pods, with smal lank flat ends, wherein is contained round yellowish Seed, sharp, hot, and biting upon the Tongue: The Root is smal, long, and woody, when it beareth Stalks and perisheth every yeer.

### Place.

This groweth with us in Gardens only, and other manured places.

### Time.

It is an annual Plant, Flowring in *July*, and their Seed is ripe in *August*.

### Virtues and Use.

*Mustard* Seed hath the Vertue of Heating, Heats, dissolving, rarefying and drawing out Splinters of Bones, and other things out of the Flesh. It is of good effect to bring down Womens Courfes, for the Falling sicknes or Letargy, droulie forgetful evil, to use it both inwardly and outwardly to rub the Nostrils, Forehead, and Temples, to warm and quicken the Spirits, for by the fierce sharpnes it purgeth the Brain by sneezing, and drawing down Rheum and other Viscuous Humors, which by their Distillations upon the Lungs and Chest procure coughing, and therefore

with



*Disury,  
Poyson,  
Mushrooms  
Venemous  
Beasts,  
Agues,  
Lust pro-  
vokes,  
Spleen,  
Uvula,  
Sciatica,  
Toothach,  
Pains,  
Hair,  
Bruises,  
Black and  
blue spots,  
roughness,  
Leprosie,  
Low(e) E-  
vil Mor-  
Freckles,  
WryNecks.*

with some Honey added thereto doth much good therein. The Decoction of the Seed made in Wine and drunk, provoketh Urine, resisteth the force of Poyson, the Malignity of Mushrooms, and the Venom of Scorpions, or other Venemous Creatures, if it be taken in time: and taken before the cold fits of Agues, altereth, lesseneth, and cureth them. The Seed taken either by it self or with other things either in an Electuary or Drink, doth mightily stir up Bodily lust, and helpeth the Spleen and pains in the sides, and gnawing in the Bowels. And used as a Gargle, draweth up the Pallat of the Mouth being fallen down, and also it dissolveth the Swellings about the Throat, if it be outwardly applied. Being chewed in the Mouth, it oftentimes helpeth the Toothach: The outward application hereof upon the pained place of the Sciatica, dissolveth the Humors, and easeth the pains, as also of the Gout, and other Joynt aches. And is much and often used to ease pains in the sides or loyns, the shoulders or other parts of the Body, upon the applying thereof to raise Blisters, and cureth the Disease by drawing it to the outward part of the Body: It is also used to help the falling of the Hair: The Seed bruised, mixed with Honey and applied, or made up with Wax, taketh away the Marks, and black and blue spots of Bruises or the like, the roughness or Scabbedness of the Skin, as also the Leprosie and lowse evil: it helpeth also the crick in the Neck. The distilled Water of the Herb when it is in Flower is much used to drink inwardly to help in any the Diseases aforesaid, or to wash the Mouth when the Pallat is down, and for the Diseases of the Throat to gargle, but outwardly also for Scabs, Itch, or other like Infirmities, and cleanseth the Face from Morpew, Spots, Freckles, and other Deformities.

It is an excellent Sawce for such whose Blood wants clarifying and for weak Stomachs being an Herb of Mars, but naught for Cholerick people, though as good for such as are aged or troubled with cold Diseases, Aries claims something to do with it, therefore it strengthens the heart and resisteth poyson, let such whose Stomachs are so weak, they cannot digest their meat or appetite it, take of Mustard Seed a dram, Cinnamon as much, and having beaten them to Pouder ad half as much Maltich in Pouder, and with Gum Arabick dissolved in Rose Water, make it up into Troches, of which they may take one of about half a dram weight an hour or two before meals, let old men and women make much of this medicine, and they will either give me thanks, or manifest ingratitude.



## Hedg=Mustard.

### Description.

THIS groweth up usually but with one blackish green Stalk, tough, easie to bend but not break, branched into diverse parts, and sometimes with diverse Stalks set full of Branches, whereon grow long, rough, or hard rugged Leavs, very much torn and cut on the edges into many parts, some bigger, and some lesser, of a dirty green colour: The Flowers are smal and yellow, that grow at the tops of the Branches, in long Spikes, flowering by degrees, so that continuing long in Flower the stalks will have smal round Cods at the bottom, growing upright and close to the Stalk, while the top Flowers yet shew themselves; in which are contained smal yellow Seed, sharp and strong, as the Herb is also: The Root groweth down slender and woody, yet abiding, and springing again every yeer.

### Place.

This groweth frequently in this Land by the Waies and Hedg sides, and sometimes in the open Fields.

### Time.

It flowreth most usually about July.

### Vertues and Use.

It is singular good in all the Diseases of the Breast, Chest and Lungs, hoarceness of voice, and by the use of the Decoction thereof for a little space, those have been recovered who had utterly lost their voice, and almost their Spirits also. The Juyce thereof made into a Sytup, or licking Medicine with Honey or Sugar is no less effectual for the same purpose, and for all other Coughs, Weefings, and shortness of Breath. The same is also profitable for those that have the Jaundice, the Pluresie, pains in the Back and Loyns, and for torments in the Belly or the Chollick, being also used in Clysters. The Seed is held to be a special Remedy against Poyson and Venom: It is singular good for the Sciatica, the Gout, and all Joynt aches, Sores and Cankers in the Mouth, Throat, or behind the Ears; and no less for the hardness and Swelling of the Testicles, or of Womens Breasts.

Mars owns this Herb also.

*Breast,  
Lungs,  
Hoarceness  
Cough,  
shortness  
of breath,  
Jaundice,  
Pluresie,  
Back,  
Loyns,  
Belly,  
Chollick,  
Poyson,  
Sciatica,  
Gout,  
Joynts,  
Fistulae,  
Ulcers,  
Cankers,  
Testicles,  
Womens  
Breasts.*

Nep,



## Nep, or Catmint.

### Description.

**T**He common garden *Nep* shooteth forth hard four square Stalks with a hoariness on them; a yard high or more, full of Branches, bearing at every Joynt two broad Leavs, somewhat like Balm but longer pointed, softer, whiter, and more hoary, nicked about the edges, and of a strong sweet scent. The Flowers grow in large tufts at the tops of the Branches, and underneath them likewise on the Stalks many together, of a whitish Purple colour. The Roots are composed of many long strings or Fibres, fastning themselves strongly in the ground, and abide with green Leavs thereon all the Winter.

### Place.

It is only nursed up in our Gardens.

### Time.

And it floweth in *July* or thereabouts.

### Vertues and Use.

*Nep* is generally used for Women to procure their Courses, being taken inwardly or outwardly, either alone or with other convenient Herbs in a decoction to bath them, or sit over the hot fumes thereof, and by the frequent use thereof it taketh away barrenness, and the wind and pains of the Mother. It is also used in pains of the Head coming of any cold caus, as Catarrhs, Rheums, and for swimming and giddiness thereof, and is of especial use for the windiness of the Stomach and Belly. It is effectual for any Cramps or cold aches to dissolve the cold and wind that afflicteth the place, and is used for Colds, Coughs, and shortness of breath. The Juyce thereof drunk in Wine is profitable for those that are bruised by any accident. The green Herb bruised and applied to the Fundament, and lying there two or three hours, easeth the pains of the Piles. The Juyce also being made up into an Oyntment, is effectual for the same purpose: The head washed with a Decoction thereof, it taketh away Scabs; and may be effectual for other parts of the Body also.

It is an Herb of *Venus*.

## Nettles.

**T**Hese are so well known that they need no Description at all, they may be found by the feeling in the darkeſt night.

### Vertues and Use.

The Roots or Leavs boyled or the Juyce of either of them, or both, made into an Electuary with Honey or Sugar, is a safe and sure Medicine to open the Pipes and passages of the Lungs, which is the caus of wheezing and shortness of breath, and helpeth to expectorate tough Flegm, as also to raise the impostumated Pleuresie, and spend it by spitting; The same helpeth the swelling of the Almonds of the Throat, the Mouth and Throat being gargled therewith: The Juyce is also effectual to settle the Pallate of the Mouth in its place, and to heal and temper the Inflammations and soreness of the Mouth and Throat. The Decoction of the Leavs in Wine being drunk, is singular good to provoke Womens Courses, and settle the suffocation or strangling of the Mother, and all other Diseases thereof, as al-  
 so applied outwardly with a little Mirrh. The same also, or the Seed provoketh Urine, and expelleth the Gravel and Stone in the Reins, or Bladder often proved to be effectual in many that have taken it. The same killeth the Worms in Children, easeth pains in the sides, and dissolveth the windiness in the Spleen, as also in the Body, although others think it only powerful to provoke Venery. The Juyce of the Leavs taken two or three daies together, staideth bleeding at the Mouth: The Seed being drunk is a Remedy against the stinging of Venemous Creatures, the biting of Mad Dogs. The poysonful qualities of Hemlock, Henbane, Nightshade, Mandrake, or other such like Herbs that stupifie or dull the senses, as also the Lethargy, especially to use it outwardly to rub the Forehead and Temples in the Lethargy, and the places bitten or stung with Beasts, with a little Salt. The distilled water of the Herb is also effectual (although not so powerful) for the Diseases aforesaid, as for outward Wounds and Sores to wash them, and to cleanse the Skin from Morpew, Lepry, and other discolourings thereof: The Seed or Leavs bruised and put into the Nostrils, staideth the bleeding of them, and taketh away the Flesh growing in them called Polipus. The Juyce of the Leavs, or the Decoction of them, or of the Roots, is singular good to wash either old rotten and stinking sores, or Fistulaes and Gangrenes, and such as are fretting, eating, or corroding Scabs, Mainginess and Itch in any part of the Body, as also green Wounds by washing them therewith, or applying the green Herb bruised thereunto, yea although the Flesh were separated from the Bones: The same applied to our wearied Members refresheth them, or to places that have been out of Joynt being first set again, strengthneth, drieth and comforteth them, as also those places troubled with Aches and Gouts, and the Defluxion of Humors upon the Joynts or Sinews, it easeth the pains, and drieth or dissolveth the Defluxions.

Terms  
provokes,  
Barrenness  
Womb,  
Wind,  
Mother,  
Cough,  
Rheums,  
Vertigo,  
Cramp,  
Cold ach,  
Difficulty  
of breath,  
Bruises,  
Hemor-  
rhoids,  
Scabby  
Heads.



Defluxions. An Oyntment made of the Juyce, Oyl, and a little Wax, is singular good to rub cold and benumbed Members. An handful of the Leavs of green Nettles, and another of Wallwort, or Danewort, bruised and applied simply of themselves to the Gout, Sciatica, or Joyntaches in any part hath been found to be an admirable help thereunto.

This also is an Herb *Mars* claims Dominion over, you know *Mars* is hot and dry, and you know as well that Winter is cold and moist; then you may know as well the reason why Nettle tops eaten in Spring consume the Flegmatick superfluities in the Body of man, that the coldness and moisture of Winter, hath left behind.



## Nightshade.

### Description.

Common *Nightshade* hath an upright, round, green, hollow stalk, about a Foot or half a yard high, bushing forth into many Branches, whercon grow many green Leavs, somewhat broad and pointed at the ends, soft and full of Juyce, somewhat like unto Basil, but larger, and a little unevenly dented about the edges at the tops of the Stalks and Branches, come forth three or four or more white Flowers made of five smal pointed Leavs apiece, standing on a Stalk together, one above another with yellow pointels in the middle, composed of four or five yellow threds set together which afterwards turn into so many pendulous green Berries of the bignels of smal Pease, full of green Juyce, and smal whitish round flat Seed lying within it. The Root is white and a little woody when it hath given Flower and Fruit with many smal Fibres at it; The whol Plant is of a waterish insipide tast, but the Juyce within the Berries is somewhat viscuos, and of a cooling and binding quality.

### Place.

It groweth wild with us, under old Walls, and in Rubbish, the common paths, and sides of Hedges and Fields, as also in our Gardens here in *England* without any planting.

### Time.

It dieth down every yeer, and ariseth again of its own sowing, but springeth not until the latter end of *April* at the soonest.

### Vertues and Use.

This Common *Nightshade* is wholly used to cool all hot Inflammations either inwardly or outwardly, being no way dangerous to any that shall use it, as most of the rest of the *Nightshades* are; yet it must be used moderately: The distilled water only of the whol Herb is fittest and safest to be taken inwardly.

Inflammations,

The Juyce also clarified and taken being mingled with a little Vinegar, is good to wash the Mouth and Throat that is inflamed: But outwardly the Juyce of the Herb or Berries with Oyl of Roses, and a little Vinegar and Ceruss labored together in a leaden Mortar, is very good to anoint all hot Inflammations in the Eyes; It doth also much good for the Shingles, Ringworms, and in all running fretting, and corroding Ulcers, and in moist Fistulaes, if the Juyce be made up with some Hens dung and applied thereto: A Pessary dipp'd in the Juyce, and put up into the Matrix stayeth the immoderate Flux of Womens Courses: A Cloth wet therein and applied to the Testicles or Cods, upon any Swelling therein giveth much ease, as also to the Gout that cometh of hot and sharp Humors. The Juyce dropped into the Ears, easeth pains therein that arise of heat or Inflammation. And *Pliny* saith, it is good for hot Swellings under the Throat.

Inflammations,  
Eyes,  
Shingles,  
Ringworms,  
Terms  
Stops,  
Testicles,  
Gouts,  
Ears.

Have a care you mistake not the deadly *Nightshade* for this; if you know it not, you may let them both alone and take no harm, having other Medicines sufficient in the Book.



## The Oak.

This is so well known (the Timber thereof being the Glory and Safety of this Nation by Sea) that it needeth no Description.

### Vertues and Use.

The Leavs and Bark of the Oak, and the Acorn Cups, do bind and dry very much: The inner Bark of the Tree, and the thin Skin that covereth the Acorn, are most used to stay the spitting of Blood, and the Bloody Flux: The Decoction of that Bark and the Powder of the Cups, to stay Vomitings, spitting of blood, bleeding at Mouth, or other Flux of Blood in man or woman, Lasks also, and the involuntary Flux of Natural Seed. The Acorns in Powder taken in Wine, pravoketh Urine, and resisteth the Poyson of Venemous Creatures. The Decoction of Acorns and the Bark made in Milk and taken resisteth the force of Poysonous Herbs and Medicines, as also the Virulency of Cantharides, when one by eating them, hath his Bladder exulcerated, and pisseth Blood.

Dry, Bind,  
Spitting  
Blood,  
Bloody  
Flux,  
Vomiting,  
Venemous  
Akes,  
Disury,  
Poyson,  
Venemous  
Beasts,  
Cantharides,  
Ulcers of  
the Bladder,  
Mother,  
Wounds,

*Hippocrates* saith, he used the fumes of Oak Leavs to Women that were troubled with the strangling of the Mother; and *Galen* applied them being bruised to cure green Wounds. The Distilled water of the Oaken Buds before they break out into Leavs, is good to be used either

either



Inflama-  
tion,  
Flux,  
Pestilen-  
ces,  
Epidemi-  
cal Disea-  
ses,  
Liver,  
Stone,  
Terms  
Stops,  
Scabs.

either inward, or outwardly, to assuage Inflamations and stop all manner of Fluxes in man or woman: The same is singular good in Pestilential and hot burning Feavers, for it resisteth the force of the infection, and allayeth the heat; it cooleth the heat of the Liver, breaketh the Stone in the Kidneys, and staiteth womens Courfes: The Decoction of the Leavs worketh the same effects. The water that is found in the hollow places of old Oaks, is very effectual against any foul or spreading Scab.

The Distilled Water (or Decoction which is better) of the Leavs is one of the best Remedies that I know for the Whites in Women.

Jupiter owns the Tree.



### Oats.

These are also so well known that they need no Description.

*Vertues and Use.*

*Stitch, wind, Itch, Leprosie, Fistulaes, Apostums, Freckles.*  
Oats fryed with Bay-Salt, and applied to the sides, takes away the pains of Stitches and Wind in the sides or Belly: A Pultis made of the Meal of Oats, and some Oyl of Bays put thereto, helpeth the Itch, and the Leprosie, as also the Fistulaes of the Fundament, and dissolveth hard Imposthumes. The Meal of Oats boyled with Vinegar and applied, taketh away Freckles and Spots in the Face, or other parts of the Body.



### One-blade.

*Description.*

This smal Plant never beareth more than one Leaf, but only when it riseth up with his Stalk, which thereon beareth another, and seldom more; which are of a blewish green colour, pointed, with many Ribs or Veins therein, like Plantane: At the top of the Stalk, grow many smal white Flowers, Star-fashion, smelling somewhat sweet; after which come smal reddish Berries when they are ripe. The Root is smal of the bigness of a Rush, lying and creeping under the upper crust of the Earth, shooting forth in diverse places.

*Place.*

It groweth in moist, shadowy, and grassy places of Woods, in many places of this Land.

*Time.*

It Flowreth about May, and the Berries be ripe in June, and then quickly perisheth un-

til the next year, it springeth from the same Root again.

*Vertues and use.*

Half a Dram, or a Dram at most in Pouder of the Roots hereof taken in Wine and Vinegar, of each equal parts, and the party laid presently to sweat thereupon, is held to be a Sovereign Remedy for those that are infected with the Plague, and have a Sore upon them, by expelling the poyson and infection, and defending the Heart and Spirits from danger. It is a singular good Wound Herb, and therupon used with other the like effects in making Compound Balms for the curing of Wounds, be they fresh and green, or old and Malignant, and especially if the Sinews be hurt.



### Onions.

These are so well known that I need not spend time about writing a Description of them.

*Vertues and Vices.*

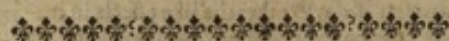
Onions are Flatulent or Windy, yet they do somewhat provoke appetite, encrease thirst, ease the Belly and Bowels; provoke Womens Courfes, help the biting of a mad Dog, and of other Venemous Creatures, to be used with Honey and Rue, and encreaseth Sperm, especially the Seed of them: They also kill the Worms in Children if they drink the Water wherein they have been steeped all night. Being roasted under the Embers and eaten with Honey, or Sugar and Oyl they much conduce to help an inveterate Cough, and expectorate the tough Flegm. The Juyce being snuffed up into the Nostrils, purgeth the Head and helpeth the Lethargy (yet the often eating of them is said to procure pains in the Head) It hath been held with divers Country people a good preservative against Infection to eat Onions fasting with Bread and Salt: as also to make a great Onion hollow, filling the place with good Triacle, and after to roast it well under the Embers, which after taking away of the outermost skin thereof, being beaten together, is a Sovereign Salve for either Plague-Sore, or any other putrid Ulcer. The Juyce of Onions is good for either scalding, or burning by fire, water, or Gunpowder, and used with Vinegar, taketh away all Blemishes, Spots, and Marks in the Skin, and dropped into the Ears, caseth the pains and nois of them. Applied also with Figs beaten together, helpeth to ripen and break Impostumes and other Sores.

Leeks are as like them in quality as a Pome-water is like an Apple: They are a Remedy against a Surfeit of Mushrooms, being baked under



under the Embers and taken; and being boyled and applied warm helpeth the Piles; In other things they have the same property as the Onions, although not so effectual.

*Mar's* owns them, and they have gotten this quality, to draw any corruption to them, for if you pill one and lay him upon a Dunghil, you shall find him rotten in half a day, by drawing putrifaction to it, then being bruised and applied to a Plague-Sore 'tis very probable 'twill do the like.



## Orpine.

### Description.

**C**ommon *Orpine* riseth up with diverse round brittle Stalks, thick set with fat and fleshy Leavs without any order, and little or nothing dented about the edges, of a pale green colour; The Flowers are white or whitish growing in tufts, after which come small chaffy Husks, with Seed like dust in them. The Roots are diverse thick, round white tuberous clogs; and the Plant groweth not so big in some places as in others where it is found.

### Place.

It is frequent almost in every Country of this Land, and is cherished in Gardens with us, where it groweth greater than that which is wild, and groweth in the shadowy sides of Fields and Woods.

### Time.

It Flowreth about *July* and the Seed is ripe in *August*.

### Vertues and Use.

*Orpine* is seldom used in inward Medicines with us, although *Tragus* saith from experience in *Germany* that the distilled water thereof is profitable for gnawings or excoriations in the Stomach or Bowels, and for Ulcers in the Lungs, Liver, or other inward parts, as also in the Matrix, and helpeth all those Diseases, being drunk for certain daies together: And that it stayeth the sharpness of Humors in the Bloody Flux, and other Fluxes in the Body, or in Wounds: The Root thereof also performeth the same effect. It is used outwardly to cool any heat or Inflammation upon any Hurt or Wound, and easeth the pains of them: as also to heal Scaldings or Burnings: The Juyce thereof bearen with some green Sallet Oyl, and anointed: The Leaf also bruised and laid to any green Wound in the Hands or Legs, doth heal them quickly; and being bound to the Throat, much helpeth the Quinsie, It helpeth also Ruptures and Burstiness.

If you pleas to make the Juyce into a Syrup with Hency or Sugar, you may safely take a Spoonful or two at a time (let my Author say

what he will) for a Quinsie, and you shall find the Medicine more pleasant, and the Cure more speedy, than if you took a Dogs-turd which is the Learned Colledges vulgar Cure.

The *Moon* owns the Herb, and he that knows but her Exaltation, knows what I say is true.



## Parsley.

**T**his is so well known to be an Inhabitant in every Garden, that it is needless to write any Description of it. The vertues of it being many are as followeth.

### Vertues and Use.

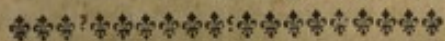
It is very comfortable to the Stomach, and helpeth to provoke Urine and Womens Courses, and to break wind both in the Stomach and Bowels, and doth a little open the Body, but the Root much more, and openeth Obstructions both of the Liver and Spleen, and is therefore accounted one of the five opening Roots; *Galen* commendeth it against the Falling-sickness, and to provoke Urine mightily, especially if the Roots be boyled and eaten like Parsnips. The Seed is effectual to provoke Urine and Womens Courses, to expel wind, to break the Stone, and ease the pains and torments thereof, or of any other part in the Body occasioned by Wind. It is also effectual against the Venom of any poysonfull Creature, and the danger that cometh to them that have taken Litharge, and is good against the Cough. The distilled water of *Parsley* is a familiar Medicine with Nurses to give their Children when they are troubled with wind in the Stomach or Belly, which they call the frets, and is also much available to them that are of greater yeers. The Leavs of *Parsley* laid to the Eyes that are inflamed with heat or swollen, doth much help them, if it be used with Bread or Meal; and being fryed with Butter and applied to Womens Breasts that are hard through the curdling of their Milk, it abateth the hardness quickly, and also it taketh away black and blue marks coming of Bruises or Falls. The Juyce thereof dropped into the Ears with a little Wine easeth the pains. *Tragus* setteth down an excellent Medicine to help the Jaundice and Falling-sickness, the Dropsie, and Stone in the Kidneys, in this manner: Take of the Seeds of *Parsley*, *Fennel*, *Annis*, and *Caraways* of each an ounce; of the Roots of *Parsley*, *Eurnet*, *Saxifrage*, and *Carawates*, of each one ounce and an half, let the Seeds be bruised, and the Roots washed and cut smal: Let them lie all night in sleep in a pottle of white

Excoria-  
tion of  
Bowels,  
Phtisick,  
Womb,  
Bloody  
Flux,  
Wounds,  
Inflama-  
tion,  
Scalding,  
Burnings,  
Quinsie,  
Ruptures.



Obstructions  
of the  
Liver &  
Spleen.

white Wine, and in the morning be boyled in a close earthen Vessel until a third part or more be wasted, which being strained and cleared: take four ounces thereof morning and evening first and last, abstaining from drink after it for three hours: This openeth Obstructions of the Liver and Spleen, and expelleth the Droptie and Jaundice by Urine.



## Parsnip.

The Garden kind hereof is so well known (the Root being commonly eaten) that I shal not trouble you w<sup>th</sup> any Description of it. But the wild kind being of more Physical use, I shall in this place describe unto you.

### Description.

The wild Parsnip differeth little from the Garden kind, but groweth not so fair and large, nor hath so many Leavs; and the Root is shorter, more woody and not so fit to be eaten, and therefore the more Medicinable.

### Place.

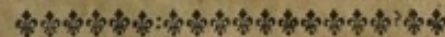
The name of the first sheweth the place of its growth, *Viz.* In Gardens.

The other groweth wild in divers places, as in the Marshes by Rochester and elsewhere, and flowreth in July; the Seed being ripe about the beginning of August, the second year after the sowing: for if they do flower the first year the Country people call them Madneps.

### Virtues and Use.

The Garden Parsnep nourisheth much, and is good and wholsom Nourishment, but a little windy, whereby it is thought to procure bodily lust: but it fatneth the Body much if much used. It is conducible to the Stomach and Reins, and provoketh Urine. But the wild Parsnep hath a cutting, attenuating, clensing and opening quality therein: It resisteth and helpeth the bitings of Serpents, easeth pains and Stitches in the sides, and dissolveth wind both in the Stomach and Bowels, which is the Chollick, and provoketh Urine. The Root is often used, but the Seed much more.

The wild being better than the tame shews Dame Nature is the best Physitian.



## Cow-Parsnep.

### Description.

This groweth with three or four large spread, winged, rough, Leavs, lying often on the Ground, or else raised a little from it, with long, round, hairy footstalks under them, parted usually into five divisions, the two couples standing each against other,

and one at the end, and each Leaf being almost round, yet somewhat deeply cut in on the edges in some Leavs, and not so deep in others, of a whitish green colour, smelling somewhat strongly: among which ariseth up a round crested hairy Stalk two or three foot high with a few Joynts and Leavs thereon, and branched at the top, where stand large Umbels of white, and sometimes reddish Flowers, and after them, flat, whitish, thin winged Seed, two alwaies joyned together. The Root is long and white with two or three long strings growing down into the ground, smelling likewise strongly, and unpleasant.

### Place.

It groweth in moist Meadows, and the borders and corners of Fields, and neer Ditches, generally through this Land.

### Time.

It Flowreth in July, and Seedeth in August.

### Virtues and Use.

The Seed hereof as Galen saith is of a sharp and cutting quality, and is therefore a fit Medicine for the Cough and shortness of Breath, Coughs, the Falling-sickness and the Jaundice. The Root is available to all the purposes aforesaid, and is also of great use to take away the hard skin that groweth on a Fistula, if it be but scraped upon it. The Seed hereof being drunk clenseth the belly from tough Flegmatick matter therein: easeth them that are Liver-grown, Flegm, and Womens passions of the Mother, as well Liver, being drunk as the smoke thereof received underneath, and likewise raiseth such as are fallen into a deep sleep, or have the Lethargy, by Frenzy, burning it under their Nose: The Seed and Root boyled in Oyl, and the Head rubbed therewith, helpeth not only those that are fallen into a Frenzy, but also the Lethargy or Drowsie evil; and those that have been long troubled with the Headach, if it be likewise used with Rue: It helpeth also the running Scab and the Shingles: The Juyce of the Flowers dropped into the Ears that run and are full of matter, it clenseth and healeth them.



## The Peach-tree.

### Description.

The Peach-tree groweth not so great as the Apricock-tree, yet spreadeth Branches reasonable well, from whence spring smaller reddish twigs, whereon are set long and narrow green Leavs dented about the edges. The Blossoms are greater than the Plum, and of a light Purple colour. The Fruit round, and sometimes as big as a reasonable Pippin, others are smaller, as also differing in colours and taste.



taits, as russet, red, or yellow, waterish or firm, with a frieze or Cotton all over, with a cleft therein like an Apricock, and a rugged furrowed great Stone within it, and a bitter Kernel within the Stone: It sooner waxeth old, and decayeth, than the Apricock, by much.

*Place.*

They are nursed up in Gardens and Orchards through this Land.

*Time.*

They Flower in the Spring, and Fruittifie in Autumn.

*Vertues and Use.*

The Leavs of Peaches bruised and laid on the Belly killeth Worms; and so they do also being boyled in Ale and drunk, and open the Belly likewise; and being dried is a safe Medicine to discuss Humors. The Ponder of them strewed upon fresh bleeding Wounds, stayeth their bleeding and closeth them up. The Flowers steeped all night in a little Wine standing warm, strained forth in the morning and drunk fasting, doth gently open the Belly and move it downwards: A Syrup made of them as the Syrup of Roses is made, worketh more forcibly than that of Roses, for it provoketh Vomiting, and spendeth waterish and Hydropick Humors by the continuance thereof. The Flowers made into a Conserve worketh the same effect. The Liquor that drop-peth from the Tree being wounded, is given in the Decoction of Coltsfoot, to those that are troubled with the Cough or shortness of breath, by adding thereto some sweet Wine; and putting some Saffron also therein, it is good for those that are hoarse or have lost their voice; helpeth all defects of the Lungs, and those that vomit or spit blood. Two drams thereof given in the Juyc of Lemmons or of Radish, is good for those that are troubled with the Stone. The Kernels of the Stones do wonderfully ease the pains and wringings of the Belly through wind or sharp Humors, and help to make an excellent Medicine for the Stone upon all occasions, on this manner: Take fifty Kernels of Peach Stones, and one hundred of the Kernels of Cherry Stones, a handful of Elder Flowers, fresh or dried, and three pints of Muscadine, set them in a closed pot into a bed of Horse dung for ten daies, which after distill in Glasse with a gentle fire, and keep it for your use; you may drink upon occasion three or four ounces at a time. The Milk or Cream of these Kernels being drawn forth with some Vervain Water, and applied to the Forehead and Temples, doth much help to procure rest and sleep to sick persons wanting it. The Oyl drawn from the Kernels, the Temples being therewith anointed doth

Worms,  
Open,  
Humors,  
Wounds,

Droppe,  
Cough,  
Shortness of  
Breath,  
Vomiting,  
& spitting  
of Blood,  
Stone,  
wind,  
Chollick,

watching,

the like: The said Oyl put into Clysters ease the pains of the wind Chollick, and anointed on the lower part of the Belly doth the like, and dropped into the Ears ease the pains of them: The Juyc of the Leavs doth the like: being also anointed on the Forehead and Temples, it helpeth the Megrim and all other pains in the Head: If the Kernels be bruised and boyled in Vinegar until they become thick, and applied to the Head, it mercifully procure the Hair to grow again upon bald places or where it is too thin.

Lady Venus owns this Tree, and by it opposeth the ill effects of Mars, and indeed for Children and yong people, nothing is better to purge Choller, and the Jaundice, than the Leavs and Flowers of this Tree, being made into a Syrup or Conserve, let such as delight to please their lust regard the Fruit, but such as love their health and their Childrens, let them regard what I say, they may safely give two spoonfuls of the Syrup at a time, 'tis as gentle as Venus her self.



## The Pear-tree.

These are so well known that they need no Description.

*Vertues and Use.*

For their Physical use they are best discerned by their taits: All the sweet or luscious sorts whether manured or wild, do help to move the Belly downward more or less: Those that are harsh and sour do on the contrary bind the Belly as much; and the Leavs do so also. Those that are moist do in some sort cool, but harsh or wild sorts much more, and are very good in repelling Medicines: as if the wild sorts be boyled with Mushrooms, it maketh them the less dangerous. The said Pears boyled with a little Honey, helpeth much the oppressed Stomach, as all sorts of them do, some more, some less; but the harsher sorts do most cool and bind, serving well to be bound to green wounds to cool and stay the Blood, and heal up the wound without further trouble or Inflammation; as Galen saith he hath found by experience. And wild Pears do sooner close up the Lips of green Wounds than the others.

Schola Salerni adviseth to drink much Wine after Pears, or elf (they say) they are as bad as poyson, nay and they curl the Tree for it too, but if a poor man find his Stomach oppressed by eating Pears 'tis but working hard and it will do as wel as drinking Wine. The Tree belongs to Venus, and so doth the Apple-tree.

Pellitory



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## Pellitory of the Wall.

### Description.

**T**His riseth up with many brownish, red, tender and weak, clear, and almost transparent stalks about two foot high, upon which grow at the several Joynts, two Leavs somewhat broad and long, of a dark green colour, which afterwards turn brownish, smooth on the edges, but rough and hairy as the stalks are also: At the Joynts with the Leavs from the middle of the stalks upwards, where it spreadeth into some branches, stand many small pale, purplish Flowers, in hairy rough Heads or Husks; after which come small black and rough Seed, which will stick to any cloth or Garment that shall touch it. The Root is somewhat long with many small Fibres thereat, of a dark reddish colour, which abideth the Winter, although the Stalks and Leavs perish and spring afresh every year.

### Place.

It groweth wild generally through this Land, about the borders of Fields, and by the sides of Walls, and among Rubbish; It will endure well being brought into Gardens, and planted on the shady side, where it will spring of its own sowing.

### Time.

It flowreth in June and July, and the Seed is ripe soon after.

### Vertues and Use.

The dried Herb Pellitory made up into an Electuary with Honey, or the Juyce of the Herb, or the Decoction thereof made up with Sugar or Honey, is a singular Remedy for any old or dry Cough, the shortness of breath, and Wheezing in the Throat. Three ounces of the Juyce thereof taken at a time, doth wonderfully help stopping of the Urine, and to expel the Stone or Gravel in the Kidneys or Bladder; and is therefore usually put among other Herbs, used in Clusters to mitigate pains in the Back, Sides, or Bowels proceeding of wind, stopping of Urine, the Gravel or Stone as aforesaid: If the bruised Herb sprinkled with some Muskadine be warmed upon a Tile; or in a Dish upon a few quick coals in a Chafin-dish, and applied to the Belly, it worketh the same effect. The Decoction of the Herb being drunk, easeth pains of the Mother, and bringeth down Womens Courses; it also easeth those griefs that arise from Obstructions of the Liver, Spleen, and Reins: The same Decoction with a little Honey added thereto is good to gargle a sore Throat. The Juyce held a while in the Mouth, easeth pains in the Teeth. The distilled water of the Herb drunk with some Sugar worketh the

same effects; and cleanseth the Skin from Freckles, Spots, Freckles, Purples, Wheals, Sunburn, Wheals, Morpew, &c.

The Juyce dropped into the Ears easeth the noise in them, and taketh away the pricking and shooting pains therein: The same or the distilled Water, asswageth hot and swelling Impostumes, Burnings and Scaldings by fire or Water, as also all other hot Tumors and Inflammations, or breakings out of Heat, being bathed often with wet Cloathes dipped therein. The said Juyce made into a Liniment with Cerus and Oyl of Roses and anointed therewith, cleanseth foul rotten Ulcers, and stayeth spreading or creeping Ulcers, and the running Scabs or Sores in Childrens Heads, and helpeth to stay falling of the Hair from off the Head. The said Oyntment, or the Herb applied to the Fundament openeth the Piles and easeth their pains; and being mixed with Goats Tallow, helpeth the Gout. The Juyce is very effectual to cleanse Fistulae, and to heal them up safely; or the Herb it self bruised, and applied with a little Salt. It is likewise so effectual to heal any green Wound, that if it be bruised and bound thereto for three daies, you shall need no other Medicine to heal it further. A Pultis made hereof with Mallows, and boyled in Wine, with Wheat Bran, and Bean Flower, and some Oyl put thereto, and applied warm to any bruised Sinew, Tendon, or Muscle, doth in a very short time restore them to their strength, taking away the pains of the Bruises; and dissolveth the congealed Blood coming of Blows or Falls from high places.

The Juyce of Pellitory of wall clarified and boyled into a Syrup with Honey, and a spoonful of it drunk every morning by such as are subject to the Dropsie, if continuing that course though but once a week, if ever they have the Dropsie, let them come but to me, and I will cure them gratis.

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## Peny-royal.

### Description.

**T**His is so well known unto all (I mean the common kind) that it needeth no Description.

There is a greater kind than the ordinary sort found wild with us, which so abideth being brought into Gardens, and differeth not from it but only in the largeness of the Leavs and Stalks, in rising higher, and not creeping upon the ground so much. The Flowers whereof are Purple, growing in Rundles about the Stalk like the other.

### Place.

The first which is common in Gardens,  
D d x groweth

Old or dry  
Cough,  
shortness  
of Breath,  
Stone and  
Gravel,

Mother,  
Womens  
Courses,  
Obstruc-  
tions,  
Sore  
Throat,  
Teeth,



groweth also in many moist and watery places of this Land.

The second is found wild in *Essex* in divers places by the High-way from *London* to *Colechester*, and thereabouts more abundantly than in other Countries, and is also planted in their Gardens in *Essex*.

*Time.*

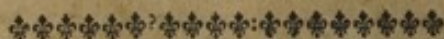
They Flower in the latter end of Summer, about *August*.

*Vertues and Use.*

*Dioscorides* saith, That *Penny-royal* maketh thin, tough *Flegm*, warmeth the coldness of any part whereto it is applyed, and digesteth raw or corrupt matter: Being boyled & drunk, it provoketh Womens Courtes and expelleth the dead Child and afterbirth, and staith the disposition to Vomir, being taken in Water mingled with Honey and Salt it avoideth *Flegm* out of the Lungs, and purgech *Melancholly* by the Stool. Drunk with Wine it helpeth such as are bitten or stung with Venemous Beasts: and applied to the Nostrils with Vinegar, reviveth those that are fainting and swooning. Being dried and burnt it strengtheneth the Gums; It is helpful to those that are troubled with the Gout being applied of it self to the place until it wax red: and applied in a Plaister, it taketh away spots or marks in the Face: Applied with Salt, it profiteth those that are Splenetick or Liver-grown. The Decoction doth help the Itch, if washed therewith: Being put into Baths for Women to sit therein, it helpeth the Swelling and hardness of the Mother. The green Herb bruised and put into Vinegar cleneth foul Ulcers, and taketh away the marks and bruises of blows about the Eyes, and all discolourings of the Face by fire, yea and the Leprosie, being drunk and outwardly applied: Boyled in Wine with Honey and Salt, it helpeth the Toothach. It helpeth the cold Grievs of the Joynts, taking away the pains, and warming the cold parts, being fast bound to the place after a bathing, or sweating in an hot hous. *Pliny* addeth that *Penny-royal* and Mints together help faintings or swoonings, being put into Vinegar, and put to the Nostrils to be smelled unto, or a little thereof put into the Mouth. It caseth the Headach, and the pains of the Brest and Belly, stayeth the gnawing of the Stomach, and inward pains of the Bowels; being drunk in Wine it provoketh Womens Courtes, and expelleth the dead child and afterbirth: Being given in Wine it helpeth the Falling-sickness: Put into unwholsom or stinking Water that men must drink (as at Sea, and where other cannot be had) it maketh them the less hurtful: It helpeth Cramps or Convulsions of the Sinews being applied with Honey, Salt, and Vinegar. It is very effectual for the Cough, being boyled in Milk and drunk, and for Ul-

cers or Sores in the Mouth. *Mathiolus* saith, Sore Mouth, The Decoction thereof being drunk, helpeth Jaundice, the Jaundice and Dropsie, and all pains of the Dropsie, Head and Sinews that come of a cold caus, and that it helpeth to clear and quicken the Eyes, pains of sight. Applied to the Nostrils of those that have the Falling-sickness, or the Lethargy, or the Head & Sinews, put into the Mouth, it helpeth them much, Eyesight, being bruised and with Vinegar applied. Lethargy, And applied with Barley Meal, it helpeth Burnings. Burnings by fire, and put into the Ears, caseth the pains of them.

