Regimen sanitatis Salerni. This booke teachyng all people to gouerne them in healthe / is translated out of the Latyne tongue into englyshe by Thomas Paynell which boke is ame[n]ded, augmented, and diligently imprynted.

Contributors

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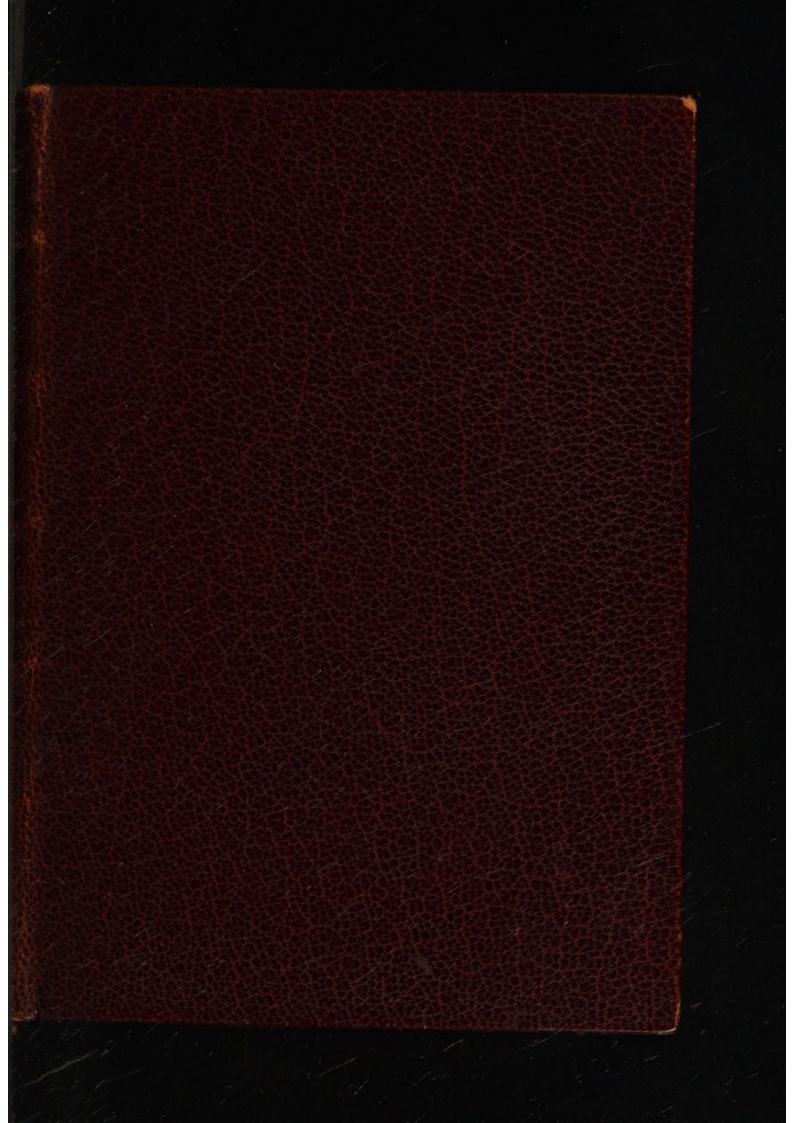
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REGIMEN SANITATIS SALERNI

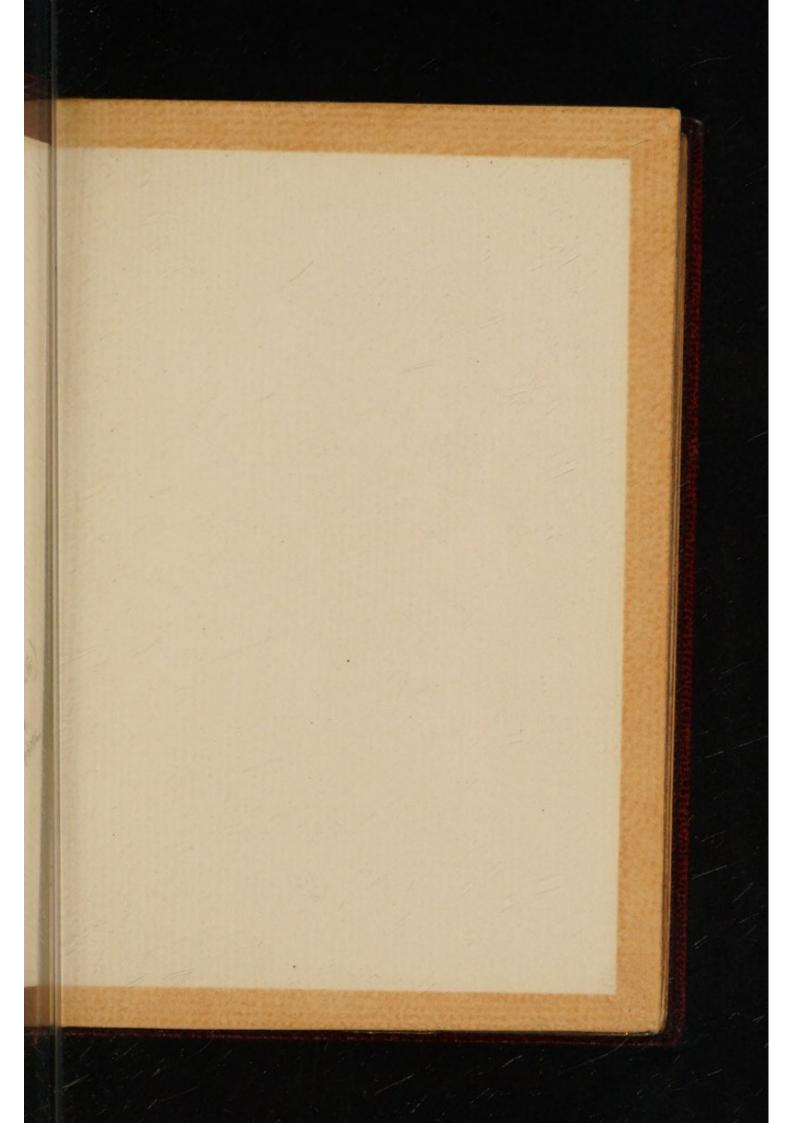
THOMAS PAYNELL



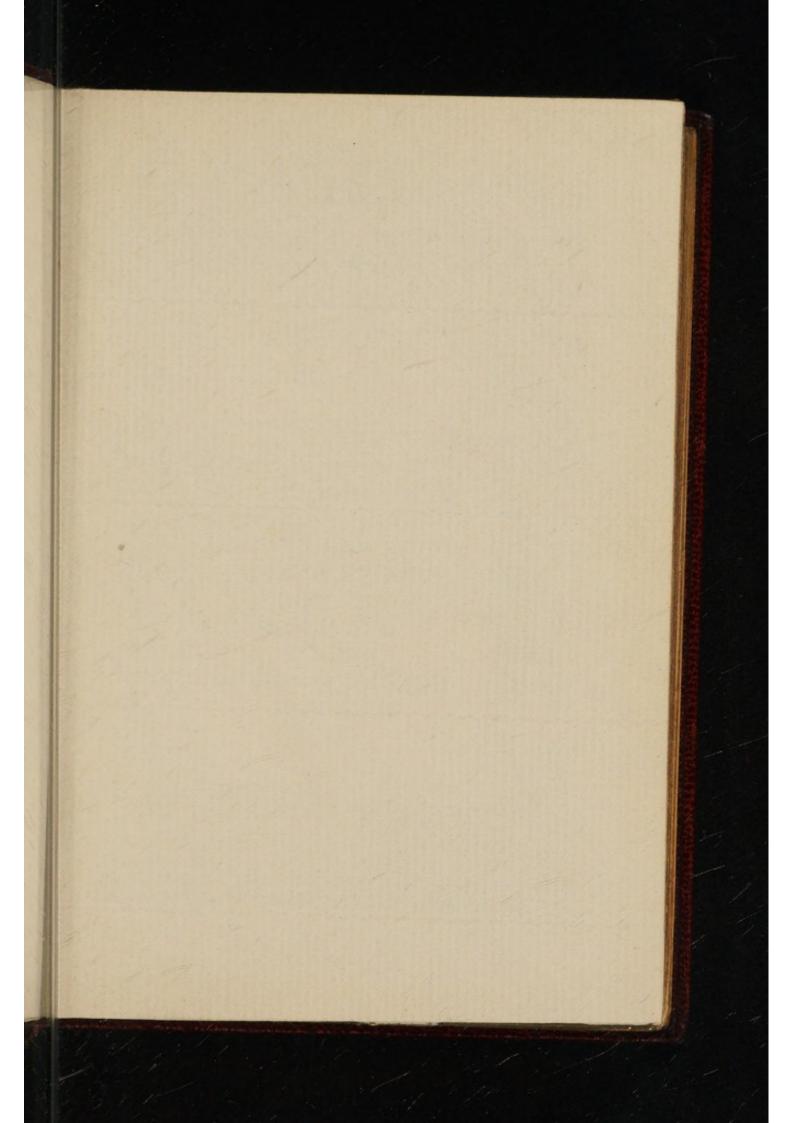




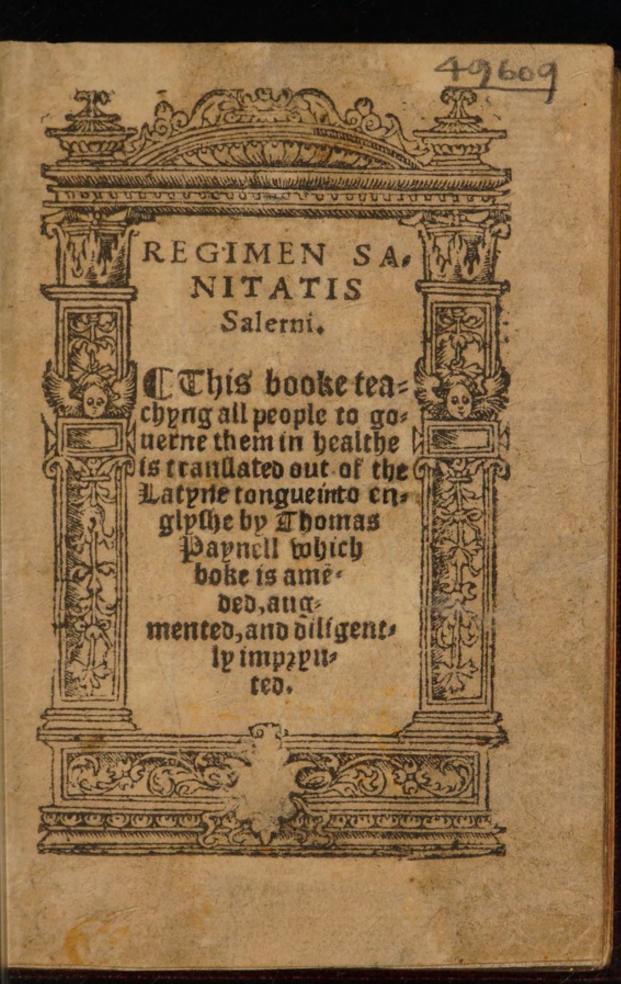
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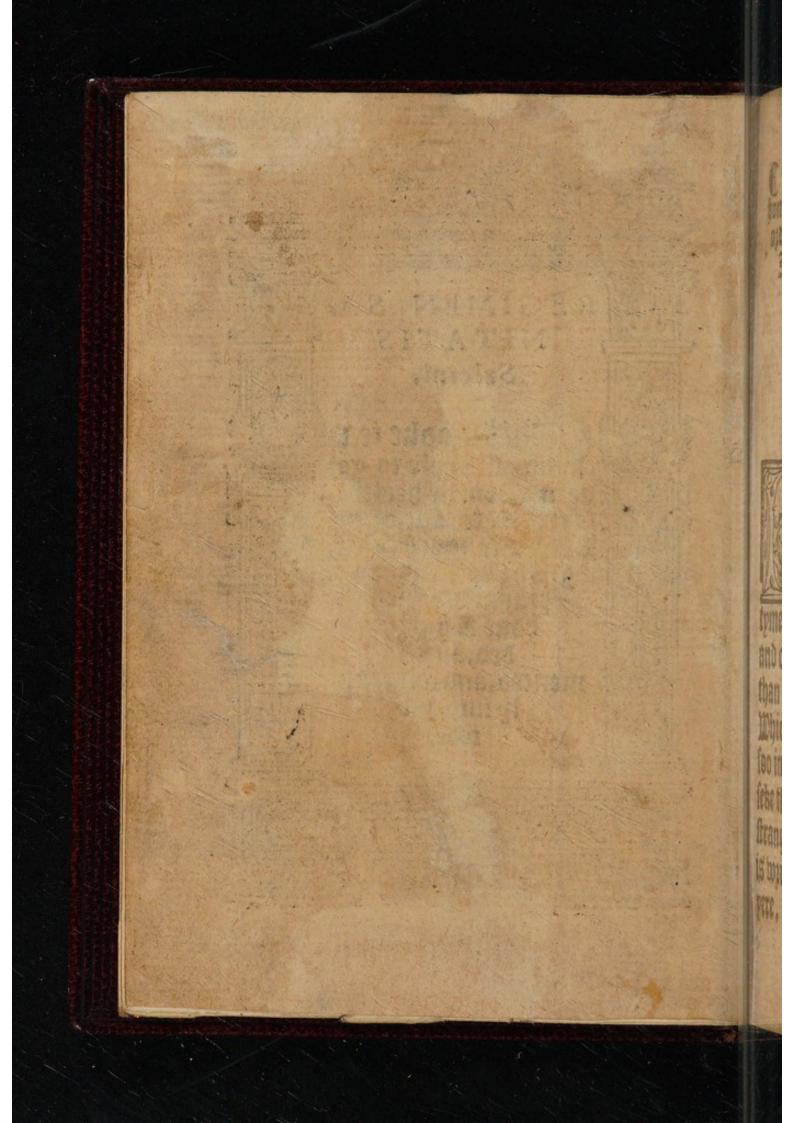


BINGRE & SON



XRm





To the Ryght excellent and honozable Apllyam Paulet, of the ozder of the gartic, knyght lozd. S. John Erle of Milthere, Parques of Minchester, clozde Areasurour of Englad, Lhomas Paynel, sendeth gree tyng.

tours and stories my most honozable lozde most honozable lozde most honozable lozde fyme paste were of longer lyfe, and of moze prosperous helthe; than they are nowe a dayes. Whiche thinge as it greued me, so in maner it enforced me, to seke the cause of this sodeyne thrange alteration. For why, it is writte, y Adáliued, ir.e. rr. Gen. v. pere. The Sybyls of Cumane *.ii. liued.

liued.iii. C. winters: Pestoz.iii. C. wynters: Arganton kyng of Tarielles.iii.C.peres: And Ga len that famous doctour a. C. and.rl.peres.but nowe a daies, alas, yfa man may approch to. rl.02.lr. yeres, men repute hym happye and fortunate. But yet howe manye come therto: To serche and grue the verye true reson herof passeth my small ca pacite: without I may saie it be by cause we fulfyll not the com= madementes of almightye god, whyche to wel wyllynge persos are very lyght and of no burde. Fozoure lozde saieth. ABi pocke Pfal. cc. is swete, and my bourden lyght to be borne. Sayth not the prophet Dauid that who so feareth god, and walketh in his wayes

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and

Mat. xi

and preceptes, thall se his childers childzen. And Salomon Pro.iii. saythe. Omy chyldzen, fozgette not my preceptes and lawes, for they thal kepe you and prolong your dayes and yeres. And I Pla. xc. wylle, saythe our loade god by Dauyd, lengthen his dayes. Than may not this be a reaso= nable cause of this our thorte & wzetched lyfe: Truely I suppos Ca. quia se it be by our myslyuynge and infirmis tas depe fylthy synne : whiche beynge so ni et res abominable and soo horrible, is mis. at sometime the verye cause of corporalle infirmite, & of thorte lyfe. Sayde not our lozde, the philitian of all philitions, buto the speke man: Nowe I haue Ioan.v. healed the, departe thou frome hens, and loke thou synne no-*.iii. moze

moze, leste a wozse harme haps pen bppon thee D2 whether Chal I save, that it chaucethe by our mysse dyete: and to moch surfet= Eccl.xxx tinge: Truelye, p prouerbe says ethe, that there dre many mo by surfette, than by the sworde.

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THE PARTY

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MIL

vii,

According wherto the wyfe ma sayethe, Surfette seethe manye a one: and temperance prolon= gethe the lyfe. Surfette and dis uerlytes of meates and dayn= kes, lettynge and corruptynge the digestron, febleth man, and very ofte causeth this Mortenes oflyfe. What other thynge but mysse diete caused Ptolomeus Philadelphus to be so mysera= bly and peynefullye vered with the goute, and soo as it is wapt= ten, that nothpuge coude relesse

Plini, l. VII.

his pepue, fauing deathe? what caused Antipater, and that no= ble man Mecenas, to be continually bered with the fener, but il diete: Mhat other thing infec= ted Aristarcus with the dropsp but yll dyete: pll dyete (as me thinkethe) is chyefe cause of all dangerous and intollerable diseases, and of the chortenes of mans life. Than it muste neves folowe, that a temperate and a moderate diete prolögethe mäs lyfe, and sauethe hym from all suche peynefull dyseases.

And therfoze Asclepiades that noble phisition, professed, There are.b.necessary thynges to cons b.necessa serve and prolonge mans prosty thiges sperite, and helth: that is, abstinence from meate, abstinece fro beitbe.

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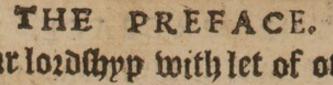
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wyne, rubbynge of the body, exs ercise, and digestion. Dhowe holsome is it than to ble good diete, too lyue temperately, too eschewe excesse of meates and dzinkes. pea howe greately are we Englysch men bounde to the marsters of the bniverlite of Salerne. Salerne (salerne is in prealme of Naples) whiche bouchelafed in our behalfe to compile this foo necessarye, and so holsome a boke: But what anaplethe it, to haue golde oz abundance of ry= ches, yf one can not ble it: What helpeth costely medicines, if one receiue them notiSo what pro fytethe bs a boke, be it never so expedient and frutefulle, yf we buderstande it not : wherfore I, conspderinge the frupte that myght

myght come of this boke, yf it were translated into the english tonge (for why, everye man bn= derstandethe not the latyne) I thoughte it were very expedient at sometymes, for the welthe of bulerned persons, to buspe mp selfe therin. For lerned per= fons, and suche as have-great experience, nede no instructions to diete them selfe, noz to conser= ue their helth. Pet if suche other wyse and discrete persons, as is pour lozdhyppe, by chaunce re= de this boke: they maye paraue= ture finde that thal please them, A that belydes they zowne diete and custome of lyuynge, that be for theyr corporall welfare and good helthe. I wyll not, noz it becomethe me not, to exhorte pour



pour loedshyp with let of other your great buspnesses, to rede this my poose translation: but if perchaunce at your leysoure pe rede it, I humblye despect to rede it with forgue nes: And to accepte the same as it is worthye.





HERE FOLOVVETH the Table.

A

Ale not well fodde. fol. little Ale not well fodde. fol. little Ale moderately drunke. fol. lb Anger. fol. is Anger for certen folke is necessary folio. it Anoyde water as ofte as nedeth. fo. it Apples. fol. rrr A trong brayne. fol. rrr A ger is necessary two wayes fo. ribit Ayer temperate and swete. fol. rlbit. rlbit. clir.

Amite betwene a Pyke and a Perche folio. Irriti. Alles mulke. fol Irrit

Alles mylke. fol. lerif Amarellus a byrde. fol. left Auripigmentum. fol. creft Anis sede with the btilites thereof

fol. Abundannce of blond is knowen by thyckenes of the vine. fol. clrift Arterie blond. fol. clrift ACellaris the veyne. fol. clrift

B

Bacon.

fol.lrb

T 1111 T 111	20 17
Bayning.	fol.elv
Balilica the beyng	fol.clritti
Welt hogge flethe.	fol. rritit
Begynne thy dynner an	dthp supper
mith ale.	fol.lb
Begynne thy meales w	ith movife
meate.	fol. lrrrbit
Beanes.	fol.lrrrt
Beware of frutes in Au	tüne. fol.lbii
Byzoes that flye moste s	wyftely, are
moste prayled.	fol.lrrii
Westfall fyshe.	fol.lrrbi
We not to nere in obsern	yng custome
folio.	coi
Bloude the treasure of n	ature. folio.
crrtiti.	
Bloud prouoketh to laug	ghyng. folio.
erlii.	HALL STATE
Bloud lettyng.	fol.criviii
Wlacke ryce	fol.lrrri
Blacke wyne.	fol.rrk
Bodies ware moze Ard	
than by daye.	fol.rii
Bzawne.	fel.rrvi
Brayne of hennes, chek	yns, pogges,
thepe, hares, and con	ys. fol. reviil
Brannes.	fol.prriii
Bzagnes weldigested, a	me to's mount
	they

thep are holsome. fol. rrritt Brannes are medicinable, and for whome. fol. rertiti fol.bii.crrrii Bzanchus. Bapinstone. fol.crrrit Broth of colewortes. fol.chiii Bzeade. fol. rrritt Bzead made with pure flowze & some fol. triiii branne. Bytyng fume. fol.rlf Butter mylke. fol.rrrii.lrrriii Butter. fol.lrrriitt Bulles borne. fol.crifff Bloud lettyng restrayneth bometing and the laske. fol.crlip Bloud letting may augmete the laske two waves. fol.crlir Bloud letting coleth and augmenteth coldenes. Bloud lettyng is good for feuers and great aches. fol.cli.clbi Bodies that be apt to be let bloulde. folio.

Latarri.
Lamelles mplke.
Laftozium.

fol.tif fol.bif fol.lrrrif fol.crti Cans

Canker.	fol.crip
Causes of horsenes,	fol. crrit
Carnall copulation,	fol.crrbii,cli
Celendine,	fol.crrt
Cephalica the beyne,	fol.clriit
Certen commaundemet	
bealth.	fol.rb
Chawping and (walow)	ing of meate.
folio.	rbi
Chose of mplke,	fol.ri.lrrrif
Chople of good fleshe A	adeth in thre
thynges.	fol. priit
Chople of egges.	fol.rrbi
Chople of wheate,	fol. rrrit
Thopse of braynes,	fol. rrriiii
Choyle of hollome ayze,	fol.rlvf
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Thearfill and his three o	perations.
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Chefe engendzeth groffe	bumours.
fol.	irrrb
These with bread doth di	
Chaunge of diet,	fol.cb
Cheris with their comm	odities.fol.
lrrrir.	1113 300
Cheristones,	fol. lerrie
The state of the s	The

Cheris are of twoo fortes. fol.irrif Chylozen Hould dzynke no wyne, liii.clrif Chylozen and olde folke Mould be let bloude but lytle, fol.clir.criviff Claret wyne, fol.rrr Clusters. fol.clrf Cockestones. fol. rrb. rrriti Constrayne not the fundament. fol. Close apre. fol. rlbiti Combing of the head in the mozning fol Coziza a reume. fol.if Tolike and the incoveniences therof. fol. ri.crbii Condicion of good fythe. foi.lrrk Loie wortes. fol.chiii Lolde of the head. fol.crrr Clene and a corrupt Comake. fol. rb cowe flethe. fol. rrii. rriif Lowempike. fol.lrriti crampe and the divertitie of cramp es. fol.r treneces. fol. lrrbii rpips. fol.cir Truffes

Crustes must be eaten after owner. folio. Custome is another nature fol.ciii Customes ought to be kept. fol.litt Customes in eatyng and dzynkyng. fol. Dayes foibidden to let blond. fol.cl fol.rcbi Darnell. Damaske prunes. fol.re Delicate meates and dzynke. fol.iii Delitius meates. fol. rrviii Decoaion of peches. fol. rbiifi Du Decocion of rape leede. fol. criti Diffinitio wether a man thould eate moze at dyner oz at supper. fol.rt Dicenteria. fol. irvil Diners sauces for dyners meates. tri.lrii. fol. Digettion by daye is but feble. fol. bt Diseases engendze of the afternones flepe. fol.buil Drestyng of braynes. fol. rrritt Diet and the divertite of diettes. cvi.cvii.cviii fol. Depe fpages. fol.rrrbit fol. eodem Dzye grapes. Dzye nuttes, and hurtes that they entigendze.

fol. rliiii gendze. Dzinke so that once in a moneth thou. mapffe bomit. Dzynke a lytle at ones. fol. lrrir Daynke lytle and oft at meate. folio. lrrrbi. Daynke not betwene meales. fo.eod. D zynke after a newelayde egge. fol. irrrbit. Daynke wyne after peres. fo. lrrrbiif Dronkennes is cause of spr inconue niences. fol.rlir

Dzonkardes are infected with the pal seve. eodem

Droply and thre spices therof. fol.r Dulce and swete thynges engender coler. fol. rrrir

Cate and dapnke soberly. Cate not tyl thou have a luft. fol. rvi Bate not much of funday meates. rvi Bate litle chele. fol.rri Bate no great quantite of meate in ber. fol.lv.lvi Batelitle in sommer and muche in fol. lbii. cbiii wynter. Bate no cruftes. foldring Eatyng of fythe good & bad. fol. lexit Hoj.

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Catpna of eales.	fol.crrvii
Egges roffed.	fol.rrvit
Egges are rofted two wa	ps. fo.cod.
Egges sodde in water tw	oo waves.
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Egges rere rolfed engent	per bloude.
fol.	eribiit
Gies and.rri. thynges hu	
them.	fol.crrvi
Englyshe men doo firste	eate or euer
they ozynke.	fol. rerbi
Enula campana and the	
therof.	fol.crir
Excelline eathing and of	
fol.	it it
Ercedyng swete wyne is	
chosen.	fol. rrrir
	fol.lri.clit
Emptynes.	spenterens
	fol.t
Faticoaly folke.	
Fatnes is a token of a col	toe complets
tion.	fol.crlf
Fastyng in sommer.	fol.clrviii

Fenal sede and the properties thereof fol. rebiti Fenell charpeneth the syghte of serpentes

fol. rebiii pentes. Feners. fol. vit Frages & the chorle of the. fol. rrriiit Fygges with nuttes and almondes. rrrb Fygges must be eate fastyng.fo.rrrb Fistle and remedy fozit. fol.crrrit Fplthe of the tethe. fol.b Fythe is lyter of digeffion than fieth. fol. irro Fythe taken in the north sea. fo.lrrvi Fplhe Goulde not be eaten after tras napll. fol. lrrbit Fphe compo with falte. fol.cod. Fynnes and scales of fpshes. fol irrb Frue conditions of daply flepe. fol.ir Frue thynges by the whiche good wyne is proupo. fol.rrrbii Fyue bounties of wyne moderately dronke. fol.L Fruethynges to knowe good ale. fol: litti Fine properties of good bread. fo. lriit Fine inconenièces that brede of orino kyng of newe wone. foi.lrb Fyue thynges that ought to be doone about bloud lettyng. fol.clinic Frue +. U.

Frue causes of bloud lettring. fol.clb Frue thynges must be eschewed of him that is let bloud. fol.clviff Fine comodities that come by letting of bloud of p beine faluatella. cirii Fleiches that engedze the feuer quar. fol. rrit ten. Flesshes that should be sod and rosted fol. rrvt Fleshes of foules is more hollome tha of foure legged bettes. fo. lrriff Fleume is of two kondes. fol.crrb Freche water fpsche. fol. lrrb Fphis lyter of digestion than flethe. folio. eobem. Flowze of wheate. fol.rrri Fryde egges. fol.rrviii Foure properties of chefe. fol. lrrrifit Foure thynges that mollifie. fol.cir Frutes thould be eschewed. fol.rir Frutes hurte the that have the aque. fol. eodem Funis brachtj. fol.clriit

Garlike. fol. rlii. rliii. rliii Gathe made in bloud lettyng. fol. clvii. clviii Gall the receptacle of coler. fol. clriii

Good

Good wyne is proned fone maner of wayes. fol. rrrbi. rrrbii Good wyne sharpeneth y wytte. rrr Good medicines for the palicy. fo. crit Gotes mylke. fol. rir. rr. lrrrit Gotes sleshe. fol. rrit Grey goose. fol. lrr Grey goose. fol. lrr Grey goose. fol. lrr Grey goose. fol. lrr Grey goose. follow rriti.

Grosse nouryshement is best in wynter. fol. wit
Grosse meates. fol. eodem
Grene chele. fol. rrrii. lrrriit
Grapes. fol. rrrii. rrrbi
Gurnarde. fol. bitt. crvit. crrrbi
Gowte. fol. bitt. crvit. crrrbi

H

Parte of bestes. fol. rebif Hartes is the engeder of bloud. fo.cip Partes fielhe. fol.rrit Bare fleshe. fol.eodens Pard egges. fol. rrbiti Dead ache. fol.biii.clrbii Dead ache called bertigo. fol.re Denne. fol.irr Heate is cause of augmentacion. fol. crliffi.

Perbes hollom put in deinke, fo. wiit

Perbes wole water is hollow	me for the
lyght.	fol.crrix
Berbes sodde in byneger.	fol.lr
Dearyng.	fol.lrrbf
Hologng of wynde.	fol.r
Hogges fed with peares.	fol.rviii
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rrrbi.	1000
Dowe to be lette bloude fo:	a vluresv.
fol.	clbi
Honp.	fol.rrrip
Hyll worthe.	fol.crr
Hunger.	fol.clrviii
Hunger is after two fortes	The second secon
Hunger longe endured.	fol.codena
Horsedunge.	fol.criff
Hogges Aones.	fol. rrriit
Hurtes of red wone.	fol.lp
Burtes that come by days	A CONTRACT OF THE CONTRACT OF
water.	fol.lrbi
Durtes of salte meate.	fol.ct
Burtes of colewortes.	fol.cbitt
Hurtes of vometyng.	fol.crip
	* 4 5 5 5 5 5 5
Jeuce of peches.	fol.rbii
Zeuce of new gethered fru	CONTRACTOR OF THE PROPERTY AND ADDRESS OF THE PARTY AND ADDRESS OF THE
Managar Daragar son	Jeuce
	Manna

THE TABLE,

Jeuce of colewortes. fol.cip Jeuce of watercrelles. fol.crp Jica. fol.ri Incision of the beynes. fol.cirbis Joyfull lyfe. fol.iii

K

kernelles. fol.rcii kernell of cheris Kones. fol.lrrir kyd fleshe. fol.rriii knowledge of the best fleshe of foure foted beastes. fol.eodem

L

Lampres and drestyng of them. fol.

Lauender.

Lafke.

Lafke.

Larative meates.

Lekes rawe and fodden.

Lyte supper.

Lyte supper.

Lyghtes.

Lyghtes of a tuppe.

Let not bloudde in longe syckenes.

fol.

Letttyng of bloudde is hollome in the begynnyng of the droply. fol. clift

Lettyng of bloudde kepeth louers frå furious rauyng.

fol. civ

H. ity.

Lettyng of bloud may not be doone in the ague fit. fol. clr Lettyng of bloud Hould not be much bled. fol, clri

M

Makping of water. fol.ii Wary and the chopse therof. fo. rrrifit Many good thynges come by dayns kprig of wone soberly. fol.litt Man may lyue by the smell of hoote bzead. fol.lriit Malarde. fol.lrrii Palowes and thre properties of them fol Mawe of beaffes. fol.rcbit Meate a litle poudzed. fol.ci Meate and why it is taken. fol.riii Meat bpo meat is hurtfull. fol.rb.rbi Meates y engeder melancoly. fo. rbit Meate that conserveth health. fo. rrbi Weates buholsome.fol. eodem Mene and thynne mylke. fol.rri Meane meates. fol.lbitt Medlars and their btilities. fol. rciii Wediana the vepne. fol.clriiii Wegrpm. fol.clrb.clbrii Medicine to Canche bloud. fol. rbiti Medicine against the pestilece.fo.rcb Medi=

in

1

Medicines to comforte divers memfol.c bers. Dedicine foz & bentofite of aire.fo.crif Dedicines to kill flees. fol. criti.critit Dedicine to restoze heare agayne. fol. Medicine for wartes. fol.crv.crvif Dedicines for the toth ache, fo.crrrir Dedicine for the filtle. fol.crrrt Dedice to anoyde the tothe ache. fo.b Welancolv. fol.rvii Wilke, and for whome it is good a not good. fol. rir Wylke must be dronke fastyng. fol.rr Mplke of it selfe is very corruptible. fol. clbiit Monte. fol.cr Wilke daily bled engedzeth & Cone. rr Moderate iope. fol.itt Poderate diete. fol.eodem Poderate eatynges encresythe the body. fol.rifff Moznynge reff. fol.ir. Must that is very redde cawfethe the fivre. fol.rlf Must letteth the bzine. fol.lrb Dust engendzeth the stone, and sers ueth a man from the Cone. fol. lrbi Mut

- ** II TI III II
Must and his thre properties, for refif
Duffarde feede and the manner
Pustarde seede and thre properties
thereof. fol.crvf
Mutton. fol.rrb
MA . 17
N
Paturall rest is most e metest for nox
Paturall heate is in many thynges
fortified in the nyght. fol.rif
Paturall heate is luffocated with as
bundance of humo2s, fol.cliff
Pature cannot luffer loden inuitatio
fol. ritt
Pature is the worker of all thonges
DAD.
Petes tongue. fol. revit
Pettelles and eyght properties of the
fol. crbit.
4 K DILLO
Pyght is the very season of perfea die
gestion. fol.be
Poble menne are dzye and coleryke.
Pourpshyng meates. fol.rv
Puttes. fol.lrrrbii.rci
Puemegges. fol.krrbiik
Pumber of bones, tethe and beynes
fol. crrrift
Dft

fol.crliiii Dft angery. Dleander. fol.criff Dide wone is all fozy. fel.lit Opnions. fol. rlif. rliffi. crb. crbiff Dyle of Castozy. fol.crif Dperations of talages. fol.cit Dpilations engender feuers. fol.bt Dre fleshe. fol.rrit Parbrakung healeth great diseases. fol. Penlyuenes is expediet foz fatt men. fol. Peches and whan they hould be eate fol. rbit Peches are hurtfull to speke folkes. rviii.ref. Bercely. fol.ir Deares. fol rbiii lrrrbiii Deares make folke fat. fol. rbiit Peares fod with mutherones, fol. rlb Peares without wyne are hurtfull. fol. lrrrbiii Pygeons bake are better then rolfed. fol. lrrif Perche. fol.lrriiti.lrrbii pealen, thow they be hollome.fo.lrrr pyke

Dyke. fol.lrritie Percepches. fol.lrri.lrrit Depper whyte and blacke. fol.crriti Dygge. fol.rritte Plaister made of garlyke. fol. rlitt Plaster made of an onton. fol. rlist Plaister of walnuttes. fol. rliife Plaister made of fryges. fol.rcii Plaister made of tygges & popy sede. folio, Phisicke maketh a man sure of two thonges, fol.cri Pluresy. fol.clb.clbi Pozke. fol. rriii. rrriii Pochydegges. fol.rrvi.rrvit Pozke with wine nourisheth.fo.kriiti Bopy seede. Pouder of peches. fol. roife Prolonging of tyme in eating mos deratip. fol.rbii Properties of melacoly & wyne-fo.lf deoperties of butter. fol.lrrritt Droperties of flematike folke, f. crlitt Properties of colorike men. fo. crlift Profites of blond lettyng. fol. crlix Profites of vometyng, fol. clrrit douder of peches, fol. rbitt Dutrified feuers, fol.bit Poulce

MI

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No.

Poulce, fol. lerrs Primerose, fol. crit Prunes and their btilities, fol. rc Purslayne, fol. crrit

Duayles are not to be praised, so. lrri Dualities of all sauerines, fol.ci Duietnes of mynde, fol.iii

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Remedies against benome. fol. rlii Remedies against yll dzynke, fo. lviii Remedies foz parbzakyng on the sea.

crrir.

fol.
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Repletio of the supper hurte the, risis
Reso

Resolution of the humers is the chefe cause of the apetyte. fol.ir Rest of the var and night. fol.ir Rererostyd egges. fol. rrbii. rrriif Rewe. fol.rinis Rewe and foure properties thereof. fol. critif Rochet. fol. lrrve Respus of cozans. fol.rcf Rice. fol.lrrrf Kole flower. tol.lip Kole water. fol.crrix fol.lrrit Ruddocke. Rules concernyng lettyng of bloude. clir.elp Kules declaring who be mete to be let bloud. fol.clrif

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AME INDLE
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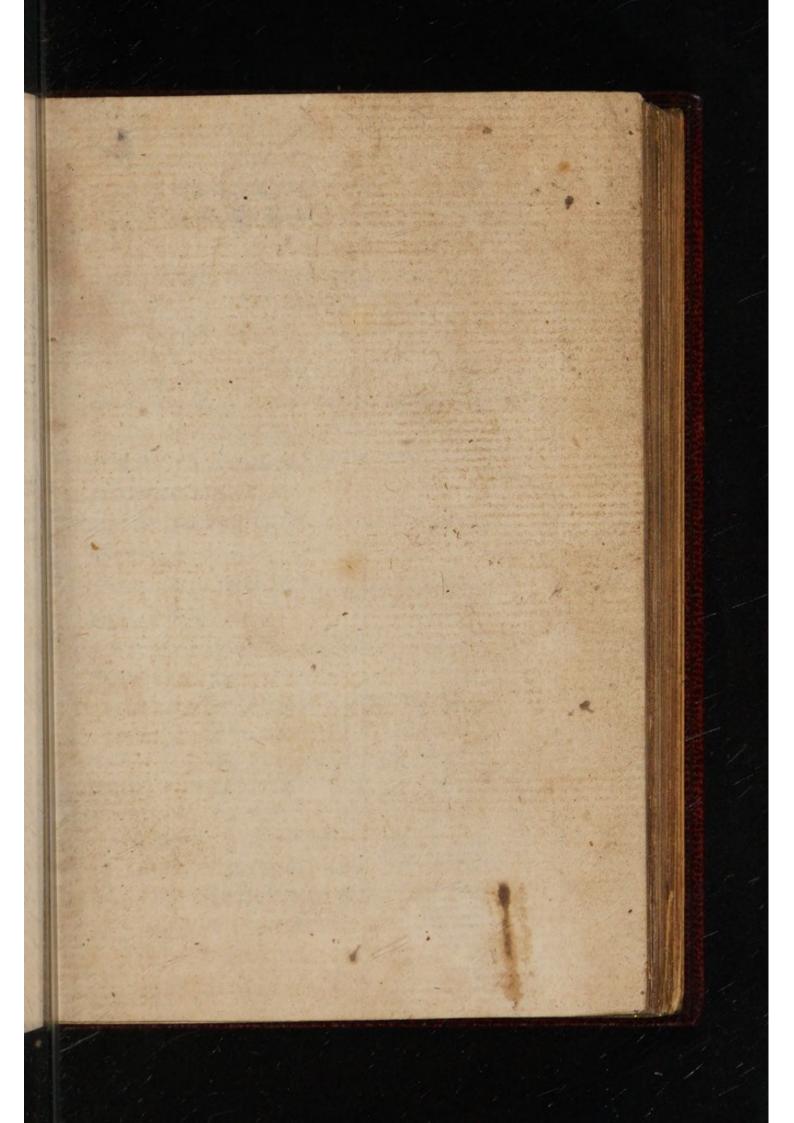
Veles. fol.lrrsii.lrrbii Veis are of the nature of water .fol.c Vlove & the effectes therof. fol.crviii

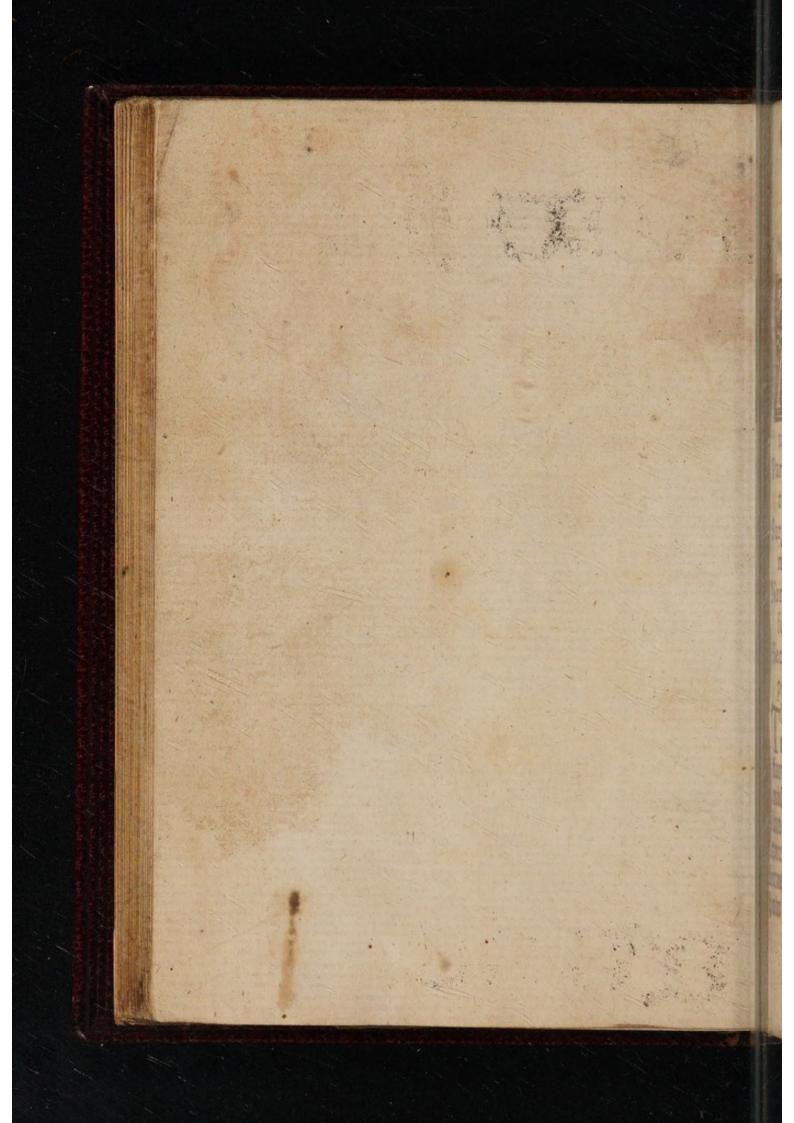
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THE TABLE. Middle of a magnetic person of the libits photoppes and there compenies. Adel Mark let of the State of t





fruteful and very necessary boke called the Kegiment of helth.