The Herb is under *Venus*.



## Peony, Mas. & Femina.

*Description.*

THE Male *Peony* riseth up with many brownish Stalks, whereon grow many fair green and sometimes reddish Leavs, one set against another upon a Stalk without any particular deviation in the Leaf at all. The Flowers stand at the tops of the Stalks, consisting of five or six broad Leavs, of a fair purplish red colour, with many yellow threds in the middle standing about the Head, which after riseth to be the Seed Vessels, divided into two, three, or four rough crooked Pods like Horns, which being full ripe, open, and turn themselves down one edge to another backward, shewing within them divers round, black shining Seed, having also many red or Crimson grains, intermixed with the black, whereby it maketh a very pretty shew. The Roots are great, thick, and long, spreading and running down reasonable deep in the Ground.

The ordinary Female *Peony* hath many Stalks and more Leavs on them than the Male: the Leavs not so large but nicked diversly on the edges, some with great and deep, others with smaller cuts and deviations, of a dark or dead green colour. The Flowers are of a strong heady scent, most usually smaller and of a more purple colour than the Male, with yellow thrums about the Head as the Male hath. The Seed Vessels are like Horns as in the Male, but smaller, the Seed also is black but less shining. The Roots consist of many thick and short tuberous clogs, fastned at the ends of long strings and all from the Head of the Root which is thick and short, and of the like scent with the Male.

*Place and Time.*

They grow in Gardens; and Flower usually about *May*.

*Vertues and Use.*

The Root of the Male *Peony* fresh gathered, hath been found by experience to cure the Falling-



Falling  
sickness,

Falling-sickness; but the surest way is (besides hanging it about the Neck, by which Children have been cured) to take the Root of the Male Peony washed clean and stamped somewhat small, and lay it to infuse in Sack for twenty four Hours, at the least, after strain it, and take first and last, morning and evening a good draught for sundry daies together before and after a full Moon, and this will also cure older persons, if the Disease be not grown too old and past cure, especially if there be a due and orderly preparation of the Body, with Posset drink made of Betony &c. The Root is also effectual for Women that are not sufficiently cleansed after Childbirth, and such as are troubled with the Mother; for which likewise the black Seed beaten to Powder and given in Wine, is also available. The black Seed also taken before bed time, and in the morning, is very effectual for such as in their sleep are troubled with the Disease called *Ephialtes* or *Incubus*, but we do commonly call it the Night-Mare; a disease which Melancholly persons are subject unto; It is also good against Melancholly Dreams. The Distilled water, or Syrup made of the Flowers, worketh the same effects that the Root and the Seed do, although more weakly. The Female is often used for the purposes aforesaid, by reason the Male is so scarce a Plant that it is possessed by few, and those great Lovers of Rarities in this kind.

It is an Herb of the Sun, and under the Lyon, Physicians say Male Peony Roots are best, but Dr. Reason told me, male Peony was best for men, and female Peony for women, and he desires to be judged by his brother Dr. Experience. The Roots are held to be of most Vertue, then the Seeds next the Flowers, and last of all the Leavs.

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## Pepperwort, or Dittander.

### Description.

Our common Pepperwort sendeth forth somewhat long and broad Leavs, of a light blewish green colour, finely dented about the edges, and pointed at the ends, standing upon round hard Stalks three or four foot high, spreading many Branches on all sides, and having many small white Flowers at the tops of them, after which follow small Seed in small Heads: The Root is slender running much under ground, and shooting up again in many places; and both Leavs and Root, are very hot and sharp of taste like Pepper, for which cause it took the name.

### Place.

It groweth Naturally in many places of this Land, as at *Clare* in *Essex*, neer also unto *Exeter* in *Devonshire*, upon *Rochester* common in *Kent*; in *Lancashire* and divers other places; but is usually kept in Gardens.

### Time.

It Flowreth in the end of *June*, and in *July*.

### Vertues and use

*Pliny* and *Paulus Agineta* say that Pepperwort is very effectual for the *Sciatica*, or any *Sciatica*, other Gout or pain in the Joynts, or any other inveterate grief; the Leavs hereof to be bruised and mixed with old Hogs grease and applied to the place; and to continue thereon four hours in Men, and two hours in women, the place being afterwards bathed with Wine and Oyl mixed together, and then wrapped with Wool or Skins after they have sweat a little. It also amendeth the Deformities or discolorings of the Skin, and helpeth to take away Marks, Scars, and Scabs, or the foul marks of burning with fire or iron. The Juice hereof is in some places used to be given in Ale to drink to women with child, to procure them a speedy delivery in Travail.

Here's another Martial Herb for you, make much of it.

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## Perwinkle.

### Description.

The common sort hereof hath many Branches trayling, or running upon the ground shooting out small Fibres at the Joynts as it runneth, taking thereby hold in the ground and Rooteth in divers places; At the Joynts of these Branches stand two small dark green shining Leavs, somewhat like Bay Leavs, but smaller, and with them come forth also the Flowers (one at a Joynt standing upon a tender Footstalk) being somewhat long and hollow, parted at the brims, sometimes into four sometimes five Leavs, the most ordinary sort are of a pale blue colour, some are pure white, and some of a dark reddish Purple colour. The Root is little bigger than a Rush, bushing in the ground, and creeping with his Branches far about, whereby it quickly possesseth a great compass, and is therefore most usually planted under Hedges, where it may have room to run.

### Place.

Those with the pale blue, and those with the white Flowers grow in Woods and Orchards by the Hedge sides in diverse places of this Land. But those with the Purple Flowers in Gardens only.

E c

Time,



Time.

They Flower in March and April.

Vertues and Use.

Stanch  
bleeding,  
Womens  
Courses,  
Flux of  
the Belly.

The *Perwinkle* is a great binder, staying bleeding both at Mouth and Nose, if some of the Leavs be chewed: The French use it to stay Womens Courses. *Dioscorides*, *Galen*, and *Agineta* commend it against the Lask, and Fluxes of the Belly to be drunk in Wine.

*Venus* owns this Herb, and saith that the Leavs eaten by man and wife together, causeth love between them.



## St. Peters-wort.

Name.

IF Superstition had not been the Father of Tradition, as well as Ignorance the Mother of Devotion, this Herb as well as St. Johns wort had found some other name to be known by; but we may say of our Fore-fathers as *St. Paul* of the *Athenians*, I perceive that in many things you are too Superstitious: Yet seeing it is come to that pass, that Custom having gotten possession pleads Prescription for the name, I shall let it pass, and come to the Description of the Herb, which take as followeth.

Description.

It riseth up with square upright Stalks for the most part, somewhat greater and higher than St. Johns wort (and good reason too, *St. Peter* being the greater Apostle (ask the Pope else) for though God would have the Saints equal, the Pope is of another Opinion) but brown in the same manner, having two Leavs at every Joyn, somewhat like, but larger than St. Johns wort, and a little rounder pointed with few or no Holes to be seen therein, and having sometimes some smaller Leavs rising from the Bosom of the greater, and sometimes a little hairy also: At the tops of the Stalks stand many Starlike Flowers, with yellow threads in the middle very like those of St. Johns wort, insomuch that this is hardly discerned from it but only by the largeness of height, the Seed being also alike in both. The Root abideth long sending forth new shoots every year.

Place.

It groweth in many Groves and small low Woods, in divers places of this Land, as in *Kent*, *Huntington*, *Cambridge*, and *Northampton-shires*, as also nter water Courses in other places.

Time.

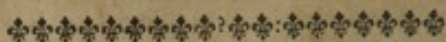
It Flowreth in June and July, and the Seed is ripe in August.

Vertues and Use.

It is of the same property with St. Johns

wort, but somewhat weak, and therefore more seldom used. Two drams of the Seed taken at a time in Honeyed water, purgeth Chollerick Humors (as saith *Dioscorides*, *Pliny*, and *Galen*) and thereby helpeth those that are troubled with the *Sciatica*: The Leavs are used as St. Johns wort, to help those places of the Body that have been burnt with Fire.

There is not a straw to chuse between this and St. Johns wort, only *St. Peter* must have it, lest he should lack Pot-herbs.



## Pimpernel.

Description.

Common *Pimpernel* hath diverse weak square Stalks lying on the ground beset all along with two smal and almost round Leavs at every Joyn one against another, very like Chickweed, but hath no Footstalks, for the Leavs do as it were compass the Stalk: The Flowers stand singly each by themselves at them and the Stalks, consisting of five round small pointed Leavs of a fine pale red colour, tending to an Orange, with so many threads in the middle, in whose places succeed, smooth round Heads, wherein is contained smal Seed. The Root is smal and fibrous perishing every year.

Place.

It groweth every where almost, as well in the Meadows and Cornfields, as by the Waysides, and in Gardens arising of it self.

Time.

It Flowreth from May unto August, and the Seed ripeneth in the mean time and falleth.

Vertues and Use.

This is of a cleansing and attractive quality, whereby it draweth forth Thorns or Splinters, or other such like things gotten in to the Flesh, and put up into the Nostrils purgeth the Head; and *Galen* saith also they have a drying faculty, whereby they are good to foder the lips of Wounds, and to cleane foul Ulcers. The distilled Water or Juyce is much esteemed by French Dames to cleanse the Skin Face, from any roughness, deformity, or discolouring thereof: Being boyled in Wine, and given to drink, it is a good Remedy against the Plague, and other Pestilential Feavers, if the Party after taking it warm lie in his bed and sweat for two hours after, and use Mad Dogs the same twice at least. It helpeth also all Ringings and bitings of Venemous Beasts or mad Dogs, being used inwardly and applied outwardly: The same also openeth the Obstructions of the Liver, and is very available against the Infirmities of the Reins, it provoketh Urine, and helpeth to expel the Stone and Gravel out of the Kidneys and Bladder, and helpeth

Chollerick  
Humors,  
Sciatica,  
Burnings.

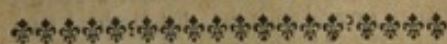
Thorns or  
Splinters,  
purgeth  
the Head,  
wounds &  
Ulcers.

Clenseth  
the Skin Face,  
Plague &  
Pestilential  
Feavers

Mad Dogs  
biting,  
Obstru-  
tions,  
Gravel,  
helpeth



Wounds & helpeth much in all inward Wounds and Ulcers. The Decoction or distilled Water is no less effectual to be applied to all Wounds that are fresh and green, or old filthy fretting and running Ulcers, which it very effectually cureth in short spaces. A little Honey mixed with the Juyce and dropped into the Eyes cleseth them from cloudy mists, or thick Films which grow over them and hinder the sight: It helpeth the Toothach being dropped into the Ear on the contrary side of the pain. It is also effectual to ease the pains of the Hemorrhoids or Piles.



## Ground Pine, or Chamepitys.

### Description.

Our common Ground Pine groweth low, seldom rising above an handbreadth high, shooting forth divers small Branches, set with slender small long narrow grayish or whitish Leavs somewhat hairy; and divided into three parts many times many bushing together at a Joynt, and sometimes some growing scatteredly upon the Stalks, smelling somewhat strong like unto Rozin; the Flowers are somewhat small and of a pale yellow colour growing from the Joynts of the Stalks all along among the Leavs, after which come small, long, and round Husks: The Root is small woody perishing every year.

### Place.

It groweth more plentifully in Kent than in any other Country of this Land; as namely, in many places from on this side Dartford, along to Southfleet, Cobham, and Rochester, and upon Chattam down hard by the Beacon, and half a mile from Rochester in a Field nigh a Houe called Selfey.

### Time.

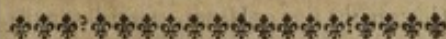
It Flowreth and giveth Seed in the Summer Months.

### Vertues and Use.

The Decoction of Ground Pine drunk, doth wonderfully prevail against the Strangury or any inward pains arising from the Diseases of the Reins and Urine, and is especial good for all Obstructions of the Liver and Spleen and gently openeth the Body, for which purpose they were wont in former times to make Pills with the Pouder thereof, and the Purple Figs. It marvellously helpeth all the Diseases of the Mother used inwardly, or applied outwardly, procuring Womens Courtes, and expelling the dead Child and afterbirth, yea it is so powerful upon those Feminine parts that it is utterly forbidden to Women with Child, in that it will cause abort-

ment or delivery before the time: It is as effectual also in all pains and Diseases of the Joynts, as Gouts, Cramps, Palseys, Sciatica, and Aches; either the Decoction of the Herb in Wine taken inwardly, or applied outwardly, or both for some time together, for which purpose the Pills made with the Pouder of Ground Pine, and of Hermodactils with Venice Turpentine are very effectual. These Pills also are special good for those that have the Dropsie, to be continued for some time. The same is a special good help for the Jaundice, and for griping pains in the Joynts, Belly, or inward parts; It helpeth also all Diseases of the Brain proceeding of cold and Egematick Humors and Distillations, as also for the Falling-sickness. It is an especial Remedy for the Poyson of the Aconites of all sorts, and other poisonous Herbs, as also against the stinking of any Venemous Creature: It is a good Remedy for a cold Cough, especially in the beginning. For all this purposes aforesaid, the Herb being tunned up in new Drink and drunk is almost as effectual, but far more acceptable to weak and dainty Stomachs. The Distilled Water of the Herb hath the same effects, but more weakly. The Conserve of the Flowers doth the like, which Mathiolus much commendeth against the Palsey. The green Herb or the Decoction thereof being applied, dissolveth the hardness of Womens Breasts, and all other hard Swellings in any other part of the Body. The green Herb also applied, or the Juyce thereof with some Honey, not only cleseth putrid, stinking foul and Malignant Ulcers and Sores of all sorts, but healeth and fodereth up the lips of green Wounds in any part also.

Let Women forbear it if they be with Child, for it works violently upon the Feminine part; and Mars owns it, I tell them but so.



## Plantane.

This groweth so familiarly in Meadows and Fields, and by Pathways, and is so well known that it needeth no Description.

### Time.

It is in its beauty about June, and the Seed ripeneth shortly after.

### Vertues and Use.

The Juyce of Plantane clarified and drunk pains in for divers daies together, either of it self or in the Guts, other drink prevaieth wonderfully against all Distillations or Excoriations in the Guts or Bowels, helpeth the distillations of Rheum from the Head, and staieth all manner of Fluxes, Fluxes even Womens Courses when they flow too abundantly; It is good to stay spitting of Blood,

Gouts,  
Cramps,  
Palseys,  
Sciatica,  
Aches &c.  
Dropsie,  
poyson of  
the Aconites,  
Venemous  
Creatures,  
Cold Cough  
Palsey,  
Hard  
Breasts,  
& hard  
Swellings,  
Ulcers &  
old Sores,  
Green  
Wounds.

Strangury,  
Obstructions,  
Mother,  
Womens,  
Courses,  
Dead  
Child and  
Afterbirth



spitting; Blood, and all other Bleedings at the Mouth, or the making of foul or bloody water by reason of any Ulcer in the Reins or Bladder, and also stayeth the too free bleeding of Wounds. It is held an especial Remedy for those that are troubled with the Phthisick, or Consumption of the Lungs, or Ulcers in the Lungs, or phthisick, Coughs that come of heat. The Decoction or Pouder of the Roots or Seed, is much more binding for all the purposes aforesaid than the Leavs. *Dioscorides* saith, That three Roots boyled in Wine and taken helpeth the Tertian Ague, and four the Quartan Ague: But (letting pass the number as Fabulous) I conceive the Decoction of divers Roots may be effectual. The Herb (but especially the Seed) is held to be profitabl: against the Dropsie, the Falling-sickness, the yellow Jaundice, and stoppings of the Liver and Reins. The Roots of Plantane and Pellitory of Spain beaten to Pouder and put into hollow Teeth, taketh away the pains of them: The clarified Juyce or distilled Water dropped into the Eyes cooleth the Inflammations in them, and taketh away the Pin and Web; and dropped into the Ears caseth pains in them, and helpeth and restoreth the Hearing: The same also with Juyce of Houfleeke is profitable against all Inflammations and breakings out in the Skin, and against Burnings or Scaldings by fire or Water. The Juyce or Decoction made either of it self or other things of like nature is of much use and good effect for old and hollow Ulcers that are hard to be cured, and for Cankers and Sores in the Mouth or privy parts of Man or Woman; and helpeth also the pains of the Piles in the Fundament. The Juyce mixed with Oyl of Roses, and the Temples and Forehead anointed therewith, caseth the pains of the Head proceeding from heat, and helpeth Lunatick, and Phrenetick persons very much; as also the bitings of Serpents or a Mad Dog: The same also is profitably applied to all hot Gouts in the Feet or Hands, especially in the beginning. It is also good to be applied where any Bone is out of Joynt to hinder Inflammations, Swellings and Pains that presently rise thereupon. The Pouder of the dried Leavs taken in drink, killeth Worms of the Belly, and boyled in Wine killeth Worms that breed in old and foul Ulcers. One part of Plantane Water, and two parts of the brine of powder'd Beef boyled together and clarified, is a most sure Remedy to heal all spreading Scabs and Itch in the Head or Body, all manner of Tetters, Ringworms, the Shingles, and all other running and sitting Sores. Briefly the Plantanes are singular good Wound Herbs to heal fresh, or old Wounds and Sores either inward or outward.

Its true *Myzaldus* and others yea almost all Astrologo-Physitians hold this to be an Herb of *Mars*, and they give a verisimile of a truth for it too, *Viz.* because it cures diseases of the Head and privities which are under the Houses of *Mars*, *Aries*, and *Scorpio*: All Diseases of the Head comming of heat are caused by *Mars*, for *Venus* is made of no such hot mettle, or at least deals in inferior parts. The truth is, it is under the command of *Venus*, and cures the Head by Antipathy to *Mars*, and the Privities by Sympathy to *Venus*, neither is there hardly a Martial Disease but it cures, If I were to fortifie my Body against a Martial Disease I would do it by this Herb as soon as by any, and may do it (it may be) when time shal serve.



## Plums.

These are so well known that they need no Description.

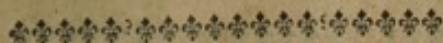
### *Virtues and Use.*

As there is great diversity of the kinds, so is there in the operations of Plums, for some that are sweet, moisten the Stomach and make the Belly soluble; those that are *lowe quench thirst* Open the more and bind the Belly; the moist and watery, do soonest corrupt in the Stomach, but *Quench* the firm do nourish more and offend less: The *Thirst*, & dried Fruit sold by the Grocers under the *pinde* the name of *Damask Prunes*, do somewhat loosen the Belly, and being stewed are often used both *procure* in health and sickness, to relish the Mouth and *Appetite*, Stomach to procure Appetite, and a little to *allay* open the Body, allay Choller, and cool the *Choller*, Stomach: *Plum-tree* Leavs boyled in Wine, *Cool* the is good to wash and gargle the Mouth and Stomach, Throat to dry the Flux of Rheum coming to Rheum, the Pallat, Gums, or Almonds of the Ears. *Stone*, The Gum of the Trees is good to break the *Tetters*, & Stone. The Gum or Leavs boyled in Vine-Ringgar and applied, killeth Tetters and Ringworms, worms. *Machiolus* saith, The Oyl pressed *Piles*, out of the Kernels of the Stones, as Oyl of *ulcers*, Almonds is made, is good against the inflamed *Hoarsness*, Piles, the Tumors or Swellings of Ulcers, and pains *Hoarsness* of the voice, roughness of the *in the Ears*, Tongue and Throat, and likewise the pains *Stone* and in the Ears. And that five owners of the said *Chollick*. Oyl taken with one ounce of Muscadine, driveth forth the Stone, and helpeth the Chollick.

All Plums are under *Venus*, and are like Women, some better, some worse.

## Pollipody





## Pollipody of the Oak.

### Description.

**T**his is a smal Herb consisting of nothing but Roots and Leavs: bearing neither Stalk, Flower, nor Seed as it is thought. It hath three or four Leavs rising from the Root, every one singly by it self, of about a hand length, which are winged, consisting of many smal narrow Leavs, cut into the middle rib standing on each side of the Stalk, large below, and smaller up to the top, not dented or notched on the edges at all, as the Male Fern hath; of a sad green colour and smooth on the upper side, but on the underside somewhat rough, by reason of certain yellowish spots set thereon: The Root is smaller than ones little finger lying aslope, or creeping along under the upper crust of the earth, brownish on the outside, and greenish within, of a sweetish harshness in taste, set with certain rough Knags on each side thereof, having also much Mossiness or yellow hairiness upon it, and some Fibres underneath it, whereby it is nourished.

### Place.

It groweth as well upon old rotten stumps, or trunks of Trees, as Oak, Beech, Hazel; Willow, or any other, as in the Woods under them; and upon old Mud Walls, as also in Mossie, Stony, and gravelly places, neer unto Woods; That which groweth upon Oaks is accounted the best, but the quantity thereof is scarce sufficient for the common use.

### Time.

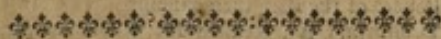
It being alwaies green, may be gathered for use at any time.

### Virtues and use.

Mesues (who is called the Physitians Evangelist, for the certainty of his Medicines, and the truth of his Opinions) saith, That it drieth up thin Humors, digesteth thick and tough, and purgeth burnt Choller, and especially tough and thick Flegm, and thin Flegm also, even from the Joynts; and is therefore good for those that are troubled with Melancholly, or Quartan Agues, especially if it be taken in Whey, or Honeyed Water, or in Barley water, or the Broth of a Chicken with Epithimum, or with Beets and Mallows. It is also good for the hardness of the Spleen and for prickings or Stitches in the sides, as also for the Chollick, some use to put to it some Fennel Seeds, or Annis Seeds or Ginger to correct that loathing it bringeth to the Stomach, which is more than needeth, it being a safe and gentle Medicine fit for all persons at all sea-

sons, which daily experience confirmeth; And an ounce of it may be given at a time in a Decoction, if there be not Sana or some other strong purger put with it. Adram or two of the Pouder of the dried Roots, taken fasting in a cup of Honeyed water, worketh gently, and for the purposes aforesaid. The distilled water both of Roots and Leavs is much commended for the Quartan Ague, to be taken for many daies together, as also against Melancholly, or fearful or troublesome sleeps or Dreams, and with some Sugar Candy dissolved therein, is good against the Cough, shortness of breath, and Wheesings, and those distillations of thin Rheum upon the Lungs, which cause Phtisicks, and oftentimes Consumptions. The fresh Roots beaten smal: or the Pouder of the dried Roots mixed with Honey and applied to any Member that is out of Joynt, doth much help it: Applied also to the Nose cureth the discharge called Polipus, which is a piece of Flesh growing therein which in time stoppeth the passage of breath through that Nostril; And it helpeth those clefts or Chops that come between the fingers or Toes.

And why I pray must Pollipodium of the Oak only be used, Gentle Colledg of Physitians, can you give me but a glimpse of a reason for it? is it only because it is dearest? will you never leave your covetousness till your lives leave you? The Truth is, that which grows upon the Earth is best ('tis an Herb of Saturn and he seldom climbs trees) to purge Melancholly, if the humor be otherwise, chuse your Pollipodium accordingly.



## The Poplar-Tree.

### Description.

**T**here are two sorts of Poplars which are most familiar with us, Viz. The Black, and the White, both which I shall here describe unto you.

The white Poplar groweth great and reasonable high, covered with a thick smooth white Bark, especially the Branches, having large Leavs cut into several divisions almost like a Vine Leaf, but not of so deep a green on the upper side, and hoary white underneath, of a reasonable good scent, the whol form representing the Leaf of Coltsfoot. The Catkins which it bringeth forth before the Leavs, are long, and of a faint reddish colour, which fall away bearing seldom good Seed with them. The Wood hereof is smooth, soft, and white, very finely waved, whereby it is much esteemed.

The Black Poplar groweth higher and straighter than the White, with a grayish Bark bearing broad and green Leavs somewhat like Ivy

Leaves,

Dryeth  
Humors,  
purgeth  
burnt  
Choller,  
Flegm,  
Melancholly,  
Quartan  
Agues,  
Spleen,  
Chollick,



Leavs not cut in on the edges like the White, but whol and dented, ending in a point, and not white underneath, hanging by slender long Footstalks, which with the Air are continually shaken like as the Aspin Leavs are: The Catkins hereof are greater than of the White, composed of many round green Berries as it were set together in a long Cluster, containing much downice matter, which being ripe is blown away with the wind, The clammy Buds hereof before they spread into Leavs, are gathered to make the *Unguentum Populeon*, and are of a yellowish green colour and smal, somewhat sweet, but strong. The Wood is smooth, tough, and white, and easie to be cloven: On both these Trees groweth a sweet kind of Musk, which in former times was used to be put into sweet Oynments.

#### Place.

They grow in moist Woods and by water sides in sundry places of the Land, yet the white is not so frequent as the other.

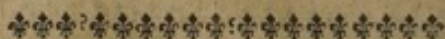
#### Time.

Their time is likewise expressed before, The Catkins coming forth before the Leavs and ripen in the end of Summer.

#### Vertues and Use.

The White Poplar, saith *Galen*, is of a cleansing property: The weight of one ounce in Powder of the Bark thereof being drunk saith *Dioscorides* is a Remedy for those that are troubled with the Sciatica, or the Strangury: The Juyce of the Leavs dropped warm into the Ears caseth the pains in them: The yong clammy Buds or Eyes before they break out into Leavs, bruised, and a little Honey put to them, is a good Medicine for a dull Sight. The Black Poplar is held to be more cooling than the White, and therefore the Leavs bruised with Vinegar and applied, helpeth the Gout; The Seed drunk in Vinegar is held good against the Falling-sickness. The Water that droppeth from the hollow places of this Tree, taketh away Warts, Pusshes, Wheals, and other the like breakings out in the Body. The yong black Poplar Buds, saith *Mathiolus*, are much used by Women to beautifie their hair, bruising them with fresh Butter and straining them after they have been kept for some time in the Sun. The Oynment called *Populeon*, which is made of this Poplar, is singular good for all heat, or Inflammation in any part of the Body, and tempereth the heat of Wounds: It is much used to dry up the Milk in Womens Breasts, when they have weyned their Children.

Sciatica,  
Strangury,  
pain in the  
Ears,  
Dull sight,  
Gout,  
Falling-  
sickness,  
Warts,  
Pusshes, &  
Wheals,  
Heat, &  
Inflama-  
tions,  
Dryeth  
Womens  
Milk.



## Poppy.

OF this I shal describe three kinds, *Viz.* The White and Black, of the Garden, and the Erratick, wild Poppy, or Corn Rose.

#### Description.

The white Poppy hath at first four or five whitish green Leavs lying upon the ground, which rise with the Stalk, compassing it at the bottom of them, and are very large, much cut or torn in on the edges, and dented also besides: The Stalk which is usually four or five foot high, hath sometimes no Branches at the top, & usually but two or three at most bearing every one but one Head, wrapped in a thin Skin, which boweth down before it be ready to blow, and then rising and being broken, the Flower within it spreadeth it self open, and consisteth of four very large White round Leavs, with many whitish round threads in the middle, set about a small round green Head, having a Crown, or Star-like cover at the Head thereof, which growing ripe becometh as large as a great Apple. wherein are contained a great number of smal round Seed, in several partitions or divisions next unto the shell, the middle thereof remaining hollow and empty. All the whol Plant, both Leavs, Stalks and Heads, while they are fresh, yong, and green, yield a Milk when they are broken, of an unpleasant bitter tast, almost ready to provoke casting, and of a strong heady smel, which being condensate is called *Opium*. The Root is white, and woody, perishing as soon as it hath given ripe Seed.

The Black Poppy little differeth from the former, until it beareth his Flower, which is somewhat less, and of a black Purplish colour, but without any purple spots in the bottom of the Leaf. The Head of Seed is much less than the former, and openeth it self a little round about the top under the Crown, so that the Seed which is very black will fall out if one turn the Head thereof downwards.

The wild Poppy, or Corn Rose, hath long and narrow Leavs very much cut in on the edges into many divisions, of a light green colour, and sometimes hairy withal; The Stalk is blackish and hairy also, but not so tall as the Garden kinds, having some such like Leavs thereon as grow below, parted into three or four Branches sometimes, whereon grow smal hairy Heads bowing down before the Skin break, wherein the Flower is inclosed, which when it is full blown open, is of a fair yellowish red or crimson colour, and in some much paler, without any spot in the bottom of the Leavs, having many black soft threads in the middle compassing a smal green Head, which when it



is ripe, is not bigger than ones little finger end, wherein is contained much black Seed, smaller by half than that of the Garden. The Root perislieth every year, and springeth again of its own sowing. Of this kind there is one lesser in all the parts thereof, and differeth in nothing else.

## Place.

The Garden kinds do not naturally grow wild in any place, but are all sown in Gardens where they grow.

The Wild Poppy, or Corn Rose is plentiful enough, and many times too much in the Corn Fields of all Countries through this Land, and also upon Ditch Banks, and by Hedge sides: The smaller wild kind is also found in Corn Fields, and also in some other places, but not so plentiful as the former.

## Time.

The Garden kinds are usually sown in the Spring, which then Flower about the end of May, and somewhat earlier, if they spring of their own sowing.

The Wild kinds Flower usually from May untill July, and the Seed of them is ripe soon after the Flowring.

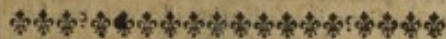
## Vertues and use.

The Garden Poppy Heads with Seeds made into a Syrup, is frequently and to good effect used to procure rest and sleep in the sick and weak, and to stay Catarrhs and Defluxions of hot thin Rheums from the Head into the Stomach, and upon the Lungs, causing a continual Cough, the Fore-runner of a Consumption: It helpeth also Hoarseness of the Throat, and when one hath lost their voice, which the Oyl of the Seed doth likewise. The black Seed boyled in Wine and drunk, is said also to stay the Flux of the Belly and Womens Courses. The empty shels of the Poppy Heads are usually boyled in water and given to procure rest and sleep; so do the Leavs in the same manner; as also if the Head and Temples be bathed with the Decoction warm, or with the Oyl of Poppies, the green Leavs or Heads bruised and applied with a little Vinegar, or made into a Pultis with Barley Meal, or Hogs Greas, it cooleth and tempereth all Inflammations, as also the Disease called St. Antonies Fire. It is generally used in Treacle and Me-thridate, and in all other Medicines that are made to procure rest and sleep, and to ease pains in the Head as well as in other parts; It is also used to cool Inflammations, Agues, or Phrensies, and to stay Defluxions which cause a Cough or Consumption, and also other Fluxes of the Belly, or Womens Courses; It is also put into hollow Teeth to ease the pain, and hath been found by experience to ease the pain of the Gout.

The Wild Poppy, or Corn Rose (as Matthiolus saith) is good to prevent the Falling-sickness. The Syrup made with the Flowers

is with good effect given to those that have the Pluresie; and the dried Flowers also, either boyled in water, or made into Pouder and drunk either in the Distilled Water of them, or in some other Drink worketh the like effect. The Distilled Water of the Flowers, is held to be of much good use against Sursets, being drunk evening and morning; It is also more cooling than any of the other Poppies, and therefore cannot but be as effectual in hot Agues, Phrensies, and other Inflammations either inward or outward, the Syrup or Water to be used therein, or the green Leavs used outwardly, either in an Oynment, as it is in Populeon, a cooling Oynment, or any other waies applied. Galen saith the Seed is dangerous to be used inwardly.

The Herb is Lunary, and of the Juyce of it is made Opium, only for lucre of Money they cheat you, and tell you 'tis a kind of Tear, or some such like thing that drops from Poppies when they weep, and that is some where beyond the Sea, I know not where, beyond the Moon.



## Purslane.

The Garden Purslane (being used as a Sallet Herb) is so well known that it needeth no Description; I shal therefore only speak of its Vertues, as followeth.

## Vertues and use.

It is good to cool any heat in the Liver, Blood, Reins, and Stomach, and in hot Agues, nothing better; It stayeth hot and Chollick Fluxes of the Belly, Womens Courses, the Whites, and Gonorrhea, or running of the Reins, the Distillations from the Head, and pains therein proceeding of heat, want of sleep, or the Phrensie. The Seed is more effectual than the Herb, and is of singular good use to cool the heat and sharpness of Urine, and the outrageous Lust of the Body, Venerious Dreams, and the like, insomuch that the overfrequent use hereof, extinguisheth the Heat and Vertue of Natural Procreation. The Seed bruised and boyled in Wine and given to Children, expelleth the Worms. The Juyce of the Herb is held as effectual to all the purposes aforesaid, as also to stay Vomiting, and taken with some Sugar or Honey, helpeth an old and dry Cough, shortness of Breath, and the Phtisick, and stayeth immoderate Thirst. The Distilled water of the Herb is used by many (as the more pleasing) with a little Sugar, to work the same effects. The Juyce also is singular good in the Inflammations and Ulcers of the secret parts in man or woman, as also of the Bowels and Hemorrhoids, when they are Ulcerous, or Excoriated parts,

Procure  
sleep,  
Catarrhs,  
and defluxions of  
Rheums  
stayeth,  
Hoarsness,  
Flux of  
the Belly  
and  
Womens  
Courses,  
Inflammations and St.  
Antonies  
Fire,  
pains in  
the Head,  
Phrensies,  
Toothach,

Falling-  
sickness,

Cooleth  
heat of  
Blood in  
hot Agues,  
Chollick  
Fluxes,  
Womens  
Courses,  
the whites  
& Gonorrhea,  
Distillations  
the whites  
& Gonorrhea,  
Distillations  
Phrensie,  
Heat of  
Urine,  
Lust, and  
Venerious  
Dreams,  
Worms,  
Vomiting,  
old, dry  
Cough,  
Short  
Breath, &  
Phtisick,  
Ulcers,  
in the se-  
cret parts,



Redness of  
the Eyes,  
and  
Inflama-  
tions,  
Crick, or  
pain in the  
Neck,  
Blastings  
by Light-  
ning,  
Burning  
by Gun-  
powder,  
Sore  
Breasts,  
Childrens  
Navils,  
Sore  
Mouths,  
or swollen  
Gums,  
Fastness  
Teeth,  
Toothach,  
Bloody  
Urine,  
Gout,  
Cramp, or  
stiffness of  
the Si-  
news.

tions in them. The Herb bruised and applied to the Forehead and Temples, allayeth excessive heat therein, hindring rest and sleep; and applied to the Eyes taketh away the redness and Inflammation in them, and those other parts, where Pusles, Wheals, Pimples, St. Antho-nies Fire and the like break forth, especially if a little Vinegar be put to it: And being laid to the Neck with as much of Galls and Linseed together, taketh away the pains there-in, and the Crick in the Neck. The Juyce is used with Oyl of Roses for the said causes, or for Blastings by Lightning, and Burnings by Gun-Powder, or for Womens sore Breasts, and to allay the heat in all other Sores or Hurts: applied also to the Navels of Children that stick forth, it helpeth them: It is also good for sore Mouths, and Gums that are swollen to fasten loos Teeth. *Camerarius* saith, That the distilled water used by some, took away the pain of their Teeth when all other Remedies failed, and that the thickned Juyce made in Pills with the Powder of Gum Tragacanth, and Arabick, being taken prevaieth much to help those that make a bloody water. Applied to the Gout, it easeth pains thereof, and helpeth the hardness of Sinews if it come not of the Cramp, or a cold cause.

'Tis an Herb of the Moon. See Lettice.

### Primroses.

THESE are so well known that they need no Description.

Of the Leavs of Primroses is made as fine a Salve to heal green Wounds as any is that I know: you shall be taught to make Salves of any Herb at the latter end of the Book, make this as you are taught there, and do not (you that have any Ingenuity in you) see your poor Neighbors go with wounded Limbs when a Halfpenny cost will heal them.

### Privet.

Description.

OUR common Privet is carried up with many slender Branches, to a reasonable height and breadth, to cover Arbours, Bows, and Banqueting Houses, and brought, wrought, and cut into many forms, of Men, Horses, Birds, &c. which though at first supported, groweth afterwards strong of it self: It beareth long and narrow green Leavs by couples, and sweet smelling white Flowers in tufts at the ends of the Branches, which turn into smal black Berries that have a Purplish

Juyce within them, and some Seeds that are flat on the one side, with a hole or dent there-in.

Place.

It groweth in this Land in divers Woods.

Time.

Our Privet Flowreth in June and July; The Berries are ripe in August and Septem-ber.

Vertues and Use.

It is little used in Physick with us in these times, more than in Lotions to wash Sores, and Sore Mouths, and to cool Inflammations and dry up Fluxes. Yet *Mathiolus* saith it serveth to all the uses for which *Ciprus* or the East Privet is appointed by *Dioscorides* and *Galen*. He further saith, That the Oyl that is made of the Flowers of Privet infused ther-in, and set in the Sun, is singular good for the Inflammations of Wounds, and for the Headach coming of an hot caus. There is a sweet wa-ter also distilled from the Flowers that is good for all those Diseases that need cooling and drying, and therefore helpeth all Fluxes of the Belly or Stomach. Bloody Fluxes, and Wo-mens Courfes, being either drunk or applied, as also for those that void Blood at their Mouth or at any other place, and for Distil-lations of Rheums into the Eyes especially if it be used with Tutia.