Nglorū regi scripsit schola tota Salerni. Si vis incolnmem, si vis tereddere sanū. Curas tolle graues.

irasci crede prophanum.

Parce mero.cenato parum.non sit tibi yanum.

Surgere post epulas. somnum fuge meridianum,

Non mictum retine, non comprime fortiter anum:

Hechenesiserues, tu longo tems

This ryghte frutefull and necessary boke, was compyled at the instaunce and for the vie of the most enoble and victorious kyng of Englande, and of Fraunce, by al the doctours in philike of y universite of Salerne, to the enterman should knowe how to kepe his body in good health.

The

The audor in the beginning of this boke teacheth. biii. general oodrines the whiche bereafter be specified and in also declared at length. The first dociment trine is that he that desireth health of body, must eschewe and auoide great charges, thought and care. thought depeth up mans body, burn ting and leauping the spirites in de solation and comfortles: whiche so left and full of heuines dzieth by the bones. In this doctrine be comprehen ded melancolines and henines, the whyche greatly hurt the body: for by their operacion p body wareth leani and colde, the harte thepnketh by, the witte & buderstanding wareth dulle; the reason is troubled, and the memori rie beterly marred. Det neuercheles, it is very expedient for fatte and coze spe folke, to be sometyme pensque and heup, that thereby they may moderas te the ranke heate of their spirites, make their bodies leaner and moze sclender. The seconde doctrine is to eschewe anger. For anger in lyke ma ner drieth by the body, fercestively chaufeth and inflameth the mebzes. And

Thoughtogo.

angon

And to great heate, as Auicen sayeth Aui. dist drieth bp mans body. Secondly an i. cap. 1. ger hurteth through heatyng and in doc.iii. flamping of mans harte, and it letteth allo the operacions of reason. Some there be that naturally, eyther by fyce kenes or chaunce of poplon, are colo: for suche folke to be angry is very ne cestary for their bodely health, that their naturall heate by suche meanes may be ffyzed op, gotten, and kepte. The third doctrine is to eate & drinke lating foberly: for eating and drynkyng ers cestively, causeth bs to be bulusty, droufy, and douthfull, hurtyng and infeblyng the stomake. Pany other inconveniences, as Auicen saith, gro Aui.cap weth and chanceth through ercelle of de vino meates & dzinkes, as hereafter thalbe et aqua. beclared. The fourth doctrine is to Manie make a lyght supper. For to muche meate taken at nyght, causeth and en gendzeth gnawpng and payne in the bealy, buquietnes, let of natural reff, e Di and other grefes, whiche we fele & fee by experience the whiche hereafter halbe moze pleynly declared. The.b. bodrine is to walke after meate. For 15.ij. there

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therby the meat discendeth to the boto tum of the fomake, wher (as Auicen saith) resteth the vertue of digestion. For the mouthe of the Comake delireth fode, & maketh digestio. The firt doarine is to eschew sepe incontinet loging after meat, which causeth health and auopteth diners infirmities, as it is after spewed in these verses: Febris pigrities. &c. The seventh doctrine is to make water as ofte as nedeth: For who that kepeth or holdeth his water longer than nature requireth, Mall auopoe it with great papne, and fo it may chaunce that death hall for Aui. dist lowe, as Auteen Tayeth. Also to kepe xix.li. iii the dregges and superflutte of mans

parte, the humours of the forland fus

perfluite, and so they be made harde &

can not be anoyded, and thus causeth

opilations in the guttes and ventofis

ties, and so it may chaunce, it bredeth

impostumes: as after shalbe shewed.

ca. de dit fode longer than nature requireth, ficultate ingendzeth many inconveniences in the body. For the lyuer and bapnes mingēdi called meleriakes, drie bp, for p moste

naking Water

The englit doarine is, that one doing his

his elemet and anoyding the ordeurs and filth of the body, thuld not moche force and constrayne his fundement: for so doynge the emerardes a fisfule that greve hym, and the fundement many times is misorded a thrust out of his propre and natural place. His nally thauctor sayth, that who so will observe the forsayde doctrines, thall lyve longe in good healthe and prosperite.

Si tibi deficiunt medici, medici tibi fiant

Hec tria, mens leta, requies, moderata dieta.

Mere are taught they generall resultation in edies to conserve in helthe all crease tures, and specially noble men. The fyshe is to live toyfully: for ione and mythe causeth man to be yonge and lustre. By moderate ione and mythe youth is conserved, naturalle vertue comforted, the witte tharped, therbi man is more prompte, quycke, and of abylite to do all good and honest operations. Por it is not said without a cause, that our ion and mirth must be B.iy. moderate

moderate. For whan it is without measure, it ingendzeth dethe bothe bodily and gostive. This moderate top is most e convenient for them that haue moche care trouble. Thiche ion may be gotte by bble of delicate meates and drinkes, by auordinge of fuch thinges as engendre melancolv. And also, as Auicen saith in his.ri. boke & chap. of failinge of mans hart, by dwellynge taccompanieng amog our frendes. The.ii. Kemedy is tranquilitie of monde, of bnderstandpng, a of thoughte. Foz nobleme thozughe they great buspnes and charges, are moche moze greued and troubled tha other meane parlonnes. Great carke of mynde and bnderstandyng distroteth the natural reste of man, whiche is most expedient for noble men: for they most commonly are naturally day and colerike: & therfore for them rest and quiet is ryght profitable and convenient. The. iii. remedy is mos derate diete, that is to eate and drinke moderately. And after Chall be declas red, what icouenièces grow through ercelle of meates and drinkes. Lumina

Lumina mane manus surgens gelida lauit unda.

Hac illac modicu pergat. mos dicum sua membra,

Extendat . crinem pectat. dens tes fricet.ista,

Contortant cerebrum, confors tant cerera membra.

Lote cale, sta, pasce, ucl infris gisce minute.

Here are declared. vi. doctrynes, whis 6 and o che comforte mannes brayne, and the confort the mannes other membres of the bodye. The fyr ste, is whan we ryle in the mornynge yearly to wathe our eies, with clere colde water. The cies wolde be wal-Geo to clense awaye the ozdure and filthines that hage in the bries of the. And Auicen saythe, y the souerainste Aui. dist thinge to mundifie and clense, and to xiii.li.iii make Charpe of sight the eyes, is to ca. de co open them, & so to put and plunge the serva. in clere water. And apene he faith, oculora. that to bathe and plunge the cies in Ide dift. clere water, and therin to open them, iii.cap. conforteth and conserventh the light and specialli of yonge folke. The reas dede.v. 25.iiij.

lessing the Eyes

son why the eies muste be clesed with colde water, is by cause every thinge must be conserved by that that is like Galen.li it. Foz Galen saith, that hotte bodies nii. de re. haue nede of hotte medicynes, & colde bodies of colde medicines Colidering than that mans eies be colde of natu? re:hit Candeth with reson, that they Hulo be washed with cold water and not with hotte. The. ii. doctrine is to washe our hades whan we rise in the moznyng, foz they be instrumentes ordeined to keve and to mudifie thefe membres, by the whiche the supars Auites of the bravne be expulsed and anopded, as by the nostrils, the eies, the eares, and other naturall cunditis. And therfore the handes specially ought to be walked with colde water for the walhing of the handes with hot water engendzeth wozmes in the bealy: and specially to washe them in botte water incontinent after meate, Aui. dist as Auicen sayth. For the wasshynge xvi.li.iii of the hades in hote water incontinet tra.v.ca. after meate, draweth the inwarde f de lubri, natural heate of ma to perterioz pare

tis, fo the digestion is unperfect, the which

which unperfet digestion is the prins cipal cause that wormes be engedred The thyzo doctrine is to roome a litel hither and thither, wha we are risen frome reste, that so the superfluities of the Comake, guttes, and lyuer, as the grove mater of the brine, may the more spedily be thrust buder. The. iiii.doctrine is competetly after reffe or Aepe to extend and Aretche out our handes, fete, and other lymmes, that the lively spiritis may come to the bte ter parties of the body, and so cause the spirites of the brapne to bemore quicke & subtile. The. b. doctrine is to combe our heed in the moaninge, that the voies of v heed may be opened to auopoe such vapours as yet by slepe are not confumed: also to quicke the spirites of p braine. Farthermore to cobe p beed is very hollome, & specials lp for aged men. And Auicen laith, & Au. dift. to cobe the heed is hollome, specially iii.li. iiii for olde me. Therfore one hulde day cap. de ly and ofte combe his heed. Foz ofte debili. combinge draweth by the vapours to the superior parties, and so denideth visus. them from theeies. The.bi. doctrine

is to walke spurge steethe. For the filthines of p teethe causethe p brethe to ffink. And of the filthines of the teeth groweth certeine vapours, that greatly anope and burt the braphe.

cap. de codent.

Farthermoze the filthines of p teethe myngled with the meate, causethethe meate to corrupt and putryfye in Aui. dift the Comacke. Auicenna enstructeth Vii.li.iii and techethus howe we may kepe the teth from ache and Apnche. That is to walke p mouthe with wone twyle a monethe: but to make the brethe swete, it muste be bopled with frote ofspurge, who so ever vseth the fozsayde decoction and medycyne shall never have the toothe ache. In the laste verse are certapne generall rus les: The fpell is that after we have washed a bathed our selves, we must kepe bs warme. Foz that he cundites of y bodye, y is the pozes, ben ope: by the whiche colde wol perce in to the body, and engeoze in vs divers diseas les. The. ii. is that after we have dps ned or taken our repaste, we muste foza whole stande op ryght, that so the meate may discende downe to the bottum

bottum of the stomake, and than to walke a litel softly: for hasty mouing driveth natural hete fro the interior parties to the outwarde, and causeth pl digestion. The iti. is, that one of coide complexion shulde not warme him selfe too sodains, but by litel and lytell, for sodayne change hurteth nature: as Galen saythe in the glose of this canon, Secundum multum et repente. &c. All stroge thynges and of extreme nature corrupt the bodye.

Sit breuis aut nullus tibi som=

nus meridianus.

Febris, pigrities, capitis dolor, atque catarrus.

Hectibi proueniunt ex somno meridiano.

Mere he teacheth, that. iiii. inconnessioner niences are ingedzed by the flepinge at after none. Hyzst the after none slepe causeth and ingendzeth severs by rayson of opilatios. For the natural hete and spirite of ma by day day weth to the outward parties of the body, and therfore digestio by day is but seble: But what the natural heate and

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fourth

and spiritis of mandzawe to the in warde parties of p bodi: that throughe theyr motion the naturall heate is stered by, and therfore y nyght is the bery leason of perfit digestio, and the budigested grawe humours are the cause of opilations, whiche opilatios Aui. dist engendze feuers, as Auice saith. Secooly, the after none slepe causeth mã to be flouthful in his operatios & bus lines, by the reso afozesaid, foz grosse humors & budigested cause mas spiri tes flowely to move the bodi. For as a subtile quicke spirite causeth lightnes of bodi, so a lumpishe oz a heui spirite causeth a auggishe body. Thirdli, the after none slepe engedzeth heed ache. For the gros & bndigested meate & rea mayneth in the Comake doth lyft by to the braine gros vapours, y whiche trouble grene it. And of very confes quens, if bapours of groffe matter be ffered by a caused, they must also be gros. Foz Galen saithe in the glose of

this aphozisme, Qui crescunt. &c.

that it muste nedes folowe, that all

thinges be lyke those thynges, of

whom they be engendzed. The.

The cau. of heed ache.

i.li.iiii.

cap.de

putri.

tourth inconvenience is the pose and reume. Keumes be humours that runne from one membre to an other, and as they runne to divers partes of the body, so they have dyners names. For whan the reume cometh to the lyghtes, they be called Catarri: and whan they runne to the chekes, they be called branchus: and whan they runne to the nose, they are called corizam: as it appeareth in these versions:

Sifluit ad pectus, dicatnr reus ma catarrus, Ad fauces branchus, ad nares dico corizam.

But belides the reasons of the disea. The diseas before rehersed, there be many or nersite of their reasons, and more effectual. The feners, cause of the first inconvenience that is of severs, whiche sometyme are called putrified severs, and sometyme servers effimeras. A sever effimere is A severes engended of vapours and smudge simeras fumes, kept and retayned after the is a daily after noone slepe, the whiche abstay fever.

myng from slepe is wonte to cosume.

Balen

tiua ad

Galen de Galen sayeth, that these feuers effiarte cura meras come through fayntnelle, 020, kennes, angre, furiousenes, inward Glauc. i. sozowe, and other vehement cares of the mynde: and the feners that come by inclammation of the preney membres are of the same kynde. These fee uers be soone cured, as by baynynge and customable diete. The putrified feuer is engendzed of the humidites in man budigested, and augmented by the after nonellepe. Galen layth, & feuers engendzed of cozruption of hu mours are called putrified feuers.

Gal.de arte cura tiua ad

The seconde inconvenience that is to Glauc.i. be flowe in operation and moctons, chaunceth by reason that by the after noone depe the humidites, and fumes in man are reteyned about the mulkyls, vepnes, and iopntes, teke caus feth the forland membres to be affor nied and a slepe, and therfoze the bodp after dynner is flowe, and heup in operacions. The thyzo inconveniece (that is the head ache) commeth, as is before declared in the seconde inconuenience: that is to lave, by the humis dities and vapours reteined in the bo

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by, through slepe and rest, whiche by suche meanes are troubled and moned towarde the brayne, and lo caule the head ache. The .iiij. incoueniece, that is the catarr, fignitivng ali maner of reumes, chanceth to man and greatly greueth hym, thorough vapours and fumes, whiche are wont to be distolued and consumed by watche, and by reason of depethey drawe to the inwarde partes of man, and fume bywarde towarde the brayne: whiche tumes ingroffed by colde, retourne to y lowe partes caterrilans of mans body. Auicen allegeth many Aui. dift other incouentences and diseases en xiii.lib.i gendzed of the after noone lepe. The first otsease is the gout and palley, the whiche greue vs, by reason that the humidites, that are wont to be dayed bp and consumed by the heate of the funne and by watche, dooe remayne Apil in the body. The seconde is the couloz, and corruption of the face. through the watrithe humidites, like buto mans brine myngled with the bloudde, whiche watrishe humidis tes are wont to be wasted and confue med

doc.ii. cap.ix.

med by watche, and by reason of see pyng, they ascende with the bloud tos warde the brane and the face, and fo they cause the face to swelle & to ware pale. The thyzde inconvenience, is that after noone Repe, ingendzeth the splene, and that by the kepying in of h groffe melancoly humors by the daye rest. For as watche with the heate of the day (whiche doth open) geueth mo uyng and way to melancoly humors by the strayte cundites of the body: fo the daye slepe letteth & destroyeth the passages and propre waves of them: and specially it destroyeth and stops peth the cundites that come from the splene to the mouthe of the stomake, that are orderned to prouoke mans apetite, by whiche cundites al melans coly superfluites are wonte commoly to be clarified. The fourth hurte is that the after noone fleepe mollifieth the vernes, because that the humidis tes the which eare wont to be distole ued by the day watche, can not be re-Mozed, whiche so remaphyng in mas body, do daye by the veines. The fifth inconveniece is, that man by reason of

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of rest or slepe, loseth his appetrte, for lacke of resolution of the humours: whiche resolution is chiefe and prineppall cause of the appetyte. An other reason is, that the replenyshing and filling of the Comake with fumes and humidites mollifieth and hutteth the mouthe thereof. The firt inconue, nience that after noone flepe doth engendre is inipostumes, by meanes of humidites encreased by the day sleve, the whiche drawe to one membre or other, and so cause it to swelle. Anis cen sayeth that besydes all these fores lapde, there be two other speciall caus fes that prone the after noone flepe to be hurtfull. The firste is, that the day rest is soone corrupted, because the heate of the day draweth the corporal heate to the exterior partes of man: but the nyght rest ooth clene contras rie: foz it draweth the corporall heate of man towarde the inwarde partes. Of the whiche two mocions there is engendzed a violent motion that dis Aurbeth nature. And therefoze thev that well deepe and reste theim by daye, are counsayled to sepe in barks C.j. places

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places and in Hadowe. The seconde cause is that the day rest maketh amā buinfty, orousy, and as halfe aferde, t that by the chaunging of nature fro his olde custome, that is fro digestion of his meate: pet notwithstandunge that the after noone rest or slepe is ges nerally disprepsed, and the nyght rest greatly commended and prapled, pet the Gepe that is taken in the morning thre boures before the funne rylping, and thre houres after the funne rifen, is not to be disprayled: As Dippocras tes fayth in his seconde booke of pronolf. Slepe convenient and naturall take by nyght or by day is allowable, and contrary is hurtful: but the moze nyng slepe of all the day, is lest wore thy disprepse. And all be it the day slea pe and at after noone, are fozbydden by olde fathers and do dours, pet for all that, nowe adapes deepe taken in the daye tyme, is not greatly to be bla med, specially as Bartrutius fauth, if these type condicions therein be dis ligently observed. The first is, if it be customably bsed. The seconde is that it be not taken immediatly after dys ner. La Callette

ner. The thyzde is, that one depends with his head living lowe. The itii. is not to depe to long. The .b. not to be waked lodaynly & fearfully, but with good moderation.

Quatuor ex vento veniunt in ve tre retento.

Spasmus, hidrops, colica, verstigo quatuor ilia.

Pere are declared. iiii. incoueniences or diseases that come by long holding of wonde in mans body. The firste is called the crampe. The ventoficies of the body, runne oft amog the iopntes and beines, & filleth the with wynde. Df the which filling cometh retractio and waynklyng together of beines. And Auicen laith, that the crampe is Auic.di. a disease that lieth in the bepnes, by ii. the whiche the membres of manne moue and extende them selfe. This crampe is divers, one is caused by res plenythynge, whereby the membre is made thorte and great, and wryns kelyng to gether lyke leather, or a harpe strynge, thozough the matter replenythynge the membres.

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This maner of crampe commeth for daynly. There is another kynde of § crampe, muche lyke a tabozet, which inforceth the membre after his legth and largenes to crompull to gether lyke parchement caste in the tyze. This maner of crampe cometh dow. lp. The seconde inconvenience is cal led the dropfy, a materiall disease engendzed of a very colde matter, which entreth and enflateth the membres or places of a maunes body, in whiche is the regiment, that is the digellion of meates and humozs, as in the for make, the lyuer, and the vopde places about the bealy. For dropfye neuer engendzeth, but whan the lyuer is corrupt by reason of the bloudde. There be thre spices of dropsie, Ipos farca, Afclides, and Timpanites: and of the tympany this two inconnenies ces are understande. A cympany (as faith maister Wartruce) is engendzed of an pli complexion, by coldenes of the fromake and lyuer, whiche wyll not suffre mans dypnke or meate to be converted in to good humors, but courneth the in to bentouties, whiche

pf they be anoyded by belchynge, by swette or other wose, they wal coppe the wayes of vopdaunce. Also these bentolities gether together betwene the places of the bealy called mirac, and fiphar, and there they engendze the droply. The thirde inconvenience is called the colpke, a perillous and a paynfull disease, it is engendred in a gutte named colon. Lyke as the dife ease called ilica, is engendzed in one of the guttes called plion. And these two diseases are engendeed by bentos lities closed in the guttes. The fourth inconvenience and disease is the head ache called vertigo, the which maketh a man to wene that the woorlde turs neth: the bentolities whiche drawe to the brayne and myre them with the lyuely spirites, cause the sayde disease called bertigo, whiche as the name de clareth is a turning of a swymmyng in the head: and as Galen lapth, they that have the sayd infirmite, are sone locis aff. affonied, and with a lytell tournyng about they fal downe. And Austen re cap.viii. perfeth these inconneniences with or Aux. dut ther, & he lagth, that bentolicies kept xii.

Gal.de

C.ity. long,

long, cause and engedze the colike, by reason they allende and gether together, seblyshyng the guttes. And some tyme they engendze the dzopsy, & som tyme darkenes of syght, and somtime the megrinie, and somtime the falling euell, and sometime it runneth buto y soyntes and causeth the crampe.

Ex magna cena stomacho sit maxima pena, Vt sit nocte lenis, sit tibi cena breuis.

Here we be taught to make a lyght souper. For to muche meate letteth mans naturall rest, and causeth ans guythe and gnawyng in the bealpe, and causeth the face to breake oute: and maketh one to have a heur head in the morning, tan unfauery mouth Berethis questio cometh wel to pur pose: Whether a man Coulde eate moze at owner oz at supper: Foz diffi nicion hereof, it is to be noted: that af ter the quantitie of the body moze oz' leste, meate is convenient at souper, or at owner. For eyther the bodyes be hole and sounde, ozels ficke. If thep be

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be ficke, epther they include to mates riall fickenes or to bumatteriall: If the fickenes be not caused thosoughe some humour, one may eate the moze at soupper, because in suche spekes nelles, nature onely endeuereth to dis gelte the meat. If the fickenes be mas terfall, one may eate the moze at dys ner, as it is declared in p fourth treas tile in the. b. chap. of the curation of fallyng spekenes on this wpse: De that can not be suffised wo one meale in a day, because he is other wyse accustomed, he must deupde his meate into thre partes, feate two partes at diner, and the other part after tempes rate exercise at supper. The reason hereofisthis, at luche feason the fer ble nature hath helpe by the naturall heate of the funne to digeffe, and the supfluities therby are more resolued, wherfore & refeato thuld be larger at diner tha at supper. And mozeover be cause the heate of the day, which caus feth digestion, to yneth with the natur rall heate of mannes body, there are by daye two sondine heates to helpe b digestion: but it is not so in the night. C.iiti. Like

Likewyse nature endeuereth her by nyght to digest the superfluities. And therefore the thoulde not be hyndred with the digesting of to much meate. And though it be so that the naturall heate of man is in many thinges foze tified in the nyght, as by retraction of the spirites and reduction of Repe: yet that selfe heate can not digeste two di uers thynges, as the meate, & the lus perfluities. Than it foloweth that suche folke thould eate lette at souper thä at diner. If p bodies of suche folks seme hole, ozels if they be very hole, Arong and without any sensibilite of superfluities, anotoping all through their vigour and strength, as mighty byggemen: suche may eate moze at souper. Foz the nature of these bodies labour onely by nyght to digeste the meate recepued: and not to rype the superfluities, for in a maner they has ue none. Also they labour only to foze tifie their bodies, which wareth moze Aronger by nyghe than by daye: beeause the bloud & corporall spirites be engedzed by night in a moze quatitie, s better devided through out y body.

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If the bodies be not greatly disposed to helthe, as is reherted, but are dile posed to be lyghtly licke: Than wher ther they trauaple and labour soze continually wyth they, armes and handis or not, hit is beste they eate moze at owner than at supper. Foz meace is not onely taken to nozithe & restore the body: but also to make mopife, and to ouer spaynkylle and water the mebres that through great labour and trauaple they ware not daye, and lyke wyle to with frande the dissolution of naturalle heate. Poz suche trauaple and labour lettethe not their true digestion. Foz we le by experience, y they eate twyle or thrife in a day with good appetite, a good of gestion. If the bodyes be not apte noz disposed to labour continuallye, as the bodyes afore reherfed, byt may chaunce two wayes: Fozeyther they labour berie foze, but not cotinually, or elles they labour febly, wher by suparfinites encreace. They that tras uaple moche, as in ridinge or goynge about they? worldly busynes, thulde eate moze at soupper than at dyner: bicause

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bicause the bnaccustomed greateras uaple wolde not suffre the meate tas ken at dyner to digest, but doth co29 rupt it. Dea and further through sus perauous motion the natural hete is dissolved and speed in every membre of the body, whiche in the nyght deas weth to pinward partis of the body, and is the principall cause of good dis gestio. And therfoze a good and a lar, ge supper is moze expediete for them than a large diner. Also the same pers sons were not brought by before this season in suche great trauaple: and therfore their bodyes are ful of humis dities: whiche lyttel meate at dyner may reliste the resolutions caused by great motions and trauaple. But in case they trauaple lyttelle and easely by the wave, to eate moze at owner than at soupper is best: as it is oeclas red in licke bodyes, for they most comonly are feble bothe of complection and of digestion, and the heate & light of the sonne dothe comforte theyr nas tural heate and spirites. Also the reas Ton herof is this, the corporall cundis tes and passages by daye are open: wherfore

Wherfors the superflustes of the body are sooner expulsed by daye than by nighte. Farther they ought to eate but lytel meate by night, for than nas ture is greatly occupied to dygette rawe humours, the which slepe must digest and bring to good point. And though the digestion to digest & great repletions of meates, and the supers fluous humours be holpe by p night: Det neuer theleste, the Arengthinge therof is not lufficient to digelf great repletios of meates, talfo supfluous. humours and witteth wel, y custome in eatinge moche or lyttel at diner or souper, ought to be regarded & kepte. Foz custome is good and necestarie both for helth of the body, and to cure sickenes: as Galen saith, for sodaine Galen.li change of custome is very hurtfull, tix. de specially for old folkes. For nature morbis can not beare noz pet suffre sodepne curad is. mutatio. But as Gale faith palteras tion b is done by lytell & lyttell is fure inough. And thoit is wel proned & we ought to eate moze at diner tha at sup secundo per ty bicause ückenelles are most co aphor. moly materialles, yet for aly, if a ma Hippoe. coulde

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soupper tha at diner, so that he be not diseled in the eies, or in the braine: for than it were better to take it at diner, than at loupper. For the repletion of the soupper, hurteth soze the braine and the eies. And witteth well that not onely the repletion of the soupper hurteth the stomake, but also all mas ner of other replecions. For they in gendze opilations, feuers, putriface tios, the lepze, & budigested humours Aui. dist And Auicen sayth, that all maner of iii. li. iii. repletions hurte the Comake, noz the great eater by repletion augmen? teth not his body, foz he digesteth not his meate: but he that eatethe modes rately, hath alwayes some appetite, and increaseteth his boop, for he die aesteth well his meate. Therfoze we ought to take good hede, we hurt not our Comake by ouer moche repletio, noz that we make nor our selfe pour cp and the pulse to beate moze behes mently. In like maner repletion that ingenozeth lochynge of meate, ought principally to be elchewed, but spes cially

cap. de hisque nocét sto macho.

Fol.xv.

cially whan it cometh of yl meates. For if it come by yl meates, hit inge. dzethe payne in the toyntes, in the raynes, in the lyner and the gowte, and generally all other deumatyke diseases. And if it come by clene meas tes: it ingendzeth Charpe feuers and hotte impostumes. It foloweth than that this repletion must be eschewed aboue all other thynges. Fozas Gale in. len sayth, ouer moche repletion presi, apho. tendeth Aranglinge og sodaine dethe. hip. Secondly we muit take hede we ouer fylle not our Stomakes and betterly distrope our appetite, but we muste kepe some appetite: and in especyall thep that have a ffronge and a good appetite. Somether bethat haue a feble appetite, & these oughte to eate moze than they appetite requireth.

Tu nunquam comedas, stomas chum nisi noueris ante Purgatum uacuuque cibo, que sumpseris ante, Ex desiderio poteris congnose cere certo,

Hec tria sunt signa subtilis in ore dieta.

Here are certeyne comandementes, the whiche he that desireth his helth, muste of necessitie observe and kepe mozeduly than eate oz dzynke. The fyzite is, he thould eate no maner of metes without his fromake benete, e purged of all pl humours, by bomet oz other convenient waves. Fozifa man recepue meate in to his fromake in the whiche are corrupte humours they wyll myngle them selfe togeder, and cause the meate newly eaten to corrupte. The seconde is to eate no moze tyll the fyzife meate that is eas ten be digested and anopded out of the Komake. Foz there is nothinge moze hurtefull to mans bodye, than to res ceque meate bpon meate, that is but onely begunne to be digelted. For the meace last taken shall let the dygesty. on of that that was fyzit eten, and the digestion of the meate first taken, shal be first fynyshed, whiche departeth to the lyuer by the veynes called meserio akes, and ther with carieth the meate laste taken not per well digested. Wherof rawe humours, and budy.

gelted be multiplied in mans bodye.

Farther

Farther in the text are put .ii.tokens to knowe whan the stomake is bopde of the meate before eaten. The first is bery hunger. And foz a knowlede her of witteth well that there is .ii. mas ner of hungers, very hunger, and fais ned hunger. Mery hunger is discrined by Galen in this wyle. Hery hun Gale in. ger (sayth he) is whan a man neveth apho. meate: But fayned hunger is an aps hip. petyte to have meate, thoughe the bos spe have no neade therof. And as beri hunger cometh by contractyon and torrugation of the veynes, proceding from the mouthe of the fromake, by Lugyllatyon of the membres nedynge meate, so in lyke wyse feyned hunger s wont to be caused of them that con-Trapne, that they huld pronoke the mouthe of the stomake, the membres paupinge no nede of foode, as by colde hunges harde or tharpe. And of this igne & secode precept precedet, Auice Aui.iii.i aithe: Poma ought to eate but after doc.ii. se hath a luste, Poz he shulde not tas ca. de eo ielonge therin whan luste pricketh, quo. &c. incles it be a feined luft, as the luft of Dions

bronkerdes, or suche whose stomakes aborrethe meate. For to endure hunger longe both spile the stomake sull of putrissed and corrupte humours. And after in the same chap, he saithe, that who so ever love they helthe, shulde never eate till they have a sure luste, nor tyll they stomacke and broparmost entrayles be boyded of the sprife soode that they take. For the daugerouse thinge that may chauce a mans bodye, is to receive meate. The know by an indigeste meate. The seconde wiege of thenge that signisses, true luste or

The know byon bnotgette meate. The seconde wlege of thynge that signifieth true luste or trulustor very hunger, is sklender diete precedery has dentithat is small sustinaunce before gre. taken, for whan hunger foloweth

therbppon, it is very true hunger. Fathermoze ye shall bnderstade, that to eate moche and of sondzye meates myngled to gether at one repaste oz refection, is worste of all, as sless and splishe, chekens, and pozke, and after to prolonge the tyme in eatyng sor the firste meate beginneth nowe to digeste whan the other meates are served in to the table; and so y partis of the meate be bulyke in digestion:

So that the fysite taken are digested, er the laste that is eate come to the middes of they digestrage: And this caufeth that fome parties corrupt o. ther some. And of this thinge Auicen Auic.iii. warneth sayenge: There is nothinge i. doc.ii. more dangerus than to myngle dys uers meates and sustinaunces toges ther, and after to prolonge the tyme eo.&c. in eatinge. For whan the laste meate is recepued, the fyzste is welnere dy gelfed. Therfoze the land meates in divers of they? parties (as thoughing digestio) be not like. But pet witteth well, that prolonginge of tyme in eas tyrge moderately (as an houre space) to chawe and swalowe our mete wel, is aloweable, and helpeth moche to the conferuation of helth. for good chawinge and swalowinge of whe is as halfe a digettion: And pl chawing both epther let digestyon ozels both gret ly hyndze it. Wut prolonginge of tyme in eatinge, with talkynge and tellping of tales two or thre, houres, is right hurtfulle, and therof are ingendzed the diseases befoze rebersed.

cap.de

D.1.

Perfica,

Persica, poma, pira, lac, caseus, et caro falfa.

Et caro ceruina, leporina, capris na, bouina,

Hec melancolica funt, infirmis inimica.

Bere are declared.r.maner of meates or foodes that ingendre melancoly, and are buboliome for lick folkes.

Gal.ii. cap.ix.

Dithe whiche the fyzite is eatynge of peches: Wherof Galen lapth, the ieuce of peches, and they? materpall aliment. substauce is soone cogrupted and bte terly pit. Wherfoze they ought not as some lay, to be eaten after other meates. For they swymme aboue, f soone corrupte. But this oughte to be mynded, whiche is a commune thynge, that all that is movife, Appe perpe, and lyghtly goth bnder, thalde be eaten fuzife, and so shulde peches, whiche swiftly go to the bottum of the stomake, and make wape for the meates that come after. But whan they be eaten latte, they both corrupte them selfe & also the other meates. And thus it appereth, that this faieg ought

bught to be bnderstonde of peaches eaten after other meates. For whan they be eaten befoze meate, they be good for the stomake, and they mole lyfye the bealp, and prouoke the apper tite, as Auicen saith: Rype peaches Aui.ii. be good for the stomake, and causethe ca.ca.de one to have an appetite to meate And perficis. farther he fayth: They ought not to be caten after other meate, for than they corrupt, but they must be eaten before. Lyke wyle Berapion, in the chapter of Peches, by auctorite of Dioscozides sayth: Rype peches are good for the Comake, & they mollyfye the bealye. But what they be not rope they make a man coffice : and whan they be depether bynde fozer. And a becoction made of dive peches and fo bronken, both let the flowinge of hus midites to the fomake i beaipe. And p ponder of peches cast byo the place where one bledeth, Cauncheth the ble big. And although peches have thefe medicinable vertues afozefaio, pet bi taule they egeoze putrified humours they be hurceful to ficke folkes, & spea tially when they be not taken dewly. D.ii. ideches

Di.li.i. mat.

Catyng of peares

Aui ii. cā cap.de pytis.

Peches be colde in the fyzike begre, & moiste in the seconde. Dioscopides de medi lagthe, that ripe peches bene hollome bothe for the fomake & bealpe. The seconde thinge is peresozeatyng of peres. The cause is, for peares, and generallye all maner of newe grawe frute, fylle p bludge with water, that boylethe by in the bodye: And soo preparcth and causeth y blod to putrify. t by consequens is hurtefull for ficke folkes. Peres, as Auteen fayth, engedze p colike. But pet peares aboue ul frute make folke fatte. And there fore hogges fed with peres, are made facter than with ant other frute. And bycause peres engendze ventosities, and so cause the colphe: therfore thep be bled to be eaten with luche frute that breake or anoide bentolites, or elles to withstande the yll operation of these fruites, diynke after theym, a dranghte of olde wine of good fauour And the sweter sauozthat peres have and the moze doulce, the beter they be. And also sod peares be better tha rawe & they may be foode to anis fede fenel sede & suger. Dioscozides faith,

OF HEALTH.

Fol.xix.

that it is hurtefull to eate peares fas Dio.li.i. Apng. Plynius layth, it is an heny de medi meate of al peares, though they be in mat. belth that eate theym. The thyzde thinge is eatinge of apples of whiche as Auicen layth, co eate often and denat. hist li. moche, causeth ache of the sinowes. And also apples have an pll proper xxiii. ca. tee, for they engendre bentofities vii. in the lecoo digeltion, wherfoze they Au.ii. ca be buholfome for sicke folkes. And cap. pris alfo for lyke caule, as it is before res berled of peares. And thele lavenges touchinge the buholsomenes of peas res and apples, ought especially to be bnderstande whan they be rawe, and not whather be lodde or rolled. And not onely these frutes thulde be esche wed of them that be licke, but also all other frutes that fyll the bloud with boylynge water, as newe fruite, of whiche the leuce boileth in a mannes body, as hit were muste or new wine For ye may le by experience, that the leuce of newe gerhzed fruite boyleth whan hit is put in a bedell, by reason of the heate of the son that remaineth in them after they; rypynge. Thele

D.iij.

Aui, di. iiii.ca. de vni= uerfali cura.

These newe trutes, throughe boiling of they ieuce cause the bloude to pus triffe, although they coforte a mane nes bodge with they, moraure, wha they be eaten. And for this cause most specially Auseen forbydoeth them earynge of frute, that have the ague. Foz he fauth, that all fruites hurte theym that have the ague, through theyz boplynge and corruptinge in p fromake. The iiii thinge is eatings of milke: y cause why eating of milke is not good, is bycaule it is lyghtly corrupted, and tournethe buto fume or tharpenes in b from ake as in their Romake speciallye, that are diseased with putrified feuers: and therfore they that have a putrifped fener are fozbydden eatynge of mylke. And as Hip.aph Hippocrates faith, it is hurteful for lac. dare them to cate mylke that have the beed caput do ache, for theym whose guttes suspens lentibus sed, do rumble, and for them that be very though. Vot not with francong

in some deseases Hippocrates sayth,

mylke is agreable: as for them that have the tilike, the feuer etike, and foz

&c.

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And also hereafter folowynge some thunge more Gall be said whan we come to Lac ethicis. &c. And als though mylke in the forlayde diseas ses is blamed pet in them that be hole it is allowable, and that if it be well digested in the stomacke and lyuer. And Galen sayth, that mylke well Ga.in sodde dothe bothe nozishe and ingen, aph. hip die good humours. Also milke by realib.v. son that it is watriche, it washethe b entraples, and by reason it is buttry, it mundifieth, and Arpueth agapne benemous humours, and mousteth the membres, alleuiateth the grefes of the breffe, and it dothe mittigate the Motynge oz pickyng of the longes guttes, raines, Entraples, and the bladder, and it is good against price kynge humours in the entraples. Farthermoze mylke is good for temperate bodyes, whose fromake is clene from colerphe and fleugmaty ke humours. For buto suche folkes mplke well digetted is great nozps Monge, it engenozeth good bloudde, it nourpsheth the body, and conues nyetige mousteth and makethe fague D.iiii. the

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the erterioz parties, as Isaac layth, in the buyuerfall opetes. And there also be saith, by auctoritie of Kuffus, that they that wil dzynke milke must depuke hit fastynge, and it muste be dronke botte frome the cowe: and to eate nothinge tyll that be digested, noz one coulde not than labour noz ffer about moche. Vet seldome oz at no tyme one fhulde forbere walking, but than one muffe walke an easpe pace, tylle he parcepue hit be descene bed to the bottum of the Comake. Wut mylke is buholsome for these bodies y be distempered. For in hotte bodyes it is soone turned in to coles rike fumolite. In suche as be coulde, it tourneth to Charpenes and putris faction. Also mylke is buholsome for an buclene Comake, for therin his corruptethe. Wale saithe, y be knewe fanitate a man, that of the dayly ble of mylke, had a Kone bredde in the raines of his backe. And a nother that loffe all his tethe. And some he knewe that bled to eate milke cotinualli withoute hurte Beato some it was moche holsome, as co an hulbad man y lyued aboue a bundzetb

Gal.de tuen da lieva

hundzeth peare, and his most foode was milke: and another that thought to do likewple, founde it alway hurts full to hom. Touchyng the chopse of mpike, it is to be noted, that meane mplke is to be chosen for norphment, and not thinne milke, as milke of a ca mell, oz of an alle, noz the moste fatte groffe is not to be chosen, as mplke of kyne and thepe, wherfoze goottes mplke hould be chosen. foz it is not so watrisshe as camels mylke, the whiche is not apt to nourythe, by rea fon of humidite, and it maketh a man to laske: Pozitis not so fatte, noz so groffe, no: fo full of cruddes and but. ter, as cowe mylke and thepes mylke is: whiche by reason of their fatnes, Stoppe the beynes and engendze bentolities, and is moze harder of diges Kion than is requilite in the gouer. naunce of health. Therfore mylke of a goote, not to nere kyddyng tyme, noz to farre from it, and that goeth in a good pasture, and whan pastures be at the best, shoulde be chosen. The pa, sanitate Aures as Balene lapeth, where the tuenda. beattes go, belpe muche the groones lib.v.

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Choise of mvlke.

Gale.de

Eatyng of chele.

of the mylke. The.b.thyng is eatyng of chefe: and it may be understande of all soztes of chese, but specially of old chese. The reason is, because newe chele is colde, movite, & of groffe lube Caunce, and harde of digettion: and engendzeth opilacions and the ftone, and helpeth or colerneth mans health (by way of noury chment) but verye ipetell or nothping. And olde chefe is hote & dzie, by reason of the salte there in, it causeth digestio, but pet of it self it is harde of digestion, and of small nourpshement, and hurteth the stomake, and deveth ouer fore, and agres eth worse then newe chese. But chese betwene both, neither newe nozolde, not to tough, noz to bapttell, to barde noz to loft: to fwete noz to fower, not to salte, noz to full of eies, of good tal. lege and of good fauour whan it is cutte, whiche tarfeth not long in the ffomake, made conveniently of good mpike, sufficiently oply, is good and thould be chosen afore all other, wher of after meate we thould eate a lyttell quantite, for muche in quantite, in wave of nourythement is bniverfally pll, and burteth the stomake, and wil

Couchat chefe is beste.

not digeff, and ingendzeth opilatios, the stoone in the raynes, grosse hus mours in the body, and bentofities. Therefore that chefe is onely good that cometh out of a nygardes hades. The sprie thyng is salte meate, dayed falt mete. with falte or smoke, or of what kynde Gale, de of beaffe so euer it be, it engendzeth locis af. groffe bloude and melancoly, and so fect, li.iii per consequens, it is unholsome for speke folkes: noz it is not holsome foz them that be hole. For as Auicen Auic.ii. sayeth, salte fleshe nourysheth but lite doct.ii. tell, and it is groffe, and engendzeth cap.xv. pll bloudde. The seventh thynge is hartes fleshe, whiche lykewyse ens gendzeth melancoly bloudde, as wyto nesseth Kalys Alaman.iii.capit. De animalibus siluestribus et domesti cis. The eyght thynge is hare fleth, Pare whychelykewyle engenozeth melan, flethe. coly bloudde, as Kalys layeth in the place afore alegate: This fieth engendzeth moze melancoly tha any other, Gale. de as Galen layeth. And of this Ilaac in dietis bniversalibus saveth, that hare flesche Coulde not be eaten as meate, but onely bled in medecines.