Lotions to  
wash sore  
Mouths &  
Throats,  
Cool  
Inflama-  
tions,  
Dry Flu-  
xes,  
Inflamati-  
on in  
Wounds,  
Headach,  
Fluxes, &  
Womens  
Courfes,  
Voiding  
Blood,  
Rheum in  
the Eyes.

### Queen of the Meadows, Meadow-sweet, or Mead-sweet.

Description.

THE Stalks of this are reddish, rising to be three foot high, sometimes four or five foot, having at the Joyns thereof large winged Leavs, standing one above another at distances, consisting of many and somewhat broad Leavs, set on each side of a middle rib, being hard, rough, or rugged, crumpled much like to Elm Leavs, having also some smaller Leavs with them (as Agrimony hath) somewhat deeply dented about the edges, of a sad green colour on the upper side, and graish underneath, of a pretty sharp scent and taste, somewhat like unto Burnet, and a Leaf hereof put into a Cup of Claret Wine giveth also a fine relish to it: At the tops of the Stalks and Branches stand many tufts of small white Flowers, thrust thick together, which smel much sweeter than the Leavs: and in their places, being fallen, come crooked and cornered Seed; The Root is somewhat woody, and blackish on the outside and,



and brownish within, with diverse greater strings, and lesser Fibres set thereat, of a strong scent, but nothing so pleasant as the Flowers and Leavs and perisheth not, but abideth many years, shooting forth anew every Spring.

*Place.*

It groweth in moist Meadows, that lie much wet, or neer the Courses of Water.

*Time.*

It Flowreth in some place or other all the three Summer Months, that is, *June, July, and August*, and their Seed is ripe quickly after.

*Vertues and Use.*

It is used to stay all manner of Bleedings, Fluxes, Vomittings, and Womens Courtes, and also their Whites, It is said to alter and take away the fits of Quartan Agues, and to make a merry heart, for which purpose some use the Flowers, and some the Leavs. It helpeth speedily those that are troubled with the Chollick, being boyled in Wine; and with a little Honey taken warm, it openeth the Belly: but boyled in red Wine and drunk it stayeth the Flux of the Belly. Being outwardly applied, it healeth old Ulcers that are Cankrous or eaten, or hollow and Fistulous, for which it is by many much commended, as also for the Sores in the Mouth or secret parts. The Leavs when they are full grown being laid upon the Skin, will in a short time raise Blisters thereon, as *Tragus* saith. The water thereof helpeth the heat and Inflammation in the Eyes.

*Venus* claims dominion over the Herb.

\*\*\*\*\*

## The Quince-Tree.

*Description.*

THE Ordinary Quince-tree groweth often to the height and bigness of a reasonable Apple-tree, but more usually lower and crooked with a rough Bark, spreading Arms and Branches far abroad. The Leavs are somewhat like those of the Apple-tree, but thicker, harder, and fuller of Veins, and white on the under side, not dented at all about the edges. The Flowers are large and white, sometimes dash'd over with a Blush: The Fruit that followeth is yellow, being neer ripe, and covered with a white Freez or Cotton, thick set on the yonger, and growing less as they grow to be through ripe; bunched out often times in some places, some being liker an Apple and

some a Pear, of a strong heady scent, and not durable to keep, and is fowr, harsh, and of an unpleasant tast to eat fresh, but being scalded, roasted, baked, or preserved, becometh more pleasant.

*Place and Time.*

It best likes to grow neer Ponds and Watersides, and is frequent through this Land; and Flowreth not until the Leavs be come forth. The Fruit is ripe in *September or October*.

*Vertues and Use.*

Quinces when they are green, helps all sorts of Fluxes in man or Woman, and Chollick Lasks, Castings, and whatsoever needeth A-strictiō more than any way prepared by fire: Yet the Syrup of the Juyce, or the Conserve, are much conducible, much of the binding quality being consumed by the fire: If a little Vinegar be added, it stirreth up the languishing Appetite, and the Stomach given to casting; Some Spices being added, it comforteth and strengthneth the decayed and fainting Spirits, and helpeth the Liver oppressed; that it cannot perfect the digestion, and correcteth Choller and Flegm: If you would have them Purging, put Honey to them instead of Sugar; and if more Laxative, for Choller, Rubarb; for Flegm, Turbith; for watery Humors, Scammony, but if more forcibly to bind, use the unripe Quinces with Roses, and Acacia, or Hypocistis, and some torrefied Rubarb. To take of the crude Juyce of Quinces, is held a Preservative against the force of deadly poyson; for it hath been found most certain true, that the very smel of a Quince hath taken away all the strength of the Poyson of White Hellebore. If there be need of any outward binding and cooling of any hot Fluxes; The Oyl of Quinces, or other Medicines that may be made thereof are very available to anoint the Belly, or other parts therewith: It likewise strengtheneth the Stomach and Belly, and the Sinews that are loosed by sharp Humors falling on them, and restraineth immoderate sweatings. The Muccilage taken from the Seeds of Quinces boyled a little in Water, is very good to cool the Heat and heal the Sore Breasts of Women. The same with a little Sugar is good to lencise the harshness and hoarseness of the Throat, and roughness of the Tongue. The Cotton or Down of Quinces boyled and applied to Plague Sores, healeth them up; and laid as a Playster made up with Wax, it bringeth hair to them that are bald, and keepeth it from falling if it be ready to shed.





## Radish and Horse- Radish.

**T**He Garden Radish is so wel known that it needeth no Description.

### Description.

The Horse-Radish hath his first Leavs that rise before Winter, about a foot and a half long, very much cut in or torn on the edges into many parts of a dark green colour, with a great Rib in the middle: After these have been up a while, others follow, which are greater, rougher, broader, and longer whol, and not devided as the first, but onely somewhat roundly dented about the edges: The Stalk when it beareth Flowers (which is but seldom) is great rising up with some few lesser Leavs thereon to three or four foot high, spreading at the top many smal Branches of whitish Flowers, made of four Leavs apiece after which come smal Pods like those of Shepheards-Purs, but seldom with any Seed in them. The Root is great, long, white, and rugged shooting up divers Heads of Leavs, which may be parted for encreas, but it doth not creep within ground nor run above ground, and is of a strong sharp and bitter tast, almost like Mustard.

### Place.

It is found wild in some places of this Land, but is chiefly planted in Gardens where it joyeth in a moist and shadowy place.

### Time.

It Flowreth but seldom, but when it doth, it is in July.

### Vertues and Use.

Scurvy,  
Worms,  
Sciatica,  
Liver, &  
Spleen,

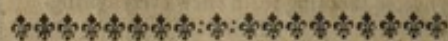
The Juyce of Horse-Radish given in drink is held to be very effectual for the Scurvy. It killeth the Worms in Children being drunk, and also laid upon the Belly. The Root bruised and laid to the place grieved with the Sciatica, Joynt-ach, or the hard Swellings of the Liver and Spleen, doth wonderfully help them all. The Distilled water of the Herb and Roots is more familiar to be taken with a little Sugar for all the purposes aforesaid.

Stone,  
Disury.

Garden Radishes are in wantonness by the Gentry eaten as Sallet, but they breed but scurvy Humors in the Stomach, and corrupt the Blood, and then send for a Physitian as fast as you can, this is one cause, makes the owners of such nice Pallats so unhealthful, yet for such as are troubled with the Gravel, Stone, or stoppage of Urine, they are good Physick if the Body be strong that takes them, you may make the Juyce of the Roots into a Syrup if

you please for that use, they purge by Urine exceedingly.

I know not what Planets they are under, I think none of all the Seven will own them.



## Ragwort.

### Description.

**T**He greater common Ragwort hath many large and long dark green Leavs lying on the ground, very much rent and torn on the sides into many pieces, from among which rise up sometimes but one, and sometimes two or three square or crested blackish or brownish Stalks three or four foot high, sometimes branched bearing diverse such like Leavs upon them at several distances unto the tops, where it brancheth forth into many Stalks bearing yellow Flowers, consisting of diverse Leavs set as a Pale or Border, with a dark yellow thrum in the middle, which do abide a great while, but at last are turned into Down, and with the smal blackish gray Seed are carried away with the wind. The Root is made of many Fibres, whereby it is firmly fastned into to the ground, and abideth many yeers.

There is another sort hereof different from the former only in this, That it riseth not so high; the Leavs are not so finely jagged, nor of so dark a green colour, but rather somewhat whitish, soft and woolly, and the Flowers usually paler.

### Place.

They grow both of them wild in Pastures, and untilld grounds in many places, and oftentimes both of them in one Field.

### Time.

They Flower in June and July, and the Seed is ripe in August.

### Vertues and Use.

Ragwort, Clenseth, Digesteth, and Discusseth. The Decoction of the Herb to wash the Mouth or Throat that have Ulcers or Sores therein; and for Swellings, hardness, or impostumations, for it thoroughly clenseth and healeth them; as also the Quinsie and the Catarrhs Kings Evil: It helpeth to stay Catarrhes, & Defluxions from the Head into the Eyes, Nose, or Lungs. The Juyce is found by experience to be singular good to heal green Wounds, and to clense and heal all old and filthy Ulcers in the Privities and in the privy other parts of the Body; as also inward Wounds and Ulcers, and stayeth the Malignity of fretting or running Cankers and hollow Cankers, low Fistulaes, not suffering them to spread further. It is also much commended to help Aches and pains either in the Flethy parts or in the Nervs and Sinews; as also the Sciatica, or pain of the Hips or Huckle-Bone, to bath the places

Sore  
Mouth or  
Throat,  
Swellings  
and Impos-

sumes,  
Quinsie  
& Kings  
Evil,  
Catarrhs  
& Defluxions,  
Green  
Wounds &  
ulcers in  
the privy  
Parts,  
Running  
Cankers,  
hollow  
Cankers,  
Fistulaes,  
Aches &  
pains,  
Sciatica,  
places



places with the Decoction of the Herb, or to anoint them with an Oynment made of the Herb bruised and boyled in old Hogs Suet, with some Maltich and Olibanum in Pouder, added unto it after it is strained forth.

In *Suffex* we call it *Ragweed*.



### Rattle-grafs.

**O**F this there are two kinds, which I shall speak of, *Viz.* The Red and yellow.

#### Description.

The common red *Rattle*, hath sundry reddish hollow Stalks, and sometimes green rising from the Root, lying for the most part on the ground, yet some growing more upright, with many smal reddish or greenish Leavs set on both sides of a middle Rib finely dented about the edges: The Flowers stand at the tops of the Stalks and Branches, of a fine purplish red colour, like smal gaping hoods, after which come flat blackish Seed in small Husks, which lying loof therein, will Rattle with shaking. The Root consists of two or three small whitish strings, with some fibres thereat.

The common Yellow *Rattle* hath seldom above one round green Stalk rising from the Root, about half a yard or two foot high, and but few Branches thereon having two long and somewhat broad Leavs set at a Joynt, deeply cut in on the edges, resembling the Comb of a Cock, broadest next to the Stalk and smaller to the end: The Flowers grow at the tops of the Stalks with some shorter Leavs with them, hooded after the same manner that the others are, but of a fair yellow colour in moist, or in some paler, and in some more white. The Seed is contained in large Husks, and being ripe will rattle or make a nois with lying loofe in them. The Root is small and slender perishing every year.

#### Place.

They grow in our Meadows and Woods, generally through this Land.

#### Time.

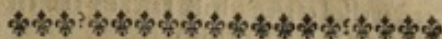
They are in Flower from Midsummer until *August* be past sometimes.

#### Virtues and use

The Red *Rattle* is accounted profitable to heal up *Fistulaes*, and hollow *Ulcers*, and to stay the Flux of Humors to them, as also the abundance of Womens Courses, or any other Flux of Blood, being boyled in red Wine and drunk.

The Yellow *Rattle* or Cocks Comb is held to be good for those that are troubled with a Cough, or with Dimness of Sight, if the Herb being boyled with Beans, and some Honey put thereto, be drunk, or dropped into the Eyes. The whol Seed being put into the

Eyes draweth forth any Skin, Dimness, or Film from the sight without trouble or pain.



### Rest-Harrow, or Cammoak.

#### Description.

**T**he common *Rest-Harrow* riseth up with divers rough woody twigs, half a yard, or a yard high, set at the Joynts without order, with little roundish Leavs sometimes more than two or three at a place, of a dark green colour, without thorns while they are yong, but afterwards armed in sundry places with short and sharp Thorns. The Flowers come forth at the tops of the twigs and Branches whereof it is full, fashioned like Peas, or Broom Blossoms, but lesser, flatter, and somewhat closer, of a faint purplish colour; after which come smal Pods, containing smal, flat, and round Seed: The Root is blackish on the outside and whitish within, very tough and hard to break when it is fresh and green, and as hard as an Horn when it is dried, thrusting down deep into the ground, and spreading likewise, every piece being apt to grow again if it be left in the ground.

#### Place.

It groweth in many places of this Land, as well in the Arable as wast ground.

#### Time.

It Flowreth about the beginning or middle of *July*, and the Seed is ripe in *August*.

#### Virtues and use.

It is singular good to provoke Urine when Urine it is stopped, and to break and drive forth the *Stopped*, *Stone*, which the Pouder of the Bark of the *Stone*, Root taken in Wine performeth effectually. *Mathiolus* saith, the same helpeth the Disease called *Hiermia Carnosa*, the Flethy Rupture by taking the said Pouder for some Months together constantly, and that it hath cured some which seemed incurable by any other means than by cutting or burning. The Decoction thereof made with some Vinegar and gargled in the Mouth, easeth the Toothach, especially when it comes of Rheum; and the said Decoction is very powerful to open Obstructions of the Liver and Spleen, and other parts. A Distilled Water made in *Balneo Marie* with four pound of the Roots hereof first sliced smal, and afterwards steeped in a Gallon of Canary Wine, is singular good for all the purposes aforesaid and to clem the passages of the Urine. The Pouder of the said Root made into an Electuary or Lozenges with Sugar: as also the Bark of the fresh Roots boyled tender and afterwards beaten into a Conserve with Sugar, worketh the like effect. The Pouder of

Flethy Rupture,

Toothach,

Liver & Spleen Obstructed



Ulcers.

the Roots strewed upon the Brims of Ulcers, or mixed with any other convenient thing and applied consumeth the hardness and causeth them to heal the better.



## Rocket.

**I**n regard the garden Rocket is rather used as a Sallet Herb than to any Physical purposes, I shall omit it, and only speak of the common wild Rocket: The Description whereof take as followeth.

## Description.

The common wild Rocket, hath longer and narrower Leavs much more devided into slender cuts and jags on both sides of the middle Rib, than the Garden kinds have, of a sad overworn green colour, from among which riseth up divers stiff Stalks two or three foot high, sometimes set with the like Leavs but smaller, and smaller upwards, branched from the middle into divers stiff Stalks, bearing sundry yellow Flowers on them made of four Leavs apiece, as the others are, which afterwards yield smal reddish Seed, in smal long Pods, of a more bitter and hot biting tast than the Garden kinds, as the Leavs are also.

## Place.

It is found wild in divers places of this Land.

## Time.

It Flowreth about June and July, and the Seed is ripe in August.

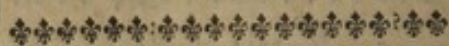
## Vertues and Use.

Increaseth  
Sperm &  
Venery,  
Helps Di-  
gestion,  
Provokes  
Urine,  
Biting of  
Serpents  
&c.  
Cough in  
Children,  
Increaseth  
Milk,  
Clenseth  
the Face,  
Scars,  
Blue spots,  
Marks of  
smal Pox.

The Wild Rocket is more strong and effectual to increas Sperm and Venereous qualities, whereunto also the Seed is more effectual than the Garden kinds: It serveth also to help Digestion and provoketh Urine exceedingly. The Seed is used to cure the bitings of Serpents, the Scorpion, and the Shrew-Mouse, and other Poysons, and expelleth Worms and other noisom Creatures that breed in the Body. The Herb boyled or stewed, and some Sugar put thereto, helpeth the Cough in Children being taken often. The Seed also taken in drink taketh away the ill scent of the Armpits, increaseth Milk in Nurfes, and wa-  
reth the Spleen. The Seed mixed with Honey, and used on the face, clenseth the Skin from Spots, Moiphew and other discolourings therein: and used with Vinegar taketh away Freckles and redness in the Face or other parts, and with the Gall of an Ox, it amendeth foul Scars, black and blew Spots, and the marks of the smal Pox.

The Wild Rockets are forbidden to be used alone in regard their sharpness sumeth into

the Head, causing ach and pain therein: and are no less hurtful to hot and Chollerick persons, for fear of inflaming their Blood, and therefore for such we may say, a little doth but a little harm. For angry Mars rules them, and he sometimes will be testy when he meets with Fools.

Winter Rocket, or  
Cresses.

## Description.

**W**inter Rocket, or Winter Cresses, hath diverse somewhat large sad green Leavs lying upon the ground, torn or cut into divers parts, somewhat like unto Rocket, or Turnep Leavs with smaller pieces next the bottom, and broad at the ends which so abide all Winter (if it spring up in Autumn, when it is used to be eaten) from among which riseth up divers smal round Stalks full of branches, bearing many smal yellow Flowers of four Leavs apiece, after which come smal long Pods with reddish Seed in them: The Root is somewhat stringy, and perisheth every year after the Seed is ripe.

## Place.

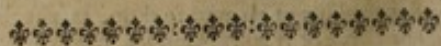
It groweth of its own accord in Gardens and Fields by the way sides in diverse places, and particularly in the next Pasture to the Conduit-Head behind Grays-Inne that brings Water to Mr. Lamb's Conduit in Hol-bourn.

## Time.

It Flowreth in May, and Seedeth in June, and then perisheth.

## Vertues and Use.

This is profitable to provoke Urine, and Strangury, helpeth the Strangury, and to expel Gravel Gravel & the Stone; It is also of good effect in the Stone, Scurvey: It is found by experience to be a singular good Wound Herb, to cleanse inward Wounds, the Juyce or Decoction being drunk, Ulcers, & or outwardly applied to wash foul Ulcers and Sores. Sorts, clenning them by sharpness, and hindring or abating the dead Flesh from growing therein, and healing them by the drying quality.



## Roses.

**I** Hold it altogether needless to trouble the Reader with a Description of any of these, sith both the Garden Roses, and the Wild Roses of the Bryars are well enough known; Take therefore the Vertues of them as followeth



weth : And first I shal begin with the Garden kinds.

*Vertues and use.*

The White and the Red *Roses* are cooling and drying, yet the White is taken to exceed the Red in both those properties, but is seldom used inwardly in any Medicine. The bitterness in the *Roses* when they are fresh, especially the Juice purgeth Choller, and watery Humors, but being dried and that heat which caused the bitterness being consumed, they have then a binding and astringent quality ; Those also that are not full blown do both cool and bind more than those that are full blown, and the White *Roses* more than the Red. The Decoction of Red *Roses* made with Wine and used, is very good for the Headach, and pains in the Eyes, Ears, Throat, and Gums, as also for the Fundament, the lower Bowels, and the Matrix, being bathed, or put into them. The same Decoction with the *Roses* remaining in it is profitably applied to the Region of the Heart to ease the Inflammation therein ; as also St. Antonies fire, and other Diseases of the Stomach. Being dried and beaten to Powder, and taken in stealed Wine or Water, it helpeth to stay Womens Courses. The yellow threads in the middle of the red *Roses* (which are erroneously called the *Rose Seeds*) being powdered and drunk in the distilled water of Quinces, stayeth the overflowing of Womens Courses, and doth wonderfully stay the Defluxions of Rheum upon the Gums and Teeth, preserving them from corruption, and fastning them if they be loose, being washed and gargled therewith, and some Vinegar of Squills added thereto. The Heads with Seed being used in Powder or in a Decoction, stayeth the Lask, and spitting of Blood. Red *Roses* do strengthen the Heart, the Stomach, and the Liver, and the retentive Faculties, they mitigate the pains that arise from Heat, assuage Inflammations, procure rest and sleep, stay both Whites and Reds in Women, the Gonorrhea, running of the Reins, and the Fluxes of the Belly ; The Juice of them doth purge and cleanse the Body from Choller and Flegm : The Husks of the *Roses* with the Beards and Nails of the *Roses* are binding and cooling, and the Distilled Water of either of them is good for the Heat and redness in the Eyes, and to stay and dry up the Rheums and watering of them. Of the Red *Roses* are usually made many Compositions all serving to sundry good uses ; Vix. Electuary of *Roses* ; Conserve both moist and dry, which is more usually called Sugar of *Roses* ; Syrup of dried *Roses*, and Honey of *Roses* ; The Cordial Powder called *Diarrhodon Abbatin*, and *Aromaticum Rosarum* ; The Distilled Water of *Roses*, Vinegar of *Roses*, Oyntment and Oyl of *Roses*, and the *Rose Leavs* dried, which although no Composition, yet of very great use and effect.

To write at large of every one of these would make my Book swell too big, it being sufficient for a Volum by it self to speak fully of them : But briefly ; The Electuary is purging, whereof two or three Drams taken by it self in some convenient Liquor is a Purge sufficient for a weak Constitution ; but may be increased to six drams according to the strength of the Patient. It purgeth Choller without trouble, and is good in hot Feavers, and pains of the Head arising from hot Chollerick Humors, and heat in the Eyes, the Hot Jaundice also, and Joynt Aches proceeding of hot Humors. The moist Conserve is of much use, both binding and Cordial, for until it be about two years old it is more binding than Cordial, and after that, more Cordial than Binding : Some of the younger Conserve taken with *Meltridatum* mixed together, is good for those that are troubled with Distillations of Rheum from the Brain to the Nose, and Defluxions of Rheum into the Eyes, as also for Fluxes, and Lasks of the Belly ; and being mixed with the Powder of Maltick is very good for the Running of the Reins, and for other looseness of Humors in the Body. The old Conserve mixed with *Aromaticum Rosarum* Lask, is a very good Cordial against Faintings, Swounings, Weakness, and Tremblings of the Heart, strengthening both it, and a weak Stomach, helpeth digestion, stayeth casting, and is a very good Preservative in the time of Infection. The dry Conserve which is called Sugar of *Roses*, is a very good Cordial to strengthen the Heart and Spirits ; as also to stay Defluxions. The Syrup of dried Red *Roses* strengthneth a Stomack given to casting, cooleth an overheated Liver and the Blood in Agues, comforteth the Heart and resisteth putrefaction and infection, and helpeth to stay Lasks and Fluxes. Honey of *Roses* is much used in Gargles and Lotions to wash Sores either in the Mouth, Throat, or other parts, both to cleanse and heal them, and to stay the Fluxes of Humors falling upon them ; it is also used in Clifters both to cool and cleanse. The Cordial Powders called *Diarrhodon Abbatin* and *Aromaticum Rosarum* do comfort and strengthen the Heart and Stomach, procure an Appetite, help Digestion, stayeth Vomiting ; and is very good for those that have slippery Bowels to strengthen them, and to dry up their moistrure. Red *Rose Water* is of well known and familiar use in all occasions (and better than Damask *Rose Water*) being cooling, ling and Cordial, refreshing and quickning the weak and faint Spirits, used either in meats, or broths, to wash the Temples, or to smel to the Nose, or to smel the sweet vapors thereof out of a perfuming Pot or cast on a hot Fire-shovel : It is also of much good use against the redness and Inflammations in the eyes to bath them therewith, and the Temples of the



Procure  
sleep,

Heat of  
the Liver,  
Back &  
Reins,  
Pustles,  
Wheals &  
Pimples,  
Fluxes of  
Humors,

Weak Stomach,

Purge  
Choller,

Bind the  
Belly,

Melan-  
chollick,  
Humors,  
Lepry, Itch  
Tetters,  
French  
Pox,

Opens the  
Belly,

the Head also against pain and ach. for which purpose also Vinegar of Roses is of much good use; and to procure rest and sleep, if some thereof and Rosewater together be used to smel unto, or the Nose and Temples moistened therewith; but more usually to moisten a piece of Red Rose Cake cut fit for the purpose, and heated between a double folded Cloth, with a little beaten Nutmeg and Poppy Seed strewed on the side that must lie next to the Forehead & Temples; & so bound thereto for all night. The Oynment of Roses is much used against heat & Inflammations in the Head, to anoint the forehead & temples, & being mixed with *Unguentum Populeum*, to procure rest; as also it is used for the heat of the Liver, of the Back and Reins, and to cool and heal Pustles, Wheals and other red Pimples rising in the Face or other parts. Oyl of Roses is not only used by it self to coole any hot Swellings or Inflammations, and to bind and stay Fluxes of Humors unto Sores, but is also put into Oyntments and Plaisters that are cooling and binding, and restraining the Flux of Humors. The dried Leavs of the Red Roses are used both inward and outwardly, both cooling, binding, and Cordial, for with them are made both *Aromaticum Rosarum*, *Diabodon Abbatie*, and *Saccharum Rosarum*, each of whose Properties are before declared. Rose Leavs and Mints heated and applied outwardly to the Stomach, stayeth castings, and very much strengthneth a weak Stomach; and applied as a Fomentation to the Region of the Liver and Heart, doth much cool and temper them, and also serveth instead of a Rose Cake (as is said before) to quiet the over hot spirits and cause rest and sleep. The Syrup of Damask Roses is both Simple and Compound, and made with Agrick. The Simple Solutive Syrup, is a familiar, safe, gentle, and easie Medicine, purging Choller, taken from one ounce to three or four; yet this is remarkable herein, That the distilled Water of this Syrup should notably bind the Belly; The Syrup with Agrick is more strong and effectual, for one ounce thereof by it self will open the Body more than the other, and worketh as much on Flegm as Choller. The Compound Syrup is more forcible in working on Melanchollick Humors, and available against the Lepry, Itch, Tetters, &c. and the French Disca: Also Honey of Roses Solutive is made of the same infusion that the Syrup is made of, and therefore worketh the same effect both in opening and purging, but is oftener given to Flegmatick than Chollick persons, and is more used in Clysters than in Potions, as the Syrup made with Sugar is. The Conserve and Preserved Leavs of these Roses are also operative, in gently opening the Belly. The Simple Water of the Damask Roses is chiefly used for fumes to sweeten things, as the dried Leavs thereof

to make sweet Pouders, and fill sweet Bags, and little use they are put to in Physick, although they have some purging quality; The wild Roses also are few or none of them used in Physick, but yet are generally held to come near the Nature of the Manured Roses. The Fruit of the wild Bryar which are called Heps being thoroughly ripe and made into a Conserve with Sugar besides the pleasantness of the tast doth gently bind the Belly, and stay Defluxions from the Head upon the Stomach, drying up the moisture thereof, and helpeth digestion. The Pulp of the Heps dried unto a hard consistence, like to the Juyce of Liquorice, or so dried that it may be made into Powder and taken in drink stayeth speedily the Whites in Women. The Bryar Ball is often used being made into Powder and drunk to break the Stone, to provoke Urine when it is stopped, and to ease and help the Chollick; some appoint it to be burnt, and then taken for the same purpose. In the middle of these Balls are often found certain white Worms, which being dried and made into Powder, and some of it drunk, is found by experience of many to kill and drie forth the Worms of the Belly.

What a quarter have Authors made with Roses, what a racket have they kept? I shall ad, Red Roses are under *Jupiter*, Damask under *Venus*, and White under the *Moon*, and Province under the King of France.

\*\*\*\*\*

## Rosa Solis, or Sun-dew.

### Description.

His hath diverse smal round hollow Leavs, somewhat greenish, but full of certain red hairs, which makes them seem red, every one standing upon its own Footstalk, reddish hairy likewise. The Leavs are continually moist in the hottest day, yea the hotter the Sun shines on them the moister they are, with a certain sliminess that will rope (as we say) the smal hairs alwaies holding this moisture: Among these Leavs rise up small slender stalks, reddish also, three or four fingers high, bearing diverse smal white Knobs one above another which are the Flowers, after which in the Heads are certain smal Seeds. the Root is a few small hairs.

### Place.

It groweth usually on Bogs, and in wet places, and sometimes in moist Woods.

### Time.

It Flowreth in June, and then the Leavs are fittest to be gathered.

### Vertues and Use.

*Rosa Solis* is accounted good to help those Distillations that have salt Rheum distilling on their Lungs, of which breedeth a Consumption, and therefore Rheum, the

Bind the  
Belly, &  
stay Deflu-  
xions,

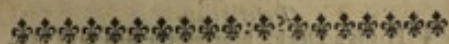
Whites in  
Women,  
Stone,  
provoke  
Urine,  
Chollick,

Worms.



the Distilled water thereof in Wine is held fit and profitable for such to drink, which Water will be of a gold yellow colour: The same Water is held to be good for all other Diseases of the Lungs, as Phisicks, Wheezing, shortness of Breath, or the Cough; as also to heal the Ulcers that happen in the Lungs, and it comforteth the Heart and fainting Spirits; The Leavs outwardly applied to the Skin will raise Blisters, which hath caused some to think it, dangerous to be taken inward; but there are other things which will also draw Blisters, yet nothing dangerous to be taken inwardly. Raise Blisters. There is an usual Drink made hereof with *Asters*, *qua vita* and Spices frequently, and without Passions of any offence or danger, but to good purpose used in qualms and passions of the Heart.

The Sun rules it, and 'tis under the Sign *Cancer*.



### Rosemary.

Our Garden *Rosemary* is so well known, that I need not here describe it.

Time.

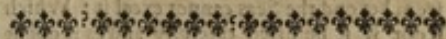
It Floweth in *April* and *May* with us, and sometimes again in *August*.

Vertues and Use.

It is an Herb of as great use with us in these daies, as any whatsoever, not only for Physicall but Civil purposes. The Physicall use of it (being any present Task) is very much, both for inward and outward Diseases; For by the warming and comforting heat thereof it helpeth all cold Diseases, both of the Head, Stomach, Liver, and Belly. The Decoction thereof in Wine helpeth the cold Distillations of Rheum into the Eyes, and all other cold Diseases of the Head and Brain, as the Giddiness or swimming therein, Drowsiness, or Dulness of the mind and senses, like a stupidity, the dumb Palsey, or loss of speech, the Lethargy, and Falling-sickness, to be both drunk and the Temples bathed therewith. It helpeth the pains in the Gums and Teeth, by Rheum falling into them, or by putrefaction causing an evil smell from them, or a stinking Breath. It helpeth a weak Memory, and quickeneth the Senses. It is very comfortable to the Stomach in all the cold Griets thereof, helping both retention of meat, and digestion, the Decoction or Powder being taken in Wine: It is a Remedy for the windiness in the Stomach or Bowels, and expellerh it powerfully, as also Wind in the Spleen. It helpeth those that are Livergrown, by opening the Obstructions thereof. It helpeth dim Eyes, and procureth a clear sight, the Flowers thereof being taken all the while it is Flowering, every morning fasting with bread and

Salt. Both *Dioscorides* and *Galen* say, That if a Decoction be made thereof with Water and they that have the yellow Jaundice do exercise their Bodies presently after the taking thereof, it will certainly cure it: The Flowers and the Conserve made of them, is singular good to comfort the Heart, and to expel the contagion of the Pestilence; to burn the Herb in Houses and Chambers correcteth the Air in them: Both the Flowers and the Leavs are very profitable for Women that are troubled with the Whites, if they be daily taken. The dried Leavs shred smal and taken in a Pipe like as Tobacco is taken, helpeth those that have any Cough or Phisick, or Consumption, by warming and drying the thin Distillations which caus those Diseases. The Leavs are much used in Bathings, and made into Oynments or Oyls, is singular good to help cold benumbed Joynts, Sinews, or Members. The Chimical Oyl drawn from the Leavs and Flowers, is a Sovereign help for all the Diseases aforesaid; to touch the Temples and Nostrils with two or three drops, for all the Diseases of the Head and Brains spoken of before; as also to take a drop two or three as the caus requireth for the inward griets, yet must it be done with Discretion, for it is very quick and piercing, and therefore but a very little must be taken at a time. There is also another Oyl made by insolation in this manner: Take what quantity you will of the Flowers, and put them into a strong Glass close stopped, tie a fine linnen cloth over the Mouth, and turn the Mouth down into another strong Glass, which being set in the Sun, an Oyl will distil down into the lower Glass, to be preserved as precious for divers uses, both inward and outward as a Sovereign Balm to heal the Diseases before mentioned, to clear a dim sight, and to take away spots, marks and scars in the skin.

The Sun claims Priviledg in it and 'tis under the Coelestiall *Ram*.



### Rubarb, or Rhapontick.

Do not start, and say this grows you know not how far off; and then ask me, How it comes to pass that I bring it among our English Simples: for though the name may speak it Forreign yet it grows with us in England, and that frequent enough in our Gardens, and when you have thoroughly perused its Vertues, you will conclude it nothing inferior to that which is brought us out of *China*, & by that time this hath been as much used as that hath been, the name which the other

M m 2

hath

Yellow  
Jaundice,

Pestilence,

Whites in  
Women,  
Cough,  
Phisick, or  
Consump-  
tion,

benumbed  
Joynts,

spots and  
scars in  
the Skin.

Cold Diseases,  
Rheum,  
swimming  
of the  
Head,  
Drowsiness  
Stupidity,  
Dumb Palsey,  
Lethargy  
& Falling-  
sickness,  
Toothach,  
stinking  
breath,  
weak  
Memory.  
Stomach,  
Retention  
of Meat,  
wind,  
Liver-  
grown,  
Dim sight,



hath gotten will be eclipsed by the same of this: Take therefore a Description at large of it, as followeth.

*Description.*

At the first appearing out of the ground when the Winter is past, it hath a great round brownish head rising from the middle or sides of the Root, which openeth it self into sundry Leavs one after another, very much crumpled or folded together at the first, and brownish, but afterward it spreadeth it self and becometh smooth very large and almost round, every one standing on a brownish Stalk of the thickness of a mans Thumb, when they are grown to their fullness, and most of them two foot and more in length, especially when they grow in any moist or good Ground; and the Stalk of the Leaf also from the bottom thereof to the Leaf it self, being also two Foot, The breadth thereof from edge to edge in the broadest place, being also two foot, of a sad or dark green colour, of a fine tart, or sourish tast, much more pleasant than the Garden or Wood sorrel. From among these riseth up some but not every year, a strong thick Stalk, not growing so high as the Patience or Garden Dock, with such round Leavs as grow below, but smaller, at every Joynt up to the top, and among the Flowers which are white spreading forth into many Branches, and consisting of five or six small white Leavs apiece, hardly to be discerned from the white threds in the middle, and seeming to be all threds, after which come brownish three square Seed like unto other Docks, but larger whereby it may be plainly known to be a Dock. The Root groweth in time to be very great, with divers and sundry great spreading Branches from it, of a dark, brownish, or reddish colour on the outside, with a pale yellow skin under it which covereth the inner substance or Root, which rind and Skin being pared away, the Root appeareth of so fresh and lively a colour, with flesh-colour'd Veins running through it, that the choicest of that *Rubarb* that is brought us from beyond the Seas cannot extel it: Which Root if it be dried carefully and as it ought (which must be in our Countrey by the gentle heat of a fire in regard the Sun is not hot enough here to do it, and every piece kept from touching one another) will hold his colour almost as well as when it is fresh; and hath been approved of and commended by those who have oftentimes used them.

*Place.*

It groweth in Gardens, and Flowreth about the beginning or middle of *June*, and the Seed is ripe in *July*.

*Time.*

The Roots that are to be dried and kept all the year following, are not to be taken up before the Stalk and Leavs be quite withered and gone, and that is not until the middle or end

of October; and if they be taken a little before the Leavs do spring, or when they are sprung up, the Roots will not have half so good a colour in them.

I have given the precedence unto this, because in vertues also it hath the preheminance; I come now to describe unto you that which is called *Patience*, or *Monks Rubarb*; and next unto that, the great round *Leav'd Dock*, or *Bastard Rubarb*; for the one of these may happily supply in the absence of the other; being not much unlike in their Vertues, only one more powerful and efficacious than the other; And lastly, shall shew you the Vertues of all the three Sorts.

### Garden Patience, or Monks Rubarb.

*Description.*

This is a Dock, bearing the name of *Rubarb*, for some purging quality therein, and groweth up with large tall Stalks, set with somewhat broad and long fair green Leavs, not dented at all; The tops of the Stalks being divided into many smal Branches, bear reddish or purplish Flowers, and three square Seed like unto other Docks. The Root is long, great and yellow like unto the wild Docks, but a little redder, and if it be a little dried sheweth less store of discoloured veins, than the next doth when it is dry.

### Great round leav'd Dock, O R, Bastard Rubarb.

*Description.*

This hath divers large, round, thin, yellowish green Leavs, rising from the Root, a little waved about the edges, every one standing on a reasonable thick, and long brownish Footstalk; from among which, riseth up a pretty big Stalk about two foot high, with some such like Leavs growing thereon, but smaller. At the top whereof stand in a long Spike many smal brownish Flowers, which turn into hard three square shining brown Seed, like the Garden *Patience* before described. This Root groweth greater than that, with many Branches or great Fibres thereat, yellow on the outside, and somewhat pale yellow within, with some discoloured veins like to the *Rubarb* which is first described, but much less than it, especially when it is dry.

*Place and Time.*

These also grow in Gardens, and Flower and Seed at or neer the same time that our true *Rubarb* doth, *Viz.* they Flower in *June*, and the Seed is ripe in *July*.