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And witteth well, that have field, and harris, fleth whan they be olde, ought btterly to be eschewed: pet neuerthes lesse they may be eaten, and they be beste befoze calupng time, that their dependic may be tempered with the age: And pet they ought to be eschewed except they be fatte. For their drienes is tepered with their fatnes. The nonthe is gostes fleche. The.r. is ore flethe. For these be melancolye flesshes. For Isaac in die. bnivers. lapth: Bootes flesshe and ore fleshe be worke, hardelf & Clowelf of digestion, and whan they be digested, they engë de groffe bloud and melancoly. And Auteen in his fecond canon of gootes flethe layth: Gootes fishe is not very good, and parchaunce the humour is very pll. And like wole ve that vnders fande, of gootes fielbe & cowes fleth, the whiche are worle than the forlaid flethes, gootes and ore flethe. Foz of Aui.ii.ca them Auicen fapth: Cowe flethe, hars tis flethe, wylde gootes flethe, great foules, engendzeth the feners quare eans. And yet farther be layth: of cow

Aethe, p cowe fiethe nouritheth much

Gootes fleche. Dre fleth

cap. de carne.

OF HEALTH.

and engendzeth groffe melacoly, and melancoly diseases. And he sayth fare ther, that cowe fleshe engendzeth le. pre. And of gootes flesh he layth, that it is absolutely yll. And for as muche as it is towched in the terre, what flesshes should be eschewed, specially of foure footed beaffes, me semeth it were couenient to Gewe, what fleche of foure foted beattes ar to be cholen. And in the choyce of flesthes the phy Thopseof fittans agree not. Fo; Galen and cer. tayne other lay. that pozke is beste. Some other, as Auicen, Kalis, and Auerroys laye, that kyddes fielheis best. Pet notwithstanding Averrops in the. b. coll. blameth Aucen, because he sayth poske was best, pet he sayd it not as though he helde therewith, but after the chaiffen opinion. Dome other prayle beale aboue all other. A man may knowe the best fleshe of. itt foted beaftes, and the goodnes therof many maner of wayes. First by gret nourythyng, whiche thyng betokes neth harde digestion, and by the lykes nes of mans fielhe: & this wyle porke is better than any other fleshe, first fo2

for hikenes buto mas flesh, as wither seth Dale. iti. alimetor. wher he saith: That pocke is lyke mans fleshe, may be knowen, by that that many have eaten mans fleshe in stede of pocke, ecoulo not perceive neither by the save uour, nor by the taste, but that it had bene pocke. And Auicen sayeth: Das ca.de sa, bloudde and hogges bloudde be lyke in every thynge, so that there have bene, that have solde mans fleshe in steede of pocke, whiche thynge was not spied til a mas singer was sounde

Auer. v. among the fleshe. Auerrops wypteth coll.ca. the same. Decondly, pozke nourisheth de carne greatly. Foz Galen sayeth. iii.alime.

rytheth moste, whereof those that bee called athlete, have best experience. And after in the same booke he saith: Due can eate no fleshe that noury sheth moze than pozke: Thyzdipe pozke engendzeth a stedfast & a strong nouryshement, that respsteth resolution. This is Galens opinion in the places afoze rehersed, where he prefer reth pozke aboue all other stells: and in his. biti. boke de ingenio, he sayth, pozke

porke of all fleshe is moste laudable, othat it is wilde brought by on mou tapnes: and nert buto pozke is kpode helh. And likelople in.b. tera. be laith stall fiethe of foure footed beattes, pozke is mooffe laudable, whiche is temperate in heate and moviture: and engendzeth better bloudde than any other fleshe: so that it be of young Twpne, that is of a yeare of two olde, whether it be wploe or tame: nor pou Tuckers are not fo good: for their fleth is moste mopste. And of a moze lykes phode wploe porke brought by in the woodes, is better than tame brought bp at home, for tame porke is more clammy than it ought to be. And of Au.ii.ca wploe hogges fleshe or booze, Auicen cap. de lapth: Chaiffen men and their folos carne. wers save, that the beste wolde stelhe that is, is of wyld swyne. For besides that it is more lyghte than the tame Twones Helhe, lott is of moze Aregth and muche more nourphyng, and moze sooner digesteth: and in wynter there can be no better fleche. So than it foloweth, that hogges flesh is right good and hollome for their bodyes that

The best hog field

that be yonge, hole, Arong, occupied it

in labour, and not disposed to opilar

cions: and for them that despre to bee

fatte: Foz luche haue nede of muche

nourphement: and harde of digeltio.

do contrary wyle. Auicen wyll the

Alme, ca And therfoze Kalps laith: groffe fleth de virtus is couenable for them p labour much: te carniu but clene fleche is belt for them that capit.de tur.

Aui,iii. i same saigng: Thei that laboure much may better away with groffe meates regim.e= than other. The chopce of good fleshe ius quod standeth in three thynges, in tempecomedis raunce of completion, in lyghtnes of digestion, and in gendzyng of good bloudde, that is to lap, the better tielh is of temperate completion, ealy of digestion, temperate in engendring bloudde, betwene botte & coide, scien. bernes and groffenes. And for this cause kydde flesthe is better and moze laudable than any other flethe, after Rasis iii. the mynde of Kalps, Auicen, & Auer. Alma. ca rops. for Kalps layeth: Lydde fielhe de anis is temperate, without any vil myre ma.filue ion: the whiche though it engendzett Aribus & temperate bloudde, pet it is not condomeiti. uenient foz labourers : but pet foz all that

that there is none other delhe houlds be preferred aforeit. It is not lo weke, that a mans Arength is minished therby:noz the nourythyng therof is not so muche grosse, that repletion Mould come of it, oz groffe bloudde be engedzed. The bloud also that is enge dzed thereof, is betwene subtyle and grolle, hotte and coloe. Doz this fieth is not mete for great laborers, but for temperate youg folkes, the which ble meane erereife. foz this fleche engen beeth bloude, that by mighty erercife ozlabour is soone resolued, but not with meane trauaple. And Galen Gale, de savech, that kydde flelhe is not buhole sanitate some for an olde man. And touchyng tuenda. the intencion, as kyode fleth is better lib. v. than any other housholde fleshe, soo gootes delhe is better than any other bredde in f woodes. And next to kidde Hethe many phylitions, as Kalis and Auerrops, put mutton. And Auer, Auerrois roys fayth, that most e parte of physis v.col.ca. tions are of this opinion, saue Balen, de carne whiche laudeth not mutton. Fozbe fayeth that mutton is not pl foz yong folkes, butitis buholsome for olde folke. Œ.j.

fanitate fuenda. lib. v.

folke. And he thinketh that beale nous rpheth moze than mutton. And pers Gale, de aduenture Galen bnderstädeth bere the betternes of nourphemente of that that is to nourtthe muche, and to geue noury hement moze harde of refolution, whiche moze agreeth buto beate than mutton, spns mutton is of moze hunzidite. Thyzdly the goods nes and chopce of flethe may be taken by reason of their small clamminesse and by their good fauour: and herein beale is better than any other flethe.

Auerrois And Auerrops to this agreeth, lais v.col.ca. png: Meale is good flethe, for as much de carne as it is not clammy, coloe, noz bave, as befe is, and beale bath (weetter fanour than any other fleche, and in these pountes it is better than kvode fleche, for in kidde fleche one may percepue a clammines before it is foode, and in that that beale engendzeth bet ter humours, it is better than kydde The cons flethe. And thus it appereth playning trouers what thyng causeth controuersitie a. te in choi monge the phylitians touchyng the le of Asth chople of flesshes. Farther wytteth mel, that the flethe of a day coplection,

is beto

is better nere calupng tyme tha farre from ic: And therfore kyddes and calnes be bester than gootes toren, because their daynes is abated with the humidite of their yongnes. But fleth of beaffes of moyst completion, is bet ter and moze hollome in age than in pouth. Hoz great parte of their ouer. muche humivites is dayed away, as they bo encrease in age: And therfore weathers of a pere olde are leffe clams my, and more hollome than luckyng lammes: and lykewyle porkes, of a pere or two olde, are better than youg pigges. And therfoze Auicen layeth: Au.fii. i. It behoueth that the meate that conserueth health shoulde be suche as the flethe of kydde oz a fuckyng caulfe is, oz lammes of a pears olde. Than bp thele reasons it appereth that & flethe of gootes male and female, of old mut con, of befe, of old poske, and specially of brawne, of pygges, and of fuckping lammes, is not very holfome for the conferuation of mans health, but the fleihe of young calues, of year elynge wethers, t police of a pere ol. 11.old, is couenient inough to cate, to preferue C.tf. mans.

ca.dere. ei9 quod comedi=

mans health. And it is to be well not ted, that the fleshe that is enclined too dipnes, must be soot and the flesh that is enclined to humidite, must be rosted, thereby to attempte their dipnes and humidite: And thersoze the fleshe st comps and haves, hartes, calues, and kyddes, shald be sodde: and pooke and lambe rosted. And by this reason appeareth, that in mouste seasons, and for mouste completions, flesshe disposed to dipness should be rosted: And in dipe seasons, and for mouste completions hours and solde, mouste meates be more convenient.

Oua recentia, vina rubentia, pinguia iura.

Cum similia pura nature sunt

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valitura.

Mere in this terte divers nourilhying meates been expressed. The firste is newe layde egges, whiche be of that sorte of foodes, that in a lytell quant ca. de of sayeth, that thyinges small in quantities. et tie and great of nouryshemente, are the ca.i. egges and cocke stones. Houchying the

the chopce of egges, wytteth wel that the egges of hennes, pertriches, and of fefantes ponge and fatte, are bery good in the regiment of health, and famply, better than any other egges: Roz the priestes doughter saped, that longergges and smalle were the best stall, as in these verses:

> Filia presbyteri iubet pro les ge teneri.

Quodbona sunt oua candida longa noua.

Farther, poched egges are better tha egges rosted harde of rere, and they beofgreat nourishment, and of good and lyght digettion, and they engen. bre bloudge specially proportiona ble to the harre: wherefore they be er? ceauping good to? Inche as be recoues red from spekenes, for aged folke, and for weake persons, and specially the police. For Auicen fageth, that the Auic. in polke of egges and of foules, whole tract de flethe is good to be eate, as of hennes, viribus per criches, and felantes, though thep be not medecinable for the hearte, pet cordis. they comforce ryght muchs. And he Œ.itj. かいはす

addeth

addeth folowing: that they be lighte ly turned in to bloud, and after they be turned, there remarketh of them but smalle superfluite. And therfore thep cofort moste specially the harten And farther he fauth, that they be ere cellent good to restore the spirites and bloude of the harte. Kere roffed egges are lightly digelted, and they eafe the longes and the breffe, and mollifie the bealy temperatly, but they nourythe not so muche as poched egges. Harde egges fodde, are harde of digestion, & they noury the the body groffely, diffe dyng flowly to the fromake, a flowely they entre therein. Farther wytteth well, that egges by the dzellyng of the are made better and worle. foreither thep be rooffed, foode alone, or frped, 12 soode with some broth. Koffed ege ges be moze groffe than foode, & moze harde of digestion: for the herthe or sper dayeth by the substaunce of their humidite. And they be roofted two wayes: Due is in the thelles raked in the hotte imbers: an other wave is, they be rosted standing on imbers w their thelles a lyttel broken. But they that

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Dzesting of egges.

that be broke be worle than the other, and they that in p spelles be raked in the botte imbers are done two maner of wates, either thei be al raked in the imbers, oz els fet bpon imbers & coles with part bucouered. They that be al couered be worle, for by reason that p beate of the fyze goeth about the, the fumolities are kept styll in, and thep that be fet boon the imbers, and parte bucouered, avoide out the fumolities, wherby they be purified. They be bet ter fodden in water than rolled, foz p humidite of the water frineth withp beate of the fire, that drieth bp their humidice. And thus thei be delled.ii. waies: for either they be sodde in the thelles oz els broke in the water. Thei that be fooden in the shelles are worse than the other. For the chelles do let y diffolution of fumolities and groffe: reffe. Whan thei be poched, the beate of the water temperatly percethe in. and maketh moze pure their grofferes, and taketh away the pl fmel & fao nour. Wherefoze poched egges bee mofte holfome, and fried be mofte bn= pollome: Foz whan they be fryed C.lit.

Kalis opi they engendze moost yll humours, nio idia. and hurt the fomake, and cauleth fue bniuer. molite and corruption, and maketh

one to dothe his meate. But egges foode in some good broth are betwene

bothe, rosted and poched. Also wite teth well, that there is a dynerlitie in an egge touck yng his compound par

Gale. de tes. For the polke is temperatelye hotte: The whyte is colde and clame curandis mpe, and hardly digestethe, and the bloudde also therof engendzed, is not

good. And as the fozelayde egges, Rasis. iii that is to save of hennes, pertryches, and of felantes, be more conuenas ca.devir ble in the regimente of healthe, foege

tu te ouo ges of duckes, gees, thouelardes, and

fuchelyke foules, are buholfome in the regiment of healthe, and thoulde

Led wine beelchelwed. The seconde thringe is redde wone. And here pe Mall bue

derstande, that wynes opsterre in thepr colours. For some wones bee

white, some be claret, some be citrine,

and some be blacke, whyte wyne is fe bler than any other, colder and less

nouryshyng, but it doth least hurte h

head, and it dooeth make one to pple

better

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di

morbis lib,xii.

Almen. · »m.

better than any other wyne. That whyte wyne is weaker than other wines apperethe by this that Galene Gal. fus saithe: weake wyne is hit, gleast hes per.i.ca. teth o; enstameth, and tesse greueth giii.part. braine than other. And Galen sayth: It is impossible y whyte wine hulde reg. acus greath enflame any ma. And he faith torum white wyne eflameth oz heateth leaft of all wynes. Whiche thinge is true if one wil make comparison betwene white wone and redde of one countre growpng, and none other wyse. for the redde wynes of France are not lo botte, not pet so fronge as the whyte. wones of some other countre. And therfore the copary son must be made bitwene the wines of one maner and countre, and whyte wyne nourishes the lette than other wynes. Foz Bale Ga.i hip fapthe: watterysche, sklender, white apho. li. wone is bninerfally negghbour to ii. water, and as touchynge nourythes ment is lyke water, wherby it prouo. keth one to pille, and nourisheth the body but lyttel. And lyke wyse Balen Ga.i hip sapthe, wattrosshe wyne nourysheth 2pho. lithe bedre leafte, whose licour is as ii. Cclender

cap.de reg.aq etvini.

Hip.iti.

sclender as water, and colour white. Auic.iii. And Auicen saith, Whyte sklendze i.doc.ii. wyne is best for them that be chaffed and hotte. Fozit both not fume noz cause the beede to ake, but it mops. tethe the bodye, and easethe the beed ache. To this agreethe Galen. The reason why whyte wone leeste hur-Ga.i co. tethe the heed is this, bicause it is leste iii.parti. fumpshe and leste vaperous tha other regi. acu That it p2-moketh or causeth one to pylle moze tha other appereth by this layenge of Hippocrates. The pallage par. reg. of entrance of this whyte wone in to acutori, the bladder, is easper than of anye or ther depuke: whereby we may percey. ue, that hit hathe trengthe to open. By this it well appereth that whyte wene is better for theim that be hotte and chaffed than other wynes, when ther thep be botte of nature as coles rike and sanguine folkes or els by ac cydece, as hotte chaffed by angre and byopinge in the sonne. And lyke wple it is better for the that Audre, whiche oughte to ble suche wone as woll not distemple the brane. And like wyle it is convenient for them that have a feble

bie brapne, whether it be natural or ccidental: Foz Aronge wine maketh hem sone donke, that have a weake zayne, as Aufcen saythe: and ther, Aui, iiii. nze if suche persons wil dzinke strog doc.ii ca spines, they must alaye them well de reg. pith water . And also it is good for ag & vini geym, whose lyner and fromake is otte: and for them that dwelle in a otte countrey: For hotte and froge ppnes wolde all to enflame and bour te they? bodyes. Redde wine and clas Redwine et, as of the countre of Berne are Claret. otter than other. And Galen fayth: Ga.fup ppne that is reove of colour and clasca de vis et, bevery hotte, and they nouryshe no eteni noch moze than other wines. And at albo. rapne be favth. That the wynes that se groffe trudop of colour, nourithe Ga.i hip ploz replinishe seble bodyes that are apho. li. mpty or boyde of substance. And her 11. tis to be noted, that it is said redde wines nourishe moze, bicause for the most parte they be tourned in to fub. fauce of mas mebres . Det for all ph wines blacke of colour, may be called greatter northers tha other: for they gpue Britis

i.cap. preal.

i.cap. preal.

gyue moze constantly nourishemete. and more flowli be resolued from the Ga.i hip membres. Wherfore Balensapth: apho.li. That groffe tedde wynes nouryther moze tha watriche, but vet they nous rpshe leste tha blacke colozed wynes. Isa, i die And on this wple the sapege of Isaac

tis part: is buderstande, where he lapth, that blacke colozed wine nourisheth moze than redde. And these redde wones, hurte the heed moze than whyte, and leffe pronoke one to poffe. And this is the cause that Arongo supnes be not convenient for feble brapned folkes, as hit is afore sappeed But it agreetly well with theym that have a ffronge braine. For a ftronge braine relifteth

bapours, whan they impte by there Auic.iit. buto, as Anicen laithe. And herenote wel, that the wyt of aman that bath a Aroge brapne, is clarified a Charped more of he drinke good wome, than if Auic.iii, bedzanke none, as Auice fapth, And the cause why, is by reason y of good wyne moze than of any other drinke,

are engendzed and multiplied subtyll

spirites clene & pure And this is the cause ske whuthe viuvnes, that imag gine

OF HEALTH.

ine and fludy bpo highe and subtyle natters, loue to dzynke good wynes. Ind after & opinion of Auicen, thele opnes are good for men of colde and Auic,iii, lumatike complection. For suche i.cap. vines redreffe and amende the colder preal. reffe of complection: and they open he opilations and Koppynges, that ire wonte to be engenozed in luche persons, and they digest fleume, and hey helpe nature to convert tourne he in to bluode, they lyghtlye digette indentre quyckely, they encreace & greately quicken the spirites . But wyne citrine is not lo burnyng as redde claret, as Galen saythe. Redde wynes be hotter than whyte, & ther, oze they grene p heed moze, As Ga; hip en sayth. Also claret wyne nouris apho. li. heth lesse than redde and moze than ii. whyte. And in some places they call claret wyne whyte, and that is the taule that some say, white wyne doth juickely enflame mans body. The placke wines be not so feruent hotte as the reade wones be. And therfore they hurte the heed lesse. But foz as moche as they discende moze solvive 111

in to p bealpe, s pronoke more flowir mas brine, they greue the hede moze Ga. sup tha white wine both, as Galen saith; ca potus The thyzde thing is suppinges, made aut dul= of good brothe of flethe, but specially of chekes, for suche brothes are berpe cis. Suppyn, kindely to mans nature, fare lightly conected in to good bloud, a they en a ges 02 gendze good bloude, specially whan brothes. they be made with fyne flower. For flower pricipalli of wheate, is a great nourisher, & causethe great nourisher

ment as Kalis layth. And of thele.iii. Rasis, iii sozlayd thinges, Auicen saithe: Eras

Almen, ple of clene & good nourishinge meas Auic.iii. tes & humours be the polkes of egges do.li.fu. wyne, and brothes made of flethe, El i.ca. xv. there bpon be concludeth, that thefe! three forlayde thinges are cofortables of great restozative for mas bodye.

Nutrit et impinguat, triticum, lac, caseus infans,

Testiculi, porcina caro, cerebel la medulle.

Dulcia uina, cibus gustu iocun dior, oua

Sorbilia, mature ficus, uuæque: recentes.

Here are touched. rii. maner of thins ges the whiche greatly nourishe and make fat mans bodge. The fyzite is Breadde breadde made of wheate: whiche as Auice layth, fatteth lwyftely, special, Auic, i ly whan it is made of newe wheate. Rasis sayth, wheate is neyghbour to temperaunce, al thoughe it enclyne a pane. lyttell to heate, and the heuiest & soun Rasis.iii dest wheate both nouryshe best, and Alman. of al graynes it is mooth hollome for all folkes: And the bludde that is ingendzed therof, is moze teperate than of any other grayne. And touchynge Choise of y choyce of wheate ye that bnder trade wheate. that the election is to be considered in two thinges. Fraste the substance of the wheate oughte to be considered, & and secondly the preparation theref: And of the chopce touchynge the lub, Stance, Auicen layth, that that wheat is best, that is neither harde noz softe great, fatte, and newe, & not to olde, and betwene redde whyte. Blacke wheate is an pl nozisher. Kasis sayth it is heup. And of the choyce concer, nynge the preparation, witteth well, that all thynges made of wheaten flower

că.ca.de

hower discende fro the stomake slowly, t doth engendre große humours,
and doth cause opilations aboute the
lyuer, and dothe augment the splene,
and engendre the stone, and whan hit
is digested, it nourpsheth moche.

Mheate sodde is heuge meate, and harde to digeste, but whan it is digested it nourisheth strongely, & streyneth a mā moche. But wheate made in brease, well leuened, and baken in an ouen, hatte with moderate fyre, is meruaylous holsome. All these thinges are gethered out of Galen. The seconde thinge is milke; and after the

monde of some voctours, it is buders

Gal de alimen.

Butter mylke.

Grene chese.
Aut.ii.

Konde by butter mylke, called Odor, and comonly called Balbuca. there is nothynge nouryshethe moze than this mylke, whan hit is newe supped bype, wyth newe botte breade. Hit may also be understonde by gootes mylke: whiche nouryshethe moche, wherof we have largely spoken before. The thyrde thing is grene chele, whiche as Austen saythe, is a nourysher and a fatter. And althoughe

pet

de caseo grene chese dothe nourishe and satte,

pet it is not holfome in the regement of helth, for therof come the inconue, niences befoze declared. The fourth Cockes thonge is fromes, and specially effoor fromes. nes of fatte cockes: whiche as Autcen avth, be very good and great noury Aui.ii. hers: And he sayth that in a small ca.ca. de quantite they nourithe moche. This teste. illo may be biderstonde of hogges tones very fatte, that hath not booze ted a some . For as porke of all. iiii. egged beaftis (touchynge nourythes ment) is beife, in lyke maner the froo. res, in regarde of other beaffes for tes, are the beste. And here it is to be vell noted, that the Coones of aged eastes, whose sede is fermented, be tothpinge nourphyinge. But the for les of ponge beaftis, p be not petable b do they? kynde, and whole lede of eneration is not yet ripe, be metely ood northemet, if they be well dige: Porke. nge therof, tof theffecte of y same it pas largely veclared befoze, wherof Gal.de Balen saithe: That of al foodes pozke morbis s the greatest nourisher. The lypth, curandis bynge is eatynge of braynes: And livii. wettethe

wettethe welle that braynes be yel

to; the Comake, and they cause loth. sonmes, and take awaye a mannes appetite, and braine engedreth große humours, pet neuerthe leffe it nous ritheth the bodge, if it be wel digested But in noo wyse it hulde be eaten after other meates, and if it be drefted

with penyrialle or nepte, to attempre the clammynesse and colde therof, 02 with thonges, that by they? vertue

grue heate, it is good and holfome. And take hede that preate no brayne, outcepte it be fpaste batte bpon the cos les And wytterhe well, that braine is not good for them that be lycke other whyte of colde diseases, but soz them that be hot of complexio it is hollome

devirt, mem bro rum anis

Catig of

braines.

Rasis.in as Kasis saithe, And brefely to speake Almé.ca brapne is forbydden in the regiment of helche. But pet sometyme it dothe weil in medicines, as the brayne of a lpttel goot is good agapuffe benome, and agapufte benomous bytynges: malium. And a haares brayne is good agaynt tremblinge: And some say the braine of chekins and capons is good for the memozie, and comfoztethe the wytte. Det!

OF HEALTH. Fo. xxxiiii

bet touchynge the chople of braines, Choile of tis to be knowen, that the best brays braynes. nes be of foules that fiee, and propres paboute mountapnes. And of. iiii. ooted bealtes the beste is of a ram. me, and nerte of a caulfe, as Auicen Aui.ii. lapthe. The bii. thonge is marye, ca.ca.de phiche wel digested nozisheth moche cere. s Auicen saythe. Andit is lyghtly Aui.ibis ourned into blondde. Pet neuerthe de ca.de este, it destroyethe the appetite, and de ca.de naketh one to lothe his wete: And medulla herfoze Aupeen teachethe bs to eate twith pepper. And touchinge the hopse of marye, Auicen savth, that Pary. be marpe of veale, of a harte, of a ulle, of Boottes, and of thepe, is nooffe hollome. And some saye the nary of wonge fatte bulles, is verye olfome and good . The, biij, thynge Doliclos s swete wynes, wherof we hall en meates. reate hereafter. The. ir. thynge is elicious meates: for luche moste speially nourithe, as Hippocrates laith Ind Galen laythe, that all lauorpe Ga.inii. reate, wherin one hathe a delecta partic. on whan he eateth it, is of the for aphoris. f.il. with

with a moze feruent delyze than any other. But if the meate be lothesome, the fomake well not abide it, where of bompte, abhozrpnge of meate, ins flation and belchinge are engendzed. Anothis is the cause that we se some moze belthie, fedde with course meate than with good, bycause the cours meate is more delicious buto them.

ges.

Rere eg' The.r.thynge is rere egges: whiche in small quantite nourythe moche, wherof we have spoken befoze at lars ge. The.ri. thynge is rype fygges: whiche throughe theyr swetenes nou rithe and fatte moche. And thouchige figges, though they nourythe not as frongelye as flethe and graphe: pet Au.ii. ca there is no fruite so stronge a nouril, ca. de fis ther: as Auteen saythe. And he saithe, that fygges nourythe moze than any other fruites. And eke he fapth, that fruites of moste nouryshement, and most like and nere buto newe in nous e19 quod ryshinge, be figges, very rype refins,

Au.inre. comedi. and vates. And as concernynge the

cubus.

chopce of them, witteth well, that as Choise of Auicen sapthe: the white fygges be beste, for they be lyghter: a nexte buto ipages. them

them be the rudop or cytryne fygges, and than the blacke. And they that be rppe be beste. Also the mouste & newe figges are greatter and swyfter nous rithers, than the drie and sooner patte frome the fromake to the lyuer, and they mort the liner moze, t are moze mellowe than the ozpe fygges. But pet y daye figges enflate not so moche and are moze hollomer for y fromake than the movike, as Auicen saythe. The drie fygges in they operatyons be laudable, but the bludde of them engedzed is not good and theroflyce are engendzed: But eate theym with nuttes and almondes, and they hus mour is made good. And he laythe, the operation of fugges is merueys lous nourythynge, if they be take fals tinge, with nuttes or almondes, for they open, and prepare the way for meate, but yet the frage that is eaten with a nutte, nozisheth moze that the fygge that is eaten with an almonde. And wytteth well, that all fygges do enflate, mellowe, and expulle supers Autties to the skiune: * they prouoke wette, and anopoe of remone owave tharpnes. F.it.

Marpnes of the throte, and they clele the breast, longes, & pipe of the same, and open all maner opilations of the Grapes. lyuer and splene. The.rii. thynge is grapes, that is to lay swete and rype. And pe chall buder chande, that there are.iii.maner of grapes. For some be grene and lower, wherof verieule is made: these grapes bynde soze, and represent the ruddy colour and sanguy ne, t are holfome for a colerphe lafke. There is another sozte naturally grene e newe, wherof wyne is made. Those grapis (specially of they be whyte, and the grapnes & huske, sette a parte oz taken awaye) caule one to haue a laske, and they nouryshe moze than other frutes, but not loo moche Anic.ii. as fygges, as Aufcen saythe. Pet of ca ca. de trouthethey ingendze bentolytes, ins flations, and ache of the bealy. And if they remayne. ii. oz. iii. dayes after they be gathered, tyll p bulke be some What as waged, they nourithe the beto ter, and are leffe laratque: noz than they enflate nat. And they, whole Co. make is full of meate, and buclene of yll humours, Hulde in no wyfe eate grapis

yua.

grapis, specially eifthey be newe and without graynes or kyrnels: For in suche a fromake they corrupte soone, for they be ouer soone digested, and canne not anoyde out of the fromake after they be orgested, by reasonne of the meate, that is not yet dygelted. Tuherfore than they both be corrupted in the Comake, & they corrupte the other meate. And lyke wyse it is to be understonde of other fruites las ratine. And who that wyleate gras pes grene & newe gathered, it is good to lay the in warme water an houre, after in colde water, & than eate the. Kasis saythe, y grapes swete & newe Rasis.iii do soone satte the body, & they aug: alimen. mentrylyng of a mans parde. And farther he saythe, that the grape that bathe the thinnest huske, descendethe sooneste frome the Comake, and the thicker hulke, the flowlper. There is a nother called a dape grape, or a res an oftent, and thoughe this grape be nobred among his egals, vetitis lv. tel enclyned to heate, and after Kaks in the places before allegate, it nouris hethe wal, s comforteth the Comacke F.iit.

them. There be other wones, that be Costa.v. boter, but they be not so hotte, as Cos theorice fantine sayeth. The thyzde thyng is elerenes or brughtnes, whiche the weth the purenes of the wyne, and fo confequently of the spirites therofens gendzed. The fourth thyng is the coe lour. In their colour wones bary, & differ greatly in their nourvipping. Foz the ruddier wines of the same pa relidoe noureshe moze than whyte. And therefore they be more hollome for leane folkes than whyte be, and whyte more hollome for them that be fat. And touchyng the divertitie of wyne in colour, we have spoken befoze at oua recentia. Farther in the tert are reherled fone special thinges by whiche a man Goulde proue and knowe good wone. The fyzite is the Arength, whiche is knowen by the or Gale.iii. peracion. Foz as Galen lapth, Arong reg.acu. Wine is it that behemently enflameth comen, i a mans boov, and repleteth or filleth the head. This strong wone is a spe ciallencreaser of the spirites, and a great nourpher. But pet I aduple theim that have a weake branne to be mare

ware howe they drinke ffrong wyne, ercept it be well alaied with water. For the fumpihenes therof hurteth b head. The second thing is fairenes of the wone: Foz the fairenes oz goodlys nes of the wyne, cauleth one to drinke it desirously, whiche doth cause it bets ter to digest, and better to nouryshe. The thirde thying is fragrant and of good odour. For fragrant and redos lent wyne comforteth moste, and ens gendzeth subtill spirites, as it is afoze sayd. The. iiii. thyng is, wyne ought to be colde, touching b talke, but hotte in effect & operacion. for wyne made hotte, by reason of the clerenes and fis nes, both ouercome a mans brayne b soner, and enfebleth the sinowes, and hurteth the head, ercept it be take mo deratly. The.v. thyng is, that wyne ought to be friske & sprinkling, with the spuming to make a litle noise, and the spume to be thinne & sone flashed and the spume to remayne in the middes of the cuppe. For if it have not these propreties, it must be called hanging, that is feble wine, and specially if it make no sowne, and bath

bath great bubuls and spume, that re mayne long by the spoes of the cuppe.

> Sunt nutratiua plus dulcia candida vina.

theori. Auic.iii. Auic.ii. tract.i.

vini.

1.cap.iii.

Pereis one doctrine of wyne declas red: the whiche is that groffe & swete wynes do nourythe moze than any o. Coffa, v. ther of the parell. To this agreeth Co Stantine: and so doeth Auicen, saigng on this wyle. Groffe wyne that is doulce, is best for hym that woulde be i, de reg. fat. The reason is, because the dulce aquæ. & wynes, through their dulcetnes are behemently drawen of the membres, wher with nature reiopseth. Foz Auf cen layth, that the operacion of dulce wynes do digeste, mellowe, and ens crease nouryshement, and nature los ueth theim, and the vertue attractive draweth theim. And although this terte may be verified by al oulcet wyo nes, pet the moderate doulce or swete wyne, is to be chosen, a not that that that is erceadying doulce, as muskas dell: For suche wones so corrupt the bloudde, by reason that nature dras weth it violently from the Komake to the

the tpuer, befoze it be well digested. and before the superfluite therof be rpped, and through the great douls cetnes therof, it filleth the bloud with bndigested watrines, that maketh p bludde apt to bople, and putrifie. And this also thuld be buder it ade by other meates that be ercedying fwete. And farther wytteth well, that of the vie of swete wynes and other doulce nou rphmentes thre inconneniences are Thre into be feared, specially of them that bee convenie inclined therto. The art is lothping: ces enges for the swete foodes, thoroughe their dred of heate and moissure souppull and full boulce the mouthe of the Comake, and there foodes. engendre a disposition cotrarp to the bacuacion and corrugation of it, that Mould cause hunger. The seconde is. these doulce fodes do swpftly enflame and courne into coler. For doulce thunges are mole apte to engenoze coler. Therfore hony about al other thunges soonest engendzeth coler, bes Gale, in cause it is of swete thyuges the moste comen. swetest: and nert hony is swete wine, ca.iii. as Galen faith. And here byon ryfeth thyestynes: not it is not holsome for par. reg. theim acutorū.

them that have the ague, not for coles rike folkes. The thyzde is opilation or stopping of the liver and splene: For these two membres (and specially the liner) doos drawe doulce thynges with their dzegges buto them, by reas son of the great delyte that they have in the, befoze they be digested. Where fore in these parties thei lightly cause opilacions, through the helpe and ope ration of the groffe substance, where in the lauozynes of lwetenes is groubed, as Auicen fayth. And this is the cause that swete wine doeth lesse sfere one to pylle tha other wines. Against thele.iii.nocumêtes eger of harpe las nozy thinges are very holfome: for w their tartenes they proude & apetite, e with their colones thei queche enfla macion, with their fpnes of substaus ce they open opilations. Farther wit teth well, that although sweete wy nes, and other doulce nouryfhmentes Coppe or Chutte the lyuer and splene: yet they buttoppe the longes. And the reason why they stoppe not the lone ges as well as the lyuer and fplene, Galen declareth . Because doulce thynges

Au.ii. cā tract.i. cap.iii.

honges in their pallage, resude no Gale. in bong thereo, but that that is fone & par. reg. ure: and the bloudde engendeed of acut. oulce thynges cometh to the longes, urified fyzit in the lyuer, and fyned n the hearte. Also as Hippocrates Hip. iit. apth, oulce wynee do leeft make one part. re. nonken. Thus we may conclude, y acut.ca. f wone be ozonke for noury hement, Mentele or refforative of the body, or to make uius. &c. heim fatte that be leane, whether it penaturally 02 accidentally: Than nuice wynes and groffe, sufficiently oloured are hollome. Hoz luche wy nes are noury hementes and reffoza. liues for suche as be lowe brought, wherfore thei be motte convenient to nake leane bodies fatte. But fuch as opli not nourpfhe, reffore, nor make atte their bodyes, as they that be coas pe and fatte alreadye: than though her may not ble swete wines but sub ple, pet thei ought to chose such as be imiable & have goed lavour &flavour are enclined to whitenes, the fuffic liently frong. If one dayuke wyne o quenche his thirfte, than be mufte lake whyte wyne, thynne, and feble. Foz suche wynes dode moite better,

and coulethe moze, and lo confequent ly do better quenche thyzire than any other: And the greater the thyzite is, the hollomer suche wone is. Buc pf so be wone be dronke to refreshe the spirites, and to comforte the corporal vertue, than it wold be subtyle, swete and of delectable fauour, of meane co. lour: and of sufficeent Arengthe: and suche wyne gught to be taken with a loccel meate, and it muste be depured from either superflugte, and to be tas ken in smalle quantyte. But doulce wynes of meane substaunce, and of good flauour, thuld be chosen to scour the breft and longes, and to cause one to laike.

Si vinum rubeum nimium quans doque bibatur,

Venter stipatur, vox limpida tur pisicatur.

This terte theweth to be two hurtes that come by over muche drinkinge of redde wone. The first is that over muche drinking of red wone maketh one costine. The cause, as some say is. For suche reade wone heateth more than

than other of the parell, and is more nutrative. Fozin that that it is hot ter, it dayeth moze: and in that that it is more nutratine, it is more dely, roully recepted of nature. But per this tert may be binderstande by oner, muche daynkyng of byndyng redde wone, whiche is somewhat eger, Marde, and coffpuel And concerning this, witteth wel, if the Comake of the auttes be feble in their naturall open ration: that than red or blacke womey called Appticke, y is somewhat tarte, ought to be vied and dronken, as they ble to bo, that by debilite of fromake are laratpue, and can holde nothyng. This faith Pippocrates in the canon Palmeus quidem. &c. And also Gas len in the coment of the same. But he that wolle comforte the vertue of dis gestion, the clene wone or meant in lubitauce and colour, of good and cos uenient lauour, fot lufficiet fregth, and somewhat Appticke, is most hole fome. The seconde thong is horsenes of the throte, the which horsenes some red wones do cante tenduce through their daynes and erthynes. And this: burte Ø.j.

hurte commeth also by daynkying of redde wones that growe in the pars tes of Brabant, through their Apptis citie and earthines and specially this grefe chaunceth whan the faid wines be not foned. But pet they make not a man colline. For mult that is berp redde, is wonte to cause the flyre, by reason of his earthy diegges mingled there with all: the whiche byteth and gnaweth the guttes : of whiche gnas wing cometh the flire. And such wine Mouto not be dronke tyll it be funed. For so long as it gnaweth, thorough the earthy diegges therof, a bytynge fame is a repled to the brayne, which gnaweth and byteth the eyes, and ma herb them redde : Suche inconvenie. ces are engendzed by newe bufyned wynes of Bzabant, whether they be Gale. in whyte or redde through their earthy nes. The cause why this fume is moz dicatine, is by reason that the wyne that he cometh of, is mozdicative. Foz Walen layeth: what lo euer is diffolued from a thyng, must nedes be like the thonge, from whiche it is distolnes and crinones, and ued.

comito illius as phoris. et qui crescunt &c.

Allea

OF HEALTH.

Allea, nux, ruta, pira, raphas nus, et tiriaca, Hec funt antidotum contra mortale venenum.

in this tert are compailed. bi. remeies against benome. The first is gar Garlyke pke: whiche is very medicinable as fainst suche iuconveniences, as are vonte to be engendzed of water; and pecially it is hollome, if one happe to zinke noughty cozrupt water. wher bre Berapion lagth: That if one eate Serap, in er after, it shal not hurt him. There dealleo.
nto Anicen agreeth. The same ope: And it same ation is also in opnions, as Auicen Au. 11.ca rith, and so onyons may be compre, capit.de eded binder garlike. And Auice faith alleo. pat an opnion is subtile, percyng, & et.iii. i. ouring, with ffipticite: and openeth ca.de co rongly: and it is hotte in the thyzde ferua.a egree, wherfore it heateth yll was noch. di. rs, and letteth that they with their aquarū. slones hurte not the Romake: and it Au.ii.ca aketh große humours pure, and Au.ii.ca useth them lyghtly to ystue. And ca. de ces negre myrte with an ognion doeth pis. greatly C.u.

Catyng of lykes.

Catyng

bertue incylpue oz cuttyng, and luba tplative remayneth. Therfore what they be sodde they be holsomer than rawe. Lykes be hotte and daye, and their nouryshement is nought, ther burte the eies, and engendze blacks melacoly bloudde, and cause terrible dreames: thei hurte the senowes with their prickynges: and they hurte thi teeth and gommes, and colerpke and melancoly folkes thulo not ble to eat them, and specially rawe. Dynion of oynios be hotte, and they have an earthy fu perfluous heate, with a watryth moilfenes, subtile, and bndigested. 3 they be eaten rawe, they engendze y humours and corruptible putrifact tions in the fromake, and they caul pitozeames and dzeadfull, and all head ache. And if thei be to much ble they marre the memozy, and troubil the buderstanding, and make one bill spoe hym selfe. But whan they be sall with the broth of good fleth and eat !! they cause good digestion, and the hurtfulnes is dimpnished, and thou moderate the coldenes of meates where with they be sodde: but the bold

is, not to ble theim. Garloke is hotte, Catyng declyning somwhat to humidite, but of garlike lesse than opnions, it is medicinable against ventosities and eke to cough, and it maketh one to spytte well, but it hurteth the fyght, and bredeth head ache: and it is tryacle for bylandpibe men. And thus the forlayde thyinges are hollome for them only, that have in them fleumatike groffe and clamp hamours, but colerike folkes oughte to absteyne from them. The.ii.thing The ble is walnuttes: wherof Anicen layeth: of nuttes that it with fygges & rewe, are medis Au.11. ca cinable against all maner of benome, cap. de and of walnuttes, of opnions, and of nuce. falte is made a plaisfer to lay to the by tyng of a madde dogge. And this spe, Diseales cially is binderstande of a drie mitte, engedzed that is eaten befoze meate in fourme by eating as is afoze said. And witteth wel, that of nuttes dipe nuttes are woise than newe and mopte. For the drye are more oplye: by reason whereof they tourne to cos ler, and engenoze head ache, thei hurt the eyes, and cause swymmpnge in the head, and specialive if they bee eaten after meate, they cause & pauls G.iit.

MINIXIOS

fep in the tongue, and prouoke one to bomite, and make bloffers in ones mouthe, and thei that have a colerike somake, ought especially to eschewe drie nuctes, and the older they be, the worse thep be. The newe nuttes haue lesse of pll oplines, and therefore they engendze not the ache of swymmyng in the bead, and suche lyke diseases, as the dive do, and by reason of their Aippery humidite, they make one to baue the laske. And if they be a lyttell warmed at the fyze, and eate after op. ner, they presse and dryne downe the meat. And thus it appereth, that new nuttes are moze hollome for folkes in

Df rewe health than drie. The thyrde thynge called her is rewe, wher of Anicen sayth, that it be grace. resisteth poylon. And after he sayeth: Au.ii.cā. If one feare lest he should drynke poy cap, de son, or to be stoge of a venemous beest rusa. let him take z.i. of the sede, with y leasues therof, and drynke it with wone, and a nut staped & mingle together.

Arist. in And Aristotle sayth, that whan hwere li. de anistyll wyll seyght with the edder, or the malibus, toode, the eateth rewe first, & by reaso thereof seeth the other: For the smell

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of reweis foo to poplon: The eatyug of rewe in the moznynge with figges and swette almons, preservethe one from poison. Here is to be noted, that y.kpndes ther be two kindes of rewe. The one of rewe. is gardenne rewe, the other is wylde rewe. The gardepne rewe is better that he felde rewe. Foz the felde rewe is excedying daye. It is hotte and daye in the fourth degree. Wherfozeit is hurtefull to take moche therof. The gardepne rewe is moute hotte and dive in the ii. and iti. degree. It pers ceth and resolueth bentospre, and sper Serap ca cially if it be dipe. Foz Berapio laith, de ruta. that dive rewe of all medicins for bes tolyties is the best, and mooste hole some: but mopft rewe engendzeth be. toste. Also rewe dothe behementlye gupcken the lyghte, and specyally the ieuse therof, with the ieuce of fenelle and honv made in an ovntemet ozels eaten, as Auicen saith. But pet foz as Auic. 1. moche as the ieuse of rue hath a pros ca.ca.de prete hurtful to the eyes, it were best ruta. to fanne wynde bpon your eyes ther: with: and in noo wyle to touche your eyes with the materiall rewe. The fourth

Raddiffe rootes. Auic. ii. că.ca.de rad.

Peres. fourth thing is peares: wherof Auper Auic. it. ren sapthe, y they be holsome against! ca.ca. de diceales y be engendred by mulhros! piris. of toode stooles . For peares sodder with muthzoms, do alaye they? burs tefulnes, or els this texte mape be bus derstade by peares aromatike, which by reason of their swete smell, coforte: the spirites, and so they anoyde pope so. The fifte thing is radyshes, where of Aurce sapthe, that they be holsome agaynste the bytunge of a snake cand whan they be droke with wone, they are good against the bytynge of the beatte called Cornute: and sede there of is good against al venomes. And whan the fede of radylhe is layde bpo a scorpion, it seethe hym, the water thereof hath in that behalfe ben proued, and it is thronger than the fede, and pfa scorpion byte one that hathe eaten radplibe, it that not hurte him. Hit is also berre good agapuste the chokinge of mulh 20ms . De it mape be lande, it is good agapufte poylon, bycause it prouokethe one to bomite, and so by reason of bompte the stos make is purged of yll humours. And

And here is to be noted that radythe and radythe rootes are lyke of complerion, which are buhollome for co. lerike folke: foz they engedze a Charpe paychynge bloudde: and raddythe is buholsome for the Comake, for it maketh one to belche moche, and engendzethe große humours. And yf the digestion be feble, it engendzethe rawe humours, yet it is subtylle, and of a perynge nature. And some men ble to eate radifye after other meates to comfozte dygestio, wherat. Balen marnayleth: And counnynge philitians saye, that yf radysthe be eaten after other meates, it helpethe dige-Kion, and bulosethe the bealpe. But if radylhe be eaten befoze other meas tes, it lifteth bywarde the meate, and causeth one to bomite. But it is hole some after other meates, to eate a lyte tell quantite of radythe. Det neuer the lesse they hurte the eyes and the heed. Kafis fayth, that rady the lyeng longe in the Comake, auoydeth fleus me, and the leaves therof do digeffe meate, & helpeth & appetite, if they be taken in a smalle quantite. The syrte thinge

Triacle, thynge is tryacle, whiche of energe sozte is good agapuste popson, 4 there foreit is good bothe for man & beafte, as well colde as botte. And buder the name of triacle p noble medicin Betridatis mape be copzeheded, whiche Auic. vi. two belike in operation. For Auicen iiii.tra. of tryacle saythe. De Chall bnderskad, that the greattest rule in curynge of iii. ca.i. poplon, is to comforte natural beate, and to labour to drive it oute, as trias cle dothe. And of triacle and the medicyne Betridates to gether, Anicen Auic.vi. savehe. There be certevne medicins iiii.tra.i. contrarie to poplon, whiche well not suffre poilo to approche nere the hart med. co. as triacle and Betridate.

Aet sit mundus, habitabilis, ac luminofus.

Necsit infectus, nec olens setos re cloace.

Choyce ayre.

This terte declarethe foure thynges touchong the choise of holsome aper. of holfoe De whiche the fyste is, y one oughte to chose a clene aper that is not enfected with vapours. For bucleane aver both alter the barte after the na. ture

ture of the complexion that it is myn. gled with, as Halp lapthe. The. ii. Halie.iii thengers, one ought to chose a lyght reg, in co aver: for darke aver maketh a man illius cas heup and oulle spirited, for suche aier no. Oia myngietheit selte with the humours her in mans bodge, and foo beginge trow, hec. &c. bled it runeth to the harte, of y which and of the humours, groffe and trous blous spirvtes ben engendzed, the whiche make one lumpothe & dowe. Therfore there is nothinge that mas keth a ma moze iocunde oz merp and leffe heui, tha to walke in a faire clere aper, 02 to rple perly. The iii.thynge is, that we oughte to eschewe infected aper, that is where flaughter of peos ple hach ben: For commonly in those places where as great flaughter of people hath be, tin places nere thers buto, foloweth great pestilence: for whan we drawe in the infecte aper, it infecteth the spirites in our boove. The.iiij.thinge is we thulde eschewe gunges, finkes gutters, chanels, ffin kynge ditches, and all other particus ler places that are infected with cars reyne, and places where as deed car. keles

keles or deed folkes bones are caffe.

and places where hempe and flare is wattered. For the aper so infected, dothe enfecte the spirites of our bos dye, and specially hurteth the braine. Auic. ii. And therfore Auicen sapthe, that as longe as the aper is temperate and clere, and no substaunce contrarpe to mans nature myngled there wyth, it causeth & conservethe a mans belthe. And whan it is changed, it dothe cons trairie to te operation therof: and foz a more declaration of the forlande thinges wytteth wel, that the aver in the regyment of helth is necessarpe. ij. wayes. Fyzite, for the refreshping of the harte. Decondly, for the auova dynge oute of fumplhe superfluites, that trouble the spirite and naturall beate. For lyke as we le by erterion thinges as the free without fannyng of the aper is choked and quenched: so lyke wise we may imagen that the spirites and naturall heate in man

had nede to be nouryshed conserved &

attempzed. The attemperance of nas tural heate is caused by drawpinge of

the aier, and the pourgene therof is

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aused by expulsinge of the aver. The teste is done by motion of the attracs yon, and the seconde by motion of rpulcion. Therfoze if we dzawe in tynking and bucleaue afer, it corrup eth in vs the naturall heate and spys pte. Therfoze the aver thuld be faire no clere, without vapours and mys tes:it maye not be troublous & cloup, no; mpred wpth pil bapours. Foz uche ayze troubleth the humours, & naketh a man heupe and ladde, as is foze layde. The open aper oughte to e chosen, and not betwene walles oz oules: truli to speake the close aper bulde be eschewed. Det neuer y leste n the tyme of pestilence, whan the per chanceth to be enfected, the close per is to be chose. Therfore at suche raios, it is good for vs to abyde with nour houses, to kepe our widowes affe hutte, leste the putrified aper puld enter in: But els the open aper beste. Farther in the regiment of elthe, payer oughte to be eschewed, re whiche is mired with vapours of nes and depe pyttes, contenninge enkynge waters; and of certayne berbes,

herbes, as colewortes, homlockes, a suche lyke: and of crees, as figge trees and walnutte tres. Farther that aier is to be chosen, wheren y wynde bloom wethe frome hyghe or egall grounder And also we oughte to take good hed that the ayer ercede not in any of his fyrite qualytees, y is to saye in heater colde, morture, or drought, which if it chance, it must be tempered by craste as moche as is possible. These Aui. ii.i. thinges. Auicen teacheth.

Aui. ii.i. do.ii. de diuersis.

Si tibi serotina noceat potatio vina.

Hora matutina rebibas, et erit medicina.

This terte teacheth one voctryne, the whiche is this, if a man be diseased by very name of which is the property of which we a freshe drynke which whe morowe a freshe drynke which whe agains of which the moral earliest drynke is kennes, there is not the morninge, or the instantantion of the body. If it instantantion of the body. If it instantantion of the body. If it instantantion is the body, than it is righte build some agains in hypothesis which were as one which we a freshe, for that were as one which we a freshe, for that were as one which we had a freshe, for that were as one which we had a freshe, for that were as one which we had a freshe, for that were as one which we had a freshe, for that were as one which we had a freshe, for that were as one which we had a freshe, for that were as one which we had a freshe, for that were as one which we had a freshe, for that were as one which we had a freshe we had

Hold lay fyze to fyze: But if one hap to be drouke, and ther with parbrake a lpttell: than it were hollome for him to drinke wyne a freshe agayne in the morninge. For the drinking of wyne than agapne, dothe lyghtly cause one to bomite, wher by the stomake is cles ed: and by reasone of clensinge of the Tomake, the hurte of diokennes and parbrakunge gothe away lyghtly. And therfore Hippocrates counsaps eth bs to be dronken ones a moneth: hat of the dronkennes may come bos nice: whiche thyng preferneth bs fro ell opseales of long continuance. It he drinkinge of wyne over eve dothe jurte one, by reason that he is not aco ustomed to dzynke wine: tha he may zinke wyne agapne in the morning, o accustome him: fo the ozynkynge f wyne hall the lelle hurte hom. foz s Dippocrates laith, of acustomable Hipp. ii. hing comethe lelle grefe. But in case hat thys times in the morning dothe plowe on dzynkynge of wyne ouer mo, ex= ue, than to drinke water in the more multo té page is beste to coole his thyafte. Ind foz as moche as we have spoken 19.1.

aphorif= pore. &c

of hurte that comethe by ozynkynge of wyne: wyttethe well, that he that hathe a feble branne, of what so ever other condicion he be, he ought to be

cap.de regimie aquæ et vini.

Sire in couenten ces enge: dzed of deonkennes.

wel ware of dzökennes. Foz to be ofte Auic.ii.i dzonken as Autcen sapth:is cause of. vi.inconveniences. Df whyche the fyzit is corruption of the lyuers come plection. Foz wine ercellpuelpe take, comethe to the lyuer: and resoluethin heate therof: wherby flyuer loseth it his naturall generation of bloudde: and in the stede of bloudde, it engens in dzeth wattrichenes, and causeth the deoply, or els it cutteth the luner or the humours therof, whereby lepze oz in woones is engendzed. The.ii.thyngeing is, the corruptinge of the brapnes co. plection, by reason that thycke & consti tinuall fumes of the wone alced there in to, the whiche dispose the hotte braines to woones and frenesp: and the colden to the fallynge puel, fozgetfulnes and hi palley. The. iii. thynge is weaknes of the senowes. For we secomonly that these dronkeroes have the palseye in their heed and other membres, as well in youth as in age. The. ity. thyng is Difeales

diseases of the senowes, as the crape spalley. For suparfluous drynkynge. of wine, oft times turneth to bineger in the Comake, whiche hurteth the senowes. Also often tymes, for faute of digestion, it tourneth into budiges sted wattryshenes, whiche doth mole lifie the senowes and often tymes it enduceth oz dzaweth groffe humours to the senowes, whervy they be strets ched oute, 02 drawen together. The spfte thynge is the palley, that the hus midites of the brayne, encreased by wyne doo engedre: lo that they stoppe holly the wayes of the lively spirites that procede from the brayne to the or ther membres. The. vi. thinge is los dayne dethe, for whyle the dronkerde Inozteth oz Aepethe, his wynde pypes are closed or stopped with the abuns bance of wyne oz humidites therof lengendzed, wherby he is sodaynely Arangled. And though the immodes ratedlynkynge of wyne cauleth the forsayde iuconueniences: Bet wyne noderately taken is hollome dyners waves. And Auicen reherleth, b. bous tyes of wyne moderately bronke. The D.ij.

teis of deratly dzonke.

A. boun The first is, that it easely conneveth the meate that it is myngled with, to wyne mo al the membres of the body, throughe the heate, subtillite, and hyd coueniet properte therof. The second thing is, it digesteth & resolueth sleume through the heate and subtilte of his substance and maketh it apte to anoyde out, o. penethe the waves, and comfortethe nature to devue it out. The thyede is, it anoydeth redde coler by bryne, and by other insensible vacuations, as swette and suchelyke. And this is co be bnderstäde of claret oz white wine the whiche is feble of nature, ozels alayde with water: fozother wyleit wyll encrease coler, by turnynge it felfe into coler, and inflammation of the lyuer. The. iiij. thynge is, it caus feth melacolynes, & whiche is groffe, and moueth flowely, easelye to paste throughe the pipes or cundytes there of, from the lyuer to the splene, t fro the splene to p beymine of mouthe of the fromake, tat laste with the drage ges, to anopde out of the bodpe. And it declyneth or represent the hurte of melancolynes, throughe contrarges oulnes

oulnes of complection, and maner of Propers substance, in the effectes therof. Foz ties of me melancoly engendzeth heupnes, fein-lancolye tenes of harte, and couetoulenes: but & of wine Wine engedzeth tope, boldenes, fout nes of fromake, and lyberalyte. The fyfte thynge is, it resolue the all caus les of werynes, excepte it be myrto with some other meate. For wyne reupueth the resolute spirites agapne aboundantly, and dothe comforte nas turall vertue, and taketh away or dis minisheth humidities that be lefte oz remagne in p musculs, in p senowes of the hart, oz in the ionntes. And yf the bodye be dayedde by werines, and nedethe movityng, wyne moviteth it quickelye, so it be allayed with water Farthermoze belides thele thynges, wyne hath many other good propers tes. For aboue al other thinges wine is a swyfte and a sodayne nouryther: it comfortethe the heate and naturall spirites, and heatethe all the bodye, it clereth the wytte, it appeleth anger, it depueth away heupnes, and ffereth to bodily lufte. And no dzinke byge. Neth rawe humours so wel as wyne. ŋ.itf. and

And wone makethe one manly bothe in from ake and body. And they that drynke no wone are nothinge in regard of they egals that drynke wine neyther in from ake nor corage.

Gignit et humores melius vinu

meliores.

Si fuerit nigrum, corpus reddit tibi pigrum.

Vinum sit clarumq; vetus, sub=

tile, maturum,

Acbene limphatu saliens moes

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dramine sumptum.

This terte declareth one doctrine of wine: and that is this, the better that wyne is, the better humours it engedozeth. The cause is, for blacke wyne is more große and erthye than any other: and therfore the spirites there of engedred be gros: And Galen saith Große spirites make the bodye heur or slowe. And farther there be. bii. doctrynes rehersed touchynge the election of wyne. The syrste is, wyne oughte to be clere. For suche wine by reason that it is subtyle, engendre the subtyle and clere spirites. The is, it oughte

This docs trines to chose wone.

stoughte to be olde & not newe. Foz newe wyne or muste dothe sooner ouercome ones brayne, & make one haue the laske, than any other of the parellit engenozeth the colyke and or ther accydentes, that thall be declas red after whanne we come to, Impes dit vrinam. Poz pe Goulde not ons derstäde, that wyne ought to be olde. For suche wone, as Auicen sapth, is Auic.iii. as a medicine, and not as drinke. For i.de reg. suche wyne doothe rather alter a tem aquæ et perate body to heate & dzoughte, than vini. nourytheit. For whan it is so very olde, it recepueth agapue his fyzit nas turall verdur & Charpenes, & is tha al firy, wherfore y aggregator writeth, Aggres that it is hotte & daye in the thyade des gatorca. gree. The thyzde lesson is, that wyne de vite. ought to be subtile. Foz subtile wine makerh the spirites of man subtile, & grosse wynes engendze grosse spiris tes,. The fourth voctrine is, wyne Chulde be rppe, a not verte or eger, for els it wildeprine mã of al his natural vacuatios & good helth, as Gale laith And therfoze it is hurtefull for theym that wante enacuation by bryne & all other H.tity.

Ga.icos other they, opper membres. Petas Galen sayth, suche Aiptical wyne is meto.ii. can.iii.

holsome for diseases that chaunce in the guttes. And the Kipticalnes of par. reg. wine may be putte away with moche acutoril. myngling of water. The fifte doctris ne is, that wine thulde be alayed with water: Foz therby the fumolite of the wine is put awaie: and so it doth lesse ouercomme the brapne. This is of trouthe, if the wyne be subtile, but pf it be groffe, it ouercomethe p brayne the sooner, for therby it is made sub. tyle and moze fumplihe. And of this

wyne. Auicen bnderstode, whan he Auic.iii. sapoe, that wine alayde with water i.cap.de both soner ouercome the brayne than regimie cleane wyne. The. vi. doctryne is, aquæ et wyne shulde be spzynkelynge whan one tasteth it, and this is one of the vini.

condicios of good wyne, befoze laide. The. vii. doctrine is considzed in the dapakers codicion, a not of the wine: that is, one oughte to drinke wine tes perately. For wyne teperatly taken, Marpeth the witte, tengendzeth all the holfome thinges before declared. By al thefe thinges here expressed we

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OF HEALTH.

may conclude, that wyne that oughte to be chosen and is best in the regimet ofhealth, is meane wyne egalle betwene olde and newe, clere, somwhat redde, of good odour and flauour, of egall sauour, that is neyther eger, Marpe, no; lwete: which is not groffe noz to muche subtyle, and eke that it be not to frong noz to weake: and y it growe not on Kony & hilly ground, noz on fimple playne & earable gouns des, but on hyghe grounde, lipng ope towarde the fouth, in a countrey not to hotte noz to colde. Touchyng the regiment of wyne, concernyng the ages, the rules that Anicen putteth, are to be well noted. The firste is, to geue chylozen wyne to dzynke, is as one would lay fire to fire made of dzie woode. For chyloren be tendre & sone enslamed, through the haboundaunce of their naturall heate, and their les nowes and branne be weake and fer. ble. Wherefore wyne hurteth them many waies. But specially by quicke inflamatio, by hurtyng of the braine, by lyghtly percyng of the senowes, & abundant fumolite. Therfoze whan ana

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one quueth chylozen wyne to ozynke, the inflamping heate of the wine is ad ded to the flampinge heate of their box dies, whiche are of as smal resistence, as dive Apckes, reedes, of towe, is as gainst the fyze. The seconde rule is, that one may geve an olde manne as much wone to ozinke as he can beare withouthurte, that is, as muche as his natural and due appetite desireth. For like as olde boores and bulkons that be daye and waynkeled be made soupulle and playne with oplynge: so lykewyfe bene p bodies of olde folkes by drynkyng of chosen wine, as wine of Bennops. Aunciente folkes are colde, and wone heateth: their spirite is heup, and they be ful of melancoly: and wone maketh theim merie, and repredeth niglancolines: and commos ly olde folkes Gepe yll, and wyne mas keth theim to Aepe well. Dloe folkes be disposed to opilations, and wyne openeth. And lyke as wyne is to chils dzen moste contrary, so fozolde folkes it is moste holsome. The thyede rule is, the yong folkes thuld drinke wine temperatly, whiche temperatly is to be

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and convenient alayeng with water.

And although that younge folkes are as hotte as chyldren, yet their mems bres be more founde, & their senowes and brayne more stronger, whereby they may the strongster resst y burte that commeth by drynkyng of wyne.

Dany good thynges come by drynking of wyne, the boydyng of coler, the quickenyng of the corporall myght and wyt, and the abundance of the subtyle spirites.

Non sit acetosa ceruicia, sed bene clara Devalidis cocta granis satis ac veterata.

This terte declareth. b. thynges, by which one may knowe good ale. The fyrit is, that it be not sower, for that burteth the stomake. A sower thyng as Anicensayeth in manye places, burteth the senowes, and the stomake is a membre full of senowes, specially about the brimme or mouth. The seconde thynge is, that ale muste be clere: For troubled ale is a stope

a Copper, and hurteth the over much that have the stone, it fatteth and enflateth and maketh one Mort winded, and engendzeth muche fleume. The thyed thying is, that ale chuld be made of good come that is not corrupt, that is to lave, of the beste barley, wheate, oz ootes: for the better the come is, the better is the humour therofenge, dzed. The fourthe thynge is, that ale ought to be wel sodde: foz that causeth it the better to be digested, and moze ampable to be recepued of nature: & the inconveniences therof growing, are the better bozne. Fozifthe ale be not well sodde, it engendzeth bentosis ties in the bealy, gnawing, enflation, and colycke. The fifth thyng is, that ale ought to bee stale and well pour, ged. For newe ale engedreth the same hurte that ale doth, the whiche is not well sodde: and also doth lyght breade the Arapne coylpon.

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De qua potatur, stomacus non inde grauetur.

Here is taught one lesson touchynge the ble of ale. That is one oughte to ozyuke

napnke it moderately, so that the stor make be not hurte thereby, noz ozone aennes caused. Fozit is worse to be pronke of ale than of wine, and endus reth longer: and the fumes and vaspours of ale that allende to the head hare groffe, wherefore they bee not fo foone resolued: as they that be mouns ted by by wyne. Wherebyon it is to be noted, that in the beginning of dys mer or supper, it is holsome to orynke hale befoze wine: the cause is, foz at the begynnyng of our repast og dyner, h body is hungrye: so that the fomake befoze we began to eate meate, was bungry, and so drewe superfluities from the membres. Therfore if we be gpnne with wyne, by reason that nas uture greatly despreth it, and for the great nourythment therof, the super-Muittes, together with the wyne bene drawen of the fomake, and are conneped to the parties of the bodye: but mature doeth not so desiroully drawe ale. And also ale washeth away the hu mours that hange about the baymme of the stomake. And for this cause phylitions countable, that whan one

is most hungry, he should first astay to bompte or he eate any meate, that those superfluities that be drawen to gether of the hungrye stomake, may be boyded out, lette they be myngled with the meate. Lykewyse he that sea reth to be thyrsty by superfluous drinkyng of water, should drynke ale: for it quencheth bunaturall thyrse.

Temporibus veris modicum prandere iuberis.

Sed calor estatis dapibus nos cet immoderatis.

Autumni fructus caueas, ne fint tibi luctus.

De mensa sume quantum vis tempore Brume.

Diete af, Here the auctour determineth, what ter hitti. quantitie of meate thould be eaten affeatons of ter the divertitie of the foure featons the yere. of the yeare, that is to faye in ver of fixing tyme, sommer, autumne, and wynter. He sayeth that in the tyme of ver, we must eate lyttel meate. To this Auten agreeth and sayeth, the reason is because in wynter mannes body

body is not greatly e genen to labour and erercyle, rawe humours are ens creased, and specially fleumatike, whiche after the proportion of the lea Fon, than specially be engeozed: which bumours by reason of colde, areen, closed in the bodye, and whan ver or tempori spang tyme cometh, these rawe hus cum rece monrs, gathered together, doo melte ti auris. and sprede through all the body: wher fore nature is than greatly occupyed in digestyng of theim. And therfore min ber season, if one eatemuche meat, it letteth nature to digelte suche fleus maticke humours, and caufeth them to diverte of turne another way: For by these humours and great quantite of meate nature is ouerpressed. And so therby such humours that remaine in the body budigeffed, and runne to some mebre, ther brede some viseale. And therfore we oughte to take good hede, that we eate not great quantite of meat in ver. For littel meat in this season, is a speciall preservació from diseales, y tha reigne, as Autce saith. Au. ii.i. And this laiping is of a truth, from & doct.i. myddes of the ende of ber, and not in cap. v1,

Aui. ii.i doct.ii. ca.vi. & ui.i.doc. v.dereg.

the

the begynnyng: for the begynnyng of ber is likened to wynter: wherefore than one may nourythe his bodye as well as in wynter. And this also may be thus bnoerstade: if the body be full of humours whan ver cometh, than meate is to be genen after the natural heate and resolution, that is caused of the body: for than the cause is anoy. ded, for whiche meace thould be dimis nphed To this Dippocrates agreeth faigng: Bealies in wynter & ber are molte hotte, and deepe moofte longe. Therfoze in those seasons, by reason that naturall heate is muche: it nedeth muche nourythement. Decondly be fayth, that to eate muche meate in sommer is hurtful: because that than the vertue of digestion is feble. Foz h spirites and naturall heate, whiche are the instrumentes of corporall ope ration, are than right feble, sparpled, eresolute by reason of the outwarde heate, the whiche dooeth behemently drawe the to the exterior partes: and so causeth that muche meate can not well digefte. And here is to be noted, that for as muche as the vehemente relos

resolution of humidities, as well subs stanciall, as nutrimentall of the body s great, groffer & moze meate in som mer Choulo be eaten, if the myght dis restine could digest it: but because na ure can not digette muche at ones, ve must eate a lyttell and oft : as Gas Gale. in en sayeth. In sommer we muste eate canico. ody hath ofte nede, by reason of ofte et quib? Molutio. And although littell meate semel. huld be eaten in the sommer, per one &c. nay depute muche, by reason of the The reas reacresolution and ozoughte of the son y one ody: and the natural heate of the bost ought to percedeth the moissure thereof: and eate littel nanne is than more thyrsty than meate in ther tymes. But pet than one ought sommer. o depuke lesse wyne, specially if it be ure, for suche wyne doseth soone ename, and causeth the natural beate. ugmeted by the ardent leate of soms ter to bourne: and therefoze he that yll daynke wyne in sommer should pugle it well with water: and fogtare olde and Grong wyne. Thyzdly fapeth, that in Aucumns we ought beware of fruites, specially of the fame 到.1.

To anoid same scalo, as grapes, peches, figges, eacyng of and suche lyke: of at least to eate but frutes in lyttell of theim, for suche fruites enge autumne dze bloudde, that is apt to putrifie, by reason of humours and boylling that they make in the body and specially if they be recepued in to an unclene flori make or a corrupt body, which for the moste parte chaunceth in autumne. And so than pll & fplthy diseases are engendzed, as the pockes tother per Kilent sickenedes. And witteth well, that in autumne hunger and thyzite: Rasis.iii mould be esche wed, and to eate much meate at one meale, as Kalis layeth. The wome also that is dronke in hare de regi. uest, should be alayed with muche was corp. fes ter that it may moist the body, & coole the heate, but not fo superfluoully as layed with water, as it is in sommer: noz to be dronke so superfluously: for by reason that nature is feble, it is not able to weld and digelfe it: and to much alaveng with water, distroieth natural heate, and encreafeth bento fities: whereby & colpcke is engendzed. Fourthly he layeth, that in wynter one may eate as muche as he well, y

alni.ca. cundu tempus.

OF HEALTH.

Fol.lviii.

is te lay, moze than in other fealons, after the monde of Auisen. And Was Gale, in len fagth. In wynter much meat ley cani. ferly hould be eaten. The reason is, aph.et because the heate of our body in wyn quib? se ter is Arongest, bothe by reason it is congeled together, and fortified by po mel. &c. lition of his contrary, that is to lave, the colones of the aver, enupronung our bodies about. And this is berified n bygge bodies and flethy, and not in pare and feble: foz on fuche bodies cot benes of wynter enclined, both not co orte with heate, but doth make them noze feble: foz in wynter as Hippos rates saveth: bealies be hottest of nas ure, and Repe moste long. Whereby tappereth, that the groue nourpines nentes and hardelt of digettion are noze holsome in wynter tha in other easons, because the heate is Aroger. But the wyne that is droke in winter bould be as ruddy as a role, and not byte, a layed with a lyttell water. bere is to be noted, y although by the rength of heate, & vertue of digettio wynter, y groffe & ftrog meatesare oze hollome, pet becauteb feason is 3. tf.

by reason of much seume, it were hold some to ble means meates, betwened heup and lyghte, grosse and subtyle, as kydde, beale, mutton, ppkes, persche, and creuesses. And they that ble grosse meates, as befe, poorke, benyoned fon, gottes seishe, and suche lyke, should eate but one meale a daye, or els to ble meates larative, as persely, cress, mustert, and suche lyke, and to ble great labour.

Saluia cum ruta saciunt tibi pocula tuta.

Adderose florem minuit possit

Derbes hollome put in to daynke.

Here the audour discribeth two remer dies against pll drynke. The first is sage leaues, sage put into the drinke, fordoeth the hurte of it, and also it cor forteth the senowes and brayne, the whiche comforted, both the better resiste the pl sumes, that of the pl drinker ascende therebute. The second remer dy is rewe, where if the holle leaues be put in to the brynke, the vertue of it sordoeth the malice of the drynke.

And howe good and hollome rewe is against poplon, it hath bene declared befoze at Allea, nux, ruta. &c. And this terte layeth, that to the two fores sayed herbes we may putte the roofe flower. And this ought specially to be bnoerstande of a reductose, for the swete smell and Aipticalnes thereof, amendeth the malice of the dzynke.

Nausea non poterit quemqua vexare marina. Aurea cum vino mixtam si

sumpserit illam.

Here the audour teacheth a remedy, A remehowether that are not accustomed to or fez par passe the sea, may anopoe parbeaking beakpng. or spupng. De that wyll passe the sea, on the sea mulle a fewe days before he take thip pong, mongle the fea water with his wine. This is a cemedy for them that be tyche, but if it be a pooze manne, than he must dzynke sea water, that he may easelyer eschewe spuying. The reason hereof is, because the sea was ter is falte, and so with his faltnes & Aipticite, that foloweth saltenes, it closeth the mouthe of the Kemake, 3.it. ana

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de reg. tis in ma ri.

Au. iii.i. and thereby fordoeth spuyng. And here is to bee noted, that as Auicen iter age: layeth, a tranapter on the sea, thoulde not muche go about to withstande o? to forbeare parbrakung or spnyng, at the begynnyng, but to bomite butpil he thynke hym felfe well pourged, for that preserveth hym fro many diseas ses, and not onely preserveth, but also healeth oz alleviateth greuous gret diseases, as lepre, oropsep, pally, colds nes, and swelling in the ffomake.

cap.ii.

Au. iii.i. Thussapeth Auteen. But in case that the traveiler on the sea spew so much that he therby is right greatly febled, than he muste restravne himselfeby eating of Appticall and lower fruits, as burppe fruite, crabbes, sower pont garnerdes, and suchelyke, wher with the mouthe of the fomake is comfore ted, and the humours expelled down: and also the stomacke therewith is co forted, 4 the humours flowing there buto by taking of the water, are dips uen away. Dreis we may take mus sterte sede daped by the fyic, a daynke it with wone, or wormewode may be eaten oz dzonken, oz a costo wette in redos.

OF HEALTH.

revolent wyne is good to eate. And generally tarte meates bee good for trauapters on the sea, for thep come forte the fromake, and prohibite bas pours and fames that would ascende to the head, as herbes sodde in bones ger, oz in the feule of sower grapes.

> Saluia, sal, vinum, piper, allea petrocilium. Ex his fit falfa, nisi sit coms mixio falfa.

Here the auctour teacheth bs to make To make a common sauce if we lacke a better. a commo And. b. thonges goeth to the making fauce. of this sauce. The first is sage, where with we may make fauce for a goofe roste or sode. For commonly a goole or a pigge roffed is stopped with lage to dive up the humidites and clammit nes of them, and also because the flely thould smell somewhat thereof, but pet after it is roffed, the lage woulde be caste away and not eaten. Lyke wyle of lage volandythe folke make a sauce to eate with a goose: for they Kampe lage and garlyke together, 3.iig.

that the lage may abate somewhat of the garlykes sauour. The seconde thongis, salte with wone, and this sauce is soz riche and noble men. Foz whan they wante musterte, or vere ieuse, they put wyne in a saucer, and myngle it with a little falte. The thylo thyng is peper, a sauce for bplandishe folkes. For they myngle peper with beanes and pealon. Lykewyle of tosted bread, with ale or wine, and with peper they make a blacke sauce, as it were pappe, that is called pepper, and that they caste byon their meate sell, e fythe. The fourth is garlyke, where of the vplandishe people make a lauce for they mingle soft chese and mylke, and stampe garlyke together, and so thei eate it with their meate, whether it be rosted or sodde, salte or freshe, & with hardsegges. The fifth thyng is perlly, of perlly leaves stamped with herieuse or whyte wyne, is made a grene fauce to eate with rossed meat. And here is to be noted, that sauce of sauces barie after the seasons of the pere. Fozin hotte seasons, it must be made of cold thiges, or of Auffe of litle heate,

off

Sin.

heate, and in colde leasons contrarp wose. Therfore sommer sauce hulde be verieuse. spsell, oz vineger, the iuce of lemmons, or of pommegarnades, with role water, and suche lyke. And other whyle in fauces made in somer one may putte a lyctel pellytozye and peraye, to attepze the coldenes of the forlande thynges. But the matter of the copetent lauces in wynter is mus Merte, carloke, gynger, pepper, cyno, mum, gelofers, garlyke, fage, mintes me pelptozpe, and perflye: wyne, water of Aelthe, vinegre not to fronge, but very nere to the nature of wyne. And in meane seasos, the sauces shulde be meane, neyther to hotte noz to colde. Decondive sauces differ by reason of the meates for whiche they be made: for one mete wyll haue one sauce, an other meate an nother fauce as lozdes cokes knowe. Sauce for mutto, beale and kpode is grene lauce, made in los mer with opneger oz ver ieuse, with o fewe spices, and without garlyke other while with perap, white ginger and toffed becadde with byneger. In winter

irl. lo.

winter the same sauces be made with many spyces, and lyttell quantite of garlyke, and of the belle wyne, and wyth a lyctell vericuse, or with mus sterte. Sauce for rosted befe is made with pepper, tosted becade, broth of flesthe and grapes. And plame sauce is good in winter to eate with porke. Aliopophe in sommer may be eaten logth byneger and perflye at the begynnynge of opner. But in case that the forland meates be baked, and fpea cially befe and porke, and in wynter, than ferue in a whote opnyon, and a imal quantite of swete space beaten in pouder. Butin sommer serue it in wythout ornions, with verieuse, oz els with a fewe small opnyous. And pf the pastes be made of moze tendre fleshe and lyghter of digestion, than ferue no opnions in therwith: but in fommer almon milke with verieuse, and a lyttel blache pouder: And at the last pe may put therto, an egge bzo, ken with verteuse. But in wynter in the Kede of verieuse take wyne, and more space. With rosted rabbates and chekyns, fauce made with cyno, mume.

nume, crummes of breade, and with Divers berieuse in sommer seals is hollome good sau and in wynter with wine. For rosted ces for so porke in wynter take of the dripping, dry meastempered with good wyne and owny: tis.

ons: and in sommer take the grene lauce aboue named. For rolled felan, tes, pygyons, and curtyls, take none other sauce but salte. Foz boplae cas pons & cockes take of the same brothe wyth a lyttell blanche pouder. And namelye in wynter if they be boyled with lage, Flope, and perape, this is good fauce: and in fommer the brothe of the capon, and a lyttell bergis mine gled together is a hollome faule. Foz fatte capons and hennes baked, serue n none other sauce, but a smal quans ite of blanche pouder and at the ende he aboue named grene lauce in some ner, and in wynter good wyne. But the the groffer it is, the harder of dis estion, the moze superfluous, 4 mois fer of nature, y moze it nedethe hotte auces and tharpe, the same rule is pae wyse true in all maner of flethe.

Sitore

Si fore vis san9 ablue sepe man9.
Lotio post mensam tibi confert
munera bina.

Mundificat palmas, et lumina reddat acuta.

thynges y come by walhinge of our handes after meate. The fyzite is, the palme of our handes are mundified. The leconde is, our lyght is tharped therby, a that is specially by accides: for y hades be y instrumetes to clenke the eyes: tit is right hollome for the best it is right hollome for the before at Lumina mane manus.

Panis non calidus, nec sit nimis

inueteratus,

Sed fermentatus, oculatus, fitt

Modice salitus, frugibus valiza

Non co medas crustam, colerami

Panis ialsatus, fermentatus, bes

Purus sit sanus, qui non ita situatibi vanus.

In this terte. ii. thinges are couced of remembred concernpage the chapce of bread. The first is heate. Hoz bread ought not to be eaten hotte. Hotte bread as Auicen layth, is not conue, nient for mas nature: and bread that comethe hotte from the ouen is bno holsome. The reason is, bycause it Noppethe moche. And againe after he saythe: That hotte breadde causeth thyzstynes, by reason that it is hotte: and it swymmethe in the ffemake by reason of his vapourous humidite: and is of quickedygestion, & descendeth stowely downe. And all thoughe that hotte bredde in the regiment of heithe be buholsome to eate: yet the smell therofis ryghte holsome: fozit reliueth one in a lowne: and it is pole fible, that some folkes mape lyne by the smell of newe breadde. The.ii. thyng is, we oughte not to eate bread that is very stale, or mouldie: for such breade is buholsome for the norther ment of mans nature: foz it drieth the body, and engendzeth melancolie hus mours: wherepon it folowethe, that breadde chuide not be to newe nor to stale,

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ca.ii.

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GOOD

stale, but a daye olde. Farther this terte declarethe. b. propretes of good Ga.i. ali bzeadde. The fyzite is, it muste be wel mentorn leuende, as Galen saythe: The best breadde of digestion, is it that is very A propre welleuende, & baked in an ouen that is hatte with moderate fyze. And as gayne he saythe. Unleuende bread is breadde, holfome for no bodge. And after the Au.ii. ca mynde of Auice, Bzeadde made with lytttel leven nourymeth moche, but ca. de pa the nozishemente therof is a stopper, ercepte they eate it, plabour moche. The.ii.thing is, that bread oughte to belyght, for therby it is knowen, that the clammones therof is goone. Det neverthelesse this breade, after the mynde of Auicen, is a swefte entrer, and of leffe and worfe northemet, as bread that is made of moche branne. The. iii. thing is that breade oughte to be well bake: for breadde that is pll bake is of pl digestion, and engedzeth grefe in f fromake. And Anice laythe That breadde yil bake noritheth very moche, but the nourishement causeth opilations, excepte they labour moch that eate it. And bread bake on a frone 02 IH

or in a panne is of the same fashyon: for it is never wel bake with in. The. iiii.thunge is that bread oughte to be temperativ salted. Foz bzeadde ouer Iwete is a Hopper, and breadde ouer salte is a opper. But breadde moderas tely salted nourisheth beste, so that it have the other condicions. The.b. thynge is, that bread hulde be made of the beste grayne: that is to laye of the beste wheate. Doze ouer the aucs tour in this terte warneth bs to beware of crustis eatinge, for they engendze aduft coler,oz melancolye hus mours, by reason that they be bure ned and daye, and therfore great estas tes, the whiche be colervke of nature, cause the crustes about and benethe to be chypped awaye, wherfoze the ppthe or the crumme thuld be cholen, the whiche is of a greatter nourithes mente than the cruste. Wet not with Standinge the crustis are hollome for them that be hole, and have they? Comake mopfe, & despleto be leane, but they must eate them after they have dyned. For they enforce the meate to discend downe, and comfort the

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the mouthe of the fomake. Farther in the two last verses is thewed, that good-breadde oughte to have these b. conditions, that is to laye, it must be well saited, levened, well bake, mades of good clene come that is rype gether red bonde bp in thefte, and housed in due season. And bere is to be noted, that if one delyze to nourythe his board Dpe, he muste haue his breadde made: of pure dower, the brane cleane cake out, and he that despreth to be lener, must leue some branne therin . For beanne nourysheth but littel, and bus loseth the bealpe, and flower doth co. trarpe wyle.

Est caro porcina sine vino peior ouina.

Si tribuis vina tunc est cibus, medicina.

Pere in this terte the auctour compareth pocke with mutton. If pocke be eaten without wine it is not so hol some as mutton, but if pocke be eaten with wone, it nourysheth beste, tis medicinable, for it moutheth moche.

And this is to be understande specials

ichard mint

lyof

y of rosted pygges and braune well byght. And here is to be noted, that porke salted or dryed in y smoke, such as men of the countrey vie, called basen, is in no maner wyle so holsome as mutton, whether it be eaten with wyne or no, but it is biderstonde by rosted porke, or pygge, or braune, as s before sayde.

Iliaporcorum bona funt, mala

pere the auctour laythe, that hogge ripes, be better than of other beattes. The reason is, bycause we eate sewe ntrailes ercepte they be full of bloud of bery fatte beattis, as hogges be. Powe onely hogges bloude, through be similitude of coplectio to mas nature, is bludde of whiche y bowelles e filled. And lyke wyse hogges be soo ter fatte that any other beattes. There we eate rather y trypes a chytter ges of an hogge that of other beattes.