*Vertues*



## Vertues and Use

Purge  
Choller &  
Flegm,  
stay Laskes  
and bloody  
Flux,  
Scabs &  
Ulcerous  
Sores,  
Running  
Sores,  
Pains of  
the Ears,  
Toothach,  
Jaundice,  
pains of  
the Sto-  
mach &  
loathing of  
Meat,  
Kings E-  
vil, Stone,  
Urine,  
Dim sight,  
Liver &  
Blood,  
Choller &  
Flegm,  
Obstruc-  
tions,  
Jaundice,  
Dropse,  
Spleen,  
Agues,  
pains of  
the sides,  
& spitting  
of Blood,  
Running  
of the  
Reins,  
Swelling  
in the  
Head,  
Sciatica,  
Gout,

A dram of the dried Root of *Monks Rubarb*, with a scruple of Ginger made into Pouder and taken fasting in a draught or mels of warm Broth, purgeth Choller and Flegm downward very gently, and safely without danger: The Seed thereof contrarily doth bind the Belly, and helpeth to stay any sort of Lask or Bloody Flux. The distilled water thereof is very profitably used to heal Scabs, as also foul Ulcerous Sores, and to allay the Inflammations of them: The Juice of the Leavs or Roots, or the Decoction of them in Vinegar is used as a most effectual Remedy to heal Scabs and running Sores.

The *Bastard Rubarb* hath all the properties of the *Monks Rubarb*, but more effectual for both inward and outward Discaes. The Decoction thereof with Vinegar dropped into the Ears, taketh away the pains: gargled in the Mouth, taketh away Toothach, and being drunk healeth the Jaundice. The Seed thereof taken easeth the gnawing and griping pains of the Stomach, and taketh away the loathing thereof unto Meat: The Root thereof helpeth the ruggedness of the Nails, and being boyled in Wine helpeth the Swellings of the Throat, commonly called the Kings evil, as also the Swellings of the Kernels of the Ears: It helpeth them that are troubled with the Stone; provoketh Urine, and helpeth the dimness of the Sight. The Roots of this *Bastard Rubarb* are used in opening and purging Diet Drinks with other things, to open the Liver, and to clem and cool the Blood.

The properties of that which is called the *English Rubarb*, are the same with the former, but much more effectual, and hath all the properties of the true *Indian Rubarb*, except the force in purging, wherein it is but of half the strength thereof, and therefore a double quantity must be used: it likewise hath not that bitterness and astringency; in other things it worketh almost in an equal quality, which are these: It purgeth the Body of Choller and Flegm, being either taken of it self, made into Pouder and drunk in a draught of white Wine, or steeped therein all night and taken fasting, or put among other Purgers, as shall be thought convenient, cleansing the Stomach, Liver, and Blood, opening Obstructions, and helping those griefs that come thereof; as the Jaundice, Dropse, swelling of the Spleen, Tertian and day Agues, and the pricking pain of the sides, and also it stayeth spitting of Blood. The Pouder taken with Cassia dissolved, and a little wash'd *Venice Turpentine*, cleareth the Reins and strengthneth them afterwards, and is very effectual to stay the running of the Reins or Gonorrhea. It is also given for the pains and swellings in the Head, for those that are troubled with Melancholly, and helpeth the Sciatica, the Gout, and the

Cramp. The Pouder of *Rubarb* taken with a little Mummia and Madder Roots in some red Wine, dissolveth clotted Blood in the Body, hapning by any fall or bruise, and healeth hurtlings and broken parts as well inward as outward: The Oyl likewise wherein it hath been boyled, worketh the like effects, being anointed. It is used to heal those Ulcers that happen in the Eyes and Eyelids, being steeped and strained; as also to assuage the Swellings, and Inflammations; and applied with Honey, Black & or boyled Wine, it taketh away all black and blue Spots, or Marks that happen therein. Purge the Whey, or white Wine are the best Liquors to steep it in, and thereby it worketh more effectually in opening Obstructions, and purging the Stomach and Liver. Many do use a little *Indian Spicknard* as the best Correcter thereof.

*Mars* claims Predominancy over all these wholsom Herbs, you cry out upon him for an infortune, when God created him for your good (only he is angry with Fools) what dishonor is this, not to *Mars*, but to God Himself.



## Meadow Rue.

## Description.

THIS riseth up with a yellow stringy Root, much spreading in the ground, and shooting forth new sprouts round about, with many Herby green Stalks two foot high, crested all the length of them, set with Joynts here and there, and many large Leavs on them as well as below, being divided into smaller Leavs, nicked or dented in the forepart of them, of a sad green colour on the upper side, and pale green underneath: Toward the top of the Stalk there shooteth forth divers short Branches, on every one thereof there stand two, three, or four smal round Heads or Buttons, which breaking the skin that incloseth them shew forth a tuft of pale greenish yellow threds, which falling away there comes in their places small three corned Cods, wherein is contained smal, long, and round Seed. The whole Plant hath a strong unpleasant scent.

## Place.

It groweth in many places of this Land; in the Borders of moist Meadows, and by Ditch sides.

## Time.

It Flowreth about July or the beginning of August.

## Vertues and Use.

*Dioscorides* saith that this Herb bruised and applied perfectly healeth old Sores: and the distilled water of the Herb and Flowers doth the like. It is used by some among other Pot-herbs



herbs to open the Body and make it soluble; but the Roots washed clean, and boyled in Ale and drunk provoketh to the Stool more than the Leavs; but yet very gently. The Root boyled in Water, and the places of the Body most troubled with Vermine or Lice, washed therewith while it is warm, destroyeth them utterly. In Italy it is used against the Plague, and in Saxony against the Jaundice, as *Camerarius* saith.

### Garden Rue.

**T**his is so well known, both by this name, and the Name *Herb of Grace*; that I shall not need to write you any further Description of it: But shall only shew you the Vertues of it as followeth.

#### Vertues and Use.

*Urine, Womens Courses, Poysons, Plague, Abate Venery, pains of the Chest & Sides, Cough, Hard breathing, Sciatica, & Joynt aches, Agues, Wind Chollick, Mother, Worms, Gout, Dropsie, Bleeding, Swelling of the Cods, Wheals & Pimples,*

It provoketh Urine and Womens Courses, being taken either in Meat or Drink. The Seed thereof taken in Wine, is an Antidote against all dangerous Medicines or deadly Poysons. The Leavs taken either by themselves, or with Figs and Walnuts is called *Methridates* his Counter poyson, against the Plague and causeth all Venemous things to become harmless: Being often taken in Meat or Drink it abateth Venery, and destroyeth the ability to beget Children. A Decoction made thereof with some dried Dill Leavs and Flowers, easeth all pains and torments inwardly to be drunk, and outwardly to be applied warm to the place grieved. The same being drunk helpeth the pains both of the Chest and Sides, as also Coughs, hardness of breathing, the Inflammations of the Lungs, and the tormenting pains of the Sciatica, and the Joynts, being anointed or laid to the places, as also the shaking Fits of Agues, to take a draught before the Fit come: Being boyled or infused in Oyl it is good to help the wind Chollick, the hardness or windiness of the Mother, and freeth women from the strangling or suffocation thereof, if the Share and the Parts thereabouts be anointed therewith: It killeth and driveth forth the Worms of the Belly, if it be drunk after it is boyled in Wine to the half with a little Honey: It helpeth the Gout or pains in the Joynts of Hands, Feet, or Knees applied therunto: and with Figs it helpeth the Dropsie being bathed therewith: being bruised and put into the Nostrils it staith the Bleeding thereof. It helpeth the swelling of the Cods if they be bathed with a Decoction of Rue and Bay Leavs. It taketh away Wheals and Pimples if being bruised with a

few Mirtle Leavs, if it be made up with Wax, and applied: It cureth the Morpew and taketh away all sorts of Warts, if boyled in Wine with some Pepper and Nitre and the places rubbed therewith: and with Allum and Honey, helpeth the dry Scab or any Tetter or Ringworm: The Juyce thereof warmed in a Pomegranate Shel or Rind, and dropped into the Ears helpeth the pains of them. The Juyce of it and Fennel with a little Honey, and the Gall of a Cock put thereto, helpeth the dimness of the Eyesight. An Oynment made of the Juyce thereof with Oyl of Roses, Ceruus, and a little Vinegar, and anointed cureth St. Anthonies Fire, and all foul running Sores in the Head; and the stinking Ulcers of the Nose, or other parts. The Antidote used by *Methridates* every morning fasting to secure himself from any Poyson or Infection, was this. Take twenty Leavs of Rue, a little Salt, a couple of Walnuts, and a couple of Figs beaten together into a Mass with twenty Juniper Berries, which is the quantity appointed for every day. Another Electuary is made thus; Take of Nitre, Pepper, and Cummin Seed, of each equal Parts, of the Leavs of Rue clean picked, as much in weight as all the other three weighed, beat them well together, and put to as much Honey as will make it up into an Electuary; (but you must first steep your Cummin seed in Vinegar twenty four hours, and then dry it, or rather toast it in a hot Fire-shovel, or in an Oven) and it is a Remedy for the pains or griefs of the Chest or Stomach, of the Spleen, Belly or Sides, by Wind or Stitches; of the Liver by Obstructions, of the Reins and Bladder by the stopping of Urine, and helpeth also to extenuate fat corpulent Bodies.

What an Infamy is cast upon the Ashes of *Methridates* (or *Methradates*, as the *Augu- stanes* read his name) by unworthy people; they that deserve no good report themselves, love to give none to others, *Viz.* That that renowned King of *Pontus* fortified his Body by Poyson against Poyson (He cast out Devils by Beelzebub the Prince of Devils) what a sor is he that knows not if he had accustomed his Body to cold Poysons hot Poysons would have dispatch'd him, or the contrary if not, corruptions would have done it, the whol world is at this very time beholding to him for his Studies in Physick, and he that useth the quantity of but a Hazel Nut of that Receipt every morning, to which his name is adjoyned shall to admiration preserve his Body in health, if he do but consider that Rue is an Herb of the Sun and under Lee, and gather it and the rest accordingly.

### Rupture



## Rupture wort.

## Description.

**T**His spreadeth very many threddy Branches round about upon the ground, about a span long, divided into many other smaller parts, full of small Joynts set very thick together, whereat come forth two very small Leaves of a fresh yellowish green colour branches and all, where groweth forth also a number of exceeding smal yellowish Flowers, scarce to be discerned from the Stalks and Leavs, which turn into Seed as smal as the very dust: The Root is very long and smal, thrusting down deep into the ground: This hath neither smell nor tast at first, but afterward hath a little astringent tast, without any manifest heat, yet a little bitter and sharp withal.

## Place.

It groweth in dry, sandy, and Rockie places.

## Time.

It is fresh and green all the Summer.

## Vertues and Use.

Rupture wort hath not his name in vain, for it is found by experience to cure the Rupture, not only in Children but also in Elder Persons, if the Disease be not too inveterate, by taking a dram of the Pouder of the dried Herb every day in Wine for certain daies together; Or the Decoction made in Wine and drunk: Or the Juyce or distilled water of the green Herb taken in the same manner; and helpeth all other Fluxes either in men or Women; Vomiting also, and the Gonorrhea or running of the Reins, being taken any of the waies aforesaid. It doth also most assuredly help those that have the Strangury, or have their Urine stopped, or are troubled with the Stone or Gravel in their Reins or Bladder. The same also helpeth much all Stitches in the Side, all griping pains in the Stomach or Belly, the Obstructions of the Liver, and cureth the yellow Jaundice likewise: It killeth also the Worms in Children: Being outwardly applied it conglutineth Wounds notably, and helpeth much to stay Defluxions of Rheum from the Head to the Eyes, Nose, and Teeth, being bruised green and bound thereto; Or the Decoction of the dried Herb, to bath the Forehead and Temples, or the Nape of Neck behind: It also drieth up the moisture of Fistulous Ulcers, or any others that are foul and spreading.

They say Saturn causeth Ruptures, if he do, he doth no more than he can cure, if you want wit he will teach you though to your cost, this Herb is Saturns own, and is a notable Antivenerean.

## Rushes.

## nothing 2

**A**Lthough there are many kinds of *Rushes*, yet I shall only here insist upon those which are best known, and most Medicinal, as the *Bulrushes*, and other of the soft and smooth kinds; which grow so commonly in almost every place of this Land, and are so generally noted, that I suppose it needless to trouble you with any Description of them: Briefly then take the Vertues of them as followeth.

## Vertues and Vices.

The Seeds of these soft *Rushes*, saith *Dioscorides* and *Galen*, roasted (saith *Pliny*) being drunk in Wine and Water, stayeth the Lask and Womens Courses, when they come down too abundantly: but it causeth Headach: It provoketh sleep likewise but must be given with caution, lest the party that takes it wake not until the Resurrection: *Pliny* saith, The Root boyled in water to the consumption of one third, helpeth the Cough.

Thus you see that Conveniences have their Inconveniences, and Vertue is seldom unaccompanied with some Vices. What I have written concerning *Rushes* is to satisfy my Country-mens Question, *Are our Rushes good for nothing?* Yes, and as good let alone as taken; There are Remedies enough without them for every Disease, and therefore as the Proverb is, I care not a *Rush* for them, or rather they will do you as much good as if one had given you a *Rush*.

## Rye.

**T**His is so well known in all the Countrey of this Land, and especially to the Country people who feed much thereon, that if I should describe it, they would presently say, I might well have spared that Labor: Its Vertues follow.

## Vertues and Use.

Rye is more digesting than Wheat; The Bread and the Leaven thereof ripeneth and breaketh Impostumes, Boils, and other Swellings: The Meal of Rye put between a double cloth, and moistned with a little Vinegar, and heated in a Pewter dish, set over a Chafing-dish of coals, and bound fast to the Head while it is hot, both much eas the continual pains of the Head. *Matthiolus* saith, That the ashes of Rye straw put into Water and suffered therein a day and a night, and the Chops of the Hands or Feet washed therewith, doth heal them.

N n 2

Saffron.



## Saffron.

**T**He Herb needs no Description it being known generally where it grows.

*Place.*

It grows frequently at *Walden* in *Essex*, and in *Cambridge-shire*.

*Vertues and Use.*

It is an Herb of the *Sun*, and under the *Li-on*, and therefore you need not demand a reason why it strengthens the heart so exceedingly: Let not above ten grains be given at one time, for if the *Sun* which is the Fountain of Life, may dazle the Eyes and make them blind, a Cordial being taken in an immoderate quantity may hurt the Heart instead of helping it. It quicken the Brain, for the *Sun* is exalted in *V* as well as he hath his House in *♌* it help Consumption of the Lungs, help difficulty of breathing: it is an excellent thing in Epidemical Diseases, as Pestilences, small Pox, and Measles: It is a notable expulsive Medicine, and a notable Remedy for the yellow Jaundice. My own Opinion is (but I have no Author for it) that *Hermodactils* is nothing else but the Roots of Saffron dried, and my reason is, that the Roots of all *Crocus* both white and yellow purge Flegm as *Hermodactils* do, and if you please to dry the Roots of any *Crocus*, neither your eye nor your tast shal distinguish it from *Hermodactils*.

## Sage.

**O**ur ordinary Garden Sage needeth no Description.

*Time.*

It Flowreth in or about *July*.

*Vertues and Use.*

Provoke  
Urine, wo-  
mens  
Couses,  
Expel the  
Dead Child  
& After-  
birth,  
Stanch  
Bleeding,  
Clenſe ul-  
cers &  
sores,  
Itching of  
the Cods,

A Decoction of the Leavs and Branches of Sage made and drunk, saith *Dioscorides* provoketh Urine, bringeth down Womens Courses, helpeth to expel the dead Child, and causeth the hairs to become black; It staie the bleeding of Wounds, and clenſeth foul Ulcers or Sores; The said Decoction made in Wine taketh away the itching of the Cods if they be bathed therewith. *Agrippa* saith, That if Women that cannot conceive by reason of the moist slipperiness of their Wombs shall take a quantity of the Juyce of Sage with a little Sale for four daies before they company with their Husbands, it will help them not only to

Conceive, but also to retain the Birth without miscarrying. *Orpheus* saith, Three spoonfulls of the Juyce of Sage taken fasting with a little Honey, doth presently stay the spitting or casting up of Blood. For them that are in a Consumption, these Pills are much commended. Take of Spicknard and Ginger of each two drams; of the Seed of Sage toasted at the fire, eight drams, of long Pepper twelve drams, all these being brought into fine Pouder, put thereto so much Juyce of Sage as may make them into a Mass for Pills, taking a dram of them every morning fasting, and so likewise at night, drinking a little pure Water after them. *Mathiolus* saith, it is very profitable for all manner of pains of the Head coming of cold and Rheumatick Humors, as also for all pains of the Joynts, whether used inwardly or outwardly, and therefore helpeth the Falling-sickness, the Lethargy, such as are dull and heavy of spirit, the Palſey, and is of much use in all Defluxions of Rheum from the Head, and for the Diseases of the Chest or Breast. The Leavs of Sage and Nettles bruised together, and laid upon the Impostume that riseth behind the Ears, doth assuage it much: The Juyce of Sage taken in warm water, helpeth a Hoarsness and the Cough. The Leavs sodden in Wine and laid upon the place affected with the Palſey helpeth much, if the Decoction be drunk also. Sage taken with Wormwood is used for the bloody Flux. *Pliny* saith, it procureth Womens Courses, and stayeth them coming down too fast, helpeth the stinging and biting of Serpents, and killeth the Worms that breed in the Ears and in Sores. Sage is of excellent use to help the Memory, waiting and quickning the senses; and the Conserve made of the Flowers is used to the same purpose, and also for all the former recited Diseases. The Juyce of Sage drunk with Vinegar hath been of good use in the time of Plague at all times. Gargles likewise are made with Sage, Rosemary, Honeyſuckles, and Plantane boyled in Wine or Water, with some Honey and Allum put thereto, to wash sore Mouthes and Throats, Cankers, or the secret parts of man or woman as need requireth. And with other hot and comfortable Herbs Sage is boyled to bath the Body or Legs in the Summer time, especially to warm cold Joynts or Sinews troubled with the Palſey or Cramp, and to comfort and strengthen the parts. It is much commended against the Stitches or pains in the side coming of Wind, if the place be fomented warm with the Decoction thereof in Wine, and the Herb after the boyling belaid warm also thereunto. *Jupiter* claims this, and bid me tell you it is good for the Liver, and to breed good Blood.

Wood-





# VWood-Sage.

## Description.

**V**WOOD-Sage riseth up with square hoary Stalks two foot high at the least, with two Leavs set at every Joynt, somewhat like other Sage Leavs, but smaller, softer, whiter, and rounder, and a little dented about the edges and smelling somewhat strongly: At the tops of the Stalks and Branches stand the Flowers on a slender long Spike turning themselves all one way when they blow, and are of a pale and whitish colour, smaller than Sage, but hooded and gaping like unto them: The Seed is blackish and round, four usually set in a husk together: The Root is long and stringy, with diverse Fibres thereat, and abideth many yeers.

## Place.

It groweth in Woods, and by Wood-sides, as also in diverse Fields and by-Lanes in this Land.

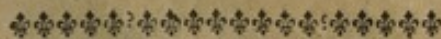
## Time.

It Flowreth in June, July, and August.

## Vertues and Use.

Provokes  
Urines, &  
Womens  
Courses,  
& sweat,  
Swellings  
in the  
flesh,  
French  
Pox,  
Vein  
broken,  
Burstings,  
Palsie,  
Ulcers &  
Sores,  
Green  
Wounds.

The Decoction of *Wood-Sage* provoketh Urine and Womens Courses: it also provoketh Sweat, digesteth Humors, and dissolveth Swellings, and Nodes in the Flesh, and is therefore thought to be good against the French Pox. The Decoction of the green Herb made with Wine is a safe and sure Remedy for those who by falls, bruises, or Blows, doubt some Vein to be inwardly broken, to disperse and avoid the congealed blood, and to consolidate the Vein; It is also good for such as are inwardly or outwardly bursten, the drink used inwardly, and the Herb applied outwardly: The same used in the same manner is found to be a sure Remedy for the Palsie: The Juice of the Herb or the Powder thereof dried, is good for moist Ulcers and Sores in the Legs or other parts, to dry them, and caus them to heal the more speedily: It is no less effectual also in green Wounds to be used upon any occasion.



# Solomons Seal.

## Description.

**T**He common *Solomons Seal* riseth up with a round Stalk about half a yard high, bowing or bending down to the top, set with single Leavs one above another, somewhat large and like the Leavs of the Lilly-Convally, or May Lilly, with an eye of blew-

ish upon the green, with some ribs therein, and more yellowish underneath: At the foot of every Leaf almost from the bottom up to the top of the Stalk come forth small long white and hollow pendulous Flowers, somewhat like the Flowers of May-Lilly, but ending in five long points, for the most part two together, at the end of a long Footstalk, and sometimes but one, and sometimes also two Stalks with Flowers at the Foot of a Leaf, which are without any scent at all, and stand all on one side of the Stalk: After they are past, come in their places, smal round Berries, green at the first, and blackish green, tending to blewness when they are ripe, wherein lie smal white hard and stony Seed: The Root is of the thickness of ones finger or Thumb, white and knobbed in some places, with a flat round circle representing a Seal, whereof it took the name, lying along under the upper crust of the Earth, and not growing downward but with many fibres underneath.

## Place.

It is frequent in diverse places of this Land, as namely in a Wood two miles from *Canterbury*, by Fishpool-Hill: as also in a bushy Close belonging to the Parsonage of *Alderbury* neer *Clavendon*, two miles from *Salisbury*; in *Chesson Wood*, on *Chesson Hill*, between *Newington* and *Sittingborn* in *Kent*, and in diverse other places, in *Essex* and other Counties.

## Time.

It Flowreth about May, The Root abideth, and shooteth anew every year.

## Vertues and Use.

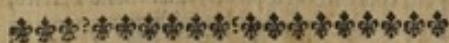
The Root of *Solomons Seal* is found by experience to be available in Wounds, Hurts, *Wounds* and outward Sores, to heal and close up the *& Sores*, lips of those that are green, and to dry up and *Vomiting* restrain the Flux of Humors to those that are *& Bleeding*: It is singular good to stay Vomiting, *ding* and Bleedings wheresoever, as also all Fluxes in *Fluxes*, man or woman, whether the Whites or Reds in *Running* Women, or the running of the Reins in men; *of the* also to knit any Joynt which by weaknes u- *Reins*, seth to be often out of place, or will not stay *Knit* in long, when it is set: also to knit and joyn *Joints*, broken Bones in any part of the Body, the *& broken* Roots being bruised and applied to the place: *Bones in* Yea it hath been found by late experience that *man &* the Decoction of the Root in Wine, or the *beast*, bruised Root put in Wine or other drink, and *Ruptures*, after a nights infusion strained forth hard and drunk, hath holpen both man and Beast whose Bones have been broken by any occasion, which is the most assured refuge of help to people of diverse Countries of this Land, that they can have: It is no less effectual to help Rupture and Burstings, the Decoction in Wine, or the Powder in Broth or Drink being inwardly taken and outwardly applyed to the place: The same is also available for inward



*Bruises &  
Falls,  
black &  
blew  
Marks,  
Beautifie  
the Face.*

or outward Bruises, Falls or Blows, both to dispel the congealed blood, and to take away both the pains and the black and blew Marks that abide after the hurt. The same also or the distilled water of the whole Plant used to the Face or other part of the Skin, cleanseth it from Morpew, Freckles, Spots; or Marks whatsoever, leaving the place fresh, fair, and Lovely, for which purpose it is much used by the Italian Dames.

Saturn owns this Plant for he loves his Bones well.



## Sampire.

### Description.

**T**he Rock Sampire groweth up with a tender green Stalk, about half a yard or two foot high at the most, branching forth almost from the very bottom, and stored with sundry thick, and almost round somewhat long Leavs, of a deep green colour, sometimes three together, and sometimes more on a Stalk, and are sappy; and of a pleasant, hot, or spicy tast: At the tops of the Stalk and Branches, stand Umbels of white Flowers, and after them come large Seed bigger than Fennel Seed, yet somewhat alike. The Root is great, white, and long, continuing many yeers, and is of a hot spicy tast likewise.

### Place.

It groweth on the Rocks that are often moistened at the least, if not overflown with the Sea water.

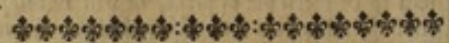
### Time.

And it Flowreth and Seedeth in the end of July and August.

### Vertues and Use.

*Helps digestion,  
Opens  
Obstructions,  
provokes Urine  
Expel Gravel  
and  
the Stone.*

It is a safe Herb, very pleasant both to the tast and Stomach, helping digestion, and in some sort opening the Obstructions of the Liver and Spleen, provoking Urine, and helping thereby to wash away the Gravel and Stone ingendred in the Kidneys or Bladder.



## Sanicle.

### Description.

**T**he ordinary Sanicle sendeth forth many great round Leavs standing upon long brownish stalkes, every one somewhat deeply cut or divided into five or six parts, and some of those also cut in, somewhat like the Leaf of a Crowfoot, or Doves-foot, and finely dented about the edges, smooth, and of a dark green shining colour, and sometimes reddish about the Brims, from among which riseth up smal round green Stalks without any Joynt or Leaf thereon, saving at the top,

where it brancheth forth into Flowers, having a Leaf devided into three or four parts at that Joynt with the Flowers, which are smal and whit, starting out of smal round greenish yellow heads, many standing together in a tuft; in which afterward are the Seeds contained, which are smal round rough Burs, somewhat like the Seeds of Cleavers, and stick in the same manner upon any thing that they touch: The Root is composed of many black strings or fibres set together, at a little long head, which abideth with the green Leavs all the Winter and perish not.

### Place.

It is found in many shadowy Woods, and other places of this Land.

### Time.

It Flowreth in June, and the Seed is ripe shortly after.

### Vertues and Use.

It is exceeding good to heal all green Green Wounds speedily, or any Ulcers, Impostumes, Wounds, or bleedings inwardly: It doth wonderfully Ulcers, help those that have any Tumors in any part Impostumes of their Bodies, for it represseth and dissipateth the Humors, if the Decoction or Juyce Bleedings, thereof be taken, or the Poulder in drink, and Swellings, the Juyce used outwardly; For there is not Ulcers in found any Herb that can give such present the Mouth help either to Man or Beast when the Disease Throat, & falleth upon the Lungs or Throat, and to heal Privities, up all the putrid Malignant Ulcers in the Womens Mouth, Throat, and Privities, by gargling Courses, or washing with the Decoction of the Leavs Fluxes of, and Root, made in Water, and a little Honey Blood, put thereto. It helpeth to stay Womens Cour- Lasks, ses, and all other Fluxes of Blood either by the Ulcers in Mouth, Urine or Stool, and Lasks of the Bel- the Kid- ly, the Ulceration of the Kidneys also, and the neys, Run- pains in the Bowels, and the Gonorrhea or ning of the running of the Reins, being boyled in Wine Reins, or Water, and drunk: The same also is no less Rupture, powerful to help any Ruptures or Burstings, used both inwardly and outwardly, and briefly it is effectual in binding, restraining, consolidating, heating, drying, and healing; as Comfry, Bugle, Self-heal, or any other of the Censounds, or Vulnerary Herbs whatsoever.

This is one of Venus her Herbs to cure either Wounds, or what other mischiefs Mars inflicteth upon the Body of Man.



## Sarasens Confound.

### Description.

**T**his groweth very high sometimes with brownish Stalks, and other whiles with green and hollow to a mans height, having many long and narrow green Leavs snip'd about the edges, somewhat like those of the Peach-Tree,



Tree, or Willow Leavs, but not of such a white green colour: The tops of the Stalks are furnished with many pale yellow Starlike Flowers standing in green heads, which when they are fallen, and the Seed ripe, which is somewhat long, smal, and of a yellowish brown colour wrapped in down, is therewith carried away with the wind: The Root is composed of many strings or fibres, set together at a head, which perish not in Winter, but abide, although the Stalks dry away, and no Leaf appeareth in Winter. The tast hereof is strong and unpleasant, and so is the smel also.

*Place.*

It groweth in moist and wet grounds by Wood sides, and sometimes in the moist places of shady Groves, as also by the water side.

*Time.*

It Flowreth in July, and the Seed is soon ripe, and carryed away with the wind.

*Vertues and Use.*

Among the Germans, this Weund Herb is preferred before all others of the same quality. Being boiled in Wine and drunk, it helpeth the indisposition of the Liver, and freeth the Gall from Obstructions, whereby it is good for the yellow Jaundice, and for the Dropisie of the Reins, or elsewhere, and inward Wounds and Bruises: And being steeped in Wine and then distilled, the Water thereof drunk is singular good to ease all gnawings in the Stomach, or other pains of the Body, as also the pains of the Mother: And being boyled in Water it helpeth continual Agues; And this said Water, or the simple Water of the Herb distilled, or the Juyce or Decoction, are very effectual to heal any green Wound or old sore or Ulcer whatsoever, cleansing them from corruption and quickly healing them up: It is no less effectual for the Ulcers in the mouth or Throat, be they never so foul or stinking, by washing and gargling them therewith; and likewise for such Sores as happen in the privy parts of man or Woman: Briefly whatsoever hath been said of Bugle or Sanicle, may be found herein.

Saturn owns this Herb, and 'tis of sober condition like him.

\*\*\*\*\*

## Sawce alone, or Jack by the Hedg.

*Description.*

The lower Leavs of this are rounder than those that grow towards the tops of the Stalks, and are set singly one at a Joynt, being somewhat round and broad, and pointed at the ends, dented also about the edges, somewhat re-

sembling Nettle Leavs for the form but of a fresher green colour, and not rough or pricking: The Flowers are very smal and white, growing at the tops of the Stalks one above another, which being past, there follow smal and long round pods, wherein are contained, smal round Seed somewhat blackish: The Root is stringy and threddy, perishing every yeer after it hath given Seed, and raiseth it self again of its own sowing: The Plant or any part thereof being bruiled, smelleth of Garlick, but more pleasantly, and tasteth somewhat hot and sharp, almost like unto Rocket.

*Place.*

It groweth under Walls, and by Hedg sides, and Pathwaies in Fields, in many places.

*Time.*

It Flowreth in June, July, and August.

*Vertues and Use.*

This is eaten by many Country people as Sawce to their Salt-fish, and helpeth well to digest the crudities and other corrupt Humors ingendred thereby, it warmeth also the Stomach, and causeth digestion: The Juyce thereof boyled with Honey, is accounted to be as good as Hedg-Muster for the Cough, to cut and expectorate the tough Flegm. The Seed bruiled and boyled in Wine is a singular good Remedy for the Wind Chollick, or the Stone, being drunk warm; It is also given to Women troubled with the Mother, both to drink, and the Seed put into a Cloth and applied while it is warm is of singular good use. The Leavs also or Seed boyled is good to be used in Clysters to ease the pains of the Stone: The green Leavs are held to be good to heal the Ulcers in the Legs.

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## Winter and Summer Savory.

Both these are so well known (being entertained as constant Inhabitants in our Gardens) that they need no Description.

*Vertues and Use.*

They are both of them hot and dry, especially the Summer kind, which is both sharp and quick in tast, expelling Wind in the Stomach and Bowels, and is a present help for the rising of the Mother procured by Wind, provokes much commended for Women with Child to take inwardly, and to smell often unto. It cutteth tough Flegm in the Chest and Lungs, and helpeth to expectorate it the more easily; It quenchereth the dull spirits in the Lethargy, the Juyce thereof being snuffed, or cast up into the Nostrils: The Juyce dropped into the Eyes clearereth a dull sight, if it proceed of thin cold

Obstructions, yellow Jaundice, Dropisie, Ulcers of the Reins, Inward Wounds & Bruises, Pains in the Body, Mother, Agues, Green Wounds, Old Sores or Ulcers, Ulcers in the Mouth or Throat, Sores in the Privy Parts.

Helps digestion, Cough, Tough Flegm, Wind-Chollic Stone, Ulcers in the Legs.

Expelleth wind, Mother, provokes Urine & Womens Courses, Womens tough Flegm, Lethargy, Dull sight.



*Singing in  
the Ears  
& Deaf-  
ness,  
Sciatica  
& Palsy,  
stinging of  
Bees &c.*

*Chollick,  
Illiack  
passion.*

cold humors distilling from the Brain: The Juice heated with a little Oyl of Roses, and dropped into the Ears easeth them of the noise and singing in them, and of deafness also: Outwardly applied w<sup>th</sup> white flower in manner of a Pulvis, it giveth ease to the Sciatica, and Palsy'd Members, heating and warming them, and taketh away their pains: It also taketh away the pain that comes of stinging by Bees, Wasps, &c.

Mercury claims the Dominion over this Herb, neither is there a better Remedy against the Chollick and Illiack passions than this Herb, keep it dry by you all the yeer if you love your selves, and your ease, as 'tis an hundred pound to a penny if you do not: keep it dry, make Conserves and Syrups of it for your use; and withal, take notice that the Summer kind is the best.

### The common white Saxifrage.

#### Description.

**T**His hath a few smal reddish Kernels or Roots, covered with some Skins lying among diverse smal blackish Fibres, which send forth diverse round, faint, or yellowish green Leavs, and grayish underneath, lying above the ground unevenly dented about the edges, & somewhat hairy, every one upon a little footstalk from whence riseth up a round brownish hairy green stalk, two or three foot high, with a few such like round Leavs as grow below, but smaller, and somewhat branched at the top, whereon stand pretty large white Flowers of five Leavs apiece, with some yellow threads in the middle, standing in long crested brownish green Husks: After the Flowers are past there ariseth sometimes a round hard head by, forked at the top, wherein is contained small blackish Seed, but usually they fall away without any Seed; and it is the Kernels or grains of the Root which are usually called the white Saxifrage Seed, and so used.

#### Place.

It groweth in many places of our Land, as well in the lower moist, as in the upper dry corners of Meadows, and grassy sandy places: It used to grow neer Lambs Conduit, on the back side of Grays-Inn.

#### Time.

It Flowreth in May, and is then gathered as well for that which is called the Seed, as to distil, for it quickly perisheth down to the ground when any hot weather comes.

#### Vertues and use.

It is very effectual to cleanse the Reins and Bladder, and to dissolve the Stone ingendred in

*Clenseth  
the Reins,  
Stone,*

them, and to expel it and the Gravel by Urine, to provoke Urine also being stopped, and to help the Strangury: for which purposes the Decoction of the Herb or Roots in white Wine, or the Pouder of the smal Kernels Roots which is called the Seed taken in white Wine, or in the same Decoction made with white Wine is most usual. The Distilled water of the whole Herb, Roots, and Flowers, is most familiar to be taken: It provoketh also Womens Courtes, and freeth and clenseth the Stomach and Lungs from thick and tough Flegm that troubles them. There is not many better Medicines to break the Stone than this.

*Womens  
Courtes  
Tough  
Flegm.*

### Burnet Saxifrage.

#### Description.

**Y**He greater sort of our English Burnet Saxifrage groweth up with diverse long Stalks of winged Leavs, set directly opposite one to another on both sides, each being somewhat broad, a little pointed and dented about the edges, of a sad green colour. At the tops of the Stalks stand Umbels of white Flowers, after which comes small and blackish Seed: The Root is long and whitish, abiding long.

Our lesser Burnet Saxifrage, hath much finer Leavs than the former, and very smal, and set one against another, deeply jagged about the edges, and of the same colour as the former: The Umbels of Flowers are white, and the Seed very small, and so is the Root, being also somewhat hot and quick in tast.

#### Place.

These grow in most Meadows of this Land, and are easie to be found, being well sought for among the Grass, wherein many times they lie hid scarcely to be discern'd.

#### Time.

They Flower about July, and their Seed is ripe in August.

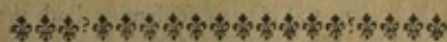
#### Vertues and use.

These Saxifrages are as hot as Pepper, and Tragus saith by his experience they are more wholsom: They have the same properties that the Parsleys have, but in provoking Urine, and easing the pains thereof, or of the Wind and Chollick, are much more effectual: The Roots or Seed being used either in Pouder, or in Decoction, or any other way; and likewise helpeth the Windy pains of the Mother, and to procure their Courtes, to break the Stone in the Kidneys, to digest cold, viscuos, and tough Flegm in the Stomach, and is a most especial Remedy against all kind of Venom. Castoreum being boiled in the distilled water hereof, is singular good to be given to those that are troubled with

*Provoke  
Urine,  
Ease Wind  
& Chollick,  
Mother;  
Womens  
Courtes,  
Stone,  
Tough  
Flegm,  
Venom,*



*Cramps & Convulsions* with Cramps and Convulsions: some do use to make the Seed into Comfits (as they do Caraway Seed) which is effectual to all the purposes aforesaid. The Juyce of the Herb dropped into the most grievous Wounds of the Head, drieth up their moisture and healeth them quickly. Some Women use the distilled Water, to take away Freckles or Spots in the Skin or Face: and to drink the same sweetened with Sugar for all the purposes aforesaid.



### Scabious, three sorts.

#### Description.

The common Field *Scabious* groweth up with many hairy soft, whitish green Leaves, some whereof are but very little, if at all jagged on the edges, others very much rent and torn on the sides, and have threds in them, which upon the breaking may be plainly seen: from among which rise up diverse hairy green Stalks three or four foot high, with such like hairy green Leaves on them, but more deeply and finely divided, branched forth a little: At the tops hereof which are naked and bare of Leaves for a good space, stand round Heads of Flowers, of a pale blewish colour set together in a head, the outermost wherof are larger than the inward, with many threds also in the middle, somewhat flat at the top, as the Head with Seed is likewise: The Root is great, white, & thick growing down deep into the ground, and abideth many years.

There is another sort of Field *Scabious*, different in nothing from the former, but only it is smaller in all respects.

The Corn *Scabious*, differeth little from the first, but that it is greater in all respects and the Flowers more declining to Purple: And the Root creepeth under the upper crust of the Earth, and runneth not deep in the ground as the first doth.

#### Place.

The first groweth most usually in Meadows, especially about London every where.

The second in some of the dry Fields about this City, but not so plentiful as the former.

The third, in the standing Corn, or Fallow Fields, and the borders of such like Fields.

#### Time.

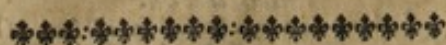
They Flower in June and July, and some abide Flowering until it be late in August, and the Seed is ripe in the mean time.