Impedit vrinam mustum, soluit

Epatis infraxim splenis, genez ratlapidemq;

班.力,

Bere

Fol. lays

Pere the auctour Gewethe.v. income uentences, that brede of drynkping of newe wine or mult. The fyrit is, that: muste letteth the brine: and this map be biderstande two wayes. Fyrst by realo that muste is thicke and grosse, it mynglethe with the dregges, and for Roppeth the louer and the rapnes, for that the bryne canne not easelye haue: courle. Secondely, it letteth the brine to have dewe course, as renyth muste doothe, and certagne other subtyle wynes lyke wyle. Hoz there is some repumpthe mult, of the which the lpes in are mozdycant oz bytynge: and while: it runneth into the bladder, the erthpul lies therof do bite and pricke the blade the der, and confrapne one to pulle con-in trary to the due order and maner that the he was wonte to do. The second is, it is loseth the bealp, by reaso that it scousing reth the entraples, a throughe thar in penes of the lies, it pricketh the gute to tes, e canfethe the ordures to anopde the out: fyiste by reason that the lyes bertin mozdycatine, Secondely through bestin tolitie, whiche suche wyne cauleth. And thyzdely by reals that it makething the

g guttes Aippry, by way of budigesti blenes & grefe of the fromake. Waher. fore the fromake leuseth and openeth the wapes, p were thutte. The thirde inconvenience is, the muste hurtethe the good complexio of the lyuer : for it Coppeth the lyner through moche mynglynge of the lyes: and causeth a disease in the liner called dissenteria. throughe swelling, wherby the liner is enfebled. Thus sayth Auicen. And thus it engenozeth an pl coloure, and Au. ii. i. pli diseases of the lyuer, that is to saye ca. de re. spices of the dzopsy. The. iii). inconue aquæ et miece is, that must hurtethe & splene vini. and the disposition therof, throughe the same cause that it dothe the louer, foz it stoppeth the splene, and so caus leth it to be harde . The. v. hurte is, that must engendzeth, the stone: and specially that is in the repnes, which is ruddye, and lightlye frangible, by reason of opplatyon, that it causeth throughe the groffe substaunce there of. Aud this is certapne, if the multe be of very swete wynes, whose tres be nothig byting or tharpe. For must that hath tharpe & bytyngelyes, preserueth K.ij.

ferueth a man frome the Kone, for it maketh one to pylle ofte: lyke as some renythe muste both, that causeth sand or gravel to be sene in the bryne: the which both ofte provoke one to make water: which ofte making of water, washeth awaye the smalle gravelle, that cleveth to a mans raines, and so be avoydeth it.

Potus aque sumptus, sit edenti valde nociuus, Infrigidat stomachum, cibum nititur fore crudum.

Hurtes y come by brinking of water.

Au.iii.i.
cap.de
regimie
ei9 quod
comedis
tur.

Here are declared two hurtes h come by drynkynge of water. The fyrit is, drinkynge of water hurteth ones ito, make h eatethe: by reason that water cooleth f leuseth h stomake, f specially it distroyethe the appetite. The is, hurte is, drynkynge of water wyth meate letteth digestio, for it makethe the meate that is than eate to be rawishe, after the mynde of Auicen. Por as Auicen sayth, moche water thulde not be dronke after meate. For it des indeeth the stomake f the meate f causeth it to swymme in the stomake.

And

And he layth: that whan nature doth Digelte meate, that sufficient quan de reg. tite of water be myngled therwith, than if we drinke more water after that, it letteth berye moche the dige? Rion that was begonne. And agayne Auicen saith: that drinkpng of water Auice.ii. shulde be eschewed, ercepte it be to ca. tract. belpethe meate downe, whan it Apce i, ca, iiii. keth or discendeth sowely. But with vini. mete water chulde neuer be taken oz bled. Auerrops in his comment theweth the reason, and saythe: To drinke water boon meate, makethe y Comake colke or it be throughe hotte: in and maketh the meate rawyihe, and malfo it causeth the meate to swymme in the Comake: wyll not let it Tycke fact there as it thuld covenietly digett The operation of the Comake is, to make a good myryon of thynges res tequed there in, a to digelte the well. That done there foloweth an ordina, tie, tanaturall seperation of pure t in Inpure thinges. And as a great quan ite of water put in a potte flacketh & ithing of p meate therin: so lykewise tchanceth in the Comake, by dayns 私.10. Byng

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Auic.ca. aq.&c.

kyng of moche water. But to dzynke a lyttell quantite of coloe water with out meate, befoze it discende downe in to the fromake, is not forbiode but allowable, speciallye if one be verye thyitty: for a lyttell quantite of colde water, taken after the forlayd maner easethe the Stomake, and quencheth .. the thirste. The coloenes of the water enforcethe the heate of mans body to descende to the veri bottum of the stor make, and so fortifieth the digestion therof. Thus sapthe Auteen. But wyttethe well, that thoughe water be more convenience to quenche thyrite than wyne: yet wyne for a mas helth is moze holsome than water. And thoughe water butuersally equenche thyzite better than wyne bicause it is colde and moiste, pet to make natural and good comprion of meates, and to conveye the to the extreme partyes of mas body, wone is better tha water. Foz wyne throughe his subtile substance & operation, mynglethe it selfe better with gmeate, than water both a nature deliteth moze in wine thain water: therfoze the membres naws wyng

wyne moze sooner buto them, myns glyngett with the meate. This my, rynge in this maner is as a boylynge or sething of thinges together which is greatlye holpe by the heate of the wone: but the coldenes of the water, letteth it. So than it apperethe, that wyne in munglyuge with meate and dilatynge of the same, is better than water. For wine, by reason that it is subtile of substace, and of a vertuous hete, it is a merueilous percer. And so it foloweth, that wyne vilatethe oz spreadethe more than water, wherin is no vertuous heate, noz substaunce of aper not fyze. Farther, water is not so hollome orpnke as wyne is: for water honozethe the nouryshemet of the body: by reason that it nourisheth very lyttell or nothinge at al: So that b more watryshe that the meate is, y lede it nourisheth. Therfore it is veri pollome to divnke wine wour meate Foz wyne is a great and a special no rythement and restorative. I noury theth swyftly, as it is aforesayo. Fara ther pe wall buder fonde, p to dipute water with meate, is not onely harte ful B.liij.

full, but also in manye other cases, Au. ii.i. whiche are declared of Auicen. First aquæ vini,

ca. de re. it is unholsome for a man to drynke et fastynge, foz it perceth in to the body by all the principall membres therof, and it distroyeth the natural heate. This is of trouthe, if one that is true ly fasting, dzinke it. But if a dzonken man daynke it fastynge, it both not hurte hym: for a dronkerde fasting is not betterly fastynge, his stomake is not bacande, but somewhat remays neth of the other dayes ingurgynge. And the drynkynge of water in the moznynge doothe washe the stomake and represent the vapours & fumes, and disposeth it to receive newe suffic nace. The.ti.hurte is to dzinke water after great labour and tranaple, and lyke wyse after the fielhelpe acte; bes twene man and woman, for than the poozes of the body be very open wher by the water entrethe in to the bottu of the membres, a mortifieth the natural heate, whiche heate also after p fleshelpe acte is weaked. The. iii. inc couenience is, to dzynke water after bayngnge, speciallye is one bayne

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OF HEALTH.

him fallyng: for than the cundytes & passages of the bodye bee bery open: wherfoze the water entrying in to the hurteth muche, as is afoze savde. And Auicen sagth: that it is to be feared, least ozynkyng of water fastynge, af ter baynyng, after carnall copula, ma.ii.ca tion, thould corrupt the complexion, & yltimo. brede the dropfy. Fourthly it is hurtfull to dzynke colde water to quenche feined thy ife, in the nyght, as it chan feth to surfetters and dzökerdes. Foz by drynkyng of colde water, the refor lució e digestion of salte humours is prohibited. But in case that one be so exceding thy My, that neither y colde mes of brethping, nor wathyinge of his mouth with colde water can suffyce, than let hym diynke colde water, out of a cuppe that hath a narowe mouth oz elles lyppinge, that the water may more dowely come buto the brymme of the ffomake, foz so it hal best quech bis thirle, and lette therof thalbe dioke and than it shall not betterly destroye engeffpon fyftely it is generally yll mo for hole folkes to divnke muche colde water, for it quecheth naturall heate,

by III

Auic.vi. quarti fu

it greneth the breaste, and marreth the appetite of the stomake, and is been repurtefull to all the senowe members. Det neuerthelesse water that is temperately colde, doeth somtyme per accydence, sere one to have an appetite, and maketh the stomake strog, in helping, opening, and clensynge the wayes therof.

Sunt nutrative multum cars

Here the auctour layeth, that beale nourytheth very muche. And this Aucen affymeth, laiping, that meate that conferueth health muste be such as the fielhe is. For they are of lyke nature, and very apte to be converted into bloude: and specially kydde, young suckyng calves, and yearlyng lammes. And Galen sayeth, that rost sed beale of syre or eyght wekes olde, is more hollome than mutton, and it is soone dygested, and nourysheth bear y muche. And of these stellyes we have spoken before.

Gal,iii. Ali. The best Meale.

mixi.lol

Sunt

Sunt bona gallina, capo, tur= tur,sturna columba.

Quiscula vel merula, phasia= nus, ethigoneta.

Perdix, frigellus, orex, tremus

lus, amarellus, marellus, Here the audour theweth what wilde foule are most hollome to eate, to nou rythe mans nature. The nombre of them is. riiii. The firste is an henne: the whiche is very hollome to eate. Foi Haly, Auenzoarte, & Welue lape, that the belt flelhe of poultry, is an benne that never laied, and of a cocke that never trad benne. For thei with out superfluite are soone turned in to bloudde, their propretie is, to tempre Ga.ii. ca mais complection: and their broth is ca. degal the best medicine that can bee for les linis et pers. And Galen sayeth that the fleth gallo. of younge poullettes augmenteth in Confilae tellection, and clereth the voyce, and tor.xviii encrealeth the leede of generation. The seconde is a capon, y fleshe wher quest. of Consiliator nombred amonge the motte holsome kelthes. And these flethes with the other aforefayed, the Romake of his yzopzetie doth digette.

The best foules to eate.

The

The thyrde is a turtylle, which also nourytheth well, and engeozeth good in bloudde. Thereof Auteen layeth.

ca.de cane.

Au.ii.ca There is no foules flethe better than In a turtylles oz a hennes, noz moze subsitu tyle. But pet they nourythe not soom muche as the pertryche. The fourth after the opynyon of some is a stare. This byrde Coulde be eaten youge. Some other call this foule Starna:

alm,

Rasis, iii the whiche Kalis prepsethe aboue all other foules, lavenge: A fferlynges stelhe is lyghtest of all other foules, and hollome for them that well keape: a sclender opete, and by this maye be buderstand a greter foule, as a grepe: goole, wherof the stelle is reght com mendable, and specyallye whan it is ponge. And on this wole Almanf. on derstandeth, preferrynge this sleshe before other. De elles by a ffare maye be buderstande certaine small pertriches: whereof Doyles semeth to bus derstande, where he sayeth to the Jewes: Lphewife stares are buholsome for our kyng: for they constreyne and indurate the bealp. And this proprete some ascribe buto pertriches. For their

heir fleshe, as Kasis saith, doth binde he bealy. The fyfth is a done, wherof he fleshe is colericke. Whiche, as Ka is faith, is erceading hote: the which ngendzeth bloudde feruently hotte: ind lyghtly engedzeth the ague. And herfoze ppgpos be better baked with ower grapes, than roffed. Foz by the ower grapes, the heate engendzed in he bloudde, is alapde. And the ponge pgions, redp to fie, be the mofte bols ome to eate, for suche be of lyghte dis estion and of better humour . Foz p onge propons, not able to flee, are uperfluoully hotte, and moiffe: wher y they engendze groffe humours, as Muicen sayth. But olde pygions, foz Au, ii. ca heir ouer great heate, dzoughte, and cap. de ifficulte of digestion, are to be esche colubis. ped. And lykewyle olde turtils. The rt is a quaple. Some doctours save, pat a quaple is of lyght substaunce, Ind engendzeth good bloudde: and is hery hollome for hole folkes. But afr p minde of Ilaac, quailes ar worfe pan any other wylde foules:noz thep ire not to be prayled, neither for their loury Gement noz for digestion. For th2ough

Au.ii.ca ea.de

through eating of their flethe, ocrape is to be feared, as Anicen fayeth. And he sayth, the reason is in the subiface of their flethe, that they engendze the crampe. And for this cause Frenches men bake and eate quayles with fofter buttery chese. Bet by the quayle map be understande an other byzde, a litell moze than the forlayde pertriche, of the same colour, with redde feete and bplle, of a delicious fauour. And on i this wyle Kalis taketh a quayle, what he preferreth the flethe therof about b nethe of a frare, and all other foules. The seuenth is an ofell: whiche lyke wyle thould be eaten young. The. vitti is a phelande: whiche of all phylicios is nombred for one of the best fleches... Foz flethe of that foule is moothe hole fome for mans nature: and it is meater toz pzynces and great estates. Confis liator layeth, that the wylde Felantt is best both for health and strengthe. And also peraduenture buinersallye, for as muche as they be very lyke bus to hennes, and well nere of the same happe. And they be dayer of ayze and offedyng, and larger of erercyle. Then nonthi

TOF HEALTH. Fol. IXXII.

puth is a wodcocke, the flesh of this proe is specially holsome. The tenth sa pertriche, whose flesh, as Auten Au.ii.ca apeth, is subtyle, and a greate fatter, ca. de cu fcoureth away the dropfy, and come bigine. lozteth the fromake, and also augmen eth carnall luffe. Pet neuerthelelle tis a bynder. And this Aethe Galen Gal .iii. zeferreth aboue all other. And it is alim, ea. mapde, that customable eating of this xvii . et ethe, comforteth the memory. The xviii. de leuenth is a ruddocke, called robyn ingenio ed bzeaft, it eateth grapes, and fleeth ca.ii. wyftely as a frare doeth, but it nous pheth better than a Care doeth, and bey haunte muche about the bines, and they be dronke by eating of grapes, and they be best in season to eate bout al Halomas. The. rii. is Orex. mulbhiche as some sap is a fesant hennes s some say a moore hene: whether it le a phesant hene or a moore henne, & leth is of good nourithmet. The. riii. Babird called Tremul9, which bird omonly abideth nere & sea cooste & is elle fin quatite than a henne, & ruffet if colour, it cryeth lowde and neeth wyfely, and whan it plumeth bpon b garth

earth the tayle waggeth ftyl, and then foze it is called Tremulus, and byom the head therof groweth log fethers. It is not the same birde the whiche is bulgarly called a wagge tayle. The fourtene and laste is, Amarellus, whiche also is a water foule, lyke bus to a ducke, but it is leffe. And to speke generally, among foules to eate, thep be best prayled, y be swyfter in flight. And as the flelhe of the forlayd foules are of a commendable nourythment, and of easy digestion: so lyke wyse the nethe of some foules is of a discomme dable nourythement, and harde to dis gette, and of bnegall complexion, asi the flethe of geele, pecockes, and mass lardes, and universally of all foules that have long neckes, long bylles, & lyue bpon the water. And so is y flesh of sparowes, whiche are erceadynge hotte, and butemperate, and sfereth to bodely lufte. But touchpuge the election of foules slede, ve thall bnder Cande, that their natural nourishing muste be consudered, that is whether they be restozative, lyght of digestions lyght of substaunce, of of labeyle oper ration,

ration, and so after their divers properties to praple theim. Wherefore Balen beholoping the easy alteration and lubtylte of pertriches flethe, preferreth them. But Kasis with Jiaac conspoering the subtilte and lyghtes nes of the Care, preyfeth that belt.

Isac also after the divers intencios of wylde foules fielh prepleth divers. Auteen commendeth the turtils flethe aboue other, eyther hauping respects to the propretie, whereby it strengs theth and comforteth a mans buder-Gandeng, or elles in the countrep of Araby, where Auicen was bozne, cur tilles are better than in other counintreis. Farther witteth well, that the Rethe of foules is more hollome, than of foure legged beaffes, for them that foglake labour, and grue them to fus may and contemplacion, for it is foner rigelted, as Galen saith: pet this fleth Gale. iii

of foules is soner digetted than of besalimen. mile Ces, & specially of partriches, which in ngedzeth clene a purc bloud, that is isposed to augmet & to tharpe popers fons of the braine, the which is mas inderstanding, cogitació, 4 memozy.

Si pisces molles sunt, magno corpore tolle. Si pisces duri, parui sunt plus

valituri.

This tert teacheth bs.ii.knowledges touchyng the chopce of fyshe. Fozey. ther fylhe is harde og lofte: if it be loft! than the elder is the better. The read son is, for softenes cometh of humidis te, the whiche is moze digeffed in olde! fosshe than in young: and so whan suche fishes be young, they engendze: muche moze fleume than whan they be olde. And so it appeareth, that anim olde rele is holfomer than a young, the as some save. But if suche fysithe be harde, than it is holfomer yonge, that in is to lay, it is soner digested, as pykes and perches be. For the hardenes res

Au.ii.ca fifteth vigestion. Foz Auicen sayeth. de pisci. Diharde fythes take the smallest: and of lofte fylikes, chole the greattest.

> Lucius et parca, faxaulus, ette albica, teuca. Gurnus, plagicia, cum carpa, galbio, truca,

Here are reherled tenne lostes of fylothes that be very hollome for mannes body. The first is a pyke called the tyonanne of fylshes. For he not onely desuoureth fyshes of other kynde, but also of his owne kynde. On whome these verses were made.

Lucius est piscis rex et tyrans nus aquarum.

A quo non differt Lucius iste parum.

The fylthe of pyke is harde, capyke s swyfte in swymmyng. The.ii.is a perche derqued of this verbe parco, parcis, to fozbeare oz too spare, by a leane contrary sence, for a perche spa teth no fythe, but woundeth other fys hes with his fynnes on his backe, noza pyke dare not benture bpon a merche, but as Albertus layeth, there a naturallamitie betwene the perthe and the pyke. Fozif the pyke bee lnes hurte of an other fysthe, be is ealed with great difficulte. And wha e is hurte, he goeth buto the perche, and the which seying him hurt, toucheth & acketh his wonde, and so the pike is L.y. 柳

healed agayne. And the perche is like wple an parde fpthe. The thyzde is a fee tythe called a fole, whiche is a speciall good fishe. The fourth is a why tong. The foste is a cenche, whiche is a freshe water fyshe, and the skynne: thereof is Apppery and Apmp, & fome what blacke, and the meate thereof is harde. Alhan so ever one wyll dreste: a poke, a perche, oz a tenche, he muste take the skynneawaye. The syrt is Gurnus, whiche is a lea fythe. This fyllhe is as great in quantitie, as half! a mans middle fynger, the whiche is eaten with the head and fynnes. The feueth is a playce. The. viii. is a carpe a freshe water fyshe, b which is much flymy: but great estates haue the soo il in wyne, and so the aymineste is done away. The.ir.is a rochette, a fea fift, and it is a fully of harde meate & hole illin some. Some other tertes haue gouio that is a goven, whiche is a very hole some splh. The.r. is a troute, b which in eatyng is like famon, and pet it is no famon, it is longe and not groffe, it is taken in great rouers, and woll suffre it selfe to be rubbed and clawed in berngi

Arman'x

being in the water, and so it is taken, and thereof pasties be made with spys ces, and it is ryght deputy fythe. And touchyng the chople of fphe, pe hall fyza bnderstäde, that tpihe, if it be copared to fielbe, is of leffe nourythmet, and is lyghter of digestion, and the nourythement therof is ful of fleuma tike superfluitics, colde and moufte, and thei be hardly digelied, and abide longe in the Comacke. And by reason that the stomacke laboureth in the dis geffyng of theim, a that other whyle they be corrupted in h fromacke, they recepue a certapne putrified qualite, and engendre thyrifpnes. And furely the nourithement of hollome flethe is better than of fothe. Secooly worteth well, that sea fyshe is better in there: giment of healthe, than other of the fame forte that is taken in freshe was ter. For their nourphement is not fo superfluous, and is more neve to the nature of flethe. But because sea fishe is harder than other of the same sozte that is taken in frethe water: therfore it is of a moze difficultie in digettion, and of a more pure nourplhemente. L.iy.

Cddicios of good fythe.

Det not withstanding, freshe water folhe is hollomer for speke folkes, by reason of their feble digettion. Third ip frihe as wel of falte water as freff Mould be chosen, the whiche whan it is drelled is whyte and not clammy, that is baytell, and not very groffe, it must have a good sauour, that doeth not foone putrifie, and a good colour, nozitmay not bee bredde in lakes or pondes, noz in fplthp places, noz in water, wherin groweth pll wedes. And they ought not to be to olde noz to young, they thould be swyfte of mo upng, and of smal clammishnes. And if it be lea fplie, we must chose suche as is taken in rouces a good way froi the fea, and suche as have the other: forlappe condicions. And the more: skalp that fythe is, the better it is: and it is lykewyfe buderstande by the fine In ues. for many fynnes and skales, bes token the purenes of the fpshes sub-Staunce. Also amog the sea tythe, they be best that be bred in the depest was ter, the whiche ebbeth and floweth. And therfore the fifthe that is taken in the north lea, that is more lurgynge,

and moze tepeltious, and moze swifte in ebbyng and flowing, is better tha the fythe that is taken in the dead oz the fouth sea. And reshall lykewyse bnderstande of freshe water fyshe. For tythe breede in depe water, is bet ter than other of the same sozte bredde in halowe waters, and lyttell bzous kes. And by this may sufficently bee knowen, whiche fothe thould be chos sen, and whiche Mould not. Foz beas Miall fythe, as the sea swyne, dogge fythe, and dolphyn are buholsome in the regiment of health. For they be harde of digettio, and of superfluous humours. Poz in the meate of the for layde fylhes, the about nombied condicions appeare not, as whytenes, subtyltie, and such other. And if those fythes & suche like chaunce to be eate, thei shuld not be sod as some as thei be take, but thei thuld be kept a few days after: tyl tyme the meate of the mollyfie, t ware teder, without corrupting of their substance. And also y forsavde fiches be better a litle corned with falt than fresh, 02 btterly saite. And amog all sea fythe, the forlayde condicions L.iiy. cons

confedered, the rochet and gurnarde seme to be moste holsome. Foztheir meate and substaunce is moste pure, and nerte too theim is a playce and a sole. But the meate of those twoo is moze clammye, lesse frangyble, lesse whyte, moze groffe, and lesse subtyle: Por the fauour or smelle is not so des licious, and perchaunce the whyting is moze comendable than the rotchet. Itis not lo groffe and clammy, as a playce and a fole, and the meate there ofis fragyble inough, but the releth, smelle, colour, purenes of substaunce and mobilite conspoered, it is not soo in good as a rochet and gurnarde: and lykewyse ve thall bnocrstande of hear ryng, and the fyshe called morua, bestim yng yonge inough, azaweth nere the forlaid fythes in goodnes, to y ichaue the about said codicions, pet it is grolling fer a moze clammy than the forlayou fythes. But salmon, tourbut, 4 macs kerel, be not so good: for they be much in groffer, moze clammy, harder of driving gestio, & fuller of suprfluite. Therfozeille thep be only hollome for labourers & lin yonge folkes of fronge completion:

and they? clammynes, groffenes, and tolones, may be taken away with cer mitein sauces . Amonge freshe water fythe (the forlayde conductions confybered) the perche and pyke are the best, so that they be fatte: and nerte to them are the bendoffes, and than lops Mers. And thoughe & perche be moze thalpe than the afoze saide spshes: Dec the meate therof is as whyte, frangis ble, and subtyle, as the pike and carpe tit is ofte foude in pondes. And bnis wersallye, the best freshe water fyshe of the same sorte, is it that is taken in mouse water that is Konpe in the bottum, runnpage northe warde, depe, and laborynge moche, where buto runs neth no broeurs of cites: and wherin no wedes growe. Creneces both of the see and ryuers, are moche nutras tive, noz they do nat lyghtly corrupt the fomake: but they be harde of dis gettion. Farthermoze note, y freshe fythe dothe moute the bodye, and encreace mplke and fede of generation: a is very hollome for colerike folkes. And after gret trauaple oz moche las bour, we houlde not eate fyshe, for than 210

Cating of fyshe good and badde.

And they y have a weake fromake of all of yl humours, ought to be ware in of eating of fishe. Poze over, große in sishe to eating of fishe. Poze over, große in sishe to eating of fishe. And systhe of long than freshe fyshe. And systhe of long to the saltyng is unholsome. Also sishe and siche together shulde not be eaten after other in such that the salt of the alystell salted, and in smalle quantite taken is holsome: In smalle quantite taken is holsome: In state of the salt s

Vocibus anguille praue sunt, sii comedantur.

Qui phisicam non ignorant hec testisicantur.

Caseus anguilla ni mis obsunt si

Ni tu sepe bibas, et rebibendo bibas.

The auctor faythe here, that the pels is an unbolsome fyshe, and specyallys it hurteth the voyce And this he prosupthe by the sayinge of physytions,

nd Audentes of natural philosophy. The reason is, bycause an yele is a Ilympe fythe, clammie, and speciallye I Copper: and it wateth moche of the onditions of good tythe before spoten. And this that is sayde by an pels maye be buder frande of lampzeys: all houghe lampreps be a lyttell holfo. mer than yeles, and lesse ieoperdouse 102 that they be not so clammy and so groffe as peles be. And thoughe thefe the fythes be delycyous in taste, pet they tion in the water, is lyke the general Ition of sepetes on the erthe, wherfore It is to be douted leste they be beno. mous, and therfore the heedes & tays les, in whiche the venome is wont to be, and lyke wple the Arringe within, mulde in nowple be eaten. Allo it is good to plunge theym alpue in good who were, to take away they? clammines and lette theym lye ffille therein tylle thep be deed, and than lette them be byghte wyth galentyne made of the beste speces, as great estates cokes are wonte to do : pet it is good to pars boile the twise befoze in wine & water and

ant

e that broth done away, to sethe theman through, and to make galantyne form them, ozels to bake them, oz frie themil in grene sauce wyth Aronge spyces, and a lyttell good wyne in wynter, El in sommer to dresse theym with a lytal tell wone, verieuse, and vineger, butili he that can forbeare these two syshesi both best. Farther the text sapth, thatil chefe t peles do hurte moche, if thepr be eaten, and this is to be bnoer fode, if ye eate great quantitie therof. The cause of chese is before thewed at Peri fica poma. &c. And of veles here: nowe before. Dit foloweth in the teres that if those thynges be taken wyth ofte daynkynge of wyne, they hurtes fulnes is amended, and this shulde! not be buder frond of subtile and percong wone, noz of wine that is given in way of ozynke coductyue, for fuche wone hulde not be giuen boo meate. the whiche meate engendzetbe pl bus mours, whan it is eaten : noz befoze, Au. iii.i. noz akter it is digested, as Auice saith ca. dere. Foz than snche wyne enduceth great hurre, for it causeth pll humours that are engendeed of that deinke, to entre inte MINI

aquæet vini.

unto the extreme parties of the body: whiche peraducture were not able to entre without belpe and leadinge of the wine. But this is to be bnoer uad of Aronge wone, not greatelye pers cynge, ofte tin smalle quantite gyue to thentent to myre the meate toges ther: Foz suche wyne dothe alaye the malyce of the meate, and comfortethe digestion, and dyzectethe the fleumas tike colde humours, wherfoze it hele pethe the digestion of chese and peles, which e are of yll digettion.

> Inter prandendum sit sepe pas rumq; bibendum.

> Si sumas ouum, molle sit atq; nouum.

Pere hauctour toucheth.ii. thinges. The first is, that one at opner & sup= per thulde eate well and dynke ofte and alpttell at ones. And not to do as a brute beaffe both, that eateth his fils le of meate, and dzinketh afterwarde. For the better the depuke is myngled with the meate, the soner p meate is mollyfyed, and the moze capace of dis gestion. And here is to be noted, that there

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there is.iii.maner of dipinkpinges. The fyzite is it, that myngleth the meate to gether: the.ii. is it that bilas 1/4 teth. The.iii.is it, p quencheth thirlf, The fyrite that we spake of is to be bnderstande of daynke myngled with our meate, though we be not thyzity. Thus we ought to drynke ene as we haue eate a lyttel. Foz ercept a better ! reason, I saye we may e not abyde tyl the meales ende, noz til we be a thirff And this maner of dzynkynge is spes cially good for themy feede on meats! that is actually edzye: as appereth by licke folkes, that eate dipe breadde. But suche as be in good tepze, Mould not daynke to quenche their thirst tyl the meales ende: for than cometh the true thirst, by reason p meate is hotte! and drie. Hit is not very reasonable, that thyeff and hunger thulde allayle bs both together : for they are of contrary appetyte. And thus one thoulds depute after as the thyeff is more or lette. Devnkynge dilatyne is moofte convengente after the fyilt digeltion regularlye, and a littel befoze we take other meate. And thus manner of dayne

deinking is hollome, wha the meates befoze taken be groffe in substaunce: Por thus to drynke, we may nat tary tyll we be thyzitye. Foz this dzinking preparethe the fomake to recepue of ther meate, and causeth the mete that is orgested to departe frome the stor make to the lyner: noz this ozinkynge boulde not be in greate quantyte, to theande it maye be soone dygested. Hoz befoze it be opgested, it goeth not to the louer. And this is of truthe, era metepte suche dzynke dvlatiue be water, in whiche one muse nat tarve tyll dimagestyon before it come to the lyuer. But regularelye convenyente dzinke in oplatque or permyrtque, ought to be wpne, ale, beere, perrep, 02 such lyke, but wine is best: Decondlye, the grosler, deper, and colder the meate is, the tronger the daynke permyrtyue and foll vilative thulo be. And contrarie wife, the botter, subtiler, 4 moister p meate is, the weaker the daynke permyrty, we and dylarque thoulde be. And the fur moze subtyle, hotte, & dygestible the meate is, & weaker & dzinke oz wyne aught to be. Wherfoze one oughte to dzvnke

dignke stronger wyne wyth befe, the with chykens, thronger wyne with stille than with stelle. The it doctries ne is, that if we wyll eate an egge, it must be rere rosted and newe. The cause thereof is before sheweds.

Pisaq; laudare decreuimus ac:

reprobare.

Pellibus ablatis sunt bona pulsifa satis.

Sunt inflatiua cum pellibus atza

Here the auctour faythe, that peafon some wave be holsome, & some waves buholsome. They be holsome to eater whan the hulkes be taken away, fozi if they be eaten in the huskes, they ens Aate. And therfore it is not artificiall to eate theym in phulkes, for the nature of that within the huskes dyfi agre. The one laboreth to be losed & to go out: the other with fandeth and byndeth, as Isaac saythe. Therfore: they cause roumblyinge, gnawyinge, and inflation in the bealp. And pear sen doo not this alonelye, but also all poulce, as beanes, chyches, chestons, and

and suche like. And specially suche as baue moche huske as beanes & blacke rpce. Also the huske of them al noury Geth wozse than the pythe wythin. And here is to be noted, that there is a maner of whyte roude pelen: where of the cod is verye smalle and thynne: and one maye eate these peasen with the huske, more surely than other, all though it were better to hulle them. and albeit that the reason afoze said un lis trewe touchynge all poulce, pet pe hall buderstande, that the hulles of grene poulce is lesse, and lesse dyner. pte is betwene the huskes & the pithe wythin, and moze easpe to digelfe. and therfore some save they be more rollome foz folkes in helthe: but it is tot fo, for grene pulce isof right grets uperflupte and corruptible lubirace, pherfoze they be lette holfom foz hole olkes. And note this for a truthe, that ape pulce if the beter hulke be taken way, is moze holfome than grene: lut grene is better tha day buhulled. farther, the substance of all poulce is Matine and harde of digestion : and reir yl nozishmët is bubolsom in the regiment 99.1.

regiment of helthe: but the brothe of the is hollome. For the broth maketh the bealyelaratyue, and maketh one: ppse, and bustoppeth the bepnes. Wherfore it is hollome at such times ! as folkisble grolle & opilative meates! as on fastynge dayes. For this broth 1 or pottage conveniently made, is not! so hurtefull as the substance: thering is no inflasyon, nor diffeculte of nos rythement or digestion. This broth is made on this wyle. The ryce pealed muste be lapde in warme water, and therin to be all to rubbed with ones handes a good whyle: and after in the forfaide water hulde be tempered all the nyght: and therin the nerte nyght folowing to be boyle otwole or thaple and than dyghte, and so reserved. And whap houre of owner drawethe nere, to diesse it with consmun and saffron, and a lyttell courtspe wyni put therto: and tha bople it ones, and so eate it at the begynnyngs of diner or soupper. And p broth or pottage of ryce and of rounde whyte peafon is bery hollome and frencly to mas na ture: and lyke wyle they, lubitance. regiment

Lacethicis sanum, caprinupost camelinum.

Ac nutritiuum plus omnibus est afininum.

Plus nutritiuum, vaccinum sit et ouinum.

Sifebriat caput et doleat, non est bene fanum.

Bere the auctour teacheth bs certaie lections to chose mylke. Fyzite gootes To chose milke is hollome for them that be in a mplke. maconfumptyon, oz be lene, oz that have consumpng ague. And Auten latth Au.ii. ca mathat gootes mylke and affes mylke is ca.dela. mo good for them that be in a consumption. By reasonne that goottes mylke a.i.iii. s temperate, and nourysthethe much tract, iii, and nerte to this is camelles mplke, capi, de Foz that is subtyle, very watterythe, remor. intend mooth, and by reasonne that it is medicme very movit; it nourpheth but lyttell: humact ind therfore it is not so hotsome for ethicos. hem as goottes mylke is: vet this cae melles mylke, newelve after folynge, s hollsome for them that have the 20plye, and for theym that have any dufeafe

disease in the liner: fozit renineth the Au. ii. ca lyuer, as Auycen saythe. Secondelye ca. de la he saithe, that alles milke is most bols some for dipe folkes in a consumptio. de. This is of trouth, if ye wyll compare alles milke, with milke of other brute beattes: foz it enclynethe to coldenes and humpdyte, and is subtile and soos ner entreth: and moze flowelye contes leth, than the milke of ani other bzute Gale.vi. beatte, as Balen laythe. The lame lat de inge, ethe Auvcen, and that after womans milke, there is none to alles niglke. ca.vii. And he laythe, if any helpe the feuer! Au.dela ethycke, it is alles mylke: yet to coms de. pare alles mylke worth womas milke it is not foo hollome. For womans mylke taken by suckyng, is most hold Auice. i. some, as Auicen saythe. By reason quar. lo. that womans milke is colde, moylte, prealleg and moze lyke to mans nature, it en treth moze swyftely, and is digested moze sooner, nozishethe better. And this mylke to be gruen to them that be in a columption, thulve be mylked as nere the pacientes beddis spde as is postyble, and furthwith to mpnya

Are it buto him, lest the ager corrupt

ft. And here is to be noted, y in some casis, sower oz butter mplke is better for folkes in a consumption than womans mylke or affes. Fyrit whan by this feuer ethycke, they be caste in a laske. The.ii.is whan they suspecte coagulation of the mplke in the stor make, epther by behemente heate of the feuer, ozels bicause the stomake of it selfe is colericke, the mylke shoulde tourne to coler. The.tit.is, whan the ethicke feuer is coupled with a putris fied feuer: specialli whan there be not many opilatios in the interpour pars tes. For sower mplke reffreineth the bealy, and both not lyghtly turne in no coler, for the buttrynesse of it is in roone: wherep the milke dothe light, y enflame: noz in a putrifped feuer it nt Is not soone putrified. The.iiii.pf the molfomake be foule mpike oothe lyghtly de l'orrupte therin. The.b.is. whan he in that bath the ethicke disease, abhores the the dulce & cleane milke, but not o ower oz butter mylke. The.iii.leston is, that cowe milke, and thepes milke te maze nutratiue, for thep be fatter groffer then other, as Auicen faith, and M.iu.

Auic. ii. că.ca.de lacte.

And all those beattes mplke, that in bayinginge forth their yonge, cotinue: longer than a woman, is buholfome, but the mplke of those, that beare es gally with woman, is most hollome,

Rasis.iii as cowe milke. But Kalis sayth:that Alme, ca the cotoe mylke is the groffeste mylke de lacte, that any beaffe grupthe: and therfore

it is hollomer tha any other, foz them that delize to be fatte. The.iiii.lesson! is, that mylke hurtethe theym that haue the ague, or the heed ache. The cause why is afoze the wed at Persical

poma,&c.

butter.

Lenit et humectat soluit sine.

febre butirum.

Dere the auctor theweth thre propres tes of butter . The fpasse is, butter mollyfyeth the bealpe, and makethe it Appperpe, by reason that it is culpe. Threp20 The.ii.is, that butter is mopste, foz it preties of is made of the best parties of the milk wherfore it muste nedes be mopste, seving that the mylke is movife, where ofitis made. The thirde is, that it !! lousethe the bealye, and that is by the Appperenes that it causethe in the guttes.

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guttes. These three propretes Auicen reherceth. And these three propretes butter enduceth in a body, that is not sicke of a feuer: foz it hurteth theym that have an ague, by reason that the buctuofite of the butter angmentethe the heate of the feuer. And al beit that Au.ii. ca butter causethe the forsayde propres ca. de bu tes: Pet by reaso that is ouer moulte, tiro. and buctuoule, it is buhollome in the wave of meate, and specially eto eate moche therof. Fozit engendzeth loths sones & maketh the meate to swimme aboute the brimme of the Comakiand larethe the bealpe out of measure, and prouoketh one to bompter. Therfore butter chulde in no wyse as meate be eaten in great quantite, and specially it hulde not be eate after other meate but to vie it with other meate, it is bery hollome.

Incidit atq; lauat, penetrat mus

dat quoq; ferum.

Here thauctour theweth.iii. proprestes of whey. The fyrite is, it is incyfone or subtyle. The seconde it is was
though or scouryng. The third is personage, whiche properte procedethe of
P.iii. the

The proppeties of Alhey.

cte.

Alman.

Aui.ii.ca the fyzite. The fourth is, it eleleth oz ca. de las pourgeth. Auicen recyting these p200 perces saythe. That whey is subtis liatiue, walhynge and leulynge, and Rasis, ili therin is no mozdicatio. Kasis sayth, that whey doth expelle ruddye coler, skabbes, & puthes, and also pympuls in the face, and also it is holsome for theim that have the faunders, and for theym that be dystepered by to moche dzynkynge of wyne.

Caseus est frigidus, stipas, gross

sus, quoq; durus.

Caseus et panis bonus est cibus hic bene fanis.

Si non sunt sani, tunc hunc non

lungite pani.

Foure p preties of chese.

caseo.

Here the auctour recyteth. iiii. propretes of chese. The first is: that chese is naturally colde. And this is to be buderstonde of grene chese, & whiche is colde and mouste, and not of olde chese, the whiche is hotte and day: as Auic, ii. Auicen saythe. Dz elles it may be bnderstonde by chese, y cruddethe onely of hmylke without minglinge of any other thinge, for there is some chels

natus

naturally hot, that heteth & fromake, and byteth the tongue by mynglyng of other thunges therewith, as some these that is grene in colour, of which fone eate muche in quantite, it doeth peate and enflame the body . The fee conde propretie is, that chese maketh nne coffife, and this is of trouthe, fpes initially if it be harde, and made with nuche renles. The thyzde properte is hat all chese engendeth groue hus mours: foz all chefe is made of y grof er a more earthy parte of the mylke. The fourth proprette is, that mylke ppnoeth the wombe, and this and the econde is all one. Farther the terte lapth: that though chefe, that is eaten Illone be buholfome, by reason that it auseth pli digestion: pet if one eate a bettell courtsp with bread, it shall dis reste with the breadde, and not other Intle: And this is of trouth, if hole fols les and not sycke eate it: we spake bes oze of chese at Nutrit et impins tuat. &c.

Ignari medici me dicunt esse nociuum.

Sed

Sed tamen ignorant cur nost

Languenti stomacho caseus

Si post sumatur terminat ille dapes.

Qui phisicam non ignorant hectestisicantur.

Here the audour blameth them that absolutely reprove the ble of chese. And expressed two brilites thereof. First chese cosozeeth a sicke stomake. In Wit note well, that all chefe doth not in eafe enery diseased from ake. In some th cases all chese hurteth the Komake of selds knyttyng, and energe fomake weaked by longe spekenes. But new grene chefe of small clammynes, com fozteth a hotte Comake, as Kalis laith it represseth his brounes and heate. And eke it comforteth a drie stomake, by reason that it is moulte. And older chefe oz very tarte oz muche crudope, hurteth muche suche fromakes. But olde chefe, or very cruddy chefe comi forceth the fromake, about the whichen bangeth muche fleume: foz such chele

with his tartenes cutteth and scous rethawave the seume. But new and softe chese hurteth suche a ssomake ryght muche. The seconde brilitie is, that cheese that is eaten after other meate, maketh it too discende downe into the place of degestion: that is the bottum of the Komake. All this they knowe, that have the very science of phylyke. And Kalis sayeth: that a lyttell curtipe of tarte chefe, eaten after meate, fortifieth the mouthe of the Romake, and taketh away the oner muche saciettie, and lothynge, the whiches weete and buduous meates are wonte to engenoze about the stomakes mouthe.

Inter prandendum sit sepe pa rumq; bibendum. Vt minus ægrotes, non inter fercula potes.

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Dere the audour teacheth two less. The first is, that a man at his meate should depute lyttell and ofte. But this thynge is already declared. The second less one must soebere depute, specially if he meate

meate that he did eate be bndigested in the stomake, excepte great necession te constrayne hym to daynke, for dain the kyng than letteth and breaketh diges stion of the meate that is afore eaten. For it causeth the meate to descende the stomake bndigested, t mark teth the appetite, it greueth the body, and engendreth the seuers, and other diseases.

Vt vites penam, de potibus incipe cenam.