There are many other sorts of *Scabious*; but I take those which I have here described to be most familiar with us; The vertues both of these and the rest being much alike, take them as followeth.

#### Vertues and Use.

*Scabious* is very effectual for all sorts of Coughs, shortness of Breath, and all other Diseases of the Breast and Lungs, ripening and digesting cold Flegm, and other tough humors, voiding them forth by Coughing and spitting: It ripeneth also all sorts of inward Ulcers and Impostumes, the Plurisie also, if the Decoction of the Herb dry or green, be made with Wine, and drunk for some time together: four ounces of the clarified Juyce of *Scabious* taken in the morning fasting, with a dram of Methridate, or Venice Treacle, freeeth the heart from any infection of Pestilence, if after the taking of it, the party sweat two hours in their Beds; and this Medicine be again and again repeated if need require: The green Herb bruised and applied to any Carbuncle or Plague sore, is found by certain experience to dissolve or break it in three hours space. The same Decoction also drunk, helpeth the pains and Stitches in the sides. The Decoction of the Roots taken for fourty daies together, or a dram of the Pouder of them taken at a time in Whey, doth (as *Mathiolus* saith) wonderfully help those that are troubled with running or spreading Scabs, Tettors, or Ringworms, yea though they proceed of the French Pox, which he saith he hath tried by experience: The Juyce or Decoction drunk, helpeth also Scabs and breakings out in Itch and the like: The Juyce also made up into an Oynment and used, is effectual for the same purpose. The same also helpeth all inward Wounds by the drying, cleansing, and healing quality therein: A Syrup made of the Juyce and Sugar is very effectual to all the purposes aforesaid, and so is the distilled water of the Herb and Flowers made in due season; especially to be used when the green Herb is not in force to be taken. The Decoction of the Herb and Roots outwardly applied, doth wonderfully help all sorts of hard or cold Swellings in any part of the Body; and is as effectual for any shrunk Sinew or Vein. The Juyce of *Scabious* made up with the Pouder of Borax and Camphire, cleanseth the Skin of the Face or other part of the Body, not only from Freckles and Pimples, but also from Morpew and Lepry. The Head washed with the same Decoction, cleanseth it from Dandrif, Scurf, Sores Itches, and the like, being used warm. Tents also dipped in the Juyce or Water thereof not only healeth all green Wounds, but old Sores and Ulcers also: The Herb also bruised and applied doth in short time loosen, and cause to be drawn forth any Splinter, broken bone, Arrow head, or other such like thing lying in the Flesh.





## Scurvy-grafs.

### Description.

**O**ur ordinary English Scurvy-grass hath many thick fat Loaves, more long than broad, and sometimes longer and narrower, sometimes also smooth on the edges, and sometimes a little waved, sometimes plain, smooth, and pointed, sometimes a little hollow in the middle and round pointed, of a sad green, and sometimes brownish colour, every one standing by it self upon a long Footstalk, which is brownish or greenish also: from among which rise smal slender Stalks, bearing a few Leaves thereon like the other, but longer and lesser for the most part: At the tops whereof grow many whitish Flowers, with yellow threds in the middle, standing about a green head which becometh the Seed Vessel, which will be somewhat flat when it is ripe, wherein is contained reddish Seed tasting somewhat hot: The Root is made of many white strings, which stick deeply in the mud, wherein it chiefly delighteth: yet it will well abide in the more upland and dryer grounds, and tasteth a little brackish or Salt, even there, but not so much as where it hath the Salt water to feed upon.

### Place.

It groweth all along the Thames side, both on the Essex and Kentish Shoars, from Woolwich round about the Sea Coasts to Dover, Portsmouth, and even to Bristol, where it is had in plenty: The other with round Leaves groweth in the Marshes in Holland in Lincolnshire, and other places of Lincolnshire by the Sea side.

### Description.

There is also another sort called Dutch Scurvy-grass, which is most known and frequent in Gardens, which hath diverse fresh green, and almost round Leaves rising from the Root, nothing so thick as the former, yet in some rich ground, very large, even twice so big as in others, not dented about the edges, nor hollow in the middle, every one standing upon a long Footstalk: from among these rise up divers long slender weak Stalks higher than the former, and with more white Flowers at the tops of them, which turn into smaller pods, and smaller brownish Seed than the former: The Root is white, smal, and threddy: The tast of this is nothing Salt at all, but hath an hot Aromatical spicy tast.

### Time.

They Flower in April or May, and give their Seed ripe quickly after.

### Vertues and Use.

The English Scurvy-grass is more used for the Salt tast it beareth, which doth somewhat open

and cleanse, but the Dutch Scurvy-grass is of better effect, and chiefly used (if it may be had) by those that have the Scurvey, especially to Scurvy, purge and cleanse the Blood, the Liver, and the Spleen, for all which Diseases it is of singular good effect by taking the Juyce in the Spring every morning fasting in a cup of Drink: The Decoction is good for the same purpose, and the Herb tunned up in new Drink, either by it self or with other things, for it openeth Obstructions, evacuateth cold clammy and Flegmatick Humors both from the Liver and the Spleen, wasting and consuming both the swelling and hardness thereof, and thereby bringing to the Body a more lively colour. The Juyce also helpeth all foul Ulcers and Sores in the Mouth, if it be often gargled therewith; and used outwardly, cleanseth the Skin from spots, marks, or Scars, that happen therein.

*Flegmatick  
Humors,  
Foul ul-  
cers &  
sores  
Mouths,  
Spots &  
Scars in  
the Skin.*



## Self-heal.

### Description.

**T**he common Self-heal is a small low creeping Herb, having many small roundish pointed Leaves somewhat like the Leaves of Wild Mints, of a dark green colour without any dents on the edges, from among which rise diverse square hairy Stalks scarce a foot high, which spread sometimes into Branches with diverse such smal Leaves set thereon, up to the tops, where stand brown spiked Heads, of many smal brownish Leaves like scales and Flowers set together, almost like the Head of Cassidony, which Flowers are gaping, and of a blewish purple, or more pale blew, in some places sweet, but not so in others: The Root consists of many strings or fibres downward, and spreadeth strings also, whereby it encreaseth: The smal stalks with the Leaves creeping upon the ground, shoot forth fibres taking hold of the ground, whereby it is made a great tuft in short time.

### Place.

It is found in Woods and Fields every where.

### Time.

It Flowreth in May, and sometimes in April.

### Vertues and Use.

As Self-heal is like Bugle in form, so also in the Qualities and Vertues serving for all the purposes whereto Bugle is applied with good success either inwardly or outwardly, for inward Wounds or Ulcers wheresoever within the Body, for Bruises and Falls and such like hurts: if it be accompanied with Bugle, Sanicle, and other the like Wound Herbs it will be the more effectual, and to wash or inject into

*Inward  
wounds &  
Ulcers,  
Bruises,*



into Ulcers in the parts outwardly where there is cause to repress the heat and sharpness of Humors flowing to any sore Ulcer, Inflammation, Swelling or the like, or to stay the Flux of blood in any Wound or Part, this is used with good success, as also to cleanse the foulness of Sores, and cause them more speedily to be healed. It is an especial Remedy for all green Wounds to foder the lips of them, and to keep the place from any further inconveniences: The Juyce hereof used with Oyl of Roses to anoint the Temples and Forehead, is very effectual to remove the Headach: and the same mixed with Honey of Roses, cleanseth and healeth all Ulcers in the Mouth and Throat, and those also in the secret parts. And the Proverb of the Germans, French, and others is verified in this, *That he needeth neither Physitian nor Chyrurgion, that hath Self-heal and Sanicle to help himself.*

Here is another Herb of *Venus*, *Self-heal* whereby when you hurt, you may heal your self, 'tis indeed a special Herb for inward and outward Wounds, take it inwardly in Syrups for inward Wounds, outwardly in Unguents and Plaisters for outward.

\*\*\*\*\*

### The Service-tree.

**T**his is so well know in the places where it grows that it needeth no Description.

*Time.*

It Flowreth before the end of *May*, and the Fruit is ripe in *October*.

*Vertues and use.*

*Services* when they are mellow are fit to be taken to stay Fluxes, Scowring, and Castings, yet less than Medlars: if they be dried before they be mellow, and kept all the year, they may be used in Decoctions for the said purpose, either to drink, or to bath the parts requiring it: and is profitably used in that manner to stay the bleeding of Wounds, and at the Mouth or Nose, to be applied to the Forehead and Nape of the Neck.

\*\*\*\*\*

### Smallage.

**T**his also is very well known, and therefore I shall not trouble the Reader with any Description thereof.

*Place.*

It groweth naturally in wet and Marsh grounds, but if it be sown in Gardens it there prospereth very well.

*Time.*

It abideth green all the Winter, and Seedeth in *August*.

*Vertues and Use.*

*Smallage* is hotter, dryer, and much more Medicinable than Parsley, for it much more openeth Obstructions of the Liver and Spleen rarifieth thick Flegm, and denseth it and the Blood withal. It provoketh Urine and Womens Courses, and is singular good against the yellow Jaundice: It is very effectual against Tertian and Quartan Agues, if the Juyce thereof be taken; but especially made into a Syrup. The Juyce also put to Honey of Roses, and Barley Water, is verey good to Gargle the Mouth and Throat of those that have Sores and Ulcers in them, and will quickly heal them: The same Lotion also denseth and healeth all other foul Ulcers and Cankers elsewhere if they be washed therewith. The Seed is especially used to break and expel wind, to kill Worms and to help a stinking Breath: The Root is effectual to all the purposes aforesaid, and is held to be stronger in operation than the Herb, but especially to open Obstructions, and to rid away an Ague, if the Juyce thereof be taken in Wine, or the Decoction thereof in Wine be used.

\*\*\*\*\*

### Sopewort, or Bruisewort.

*Description.*

**T**he Root creepeth under ground far and neer, with many Joynts therein, of a brown colour on the outside and yellowish within, shooting forth in diverse places many weak round Stalks, full of Joynts, set with two Leaves apiece at every one of them on the contrary side, which are ribbed somewhat like unto Plantane, and fashioned like the common field white Campion Leaves, seldom having any Branches from the sides of the Stalks, but set with diverse Flowers at the top standing in long Husks like the wild Campions, made of five Leavs apiece, round at the ends, and a little dented in the middle, of a pale Rose colour, almost white, sometimes deeper, and sometimes paler, of a reasonable good scent.

*Place.*

It groweth wild in many low and wet grounds of this Land, by the Brooks, and sides of running Waters.

*Time.*

It Flowreth usually in *July*, and so continueth all *August*, and part of *September* before they be quite spent.

P p 2

*Vertues*

Liver & spleen;  
Urine & womens Courses,  
Yellow Jaundice, Agues;  
sore Mouths & throats  
Ulcers & Cankers  
wind worms  
stinking Breath.

Flux of Blood;  
Foul sores  
Green wounds;

Headach;  
Sores in the Mouth  
or Throat  
& secret parts.

Fluxes,  
Scowrings  
& Castings;

Bleeding  
of wounds  
or at  
Mouth &  
Nose.



## Vertues and Use.

*Cut Fingers, pro-  
vokes  
Urine,  
Expels  
Gravel &  
Stone,  
Droppe,  
French  
Pox.*

The Country people in diverse places do use to bruise the Leaves of *Sopewort*, and lay it to their Fingers, Hands, or Legs when they are cut, to heal them up again. Some make great boast thereof that it is Diuretical to provoke Urine, and thereby to expel Gravel and the Stone in the Reins or Kidneys: and do also account it singular good to avoid Hydro-pical waters thereby to cure the disease of the Droppe: And they no less extol it to perform an absolute cure in the French Pox, more than either *Sarsaparilla*, *Gusacum*, or *China* can do, which how true it is, I leave to others to judge.

## Sorrel.

*Cooleth  
Inflama-  
tions, &  
heat of  
Blood;  
Agues,  
Quench  
thirst,  
Provoke  
Appetite,  
Kill worms  
Womens  
Coursess,  
Fluxes  
Poyson  
Jaundice,  
Gravel &  
Stone  
Black  
Jaundice,  
Inward  
ulcers;  
Itch, Tet-  
ters &  
Ring-  
worms  
Kernels in  
the Throat  
Sore Mouth  
Imposstume  
Boyl or  
Plague  
sore.*

Our ordinary *Sorrel*, which groweth in Gardens, and also wild in the Fields, is so well known that it needeth no Description.

## Vertues and Use.

*Sorrel* is prevalent in all hot Diseases, to cool any Inflammation and heat of Blood in Agues Pestilential or Chollerick, or other sicknesses and faintings, rising from heat, and to refresh the overspent Spirits with the violence of furious or fiery fits of Agues, to quench Thirst, and procure an Appetite in fainting or decayd Stomachs: for it resisteth the putrefaction of the Blood, killeth Worms, and is as a Cordial to the heart which the Seed doth more effectually being more drying and binding, and thereby stayeth the hot Fluxes of Womens Courses, or of Humors in the Bloody Flux, or Flux of the Stomach. The Roots also in a Decoction, or in Powder, is effectual for all the said purposes. Both Roots and Seed as well as the Herb is held powerful to resist the poyson of the Scorpion. The Decoction of the Roots is taken to help the Jaundice, and to expel Gravel and the Stone in the Reins or Kidneys. The Decoction of the Flowers made with Wine and drunk helpeth the black Jaundice, as also the inward Ulcers of the Body or Bowels. A Syrup made with the Juice of *Sorrel* and *Fumitory* is a Sovereign help to kill those sharp Humors that cause the Itch. The Juice thereof with a little Vinegar serveth well to be used outwardly for the same cause, and is also profitable for Tetters, Ringworms &c. It helpeth also to discurr the Kernels in the Throat, and the Juice gargled in the Mouth helpeth the Sores therein. The Leaves wrapped up in a *Colewort* Leaf, and roasted under the Embers, and applied to a hard Imposstume, Boil, or Plague Sore, both ripeneth and breaketh it.

The Distilled water of the Herb is of much good use for all the purposes aforesaid.

*Venus* owns it, and she will never deny the Herb that follows.

## Wood Sorrel.

## Description.

His groweth low upon the ground, having a number of Leaves coming from the Root, made of three Leaves like a *Trefoyl* but broad at the ends and cut in the middle, of a faint yellowish green colour, every one standing on a long Footstalk, which at their first coming up are close folded together to the Stalk, but opening themselves afterwards, and are of a fine fowr relish, and yeelding a Juice which will turn red when it is clarified, and maketh a most dainty clear Syrup: Among these Leavs riseth up diverse slender weak Footstalks, with every one of them a Flower at the top, consisting of five small pointed Leaves Star fashion, of a white colour in most places, and in some dash'd over with a small shew of bluish, on the back side only: After the Flowers are past follow small round heads, with small yellowish Seed in them: The Roots are nothing but small strings fastned to the end of a small long piece, all of them being of a yellowish colour.

## Place.

It groweth in many places of our Land, in Woods and Wood sides, where they be moist and shadowed, and in other places not too much open to the Sun.

## Time.

It Flowreth in April and May.

## Vertues and Use.

*Wood Sorrel*, serveth to all purposes that the other *Sorrels* do, and is more effectual in hindring the putrefaction of Blood, and Ulcers in the Mouth and Body, and in cooling and tempering heats & Inflammations, to quench thirst, to strengthen a weak Stomach, to procure an appetite, to stay Vomiting, and very excellent in any contagious sickness, or Pestilential Feavers. The Syrup made of the Juice is effectual in all the causes aforesaid, and so is the Distilled Water of the Herb also. Sponges or Linnen Cloathes wet in the Juice and applied outwardly to any hot Swellings or Inflammations, doth much cool and help them: The Canker or same Juice taken and gargled in the Mouth, Ulcer in and after it is spit forth, fresh taken, doth the Mouth wonderfully help a foul stinking Canker, wounds or or Ulcer therein. It is singular good in scabs Wounds, Thrusts, and Stabs in the Body, to stay bleeding, and to cleanse and heal the Wounds speedily; and helpeth to stay any hot Defluxions into the Throat or Lungs.

Sow-



Sow-Thistles.

These are generally so well known that they need no Description.

Place.

They grow in our Gardens and manured Grounds, and sometimes by old Walls, the path sides of Fields and High-waies.

Vertues and use.

*Pains & heat of the Stomach, short wind & wheezing, Gravel & Stone, stinking Breath, speedy Delivery, Strangury, Milk increased, Deafness & ringing in the Ears, Inflamed Eyes, wheals, & Blisters Hemorrhoids, cleer the Face.*

Sow-thistles are cooling and somewhat binding, and are very fit to cool an hot Stomach, and to ease the gnawing pains thereof; The Herb boyled in Wine is very helpful to stay the dissolutions of the Stomach: And the Milk that is taken from the Stalks when they are broken, given in drink, is beneficial to those that are short Winded and have a wheezing withal: Pliny saith that it hath caused the Gravel and Stone to be voided by Urine, and that the eating thereof helpeth a stinking breath: Three spoonfuls of the Juyce thereof taken in white Wine warmed, and some Oyl put thereto causeth Women in Travel to have so easie and speedy delivery, that they may be able to walk presently after: The said Juyce taken in warm drink, helpeth the Strangury and pains in making water.

The Decoction of the Leaves and Stalks, causeth abundance of Milk in Nurses, and their Children to be well coloured, and is good for those whose Milk doth curdle in their Breasts. The Juyce boiled or thoroughly heated with a little Oyl of Bitter Almonds in the Pill of a Pomegranate, and dropped into the Ears, is a sure Remedy for Deafness, ringings, and all other Diseases in them. The Herb bruised or the Juyce is profitably applied to all hot Inflammations in the Eyes, or wheresoever else, and for Wheals, Blisters, or other the like eruptions of heat in the Skin; as also for the heat and itching of the Hemorrhoids, and the heat and sharpness of Humors in the Secret parts of man or Woman: The distilled water of the Herb, is not only effectual for all the Diseases aforesaid to be taken inwardly with a little Sugar (which Medicine the daintiest Stomach will not refuse) but outwardly, by applying Cloathes or Spunges wetted therein: It is wonderful good for Women to wash their Faces therewith, to cleer the Skin, and give a lustre thereto.

Southernwood.

This is so well known to be an Ordinary Inhabitant in our Gardens, that I shall not need to trouble you with any Description thereof. The Vertues are as followeth.

Time.

It Flowreth for the most part in July and August.

Vertues and use.

Dioscorides saith, That the Seed bruised, heated in warm Water & drunk, helpeth those Bursten, that are Bursten, or troubled with Cramps, or Cramps & Convulsions of the Sinews, the Sciatica, or Convulsions in making water, and bringeth down stons, Womens Courses. The same taken in Wine Sciatica, is an Antidote or Counter poyson against all Strangury, deadly Poyson, and driveth away Serpents, womens and other Venemous Creatures; as also the Courses, smel of the Herb being Burnt, doth the same. Poyson, The Oyl thereof anointed on the Backbone Agues, before the Fits of Agues come taketh them a Inflamed way: it taketh away Inflammations in the Eyes, Eyes, if it be put with some part of a roasted Quince Pimples, and boyled with a few crums of bread and applied. Boyled with Barley Meal it taketh a wheals, way Pimples, Pusshes, or Wheals, that rise in worms, the Face or other part of the Body. The Seed Splinters as well as the dried Herb is often given to kill & Thorns, the Worms in Children: The Herb bruised Old Uleers and laid to, helpeth to draw forth Splinters, Sores in and Thorns out of the Flesh. The Ashes the Privy thereof dryeth up and healeth old Uleers that ties, are without Inflammation, although by the Baldness, sharpness thereof it biteth sore and putteth French them to sore pains: as also the Sores in the pox, privy Parts of man or woman. The Ashes Stone, mingled with old Sallet Oyl, helpeth those Spleen & that have their hair fallen and are bald, causing Mother. the hair to grow again either on the Head or Beard. Druantes saith, That the Oyl made of Southernwood and put among the Oyntments that are used against the French Disease, is very effectual, and likewise killeth Lice in the Head. The Distilled Water of the Herb is said to help them much that are troubled with the Stone, as also for the Diseases of the Spleen and Mother. The Germans commend it for a singular Wound Herb, and therefore call it Stabwort. It is held by all Writers, Antient and Modern to be more offensive to the stomach than Wormwood.



## Spignel.

### Description.

**T**He Roots of common Spignel do spread much and deep in the ground, many strings or branches growing from one Head which is hairy at the top; of a blackish brown colour on the outside and white within, smelling well, and of an Aromatical tast, from whence rise sundry long stalks of most fine cut Leaves like hairs, smaller than Dill, set thick on both sides of the Stalks, and of a good scent. Among these Leaves rise up round stiff stalks, with few Joynts and Leaves at them, and at the tops an Umbel of fine pure white Flowers, at the edges whereof sometimes will be seen a shew of reddish bluish colour, especially before they be full blown, and are succeeded by smal somewhat round Seed, bigger than the ordinary Fennel, and of a browner colour, divided into two parts, and crested on the back, as most of the Umbelliferous Seeds are.

### Place.

It groweth wild in Lancashire, Yorkshire, and other Northern Countries, and is also planted in Gardens.

### Virtues and Use.

*Galen* saith, The Roots of Spignel are available to provoke Urine and Womens Courses, but if too much thereof be taken it causeth Headach: The Roots boyled in Wine or Water and drunk, helpeth the Strangury, and stoppings of the Urine, the Wind, swellings and pains in the Stomach, pains of the Mother, and all Joynt Aches. If the Pouder of the Roots be mixed with Honey, and the same taken as a Licking Medicine, it breaketh tough Flegm, and drieth up the Rheum that falleth on the Lungs. The Roots are accounted very effectual against the stinging or biting of any Venemous Creature, and is one of the Ingredients in *Methridate*, and other Antidotes for the same.

Provokes  
Urine &  
Womens  
Courses,  
Strangury,  
pain in the  
Stomach,  
Mother,  
Joynt  
aches;  
Tough  
flegm,  
Venemous  
Creatures.

## Spleenwort, or Ceterach.

### Description.

**T**He smooth Spleenwort from a black, threddy and bushy Root, sendeth forth many long single Leaves, cut in on both sides into round dents, almost to the middle, which is not so hard as that of Pollipodie, each division being not alwaies set opposite unto the other, but between each, smooth, and of a light

green on the upper side, and a dark yellowish roughness on the back, folding or rolling it self inward at the first springing up.

### Place.

It groweth as well upon stone walls as moist and shadowy places about *Bristol* and other the West parts plentifully; as also on *Framingham* Castle, on *Beckonsfield* Church in *Barkshire*, at *Stowde* in *Kent*, and elsewhere, and abideth green all the Winter.

### Virtues and Use.

It is generally used against infirmities of the Spleen, it helpeth the strangury and wasteth the Stone in the Bladder, and is good against the yellow Jaundice and the Hiccough; but the use of it in Women hindreth Conception. *Mathiolus* saith, That if a dram of the dust that is on the back side of the Leaves, be mixed with half a dram of Amber in Pouder, and taken with the Juyce of Purslane or Plantane, it will help the running of the Reins speedily, and that the Herb and Root being boyled and taken, helpeth all Melanchollick Diseases, and those especially that arise from the French Disease. *Camerarius* saith, That the Distilled water thereof being drunk is very effectual against the Stone in the Reins and Bladder: and that the Ly that is made of the Ashes thereof being drunk for some time together, helpeth Splenetick persons: It is used in outward Remedies for the same purpose.

Spleen,  
strangury  
Stone,  
yellow  
Jaundice;  
Running  
of the  
Reins,  
Melan-  
cholly  
Diseases.

## Star-thistle.

### Description.

**T**He common Star-thistle hath diverse long and narrow Leaves lying next the ground, cut or torn on the edges, somewhat deeply, into many almost even parts, soft or a little woolley all over the green, among which rise up diverse weak stalks parted into many Branches all lying, or leaning down to the ground, that it seemeth a pretty Bush, set with diverse the like divided Leaves up to the tops, where severally do stand long and small whitish green heads, set with very sharp and long white pricks (no part of the Plant being else prickly) which are somewhat yellowish: out of the middle whereof riseth the Flower composed of many small reddish purple threds; and in the Heads after the Flowers are past, come small whitish round Seed lying in down, as others do. The Root is small, long, and woody, perishing every yeer, and rising again of its own sowing.

### Place.

It groweth wild in the Fields about *London* in many places, as at *Mile-end Green*, in *Finsbury* Fields beyond the Wind-mills, and many other places.

Time.

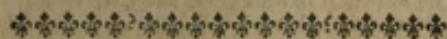


## Time.

It Flowreth early, and Seedeth in July, and sometimes in August.

## Vertues and Use.

The Seed of this *Star-thistle* made into Pouder and drunk in Wine, provoketh Urine, and helpeth to break the Stone, and drive it forth. The Root in Pouder and given in Wine and drunk, is good against the Plague or Pestilence, and drunk in the mornings fasting for some time together, is very profitable for a Fistula in any part of the Body. *Baptista Sardus* doth much commend the distilled Water hereof being drunk; to help the French Disease, to open Obstructions of the Liver, and cleanse the Blood from corrupted Humors, and is profitably given against Quotidian or Tertian Agues.



## Strawberries.

These are so well known through this Land, that they need no Description.

## Time.

They Flower in May ordinarily, and the Fruit is ripe shortly after.

## Vertues and Use.

*Strawberries* when they are green, are cold and dry, but when they are ripe they are cold and moist: The Berries are excellent good to cool the Liver, the Blood and the Spleen, or an hot Chollerick Stomach, to refresh & comfort the fainting Spirits, & to quench Thirst: They are good also for other Inflammations, yet it is not amiss to refrain them in a Fever, lest by their putrefying in the Stomach they encrease the Fits. The Leavs and Roots boyled in Wine and Water and drunk, do likewise cool the Liver and Blood, and assuage all Inflammations in the Reins and bladder, provoketh Urine, and allayeth the heat and sharpness thereof: The same also being drunk stayeth the Bloody Flux, and Womens Courses, and helpeth the Swellings of the Spleen. The Water of the Berries carefully distilled is a Sovereign Remedy and Cordial in the panting and beating of the Heart, and is good for the yellow Jaundice. The Juyce dropped into foul Ulcers, or they washed therewith, or the Decoction of the Herb and Root, doth wonderfully cleanse, and help to cure them. Lotions and Gargles for sore Mouthes, or Ulcers therein, or in the privy Parts, or elsewhere, are made with the Leaves and Roots hereof; which is also good to fasten loose Teeth, and to heal spungy foul Gums: It helpeth also to stay Catarrhs or Defluxions of Rheum into the Mouth, Throat, Teeth, or Eyes; The Juyce or Water is singular good for hot and red Inflamed Eyes, if dropped into them,

or they bathed therewith; it is also of excellent property for all Pusshes, Wheals, and other breakings forth of hot & sharp Humors in the Face and Hands, or other parts of the Body, to bath them therewith; and to take away any redness in the Face, or Spots, or other Deformities in the Skin, and to make it cleer and smooth. Some use this Medicine, Take so many *Strawberries* as you shall think fitting, and put them into a Distillatory or body of Glals fit for them, which being well closed, set it in a bed of Horfdung for twelve or fourteen daies, and afterwards distill it carefully and keep it for your use: It is an excellent water for hot inflamed Eyes, and to take away any film or Skin that beginneth to grow over them, and for such other defects in them as may be helped by any outward Medicine.

*Venus* owns the Herb.



## Succory.

## Description.

The Garden *Succory* hath longer and narrower Leaves than *Endive*, and more cut in or torn on the edges, and the Root abideth many yeers: It beareth also blew Flowers like *Endive*, and the Seed is hardly distinguished from the Seed of the smooth or ordinary *Endive*.

The wild *Succory* hath diverse long Leaves lying on the ground very much cut in or torn on the edges, on both sides even to the middle rib ending in a point; sometimes it hath a red Rib down the middle of the Leaves, from among which riseth up a hard, round, woody stalk spreading into many Branches, set with smaller and lesser devided Leaves on them up to the tops where stand the Flowers, which are like the Garden kind as the Seed is also (only take notice that the Flowers of the Garden kind are gone in one Sunny day, they being so cold that they are not able to endure the Beams of the Sun; and therefore most delight in the shadow.) The Root is white, but more hard and woody than the Garden kind: The whol Plant is exceeding bitter.

## Place.

This groweth in many places of our Land, in wast, untilld, and barren Fields. The other only in Gardens.

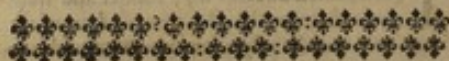
## Vertues and Use.

Garden *Succory* as it is more dry, and less cold than *Endive*, so it openeth more: An mors, handful of the Leavs or Roots boyled in Wine or Water, and a draught thereof drunk fasting, driveth forth Chollerick and Flegmatick Humors; openeth Obstructions of the Liver Gall, and Spleen, helpeth the yellow Jaundice, the Heat of the Reins and of the Urin, & Urine,



*Dropfie,* the Dropfie also, and those that have an evil disposition in their Bodies by reason of long sickness, evil Diet &c. which the Greeks call *Kachexia, Cachexia*. A Decoction thereof made with Wine and drunk, is very effectual against long lingering Agues: and a dram of the Seed in Powder drunk in Wine before the Fit of an Ague, helpeth to drive it away: The Distilled Water of the Herb and Flowers (if you can take them in time) hath the properties, and is especial good for hot Stomachs, and in Agues, either Pestilential or of long continuance, for swoonings and Passions of the Heart, for the heat and Headach in Children, and to the blood and Liver. The said water or the Juyce, or the bruised Leaves applied outwardly, allayeth Swellings, Inflammations, St. Antonies Fire, Pusles, Wheals, and Pimples, especially used with a little Vinegar, as also to wash pestiferous Sores. The said Water is very effectual for sore Eyes that are inflamed with redness, and for Nurses Breasts that are pained by the abundance of Milk.

*passions of the Heart, Headach, Swellings & Inflammations, St. Antonies fires, pusles, wheals & pimples, Inflamed Eyes, Too much Milk.*



## English Tobacco.

### Description.

**T**His riseth up with a thick round Stalk about two foot high, whereon do grow thick fat green Leaves, nothing so large as the other *Indian* kinds, somewhat round pointed also, and nothing dented about the edges: The Stalk brancheth forth, and beareth at the tops diverse Flowers set in green Husks, like the other but nothing so large, scarce standing above the Brims of the Husks, round pointed also, and of a greenish yellow colour. The Seed that followeth is not so bright, but larger, contained in the like great Heads. The Roots are neither so great, nor woody, and perishing every year with the hard Frosts in Winter, but riseth generally of its own sowing.

### Place.

This came from some parts of *Brassile* as is thought, and is more familiar to our Country, than any of the other sorts, early giving ripe Seed, which the others seldom do.

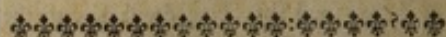
### Time.

It Flowreth from *June* sometimes to the end of *August*, or later, and the Seed ripeneth in the mean time.

### Virtues and Use.

It is found by good experience to be available to expectorate tough Flegm from the Stomach, Chest, and Lungs: The Juyce thereof made into a Syrup, or the distilled wa-

ter of the Herb drunk with some Sugar, or without if you will: Or the smoke taken by a Pipe as is usual, but fasting. The same helpeth to expel Worms in the Stomach and Belly, and to ease the pains in the Head or Meagrim, and the griping pains in the Bowels: It is profitable for those that are troubled with the Stone in the Kidneys, both to ease pains and by provoking Urine to expel Gravel and the Stone ingendred therein, and hath been found very effectual to expel windiness and other Humors which cause the strangling of the Mother: The Seed hereof is very effectual to help the Toothach, and the Ashes of the burnt Herb, to cleanse the Gums, and make the Teeth white. The Herb bruised and applied to the place grieved with the Kings Evil (as they call it) helpeth it in nine or ten daies effectually: *Monardus* saith it is a Counter-poyson for the biting of any Venemous Creature: the Herb also being outwardly applied to the hurt place: The distilled water is often given with some Sugar before the Fit of an Ague to lessen them, and take them away in three or four times using. If the Distilled pieces of the Herb having been bruised before the Distillation, and not distilled dry be set in warm dung for fourteen daies, and afterwards hung up in a Bag in a Wine Celler: that liquor that distilleth therefrom is singular good to use for Cramps, Aches, the Gout, and Sciatica, and to heal Itches, Stabs, and running Ulcers, Cankers, and foul Sores whatsoever: The Juyce is also good for all the said griefs, and likewise to kill Lice in Childrens Heads. The green Herb bruised and applied to any green Wound, cureth any fresh Wound or cut whosoever: and the Juyce put into old Sores both cleanseth and healeth them: There is also made hereof a singular good Salve to help Impostumes, hard Tumors, and other swellings by blows or falls.



## The Tamarisk-Tree.

**T**His is so well known in the places where it grows that it needeth no Description.

### Time.

It Flowreth about the end of *May*, or in *June*, and the Seed is ripe and blown away in the beginning of *September*.

### Virtues and Use.

If the Root, Leaves, or yong Branches be Spleen, boyled in Wine or Vinegar and drunk, and Hemor- applied outwardly, it is very powerful against rhoids, the hardness of the spleen. The Leaves boyled spitting in Wine and drunk is good to stay the bleeding Blood, of the Hemorrhoidal Veins, the spitting of womens Blood, and Womens too abounding Courses, Courses, and helpeth the Jaundice, the Chollick, and the & Chollick

*Tough Flegm,*



*Venemous Serpents,* the bitings of all Venemous Serpents, except the Asp. The Bark is as effectual if not more to all the purposes aforesaid; and both it and the Leaves boyled in Wine, and the Mouth and Teeth washed therewith helpeth the Toothach; being dropped into the Ears ex- leth the pains, and is good for the redness and watering of the Eyes. The said Decoction with some Honey put thereto is good to stay Gangrenes and fretting Ulcers, and to wash those that are subject to Nits and Lice. The Wood is very effectual to consume the Spleen, and therefore to drink out of Cups and Cans made thereof is good for Splenetick persons. The Ashes of the Wood are used for all the purposes aforesaid, and besides doth quickly help the Blisters raised by Burnings or Scaldings, by fire or water. *Alpinus* and *Veslingius* do affirm, That the *Aegyptians* do with as good success use the Wood hereof to cure the French Disease, as others do *Lignum Vitæ*, or *Gnjacum*; and give it also to such as are possessed with Lepry, Scabs, Pusles, Ulcers, or the like, and is available also to help the Droisie, arising from the hardness and Obstruction of the Spleen, as also for Melancholly, and the black Jaundice that ariseth there- of.

*Toothach,*  
*Pain in*  
*the Ears,*  
*watering*  
*Eyes,*  
*Gangrenes*  
*& Ulcers,*  
*Nits &*  
*Lice,*  
*Spleen,*  
*Burning*  
*& Scal-*  
*ding,*  
*French*  
*Pox,*  
*Lepry &*  
*Scabs,*  
*Droisie,*  
*Melan-*  
*cholly,*  
*Black*  
*Jaundice.*

\*\*\*\*\*

### Garden Tanfie.

THIS also is so well known, that it needeth no Description.

*Time.*

It Flowreth in June and July.

*Vertues and Use.*

The Decoction of the common Tanfie, or the Juyce drunk in Wine is a singular Remedy for all the griefs that come by stopping of the Urine, helpeth the Strangury and those that have weak Reins and Kidneys: It is also very profitable to dissolve and expel Wind in the Stomach, Belly, or Bowels, to procure Womens Courses, and expel windiness in the Matrix. If it be bruised and often smelled unto, as also applied to the lower part of the Belly, it is very profitable for such Women as are given to miscarry in Childbearing, to cause them to go out their full time: It is used also against the Stone in the Reins, especially to men. The Herb fried with Eggs (as is accustomed in the Spring time) which is called a Tanfie, helpeth to digest, and carry downward those bad Humors that trouble the Stomach: The Seed is very profitably given to Children for the Worms, and the Juyce in Drink is as effectual. Being boyled in Oyl it is good for the sinews shrunk by Cramps, or pained with cold, if thereto applied.

Dame Venus was minded to pleasure Wo-

*Disury,*  
*Strangury,*  
*Reins,*  
*Kidneys,*  
*wind,*  
*womb,*  
*Miscar-*  
*riage,*

*Stone,*

*Stomach,*

*Worms,*

*Cramps.*

men with Child by this Herb, for there grows not an Herb fitter for their uses than this is, it is just as though it were cut out for the purpose, the Herb bruised and applied to the Navil staies miscarriage, I know no Herb like it for that use; boyled in ordinary Beer, and the Decoction drunk, doth the like, and if her Womb be not as she would have, this Decoction will make it as she would have it, or at least as she should have it; let those Women that desire Children love this Herb, 'tis their best Companion, their Husband excepted. Also it consumes the Flegmatick Humors, the cold and moist constitution of Winter most usually infects the Body of Man with, and that was the first reason of eating Tanfies in the Spring, at last the world being over run with Popery, a Monster called *Superstition* perks up his head, and as a just Judgment of God obscures the bright beams of Knowledge by his dismal looks (Physicians seeing the Pope and his Imps selfish they began to be so too) and now forsooth Tanfies must be eaten only on Palm and Easter Sundaies, and their neighbor daies; as last *Superstition* being too hot to hold, and the selfishness of Physicians walking in the clouds, after the Fryars and Monks had made the people ignorant, the *Superstition* of the time was found out, but the Vertue of the Herb hidden, and now 'tis almost, if not altogether, left off: Surely our Physicians are beholding to none so much as they are to Monks and Fryars, for want of eating this Herb in Spring, make people sickly in Summer, and that makes work for the Physitian. If it be against any man or womans Conscience to eat a Tanfie in the Spring, I am as unwilling to burden their consciences as I am that they should burden mine, they may boyl it in Wine and drink the Decoction, it will work the same effect.

\*\*\*\*\*

### Wild Tanfie, or Silver-weed.

THIS also is so well known that it needeth no Description.

*Place.*

It groweth almost in every place.

*Time.*

It Flowreth in June and July.

*Vertues and Use.*

Wild Tanfie stayeth the Lask, and all Fluxes Flux, of Blood in men or women, which some say it will do if the green Herb be worn in the Teyms, shoes, so it be next the Skin, and 'tis true enough that 'twil stop the Terms if worn so, Spitting and the Whites too for ought I know. It stayeth also spitting or Vomiting of Blood. The

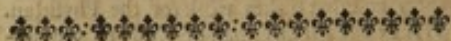
R. r

Powder



*whites,* Powder of the dried Herb taken in some of the  
*Ruptures,* distilled Water helpeth the Whites in women,  
*Belly-ach,* but more especially if a little Coral and Ivory  
*Sciatica,* in Powder be put to it: It is also much com-  
*Joyns,* mended to help Children that are bursten, and  
*Toothach,* have a Rupture being boyled in Water and  
*Loof teeth* Salt: Being boyled in Wine and drunk, it  
*Gums,* easeth the griping pains of the Bowels, and is  
*Ulcers in* good for the Sciatica and Joynt Aches. The  
*the Mouth* same boyled in Vinegar with Honey and Al-  
*wounds,* lum, and gargled in the Mouth, easeth the  
*Sore Legs,* pains of the Toothach, fastneth loose Teeth,  
*pimples,* helpeth the Gums that are sore, and sealeth the  
*Freckles,* pallat of the Mouth in its place when it is fal-  
*Sunburn-* len down: It clenseth and healeth the Ulcers  
*ning.* in the Mouth or secret parts, and is very good  
 for inward Wounds, and to close the lips of  
 green Wounds; as also to heal old, moist, cor-  
 rupt running Sores in the Legs or elsewhere:  
 Being bruised and applied to the Soles of the  
 Feet, and the Hand-wrests, it wonderfully  
 cooleth the hot fits of Agues, be they never so  
 violent. The distilled water clenseth the skin  
 of all discolourings therein, as Morpew, Sun-  
 burning &c. as also Pimples, Freckles, and  
 the like; and dropped into the Eyes or cloaths  
 wet therein and applied, taketh away the heat,  
 and Inflammations in them.

Now Dame *Venus* hath fitted women with  
 two Herbs of one name, one to help Concep-  
 tion, the other to maintain beauty, and what  
 more can be expected of her? What now re-  
 mains for you but to love your Husbands, and  
 not to be wanting to your poor Neighbors.



## Thistles.

Of these there are many kinds growing  
 here in *England*, which are so well  
 known that they need no Description: Their  
 difference is easily known by the places where  
 they grow: *Viz.*

### Place.

Some grow in Fields, some in Meadows,  
 and some among the Corn: others, on  
 Heaths, Greens, and wast grounds in many  
 places.

### Time.

They all Flower in *July* and *August*, and  
 their Seed is ripe quickly after.

### Vertues and Use.

All these Thistles are good to provoke U-  
 rine, and to amend the stinking smell thereof;  
 as also the rank smel of the Armpits, or of the  
 whol Body, being boyled in Wine and drunk;  
 and are said also to help a stinking breath and  
 to strengthen the Stomach. *Pliny* saith that  
 the Juyce bathed on the place that wanteth  
 hair, it being fallen off, will cause it to grow  
 again speedily.

*Disury,*  
*Ill smel,*  
*stinking*  
*Breath,*  
*Stomach.*

Sure *Mars* rules it, it is such a prickly busi-  
 ness.



## The Melancholly Thistle.

### Description.

This riseth up with a tender single hoary  
 green Stalk, bearing thereon four or five  
 long hoary green Leaves, dented about the  
 edges, the points whereof are little or nothing  
 prickly, and at the top usually but one Head,  
 yet sometimes from the bosom of the upper-  
 most Leaf there shooteth forth another smal-  
 ler Head, scaly and somewhat prickly; with ma-  
 ny reddish Purple Thrums or Threads in the  
 middle, which being gathered fresh will keep  
 the colour a long time, and fadeth not from  
 the Stalk in a long time, while it perfecteth the  
 Seed, which is of a mean bigness lying in the  
 Down: The Root hath many long Strings  
 fastned to the Head, or upper part, which is  
 blackish and perissheth not.

There is another sort little differing from  
 the former, but that the Leaves are more green  
 above and more hoary underneath; and the  
 Stalk being about two foot high beareth but  
 one large icaly Head, with threads and Seeds as  
 the former.

### Place.

They grow in many moist Meadows of this  
 Land, as well in these Southern, as in the  
 Northern parts.

### Time.

They Flower about *July*, or *August*, and  
 their Seed ripeneth quickly after.

### Vertues and Use.

Their Vertues are but a few, but those not  
 to be despised, for the Decoction of the Thi-  
 ttle in Wine being drunk, expels superfluous  
 Melancholly out of the Body, and make a man  
 as merry as a Cricket, superfluous Melan-  
 cholly causeth care, fear, sadness, despair, envy, cholly.  
 and many evils more besides, but Religion,  
 teacheth to wait upon Gods Providence, and  
 cast our care upon Him, who careth for us;  
 what a fine thing were it if men and women  
 could live so? and yet seven yeers care and fear  
 makes a man never the wiser, nor a farthing  
 the richer. *Dioscorides* saith, the Root born  
 about one doth the like, and removes all disca-  
 ses of Melancholly. Modern Writers laugh at  
 him, let them laugh that wins, my Opinion  
 is, that 'tis the best Remedy against all Me-  
 lancholly Diseales that grows, they that please  
 may use it: 'tis under *Capricorn*, and therefore  
 under both *Saturn* and *Mars*, one ridrs Me-  
 lancholly by Sympathy, the other by Antipa-  
 thy.

Our



Our Ladies Thistle.

*Description.*

**T**His hath diſerſe very large and broad Leaves lying on the ground, cut in, and as it were crumpled, but ſomewhat hairy on the edges, of a white green ſhining colour, where-in are many lines and ſtrakes of a milky white colour, running all over, and ſet with many ſharp and ſtiff prickles all about; Among which riſeth up one or more ſtrong, round, and prickly ſtalks, ſet full of the like Leaves up to the top, where at the end of every Branch, cometh forth a great prickly Thistle like head, ſtrongly armed with prickles, and with bright purple Thrums riſing out of the middle of them; after they are paſt, the Seed groweth in the ſaid heads, lying in a great deal of ſoft white Down, which is ſomewhat flattish and ſhining, large and brown. The Root is great, ſpreading in the ground, with many ſtrings, and ſmal fibres faſtned thereto. All the whol Plant is bitter in taſt.

*Place.*

It is frequent on the Bank of almoſt every Ditch.

*Time.*

It Flowreth and Seedeth in June, July, and Auguſt.

*Vertues and Uſe.*

Our Ladies Thistle is thought to be as effectual as *Cardus Benedictus* for Agues, and to prevent and cure infection of the Plague, as alſo to open Obſtructions of the Liver and Spleen, and thereby is good againſt the Jaundice; It provoketh Urine, breaketh and expelleth the Stone, and is good for the Dropſie: It is effectual alſo for the pains in the ſides, and many other inward pains and gripings: The Seed and diſtilled water are held powerful to all the purpoſes aforeſaid; and beſides, it is often applied both inwardly to drink, and outwardly with Cloathes or Spunges to the Region of the Liver to cool the diſtemperature thereof, and to the Region of the Heart, againſt ſwoonings and paſſions of it.

It denſeth the blood exceedingly, and in Spring if you pleaſe to boyl the tender Plant, (but cut off the Prickles, unleſs you have a mind to choak your ſelf) it will change your blood as the ſeaſon changes, and that's the way to be ſafe, as to change as the times change is the way to live ſecure, and that Flatterers and Weather-cocks know wel enough.

The Woolley, or Cotton Thistle.

*Description.*

**T**His hath many large Leaves lying on the ground, ſomewhat cut in, and as it were crumpled on the edges, of a green colour on the upper ſide, but covered over with a long hairy Wool or Cottony Down, ſet with moſt ſharp and cruel prickles; from the middle of whoſe heads of Flowers come forth many purpliſh crimſon threds, and ſometimes white, although but ſeldom: The Seed that followeth in theſe white downy heads is ſomewhat large, long, and round, reſembling the Seed of Ladies Thistle, but paler: The Root is great, and thick, ſpreading much, yet uſually dieth after Seed time.

*Place.*

It groweth on diſerſe Ditch Banks, and in the Cornfields and High-ways, generally throughout the Land; and is often found growing in Gardens.

*Time.*

It Flowreth and beareth Seed about the end of Summer, when other Thistles do Flower and Seed.

*Vertues and Uſe.*

*Diaſcorides* and *Pliny* write, That the Leavs and Roots hereof taken in drink, helpeth thoſe that have a Crick in their Neck, that they cannot turn it unleſs they turn their whol Body. *Galen* ſaith, That the Root and Leaves hereof are good for ſuch perſons that have their Bodies drawn together by ſome Spalm or Convulſion, or other Infirmities, as the Rickets (or as the Colledg of Phyſicians would have it, the *Rachites*, about which name they have quarrel'd ſufficiently) in Children; being a Diſeaſe that hindereth their growth, by binding their Nerves, Ligaments, and whol ſtructure of their Body.

The Fullers Thistle, or Teasel.

**T**His is ſo well known that it needeth no Deſcription, being uſed by the Cloath-workers.

The wild Teasel is in all things like the former but that the prickles are ſmal, ſoft, and

R r 2

upright,

Agues,  
Plague,  
Obſtructions,  
Liver  
Spleen,  
Stone,  
Dropſie,  
Stitches in  
the ſide,  
Liver,  
Blood.



upright, not hooked or stiff; and the Flowers of this are of fine bluish or pale Carnation colour, but of the Measured kind whitish.

*Place.*

The first groweth being sown in Gardens or Fields for the use of Cloathworkers: The other neer Ditches and Cills of water in many places of this Land.

*Time.*

They Flower in July, and are ripe in the end of August.

*Vertues and Use.*

*Dioscorides* saith, That the Root bruised and boyled in Wine until it be thick, and kept in a brazen Vessel or Pot, and after spread as a Salve and applied to the Fundament, doth heal the clefts thereof, as also Cankers and Fistulaes therein, as also taketh away Warts and Wens: The Juyce of the Leaves dropped into the Ears, killeth Worms in them. The distilled water of the Leaves dropped into the Eyes, taketh away redness and mists in them that hinder the sight; and is often used by women to preserve their beauty, and to take away redness and Inflammations, and all other heat or discolourings.



## Treacle Mustard.

*Description.*

THIS riseth up with a hard round stalke about a foot high, parted into some branches, having divers soft green leaves somewhat long and narrow set thereon, waved, but not cut in on the edges, broadest towards the ends, and somewhat round pointed: The flowers are white that grow at the tops of the branches, spike fashon one above another, after which come large round pouches, parted in the middle with a furrow, having one blackish brown seed in either side, somewhat sharp in tast, and smelling of Garlick, especially in the fields where it is naturall, but not so much in gardens: The roots are small and threddy, perishing every yeare. And here give me leave to adde Methridate Mustard, although it may seem more properly by the name to belong to the Alphabet M.



## Methridate Mustard.

THIS groweth higher then the former, spreading more and longer branches, whose leaves are smaller and narrower, sometimes unevenly dented about the edges; the Flowers are smal and white, growing on long branches, with much smaller and rounder seed

vessels after them, and parted in the same manner, having smaller browne seeds then the former, and much sharper in taste: The root perissheth after seed time, but abideth the fast winter after the springing.

*Place.*

They grow in sundry places of this Land, as halfe a mile from Hatfield by the river side under a hedge as you go to Hatfield, and in the street of Peckham on Surry side.

*Time.*

They flowre and seed from May to August.

*Vertues and Use.*

These Mustards are said to purge the body both upwards and downwards, and procure Womens Courtes so abundantly, that it suffocate the birth: It breaketh inward Imposthumes being taken inwardly, and used in Glisters, helpeth the *Sciatica*, the seed applied outwardly doth the same. It is an especial ingredient unto Methridate and Treacle, being of it selfe an Antidote resisting poyson, venome, and putrefaction: It is also available in many causes for which the common Mustard is used, but somewhat weaker.



## The Black-Thorne, or, Sloe-Bush.

THIS is so well knowne, that it needeth no description.

*Place.*

It groweth in every place and Countrey, in the hedges and borders of fields.

*Time.*

It flowreth in April, and sometimes in March, but ripeneth the fruit after all other plums whatsoever, and is not fit to be eaten until the Autumne frost have mellowed it.

*Vertues and Use.*

All the parts of the Sloe-Bush are binding, cooling, and drying, and all effectuall to *Binds*, stay bleeding at the nose and mouth, or any *cools, dries* other place; the Lask of the belly, or stomach, *Bleeding* or the Bloody Flux, the two much abounding *Flux*, of womens Courtes, and helpeth to ease the *Bleedy* paines in the sides, bowels, and guts, that *Flux*, come by over-much scowring, to drink the decoction of the barke of the roots, or more *in bowels* usually the decoction of the Berries either *and* *fresh* or dried. The Conserve is also of very *much* use, and most familiarly taken for the purposes aforesaid: But the distilled water of the Flowers first steeped in Sack for a night, and drawne thence by the heat of *Bain-marie Anglice* baths, is a most certaine remedy tried and approved to ease all manner of gnawings in the stomach, the sides and bowels,



or any griping pains in any of them, to drink a smal quantity when the extremity of pain is upon them: The Leaves also are good to make Lotions, to gargle and wash the Mouth and Throat, wherein are Swellings, Sores, or Kernels, and to stay the Defluxions of Rhewm to the Eyes or other parts, as also to cool the heat and Inflammations in them, and to ease hot pains of the Head, to bath the Forehead and Temples therewith. The simple distilled water of the Flowers is very effectual for the said purposes, and is the condensate Juyce of the Sloes. The distilled water of the green Berries is used also for the said effects.

Sore  
Mouth &  
Throat,  
  
Headach.

## Thoroughwax.

### Description.

The common *Thoroughwax* sendeth forth one straight round Stalk, and sometimes more, two foot high and better, whose lower Leaves being of a blewish green colour are smaller and narrower than those up higher, and stand close thereto, not compassing it: but as they grow higher, they do more and more encompass the Stalk, until it wholly (as it were) pass through them, branching toward the top into many parts, where the Leaves grow smaller again, every one standing singly, and never two at any Joynt: The Flowers are very smal and yellow, standing in tufts at the heads of the Branches, where afterwards grow the Seed, smal and blackish, many thick thrust together: The Root is smal, long, and woody, perishing every year after Seed time, and rising again plentifully of its own sowing.

### Place.

It is found growing in many Corn Fields, and Pasture grounds in this Land.

### Time.

It Flowreth in July, and the Seed is ripe in August.

### Virtues and use.

*Thoroughwax* is of a singular good use, for all sorts of Bruises and Wounds either inward or outward, and old Ulcers and Sores likewise, if the Decoction of the Herb with water or Wine be drunk, and the places washed therewith, or the Juyce or green Herb bruised or boyled either by it self, or with other Herbs in Oyl or Hogs Grease, to be made into an Oynment to serve all the year: The Decoction of the Herb, or the Poulder of the dried Herb taken inwardly, and the same or the green Leaves bruised and applied outwardly, is singular good to cure Ruptures and Burstings, especially in Children, before it be two old. Being also applied with a little Flower and Wax to Childrens Navils that stick forth it helpeth them.

Bruises,  
Wounds,  
Ulcers,

Ruptures,  
Navils  
sticking  
out.



## Tormentil.

### Description.

This hath many reddish slender weak Branches rising from the Root, lying upon the ground, or rather leaning than standing upright, with many short Leaves that stand closer to the Stalks than Cinkfoyl doth (which this is very like) with the Footstalk encompassing the Branches in several places, but those that grow next to the ground are set upon long Footstalks, each whereof are like the Leaves of Cinkfoyl, but somewhat longer and lesser, and dented about the edges, many of them devided but into five Leaves, but most of them into sevens whence it is also called *Setfoyl*: yet some may have six and some eight, according to the fertility of the Soyl: At the tops of the Branches stand diverse smal yellow Flowers consisting of five Leaves, like those of Cinkfoyl, but smaller. The Root is smaller than Bistort, somewhat thick, but blacker without, and not so red within, yet sometimes a little crooked, having many blackish fibres thereat.

### Place.

It groweth as well in Woods and shadowy places, as in the open Champion Country, about the borders of Fields in many places of this Land, and almost in every Broom Field in Essex.

### Time.

It Flowreth all the Summer long.

### Virtues and use.

*Tormentil* is most excellent to stay all kind of Fluxes of Blood or Humors, in man or woman, whether at Nose, Mouth, Belly, or any Bleeding, Wound in the Veins or elsewhere: The Juyce *Veins cut*, of the Herb or Root taken in drink, not only terms resisteth all Poyson and Venom of any Creature, but of the Plague it self, and Pestilential Feavers, and contagious Diseases, as the *Pestilence*, Pox, Measels, Purples, &c. expelling the Venom and Infection from the Heart by sweating, if the green Root be not at hand to be had, the Poulder of the dry Root is as effectual, a dram thereof being taken every morning: The Decoction likewise of the Herbs and Roots made in Wine and drunk worketh the same effect; and so doth the distilled water of the Herb and Root being steeped in Wine for a night, and then distilled in *Balneo Marie*. This Water thus distilled taken with some Venice Treacle, and the party presently laid to sweat will certainly (with Gods help) expel any Venom or poyson, or the Plague, Fever, &c. for it is an ingredient of especial respect in all Antidotes or Counterpoysons. There is not found any Root more effectual to

Poyson

S i

help



*Spleen,* help any Flux of the Belly, Stomach, Spleen,  
*Blood* or Blood than this, to be taken inwardly, or  
*Inflamed,* applied outwardly. The Juyce taken doth  
*Liver,* wonderfully open Obstructions of the Liver  
*Lungs,* and Lungs, and thereby in short space helpeth  
*Yellow* the yellow Jaundice. Some use to make Cakes  
*Jaundice,* hereof as well to stay all Fluxes, as to restrain  
 all Chollerick Belchings, and much Vomiting  
 with Loathings in the Stomach: The  
 Powder of the dried Root made up with the  
 white of an Egg and baked upon a hot Tile  
 will do it.

*French* *Pox,* *Andrews Valesius* is of opinion, That the  
 Decoction of this Root is no less effectual to  
 cure the French Pox, than *Guajacum*, or *China*  
 and 'tis not unlikely, because it so mightily  
 resisteth putrefaction: *Label* saith, That *Ron-*  
*delitius* used it as *Hermodactylis* for Joynt-  
 aches: The Powder also, or Decoction to be  
 drunk, or to sit therein as a Bath is an assured  
 Remedy against abortion in Women, if it  
 proceed from the over Fluxibility or weakness  
 of the inward retentive faculty: as also a  
 Plaister made therewith and Vinegar applied  
 to the Reins of the Back, doth much help not  
 only this but also those that cannot hold their  
 Water, the Powder being taken in the Juyce of  
 Plantane; and it is also commended against  
 the worms in Children. It is very powerful  
 in Ruptures and Burstings: as also for Bruis-  
 es and Falls, to be used as well outward as in-  
 wardly. The Root hereof made up with Pel-  
 litory of Spain and Allum, and put into an  
 hollow Tooth, not only asswageth the pain,  
 but staith the Flux of Humors which caused  
 it, *Tormentil* is no less effectual and power-  
 ful a Remedy for outward Wounds, Sores, and  
 Hurts, than for inward, and is therefore a  
 special Ingredient meet to be used in all  
 Wound drinks, Lotions, and Injections for  
 foul corrupt rotten Sores and Ulcers, of the  
 Mouth, Secrets, or other parts of the Body.  
 And to put either the Juyce or Powder of the  
 Root into such Oynments, Plaisters, and  
 such things that are to be applied to Wounds  
 and Sores: it also dissolveth all Knots, Ker-  
 nels, and hardness gathered about the Ears,  
 the Throat, and Jaws and the Kings Evil if  
 the Leaves and Roots be bruised and applied  
 thereto: The same also easeth the pains of the  
 Sciatica or Hip-gout by restraining the sharp  
 Humors that flow thereto. The Juyce of the  
 Leaves and Roots used with a little Vinegar,  
 is also a special Remedy against the running  
 Sores of the Head or other parts, Scabs also  
 and the Itch, or any such eruptions in the Skin  
 proceeding of Salt and sharp Humors: The  
 same also is effectual for the Piles or Hemor-  
 rhoids if they be washed and bathed therewith,  
 or with the Distilled water of the Herb and  
 Roots: It is found also helpful to dry  
 up any sharp Rheum that distilleth from the

Head into the Eyes causing, redness, pain,  
 waterings, Itchings, or the like, if a little pre-  
 pared *Tutia*, or white *Amber* be used with the  
 Distilled water hereof: Many Women use  
 this Water as a secret to help themselves and  
 others when they are troubled with the too  
 much flowing of the Whites or Reds, both to  
 drink it, and inject it with a Syringe. And  
 here's enough, only remember, the *Sun* chal-  
 lengeth the Herb.

\*\*\*\*\*

## Turnsole, or Heliotro- pium.

### Description.

THE greater *Turnsole* riseth up with one  
 upright Stalk about a foot high or more,  
 deviding it self almost from the bottom into  
 diverse smaller Branches of a hoary colour:  
 at each Joynt of the Stalk and Branches grow  
 two smal broad Leaves somewhat white or hoary  
 also: At the tops of the Stalks and Bran-  
 ches stand many small white Flowers consi-  
 sting of four and somtimes five very small  
 Leaves, set in order one above another, upon  
 a smal crooked spike which turneth inwards  
 like a bowed finger, opening by degrees as the  
 Flowers blow open; after which in their pla-  
 ces come smal corner'd Seed, four for the most  
 part standing together. The Root is smal and  
 threddy perishing every year, and the Seed  
 shedding every year, raiseth it again the next  
 Spring.

### Place.

It groweth in Gardens, and Flowreth and  
 Seedeth with us in *England*, notwithstanding  
 it is not natural to this Land, but to *Italy*,  
*Spain*, and *France*, where it groweth plenti-  
 fully.

### Vertues and Use.

*Dioscorides* saith, That a good Handful of  
 this, which is called the greater *Turnsole*, boy-  
 led in Water and drunk, purgeth both Chol-  
 ler and Flegm: And boyled with Cummin *Flegm*,  
 and drunk, helpeth the Stone in the Reins, *Stons*,  
 Kidneys, or Bladder, provoketh Urine and *Disury*,  
 Womens Courses, and causeth an easie and *Terms*  
 sycedy delivery in Childbirth. The Leaves *provokes*,  
 bruised and applied to places pained with the *Gout*,  
 Gout, or that have been out of joynt and new-  
 ly set are full of pain, do give much ease. The *Wens*,  
 Seed, and the Juyce of the Leaves also being *Disjun-*  
 rubbed with a little Salt upon Warts, Wens, *Wens*,  
 and other hard Kernels in the Face, Eyelids,  
 or any other part of the Body, will by often  
 using take them away.

'Tis an Herb of the *Sun*, and a good one  
 too.

Meadow



Meadow Trefoyl, or Honeyfuckles.

These are so well known, especially by the name of Honeyfuckles, White and Red, that I need not describe them.

Place.

They grow almost every where in this Land.

Virtues and Use.

*Dodonæus* saith, The Leaves and Flowers are good to ease the griping pains of the Guts, the Herb being boyled and used in a Clyster: If the Herb be made into a Pultis and applied to Inflammations, it will ease them. The Juyce dropped into the Eyes is a familer Medicine with many Country people to take away the Pin and Web (as they call it) in the Eyes, it also allayeth the Heat and bloodshooting of them: Country people do also in many places drink the Juyce hereof against the biting of an Adder, and having boyled the Herb in water, they first wash the place with the Decoction, and then lay some of the Herb also to the hurt place. The Herb also boyled in Swines Grease and so made into an Oyntment, is good to apply to the biting of any Venemous Creature. The Herb also bruised and heated between two Tiles, and applied hot to the share, causeth them to make water who had it stop'd before: It is held likewise to be good for Wounds, and to take away Scars. The Decoction of the Herb and Flowers with the Seed and Root taken for some time, helpeth Women that are troubled with the Whites. The Seed and Flowers boyled in Water, and after made into a Pultis with some Oyl and applied, helpeth hard Swellings and Impostumes.

*Apollonius*. Of Trefoyl or three leaved Grasse, there are very many sorts described by Authors, but one I have found out which I never red of, the Leaf is but small and it beareth a small yellow Flower, in the midst of each Leaf of the Herb, is a perfect picture of a Heart in red colour, it grows plentifully in a Field between Longford and Bow; also I found one Root in the High-way between Chadwell and Rumford in Essex, as also another in the High-way between Horn-Church and Upminster in the same County, the tast is something more hot and spicy than the tast of the rest is.

Tutsan, or Park Leaves.

Description.

His hath many brownish shining round Stalks, crested all the length thereof, rising to be two and sometimes three foot high, branching forth even from the bottom, having diverse Joynts, and at each of them two fair large Leaves standing, of a dark blewish green colour on the upper side, and of a yellowish green underneath, turning reddish towards Autumn, but abiding on the Branches all the Winter: At the tops of the Stalks and Branches stand large yellow Flowers, and Heads with Seed, which being greenish at the first, and afterwards reddish, turn to be of a blackish purple colour when they are through ripe, with small brownish Seed within them, and then yield a reddish Juyce or Liquor, of a reasonable good scent, somewhat resinous, and of an harsh or stiptich tast, as the Leaves also and the Flowers be, although much less, but do not yield such a cleer Claret Wine Liquor as some say it doth: The Root is brownish, somewhat great, hard, and woody, spreading well in the ground.

Place.

It groweth in many Woods, Groves, and Woody Grounds, as Parks and Forests, and by Hedge sides in many places of this Land, as in Hampsted Wood, by Railey in Essex, in the Wild of Kent, and in many other places need- less to recite.

Time.

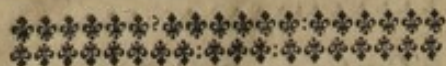
It Flowreth later than St. Johns, or St. Peters wort.

Virtues and Use.

Tutsan purgeth Chollerick Humors as St. Peters wort is said to do, for therein it worketh the same effects, both to help the Sciatica and Gout, and to heal burnings by fire: It stayeth also the bleeding of Wounds, if either Choller, the green Herb be bruised, or the poulder of Sciatica, the dry be applied thereto. It hath been accounted and certainly is a Sovereign Herb to Burnings, heal any Wound or Sore either outwardly or Bleeding, inwardly, and therefore alwaies used in Drinks, Wounds, Lotions, Balms, Oyls, Oyntments for any Ulcers, sort of green Wound, or old Ulcers and Sores, in all which the continual experience of former Ages hath confirmed the use thereof to be admirable good, though it be not so much in use now as when Physitians and Chirurgeons were so wise as to use Herbs more than now they do.

It is an Herb of Saturn and a most noble Antivenerean.





Garden Valerian.

*Description.*

**T**His hath a thick short grayish Root lying for the most part above ground, shooting forth on all sides other such like small pieces or Roots, which have all of them many long and great strings or fibres under them, in the ground, whereby it draweth nourishment. From the Heads of these Roots spring up many green Leaves, which at first are somewhat broad and long without any deviation at all in them, or denting on the edges, but those that rise up after are more and more divided on each side, some to the middle Rib, being winged, as made of many Leaves together on a Stalk, & those upon the Stalk in like manner are more divided, but smaller towards the top than below: The Stalk riseth to be a yard high or more, sometimes branched at the top, w<sup>th</sup> many smal whitish Flowers, sometimes dash'd over at the edges with a pale purplish colour, of a little scent: which passing away there followeth small brownish white Seed that is easily carried away with the wind. The Root smelleth more strong than either Leaf or Flower, and is of more use in Medicine,

## Place.

It is generally kept with us in our Gardens.

## Time.

It Flowreth in *June* and *July*, and continueth Flowring until the Frosts pull it down.

Verities and Use.

*Dioscorides* saith, That the *Garden Valerian* hath a warming Faculty, and that being dryed and given to drink, it provoketh Urine and helpeth the Strangury : The Decoction thereof taken doth the like also, and taketh away pains of the sides, provoketh Womens Courses and is used in Antidotes. *Pliny* saith, That the Poulder of the Root given in drink, or the Decoction thereof taken, helpeth all stoppings and stranglings in any part of the Body, whether they proceed of pains in the Chest or sides, and taketh them away. The Root of *Valerian* boyled with Liquoris, Raisens, and Annis Seed, is singular good for those that are short winded, and for those that are troubled with the Cough, and helpeth to open the passages, and to expectorate Flegm easily. It is given to those that are bitten or stung by any Venemous Creature, being boyled in Wine. It is of especial Vertue against the Plague, the Decoction thereof being drunk, and the Root being used to smell unto ; It helpeth also to expel the wind in the Belly. The green Herb

Disury  
Strangury

Stitch  
terms  
provokes

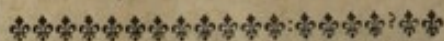
Bruch

Short wind  
Cough  
Flegm

*Pestilence*

Wind

with the Root taken fresh, being bruised and applied to the Head taketh away the pains and prickings therein, staith Rheums and thin Eyes Distillations, and being boyled in white Pin and Wine, and the drop thereof put into the eye, taketh away the dimness of the sight, or any Pin or Web therein: It is of excellent perty to heal any inward Sores or Wounds, also for outward Hurts or Wounds, and draweth any Splinter or Thorn out of the Flesh.



Vervain.

*Description.*

**T**He common *Veronica*, hath somewhat long and broad Leaves next the ground deeply gash'd about the edges and some only deeply dented or cut all alike, of a blackish green colour on the upper side, and somewhat gray underneath: The Stalk is square branched into several parts, rising about two foot high, especially if you reckon the long spike of Flowers at the tops of them, which are set on all sides one above another, and sometimes two or three together, being small and gaping, of a Purplish blew colour, and white intermixt; after which come small round Seed in small and somewhat long Heads: The Root is small and long, but of no use.

## Place.

It groweth generally throughout this Land  
in diverse places by the Hedges and way sides,  
and other waist grounds.

## Time.

It Flowreth about *July*, and the Seed is ripe soon after.

*Vertues and use.*

*Pervain* is hot and dry, bitter, opening Ob-  
structious, cleansing, and healing, It helpeth  
the yellow Jaundice, the Dropie, and the Gout,  
the defects of the Reins and Lungs, and gene-  
rally, all inward pains and torments of the Bo-  
dy, the Leaves being boyled and drunk; The  
same is held to be good against the bitings of  
Serpents, and other Vencmous Beasts; and  
against the Plague, and both Tertian and  
Quartane Agues, killeth and expelleth Worms  
in the Belly, and causeth a good colour in the  
Face and Body, strengthneth as well as corre-  
cteth the Diseases of the Liver and Spleen,  
is very effectual in all Diseases of the Stomach  
and Lungs, as Coughs, shortness of Breath  
and Wheelings, and is singular good against  
the Dropie, to be drunk with some Peony  
Seeds, bruised and put thereto; and is no less  
prevalent for the defects of the Reins and  
Bladder, to cleanse them of those Humors that  
ingender the Stone, and helpeth to break the  
Stone and to expel Gravel: It consolidateth  
and healeth also all Wounds both inward and  
outward.



*Womb,* outward, and stayeth bleedings, and used  
*Droppe,* with some Honey healeth all old Ulcers and  
*Bleeding,* Fistulaes in the Legs or other parts of the Bo-  
*wounds,* dy, as also those Ulcers that happen in the  
*Ulcers,* Mouth, or used with old Hogs grease it hel-  
*Fistulaes,* peth the Swellings and pains of the secret parts  
*Headach,* in man or Woman, as also for the Piles and  
*Frenzie,* Hemorrhoids: Applied with some Oyl of  
*Morphew,* Roses and Vinegar unto the Forehead and  
*Freckles,* Temples, it easeth the inveterate pains and  
*Eyes.* ach of the Head, and is good for those that  
 are Frenetick. The Leaves bruised, or the

Juyce of them mixed with some Vinegar doth  
 wonderfully cleanse the Skin, and taketh away  
 Morphew, Freckles, Pustulaes, and other such  
 like Inflammations and deformities of the Skin  
 in any part of the Body. The distilled water  
 of the Herb when it is in his full strength,  
 dropped into the Eyes, cleanseth them from  
 Films, Clouds, or mists that darken the sight,  
 and wonderfully strengtheneth the Optick  
 Nerves; The said Water is very powerful in  
 all the Diseases aforesaid either inward or out-  
 ward, whether they be old corroding Sores, or  
 green Wounds.

This also is an Herb of *Venus*, and an ex-  
 cellent Herb for the Womb, to strengthen it  
 and remedy all the cold griefs of it, as Plan-  
 tane doth the hot, the Herb bruised and hung  
 about the Neck helps the Headach.

### The Vine.

*Sore* The Leaves of the English *Vine* (I do not  
*Mouth,* intend to send you to the *Canaries* for a  
*Inflamati-* Medicine) being boyled make a good Lotion  
*ons,* for sore Mouths, being boyled with Barley  
 Meal into a Pultis, it cools Inflammations of  
 Wounds, the droppings of the *Vine* when 'tis  
 cut in the Spring, which Country people call  
 Tears, being boyled into a Syrup with Sugar  
 and taken inwardly, is excellent to stay Wo-  
*Womens* mens longings after every thing they see, which  
*Longing,* is a Disease many Women with Child are sub-  
 ject too; the Decoction of *Vine* Leaves in  
 white Wine doth the like: also the Tears of  
 of the *Vine* drunk, two or three spoonfuls at a  
 time, breaks the Stone in the Bladder: This  
 is a very good Remedy, and it is discreetly  
 done to kill a Vine to cure a Man, but the  
 Salt of the Leaves is held to be better.

*Teeth* The Ashes of the burnt Branches will make  
*black.* Teeth that are as black as a coal to be as white  
 as snow if you do but every morning rub them  
 with it.

### Violets.

These, both Tame and Wild, are so well  
 known that they need no Description.

*Time.*

They Flower until the end of July, but are  
 best in March and the beginning of April.

*Vertues and Use.*

All the *Violets* are cold and moist while they  
 are fresh and green, and are used to cool any  
 heat or distemperature of the Body, either in-  
 wardly or outwardly, as Inflammations in the *Inflamati-*  
 Eyes, in the Matrix or Fundament, in Impos- *on, Eyes,*  
 stumes also and hot Swellings, to drink the *Womb,*

Decoction of the Leaves or Flowers made  
 with Water or Wine, or to apply them Pultis  
 wise to the grieved place, it likewise easeth  
 pains in the Head, caused through want of *Head-ach,*  
 sleep; or in any other place arising of heat, *watching,*  
 being applied in the same manner, or with  
 Oyl of Roses. A dram weight of the dried  
 Leaves of the Flowers of *Violets* (but the  
 Leaves more strongly) doth purge the Body  
 of Chollerick Humors, and asswageth the heat *Choller,*  
 being taken in a draught of Wine or any other  
 Drink: The Pouder of the purple Leaves of  
 the Flowers only pick'd and dried, and drunk  
 in Water is said to help the Quinsie, and the *Quinsie,*  
 Falling-sickness in Children, especially in the *Falling-*  
 beginning of the Disease. The Flowers of the *sickness,*  
 White *Violets* ripeneth and dissolveth Swel- *Swellings,*

lings. The Herb or Flowers while they are  
 fresh, or the Flowers when they are dry, are  
 effectual in the Plurisie, and all Diseases of *Plurisie,*  
 Lungs, to lenesie the sharpness of hot Rheums, *Flegm,*  
 and the Hoarseness of the Throat, the heat al- *Hoarseness,*  
 so, and sharpness of Urine, and all pains of the *neß,*  
 Back, or Reins and the Bladder: It is good *Throat,*  
 also for the Liver and the Jaundice, and in al *Back,*  
 hot Agues to cool the Heat and quench the *Reins,*  
 Thirst: But the Syrup of *Violets* is of most *Bladder,*  
 use and of better effect, being taken in some  
 convenient Liquor; and if a little of the  
 Juyce or Syrup of Lemmons be put to it, or a  
 few drops of the Oyl of Vitriol, it is made  
 thereby the more powerful to cool the heat and  
 to quench the Thirst, and giveth to the drink *Thirst,*  
 a Clarret Wine colour, and a fine tart relish, *Heart.*  
 pleasing the tast. *Violets* taken, or made up  
 with Honey doth more cleanse than cool, and  
 with Sugar contrary-wise. The dried Flowers  
 of *Violets* are accounted among the Cordial  
 Drinks, Pouders, and other Medicines espe-  
 cially where cooling Cordials are necessary:

T t

The



The green Leaves are used with other Herbs, to make Plaisters and Palsies for Inflammations and Swellings, and to ease pains whereforever, arising of heat, and for the Piles also, being fried with Yolks of Eggs and applied thereto.

*Pansies* or Heartsease are like unto *Violets* in all their operations but somewhat hotter and dryer, yet very temperate, and by viscus Juyce therein doth somewhat mollifie, yet less than Mallows: It is conducing in like manner as *Violets* to the hot Diseases of the Chest and Lungs: for Agues, Convulsions, and Falling-sickness in Children. The Decoction helpeth Itch and Scabs being bathed therewith: It is said also to soder green Wounds, and to help old Sores, the Juyce or distilled Water thereof being drunk.



### Vipers Bugloss.

#### Description.

**T**his hath many long rough Leaves lying on the ground, from among which rise up diverse hard round Stalks, very rough, as if they were thick set w<sup>th</sup> prickles or hairs, wherein are set such like long rough hairy or prickly sad green Leaves, somewhat narrow; the middle Rib for the most part being white. The Flowers stand at the tops of the Stalks, branched forth into many long spiked Leaves of Flowers, bowing or turning like the Turnsole, all of them opening for the most part on the one side, which are long and hollow, turning up the Brims a little, of a Purplish Violet colour in them that are fully blown, but more reddish while they are in the Bud, as also upon their decay and withering; but in some places of a paler purple colour, with a long pointel in the middle, feathered or parted at the top: After the Flowers are fallen the Seeds growing to be ripe, are blackish, cornered and pointed somewhat like unto the Head of a Viper. The Root is somewhat great and blackish, and woolly, when it groweth toward Seed time; and perisheth in the Winter.