Here the audour sayth, y one oughte to begynne his supper with depnke. Some expounde this verle thus. If thou wilt eschewe sycknes, dzynke at supper or thou begynne to eate. But this expolition is reproved. For after phylicions, a man thould beginne his supper with meate, 4 not with drinke. And all though this booke was made foz englyshe menne, pet they kepe not this rule: for at what houre of the day. soever they drynke, they eate firste a mozsell of bread. Therfore this verse may be expounde otherwyle: caking depute for meate moist and easy of digestion as Hippocrates taketh drinks Whan

Hip.ii.
partice
aho.

bhan he layeth. It is easier to fpl one with ozynke than with mete. So that he sentence of this verse Moulde bs bus. It is better to begynne our sups wer with dignke, that is with meats moiste, easy of digestion, than with meate that is groffe, harde, and of yll ligestion. The reason is, if one eate meate that is mouth a easy of digestio, ifter meate that is groffe and hard of higestion, by reason of the digestyne peate of the nyght, it wyll be digeffed onge befoze the groffe meates. And whan it can not for the groffe meate hat is budigeffed haue illue, it bours neth ouer muche: 02 if it illue, it pluce seth with it parte of the groffe meate hat is bndigested. Therfoze it is best to begynne with meate moyire and easy of digestion: that whan it is dys gested, it may without let issue out.

Singula post oua pocula sume noua.

Post pisces nux sit, post carnes caseus assit.

Vnanux prodest, nocetaltes

Pere

Pere be certepne lellons. The first is. to drinke a draught of wone after one: hath eaten a news lavo egge rere rom Red, is very hollome. The reason map be, because a newe layou egge rere roei Red, is of ryght great nourylyment, and easely oigesteth; and it is of that: forte that in smalle quantitie nourpas theth much: and principally the police: as is before sapoe at Oua recentia, So that the wyne, whiche is frenolpe: to nature, causeth that pegge is more: delyzoully drawen of the nourphyng membres, and helpeth it to entre. An other cause may bee. An egge viscen deth but flowely downe: and divnke: helpeth it to discende. The second docs trine is to eate nuttes after fplibe in steede of chese. For nuttes by reason! of their dipnes, hynoseth the engens daying of fleume, that is wonte to be engendied offph. And for this caule, nuttes are the laste service in lente. The thirde lesson is, that after flesshe we muste eate chese and not nuttes, for nuttes doo dry overmuche, and fo both not chefe: but it causeth & meate to descende to the botth of & Comake,

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ohere the vertue of digestion is. And his is certepne, if the chefe be neither obolde noz to newe. Farther the terte Anutte nath in y last berle, that a nutmegge shotfome for the body: it maketh the mouthe to fauour well, it comforteth he fyght, and lykewyfe the lyuer, and be splene, and specially the mouth of he Komake, as Auicen laich. But the other commune nutte, called a walle rutte, is hurtfull. This walnutte, as Auten laveth, doth enflate, it engens nzeth ventofitie in the wombe, it is parde of digestion, and stereth one to ca-ca, de pomite, a that is by reason that it is nuce mus botte. But the.iii. nutte, that is the cata. nutte of the crosse bowe is deathe, for the croffe bowe fleeth men. De els we may bnder kade the nutte methel: which as Auicen layth, is benomous, wher foze it fleeth.

Addepotumpiro, nux est me dicina veneno.

> Fert pira nostra pirus, sine vis no funt pira virus.

> Si pira funt virus, sit maledics ta pirus e di di

Si coquas antidotú pira sunte sed cruda venenum.

Cruda grauant stomachum, eleuant pira cocta grauatú i Post pira da potum, post poz mum vade fecatum.

In the first verse here the auctour lerren neth bs to dryuke wyne after peres. For peres (as it hathe bene before suffin ficiently declared at length) engendzen bentolite: and of their proprette themal cause the colpke, and engendre blouding ful of aquofitie. And therfore with this one hould daynke Arog wyne: which consumeth ventosities and aquosities in engendzed of peres. Secondly he laith lin that nuttes is a remedy againste beating noume: as it hathe bene thewed at the Allianux.&c. Farther in the second e thyzde berse he theweth, that peres in that be eaten without wyne, are besite nemous, that ishurteful to mans nas to ture, the cause is thewed in the firster m verse. Pet-foz all that peres be not besite nemous symple, for if they were, they would flee bs, and peres fo doyng are: accurled. In the fourthe verse he thesi weth

weth, that rawe peres are benomous that is to lave hurteful: for they make be humours to boyle, and breede the olyke, fleume, and skabbe: pet if thep e fodde, they be medicinable, in mas er as is before laybe, that is to laye with wone: and specially if they be ear after other meat, for so they expulce mabe dregges. In the fifte verse he saith mat rawe peres greue the Comake: 2 they hynder digestion, and inflate: at sodde peres releve the stomake mat is greued, and disposen it natue ally. In the latte verse are two thonthes. The fyzit is after peres we must pnke, for the cause before sappe.

the seconde is, that after the eatyng Au.ii,ca appels, we must goo to spege: for ca.de po usen sayeth, if sweet or sower appears in the smake, they force them to discende

emuche inflature, and engendre intolities: whiche nature expelleth

the inferiour partes.

Cerusa si comedas tibi cons fert grandia dona.

P.J.

Ex purgans stomachum, nus cleus lapidem tibi tollit. Et de carne sua sanguis eritqu bonus.

Catyng

Here the audour declaret thre como dities that come by eatynge of chestin ries. The first is, that cheries purgent of cheries the fomake. This some say is trouth whan the Cones be broken and eaten with al: for thefe. ii. together, of their propretie scoure & clense. The seconde is, that the kernell of the chery frone by his vertue, breaketh the stoone in ones rapnes oz bladder: and it is eati dipe of made in mylke. The thyrde is that the substauce of meate of chericen engenozeth very good bloude, and in comforteth, and fatteth the body. Ant this is proued by experience, tor wo se that sparrowes, which ar great ear ters of chertes, in cherpe tyme their lyuers bee farre greatter than in or him ther seasons, whereby it appearethmen that cheries encrease and comfortifu the louer. Det here is to be noted, that the there be two fortes of cherges, groffin and smalle. And eke of the groffer arm two

two forces, some are swete, and some fower. All dulce, and smal cheries are buholsome, for they be lyghtly core rupt, and brede bermyn. The groffe and fower cheries are called Cina, and of these are two sortes. Some be bruddy and lofte of lubstaunce, and Tuche must be eaten freshe and newe gethered, and at the begynnynge of of opner, their nature is to scoure the fomake, and to prouoke the appetite. The other be blacke, groffe and harde of substauce, and specially the sower. M And these hould be eaten after owner 11 02 loupper. The cause is, for by they? Mowernes they close the mouthe of the fomake, whereby the better and spes over digestion followeth.

> Infrigidant, laxant, multum profunt tibi pruna.

Dere the audour reciteth twoo btilites that come by eatyng of prunes. First prunes cole the body. And ther type Portugals y dwel in a hot courre othe prunes alway with their meat. The. ii. prunes make one to taske, by P. ij. reason

alimen.

Au.ii. că prunis.

reason of their humidite and clame Gale, ii. mynes, as Galen sayeth. This is of troutheif they berype. For prunes that be not rppe, be Appticall and nou rothelytell, as Anicen sayeth. And thoughe Damaske prunes haue the capit. de forsayde btilities, pet proprely they be alcrybed to plunes of Armenye, Foz paunes of the coutrep of Armenpare better than any other: and they but bynde the wombe moze behementlye than any other, as Auicen layeth. And wysteth well, that rype prunes are bled, and not burppe. And prunes moste holsome for mas nature be the longe ones, that have lettel substance about the Coone, small, harde, and in maner dzie, the btter skinne thinne, and they hould not be swete in take, but somwhat sower, and of this sozte: are Damalke prunes : and thefe refreshe and coole the body, as sappe is. There be many other sortes of prus nes, whose vie is not accepted. There be also prunes called wylde prunes, the whiche growe in the woodes: these be not laratpue: of them water is distilled to bynde the wombe. Paunesim

The best pzunes.

nes that are taken too make one too laske, muste firste be lavde in coolde water, for than they coole and movife more perfectly and by their apprays nes thei leuse the coler, that thei come to, and so the fomake is better dilys, fed to recepue foode. And here is to be moted, that the mopife plunes and newe are moze alteratine, thoughe they be of works nourythemente, and of moze superfluite: but ozpe pzunes comforte more, and better nouryshe the body. And as it is layd by prunes, To after the maner is understance by cheries. Det notwithstanding the bu midite of cheries is subtile and lesse clammy, whereby they noury the leffe than prunes.

Perfica cum musto vobis das tur ordini susto.

Sumere sic est mos, nucibus so ciando racemos.

OF IS

Passula non spleni tussi valet, est bona reni.

Here the audour teacheth three doc. To drike trines. The fyrste is. That with peas write with ches we should drynke muste for two perses. P.itj. caus

paches.

Lo dike causes. The fyzite is, for muste, is wone w hotte, and boyleth in our boop, which boyling and heate fordoeth the coldes nes of the peache. The seconde cause is, peaches be ryghte colde, and coole the bodye very muche. Therefoze that wone shoulde bee dronke byon them, whiche heateth moze than or the ther: and that is muste, which is knos wen by experience. The maner howe we thould eate peaches and other frust tes, is declared at Persica poma. &c. III The seconde doarine is, that with old with dipenuttes we muste eate respus. For newe gethered nuttes are holow some all alone: but olde dape nuttes in are great divers, and through their la buduolitie they lyghtlye enclame the lin bodye: wherefore replyns with theim muste be eaten, whiche restrayne in flammation and divenes, by reason in that they be mopste. And of nuttes, in spoken moze largely at alleanux, &com The thirde doctrine is, that respus of the eozans hurte the splene, foz thei cauli in butopilation thereof: pet thei are hold be some for the raynes, for by their pronun noking of beyne they purge y raines Scrofai

OF HEALTH.

Scrofa, tumor, glandes, ficus cataplasmata cedit. Iunge papauer ei confracta foris tenet offa.

Dere the audour fayth, that plaisters made of fygges are hollome agaynte thrediseases, that is to save swynes puell, kirnels, t swellinges. By swys mes euil is biiderstad inflation biider the chynne about the throte. And it is called Scrofula a scrota that is to lay a sowe oz a swyne, either because this disease chaunceth manye tymes too twyne through their guloutie: or els because the Mappe of this diseases is whened to a swyne, as Auicen sayth. Aui.iii. By kyrnels are bnderstand impostus mes, whiche commonly chaunce on: per the arme pyttes, and in the groy; nes. And by swelling may be buder, itropulis Tande inflations in any parte of the boop. Wherefore to hele these impor a plaisfer ftumes, and specially to rype them, made of fygges hould be sodde in water, and fygges. with the water shuld be mired a littell curtly of byneger, the whiche helpeth the vertue of figges to entre. And wha P.iiy.

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ii.ca. de

it is foode, the fygges must be beaten in in a morter: and than myngled with im a courtly of the water that they were foode in, & so make a playster. A plays in ster is proprely a medicine made oftim someherbeozslower, and the ingce: thereof: as this verse sayth. Cum suc cum ponis et herbam, tunc cata A plape plasma facis. The seconde veilite is, that a playsfer made of fygges and popy seede toyneth or setteth brookens in bones together agayn. And they multibe sodde together in water withouter in binegre: and than frampe it in a moze in ter, and put therto a littell of the was all ter that it was foode in, and so laye ittim to the fore. The reason heros may be: because popy sede both taketh awayer in the sensiblenes of the membres, where

by the ache, that is wonte to chaunce |

in breaking of bones, is done away,

and pronoketh one to fleepe. And the

fygges voo drawe the humidities of h body to the otter partes: which humis

dities brought to y bones, wyl drawer

retayne, or holde them together, but

neuer perfectly knytte them. And with

teth well, that there be thre kyndes of

popies,

ffer of fia ges & po pre sede.

OF HEALTH.

popies, whyte, redde, and black. The redde is benomous, and groweth as monge come. The younge scholers are wonte to stampe the flowers therof, to make redde ynke.

Pediculos, veneremq; facit, cuis

libet obstat.

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Here be declared. ii. operations of figes, fyzite moche eatynge of fygges Catig of makethe one louspe: and this is cere fygges. tayne, if the sygges be dzy, as Anicen saythe. The cause is by reason of the Au. ii. ca malicyousness and corruption of the ca. de. sie humour that is of them engendred. cubus. An other cause may be, by reaso that sygges stere one to sweate moche, where slyce are engendred. The. ii. of peration is, sigges stere one to carnal lust: and lyke wyse they have many superfluites, and augment the sede of generation.

Multiplicant mictum, Ventrem dant escula strictum.

Escula bona dura, sed mollia sut meliora.

Here are declared. If. btilites of medlars. The fyife is, that they encrece brine:

brine: that is by reasone & they make the dregges harde, and foo the wattri nes tournethe in to moche bepne. The ii. btilite is, that medlars make one costine, by reason of they? sower. nes and Aipticite, a therfore the terte faith, that harde medlars be better to stoppe the laske. But pet the lofte medlars be better then the harde: foz they nourphe more and bynde leffe. And here is to noted, that mediars nourpshe lesse than appulles, peres, peches, figges, and suche like: whiche thynge apperethe playnelye by they? egrenes of relytheoztatte, and har, denes of they? substance after they be ruped on the tree, and therfore we thuloe eate fewe medlars, and rather in wave of medicine than meate, and bycause mediars rype not on the tree softe inoughe to eate, they muste be layde in strawe tyll they be softe: And than they be moze delectable and lette Appticall.

in in

tat

met

Prouocat vrinam mustum, cito soluit, et inflat.

Here the auctour recitynge, iii. p20.

OF HEALTH. Fo,xciiii.

pretes of muste saythe, that it pronos keth one to pylle, by reason that the erthy partes scourynglye bitethe the bladder, whan they come thereo: the whiche constraynethe the bladder to auoyde the bryne. And this proprete is buderstande of mustes, that have bytyng lies, as moche repnythe must hathe. For mustes that have grosse lies do not nyppe, but rather stoppe flette the brine, as is befoze sayde at Impedit vrinam. &c. The. ii. pzopzes tye is, muste makethe one lyghtely to laske. The reaso why, is the wed in g fyest proprete. Thyroli, must is inflatpue: for the boyling that it makethe in the body, repleth by vétolites. The causes of these two propretes are the wed befoze at, Impedit vrinam.

Grossos humores nutrit seruis

cia, vires

WIII

ele

leffe.

cito

Prestat, augmentat carnem, ges neratq; cruorem.

Prouocat vrina, ventrem quoq; mollit et inflat.

Infrigidat modicum, sed plus desiccat acetum.

Infria

Infrigidat, macerat, melanc dat sperma minorat Siccos infestat neruos, et pine guia siccat.

Here hauctour reherling.ii. thinges declareth.biti.propretes of ale or bere Fyzite he laythe that ale engenozethe groffe humours in mas bodi, whiche is of trouthe in regarde of wyne. And after y divertite of come or gros substance y the ale is made of, y gros ser humours it engendzethe. Secoo. ly, ale augmentethe the Arengthes: and this dothe ale that is made of the best graine and well sodde, for by reas fon that it nourysthethe moche, it encreacethe Arenghte, Thuzdely, it encreacethe flethe: by realo that it nous rythethe moch: and for the same caute it encreaceth the blud. And these.iii. laste propretes be in stale ale: that is wel sodde, made of the beste grapne. Fpstelp, it fferethe one to ppffe. Spre tely it maketh one to laske. And these. ii.propretes be in clere bere, that hath moche of y hoppe, as bere of Ambur, gens, whiche by reason of the hoppes it

And

At bayngethe one in a laske. And it is not good for theim that have a weake brayne. For this bere, by reason of hoppes, both lightely ouercomme the brayme. Seuenthly, it enflatethe the beatpe: this is of trouthe pf it be pll foode, as Hollade beere dothe: whiche enflateth moffe, and foppeth, & there foze it fatteth ryght muche. The. biii. is, that a lyttel curtip ale cooleth. So both bere of Pollande, Brabande. Beynauite, add flanders. And this is it that we ble dayly. And this proprete is for certayne in respecte of wyne. Pere is be noted, that ale may be made of ootes, barly, and wheate. And as the grayne is altered, so is the complexió of the ale. Dr that is made of barly, enclynethe moze to colde, foz barlye is colde. Pethat is made of bar lpe and ootes, froppethe leffe, and leffe engendzeth bentolyties, and nouryl. Methelece. And ale made of wheaten malte, enclynethe moze to heate, it noury heth moze, and Koppeth moze. And the groffer the ale is the worle it is, the subtiler the better. Farther, ale that is made of thinges, that makethe

one dronke is worffe, as of darnel. Foz this grepne specially engendzety heed ache, and hurteth the senowes. Farther in the texte are. v. propretesi

ceto.

ca. v.

of byneger. The fyzite is, it dzyeth. Au. ii.ca foz Auicen saith, it is a frong dzier. ca. de as And therfoze philitians bydde in the: tyme of pestilece to ble it with meate: Au. iii.i. and ozynke. foz Auicen faith, he thatt I in ca. yni bleth byneger in his meate and dunk: m co doc. vin pestilence time, nedeth not to dzede: the sphenes. The second is that bines !! ger of his owne proprete coolethe.

Thirdeli it maketh one leane, by reason son that it depethe. And this is for a lim very trouth, if one take it fastyng, as im Au. iii.i. Auycen sayth. Vet neuer the leste, the doc. iiii, continuall ble of byneger, speciallye fastyng, bredeth many inconveniens ces, it febleth the lyghte, it hurtethe im the breake, and causeth the coughe, it hurtethe the stomake and lyuer, and vehementlye oppzessethe the senowes and fountes, berunge theym with are

teticall grefes, with tremblynge and Makynge. Fourthly byneger engens diethe melancoli humours, by reason that it cooleth & divethe. Fyftly, bys

neger

neger diminisheth the seed of genera, tio foz as moche as it cooleth, dziethe * makethe one leane. Thele laid propretes Kalis puttethe, savenge, Hys neger is colde & dzie, whiche makethe one leane, it distroyethe the stregthes it diminisheth the sede of generation, it enforceth blacke coler, it weaketh rudoy languine coloz, & makethe the meace subtyle, y it is myngled with. In the last verie thauctoz putteth thre thinges. The fyzite is, that byneger hurteth leane folkes. By reason that it dayethe, the cartenes maketh it to daye the more. For like to yned to like, makethe one the moze furious. And eke euery decayed coplection is holpe by & cotrary, t by & lyke, it is brought in to worle cale. Secondize, byneger hurtethe glenowes, thirdely it mas kethe one leane, as is befoze sayde.

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igen) ealon Rapa iuuat stomachum, nouit producere ventum.

Prouocat vrinam, faciet quoq: dente ruinam.

Si male cocta datur, hinc tortio tunc generatur.

Here

Perethe auctour declareth. iii. btilis tes of rapes temperately fodde, and one inconvenience of the same. Fyzit rapes comfort & stomake: for the stor make digesteth them well, and is nat greued therwith. Secondly, rapes breaketh wynde as appereth by experience. Thirdly, rapis prouoketh the bryne. Det bespoes these propretes, Auerrois saithe, That rapes greatly comforte the lyght. The plof rapes is that the continuall eatynge of them hurteth the tethe. In the last verse he saythe, that rapes cause throwes or gnawying in the bealp, by reason that they multiplye bentolytes, as laythe this verle.

Ventum sepe rapis, si tuvis vis uere rapis.

The tayles of rapes leusethe the beasty. Farther more note, that of all rootes rapes doth best norythe mans bosty, as appereth by the swetenes that is founde in their sauour, for al swete meates nourythe more the body than sower, bytter, or tarte. Therfore by cause rapes be the sweteste of all rootens.

res and lesse tharpe, they be most holo some in pwave of meate, but pet they engendze groffe melacolye bluode; if they be not well digelted. And it is good to purifie theym from the fyzire water, tin no wpie to eate the rawe. They stere one to bodyly lust, & clenks the wayes that the brine runneth.

Egeritur tarde cor digeritur

quoq; dure.

Similiter stomachus melior sit in extremitates.

Redditlingua bonum nutrimés tum medicine.

Digeritur facile pulmo, cito las bituripse.

Est melius cerebrum gallinarum

reliquorum.

Dere the auctor reciteth fine thinges The firste is, that the harte of beaffes s dowelve ovgested, by reasonne hat the harte flethe is melancolious, whyche is hardelye dygested, and Towelpe descendethe, and as Augcen Au.ii. ca lapethe, is buhollome delhe, and as ca. de nu Kasis sayethe, it nourysthehe lyttell. ce. The second is that the mawe likewise

is plos digettion, and flowe of discense dynge, by reason that it is a senowyer membre and grifflye, wherefore it die gestethe yll, tengeozethe yl bloude. Farther the texte laythe, that the ero treme partes of the mawe, as the botal tum and brimme are better opgested, by reasonne y those partyes are moze: fleshy and fatte. The third is that the tonge is of good nozythement, a that! Auic. ii. is touchyng f roote, as Auicen faith,

carne.

ca. ca. de by reason that it is sethye, and easyer of digestion. And amonge all other, as rosted pygges tonge, the skin scrapedi of, is like brawne, as princes karuers: knowe. A netes tonge by reason that it is mortf, is not very hollome. But for all this, these delycate felowes, or they roste a netes tonge, they stoppe! it with cloues, where by the movifes nes is dyminished. And the meate is apter to eate. The fourth is, that the lyabtes are easy of digestion, and east to anopde out, and this is by reason of thep, naturalle softenes. Pet thep,1 nourpshement is lyttell and buholo fome for mannes nature, for it is fleui matike, as Auycen layth. And here

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to be noted, that though the lyghtes Au. ca, ii of a tuppe be buholsome to eate, pet it ca. de is medicinable for a kybed or a soze pulmõe. hele, if it be lapde hotte there buto, as Auicen sapthe. The. v. 15, that a hens nes brayne is belt: whiche (as Aucen sayth) stancheth bledynge at the nose. Dit must be eaten either with salte oz canone. spyces, for of it selfe it prouoketh one to bomyte. And philytions lave', that chekyns braynes augmente the mes mozy. The brapne of hogges are bus holsome for man. But the bragne of a Mepe, of a hare, or of a conp, maye be eate w falte or spices. And of braines we have moze largelye spoken befoze at Nutrit et impinguat.&c.

Semen feniculi, fugat et spiras culi culi.

Pere thauctour reherling one doctri fenel lede ne of fenelle sede, saythe, it breaketh wynde: by reason that is it hotte and daye. Anophylitions lape, that the eatynge of fenell sede engendzeth.iiii. commodytes. Fyzit, it is hollome for the ague. Decondly it audideth poils. Thirdipe, it clenseth the Comake.

Ana D.II.

Catig of

And fourthly, it Marpeth the lyghte. Thefe foure vtylytes are reperfed in these two verses.

Bis duo dat maratrum, febres fu gat, atq; venenum.

Et purgat stomachum, lumen quoq; reddit acutum.

Auic. ii. An Auicen reherspng these.iiti.p20. ca. ca. de pretis faith, Democritus demed, that feniculo venomous wozmes despre newe fes nelle sede, to coforte and tharpe they? lyghte: and serpentes after wynter, illuying out of they caues, do rubbe their eies agaynste fenelle, to clere they? lyghte. Farther note, that fee nelle digesteth llowely, & nourysheth pl and lyttel: and therfore it is bled as a medicine, and not as meate. Where fore it ought not to be vied in the regimet of heithe, but to expelle the but hollomenes of other meates. As we ble some time to eate perfely with lets tile, to relyfte the coldenes and humis dite of the lettile: so lyke wyse fenelle maye be fodde with gourdes and ras pes, to withfrande the buholfomenes of them.

Emendatt

OF HEALTH.

Emendat visum, stomachu cons fortat anisum.

Copia dulcoris anisi sit melio=

Here thauctour reciteth.ii.btilites of anis sede . Fyzste, it comforteth the lyghte, and secondize the stomake: by reason that it heatethe and mundy, fieth the stomake and eke for the same reason it comfortethe the syghte, for Moste nothynge hurtethe-the syghte moze, hurtfulle than unclennes of the stomake. Foz for the from the buclene fromak buclene bas syghte. pours ascende to the eyes that trous ble and hurte the spirites. These are the.ti.propretes of doulce anys fede. And beside these, Auteen rehersyng Au.ii. ca mani other profites of anis sede, laith ca. de a. that it aswageth volours, breaketh wynde, and quenchethe thyzite, caus nifo. sed of salte movienes, it openeth opis lations of the lyuer and splene, engen dred of humidites: and lyke wyle of the raynes, bladder, and matrice: it prouoketh brine, 4 menttruous flire: it clensethe the matrice fro white hus mydites, affereth one to carnal luite. D.iij.

Si cruor emanat spodium sum= ptum cito sanat.

Here thauctour preteth one commos dite of spodium, And that is, that spodium taken, healeth the bluddpe flire: by reason that the vertue therof

cap.de spodio.

comfortethe the liver, and so the liver fortified (whiche is the original fountaine of bloud) the bludde is there beto Au. ii. ca ter reteyned. And Auicen layth, that spedium, is the rootes of redes burs ned. And it is land, that these rootes, moned by the wynde, and rubbynge them selfe to gether, burne one a no ther. Vet Simon the Janwaye laith, that spodium is a thynge, whose bes grunnpage is buknowen buto bs: it semethe to be a thinge bzente, and dis uplios of redes bourned. And it doeth not onely belie the blouddy flyre, but also the laske and spurnge, as Kasys fayth. Dit helpethe also a charpe ague e is cofortable agaynste the chakynge therof, t for over moche auopoping of coler it helpeth the fromake, as Auice sayth. And as spodium, doth helpe & cofozte the liver, so ther be other mes dicins,

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dicins, y haue like aspect & like ppzete to cosozt other special mebzes as Pasce y harte: Puske y brayne: Lykeres y lightes, Caper y splene, & galigale y stomake. As appereth bythese verses.

Gaudet epar spodio, mace cor, cerebrum quoq; musco.

Pulmo liquiricia, splen, eparssto machusq; galanda.

Vas condimenti preponi debet

edenti.

Sal virtus refugat, et non spaz ciumq; saporat.

Nam sapit esca male, que datur absgisale.

Vrunt persalsavisum, spermagi

Et generant scabiem, pruritum, sine vigorem.

Here & auctour teaching. iti. thynges fapthe. That before al other thynges salte must be sette byon the table, as the bulgar verses teache bs.

Sal primo poni debet primoq;

reponi.

Ois mesa male ponitur absq; sale. D.iii. Secons

Secondlye he saythe, that salte resys Neth benome foz.ii.causes. Fyzite foz that falte is a diper: and so dipeth bp the humidites that wolde corrupte. An other cause is, that salte depeth & suppresseth the humidities, drawing them out of the body, * soo chuttethe the poozes, and consequentely stops peth the entrance of venome, whiche is wonte to entre by the poozes. Ses condipe he saythe, that salte maketh mans meate fauozy. Foz comonly we se no meates sauozpe withoute salte, as laythe the threde verle. Thyedlye thauctozopeneth.iiii. inconuenièces of salte oz meates to moche salted. Fyzste, verye saltemeates marre the

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salte thinges depouer moche. whiche Phi.i de is contrary to the eies, the instrumes tes of lighte: for the eies are of the nas sensu et ture of water, as the Phylosopher sensato. sapthe. The.ii.cause is, sozthat meas tes beri salte engendze ptche and nip. pinge, in maner as is afoze fayde. Dimozdicative meates beinge in the Nomake, fumis mozdicative arelyfo ted by, whiche by their nipping hurte the eyes, and make they m very red.

lyght, foz.ii.causes. The fyzit is, that

OF HEALTH.

And therefore we see that they that make salte, haue commoly redde etes. The seconde hurte is, that very salte meates diminishe the scede of generas tion: by reason that very salte meates daye right mucheall the humidities of the body: Whereby the sede of gene racion is daped, and so made lesse. The third hurte is, it engendzeth the scabbe: by reason y salte engedzeth a Marpe bityng humour adult, whiche causeth the scabbe. The fourth hurte is, it augmeteth ytche: by reason that it engendzeth a mozdicative ytchyng humour. And of these foure hurtes Ralis speaketh. Farther it burneth their bleudde that take great quantis rie theros: it sebleth their syght, it my mysheth the seede of generation: and engendzeth ytche and scabbe. And be-Tydes these hurtes, very salte meate engendzeth ronge wozmes, dzy feurs fes, mospheme, lepse, in theim that be disposed therebuto, and fleeth the pale

lage of the bayne: whan they are long

bred, it taketh away lothyng, and mas.

econtinued: pet juhan it is a littel pour

keth one to have a good appetite.

Hi

Hi feruorerigent tres salsus, amarus, acutus,

Alget acetofus, fic stipans poi ticus atq;.

Vnctus et insipidus, dulcis datt temperamentum.

Pere the audour reciteth the qualion ties of all sauerpnes. Fyzst he saieth, that these three sauerpnesses or relvs thes, salte, bitter, and harpe, heaten the body that receiveth theim. Secode time ly be faith, that thefe thre fauerinelless tarte ffipticall, and pontike, coole. Thirdly he fayeth, that these thre real thin lythes, buduous, bulauery, & swete, are temperate, they make the bodge: neither hotter noz colder. Farther, affine Au.ii. ca ter Auscen there be eyght talages ozim fauerinestes, that folowe busauerps nes: and they be, swete, bitter, sharpe, tarte, pontike, Aipticke, & buduous: and to nombre bulauerines for laues the rines, as the text doth, there be.tr.andilin than fauerynes is taken for energe the thyng indged by take. And amonge: these tallages there be thre hotte, asi fayth the terte, salte, bitter, & Charpe:

tract.i. ca.iii.

and as Auscen saveth, the tharpe is the hotter, and the nert salt, and than the bytter: For a muche as sharpe is Atronger than bytter is, to resolue and scoure the incidentes. And than salte is lyke bytter, broken together with colde humidite. And of these tals lages, thre be colde, eger, ffyptycke, and pontyke. But pontike is colder than the other: and next therto is Gip tyke. And therefore all fruites, that come to any swetenes, have fyzste a tralage pontike, of a behement coldes mes, and after that the fruptes by the beate of the sonne, be digested, there apeareth in them Expricite, and after they declyne to sowrenes, as grapes, and than to swetenes. And thoughe natarte be not soo hotte as Appticke, pet by reason that it is subtile a persinge, tis in many of more coldenes. And af ter Auicen pontyke and ffipticke are in tallage very lyke, but yet the App, itike causeth & opper part of the tonge to be tharpe & rough, and pontike cau lethy toge to berough within. And. iii of these talages are téperat, neither er fedig hot noz colde, as swete buduous and

and busauery, for boughe swete bea hotte, pet therin appereth no myghtm heate, as Kalis lavies. And every tall lage bath his own operations, as Auteen and Kalis lape. The operations of swetenes be digeltio, soking and encreasing of nour phemet, and nature loupngly despreth it, and the bertue attractive draweth it. And Kal fis layth, that swetenes engendzeth much erusoy colour, and opilations of the lyuer and splene, specially if the sapoe membres be apte therebuto. And therof foloweth the flyre. It mol liffeth the fromake, and coforteth the brest and lyghtes, it fatteth the bodge, and augmenteth the feede of generas tion. The operations of bytter is to Marpe, and to walthe away. And af ter Kalis, bytter heateth and dzyeth strongly, and lyghtly reduceth the bloudde to adult malice, and augmen teth raddy colour in the bloudde. The operations of pontike talage, after Auicen, is contraction, if the ponticis tie be feble, or elles expression, if it be Arong. And after Kalis, pontycke cos leth the body, and it depeth the fleshe, anb nd dymynisheth we bloudde, if one se itoste. Also i comforteth the storake, it byndett me wombe, and ens endzeth melancolp bloudde. The ope acton of Aiptike talage after Autcen, s contrary, thyckyng, hardenyng, & oldring. And after Kaffs the operas ions thereof are like poticke, though her be weaker: for he semeth to come zehende Miptike talage bnder ponthe: for of triptike he layeth nothyng rpzellely. The operations of budus us tallage after Auicen are fokping, lpppzines, and small digestion. And fter Kalis it mollispeth the fromake, tmaketh one laskative, and fylleth me or he hathe taken any necessarys mantitie of meate: and it heateth, ifpe tally theim that bee vered with a fes per, and that have a hotte lyuer and fomake. It moisteth and soketh the pody, but it augmeteth fleume & flepe. The operations of Marpnes be reso-Lution, incision, and putrifactio after Auice: And after Kalis it encreaseth beate, and lyghtly enflameth the body and it burneth the bloudde, and tour, neth it in to redde coler, and after in

to blacke. The operations of falre tal lage, after Auicen, to scoure, walf and daye, and it leto putrifaction. The operations of warpe talage, afd ter Auicen, is to coole and divide: and after Kaus, it refrayneth coler and bloudde, and restrayneth the bealpe, if the Comake and guttes bee cleane: but if there be to muche fleumatike matter, it maketh the bealp to laske, it cooleth the body, and eke weaketh the vertue of digettion proprely in the lys uer. It hurteth the senowes and les nowpemembres, it dipeth the bodye, but it stereth by the appetite. And Ka fis layeth, that some unfauery thunge nourpsheth well, and that is suche as is temperate. There is other some that beateth temperately. And anos ther that coleth temperatly, a if moits nes be founed there with, it mousteth, and with a daye thyng, it dayeth.

Bis duo vipa facit, mundat de tes, dat acutum.

Visum, quod minus est implett minuit quod abundat.

Here are declared four commodities

fwyne soppes. The fyrite is, they pourge the tethe, by reason that they tycke longer in the tethe, than wons ilone or breadde alone: therefore the fylthynes of the tethe is the better con umed, and the cethe the better pours red. The seconde commoditie is, that t tharpeth the lyght: for it letteth the ell fumes to ascende to the brapne, whiche by their mynglyng together, earketh the lyght. And this is by reas on that it digesteth all yll matters beong in the Romake. Thyzoly, it digeteth perfectely meates not well diges fed: for it closeth the mouthe of the tomake, and comforteth digestion. Fourthlye, it reduceth superfluous pgestion to meane. And all this is of routhe, foothat the breade fopped n wyne, be fyzite toofted, oz dzped on mbers.

> Omnibus assuetam iubeo sers uare dietam.

> Approbo sic esse, ni sit mutas

Est Hippocras testis, quoniam sequitur mala pestis.

For

Fortior est metha medicine certa dieta.

Quamsi non curas, fatueres: gis, et male curas.

diete.

Here the audour recitying certagne in doctrines layeth, that it is good for al limb To keepe folkes to kepe cuiromable dpete. And in by opera is understade the ministring full of meace and daynke. The breaking it from customable ble hurteth greuout im ly: for customaunce is another nas im ture. Therefore, as it behoueth bs to it in kepe nature, so tykewyse it doeth cus ilm Stome: and specially if the customable ble be laudable. And as it behoueth to with kepe the customable administration of meate and depuke: enersoo it beho neth bs to observe custome in other thynges not naturall, for the felfe realling fon. Taberefoze if a man that is wont in to laboure muche, well forgo this cue stome and live poelty: 02 labour much lesses 2 go in hade with other labour: or take another time, or another way: budoubted it thail rought muche inferi ble hom. So in loke maner it is in the mans diete, in his depe, in his watche and

OF HEALTH.

fuch like accidentes. Foz truly good custome in all thynge must nedes be observed, if it bee laudable oz indiffe, rent in goodnes of hurtfulnes, in respect of it, wherto & chaunge is made. And witteth well, that they that be ac customed to labour, and exercise them Telfe in any kynde of labour, and al be it that they be feble or olde, it greueth theim leste: thei labour moze strögly than if they were young felowes, bus accustomed, as Hippocrates layeth, Hip,ii.as by reason that these feble or olde persones have more inclination and cus phoriso Come to these labours. For nowe the mo. custome befoze taken is lyghter, as is sayd in the afozesayd Aphorisme. And this is the cause why we see olde and feble craftes men, to dove it that Aronger and younger than they can not do, and it greueth them leffe, as a feeble olde mylner too lyfte a greate weighty facke: A smyth to welde and labour with a greater hammer, than a vounger man not thereto accultos. med. The seconde doctrine is, that great harme foloweth chauge of diet, as Hippocrates layeth: ercept it be ne Defuli 相.j.

defull to chaunge ic. Fyzife it is nedee! full to chaunge it, whan greuous oils eales Moulde growe thereby: as cus Stome to fede on vil meates, whiche at length of necessite wyll brede in bs yll diseases. Suche a custome and other loke must nedes be amended & chaunged by lyttell and lyttell, but not loos daynely. For all sodayne chaunges burte behementely, specially from a thyng cultomable, to bnaccustomas ble. Decondly, it is nedefull to chauge to the entent it houlde lelle greue bs, if we happen to chaunge our diete. Foz he that bleth hom felfe to all mas ner of viece, thall hurte him the lette. And this must be bnderstand of other Hip.ii.as thynges not naturall, for as Hippocrates layeth. A thyng longe cultos med, thoughe it bee worle than thele that we have not bled, hurteth the bo. op lette. Therefoze it behoueth bs too vie thonges bnaccustomed. And here is to be noted, that every man thould take hede, howe he accustometh hym to one thynge, beett neuer soo good, whiche to obserne were nedefull. Ers ample. If a man cultome him to one maner

phorise mo.

naner meate or depute, or to abstaine polly from the, oz to depe oz to knowe woman carnally, it were very daun rerous for him, if he other while must ibstaine from his custome. Therfoze uery body huid be disposed, to indus e heate and colde, and to all motions no nourythment, so that the houres f flepe and watche, the house, bedde, garmentes, may be chaunged with. ut hurt: whiche thying may be done, If one bee not to nere in obseruing cus fome. Therfoze other whyle it behos reth to chaunge customable thinges. Thus saith Kasis. The. iti. vodrine is Rasis. iii hat the ftronger & nerer way in heas al.ca. de ling a pacient, is to minister a certain coferuat nete: for whichetfthe philicion doeth consuet. mot care & will minister another bus we diete, he governeth his pacient fo phly, & healeth hym yll. And note, y here be thre maner of dietes, groffe, Ibhiche is holle folkes diete, sciender lete, whiche is to gene in maner no: bing. The third is meane diet, which Thee ma blointely is called sciender. And this ner of ots lete is devided into sclender diete, des etes. lynging to groffe diet: as the broth of fleth, 刊, 识, and

flethe, rere rosted egges, small chpc. kyns: and declynyng to sklender diet, as Mellicratum, and wyne of pome: garnades: and meane opece, whiches is called certapne diete, as barly ieuce: not beaten together. And this cere tapne diete is polsome in many diseas in ses, but not in all. It is not hollome: in longe diseases: foz in suche diseaseau les, the myghte of the pacient, with suche meane diete, can not indure too consume the spekenes, without great will debilite. Therfoze in such diseases, the the meate muste be ingrossed. Lykewyse it is buhollome in Marpe difeafes, as in these that ende within three dayes who space oz soner: foz in suche moste scleder diete is beste, as Pippocrates sayeth. The moste soueragne helpe is in to diete the pacient after his Arength and cozpozall myght.

Quale, quid, et quando, quane tum, quoties, vbi dando.
Istanotare cibo debet medie cus dietanda.

Here thaudour reherleth. vi. thinges to be confidered of the philicion in milling

mistring of diete. First of what qualite the meace ought to be: foz in hot lice kenes, he must diete the pacient with colde meate, in mooft spekenes with daye meate, and in daye lyckenes with mout meace. Det the naturall com= pleaton muste be observed with diete lyke thereto. Foz Galen sayeth. The Gale, i. hotter bodies nede the hotter medicis teg. mes: the colder bodies, the colder medicines. The seconds thynge is, of what substannce the meate ought to be. For they that be ffrong and lufty, and erercyle great labour, muste bee dieted with groffer meate, foz in them the wave of digestion is stronge, and foo they oughts not too ble sciender meates, as chyckyns, capons, beale, 102 kydde: Foz those stellhes in them wyll burne, 02 be digetted ouer soone: wherfore they muste nedes eate ofte. But noble men, and such as live rest, fully, muffe ble diete of sclender sub-Caunce, foz in theim the vertue diges Mine is weake and not able to digelte groffe meates, as bacon, biefe, & fpshe bried in the son. Likewise they that be lycke of tharpe diseases, ought to vie 13.ig. moze

moze sclender diete, than they that bei speke of long diseales, as a feuer quan tane. The thyzde is, what tyme dieter ought to be genen: for they that be in health sught specially to regarde cus frome. Wherfore they that rpse early in fommer, and eate but two meales at daye, oughte to eate about the hours of tenne, or a lyttell before: and not to abyde tyll noone, because of the onen greate heate. Lykewyse they oughter to suppe about the houre of spre, or the littel after. But in winter they ough to opne at aleue of the clocke, or at. ril because of the long slepping: and than to suppe at. bii. a clocke, oz a littell afil ter. And specially custome thould ber kepte. Tyme also in dietyng of sycks folkes, must be considered. Foz then that have an ague, whan it begyni neth to bere them, or a lyttell before or after. They hould eate nothpinge: for if one eate a littell befoze, oz whan the po fpt cometh: therby nature, that thull w entende to digest the meate, is diver in ted another wave. If he thould eated in soone after the fyt is gone, it were bill is hollome: For the vertue of digetion in is very weake, by reason of the sytte past: Therefoze he must eate so longe afore, as the meats may be digested ex the fyt come. Dzels so long after the fyt is gone, whan nature is come too due disposition. This is of trouthe, er. cept pedzede great feblyshyng of nas ture: for than at all tymes he muste eate. Foz whansoeuer mans Gregth is feblyshed by any chauces, he thuld eate forth with, as Galen sageth. Fourthly the quantitie of the meate must be confidered: Foz as it is befoze sayde, in sommer we must ble a small quantitie of meate, at euerpe meale, for than the naturall heate is feeble plariaus through the oner great resolutions. But in wynter one may cate a great deale of meate at a meale. Foz than b vertue digestive is strong, whan the naturall heate is buted throughe cirs cumstaunt colds, as we sayd at Tenis poribus veris.&c. The.b.is, how oft we thould eate in a daye. Foz in some mer we muff eat oftner tha in winter in autupne ther alittel at eche meale, as is before layd. Likewise if the ber, tue digestiue be weake, we must eate lyttell Pality.