There is another sort little differing from the former, only in that it beareth white Flowers.

#### Place.

The first groweth wild almost every where. That with white Flowers, about the Castle Walls of Lewes in *Sussex*.

#### Time.

They Flower in Summer, and their Seed is ripe quickly after.

#### Vertues and Use.

*Venemous Beasts,* It is an especial Remedy against the biting of the Viper, and of all other Venemous Beasts or Serpents, as also against poyson and

poysonful Herbs. *Dioscorides* and others say, That whosoever shall take of the Herb or Root before they be bitten, shall not be hurt by the poyson of any Serpent. The Roots or Seeds are thought to be most effectual to comfort the Heart, and expel Sadness, or cause less Melancholly, it tempers the Blood, and allayeth the hot Firs of Agues: The Seed drunk in Wine procureth abundance of Milk in Womens Breasts. The same also being taken causeth the pains in the Loyns, Back, and Kidneys: The distilled Water of the Herb when it is in Flower, or his chiefest strength, is excellent to be applied either inwardly or outwardly for all the Grievs aforesaid. There is a Syrup made hereof very effectual for the comforting of the Heart, and expelling Sadness and Melancholly.

Heart,  
Sadness,  
Melancholly,  
Agues,  
Milk,  
Loyns,  
Back,  
Kidneys.



### Wall-Flowers, or Winter Gilly-flowers.

**T**he Garden kinds are so well known that they need no Description.

#### Description.

The common single *Wall-Flowers* which grow wild abroad, hath sundry smal long, narrow, and dark green Leaves, set without order upon smal round whitish woody Stalks which bear at the tops diverse single yellow Flowers one above another, every one having four Leaves apiece, and of a very sweet scent: after which come long Pods containing reddish Seed. The Root is white, hard and threddy.

#### Place.

It groweth upon old Church Walls, and old Walls of many Houses, and on other stone Walls in diverse places. The other sorts in Gardens only.

#### Time.

All the single kinds do Flower many times in the end of *Autumn*, and if the Winter be mild, all the Winter long, but especially in the Months of *February*, *March*, and *April*, and until the heat of the Spring do spend them: But the double kinds continue not Flowering in that manner all the year along, although they Flower very early sometimes, and in some places very late.

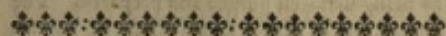
#### Vertues and Use.

*Galen* in his seventh Book of Simple Medicines saith, That the yellow Wall-flowers *Obstrucki-* worketh more powerfully than any of the others, ther kinds, and is therefore of more use in *Liver*, *Physick*; It cleneth the Blood and freeeth the *Terms* *Liver* and *Reins* from *Obstructions*, provo- *provokes*, keth Womens *Courtes*, expelleth the *Second* *Afterbirth* dine



Dead  
Child,  
Spleen,  
Weakness  
Disjunc-  
ture,  
Gout,  
Sinews,  
Apoplexy,  
Palsy.

dine and dead Child, helpeth the hardness and pains of the Mother, and of the Spleen also, stayeth Inflammations and Swellings, comforteth and strengthneth any weak part, or out of Joynt: helpeth to cleanse the Eyes from mistiness and Films on them, and to cleanse foul and filthy Ulcers in the Mouth or any other part, and is a singular Remedy for the Gout, and all Aches and Pains in the Joynts and Sinews. A Conserve made of the Flowers is used for a Remedy both for the Apoplexie and Palsy.



## The VValnut-Tree.

THIS is so well known, that it needeth no Description.

Time.

It Blossometh early, before the Leaves come forth, and the Fruit is ripe in September.

Virtues and Use.

Binds,  
Dries,

The Bark of the Tree, doth bind and dry very much, and the Leaves are much of the same temperature, but the Leaves when they are older, are heating and drying the Second Degree, and harder of digestion than when they are fresh, which by reason of their sweetness are more pleasing and better digesting in the Stomach, and taken with sweet Wine they move the Belly downwards; but being old, they grieve the Stomach, and in hot Bodies cause Choller to abound, and the Headach, and are an enemy to those that have the Cough: But are less hurtful to those that have colder Stomachs, and are said to kill the broad Worms in the Belly or Stomach. If they be taken with Onions, Salt, and Honey, they help the biting of a Mad Dog, or the Venom or infectious poyson of any Beast &c. *Onens Pompeius* found in the Treasury of *Methridates* King of *Pontus*, when he was overthrown, a Scrowl of his own Hand-writing, containing a Medicine against any Poyson and Infection, which is this: Take two dry Walnuts, and as many good Figs, and twenty Leaves of Rue bruised and beaten together with two or three Corns of Salt, and twenty Juniper Berries, which taken every morning fasting, preserveth from danger of Poyson or Infection, that day it is taken. The

Poyson,  
Epidemi-  
cal Dis-  
eases,  
Inflam-  
mation in  
the  
Throat,  
wounds of  
the  
Sinews  
Gangrenes  
the Sinews,  
Gangrenes,  
and Carbuncles;  
The  
Carbuncles  
said  
Kernels  
being  
burned,  
are then  
very  
a-  
stringent,  
and will  
then  
stay  
Lasks  
and  
Wo-

Juyee of the outer green Husks, boyled up with Honey, is an excellent gargle for sore Mouths, the Heat and Inflammations in the Throat and Stomach: The Kernels when they grow old are more Oily, and therefore not so fit to be eaten, but are then used to heal the Wounds of the Sinews, Gangrenes, and Carbuncles; The said Kernels being burned, are then very astringent, and will then stay Lasks and Wo-

mens Courses, being taken in red Wine; and Terms stay the falling of the Hair and make it fair, stops, being anointed with Oyl and Wine; The Baldness, green Husks will do the like being used in the same manner. The Kernels beaten with Rue and Wine, being applied, helpeth the Quinsies, and bruised with some Honey and applied to the Ears, ease the pains and Inflammations of them: A piece of the green Husk put unto a hollow Tooth, ease the pains. The Catkins Toothach, hereof taken before they fall off, dried and given a dram thereof in Powder with white Wine, wonderfully helpeth those that are troubled with the rising of the Mother. The Oyl that is pressed out of the Kernels, is very profitably taken inward like Oyl of Almonds, to help the Chollick, and to expel wind very effectually, an ounce or two thereof may be taken at a time. The yong green Nurs taken before they be half ripe and preserved with Sugar, are of good use for those that have weak Stomachs, or Debuxions thereon. The distilled water of the green Husk before they be half ripe, is of excellent use to cool the heat of Agues being drunk an ounce or two at a time, as also to resist the Infection of the Plague, if some thereof be also applied to the Sores thereof: The same also cooleth the heat of green Wounds and old Ulcers, and healeth them being bathed therewith: The distilled Water of the green Husks being ripe when they are shelled from the Nurs, being drunk with a little Vinegar, is also found by experience to be good for those that are infected with the Plague, so as before the taking thereof a Vein be opened. The said Water is very good against the Quinsin being gargled and bathed therewith, and wonderfully helpeth Deafness, the Noise, and other pains in the Ears. The Distilled water of the yong green Leaves in the end of May performeth a singular cure on foul running Ulcers and Sores, to be bathed with wet Cloathes or Sponges applied to them evening and morning.



## VVold, VVeld, or Dyers VVeed.

Description.

THE common kind groweth bushing with many Leaves, long, narrow, and flat upon the ground, of a dark, blewish, green colour, somewhat like unto Woad, but nothing so large, a little crumpled and as it were round pointed which do so abide the first year: And the next Spring from among them rise diverse round Stalks two or three foot high, beset with many such like Leaves thereon, but smaller, and shooting forth some smal Branches, which



which with the Stalks carry many smal yellow Flowers in a long spiked Head at the tops of them where afterwards come the Seed, which is small and black inclosed in Heads that are divided at the tops into four parts. The Root is long, white, and thick, abiding the Winter: The whol Herb changeth to be yellow after it hath been in Flower a while.

*Place.*

It groweth every where by the way sides in moist grounds as well as dry, in Corners of Fields and by Lanes: and sometimes all over the Field; in *Suffex* and *Kent* they call it *Greenweed*.

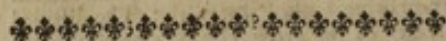
*Time.*

It is in Flower about *June*.

*Vertues and Use.*

*Flegm,  
Humors,  
Tumors,  
Venemous  
Beasts,  
Pestilence,  
Worms.*

*Mathiolus* saith, That the Root hereof cureth tough *Flegm*, digesteth raw *Flegm*, thinneeth gross *Humors*, dissolveth hard Tumors, and openeth Obstructions. Some do highly commend it against the bitings of Venemous Creatures, to be taken inwardly and applied outwardly to the hurt place; as also for the *Plague* or *Pestilence*. The People in some Countries of this Land do use to bruise the Herb and lay it to Cuts or Wounds in the Hands or Legs to heal them.



## Wheat.

The several kinds hereof are so well known unto almost all people that it is altogether needless to write any Description thereof.

*Vertues and Use.*

*Cold,*

*Tettors,  
Ring-  
worms,*

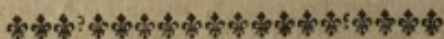
*Ulcers,  
Chops in  
the Hands  
& Feet,  
Mad Dogs*

*Eyes,*

*Kings  
Evil,*

*Dioscorides* saith, That to eat the Corns of green Wheat is hurtful to the Stomach, and breedeth Worms. *Pliny* saith, That the Corns of Wheat toasted upon an Iron Pan and eaten, is a pleasant Remedy for those that are chilled with cold. The Oyl pressed from Wheat between two thick Plates of Iron or Copper heated, healeth all Tettors and Ringworms being used warm, and hereby *Galen* saith he hath known many to be cured. *Mathiolus* commendeth the same Oyl to be put into hollow Ulcers to heal them up, and it is also good for Chops in the Hands or Feet, and to make a rugged Skin smooth. The green Corns of Wheat being chewed, and applied to the place bitten by a mad Dog, healeth it: Slices of Wheat Bread soaked in Red Rose-water, and applied to the Eyes that are hot, red, and inflamed, or blood-shotten, helpeth them. Hor Bread applyed for an hour at a time three daies together, perfectly healeth the Kernels in the Throat commonly called the Kings Evil. The Flower of Wheat mixed with the Juyce of Henbane, stayeth the Flux of Humors to the Joynts being laid ther-

on: The said Meal boyled in Vinegar helpeth the shrinking of the Sinews saith *Pliny*; *Sinews*, and mixed with Vinegar and Honey boyled together, healeth all Freckles, Spots, and Pimples on the Face. Wheat Flower, mixed with the Yolk of an Eg, Honey, and Turpentine, doth draw, cleanse, and heal, any Boil, Plague Sore, or foul Ulcer. The Bran of *Pestilence*, Wheat Meal steeped in sharp Vinegar, and then bound in a Linnen Cloth, and rubbed on those places, that have the Scurf, Morpew, Scabs, or Leprosie, will take them away, the Body being first well purged and prepared. The Decoction of the Bran of Wheat or Barley, is of good use to bath those places that are Bursten by a Rupture: and the said Bran boyled in good Vinegar, and applied to swollen Breasts, helpeth them, and stayeth all Inflammations; it helpeth also the bitings of Vipers (which I take to be no other but our English Adder) and all other Venemous *Venemous* Creatures. The Leaves of Wheat Meal applied with some Salt, taketh away hardness of the Skin, Wharts, and hard Knots in the Flesh. Starch moistned with Rosewater and laid to the Cods taketh away their Itching. *Cods*, Wafers put in Water and drunk, stayeth the Lask and Bloody Flux, and is profitably used both inward and outwardly for the Ruptures in Children: Boyled in Water unto a thick Gelly and taken, it stayeth spitting of Blood: and boyled with Mints and Butter it helpeth the hoariness of the Throat. *Hoariness*.



## The VWillow-tree.

These are so well known that they need no Description: I shall therefore only shew you the Vertues thereof.

*Vertues and Use.*

Both the Leaves, Bark, and the Seed are used to stanch bleeding of Wounds, and at Mouth *Stanch* and Nose, spitting of Blood, and all other *Bleeding*, Fluxes of Blood in man or woman, and to stay *Spitting of* Vomiting, and provocation thereunto, if the *Blood*, Decoction of them in Wine be drunk. It helpeth also to stay thin, hot, sharp, salt Distillations from the Head upon the Lungs causing a *Vomiting*, Consumption: The Leaves bruised with some *Distillati-* Pepper and drunk in Wine, much helpeth the *ons on the* wind Chollick. The Leaves bruised and boyled in Wine and drunk stayeth the heat of Lust *wind* in man or woman, and quite extinguisheth it, *Chollick*, if it be long used; The Seed is also of the *Heat of* same effect. The Water that is gathered from Lust, the Willow when it Flowreth, the Bark being *Dimness of* slit, and a fitting Vessel set to receive it, is *sight*, & very good for redness and dimness of Sight, for *other Dis-* films that grow over the Eyes, and stay the *eases in* Rheums that fall into them, to provoke *the Eyes,* *being*



Cleer the  
Face,  
Dry up  
Humors,

being stopped if it be drunk, and to cleer the Face and Skin from Spots and Discolourings. Galen saith, The Flowers have an admirable faculty in drying up Humors, beeing a Medicine without any sharpness or corrosion: You may boyl them in white Wine, and drink as much as you will (so you drink not your self drunk.) The Bark work the same effects, if used in the same manner, and the Tree hath alwaies Bark upon it though not alwaies Flowers: The Burnt ashes of the Bark, being mixed with Vinegar taketh away Warts, Corns, and Superfluous Flesh being applied to the place. The Decoction of the Leaves or Bark in Wine, takes away Scurf or Dandrif by washing the place with it: 'Tis a fine cool Tree, The Boughs of which are very convenient to be placed in the Chamber of one sick of a Feaver.

Warts,  
Corns &  
superflu-  
ous flesh,  
Scurf or  
Dandrif  
Feaver.

the Herb was drying and binding, and so drying and binding that it is not fit to be given inwardly. An Oyntment made thereof stancheth Bleeding: A Plaister made thereof, and applied to the Region of the Spleen (and I pray you take notice, that the Spleen lies on the left side) takes away the hardness and pains thereof: The Oyntment is excellent good in such Ulcers as abound with moisture, and St. Anthony takes away the corroding and fretting Humors: It cools Inflammations, quencheth St. Anthony's fire, and stayeth Defluxions of Blood.

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### Woodbind, or Honey-suckles.

**T**He Plant is so common that every one that hath Eyes knows them, and he that hath none cannot reade a Description if I should write it.

*Time.*

They Flower in June, and the Fruit is ripe in August.

*Vertues and use.*

Doctor Tradition, that grand Introducer of Errors, that Hater of Truth, that Lover of Folly, and that mortal Foe to Doctor Reason, hath taught the common People to use the Leaves and Flowers of this Plant in Mouth Waters, and by long continuance of time hath so grounded it in the Brains of the Vulgar that you cannot beat it out with a Beetle: All Mouth Waters ought to be cooling and drying, but Honey-suckles are clensing, consuming, and digesting, and therefore no waies fit for Inflammations, Thus Doctor Reason. Again, If you please we will leave Dr. Reason a while and come to Dr. Experience, a learned Gentleman, and his Brother; Take a Leaf and chew it in your Mouth, and you will quickly find it likelier to cause a sore Mouth or Throat than to cure it. Well then, if it be not good for this, What is it good for? 'Tis good for something: For God and Nature made nothing in vain: It is an Herb of Jupiter and appropriated to the Lungs, the Coelestial Crab claims Dominion over it; neither is it a Foe to the Lyon: If the Lungs be afflicted by Mercury, this is your Cure: It is fitting a Conserve made of the Flowers of it were kept in every Gentlewomans House; I know no better cure for an Asthma than this; Besides, It takes away the evil of the Spleen, provokes Urine, procures speedy Delivery to Women in Travail, helps Cramps, Convulsions and Palseys, and whatsoever griefs comes of cold or stopping: If you please to make use of it in an Oyntment, it will cleer your Skin of Mor-

u u

Lungs af-  
flicted  
Asthma  
Spleen  
provokes  
Urine &  
speedy De-  
livery in  
Childbirth  
Cramps  
Convulsi-  
ons &  
Palseys,  
phew,

\*\*\*\*\*

### Woad.

*Description.*

**I**T hath diverse large Leaves, long, and somewhat broad withal, like to those of the greater Plantane, but larger, thicker, of a greenish colour and somewhat blew withal: From among which Leaves riseth up a lusty Stalk three or four foot high, with diverse Leaves set thereon; The higher the Stalk riseth, the smaller are the Leaves, at the top it spreadeth into diverse Branches, at the ends of which appear pretty little yellow Flowers, and after they pass away like other Flowers of the Field, come Husks, long, and somewhat flat withal, in form they resemble a Tongue, in colour they are black, and they hang bobbing downwards. The Seed contained within these Husks (if it be a little chewed) gives an Azure colour. The Root is white and long.

*Place.*

It is sowed in Fields for the benefit of it, where those that sow it cut it three times a year.

*Time.*

It Flowreth in June, but is long after before the Seed is ripe.

*Vertues and use.*

Some People affirm the Plant to be destructive to Bees, which if it be I cannot help it: They say it possesseth Bees with a Flux, but that I can hardly beleve, unless Bees be contrary to all other Creatures, I should rather think it possesseth them with the contrary Disease, the Herb being exceeding drying and binding. However, if any Bees be diseased thereby, the cure is to set Urine by them, but set it in such a Vessel that they cannot drown themselves, which may be remedied if you put pieces of Cork in it. I told you before



Freckles  
& Sun-  
burning.

phew, Freckles, and Sunburning, or whatsoever else discolours it, and then the Maids will love it. I have done, when I have told you what Authors say, and cavell'd a little with them, They say the Flowers are of more effect than the Leaves, and that's true; but they say, The Seeds are of least effect of all: But Dr. Reason told me, That there was a Vital Spirit in every Seed to beget its like; and Dr. Experience told me, That there was a greater heat in a Seed than there was in any other part of a Plant, and withal, That Heat was the Mother of action, and then judg if old Dr. Tradition (who may well be honor'd for his Age, but not for his Goodness) have not so poyloned the World with his Errors before I was born, that it was never well in its wits since, and there is great fear it will dte mad.

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## Wormwood.

### Description.

THree *Wormwoods* are familiar with us; One I shall not describe, another I shall describe, and the Third be Critical at. And I care not greatly if I begin with the last first.

Sea *Wormwood* hath gotten as many Names as Vertues (and perhaps one more) *Scirpian*, *Santonian*, *Belgicum*, *Narbonense*, *Xantomitum*, *Misnense*, and a matter of twenty more, which I will not blot Paper withal: A Papist got the Toy by the end, and he called it *Holy Wormwood*; and in truth I am of Opinion, Their giving so much holiness to Herbs is the Reason there remains so little in themselves.

The Seed of this *Wormwood* is that which usually Women give their Children for the Worms: Of all *Wormwoods* that grow here, this is the weakest; I but Doctors commend it, and Apothecaries sell it, the one must keep his Credit, and the other get Money, and that's the key of the work. The Herb is good for something, because God made nothing in vain; Will you give me leave to weigh things in the Ballance of Reason; Then thus, The Seeds of the common *Wormwood* are far more prevalent than the Seed of this, to expell Worms in Children, or People of ripe age: Of both, some are weak, some are strong. The *Scirpian* *Wormseed* is the weakest, & happily may prove to be fittest for weakest Bodies (for it is weak enough in all conscience) Let such as are strong take the common *Wormseed*, for the other will do but little good. Again, neer the Sea many people live, and *Scirpian* grows neer them, and therefore is more fitting for their Bodies because nourished by the same Air; and this I had from Dr. Reason. In whose Body Dr. Reason dwells

not, dwells Dr. Madnesse, and he brings in his Brethren, Dr. Ignorance, Dr. Folly, and Dr. Sicknesse, and these together make way for Dr. Death, and the latter end of that man is worse than the beginning. Pride was the cause of Adam's Fall, Pride begate a Daughter, I do not know the Father of it unless the Devil, but she christned it, and call'd it *Appetite*, and sent her Daughter to tast these *Wormwoods*, who finding this the least bitter, made the squeamish Wench extol it to the Skies, though the Vertues of it never reached to the middle Region of the Air. Its due praise is this; It is weakest, therefore fitter for weak Bodies, and fitter for those Bodies that dwell neer it than those that live far from it: my reason is, The Sea (as those that live far from it, know when they come neer it) casteth not such a smell as the Land doth: The tender Mercies of God being over all his Works, hath by his eternal Providence planted *Scirpian* by the Sea side, as a fit Medicine for the Bodies of those that live neer it. Lastly, It is known to all that know any thing in the Course of Nature, That the Liver delights in sweet things; if so, it abhors bitter; then if your Liver be weak, it is none of the wisest courses to plague it with an Enemy: if the Liver be weak a Consumption follows; Would you know the Reason? 'tis this, A mans Flesh is repaired by Blood, by a third concoction which transmutes Blood into Flesh ('tis well I said [Confection] for if I had said [Boyling] every Cook would have understood me.) The Liver makes Blood, and if it be weakened that it makes not enough the Flesh wasteth, and why must Flesh alwaies be renewed? Because the eternal God when he made the Creation, made one part of it in continual dependency upon another: And why did he so? Because Himself is only Permanent, to teach us, That we should not fix our affections upon what is transitory, but upon what endures for ever. The result of all is this, If the Liver be weak and cannot make Blood enonough (I would have said [Sanguifie] if I had written only to Schollers) The *Scirpian* which is the weakest of *Wormwoods* is better than the best. I have been Critical enonough (if not too much).

### Place.

It grows familiarly in England by the Sea side.

### Description.

It starts up out of the earth with many round woody hoary Stalks from one Root, its height is four foot high, or three at the least. The Leaves in Longitude are long, in Latitude narrow, in Colour white, in Form hoary, in Similitude like Southernwood, only broader and longer, in Taste, rather salt than bitter, because it grows so neer the Salt Water: At the joynts with the Leaves toward the tops it bears



bears little yellow Flowers. The Root lies deep and is woody.

Common *Wormwood* I shall not describe, for every Boy that can eat an Eg knows it.

*Romane Wormwood*; And why *Romane*, seeing it grows familiarly in *England*? It may be it was so called because 'tis special good for a stinking Breath, which the Romans cannot be very free from maintaining so many Baudy Houses by Authority of his Holiness.

*Description.*

The Stalks are slenderer and shorter than the common *Wormwood* by one foot at least; the Leaves are more finely cut and divided than they are but something smaller; both Leaves and Stalks are hoary; the Flowers of a pale yellow colour, it is altogether like the common *Wormwood*, save only in bigness, for 'tis smaller; in taste, for 'tis not so bitter, in smell, for it is spicy.

*Place.*

It groweth upon the tops of the Mountains (it seems 'tis aspiring) there 'tis Natural; but usually nursed up in Gardens for the use of the Apothecaries in *London*.

*Time.*

All *Wormwoods* usually Flower in *August*, a little sooner or later.

*Virtues and Use.*

Will you give me leave to be Critical a little? I must take leave; *Wormwood* is an Herb of *Mars*, and if *Pontanus* say otherwise he is beside the Bridge. I prove it thus: What delights in Martial places is a Martial Herb, But *Wormwood* delights in Martial places, (for about Forges and Iron Works you may gather a Cart load of it) Ergo it is a Martial Herb. It is hot and dry in the first degree, *Viz*, Just as hot as your Blood and no hotter:

It remedies the evils Choller can inflict on the Body of man by Sympathy. It helps the evils *Venus* and her wanton Girls produce, by Antipathy; and it doth something else besides; It cleneth the Body of Choller (and who dares say *Mars* doth no good?) It provokes Urine, helps Suffets, Swellings in the Belly; it causeth an Appetite to meat, because *Mars* rules the Attractive faculty in Man: The Sun never shone upon a better Herb for the yellow Jaundice than this is: Why should men cry out so much upon *Mars* for an Infortune (or *Saturn* either?) Did God make Creatures to do the Creation a mischief? This Herb testifies that *Mars* is willing to cure all the Diseases he causes; the truth is, *Mars* loves no Cowards, nor *Saturn* Fools, nor I, either. Take of the Flowers of *Wormwood*, *Rosemary*, and black *Thorn*, of each a like quantity, half that quantity of *Saffron*, boyl this in *Renish Wine*, but put not in the *Saffron* till it is almost boyled; This is the way to keep a Mans Body in health, appointed by *Camerarius* in his Book intituled, *Hortus Me-*

*diens*, and 'tis a good one too. Besides all this, *Wormwood* provokes the Terms. I Terms would willingly teach Astrologers, and make provokes, them Physitians (if I knew how) for they are most fitting for the Calling, if you will not believe me, ask Dr. *Hippocrates*, and Dr. *Galen*, a couple of Gentlemen that our Colledge of Physitians keep to vapor with, not to follow. In this one Herb I shall give the Pattern of a Rule to the Sons of Art, rough cast, yet as near the Truth as the men of Benjamin could throw a stone; whereby my Brethren of the Society of Astrologers may know by a penny how a shilling is coyned: (as for the Colledge of Physitians they are too stately to learn, and too proud to continue, They say a Mouse is under the Dominion of the Moon, and that's the reason they feed in the night: The House of the Moon is *Cancer*: (Rats are of the same nature with Mice but that they are a little bigger.) *Mars* receives his fall in *Cancer*, Ergo *Wormwood* being an Herb of *Mars* is a present Remedy for the biting of Rats and Mice. Mushrooms (I cannot give them the title of *Herba*, *Frutex*, or *Arbor*) are under the Dominion of *Saturn* (and take them one time with another they do as much harm as good:) if any have poyson'd himself by eating them, *Wormwood* an Herb of *Mars* cures Mushrooms him, because *Mars* is exalted in *Capricorn* the House of *Saturn*, & this it doth by Sympathy as it did the other by Antipathy. Wheals, Pusshes, wheals, black & blew Spots coming either by bruises or Pusshes, beatings, *Wormwood* an Herb of *Mars* helps, Black & because *Mars* (as bad as you love him, & as ill as blew you hate him) will not break your Head, but Spots, he'll give you a Plaister. If he do but reach you to know your selves, his Courtesie is greater than his Discourtesie: The greatest Antipathy between the Planets is between *Mars* and *Venus*, one is hot, the other cold, one Diurnal, the other Nocturnal; one dry, the other moist, their Houses are opposite, one Masculine the other Feminine, one publick the other private, one is valiant, the other effeminate, one loves the light, the other hates it, one loves the Field, the other the Sheets; then the Throat is under *Venus*, the Quinsie lies in the Throat and is an Inflammation there: *Venus* rules the Throat (it being under *Taurus* her Sign) *Mars* eradicates all Diseases in the Throat by his Herbs (of which *Wormwood* is one) and send them to *Agypt* on an errand never to return more; this by Antipathy. The Eyes are under the Luminaries, the right Eye of a Man, and the left Eye of a Woman, the Sun claims Dominion over: The left Eye of a Man, and the right Eye of a Woman, are the priviledge of the Moon, *Wormwood* an Herb of *Mars* cures both: What belongs to the Sun by Sympathy because he is exalted in his House; but what belongs to the Moon by Antipathy, because he hath

Biting of  
Rats &  
Mice,

Quinsie,

Eyes;

Choller,

Venerie,

Provokes

Urine,

Helps

Suffets,

Swellings,

Appetite

lost,

Yellowy

Jaundice,

Preserve

Health,



Biting, or  
stinging by  
Venomous  
Beasts.

his Fall in hers. Suppose a man be bitten or stung by a martial Creature, imagine a Wasp, a Hornet or Scorpion, Wormwood an Herb of *Mars* gives you a present cure: Then *Mars* as Chollerick as he is, hath learned that Patience, to pass by your evil speeches of him, and tells you by my Pen, That he gives you no Affliction but he gives you a Cure; You need not run to *Apollo* nor *Asclepius*; and if he were so Chollerick as you make him to be, he would have drawn his Sword for Anger to see the ill conditions of those people that can spy his Vices and not his Vertues. The eternal God when he made *Mars*, made him for a publick good, and the Sons of Men shall know it in the latter end of the world. *Et calum Mars solus habet.* You say *Mars* is a Destroyer, mix a little Wormwood an Herb of *Mars* with your Ink, and neither Rats nor Mice will touch the Paper is written with it, and then *Mars* is a Preserver. Astrologers say *Mars* causeth Scabs and Itch, and the Virgins are angry with him, because wanton *Venus* told them he deforims their Skin: But quoth *Mars*, my only desire is they should know themselves; my Herb Wormwood will restore them to the beauty they formerly had, and in that I will not come an inch behind my opposite *Venus*; for which doth the greatest evil, he that takes away an innate beauty, and when he hath done knows how to restore it again; or she that reaches a company of wanton Lasses to paint their Faces? If *Mars* be in the Virgin in a Nativity, they say he usually causeth the Chollick ('tis well God hath set some body to pul down the Pride of Man) He in the Virgin troubles none w<sup>th</sup> the Chollick but them that know not themselves (for who knows himself may easily know all the world:) Wormwood an Herb of *Mars* is a present cure for it: and whether it be most like a Christian to love him for his good, or hate him for his evil, judg ye. I had almost forgotten that Charity thinks no evil, I was once in the Tower and viewed the Wardrobe, and there was a great many fine Cloathes (I can give them no other title, for I was never neither Linnen or Woollen Draper) yet as brave as they looked, my opinion was, the Moaths might consume them (yea Henry the eighth his Codpiece.) Moaths are under the Dominion of *Mars*, his Herb Wormwood being laid amongst Cloathes will make a Moath scorn to meddle with the Cloath, as much as a Lyon scorns to meddle with a Mouse, or an Eagle a Fly. You say *Mars* is angry, and 'tis true enough, he is angry with my Country-men for being such Fools to be led by the Noses by a Colledg of Phisicians, as they lead Bears to *Parris-Garden*. Melancholly men cannot endure to be wrong'd in point of good name, and that hath sorely troubled old *Saturn*, because they

called him the greatest Infortune: In the Body of Man he rules the Spleen (and that makes Covetous men so Splenetick.) The poor old man lies crying out of his left side, Father *Saturn*'s angry, *Mars* comes to him, come Brother, I censels thou art evil spoken of, and so am I, thou knowest I have my ex-Spleen, altation in thy House, I'll give him an Herb of mine, Wormwood, to cure the poor man; *Saturn* consented, but spoke but little, and so *Mars* cured him by Sympathy. When *Mars* was free from War (for he loves to be fighting, and is the best friend a Soldier hath) I say when *Mars* was free from War he called a Council of War in his own Brain to know how he should do poor sinful man good, (desiring to forget his abuses in being called an Infortune) He musters up his own Forces and places them in Battalia, Oh, quoth he, why do I hurt a poor silly Man or Woman? His Angel Answers him, 'Tis because they have offended their God [Look back to *Adam*] Well, saies *Mars*, though they speak evil of me, I'll do good to them; Death's cold, my Herbs shall heat them, They are full of ill Humors (else they would never have spoken ill of me) my Herb shall cleanse them and dry them: They are poor weak Creatures, my Herb shall strengthen them; they are dul witted, my Herb shall fortifie their Apprehensions; and yet amongst Astrologers, all this doth not deserve a good word; Oh, the Patience of *Mars*.

*Felix qui potuit rerum cognoscere causas  
Inque domus superum scandere curas fuit.*

Oh happy he that can the Knowledge gain,  
To know th' eternal God made nought in vain.  
To this I add,

I know the reason causeth such a Death  
Of Knowledge, 'tis, because men love the Earth.

The other day *Mars* told me he met with *Venus*, and he asked her what the Reason was that she accused him for abusing Women, he never gave them the Pox, in the Dispute they fell out, and in anger parted, and *Mars* told me that his brother *Saturn* told him, that an Antivenereal Medicine was the best against the Pox. Once a Month he meets with the Moon, *Mars* is quick enough of speech, and the Moon not much behind hand (neither are most Women) The Moon looks much after Children, and Children are much troubled with the Worms, she desired a Medicine of him, he bad her take his own Herb Wormwood: He had no sooner parted with the Moon but he met with *Venus*, and she was as drunk as a Bitch, Alas poor *Venus* quoth he, What, thou a Fortune and be drunk? I'll give thee an Antipathetical Cure, take my Herb Wormwood, thou shalt never get a Surfer

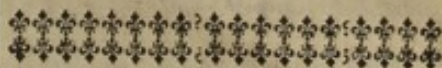


*Surfet,* Surfet by drinking. A poor silly Countryman hath got an Ague and cannot go about his business, he wishes he had it not, and so do I, but I'll tell him a Remedy whereby he may prevent it. Take the Herb of *Mars* Wormwood, and if Infortunes will do good what will Fortunes do? Some say the Lungs are under *Jupiter*, and if the Lungs, then the breath, and yet a man sometimes gets a stinking breath, and yet *Jupiter* is a Fortune forsooth; up comes *Mars* to him, Come Brother *Jupiter*, thou knowest I sent thee a couple of Trines to thy Houses last night, the one from *Aries*, and the other from *Scorpio*, give me thy leave by Sympathy to cure the poor man by drinking a draught of Wormwood Beer every morning. The Moon was weak the other day, and she gave a man two terrible mischiefs, a dull Brain, and a weak sight, *Mars* laies by his Sword and comes to her, Sister *Moon* saith he, This man hath anger'd thee, but I beseech thee take notice he is but a Fool, prithe thee be patient, I will with my Herb *Wormwood* cure him of both Infirmities by Antipathy, for thou knowst, thou and I cannot agree; with that the *Moon* began to quarrel; *Mars* (not delighting much in Womens Tongues) went away, and did it whether she would or no.

*Dull  
Brain,  
weak  
Sight.*

He that reads this and understands what he reads, he hath a Jewel more worth then a Diamond: He that understands it not, is as little fit to give Physick. There lies a Key in these words, which will unlock (if it be turned by a wise hand) the *Cabinet of Physick*: I have delivered it so plainly as I durst; 'tis not upon Wormwood only that I wrote, but upon all Plants, Trees, and Herbs: He that understands it not, is unfit (in my Opinion) to give Physick. This shall live when I am dead; and thus I leave it to the World, not caring a Halfpenny whether they like or dislike it. The Grave equals all men, and therefore shall equal me with the Princes, until which time the Eternal Providence is over me; then the ill tongue of a prating Priest, or of one who hath more Tongue than Wit, or more Pride

than Honesty, shall never trouble me. Wisdom is justified of her Children; and so much for *Wormwood*.



## Yarrow.

### Description.

IT hath many long Leaves spread upon the ground and fine cut, and divided into many small parts. Its Flowers are white but not all of a whitens, and staid in Knots, upon diverse green Stalks which rise from amongst the Leaves.

### Place.

It is very frequent in all Pastures.

### Time.

It Flowers late even in the latter end of *August*.

### Virtues and Use.

An Oyntment of them cures Wounds and is most fit for such as have Inflammations, it being an Herb of Dame *Venus*; It stops the Terms in Women being boyled in white Wine and the Decoction drunk, as also the Bloody Flux; the Oyntment of it is not only good for green Wounds, but also for Ulcers and Fistulaes, especially such as abound with moisture; It staies the shedding off of Hair, the Head being bathed with the Decoction of it; inwardly taken, it helps the retentive faculty of the Stomach, it helps the running of the Reins in men, and the whites in women, and helps such as cannot hold their water; and the Leaves chewed in the Mouth ease the Toothack; and these Vertues being put together shew the Herb to be drying and binding. *Achilles* is supposed to be the first that left the Vertues of this Herb to posterity, having learned them of his Master *Chiron* the Centaure, and certainly a very profitable Herb it is in the Camp, and perhaps therefore called *Militaris*.

X x DIRECTIONS.



the Lord's will, and the Lord's will is done.

the Lord's will, and the Lord's will is done.

Yarrow

the Lord's will, and the Lord's will is done.

the Lord's will, and the Lord's will is done.


the Lord's will, and the Lord's will is done.

the Lord's will, and the Lord's will is done.

the Lord's will, and the Lord's will is done.

X. DIRECTIONS.





# DIRECTIONS.

**H**AVING in diverse places of this Treatise promised you the way of making Syrups, Conserves, Oyls, Oyntments, &c. of Herbs, Roots, Flowers &c. whereby you may have them ready for your use at such times when otherwise they cannot be had; I come now to perform what I promised, and you shall find me rather better than worse than my word.

That this may be done Methodically, I shall devide my Directions into two grand Sections, and each Section into several Chapters, and then you shall see it look with such a Countenance as this is.

## Sect. 1.

*Of gathering, drying, and keeping Simples and their Juices.*

- Chap. 1. Of Leaves of Herbs &c.
- Chap. 2. Of Flowers.
- Chap. 3. Of Seeds.
- Chap. 4. Of Roots.
- Chap. 5. Of Barks.
- Chap. 6. Of Juices.

## Sect. 2.

*Of making and keeping Compounds.*

Chap. 1. Of Distilled Waters.

Chap. 2. Of Syrups.

Chap. 3. Of Juleps.

Chap. 4. Of Decoctions.

Chap. 5. Of Oyls.

Chap. 6. Of Electuaries.

Chap. 7. Of Conserves.

Chap. 8. Of Preserves.

Chap. 9. Of Lohochs.

Chap. 10. Of Oyntments.

Chap. 11. Of Plaisters.

Chap. 12. Of Pultisses.

Chap. 13. Of Troches.

Chap. 14. Of Pills.

Chap. 15. The way of fitting Medicines to Compound Diseases.

*Of all these in order.*

X X 2

SECT.