Gal, in co. apho rifini. Cotema tem. &c.

lyttell and ofte: but if the vertue diges in stive be strong, we maye eate muche, and make fewe meales. tc. Syrtely, the eatping place muste be considered: whiche thould not be to hotte noz too colde, but temperate.

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Ius caulis foluit, cuius substa tia reltringit. Vtraq; quando datur, venter laxare paratur.

Here the auctour declaring three thynges, sayeth: That the brothe of cole wortes, and specially the fyrste broth, if they be soode, louseth & bealy by reason that in the lenes and beter partes of cole wortes, is a lopy louryng bertue, weakely clening & lights ly separable by small decocion or bots lyng: whiche spreade abroode by the same water, is made larative. And this is the skele that the fyzste water, that cole wortes bee soode in, make one laratine rather than the seconde. The seconde is that the substaunce of cole wortes after they are boyled, re-Arayneth the bealy: by reason that all their vertue larative is taken awaye

by the decoction, and the erthye days substace remayneth, whiche byndeth the wombe. The thirde is, that both taken to gether, the broth & substauns ce of cole wortes, leuse the bealye:by reason that the scouring sopp vertue remapneth in the water, whiche leus sethall. And note, that cole wortes engendze melancoly humours, and il dreames, they hurte the Komake, they nozishe lyttell, and duske the syghte, and cause one to dreame, & they prouoke menstruosite and brine, as Auis cent Kalis lape. Farther moze note, that the decoction or sede of colewors tes, kepe one frome dzonkennes, as writeth Aristotel. And this thynge is Ari. iii. affirmed of Auicen and Kalis. Thepart.pro reason, as some thynke, is the große blem. fames that by eatynge of colewortes Au. ii.ca are lyfted by to & brayne, engrollyng Rafis. iii the fumospties of the wyne, whiche al. engrosspnge doth lette theim to entre to the branne. Aristotle sayth, that all thynge that drawethe to it the mop-Cenes of the wyne, expelleth it from the bodge, and that that coolethe the bodge, kepethe it from dzonkennes: cole

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colewortes are of such e nature, ergs. Ec. And y colewortes are of this natu re, he prouethe thus. By the iense of colewortes, the bnoigested humidites of the wyne are drawen frome all the body in to the bladder: and by reason of the colde icuse that remayneth in the fromake, which ecooleth al the bo do: the perfing of the wine is fozdone. And so by this meane it kepeth a man sobre. For y subtile superfluites that naturally coulde not discende, by reas son of the heate of o wine stereth them to afeed byward towarde the braine, are represed downe, and by vertue of this ieuse are drawen to the bladder.

Dedixerunt malua veteres, quia

molliat aluum.

Malue radices rade dedere fest

Vulue no cuerunt, et flux sum ses

Malo, wes. Here thauctor reherlinge. iii. proprestes or effectes of malowes layth, that they mollify the bealpe. There be. iiii. that mollyfiermalowes & double mass lowes, Branca, Arlina, & Harcury, of

of whiche mooffe commonly clysters be made, to molly fre all indurate and harde matter in mã. There be. ii. sozo tes of malowes, the one beareth a bladde redde flower, the other a white flower, this propely doth mollyfye moze than the fyzit. The. ii. effecte of malowes is, y malowe rootes haued fuppolitories made of the, luche as philytpos are wonte to make of Wercurpe, drawe out of man the indurate matter and bregges. The. iti.effecte is, malowes cause the menstruous flyre in wome, and that throughe the great moyllynge & lippzynes therof: wherby the beines about the matrice sone poure out, as platearius saithe. And as apperethe by experyence.

Mentitur menta, si sit depellere

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Ventris lumbricos, stomachi vermesq; nociuos.

Here thauctour saythe, that a mynte hulde not be called a mynte, ercepte st have myght to kylle wormes in the bealye and stomake. A minte hath a great strog sauour, t is right bytter:

and therfore as worme woode kylleth wozmes, so dothe the mynte. And the teule therof, as of wormewoode mult be dronke and not the substance. And bycaule it is hotte and daye, and bour nethe the bludde, it is buholsome in the wave of meate in the regiment of helthe. But pet in medicines, it is hol some, for it cofortethe p fromake, and heateth it, and Aynteth perynge, and digesteth, and prohibiteth bomite ses maticke and langupne and through inflation ffereth one to bodyly lufte, and prohibiteth spyttynge of bludde, it is very hollome against the byting of a madde dogge, and if ye crymble monte in to molke, it wol never tour,

Au. ii.ca ne to make a chele, as Auicen layth.

ca.de menta.

Cur moritur homo, cui saluia crescit in horto.

Contra vim mortis non est mes dicamen in hortis.

Saluia confortat neruos, mas numq; tremorem.

Tollit, et eius ope febris acuta fugit.

Saluia

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OF HEALTH.

Fo. cxi.

Saluia, castoreum, lauendula, premula veris.

Nastur athanasia sanant paralis tica membra.

Saluia saluatrix natura consis · liatrix.

Pere thanctour touchyng principal. The bou ly. iiii. thynges, theweth the greate te of lage builte of lage, alkynge as thoughe he doubted: wherfoze man opethe, that hath lage growinge in his gardeyne. We answereth in the.ii. verse, that no medycyne growyng in the gardeyne, can withstande bethe, all thoughe in the gardepne growe medycynes, that kepe the body from putrifaction, and desende that natural humidite be not lyghtly consumed awaye, as techeth Auicen, sayenge. The science of phis like both not make a man immoztall, noz it doth not surely defende our bo. dies from outeward hurtful thinges, noz can not affure enery man to lyue to the laste terme and daye of his lyfe, but of.ii. thinges it makethe bs lure, that is from putrificactionand co2. ruption: and defendeth that naturall moy:

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movifure be not lyghtelye dysolated & consumed. Decondly, he putteth. iii. effectes of lage. The fyzite is, that las ge coforteth the lenowes: for it dryeth the hamidites, by which the senowes be let and leused. The.ii.is, that it cas kethe awaye the Makynge of the hans des: by reason that it comfortethe the senowes, as is sayde, nowe all thinge that comforteth & senowes removeth tremblynge. Foz tremblynge cometh of feblenes of the senowes. And thers foze some old men and wome specials ly put sage leaves in their meate and dignke. Thyzolve, Sage letteth the tharpe ague to affayle vis, by reason that it depethe humours, it lettethe them to putrifie, whereby a charpe feuer myghte be engendzed. Farther note, that lage is hotte and dipe, and therfore it is not very ehollome alone in wave of meate. Bet bycause sage coforteth the senowes greateli, folkes. in helthe doo vie it moche. ii. maner of wayes. Fyll they make lage wine whiche they orynke speciallye at the begynnynge of diner oz lupper. This wyne is hollome for them that have the

Hage Myne.

the palley of falling licknes, moderas tely taken, and after the purgation of the accidente matters. Secondly they ble lage in lauces : foz it fferethe by a mans appetite, and speciallye whan the fromake is full of pil humours, rawe and undigested. There is two Two kyndes of lage: Due that hathe great kyndes brodeleaues. An other commoly cal of lage. led noble lage, whose leaves be moze narowe and leffe: physycions call it was Silifagus. Thyzoelye thauctour res berleth. bi. medecines good for the pal sep. It is sayd, that sage, castozie, that is a castors stones, Lauander. Pape merole, Wattercreffe, and Tanlepe, cure and heale membres enfect with pallepe. Thy lage doth helpe it we have the wed, tozic comforteth the fee nowes, whiche the palley weaketh. And the bycause lage is hotte and daye, it consumethe the fleumatyke matter that remaynethe in the les nowes, wherof the pallepe bredethe. And that Cassozye is holsome for the palseye, apperethe by that it is most e comfostable, in heatynge and day, enge the senowes: Foz Auicen saithe therof,

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ca.de cast.

Au.ii.ca therof that it is subtiler and Gronger than any other that heateth & drieth. And after he layth, that it comforteth and heateth the senowes, the Making the mopte crampe, & benomed mem, bres caused of the palsey. And eke he layth: there is nothing better for bene tolite in the eare, that to take as moche as a peafe, and temple it with ople of Spyke, and so lette it droppe into the care. Castozie hathe many other vers tues, whiche Auicen reherseth. Cas storium, is the stones of a see beatte called Tasto2. The ople also of Castos ry is as specially good for the palsey, as Castozy, after the voyoynge of the matter, for than it consumeth the resimilar fidue of the mattper that remayneth, and comfortethe the senowes. Dflas uender apperethe. For the swete sas the noure thereof ooth consume the pally mattier. And also of the Primerole eke appereth: foz & swete sauour and heate therof comfortethe & senowes. This flower is called Premula ueris bycause it is the fraste swete flowers that springeth in ver. The. v. is a war tercreste, for it is hotte, dipe, subtile, A inciliue.

inciffue & resolutive: wherhat taketh away the mattier of palley and Aui cen lapth, it comforteth all mollificas tion of the lenowes, for it heateth and draweth oute fleume, and clefethe the senowes from deume, and philitians countable bs to eate water creffes in lente, bycause tente meate is fleumas tike. Water creffe is a common herbs growing in cold, stony, and wattry, the places, where as be manye well spannges. The. bi. is tansep. The bere tue of this herbe is to purge fleme, & the beate therofozyeth the senowes. Also it purgeth a man from wormis, and from the matter wherof they be engendzed. And therfoze frenche men ble commonly to free egges therwith in the Ester weke, to pourge awaye the steme, engedzed of sishe in the lent wherof wormes are foone engendred in theim that be ther to disposed. In g inde of & terte thauctour fayth, y lage s called the fauer & keper of nature.

Nobilis estruta, quia lumina red:

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Auxilio rute vir quippe videbis acute. Q.i. Ruta

Rut viris contum munuit, mules

Ruta facit castum, dat lumen, ett

Coca facit ruta de pulicibus los catuta.

preties of tes of rue laith, it tharpethe the light rewe. and proprely the teule therof, as Auti Auic. ii. cen laythe, and as is before layde and ca.ca.de Alleanux ruta. The. ii.is, rue diministration in the there delyre of carnall luste in the

men, and in women rewe augmeteth it: for by reason that rue heateth and dryeth it diminishesh the sede of men whiche is subtile and of the nature of the aper, but in women rewe maketh subtile and heateth the sede, for in the strike and heateth the sede, for in the strike watterpshe, and colde, and then fore it stereth the more to carnal lust subtile, and inventise: by reason that hy heatenge and dryenge, it maketh a mans spiritis subtile, and so cleret the witte. The little, and so cleret the witte.

that rewe is fodde in, caste and spring

To kylle aces.

keled aboute the houle,, riddeth award

OF HEALTH.

Fo, cxiiii.

nees, and as philitions lave, it killeth theym. And after Auicen: whan the bouse is sprynkled with the water of wylde gourdes, the flees lepe and fice awaye: and like wyfe both the water that blacke thorne is fod in. And Auis cen lapth, that some have layde, that if gootes bloudde be put in a pytte in the howse, the slees wyll gether ther bnto fope. And like wife if a logge be anointed with p greace of an vichin, the flees wyll gether therto and ove. Flees can not abyde the fauour of co. lewoztis, noz leanes of Dleander. Some lap, charnothynge is better to auopo flees, than thinges of fronge auour: therfore rewe mintes, borie montes, thoppes be good, taboue at higes horse douge, or elles horse stale s the chyefe. Also the house sprinckes ed with the decoction of rape leve, kpl. etheflees. And the parfumping of the ouse wa bulleshoznedziweth awaie lees. Vet to take flees, nothunge is etter, than to laye blankettes on the ledde for ther in they gether the felfe. De cepis medici non cotentire uidentur.

Auic. vi.
iiii.tra.
iii.ca.de
effug.pu
licum.

D.ii.

Coles

Colericis non esse bonas dicit Galienus.

Flegmaticis uero multum dos cet elle salubres.

Presertim stomacho, pulcrumg creare colorem.

Contritis cepis loca renudata capillis.

Sepe fricans potetis capitis res

parare decorem.

of opnios Here thauctour speaketh of opnions, and declareth.b.thynges. Fyit tou change they? operation philitious and infinite gree not. For some saye they be good to; demattke folkes, t some say nay, as Kalis, whiche layth, that they end gendze superfluous and flematike but mours in the ffomake. Secooly Baching ien layth, they be ryghte hurteful for coleryke folkes, bycause, as Auscen fapthe, opnions be botte in the thyzon begree, and therfore they burte hotti folkes as colerike be. A hiroly opnion be holfome for flematike folkes. Form they be botte, persynge, subtile, scouling rong, topening, wherfore they digent Ae, cutte, make subtile, & wype away geu

are

fleumatike & clamp humours, growe in the fleumatike folkes. Fourthly, opnions be hollome for the fomake, for they bothe heate and mundifie ic from fleme. And therfore Auice layth that it, that is eaten of the oynion, through the heate therof comfortethe a weake fromake. And therfoze they make a man well colozed. Fozitis impossible foz one to have a lively co. loure, if his stomake be very seumas mil tike, 02 fylled with plarame, and fleus matike humours. The. b. is, that oy myos fodde and framped, reffoze beas res agayne, if the place where & bear res dyd growe be rubbed therwith. This is of trouthe, Whan the heare not away through stoppinge of the poozes, and corruption of the matter bnder the skyn. For the oyngos open the poozes, and resolue the pll matter Au. ca.ii bnder the skinne & dzawe good mater ca. de to y same place. And thersoze as Aut preal. et mions is very hollome foz balde men. Vi.iii.ca. Miherfoze the terte concludethe, that de curae this rubbynge wyth opnions prepartice als tethe g beauty of the beed : for beares perie.

opnions frere one to carnall luft, and they pronoke the apetite, and brynge in colour in the face, and whan they be myngled with honi, they distroy war tes, they engendre thyrst, they hurte in the binderstanding, for they engendre in an yll grosse humour, they encreace in spyttel, the teuse of them is good for that dynamical system, and the clarifie thee state opnions, hony, they enger saped in that dynamical system, by they encreace in that dynamical system. Farther note, that dynamical system is good for the bytynge of at mode dogge. And therfore some adder these is inverses but the forsayd terte.

Appositas perhibent morsus in

curare caninos.

Si trite cum melle prius fuerint:

But of this is spoken befoze at Aleas nux.&c.

Et modieum granu, siccum, calien dunique sinapis

Dat lachrimas, purgatq; caput,

Here hauctour recytynge. ti. thinges: layth, That mustarde sede, is a lyttelli

grayne,

Fo.cxvi. OF HEALTH. grayne, whiche is hotte and daye, on, Df multo the.iii.degree, after Auicen. Sestard sebe. condly, he putteth.iii. propretes or ef. Auic. 11. fectes of mustarde sede. The firste is, ca. ca.de it makethe ones eies to water: for by Sinapi. reason that it is very hotte, it maketh subtile and leusethe the humidites of the brapne: wherof thanne by theyr flowinge to the eies, the teares come. The .ii. effect is, it purgethe the bzays ne, and clensethe awaye the fleumas tike humidites of the heed. Also if it be put in to p nose thails, it purgeth the beed, by reason that it proudeth one to uple. And therfore it is put in to they nose theylles that have the apos plerie, for the nelynge purgethe the brapne. And like wife muffarde sede, by reaso that it is hotte, both dissolue and leuse suchestemes as Koppe the condites of the brayne: of whiche for loweth apoplerie: thus it apperetbe, that mustarde sede is a great leuser, censumer, and clenser of fleumatike humidites p.iii. effecte is, it withffa: deth popson: Foz Auteen saythe, that Au.loco benomous wormes can not abide the preal. smoke of mustarde lede. Crapula A,titj.

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Purpuream dicunt violă curare caducos.

Threpro pretes of biolettes.

Here the auctor reciteth iii.propretes oz effectis of violettes. Fyzike, violettes delay donkennes, by reason that biolettes haue a temperate swete sas nour, which greately comforteth the brayne. For a fronge brayne is not lyghtely overcome with daynke, but a weke is. Also violectes be cold, wher foze they cole the brayne, and so maketh it bnable to recepue any fume. The. ii. is, violettes aaken the beed ache, and grefe that is caused of heate as Auicen, Rasis Alman, and Pelus fay: foz by reason y violettes be colde, they withstand hotte causes. The.iii. is, biolettes helpe them that have the fallying syckenes. Thoughe some sate thus, pet this effecte is not commoly ascribed buto violettes. And therfore if byolettes have this proprete, it is but by reason of they? swete smelle, that comfortethe the bravne whiche Areabted, is not hurte by smal grefes

OF HEALTH.

cosequetly falleth not into epilence (which is called & lyttel Apoplexie) channeying by stoppying of the sense ble senowes.

Egris dat somnum, vomitum
quo q; tollit ad vsum.
Compescit tussim veterem, co
licisq; medetur.
Pellit pulmonis frigus, vens
trisq; tumorem,
Omnibus et morbis subueniet

Perethe audour reciteth eyghte properties of nettyls. Fyrst nettyls cause a speke body to sepe. For it is subtiliative, and cutteth and scoureth seume and grosse humours, that greve nature, and lette sepe. Secondly it doth away bomite, and custome theros: by reason that bompte and parbrakyng is caused of a clamy humour, whiche the nettell cutteth. Thirdly, the nettel fordoeth olde coughe: and specially hony, wherin nettel sede is tempered. For the nettel anoideth clamy seume out of the breast, as kase sayeth. And Auicen

articulorum.

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cap. de vrtica.

Au.ii. ca Anicen sayeth, that the nettell, whan it is dronke with water that barley is lodde in, doth mundifie the breafte: & whan the leaves therof is fod in barly water, they drawe oute grolle hus mours, that are in the breakt, but the sede thereof is Aronger. Fourthelp ic is holfome for the that have p colicke. For a nettell is a cutter, a subtiler, a resoluer, and a scourer of fleumatike humidite, oz groffe bentofitie, whiche engendze the colpke. The colike is a paynfull grefe, in a gutte called Colo as the greuous disease Iliaca, is na, med of the gutte Ilion. Fiftly, the net tell with his heate depueth colde out of the lightes. Syrtly, an nettet aswageth swellping of the bealp: for it resols ueth wonde: whereof moste part swel lyng of the bealy cometh. The seneth effecte is, the nettell helpeth poileales in the fountes, as the goute. This is of trouthe whan it cometh throughe matter that is colde, fleumatike, and groffe: by reason that nettelles beate, cutte, and make subtile suche matter. And belpdes thele effectes, after Auto cen, the nettell Cereth one to carnall luste,

inite, a properly the sede therof droke with wyne, openethe the closynge of the matrice, and in leusyng draweths outsteume and raive humours, by his vertue abstersive, and not resolus tiue: yet leste takyng of the nettell oz the sede, hurte the throte, it is good to dignke after it, a lyttel oyle Kolate. A nettel is hotte in the beginning of the Au.ii.ca. third degree, and dipe in the seconde, ca.de.iii after Auicen.

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vitica.

Hisopus est herba purgas a pecs toreflegma.

Ad pulmonis opus cum melle coquatur hifopus.

Vultibus eximium fertur repas rare colorem.

Here the audour recityng the effectes of Asope, sayeth, it purgeth the breast Df ysope of fleume: by reason that psope is an herbehotte and daye in the thyade des gree, it is a great wyper, leuler, and consumer of seumaticke humpoite: and hath a synguler respecte on the partes of the breaffe: 4 therfore ylope mooffe proprely is layde to purge the breatt

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breast of sleume. Secondly, it is also good to purge the lyghtes fro fleume, for the same cause, and proprely if it be soode with hony: for hony is a scou rer: and the plopes scouring is augmented with the honie. The same wil Auic, ii. leth Auicen, laigng: glope comfozteth ca. ca. de the breaff and lyghtes, diseased with the coughe and tilycke of olde contie nuaunce, and lykewyle doeth the des cocion thereof made with hony and fygges. Thyzoly, plope maketh one well colozed in the face. Foz Auicen sayeth that the daynke thereof causeth good colour. And besides these effecs tes, plope anopoeth fleume and woze mes, as Auicen layeth. And after Bla tearius, plope sodde in wyne clenseth the matrice from all superfluites.

hisopo.

Appositum cancris tritum cu melle medetur, Cum vino potum poterit ses dare dolorem. Sepe solet vomitu ventremq;

folutum.

This terre declareth three operations of cherkl. of cherkyl. First cherkyl Camped with bony,

bony, and layde plaise rwyle to a canker, healeth it. Thus sayeth Plateas rius in the chapter therof. A canker is a melancolye impostume, that eas teth the partes of the bodge, as well delhyeas senowy. And it is called a canker, because it goeth forth lyke a erabbe. The seconde effect is, if cherfil be ozonken with wyne, it healeth the ache of the bealy. Foz it allwageth inflation that is caused of groffe bento. acie, wherof the ache cometh, and lon feth bentofitie of the Comake and all other guttes, and openeth floppynge, and therbnto the wyne belpeth. Thirdly cherfyll celleth bometyng, and the laske: and by reason that it is botte in the thyzde degree, and daye in she seconde, it digesteth & dayeth that matter, whereof bompte commeth. And this is very trouth, whan bomis te or the laske come of coolde seumas tike matter. And belydes thele effece. tes, it prouoketh brine and the mene Aruofite, and aswageth ache of the fydes and rapnes, and specially taken with Pellicratum.

III

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Acanker

enula

Enula campana reddit pracors dia sana.

Cum succo tute, si succus sumi=

Affirmat ruptisnil esse salubris us istis.

Elf dodk scabu, uort oz bozse bel.

Here thauctour declaringe two effer ctes of enula campana, sayth, it comfortethe that harte Arynges, that is, the brymme of the Comacke, whiche is propely called the hearte frynges ozelles bicall membres, that is the wyndie membzes, whiche be nere the harte, and specially the harte roote. That it comfortethe the brym of the Stomake apperethe, in that the swete. imellynge roote of enula comfoztethe the senowy membres. For & brimme of the fomacke is alenowy membre. That it comfostethe wyndye mean bres aperethe. For wyne made of enula, called Vinum enulatum, clene feth the breake, and lightis, or longes as Autce sapth. Also enula swalowed bonne with honge, helpethe a man to specte, tit is one of those perbes, that reiopce & comfost the hart. The.ii.ef.

Auie .ii.
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enula.

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fedeis. That the seuse of this herbe with the seuse of rewe, is very hollom for theim that be bourste, and that is specially whan the vurstennes commeth by ventosite: for these twoo seus ses discolue that. And bespoes these els sedes enula is good for a stomake spliced with yll humours, and it openeth opilations of the squer and splene, as kalis saith. And it cosorteth al hurtes colde greses, and motions of ventosis ties, and instalions, as Auscen saither

Cum uino coleram nigram pos

tata repellit.

物物

Sic dicut ueterem sumptum cus

rarepodagram.

Dere the auctour reherling two effer a remedy aes of hyll worte laythe, that princis for coler. pallye the water thereof taken with wine pourgeth blacker coler. Secondoly, hyl worte healeth an oloe goute. For the proprete of this herbe is to incite and dyffoliue fleme, wherefore the often, the goute is wonte to be enoughed and note, that after Plateas rius, hyll worte is hotted drye in the thyrde degree. The lubilities therefix lubility bertue colorable, throughed the

the fivere smell, the substaunce therefile openeth, and the qualities bo drawe, the typy substaunce or nature thereoff confumeth by burning and driging.

> Illius fucco crines retinere fluentes.

Alitus asseritur dentisq; cue rare dolorem.

Et squamas succus sanat cum melle perunctus.

Maler creates.

cap. de naftur C10.

Here the audour reherlyng three el fectes of water creffes fapeth, they result tayne heares falling away, if the head in be anounced with the iewse therof, oz elles if the iewse of water thereof bee in Au.il. ca dzonke. This effece Anicen toucheth saiping: The drinking or announting with water crestes retayneth heares fallyng away. The seconde effecte is, water credes doeth cure too the arbe, specially if the ache come by coloe, for it percith, resolueth, and heateth, an appeareth at Cur moriatur homo. Thirdly, the feuse of water creste tas ken with hony, or the place annoyne ted therewith, both away skales that cleue to ones skynne; by reason that luche

hen

suche skales bee engendzed of salte fleume. Matercreffe, as is lapde, pur geth all fleume: therfore if it be droke it refisteth the cause of skales: and hos np, whiche is a clenfer, helpeth much thereto. Belide thele effectes, water trestes daye by the coaruption of the bealpe, and clenfeth the lyghtes, it beateth the fomake and lyuer, and is pollome agaynst the grossenes of the plene, namely wha a plaister is made in of that and of hony, it causeth one to cafte by coler, it augmenteth carnall uffe, and by diffoluring anovdeth out wozmes and prouoketh mentruolite mus Auteen lapeth.

> Cecatis pullis, aclumine mater hyrundo.

Plinius yt scribit, quamuis sunt eruta reddit.

Dere the audour faveth, whan ponge wallowes be blinde, the damme bein feth Celendine, and roubbeth they? Of celene pes, and maketh them to fee: wherby dyne, the audour theweth, it is hollome for hibe lyght. And this appeareth to bee cue: for commonly it is in medicines against

agaynst feblenes of syght. Telendyne: hath teufe, and is well knowen. Andi why swalowes knowe it better tham ! other byzdes may bee because their: ponge be oftener blynde, swalowesi bonge both make them blynde, and for the damme dongeth some tyme in the ponges eies, and maketh them blinde. And after Placeary, Tclenoine is both and daye in the thyade degree. And the qualities and substaunce thereof hath bertue to dissolue, consume, and brawe. And the rotes thereof framped | and fodde in wyne, are good to purge the head, and womans privite from broken morst humours, if the pacient receive the smoke therof at the mouth and after gargyle wyne in the throte.

Auribus intusus vermes succus

necat vsus.

Cortex verrucas in aceto cocta

Pomorum succus flos partes der

To kylle Dere thaudour reherling.iii.thinges wozmes. of wilowe, saith, y leuse therof pouret into ones eare, killeth wozmes: by resi

for

son of the Aiptilite and ozigng therof. And after Auicen nothyng is better Au.ii. ca to beale matteryng at the eares, than capit. de the teuse of wyllowe leaues. Second falice. ly, the rynde of wilowes, sodde in bis neger, doth away wartes. And Auis cen layth, wyllowe ashes with vine: To boide ger, draweth by wartes by the rotes: wartes. by reason of the alles behement date ping. Det to diffrop wartes, nothing is better than to rubbe the with purs flane. This the properte and not the qualite of Purllane doeth after Auis cen. Thyzoly, wylowe flowers and y Au.ii.ca. ieuse of the truite thereof, letteth the cap.de byzth of a chylde: for through Aiptili, portulas tie and droughte thereof, it causeth portulas the chylde to be borne w great paine. ca.

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Confortare crocus dicatur letis ficando.

Membragi. defecta confortat eparreparando.

Derethe audour sayeth, that saffron Desaffro comforteth mans body, in gladdyng it. And wytteth weil, that fattion hath suche a proprette, and if one take moze thereof than he ought, it will aplia K.y.

cap.de pipare.

Gale.iii. dereg.sa mitatis ca.vii.

Aui.loco preal.

anopoeth fleume out, that cleueth in the break and Romake, beating, fub Au.ii. ca tylyng, and diffoluyng it. Thyzdly, it helpeth digettion. And Auteen fayth, that pepper digesteth and causeth aps petite, and specially longe pepper, whiche is moze holsome too digeste rawe humours than either whyte oz blacke, as Galen fayeth. Decondly, he declareth.b. bolfome thinges of white pepper. Fyzite, white pepper comfor teth the Comake: Foz Galen layeth, that it comfozieth moze that the other two. And Ausen sayeth, that whrte: pepper is more hollome for the from make, and moze behementely, doderbil comforte. The seconde is, pepper is: specially holsome for the coughe, that cometh of colde fleumatike matter, for it heateth, dissolueth, and cuttethis it. And Aufcen fapth, whan pepper is I ministreth in leauaries, it is hollomen per for the cough, and aches of the breaff. Thordly, whote pepper is holfome be for ache, that is to witte of the break in and bentuous payne. And for that, all in pepper is good, for all pepper is a dia minisher and a voider of wynde. And Aufcer

Anicen farth, that whyte pepper and Againste long is holfome for pricaying ache of g the beaty bealy, if it be dioke with hony & freshe ache. baye leanes. Fourthly, pepper with, Nandeth the causes of a colde feuer, for it digesteth and heateth the mate ter. Fiftely, pepper is holsome for a Making feuer, by reason y the heats of the pepper comforteth the senowes and confumeth & matter speed on the, and Auicen sapeth, in rubbyngit is made an opnement, with buguentu, holsome against chakpng. These fine propreties are ascrined to the other kindes of pepper, as Auice laith. And belides these effectes, peper heateth b senowes & braunes of mas body it mu diffeth the lyghtes, and a lyttel proudketh & brine, but much louseth & bely, as laith Auice. There be.iii. soztes of pepper, white pepper, called Lencopi per, long pepper, called mocropiper, and blacke pepper called melancopis per. It is called white pepp, y is berp grene & moyft: And whan it is a littel dried a not perfectly rype, it is called log pepp. But whait is perfealy ripe it R. iiu.

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V. SIN

agital

it is called blacks pepper.

Et mox post escam dormire nie misq; moueri.

Ista grauare solent auditus es brietasq;.

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村田竹

ryng.

Here the audour reciteth.iii.thinges Hurtfall that greue the hearyng. The firste is to the bes immediate Aepe after meate, and that is if one eate his fylle. For the immes diate sepe will not suffre the meate to digelfe, and of meate budigelfed are engendzed grosse budygested fumes whiche with their groffenes Koppe the conduptes of hearping: and they engrolle and trouble the spirites of hearyng. The seconde is to muche mouping after meate: for that also lets teth digestion, and the due thuttyng of the stomakes mouth: by reaso that than the Comakes mouth closeth not so easely, as by a littel walking, wher by the meate discendeth to the bottum of the stomake. For what he stomake is not thutte many fumes ascende to the head, that greue the hearynge. The thyzde is dzonkennes, whereof many fumes & vapours are engedzed whiche:

OF HEALTH.

which ascende to the heed, and organ ofherynge, and troubleth the spirite therof, and greueth the herynge. And denkennes doth not onely hurte the berynge, but also the syghte, and all the sences, for the same cause as is before laide. There be three thinges, as Auten farth, that hurte the eare and Aui. iii. other fenses, lothpinge, repletion, and iii. ca.ii. Aepe after repletion. And some terte de conse hath this verse, Balnea, sol, vomit9 fanit.au= affert repletio clamor. Whiche thinges greue the herynge, but spes cially greate nople. Foz Auteen faith if we wylle here well and naturallye, we muste eschewe the son , labozious baynynge, bompte, greate nople, and repletion.

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Metus, longa fames, uomitus, percussio, casus,

Ebrietas, frigus, tinnitum caufat in aure.

Here hauctour recyteth seue thinges whiche cause a hûmpnge and a nopse in ones eare. The sysse is, seare, and after some, mocyon. The cause is, soz in feare the spyrytes and humours crepe

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crepe in warde towarde the harte losdaynly, by whiche motion bentofite is lyghtlye engedzed, whiche entring to the organ of the hearynge; caus fethe tingpnge and ryngynge in the eare. By corporall mounge also hus mours & spirites are moned, of which motion bentosptie is lyghtlye ingendied, which ecommynge to the eares. causeth ryngynge. For ryngynge is caused through some moungs of the vapour oz ventolite about thozgan of the herynge, mounnge the naturalle apre of those pppes or organs contrary to they course. The second thinge is great hunger, Auteen theweth the realo lapenge: that this thynge chaus ceth throughe humours spreade and restynge in mans bodye. For whan nature fundeth meate, the is converted unto them, and that resolueth and moueth them. The third is bometing For in bometynge, whiche is a labor rious motion, humours are specially moneo to the head. In token wherof we see the cies and face come redde, and the lyght hurte. And thus also by bometynge, vapours and ventofites are

Aui. iiii.

are soone moved to the organ of the herynge. The fourthe is beatynge aboute the heed, speciallye the eare. Foz therby cauncethe behement mos tion of the naturalle aver, beynge in thougan of the herpinge. For whan any membre is hurte, nature immes diately sendethe therto wynde & blud, which two be the instrumentes of nature, by whiche than, motion is caus led in the eare. The. v. is fallyng, spes ciallye on the beed, for the same cause that is the wed of beatynge. And of a falle, what ever it be, a moning of the humours is caused in the bodge. The firte is dionkennes. Foz dionkennes fyllethe the heed with fumes and bas pours, whiche approchyuge to the organ of the herping, troubleth it, and maketh a nople in the eare. The bil. is colde: for by great colbe p orga of p herynge is febled, wherfore of a smal cause by colde, ringing in peare chau ceth, for great colde causeth vétolities And rynging in the eares chaunceth not onely by these causes but also by many other, as of vetofite engendied in the beed, and ther in mouse, or els gd

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by soune of matter and corruptio ene gendzed in the eare, oz elles by motis ons of bentolytes, chanlynge ofte tye mes in the openynge of the eare, as they y have an ague: 02 by the greatte repletion of the bodge, and moof spes ciaily of the heed, o; by some clammy matter resolved in to a lystell bento: lyte: 02 by medicpnes, whose proprete is to retayne humours and bentoly ties in the partyes of the brayne, as faythe Auicen.

Balnea, vina, uenus, ventus, pis

per, allea, fumus,

Porri, cum cepis, lens, fletus, fas ba, synapis,

Sol, coitus, ignis, labor, ictus, acumina, puluis,

Ista nocent oculis, sed vigilare magis.

spes.

Here hauctour reherseth rri thinges ges burte hurteful to the eies. The fyzit is bay. fall to the nynge, whether it be moyste or drye, called hotte houses. For baynynge greatlye heateth the eies, & so hurteth they complexion, for the eyes be nas turally colde of the nature of water.

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Becodely, bayninge dzieth and refole neth the subtile humidites of the eies wyth whiche the fightye spirites that are fpery, huide be refreshed & tems pered. This hath made manye one blynd in Almayne, where as they ble manye baynes, and hotte houses. Lyke as in Polande are moze lepzes than in anye other countre for faute of good gouernaunce. The seconde is wyne, bumoderately taken: for that feblethe the cies and lyght: by reason that it fyllethe the beed wyth fumes and vapours, whiche dull all the wite tes. The thyzde is ouer moche carnal copulation, whiche al phylytias faie, febleth moche the light. And Aristotel noteth the caule: foz by carnall copu, Arisiii. lation, that that is behouefull for the part.pro eies, is take awaye. There must be in blem a. peies moplie watterishe subtylytpe, whiche foziffieth the vilible spirites. For the eie is naturally moute. And therfore Aristoteil saythe, the eyes be of thenature of the water. But whan naturali moystures are drawen and to.et.iv. boided out, the body wareth daye, and deanima wythereth a waye: the eyes lofe they? lium.

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propre nature, whiche they reteyne and kepe by humidice: 4 not without a cause: for by flery spirites, whiche are in moche mounge, the lyghte wolde vanishe away, ner that it were succozed with moviture. Thus it ap, pereth playnely, that carnall copulas tion, by drawinge awaye the moultes nes, depethe by the superiour partes of man, wherby the quycke lyghte is hurte. The. iiii. is wond, and special. ly the fouthe wynde. For Gippocras tes farthe: the fouthe wynde is missie and dusketh the eies: for that wynde fplleth & heed with humidites, which dulle the wyttes and darke the lyght. The. b. is pepper, whiche throughe the charpnes therof, engendzethe fus mes that byte the eyes. The. vi. is garlyke, whiche also hurteth the eies throughe tharpenes and vaporofite therof, as is sapo at Alleanux ruta. &c. The. vii. is smoke, which hurteth the eyes, throughe the mordication and depenge therof. The. bill. is lekes Foz by eatinge of them, grolle melas colve fumes are engendeed: whereby

the lyghte is chadowed, as is before

Hippo.

aphos

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sayoe at Alleanux ruta. &c. The.ir. is opnyons, the eatynge of whiche hurteth the eies, throughe their Chare penes . The.r. is Lens, the moche eatynge wherof, as Auicen laythe, duskethe the syght, throughe the beha ment depenge therof . The.ri. is to moche wepinge: whiche weaketh the eies, for it causeth debilite recentque of the cies. The.rif.is beanes, the ble wherof engendzethe a groffe melans coly fume, oarkinge the vilible spiris tes, as lekes do. And therfoze the eas tynge of beanes, indusethe dzedefull dreames. The.riii.is mustarde, the ble wherof feeblethe & fight throughe his tartenes. The.riii.is to loke as gapult the fonne: and that is through the behement splendour & bzightenes therof: wherby the light is diffrozed, as apperethe by experience. For the behemet sensiblenes of a thynge, not proportioned to mas fele, as the lone beames, corrupte mans sense. The. rb.is to moche carnall copulatio, and specially after great fedinge oz reples tion, og after great bopdynge og ems ptines, but this is all reop declared.

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The.rbi.is fore, the beholdping where of, causeth behemet daynes in the eies and so hurtethe the sighte: and eke the banghtenes theros hurteth the eves. And therfore we se commonive, that fmithes, and fuch as worke before the fyze, be redde eied and feeble syghted. The. rvii. is to great laboure for that also depeth behemently. The rbiti. is imptying bpo thecies, which hurteth the light, for it makethe theim bludde Motte, a troubleth the visible spirite, and other while engendzeth impostus mes. The rivis to moche ble of tarte or tharpethinges, as fauces: and that is throughe the tertenes of fumes of theymengendzed. The.rr.is duffe, oz walkunge in dustre places: in wiche, duste fleethe lyghtelpe in to the eies, & dusketh the syghte. The.rri. & about other hurtfull to the eies and syghte, is to muche watche: For to moche watche inducethe to moche divnes in the eyes. And generally eall repletios hurte the eies: and all that dayethe bp nature, all that troubleth the bloud by reason of saltenes or tharpenes. Al dronkennes hurtethe the eies: Momes tyng

tenge comfortethe the syghte, in that it purgeth the stomake: and hurteth it, in that it monethe and driveth the matriers of the brayne, to the eyes. And therfore if it be nedefulle to spue, it must be done after meate without costrayning. Also to moch slepe incostinet after meate, a moch bloude lets tynge a namely with ventosites, hurs teth the syght, as Anicen saythe.

h the spght, as Auscen saythe. Ausc.iii.
Feniculus, verbena, rosa, celido tra.iii.
nia, ruta. ca.iii.

Ex istis sit aqua, que lumina red.
dit acuta.

Mete thauctour recytethe. v. herbes, To claris whole water is very e hollome for the firhe eies lyghte. The fyrite is Fenelle, whose teule put in to the eye, that pethe the light, after Kalis. The. ii. is Aeruein wherof the water is of manye philysons put in receites hollome agaynit feblenes of lyghte. The. iii. is Kole water, whiche dothe comforte the lystely spirite and lyghte. The. iiii is Telendine, whole ieuse is citrine, it is called Celidonia, that is, gyuyng sleckial gystes. The. v. is rue: the was selected gystes. The. v. is rue: the was

ter of those two herbes is holsome fozi the light, as phintions comonly laye.

Sic dentes serua, porrorum cols: lige grana.

Ne careas iure cum iusquiamon fimul yre.

Sicq; per embotum fumumq; can pe dente remotam.

For to the ache.

cap.de

porro.

Here thauctour reciting certepne met dicines for tothe ache, faythe, Lykes | sede & Benbane burned to gether, is good for the tothe ache. They must ber ministred on this tople: the icule of henbane with the leke sede muste ber bourned to geter: the smoke must be recepued through a fonel, on the spoel that pache is. The vertue of the Hen Au. ii. cabane takethe away the felynge of the pepne. And the vertue of the leke lee des, fume killethe wormes, whiche or ther while lyenge in the cocauites of the tethe, cause intolerable pepne, as Anicen sapthe.

Nux, oleum, frigus capitis, ana

guillaq; potus,

Acpomum crudum faciunt ho minem fore raucum.

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This terte delareth. vi. causes of hooz fenes. The fyzife is eating of nuttes, for nuttes drye moch: & therfore they asperate p boice, a make it like a cras nes voice. The.ii.is ovle, p vie wherof mare engendze hozlenes: for some partis therof cleue faste to the pype of the lightes, caulying horlnes. Secods ly, it maketh colerike folke hoozle, by reason that in them that ople is lights ly enstamed, & so the instamatio caus fethe erasperació & hoozsenes: but the firste cause semeth better. The thirde is colde of the heed. For colde of the heed dothe presse to gether the braine, wherby p humours discede towarde the throte, and the pype of the lyghtes and enduceth hoozsenes, through to moch moylines of the pype. The.iiii. is eatinge of peles: for the eatinge of them multiplieth clamy fleme, which compage to the lyghtes, flicke there Myland cause horsenes. The foste is, ouer moche daynkpnge, specially too warde bedde. For than the behement weting of the pype of the lightis both chyefly cause horsenes of the boyce, as all physytyans sape.

preal.

fleumatike matter, causpinge the cas Au.loco tar, is better digested. Auicen rehers lyng these thinges sayth, It behoueth to kepe the beed warme continually. And also it must be kepte frome the northe wonde, and namelye after the southe. Foz the southe winde, reples tethe and maketherare. The northe wynde constraynethe. Also he muste dennke no colde water, noz flepe on y daye cyme. He muste endure thyzthe, hunger, and watche as moche as he can: for these thynges in this lickenes are the begynning of helthe. Farther more Kalis byodethe hym that hathe the reume, to be ware of thenge bo right. For by lyeng by ryght the reus matike matter flowerh to the hynder parcies of man, where as be noo mas nifeste issues., whereby the matter may boyde oute. Therfore it is to be feared, lessett flowe to the senowes, and cause the crampe of palsey. And lyke wyse he ought beerly to forbeare wyne: for wyne is baporous, and in that it is very hotte, it distoluethe the mattier, and augmenteth the reume. And lyke wife he muste not Conde in the

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OF HEALTH. Fo.cxxxii.

the sonne or by the syre, for the sonne and syre leuse the matter, a augmenteth the reume. In the last two verses thauctour putteth disserce betwene these thre names, catarrus, brachus, and corisa. And the disserence standeth in § matter flowing to one parte or an other of the bodye. Whan the matteir ronneth to the breast parties it is called catarrus, whan it runneth by the nose, it is called corisa, whan it runneth to § necke, it is called brach. But this worde reume doth note fignishe generally all maner of matter flowing fro one mebre to an other

Auripigmentum sulphur misces

re memento.