## SECT. I.

*The way of gathering, drying, and preserving  
Simples and their Juices.*

## Chap. 1.

*Of Leaves of Herbs or Trees.*

1.  Leaves, chuse only such as are  
 green and full of Juice, pick  
 them carefully, and cast away  
 such as are any way declining,  
 for they will putrifie the rest, so shall one  
 handful be worth ten of those you buy in  
*Cheap-side.*

2. Note in what place they most delight to  
 grow in, and gather them there, for Bettony  
 that grows in the shadow is far better than  
 that which grows in the Sun, because it de-  
 lights in the shadow; so also such Herbs as  
 delight to grow neer the Water, let such be ga-  
 thered as grow neer the Water, though happi-  
 ly you may find some of them upon dry  
 ground, the Treatise will inform you where  
 every Herb delights to grow.

3. The Leaves of such Herbs as run up to  
 Seed, are not so good when they are in flower  
 as before (some few excepted, the Leaves of  
 which are seldom or never used) in such cases,  
 if through ignorance they were not known, or  
 through negligence forgotten, you had better  
 take the top and the Flower than the Leaf.

4. Dry them well in the Sun, and not in  
 the shadow as the swinge of Physitians is, for  
 if the Sun draw away the Vertues of Herbs, it  
 must needs do the like by Hay by the same  
 Rule, which the experience of every Country  
 Farmer will explode for a notable piece of  
 non-sense.

5. Such as are Artists in Astrology (and  
 indeed none else are fit to make Physitians)  
 such I advise, let the Planet that governs the  
 Herb be Angular, and the stronger the better,  
 if they can in Herbs of *Saturn*, let *Saturn* be  
 in the Ascendent, in the Herbs of *Mars*, let  
*Mars* be in the Mid-heaven, for in those Hou-  
 ses they delight, let the *Moon* apply to them  
 by good Aspect, and let her not be in the  
 Houses of their Enemies: If you cannot well  
 stay till she apply to them, let her apply to a  
 Planet of the same Triplicity, if you cannot

wait that time neither, let her be with a fixed  
 Star of their Nature.

6. Having well dried them put them up in  
 brown Papers, sewing the Paper up like a  
 Sack, and press them not too hard together,  
 and keep them in a dry place neer the fire.

7. As for the duration of dried Herbs, a  
 just time cannot be given, let Authors prate  
 their pleasures: For,

First, Such as grow upon dry grounds will  
 keep better than such as grow on moist.

Secondly, Such Herbs as are full of Juice  
 will not keep so long as such as are dryer.

Thirdly, Such Herbs as are well dried will  
 keep longer than such as are ill dried.

Yet this I say, by this you may know when  
 they are corrupted, viz. By their loss of co-  
 lour, or smell, or both, and if they be corrup-  
 ted, reason will tell you that they must needs  
 corrupt the Bodies of those people that take  
 them.

8. Gather all Leaves in the hour of that  
 Planet that governs them.

## Chap. 2.

*Of Flowers.*

1. **T**He Flower which is the beauty of the  
 Plant, and of none of the least use  
 in Physick, groweth yearly, and is to be ga-  
 thered when it is in its prime.

2. As for the time of gathering them, let  
 the Planetary hour, and the Planet that rules  
 the Plant they come of, be observed, as we  
 shewed you in the foregoing Chapter; as for  
 the time of the day let it be when the Sun  
 shines upon them that so they may be dry, for  
 if you gather either Herbs or Flowers when  
 they are wet or dewy, they will not keep, and  
 this I forgot before.

3. Dry them well in the Sun, and keep them  
 in Papers neer the fire, as I shewed you in the  
 foregoing Chapter.

4. So long as they retain their colour and  
 smell they are good, either of them being gone  
 so is the Vertue also.

## Chap.



### Chap. 3. Of Seeds.

1. **T**HE Seed is that part of the Plant which is endued with a vitall faculty to bring forth its like, and it contains potentially the whol Plant in it.

2. As for place let them be gathered from the plants where they delight to grow.

3. Let them be full ripe when they are gathered, and forget not the Coelestial Harmony before mentioned, for I have found by experience that their Vertues are twice as great at such times than at others: There is an appointed time for every thing under the Sun.

4. When you have gathered them dry them a little, and but a little in the Sun before you lay them up.

5. You need not be so careful of keeping them so neer the fire as the other before mentioned, because they are fuller of Spirit, and therefore not so subject to corrupt.

6. As for the time of their duration 'tis palpable they will keep good many yeers, yet this I say, they are best the first yeer, and this I make appear by a good argument, They will grow soonest the first yeer they be set, therefore then are they in their prime, and 'tis an easie matter to renew them yearly.

### Chap. 4. Of Roots.

1. **O**F Roots chuse such as are neither rotten nor wormeaten, but proper in their taste, colour, and smell, such as exceed neither in softness nor hardness.

2. Give me leave to be a little critical against the Vulgar received Opinion, which is, That the Sap falls down into the Root in Autumn, and rises again in Spring, as men go to Bed at night and rise in the morning; and this idle tale of untruth is so grounded in the Heads not only of the Vulgar but also of the Learned, that a man cannot drive it out by Reason: I pray let such Sap-mongers answer me to this Argument, If the Sap fall into the Root in the fall of the Leaf, and lie there all the Winter, then must the Root grow only in the Winter, as experience witnesseth, but the Root grows not at all in the Winter, as the same experience teacheth, but only in the Summer. *Ergo,*

If you set an Apple Kernel in the Spring, you shall find the Root to grow to a pretty bigness in that Summer, and be not a whit bigger next Spring: What doth the Sap do in

the Root all that while? pick straws? For God's sake build not your faith upon Tradition, 'tis as rotten as a rotten Post.

The truth is, when the *Sun* declines from the Tropick of *Cancer*, the Sap begins to congeal both in Root and Branch, when he toucheth the Tropick of *Capricorn* and ascends to us ward, it begins to wax thin again, and by degrees as it congealed: But to proceed.

3. The dryer time you gather your Roots in the better they are, for they have the less excrementitious moisture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them up in the Chimney corner upon a string; as for such as are hard you may dry them any where.

5. Such Roots as are great will keep longer than such as are small, yet most of them will keep a yeer.

6. Such Roots as are soft it is your best way to keep them alwaies neer the fire, and take this general Rule, If in Winter time you find any of your Roots, Herbs or Flowers begin to grow moist, as many times you shall, especially in the Winter time (for 'tis your best way to look to them once a month) dry them by a very gentle fire, or if you can with convenience keep them neer the fire, you may save your self the labor.

7. It is in vain to dry such Roots as may commonly be had, as Parsly, Fennel, Plantane &c. but gather them only for present need.

### Chap. 5. Of Barks.

1. **B**ARKS which Physitians use in Medicines are these sorts, of Fruits, of Roots, of Boughs.

2. The Barks of Fruits is to be taken when the Fruit is full ripe, as Orrenges, Lemmons, &c. but because I have nothing to do with Exoticks here, I shall pass them without any more words.

3. The Barks of Trees are best gathered in the Spring, if it be of great Trees, as Oaks or the like, because then they come easiest off, and so you may dry them if you please, but indeed your best way is to gather all Barks only for present use.

4. As for the Bark of Roots, 'tis this, and thus to be gotten, Take the Roots of such Herbs as have a pith in them, as Parsly, Fennel, &c. slit them in the middle, and when you have taken out the pith (which you may easily and quickly do) that which remains is called (though something improperly) the Bark and indeed is only to be used.







is to stop them with a Bladder, being first wet in Water, and bound over the top of the Glass.

Such cold Waters as are distilled in a Peuter Still (if well kept) will endure a year, such as are distilled in Sand, as they are twice as strong, so will they endure twice as long.

## Chap. 2. Of Syrups.

1. A Syrup is a Medicine of a Liquid form, composed of Infusion, Decoction and Juice; and 1. for the more grateful taste, 2. for the better keeping of it, with a certain quantity of Honey or Sugar; hereafter mentioned boiled to the thickness of new Honey.

2. You see at the first view then that this Aphorism divides it self into three Branches, which deserve severally to be treated of, viz.

1. Syrups made by Infusion.
2. Syrups made by Decoction.
3. Syrups made by Juice.

Of each of these (for your Instruction sake kind Country men and women) I speak a word, or two or three apart.

First, Syrups made by Infusion are usually made of Flowers, and of such Flowers, as soon lose both colour and strength by boiling, as Roses, Violets, Peach-Flowers &c. my Translation of the *London Dispensatory* will instruct you in the rest: They are thus made, having picked your Flowers clean, to every pound of them add three pound (or three pints, which you will for it is all one) of Spring Water made boiling hot by the fire, first put your Flowers in a Peuter Pot with a cover, then pour the Water to them, then shutting the Pot, let it stand by the fire to keep hot twelve hours, then strain it out (in such Syrups as purge, as Damask Roses, Peach-Flowers, &c. the usual and indeed the best way is to repeat this Infusion, adding fresh Flowers to the same Liquor diverse times that so it may be the stronger) having strained it out, put the Infusion into a Peuter Bason, or an Earthen one well glassed, and to every pint of it, add two pound of fine Sugar, which being only melted over the fire without boiling, and scummed, will produce you the Syrup you desire.

Secondly, Syrups made by Decoction are usually used of Compounds, yet may any Simple Herb be thus converted into Syrup; Take the Herb, Root, or Flower you would make into Syrup and bruise it a little, then boyl it in a convenient

quantity of Spring Water, the more water you boyl it in the weaker will it be, a handful of the Herb, Root, &c. is a convenient quantity for a pint of Water; boyl it till half the water be consumed, then let it stand till it be almost cold, and strain it (being almost cold) through a woollen cloth, letting it run out at leisure without pressing, to every pint of this Decoction add one pound of Sugar and boyl it over the fire till it come to a Syrup, which you may know if you now and then cool a little of it in a spoon, scum it all the while it boyls, and when it is sufficiently boyled, whilst it is hot strain it again through a woollen cloth, but press it not; thus have you the Syrup perfected.

Thirdly, Syrups made of Juices are usually made of such Herbs as are full of Juice, and indeed they are better made into a Syrup this way than any other; the Operation is thus, having beaten the Herb in a stone Mortar with a wooden Pestle, press out the Juice and clarify it as you were taught before in the Juices, then let the Juice boyl away till a quarter of it (or neer upon) be consumed, to a pint of this add a pound of Sugar, and boyl it to a Syrup, alwaies scumming it, and when it is boyled enough, strain it through a woollen cloth as we taught you before, and keep it for your use.

3. If you make Syrups of Roots that are any thing hard, as Parsley, Fennel, and grass Roots &c. when you have bruised them, lay them in steep some time in that Water which you intend to boyl them in, hot, so will the Vertue the better come out.

4. Keep your Syrups either in Glasses or stone Pots, and stop them not with Cork, nor Bladder, unless you would have the Glass break and the Syrup lost; and as many Opinions as there are in this Nation, I suppose there are but few or none of this, only bind a Paper about the Mouth.

5. All Syrups if well made will continue a year, with some advantage yet of all, such as are made by Infusion keep the least while.

## Chap. 3. Of Juleps.

1. Juleps were first invented as I suppose in *Arabia*, and my reason is because the word *Juleb* is an Arabick word.

2. It signifies only a pleasant Potion, and was vulgarly used (by such as were sick and wanted help, or such as were in health, and wanted no money) to quench thirst.

3. Now a daies 'tis commonly used,



1. To prepare the Body for Purgation.
2. To open Obstructions and the Pores.
3. To digest tough Humors.
4. To qualifie hot distempers &c.

4. It is thus made (I mean Simple Juleps for I have nothing to say to Compounds here; all Compounds have as many several Idea's as men have crotchets in their Brain) I say Simple Juleps are thus made: Take a pint of such distilled Water as conduceth to the cure of your distemper, which this Treatise will plentifully furnish you withals, to which add two ounces of Syrup conducing to the same effect (I shall give you Rules for it in the last Chapter) mix them together and drink a draught of it at your pleasure; If you love tart things add ten drops of Oyl of Vitriol to your pint and shake it together, and it will have a fine grateful tast.

5. All Juleps are made for present use, and therefore it is in vain to speak of their duration.

### Chap. 4. Of Decoctions.

1. **A**LL the difference between Decoctions and Syrups made by Decoction is this, Syrups are made to keep, Decoctions only for present use, for you can hardly keep a Decoction a week at any time, if the weather be hot, not half so long.

2. Decoctions are made of Leaves, Roots, Flowers, Seeds, Fruits, or Barks, conducing to the cure of the Disease you make them for; in the same manner are they made as we shewed you in Syrups.

3. Decoctions made with Wine last longer than such as are made with Water, and if you take your Decoction to cleanse the passages of Urine, or open Obstructions, your best way is to make it with white Wine instead of Water, because that is most penetrating.

4. Decoctions are of most use in such Diseases as lie in the Passages of the Body, as the Stomach, Bowels, Kidneys, Passages of Urine, and Bladder, because Decoctions pass quicker to those places than any other form of Medicines.

5. If you will sweeten your Decoction with Sugar, or any Syrup fit for the occasion you take it for which is better, you may and no harm done.

6. If in a Decoction you boyl both Roots, Herbs, Flowers, and Seeds together, let the Roots boyl a good while first, because they retain their Vertue longest, then the next in order by the same Rule; viz. 1. The Barks, 2. the Herbs, 3. the Seeds, 4. the Flowers, 5. the Spices if you put any in, because their vertue comes soonest out.

7. Such things as by boyling cause sliminess

to a Decoction, as Figs, Quince Seeds, Linseed &c. your best way is, after you have bruised them, to tie them up in a linnen rag, as you tie up a Calves Brains, and so boyl them.

8. Keep all Decoctions in a Glas close stopped, and in the cooler place you keep them, the longer will they last ere they be sour.

Lastly, The usual Dose to be given at one time, is usually two, three, four, or five ounces, according to the age and strength of the Patient, the season of the year, the strength of the Medicine, and the quality of the Disease.

### Chap. 5. Of Oyles.

1. **O**YL Olive, which is commonly known by the name of Sallet Oyl, I suppose because it is usually eaten with Sallets by them that love it; If it be pressed out of ripe Olives, according to Galen is temperate, and exceeds in no one quality.

2. Of Oyls, some are Simple, and some are Compound.

3. Simple Oyls are such as are made of Fruits or Seeds, by expression, as Oyl of sweet and bitter Almonds, Linseed, and Rapeseed Oyl &c. of which see my *Dispensatory*.

4. Compound Oyls are made of Oyl of Olives and other Simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this, Having bruised the Herbs or Flowers you would make your Oyl of, put them in an Earthen pot, and to two or three handfuls of them, powr a pint of Oyl, cover the pot with a paper, and set it in the Sun, about a Fortnight or less according as the Sun is in hotness; then having warmed it very well by the fire, press out the Herbs &c. very hard in a press, and add as many more Herbs to the same Oyl, bruised (the Herbs I mean not the Oyl) in like manner, set them in the Sun as before, the oftner you repeat this the stronger will your Oyl be; at last when you conceive it strong enough, boyl both Herbs and Oyl together till the Juyc be consumed which you may know by its leaving its bubbling, and the Herbs will be crisp, then strain it, whilst it is hot, and keep it in a stone or Glas Vessel for your use.

6. As for Chymical Oyls, I have nothing to say in this Treatise.

7. The General use of these Oyls is for pain in the Limbs, roughness of the Skin, the Itch &c. as also for Oynments and Plaisters.

8. If you have occasion to use it for Wounds or Ulcers, in two ounces of Oyl, dissolve half an ounce of Turpentine, the heat of the fire will quickly do it, for Oyl it self is offensive to Wounds, and the Turpentine qualifies it.

Chap.



## Chap. 6. Of Electuaries.

Physitians make more a quail than needs behalf about Electuaries: I shall prescribe but one general way of making them up, as for the Ingredients you may vary them as you please, and according as you find occasion by the last Chapter.

1. That you may make Electuaries when you need them, it is requisite that you keep alwaies Herbs, Roots, Seeds, Flowers &c. ready dried in your House, that so you may be in readines to beat them into powder when you need them.

2. Your better way is to keep them whole than beaten, for being beaten they are the more subject to lose their strength, because the Air soon penetrates them.

3. If they be not dry enough to beat into powder when you need them, dry them by a gentle fire till they are so.

4. Having beaten them, sift them through a fine Tiffanv Searce, that so there may be no great pieces found in your Electuary.

5. To an ounce of your Powder, ad three ounces of clarified Honey, this quantity I hold to be sufficient; I confess Authors differ about it: If you would make more or less Electuary, vary your proportions accordingly.

6. Mix them well together in a Mortar, and take this for a truth, you cannot mix them too much.

7. The way to clarify Honey is to set it over the fire in a convenient vessel till the scum arise, and when the scum is taken off it is clarified.

8. The usual Dose of Cordial Electuaries is from half a dram to two drams, of purging Electuaries from half an ounce to an ounce.

9. The manner of keeping them is in a pot.

10. The time of taking them, is either in the morning fasting, and fasting an hour after them, or at night going to bed three or four hours after supper.

## Chap. 7. Of Conserve.

1. The way of making Conserve is twofold, one of Herbs and Flowers, and the other of Fruits.

2. Conserve of Herbs and Flowers are thus made, If you make your Conserve of Herbs, as of Scurvy-grass, Wormwood, Rue, or the like, take only the Leaves and tender tops (for you may beat your heart out before

you can beat the Stalks small) and having beaten them, waigh them, and to everie pound of them ad three pound of Sugar, beat them verie well together in a Mortar, you cannot beat them too much.

3. Conserve of Fruits, as of Barberries, Sloes, and the like is thus made; First scald the Fruit, then rub the pulp through a thick hair Sieve made for the purpose, called a pulping Sieve, you may do it for a need with the back of a Spoon, then take this Pulp thus drawn, and ad to it its waight of Sugar and no more, put it in a Pewter Vessel, and over a Charcoal fire stir it up and down till the Sugar be melted, and your Conserve is made.

4. Thus have you the way of making Conserve, the way of keeping of them is in Earthen pots.

5. The Dose is usually the quantity of a Nutmeg at a time morning and evening, or (unless they be purging) when you please.

6. Of Conserve, some keep many yeers, as Conserve of Roses, others but a yeer, as Conserve of Borrage, Bugloss, Cowslips and the like.

7. Have a care of the working of some Conserve presently after they are made, look to them once a day and stir them about; Conserve of Borrage, Bugloss, and Wormwood have gotten an excellent faculty at that sport.

8. You may know when your Conserve are almost spoiled by this, you shall find a hard crust at top with little holes in it as though Worms had been eating there.

## Chap. 8. Of Preserves.

OF Preserves are sundry sorts, and the Operations of all being something different we will handle them all apart.

There are preserved with Sugar,

- 1 Flowers.
- 2 Fruits.
- 3 Roots.
- 4 Barks.

1. Flowers are but very seldom preserved, I never saw any that I remember save only Cowslip Flowers, and that was a great fashion in *Suffex* when I was a boy; It is thus done, first, take a flat Glas, we call them jarr Glasses, strew in a lain of fine Sugar, on that a lain of Flowers, on that another lain of Sugar, on that another lain of Flowers, do so till your Glas be full, then tie it over with a paper, and in a little time you shall have very excellent and pleasant Preserves.

There is another way of Preserving Flowers, namely with Vinegar and Salt, as they pickle Capers and Broom Buds, but because I have little skill in it my self I canot teach you.

Z z

2 Fruits



2. Fruits, as Quinces and the like are preserved two waies,

First, Boyl them well in Water, and then pulp them through a Sieve as we shewed you before, then with the like quantity of Sugar boyl the Water they were boyled in to a Syrup, viz. a pound of Sugar to a pint of Liquor, to every pound of this Syrup ad four ounces of the Pulp, then boyl it with a very gentle fire to the right consistence, which you may easily know if you drop a drop of it upon a Trencher, if it be enough it will not stick to your fingers when it is cold.

Secondly, Another way to preserve Fruits is this, First pare off the rind, then cut them in halves and take out the Core, then boyl them in Water till they are soft, If you know when Beef is boyled enough you may easily know when they are; then boyl the Water with its like waight of Sugar into a Syrup, put the Syrup into a Pot, and put the boyled Fruit as whol as you left it when you cut it into it, and let it so remain till you have occasion to use it.

3. Roots are thus preserved, First, scrape them very clean, and cleanse them from the Pith if they have any, for some Roots have not, as Eringo and the like, boyl them in Water till they be soft as we shew you before in the Fruits, then boyl the Water you boyled the Roots into a Syrup as we shewed you before, then keep the Roots whol in the Syrup till you use them.

4. As for Barks we have but few come to our hands to be done, and those of those few that I can remember, are Orranges, Lemmons, Citrons, and the outer Bark of Walnuts which grows without the Shell, for the Shells themselves would make but scurvy Preserves, there be they I can remember, if there be any more put them into the number.

The way of Preserving these is not all one in Authors, for some are bitter, some are not, such as are bitter, say Authors, must be soaked in warm Water, often times changed till their bitter tast be fled, but I like not this way, and my reason is, because I doubt when their bitterness is gone, so is their Vertue also; I shall then prescribe one common way, namely the same with the former, viz. First boyl them whol till they be soft, then make a Syrup with Sugar and the Liquor you boyled them in, and keep the Barks in the Syrup.

5. They are kept in Glasses or glassed Pots.

6. The preserved Flowers will keep a yeer if you can forbear eating of them, the Roots and Barke much longer.

7. This Art was plainly and clearly at first invented for delicacy, yet came afterwards to be of excellent use in Physick; For,

First, Hereby Medicines are made pleasant for sick and queasy Stomachs, which else would loath them.

2. Hereby they are preserved from decaying a long time.

## Chap. 9. Of Lohochs.

1 **T**Hat which the Arabians call *Lohoch*, and the Greeks *Eclegma*, the Latins call *Linctus*, and in plain English, signifies nothing else but a thing to be licked up.

2 Their first invention was to prevent and remedy afflictions of the Breast and Lungs, to cleanse the Lungs of Flegm, and make it fit to be cast out.

3 They are in Body thicker than a Syrup, and not so thick as an Electuary.

4 The manner of taking them is often to take a little with a Liquoris stick, and let it go down at leisure.

5 They are easily thus made, make a Decoction of any pectoral Herbs, the Treatise will furnish you with enough, and when you have strained it, with twice its waight of Honey or Sugar, boyl it to a Lohoch; If you are molested with tough Flegm, Honey is better than Sugar, and if you ad a little Vineger to it you will do well, if not, I hold Sugar to be better than Honey.

6 It is kept in Pots and will a yeer and longer.

7 Its use is excellent for roughness of the Windpipe, Inflammations of the Lungs, Ulcers in the Lungs, difficultie of Breath, Asthmace; Coughs and distillation of Humors.

## Chap. 10. Of Oyntments.

1 **V**ARIOUS are the waies of making Oyntments which Authors have left to posteritie, which I shall omit and quote one which is easiest to be made, and therefore most beneficial to people that are ignorant in Physick, for whose sakes I write this; It is thus done,

Bruise those Herbs, Flowers, or Roots you would make an Oyntment of, and to two handfulls of your bruised Herbs ad a pound of Hogs Grease tryed, or cleansed from the skins, beat them very well together in a stone Mortar with a wooden Pestle, then put it in a stone Pot (the Herbs and Grease I mean, not the Mortar) cover it with a paper, and set it either in the Sun or some other warm place three, four, or fivs daies, that it may melt, then take it out and boyl it a little, then whilst it is hot, strain it out, pressing it out very hard in a Press, to this Grease ad as many more Herbs bruised as before, let them stand in like manner

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ner as long, then boyl them as you did the former, if you think your Oyntment be not strong enough you may do it the third and fourth time; yet this I tell you, the fuller of Juyce your Herbs are, the sooner will your Oyntment be strong, the last time you boyl it, boyl it so long till your Herbs be crisp and the Juyce consumed, then strain it, pressing it hard in a Press, and to every pound of Oyntment, ad two ounces of Turpentine, and as much Wax, because Grease is offensive to Wounds as well as Oyl,

2 Oyntments are vulgarly known to be kept in Pots, and will last above a year, above two year.

### Chap. 11. Of Plaisters.

1 The Greeks made their Plaisters of diverse Simples and put Mettals in most of them if not in all, for having reduced their Mettals into Pouder they mixed them with that fatty substance, whereof the rest of the Plaister consisted. whilst it was yet hot, continually stirring it up and down lest it should sink to the bottom, so they continually stirred it till it was stiff, then they made it up in rolls, which when they need for use they could melt by the fire again.

2 The Arabians made up theirs with Meals, Oyl, and Fat, which needed not so long boyling.

3 The Greeks Emplaisters consisted of these Ingredients, Mettals, Stones, diverse sorts of Earths, Feces, Juyces, Liquoris, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rozin, Gums.

### Chap. 12. Of Pultisses.

1 Pultisses are those kind of things which the Latins call *Cataplasmata*, and our learned Fellows that if they can read English thars all, call them *Cataplasms*, because 'tis a crabbed word few understand; it is indeed a very fine kind of Medicine to ripen Sores,

2 They are made of Herbs and Roots fitted to the Disease and Member afflicted, being chopped smal and boyled in Water almost to a Jelly, then by adding a little Barley Meal or Meal of Lupines, and a little Oyl or rough Sheep Suet, which I hold to be better, spread upon a cloath and applied to the grieved place.

3 Their use is to ease pains, to break Sores, to cool Inflammations, to dissolve hardness, to ease the Spleen, to concoct Humors, to dissipate Swellings.

4 I beseech you take this Caution along

with you, Use no Pultisses (if you can help it) thar are of a heating Nature, before you have first clenfed the Body, because they are subject to draw the Humors to them from every part of the Body.

### Chap. 13. Of Troches.

1 The Latins call them *Placentule*, or little Cakes (and you might have seen what the Greeks call them too, had not the last Edition of my *Louden Dispensatory* been so hellishly printed, that's all the Commonwealth gets by one Stationer's printing another's Coppies, viz. To plague the Country with false Prints, and disgrace the Author) the Greeks *τροχιςτοι*, *κυκλιστας*, and *αριστα* they are usually little round flat Cakes, or you may make them square if you will.

2 Their first invention was, that Pouders being so kept might resist the intromission of Air and so endure pure the longer.

3 Besides, they are the easier carried in the Pockets of such as travel; many a man (for example) is forced to travel whose Stomach is too cold, or at least not so hot as it should be, which is most proper, for the Stomach is never cold till a man be dead; in such a case 'tis better to carry Troches of Wormwood or of Galanga, in a Paper in his Pocket and more convenient behalt than to lug a Gally-pot along with him.

4 They are thus made, At night when you go to bed, take two drams of fine Gum Tragacanth, put it into a Gally-pot, and put half a quarter of a pint of any distilled Water fitting the purpose you would make your Troches for, to it, cover it, and the next morning you shall find it in such a Jelly as Physitians call Muffilage, with this you may (with a little pains taking) make any Pouder into Past, and that Past into little Cakes called Troches.

5 Having made them, dry them well in the shadow and keep them in a Pot for your use.

### Chap. 14. Of Pills.

1 They are called *Pilule* because they resemble little Balls, the Greeks call them *Catapotia*.

2 It is the Opinion of Modern Physitians that this way of making up Medicines was invented only to deceive the Pallat, that so by swallowing them down whol, the bitterness of the Medicine might not be perceived or at



least it might not be unsufferable, and indeed most of their Pills though not all are very bitter.

3 I am of a clean contrary Opinion to this, I rather think they were done up in this hard form that so they might be the longer in digesting, and my Opinion is grounded upon Reason too, not upon Fancy nor Hear-say; The first invention of Pills was to purge the Head, now as I told you before, such Infirmities as lay near the passages, were best removed by Decoctions, because they pass to the grieved part soonest, so here, if the infirmity lie in the Head or any other remote part, the best way is to use Pills, because they are longer in digestion, and therefore the better able to call the offending Humor to them.

4 If I should tell you here a long Tale of Medicines working by Sympathy and Antipathy, you would not understand a word of it, they that are fit to make Physitians may find it in the Treatise: All Modern Physitians know not what belonged to a Sympathetical Cure, no more than a Cookoo knows what belongs to Flats and Sharps in Musick, but follow the vulgar road, and call it a hidden quality because 'tis hid from the Eyes of Dunces, and indeed none but Astrologers can give a reason of it, and Physick without Reason is like a Pudding without Fat.

5 The way to make Pills is very easie, for with the help of a Pestle and Mortar and a little diligence, you may make any Pouder into Pills, either with Syrup or the Jelly I told you of before.

### Chap. ult.

#### *The way of mixing Medicines according to the Cause of the Disease and part of the Body afflicted.*

THIS being indeed the Key of the Work, I shall be something the more diligent in it: I shall deliver my self thus;

1. To the *Vulgar*.
2. To Such as study *Astrology*, or such as study *Physick Astrologically*.

First to the *Vulgar*: Kind souls I am sorry it hath been your hard mishap to have been so long trained in such Egyptian darkness, even darkness which to your sorrows may be felt; the vulgar road of Physick is not my practice, and I am therefore the more unfit to give you advice; and I have now published a little Book which will fully instruct you not only in the knowledge of your own Bodies but also in fit Medicines to remedy each part

\* *Galen's Art of Physick.*

of it when afflicted, mean season take these few Rules to stay your Stomachs.

1. With the Disease regard the Cause and part of the Body afflicted, for example, suppose a Woman be subject to miscarry through wind, thus do,

1. Look [*Abortion*] in the Table of Diseases, and you shall be directed by that how many Herbs prevent miscarriage.
2. Look [*wind*] in the same Table, and you shall see how many of those Herbs expell wind.

These are the Herbs Medicinal for your Grief.

2. In all Diseases strengthen the part of the Body afflicted.

3. In mixed Diseases there lies some difficulty, for sometimes two parts of the Body are afflicted with contrary Humors the one to the other, sometimes one part is afflicted with two contrary Humors, as sometimes the Liver is afflicted with Choller and Water, as when a man hath both a Dropsie and the yellow Jaundice, and this is usually mortal.

In the former, suppose the Brain be too cold and moist, and the Liver too hot and dry, thus do,

1. Keep your Head outwardly warm.
2. Accustom your self to smell of hot Herbs.
3. Take a Pill that heats the Head at night going to bed.
4. In the morning take a Decoction that cools the Liver, for that quickly passeth the Stomach, and is at the Liver immediately.

You must not think (Courteous People) that I can spend time to give you examples of all Diseases, these are enough to let you see so much light as you without Art are able to receive, If I should set you to look upon the Sun I should dazzle your eyes and make you blind.

Secondly, To such as study Astrology (who are the only men I know that are fit to study Physick, Physick without Astrology, being like a Lamp without Oyl) you are men I exceedingly respect, and such Documents as my Brain can give you at present (being absent from my study) I shall give you, and an example to shew the proof of them.

1. Fortifie the Body with Herbs of the Nature of the lord of the Ascendent, 'tis no matter whether he be a Fortune or an Infortune in this case.

2. Let your Medicine be something Antipathetical to the lord of the sixth.

3. Let your Medicine be something of the Nature of the Sign ascending.

4. If the lord of the Tenth be strong, make use of his Medicines.

5. If this cannot well be, make use of the Medicines of the light of time.

6. Be sure alwaies fortifie the grieved part of the body by Sympathetical Remedies.

7. Regard







My Answer to the Letter, was to this effect.

Sir,

I received yours, July 25. wherein I find your enclosed Scheme, and (I suppose) the nature of the Disease, and have sent you such an Answer as I could, being far from my Study, which I entreat you to take in good part, being *Festinanti calamo Conscripita*. As for the ignorance of your Country Doctors, they wanting the true Judgment of Astrology, is to me no waies admirable; I perceive you to be a yong man by the time of your Genesis, which you also sent me, beware whom you trust with that, he that knows your Nativty knows when ill Directions operate, and if he be an Enemy, knows when to do you a mischief; If Cecil had not had Essex his Nativty, he had never gotten his Head off, but to instruct you being a yong Student, I shall give you my Judgment Methodically.

*Diacritica.*

You say you can find no Arguments of Witchcraft, but only one Sign possessing the Culps of both Twelfth and Ascendent, but if you had regarded the Propinquity of *Venus* to *Saturn* you would have made another of that, yet do not I think she is bewitched, because of other more prevalent testimonies; the *Moon* passing from the beams of *Mars* to the beams of *Venus* may seem to give some suspicion of Honesty, and the Disease to come that way, which is encreased by *Mars* his being in the Ascendent in *Scorpio*, and the Dragons Tail upon the Cusp, yet I can hardly beleve this, for *Cauda* in a humane Sign usually gives Slanders and not Tales of Truth, 'tis a hundred to one if she suffer not in point of good name by the vulgar [this was too true] Besides, the neernels of *Venus* to *Saturn* may well shew trouble of mind, and it being in the ninth House, pray enquire whether she have not been troubled about some tenebras in Religion [the trouble of mind was true, but it was about a stranger, which the ninth House also signifies.]

*Diagnostica.*

*Venus*, Lady of the Twelfth, and Ascendent, and Eighth, shews her alwaies to be her own foe in respect of Health; and truly I beleve the original of the Disease was a Surfer either by eating moist Fruits, or else by catching wet in travelling; *Venus* with *Saturn* who is in square to the Ascendent troubles her Breast with tough-Flegm and Melancholly: Besides, there being a most forcible reception between the *Moon* and *Venus* from fruitful Signs, I question whether she be not with Child or not, the *Moon* being in the fifth House, *Mars* is lord of the Disease, really in the *Scorpio*, and accidentally in the Ascendent, together with *Aries* on the sixt, shew the Disease keeps his Court in the Womb, and

accidentally afflicts the Head from thence, so that heat of the Womb must needs be cause of the present distemper, and *Mars* in a moist Sign in the first neer the second may well denote heat, and breaking out about her Face and Throat.

*Prognostica.*

Whether she be curable or not, or how or when the Disease will end is our next Point; Truly I can see no danger of death the *Moon* being strong in her hain, and applying by Trine with a strong reception to the Lady of the Ascendent; yet this is certain, *Mars* strong in a fixed Sign will maintain the Disease stoutly, her hopes will be but smal when *Venus* comes to the Body of *Saturn*, viz. August 2. for she will be overpressed with Melancholly, the time I suppose of her Cure may be (if good courses be taken) when *Mars* leaves the Sign he is in, and comes to the place where the Body of *Jupiter* is, or at least then it may turn to another Disease more propitious; the Sun strong in the Tenth shews she may be cured by Medicine, and he being exalted in the seventh, and caput there, I do not know but you are as likely a man to do it as any.

*Indicationes Curativae.*

It is confessed here that the Sun being exceeding strong in the tenth House, should naturally signifie the curative Medicine, and as true that the evils of *Mars*, viz. heat in the Womb, and a salt humor in the blood ought to be removed before you meddle with the tough Flegm in the Breast, but yet seeing the Disease seems rather to participate of offending heat than any other Simple quality, you must have a care of hot Medicines lest you go about *ignem oleo Extinguere*, the Medicines must 1. be cool, 2. strengthening the Womb, 3. repressing the vapors, 4. of the nature of *Sol* and *Venus*.

*Therapeutica.*

To this intent I first commend unto you stinking Arrach, a pattern whereof I have sent you enclosed, you may find it upon Dunghills, especially such as are made of Horse-dung: It is cold and moist, an Herb of *Venus* in the *Scorpio*; Also *Ros Solis* an Herb of the Sun and under the Coelestial Crab, may do very well, and the better because *Venus* is in *Cancer*: It grows upon Bogs in untilled places, and is in flower about this time, it grows very low, with roundish green Leaves full of red hairs, and is fullest of dew when the Sun is hottest, whence it took its name; to these you may ad Tanisie, which I take to be an Herb of *Venus* in *Libra*, and Lettice if you please which is an Herb of the *Moon*, *Mars* having his fall in *Cancer* they are all harmless, you may use them according to your own discretion: also Orpine, another Herb of the *Moon* is very good in this case.

Sir,



Sir, I wish you well, and if you esteem of my Lark above his deserts, I pray trim his Feathers for him (correct the Errors by the Errata) else will he make but unpleasing Music. Thus remain yours, &c.

The rather chose this Figure to judg of, because none should have just occasion to say of us Astrologers that we do as Physitians vulgar practice is, when they judg of Pils; first pump what they can out of the Querent, and then judg by his words; of which I will rehearse you one merry story, and so I will conclude the Book.

A Woman whose Husband had bruised himself, took his Water, and away to the Doctor trots she; the Doctor takes the Pils and shakes it about, *How long hath this party been ill* (saith he) *Sr.* saith the Woman, *He hath been ill these two daies.* This is a mans water quoth the Doctor presently, this he learned by the word *HE*; then looking on the water he spied blood in it, the man hath had a bruise saith he, I indeed saith the woman, my Husband fell down a pair of stairs backwards, then the Doctor knew well enough that what came first to danger must needs be his back and shoulders, said, the Bruise lay there; the woman she admired at the Doctors skill, and told

him, that if he could tell her one thing more she would account him the ablest Physitian in Europe; well, what was that? How many Stairs her Husband fell down, this was a hard Question indeed, able to puzzle a stronger Brain than Mr. Doctor had, to pumping goes he, and having taken the Urinal and given it a shake or two, enquires whereabouts she lived, and knowing well the place, and that the Houses thereabouts were but low built Houses, made answer (after another view of the Urine for fashion sake) that probably he might fall down some seven or eight stairs; ah, quoth the woman, now I see you know nothing, my Husband fell down thirty; thirty! quoth the Doctor, and snatching up the Urinal, is here all the water saith he? no saith the woman, I spilt some in putting of it in, look you there quoth Mr. Doctor, there were all the other stairs spilt.

Yet mistake me not, I do not deny but such whose daily experience is to judg Waters, and usually judg a hundred in a day may know something by them: If any thing may be known by Urine, I am sure it may by Art, put them both together, *vis unita fortior.* Thus I take my leave of you; be diligent and I am yours.



A N  
ALPHABETICAL CATALOGUE  
OF THE  
**DISEASES**  
SPECIFIED IN THIS  
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Together with the Page where to find the Cure.

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*F I N I S.*

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*The Names of several Books printed by Peter Cole, at the sign of the Printing Press in Cornhill, by the Exchange, London.*

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		Testicles,		Moist,
		Temperature,		Hot and dry,
{	100	Lungues,	{	Hot and moist,
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