His decet apponi calcem coms

Quatuor hec misce, commixtis quatuor istis.

Fistula curatur, quater ex his si

Pere the auctour rehersing a curable for the medicine for h fystule, saith: h a plais fistule. Ter made of Auripigmets, Bryms fone, white lyme, a Sope, mingled Sitt,

to gether healethe the Fystule. For thefe thinges have bertue to daye and mundifie: whiche ententions are requisite in healing a fifule. Placearie layth, Auripigmentum is hotte and drye in the fourth degree: it dissolveth and draweth, columeth, & mudifieth. Bzymstone and Dope as he saith, are hotte and dape, but baim Cone is moze behement, fozit is hotte and daye in the fourth degre, but sope is not. Auis cen sapthe that lyme washed, ozpethe Without mozdication, 4 maketh Gede dy. The fystule is a rounnynge fore which anopoethe mattier moze oz lea se, after the divertite and course of the moone. Auripigmetum is that that gravers fasten byas & metalles with to ffones.

Ossibus ex denis bis sentenisq;

nouenis.

Constat homo denis bis dentis bus et duodenis.

Ex tricentenis decies sex quina queq; venis.

Here thauctour nombzeth the bones, teethe, and beynes in mans bodpe.

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OF HEALTH.

Firste be saveth, there be Corir. bos The nos nes. Det after the bodours of philike, bre of bos Hippocrates, Gale, Kalis, Auerrois, 1188. and Auicen, the bones in man be. CC rlbiii. And though herein be variuce, pet there is a mailter of phylicke that faith, Ossa ducenta sunt atq; quater The nos duodena. Decodly the auctour faith, bze of that a man most commonly thoulde tethe. haue.rrrii.tethe. But pet it chauceth, that some lacke foure of the last tethe, whiche be behynde theim that we call the grynders: t these have but. rrbiii. tethe. Some lacke these foure laste tethe in chylohode onely, some other lacke theim tyll they be very olde, and Tome all their lpfe. Were is to be noted that after Auscen, the twoo formotte tethe be called duales, and two on eye ther lyde of these twanne, are called quadrupli. There be two in b bpper au.i.doc sawe, and two in the nether: all these v.ca. de tethe be ordepned to cutte, and theres anoth. foze some call them cutters, and spes détium, cially the duales. Perte bnto those quadruples, are tivo tethe aboue, & two benethe, called canini, whose of ace is to breake barde thynges. After thole

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those be soure other on eyther syde cal led grynders, soure above and soure beneth. After those some have a tothe called sensus, on either syde, fas well above as beneth. These also are-order ned to grinde mans meate. And so the hole nombre of the tethe is. rris. or els. rrbiti. in them that have not the tethe called sensus. There is than sitt duales soure quadruples, soure dog tethe. rbi. grynders and soure sensus. Thirdy the terte sayeth, that there is in mā. C. C. Lirb. beynes, as appereth in the nothamie.

Quatuor humores in humano

corpore constant.

Sanguis cum colera, flegma, mes lancolia.

Terra melan. aqua fleg. et aer fanguis, coler ignis.

Here thuctour declareth the foure hus mours in ma, as bloud, seume, coler, and Melancoly. And the wyng the nature and complection of them, he compared to the foure elementes. Melancoly is colde and dipe, and so compared to the earth, which e

is of lyke nature: Fleume is colde and moult, and so compared to water. Bloud is hotte and moult, and lo com pared to the afer. Coler is hotte and drye, and so compared to fyre. These thynges are declared in thele berles.

Humidus est sanguis, calet, est vis aeris illi.

Alget, humet flegma, sicilli vis fit aquosa.

Sicca calet colera, sicigni fit si= mulata.

Melancolia friget, siccat quasi terra.

Foz a farther knowledge witteth wel that after Auteen, there be foure hus au.i.doc mours in mans body, bloud, fleume, iiii. ca. i. coler, and melancoly, as is faide. The best of them is bloud, fyzst because it is the matter of mannes spirites : In whome confifteth mans lyfe and opes rations. Secondly because it is comp fortable to the principles of lyfe, it is temperately hotte and moife. Third, ly because it restozeth and nourisheth the body moze than y other humours. And

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kyng:02 els by mynglyng of rawe hu mours it hath no fauour. Fourthly in talage, for by mynglyng of coler it enclyneth to bytternes, and by melan coly to fowernes, or by fleume to bns fauerines. Also of deume there be two kondes, naturall and bunatural. Pas tural is that whiche within a certain space wyll be bloudde, for fleume is budigested bloudde. There is an other spyce of seume, whiche is swete and somwhat warme, if it be compared to the bodely heate. But compas ryngit to ruddy bloudde and coler, ic is coide. Fleume is naturally whyte: and this is called Iwete fleume, ertens dying this name swete to all the tala. ges delytyng the taffe: foz other wpfe the naturall fleume is not swete: but bulanery & watrylibe, and very nere y talage of water. And to this fleume, nature bath not geuen a propre mantion, as the bath done to coler and mes lancolp: but nature maketh it ronne with the bloud, for it hath a very nere limilitude to bloudde. And of this fleume there be two necessities fone btilitie. The first necessite is, that it he

be nere the membres, so that their ver tue may digeffe and tourne it in to bloudde: and that the membres by it may be nourylyed, whan they have lost their naturall foode, that is for to say good bloud, through restrapute of materiall bloud, whiche restrapute is caused of the from ake & liver, through some causes accidentall. The seconde necessite is, that it myngle with the bloud, and make it apte to nourish the membres of deumatike completion, as the braine, and nuche: for that that made nourythe thele membres, mult be wel mingled with fleume. The beis lite of fleume is that it mouffe y toyns tes and membres, that moue muche, lest they ware day through the heate h cometh of their mounng & rubbyng. Unnaturall fleume may be deuided. First in his substance: 4 so some there of is muscillaginosum, t & is fleume, to ones sempng, divers for in some part it is subtil & thin, & in some other groffe thicke, it is called muscillas ginofü, because it is like muscilages, drawe out of fedes. There is another Acume & apereth egal in substace: & is UE

insubtilitie and growenes, to ones devil myng:but for a crouth, it is divers in enery parte: this is named rawe fleus me. And this encreaseth in the Co make and entraples. And to anopoe it: out of the Comake, Hippocrates byd beth bs to spewe twple a month, and to boyde it out of the guttes, nature hathe orderned coler tournne from the cheffe of the galle to the entrayle Ieiunium, and so forth to the other los wer guttes, to scoure awaye that seume from the bzymmes of the entraples, to cause it to discende down with the other dregges and frithe. Some tyme this fleume is encreafed in the begnes, specially of olde folkes, by mynithyng of their digettion, and there remaying is by littell and lite tell angmeted and engroffed, and bur teth nature, which can not by the veis nes therto orderned, boyde it out, pet it both that is possible to kepe it from the harte, and other inward mebres, and driveth it to the outwarde membres, and specially to theleages: for by the heupnes thereof it draweth natus rally to the lower partes of man. And

this is peaule why olde folkes legges are swollen, that if one presse downe his fynger therin, there tarieth a hole specially towarde nighte, and in fatte folkes and suche as were wonte to bee nouryshed with moult meates. There is an other spice of fleume bery subtile, and waterplye, lyke buto water, and some what thycke: This fleume is very often myngled with their spy, tplte, that have pli digestion, and of those that be great dipnkers: itroun; neth from the brayme to the note, as it is wonte in the beginning of the pofe and whan by decocion and boyling in man, it cometh groffe, it is tourned in to fleume, groffe, whyte, and mulcillage. There is an other fleume groffe and whyte, called Gipfeum. the subtile parties of this sleume is distoluted, through long bydyng in the topntes: and the großenes thereof remanneth in the topicts as harde as frones. This fleume engendzeth the goute bucurable. There is another deame thicke and groffe, like to molte glade, modour, clamones, tweeght. Secondly unnatural fleume differeth II.i. IM

in talage: for there is certain fleume, that is sweet, whiche is by mynglyng; of bloud with fleume. And binder this is coteined y buduous seume, which is engendzed by mynglyng of bnauous bloud and fleume. There is ano ther maner of bulauerp fleume, caus sed of rawenes, as certapne glassper fleume. There is another falt fleume, caused by mingling of coler. And this is moze byting, oxier, and lyghter, thai any other sicume, through the coler mpugled therewith, whiche is brie, loght, and Marpe. And this fieums ist ofte founde in their Comakes, that be: fleumatike, that vzynke much strong wome, and that vie falte and tharper meates, and cleueth to the fromake, & causeth other while thirse intolleras ble: and runping by the guttes, it some tyme fleeth theim, a causeth the blouds menipn: and in the foundemente often tymes induceth Arong costinenes. There is an other fleume & is Charper by mingling of tharpe melacoly there with: and sometyme, through botting of fleume, as it chanceth in the swete: ieuses of fruites, that fyzife boyle, andi

and after ware rppe: and this fleume appeareth oftener in their fromakes, that digelf pil, than in other partes. For naturally coler floweth to the mouthe of the from ake, to freeze bp the appetite, which descending down, warde, some time myngled with fleus me, maketh it sower, and this is percequed by sower belchynges. And other whyle this fleume is engendred in the stomake by boylynge with a weake hete. There is an other fleume called pontike, whiche is sometyme raused by mynglyng of pontike mes lancolv. Butthis is seldome, by reas son that pontike melancoly is verye scarce. It is somtime caused through behement coldenes thereof, whereup the movitenes thereof is congepled, and somewhat altered to earthones, and ther bpon cometh no weake here, whiche causing it to boyle, thaulo con nerte it into harpenes:noz no frong beate whiche vigesting it, thuld turne it in to bloud. There be two kyinges of coler, naturall & bunacural. Unnatue rall coler is the fome of bloud, whose coler is ruddy clere, y is citrine, in y T.u. laff ricita

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last degre of citrines, as fastro heades and it is light and Marpe: and the hot ter, the more redde it is. And after this coler is engendred in the bead, it beutdeth in twoo parties, one parts goeth with the bloud in to the veines, the other goeth into the purce of the gall . The parte that goeth with the bloud, entreth therewith both for no cestite and profite. It is nedefull that it mpngle with the blond, to nourithe the coleryke membres. It is behouse ful that it make the bloud subtile, and cause it to entre in to the vernes. The partethat gooeth to the purce of the galle, goeth eke thether for necellite and profpte. The necessite is double. The one is nedefull for al the body, to mundifie it from colerike superfluts ties. The other necessite is in respecte of the galles purce. The profite also is doubles. The one is to walke the entrailes fro dregges and clamp fleume, cleuping to theim. The other is to pricke the gutes t musculs, that they mav fele the thynge that hurteth the, and boyde all other folthynes. The profe of this is, that colyke chaunceth often

often tymes by Noppyng of the hole that cometh from the purse of the gal to the guttes. Unnatural coleris bou ble. Fozone is bunaturall through outwarde causempngled therewish. Theother is bunacurall throughe a cause it selfe: for the substannce theres of is not naturall. Coler bunaturall through an outwarde cause, is another knowen a famous: and it is that that fleume is myngled with. And it is called famous or notable, by reason that it is oftengenozed. And of this kynde of coler cometh the thride, that is well knowe. There is another that is leffe famous, and that is it, wherewith melancoly is mingled. Famous coler is either citryne, and engendzed by mynglyng of subtyle steume with naturall coler, ozels it is yolky, lyke to polkes of egges, and is engendred by mynglyng of groffe fleume with naturali coler. Coler of lelle famo is caused two wayes. One is whan the coler is burned in it felfe, and turned to althes, from whiche & lubtile parte of the coler is not seperated, but myn. gled therewith. And this coler is the T.iy. work.

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worke. Another is, whan melancolve cometh from without, and myngleth it with the coler. And this coler is bet ter than other, and is ruddy in colour it is not clere nor flowing, but more lyke to beyne blond. This bunaturall coler hauping his owne propre subs staunce, without mynglyng of any or thee humour, is often engendzed in the lyuer: by reason that the subtilnes of the bloud burneth it felte, and tour; neth into coler, and groffely into mes lancoly. Another coler there is, enger died in the Comake of yli meates not digested, but corrupted tor els it is engendred in the bepnes by other bus mours. And of this coler be two hons des. Fozone is called coler praffine, like the colour of the herbe called praf sion: which eis engenozed of the pob kones whan it is bourned: for bur, ning causeth a polkp blackenes in the coler, whiche mongled with coler cis trine, engendzeth a grene coler. The other is called rully coler, like torully pron, and it is engendred of prassine, whan practice is burned only tyli the humidite therof be dried away; and of the drines beginneth to ware whyte. And these two taste colers be yll and benomous, per rufty is the worle. Lykewyle there be two kyndes of me lancoly, natural a bunatural. The na turall is the dregges a superfluitie of good bloud, whose talage is betwene Iwece & pontike. And this melancoly, whan ic is engendzed in the lyuer, is parted in two partes. Of whiche one entreth with the bloud, 4 ther with re maineth in givennes. The other is co. ueped to the iplene. The first part entreth with the bloud, for necessite and profite. It is nedeful that it myngie w the bloud, to nourythe the melancoly, colde, doie mebres, as y bones. The btilite is to make thicke the thunne bloud, to fronte the superfluous runs uping therof, to make it Arong, and to Arength these mebres, in to whiche it must be couerted. The other parte, o neceth no bloud, goeth to the splene both for necedite and profite. The necessite is double, one bniverfall through out the bodye, to purge it of melancolious superfluite. The other is but partycular, onely to governe the A.lity.

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the splene. This melancolve is also profptable for mans bodpe, for it rons nethe to the mouthe of the Comacke, Araynpinge out the humidites, that it fyndeth there, as a woma Grainpnge a cowes duggis, draweth out pmilke This btilite is double. Fyzskeit con-Branethe, thyckethe, and comforteth the Comacke. Secooly by reason that thegernes therof moueth the mouthe of y Comacke, it make the one to have an appetyt to meate. Unnaturall mefancolye is as a thinge bourned or ale Mes in respects of other humours. De this there are will famous kyndes, though the be manye not famus, The fyrite is athes of coler: and this is bitter. The. ii. is alhes of fleme + if the seme that is bourned were verye fubrile & watterpshe, than the melans coly therofengendzed wyll be falte in talage. But if the sleme be grosse p is burned: than the allies therof, or the melancoly of it engendzed, enclineth to sowernes or ponticite. The.iti.is ashes of bloudde, and this melancoly is falte, a littel inclyning to swetenes The. iiii, is athes of naturall melans colr.

colp. And if naturall melacoly, where of to ever it be, be subtile, than it will be verye sower. And whan it is caste out byon the grounde, it boyleth and savozeth of the aper, and causeth both styes and beastes to voyde the place. But if the naturall melacoly be grosse, the bunnatural therof engendeed, thall not be sower.

Naturapingues isti sunt atq; ios cantes.

Semper tumores cupiunt audis te frequentes.

Hos Venus et Bacchus delectat fercularisus,

Et facti hos hilares, et dulcia verba loquentes.

Omnibus studiis abiles sunt mas

Qualibet ex causa, nechos leuis termouet ira.

Largus, amans, hylaris, ridens, rubeiq; coloris.

Cantans, carnosus, satis audax, atq; benignus.

Pere

Here chauctor teaching by to knowe Danguis sanguine folkes, sayth, that a sanguis nefolkes. ne persone is naturally fatte. But we maye not birderstande, that sanguine folacs be proprelye fatte: for that is a token of a colde complection, as layth Aui. ii.i. Auicen. But they be fatte and fielhy

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withall: for fatte in sanguine persos nes is taken for fleshpe. Auicen saich that abundance of ruddpe flesheand

Gal.ii. teg.

fiffe, fignifiethe a botte and a movife complexion, as a languine person is. For thebundance of ruddpe-fielthe, wythesteth fortitude of vertue assimi latine, and multitude of blusde, that works and ware by heate and mops flure, as witnellethe Galen latenge, Thabundance of ffelheis engendred of thabundance of bloud. For heate perfectly digellynge, and the like ber: tue to fielhemaketh the fleshe fast and stysse. Also Anicen sayth, everye stele thes bodye withoute abundannce of facte and greace, is languine. Where to Walen allenteth. Decondly, the fas guine persone is merve and tocunde, that is to lave, with mery wordes he monethe other to laughe: ozels he is gladde,

gladde, through benignite of the fans gupne humour, prouokpng a man to o gladnes and iocudite, through clere perfecto spirites engeozed of bloude Thyzoly he gladive hereth fables and nerve sportes, for the same cause. Fourtlye he is enclyned to lecherye, hrough heate and mopftenes, prouos syng to carnal copulation. Fyftly, he gladly daynketh good wyne. Syrtlye he delitethe to fede on good meate, by reason that the sanguyne person delireth the most like to his complection, that is good wones and good metes. Deuenthlye he laughethe lyghtly, foz bloud pronoketh to laughpinge. The. biii.is, & saguine persone harh a glad. somer an amiable coutenace through inclines of colour & fayzenes of cople ttion. The.ir.is, he speaketh swetelye through amiablenes of laguine natu ware. The.r.is, he is aptecolerne any maner of science, through elyuelynes perspicuite of his wrtte. The.ri.is, be is not lightly angry, t this cometh through moutines abating h feruour of coler prouoting to anger. The last.). verles recite some of the forland to kens,

THE REGIMENT kens, and also some other. Frast, a sagi guine perio is free, not couetous but! liberal. Decooly he is amozus. Thyzaran dely, he hath a mery countenance. Forthly he is mooffe parte smylyng, of all which the benignite of the bluo in is cause and pronoker. Fystly he hath i aruddy colour. Foz Anicen laythe, that rudop colour of the skinne, figniai fieth abudace of blud: And this muste: be bnderståd of bepght ruddy colour and not darke, suche as is wont to be in they faces of drinke strong wynes will abundantlye, and that ble fauces and it is Marpe spices, for suche colour signis fieth lepze to come. Hirtly, he gladive: lingeth and hereth linging, by reason of his mery mynde, Senethelye he is stelhie throughe the cause before said. The billis, he is hardy, through the

the bounte of the languyne humour.
Flegma vires modicas tribuit,

beate of the biudde, whiche is cause of

bolones. The.ir.is, the languine per-

fon is benigne and gentyll, throughe

latosq; breuesq;

Flegma facit pingues, sanguis reddit mediocres.

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ther,

gritia somnus.

Hecsomnus letus, piger, in hac

sputamine multus.

Et qui sensus habes pingues, fas

Perethe auctour Gewethe certayne propretes of the complectio of fleine. Fyzste, nematike folkes be weake, by reald that they? natural heat, whiche is beginner of all Arengthe and opes ration, is but feble. Secooly fleumas tike folkes be thorte and thicke: for they naturall beate is not Gronge inough to length the bodye, and ther! fore it is thy che and horte. Thyrdlye Agumatike folkes be fatte, bycause of theve great humidite. Therfoze Auis ten layth, that superfluous greace sygnifiethe colde and mopffenes: Foz the bloud, and the buctous mattier of greafe, persong through the beinis in to the cold membres, throughe coldes nes of the membres, do conteile to ges ther, and so engendze in man moche greafe, as Walen fayth in his.ii. boke of operation. We fayth after that fans auine

guinemen are model bare betwene: the longe and the Chorte. Fourthlyes, fleumatike folkes are more inclyned to poelnes and Audye than folkis of! other complection, by reason of their: colones that maketh them sepe. Fyfi tely they sepeloger, by reaso of they? great coldenes that provoke them to Repe. Syrtlye, they be dulle of wytte: and buderstandpuge: foz as temperas te heat is cause of good witte and but der Canding, so colde is cause of blunt! wytte & dull bnderstandinge. Deuens thly, they be douthfull, and that is by colde: foz as heate maketh a mā lighte! and quicke in moupage, so colde mas kethe a man heup & flouthefulle. The. biti.is, they be lüpyshe & Aepe longe.

Est humor colore, qui competit: impetuosis.

Hoc genus est hominum, cupiés: precellere cunctos.

Hi leuiter discunt, multum cos medunt, cito crescunt.

Inde magnanimi, sant largi sum i

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Hirfutus, fallax, irafcens, prodis gus, audax.

Astutus, gracilis, siccus, groceis q: coloris.

Here'y auctour teacheth bs to knowe a person of colerike coplectio. fyzite, he is hastpe, by reason of superfluous heate, that moueth him to hastines. And therfore Auicen faith, that dedes Aui. it. i. of ercessive motion, spgnifye heate. doc.iii. Decondly, the colerike persone is des cap.iii. arous of honour, and coueteth to be uppermoste-and to ercell all other: bp reason that superfluous heat maketh mas mynde prone to arrogance and fole hardines. Thyzolye, they lerne lyghtly, by reason of the subtilenes of the colerike humour. And therfore Auycen faith, that the buder franding Auf.ii.i. promptenes and quicke agilite to in doc.iii. teiligéce, betokenethe heate of coplec= tion. Fourthly they eate moche for in cap, iii. them the heate digelline is fronger, a moze resolutive tha in other bodies. Apfrelye, they encrease sone, through Arength of natural hete in the, which is caule of augmetation . The. vi. is, thep

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they be stoute stomaked, that is they can suffre no injuries, by reason of the heate in them . And therfore Auto cen saythe, that, to take enery thinge impacientlye, sygnifyeth heate. The. bii.is, they be liberal to those that hos nour theym. The viii. is, they delire bygh dignites and offices. The ninch is, a colerike parlon is heary, by reas son of the heate that openethe the poozes, and mouethethe matter of bearis to the skynne. And therfoze it is a common favenge, the colerycke manis as heary as a gotte. The tenth is, he is discetuable. The aleventh is, he is soone angrye, through his hotte nature . And therfoze Auicen fapthe, ofte angry, and for a smal cause, beto, kenethe heate, throughe easie motion of coler, and boylynge of the bloudde aboute the harte. The.rii.is, he is a waster, in spendyng largely to optais ne honours. The riff. is, he is bolde, for boldenes cometh of great heat spea cially eabout the harte. The rittiis, he is wply. The.rb. is sklender memo bred, and not flethy. The. rvi. is, he is Lane & dzie. The. rbii. is, he is laffron colozed. colozed. And therfoze Auscen saythe, that coler signifieth dominion.

Restat & adhuc tristis colere sub

Qui reddit prauos, per tristes paucaloquentes.

Hi vigilant studiis, nec mens est dedita somno.

Seruant propositum sibi, nil res putant fore tutum.

Inuidus et tristis, cupidus daxs treg; tenacis.

Non expers fraudis, timidus, lue teiq; coloris,

Here thauctor declareth some tokens of a melancoly parton. If yelf, melancoly colpe make the folkes threwd and yelf manered, as they that kyl theim selfe. Secondly melancoly solkes are most e parte sad, throughe their melancolye spirites, troublous and darke: lyke as clere spirites make solkes glad.

Thyzolye, they talke littel, by reason of their coloenes. Fourthlye, they be Audious, for they couet always to be alone. Fystely they fleps not well, by ... reason

reason of power moche dignes of the brane, and throughe melancolpe fus mes they have horrible dreames, that wake them out of they? Repe . Syrtes ly, they be ftedfaste in they; purpole, and of good memozpe, and harde to please: and this cometh through their divnes. Seventhive, they thinke no thing sure, they alwey diede, through darkenes of thep? spirites. In the.ii. last verses he reciteth some of the fore said fignis and other. Fracte, the mes lancoly person is enusous, he is sadde he is couetous, he holdeth fast, and is an pll paper, he is timple, and pet dels cepteful: & therfore melancoly folkes are devoute, great reders, faffers, & kepers of abstinence. Sirclye, he is feareful. Seventhly, he hathe an ear. thre browne colour: which ecolour if it be any thinge grens, lignifiethe the dominion of melancolpe, as Ralis faythe.

> Hi sunt humores, qui prestant: cuiq; colores.

> Omnibus in rebus ex flegmate: fit color albus.

Sans

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Sanguine fit rubeus, colera, rus bea, quoq; ruffus.

bea, quo q; rustus. Si peccet sanguis, facies rubet, extat acellus.

Inflantur gene, corpus nimiums

Et plusquam frequens plenus; mollis dolor ingens.

Maxime fit frontis, et constipas

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Siccaq; lingua sitis, et somnia plenarubore.

Dulcior adest sputi, sunt acria dulcia queque.

Here thaudour recitethe the colours that folowe the complection. A fleumatike person is which coloured: the colerike is browne and tawnye: the sanguine is ruddy, the melancolye is pale, colored lyke erthe. Afterwards the terte declarethe. rii. colours significance superfluite of bloudde. The system, whan the face is redde, by the ascending of bloud to the heed trace. The seconde is, whan the cies bolls out farter than they were wonte.

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The.iii.is, whan the eies are swolle. The.iiii.is, whan the bodge is all hes uy:foz nature ca not instepne noz go: uerne so gret quantite of bloud. The. b.is, whan the pulce beatethe thycke. The. bi. is, whan the pulce is fulle, by reald of y multitude of hotte & moylte bapours. The bii.is, whan the pulce is lofte, throughe to moche humidite that mollyfieth the mattier. The bill. is ache of the forheed. The.ir.is, wha the bealpe is costine, throughe great heate that drieth by the filthy matter. The.r. is, whan the tonge is daye and rough for like cause. The.ri.is great thy: Ite, through drynes of the Iromas kes mouthe engendzed of great heat. The. rii. is, whan one dreamethe of Aui. ii.i. redde thinges. This Auice affirmeth lagenge, Slepe that lignifieth aboundance of bludde, is whan a man dreas methe that he seethe redde thinges:02 elies y he Gedeth moche of his bludde wzels, that he swommethe in bloudde and suchelpke. The.risi.is, the sweet nes of spittelle, throughe swetenes of bloud. Here is to be noted, that lpke as there be tokens of abundance of blond,

cap.vii.

of HEALTH. Fo.cxlvii.
bloud, to there be signes of the abundance of other humours, as in these

Accusat coleram dextre dolor

aspera lingua.

berles folowynge.

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Tinnitus, vomitusq, frequens, vigilantia multa.

Multa sitis, pinguis, egestio, tor

Nausea fit morsus cordis, lans guescit orexis.

Pulsus adest gracilis, durus, ves

Aret, amarescit, incendia some

The tokens of abundace of fleme are conteyned in these berses folowing.

Flegma supergrediens proprias in corpore leges.

Os facit incipidum, fastidia ces rebra, siluas.

Constarum stomachi: simul oce

Pulsus adest rarus, et tard9, mols lis, inanis.

U.If.

Preces

Precedit fallax, fantasmata, so

The signes of abundace of melacolye are cotened in these verses folowig.

Humorum pleno dum fex in cor pore regnat.

Nigra cutis, durus, pulsus, tes

Solicitudo timor, & tristicia, sos nia tempus.

Accrescerrugitus sapor, et spus taminis idem.

Leuaq: precipue tinnit & sibilat auris.

Denus septenus nix sleubothog miam petit annus.

Spiritus vberior erit per fleus bothomiam.

Spiritus ex potu vini mox mule tiplicatur.

Humerumg; cibo damnum lens te reparatur.

Lumina clarificat, sincerat fleus bothomia.

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Fo.cxlviii OF HEALTH. Mentes, & cerebrum, calidas fas cit effe medullas. Viscera purgabit, itomachum, ventremq coercet. Puros dat sensus, dat somnum, tedia tollit. Auditus, vocem, vires producit et auget. Here the audour spekynge of bludde letting, saith, that at. rvii. pere of age one may be lette bloud. And touching this Balen saith, that chilozen thulde Gale,ix. not be lette bloud, befoze they be. rifit. de inges pere olde at leeft, bycause childres bos dies be soone resolued from outward nio. heate, therfore by boydying of bloud they hulde be gretely weaked. Also for that they nede to noury the they? bodges and augmente theym, they Moulde not diminishe they? bloudde. And eke for that they be sone dissolved from outwarde hete, it suffisethe that they nede not to be lette bloudde. And wyttethe well, that as bloudde lettynge is not convenient for chylbre, so it is buholsome for olde folkes, Gale.ix,

as Valen laythe: for the good bludde teg.

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Au, iiii.i cap.x.

is lyttel and the pll moche, and bludde lettyng dzaweth away y good bloud, and leaueth the yll, as Auicen saythe: And therfore bloudde lettynge is bno convenient for fuch persons. Secons dlye, he puttethe the hurte of bloudde lettynge. Of necessite with boyopnge of bloudde, done by bloude lettynge, mans spirites beynge in the bloudde, do auopoei. Thyzdelye, he thewethe howe the spirites chalde be cherished and restozed, and that is by drinking of wine after the bloud lettynge: For of all thing to nozyshe quickely, wine is best, as is before laid. The spirites also be cherished & restozed by meates but y is not soo quickely as by wine. And the meate after bloudde lettynge must belyght of digestion, and agret engendeer of bloudde, as rere rolled egges and suchelyke. And all though meate restoze the spirites after bloud lettynge, yet lette the pacietes beware of moche meate the firste and seconde daye. For Isaac sayth In dietis, that they muste daynke moze than eate, and yet they must ozynke lesse than they dydde befoze bludde lettynge, foz diges

digestion is weaker. Fourthly, the auctour putteth a.ri. profites of bloud lettyng, that is duly done. Fyrst, temperate bloud lettyng comforteth the fyght: for dyminishing of humours doth eke diminishe fuming to head: and the repletio thereof, that darketh the syght. Secondly, it clereth and maketh pure himping a brayne, through the same cause. Thyrdly it heateth the mary: for it mynysheth the supersupsties, that thereo come and coole it.

Fourthly, it pourgeth the entrayles: for nature bucharged of bloud, dige, Meth better rawe humours that bee left. Fiftely, bloud letting reffreineth bometpng and the laske, foz it diuet. teth the humours from the interioz parties to the outward, and specially the lettyng bloud of y armes, as Auto cen layth: for lettying bloud of the fete Coppeth not so well, pet perchannes the bloud lettyng hall augmente the laske, and that two wayes. Fyzite, by blond lettyng nature is discharged of her bourden, and beyng comforted, it prouoketh other bacnations. Second ly, if the laske be caused by great wear kenes

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kenes of vertue contentpue. Foz than by reason that by bloudde letting bers tue is weaked, the laske is augmented. Syrtely, bloudde lettyng clereth the wittes: for it mynisheth vaporas tion that goeth to the head and trous bleth the wyttes. Sevently, it helpeth one to sleepe, for thereby many bus mours be boyded, of whiche dyners Marpe vapours are lyfted by, that let one to sepe. The eight is, it taketh awaye tedyoulnes and over greate grefe, for therby vertue is buloden of grefe: for with the melancolp bloud. the dregges of bloud, whiche induceth tedioulnes and grefe, are drawen out. The nouth is, it comforteth the heas ryng: for thereby the vapours and bu mours that ascende to the head, and lette the hearyng, are diminished. The tenth is, it comforteth the vopce: for therby the superfluities and humi dities, that woulde come to the break or pppe of the lyghtes, flet the boyce, are diminpshed. The eleventh is, ic augmenteth the Grenthes, for therby the body is discharged of grefe. Wher fore the vertue is augmented. Tres

Tres infunt iltis Maius, septems ber, aprilis.

Et sunt sunares, sunt velut y dra dies.

Prima dies primi, postremaqi posteriorum.

Neclanguis minui, nec carnibus anseris vti.

In senevel muene, si vene sans

Omni mense bene, confert incis

Hi sunt tres menses, Maius, seps tember, aprilis.

In quibus eminuas, vt longo tes

Pere the autour layeth, that these thre, Paye, Septembre, and Apryle, are the monethes of the moone, and in them are dayes forbydden to lette bloud, that is the first of Pay, thas of September & Aprile. Though this be a comon rule, pet it is falle. For y fore said days may be as good t as worthy to be chosen as y other after h diverse te of the costellation the. Farther, he layeth,

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fath, that in those dayes one honide not eate goose fleth, which is also false and erronious, and very witchecraft. I thynke the auctour had this fairing of the Jewes, whiche observe suche maner. Deconding be layeth, that men of myodell aege e yong folkes, whole beynes be full of bloudde, may be let blond enery monety, for those mave well resplication, and in them is great quantitie of good bloud. Thirdly he layeth: that bloudde lettyng for mans health, must be done in one of these three monethes, Mare, Septeme bre, and Appple. But pet with difference, for in Aprile and Day, the liver berne muft belet bloud, because than in ber tyme the bloud encrealeth: and in Septembre in the splene bepne, bee cause of melancoly, which than in aus tumme encreaseth.

Frigida natura frigens, regio, dolor ingens.

Post lauachrum, coitum, minor etas, atq seniles.

Morbus prolixus, repletio por tus et esce.

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Si fragilis vel subtilis sensus stoe machi sit.

Et fastiditi, tibi sunt sleubothos mandi.

Here the audour putteth.ril, thinges that lette bloud lettyng. The firste is colones of complection: Foz as Galen saveth, bloudde lettyng cooleth and augmenterh coldenes: because, as 30 saac sayeth, bloud is the foundacion of natural beate: fin that y bloudlets ting boydeth y bloud, it boideth hete, and to confequently coleth. The fecon is a feruet colde cotrep, bnoer whiche a colde leason thousae be comprehens ded, whiche also letterh blond lettyng: for in a cotrep & featon bery colde, the bloud is closed in the depet partis of the body, and the bloud that tarieth in the otter partis, p colde maketh thicks whiche to boyde is no wisdome. The thy de is feruent ache, bnoer whiche eke may be comprehended great infla mation of the body: for if one in fache accidentis be let blond, there foloweth great motion agitative, contrary to nature, and greatter inflammation, whiche

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whiche weaketh nature moze. The

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cause of this motion agitative is ats tractio to divers parties: for by bloud letting attractio is caused to the place that is let bloud: and by great ache at traction is caused to the place of ache. The cause of greatter inflammation is, that by bloud letting the humours bemoued, whereby they be moze ins flamed. And this is trouth wha bloud lettyng is lyttell and artificiall. Bet if it be done tyll one swounde, it is hole some in the forsappe cases: For this bloud lettyng, whan it overcommeth the attraction of the ache, it causeth not motion agitative, and lykewyle it taketh awaye inflammation, whan there be no humors, that shuide mous heate, and cause moze inflammation. Galin co This is Balens mynde, saigng: there mento il is no better medicine for an impostus me of feruent inflammation, feuers, and a great ache, than bloud lettyng. The.iiii.is baining, specially resolus tiue: for that letteth bloud lettyng, for that were vacuation byon vacuation, whiche nature can not easely beare. The.b. is carnall copulation: for ime mediatly

lius aph. q agerun tur.

mediatly after that, one thould not be letten bloudde, because of double wear kyng of nature. The. vi. is to olo or to pong, as it is befoze touched. Df this Auten faith: Take bede how thou let test one bloud in any of the forlapde cales: outcept thou truff in the figure in folidite of the musculs, largenes of the bernes, the fulnes of the, & rudep colour. The. bii.is longe fickenes: foz by suche lettying of bloudde, nature is doubly febled, both by long ückenes & diminishing. This is of trouth, fayth Aufcen, ercept there be corrupt bloud for tha bloud letting is hollome. The biti.is great repletion of divnke. The ir.is to eate to muche meate: & bnder this is compailed meate budigested. The cause bereof(as Auscen sapth) is this. There be.iii.thinges that drawe to them, that is emptines, heate, and secrete vertue oz pzopzetie. Than ik the beines be empty through boyding of bloud, they drawe to the fro the flos make og liver, bndigefted og fuperfine ous meate oz dzinke, whiche bndige. sted meate whan it comety to the med bres, can not be ameded, that is to lap digeffed:

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digested: for the thyrde digestion can not amende the faute of the seconde, noz the seconde of the firste, if the faut be so great that it can not converte in to the membres, and it there remays nyng may cause some disease. The.r. is feblenes, for bloud letting is a Arog bovder, as Galen fayeth, therfoze a feble persone may not endure great diminishunge of bloud. The.ri.is sub tile sensyblenes of & Comakes mouth: whiche is called the harte Arynge, for of fuche bloud lettying swounging for loweth lyghtly. And under this, wear kenes of the stomake is eke comprised ealy flowing of coler to the mouthe thereof, enducying bometying. Tabers foze they that have the fozelayde accidencis, thould not be let bloud: For by bloud lettyng the humours moued, be enduced to the Comakes mouth, as to a place accustomed: and because it is a weake and an impotent membre to re systethat flyre, therfore by suche lets tyng of bloud many inconveniences chance. This is one cause why many swounde, whan they be lette bloud: by reason the coler floweth to b fromake, whiche

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whiche bytynge the ffomake, pyneth the harte and fromake fo, that it caus seth one to swounde. The rii. is los thyng:foz if in this lothing, one be let bloud, what the beynes be empty, they drawe to theim yl matter that couleth lothsomnes. And bely des the forlay de accidences there be pet other, that let bloud lettyng. Fyzit boidyng of men-Aruous fir oz the emerandes: foz one diseased with eyther of these, Moulde not be let bloud: yet it may be doone to opuerte the figre or matter an other waye. The leconde is rarenes of com polition: for in rare bodies is muche dissolution, and therefore this resolucion fuffiseth them without enacuas tion, as Galen sayeth. The thyzde is Gale.ix. rawnes, and clammines of humours teg. for than beware of bloud lettyng, because it encreaseth rawenes of bus mours: and therfore in long fyckenes pe thoulo not lette bloudde: for rawes nes of humours encrealeth, arength febleth, and the fickenes prolongeth. And therfore Auicen sapeth, that in log fickenenes befoze one is let bloud, be thould take a larative, all thoughe 美.1。

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henese both. Kawenes of humeurs is caused two waies. One is through aboundance of humours that chooke naturall heate, whiche chokping brees deth rawe humours, and than bloude Alex. ii. lettong is holsome. Wherfore Alexão der layeth: Lettyng of bloud in the be gynnyng of p droply is hollome: whā it cometh by aboundance of menstrue ous bloud, that through some cause is prohibited to issue: or by aboundance of the emeraudes: For like as a lyttell fyze is quenched bnder a great heape of wode, so lykewise naturall heate is suffocate with aboudance of humoes. The seconde cause of rawe humours is febienes of naturall heate, as in folkes of feble completion, or fuch as have bene long sycke, or be very aged, for than the land bloud lettying is but holsome: because it augmenteth raws nes, for the bloud that observeth hete is drawen out, & so the body is made colde and the humours more rawe: Therfore the blond must be left to dis geste rawe humours. The.iiii.is bus due disposicion of the ayze, eyther to botte oz to colde: foz muche heate caus leth

seth strong resolution: and great cold maketh the bloud thycke and bnapte to issue of anoyde.

Quid debes facere, quando vis fleubothomari.

Vel quando minuis, fueris vel quando minutus.

Vnctio siue potus lauachtum, vel fascia motus.

Debent non fragili tibi singula mente teneri.

This tert veclareth five thyinges that pught to be done about bloud letting: In fome befoze, some at the tyme, & some after. The fyall is annountying which other whyle is bled in the bloudde lets png, as to annoint the place or bevne that is opened: to aswage the pepne, milometyme it is vied after bloudde lets Inge to keepe the gathe that it close mot by to sone, that the humours that le lest in b vernes may have some res piration a some pl fumes boyde out. The.ii.is to dzynke, & specially wine, liphich is good in bloud letting: if one ap to found, falso it is very holsome 美。ti.

v. thiges in bloude lettyng.

after bloud lettyng, to reulue the fold with rites and engedze newe bloud, which thyng in practyle al phylicians oblered ue. The thyrde is bayning, which is hollome thre dayes before thre dates in after bloud lettyng, and not the same will dave. It is good before, if one thynke min he have grove humours within him, with for bapuping leufeth and moueth the humours, and for the lapde cause it is in the hollome to take a tharpe syzope before and to moue, disolue, & make subtyle the humours. And therfore whan ye wphill let one bloud, pe mult rubbe the armendand that the humours in the veines about him may be made subtile and prepared com iffue out moze easely. It is hollome at the ter bloud lettyng, that the respone of the humours and vapours, that be left be him hynde, may be leused. It is not hold in fome the same daye, for baynyng mas keth the skynne lynnowe or soupulle, whiche made lynnowe wyl not abide the Aroke that is genen in bloud lete N tyng, and that is daungerous. The fourthe is byndyng with lynnen close thes, whiche is very hollome to fop the bloud after enacuacion thereof, el befores

OF HEALTH.

before bleding, to drawe the humours in the bevnes, and to cause them to fwelle, and better to appere. The fyfte is moderate walkping after bloud lets tyng, to dissolue and make subtyle the humours, and afterwarde to leufe the respone of the humours that be lefte behynde. Some ble to be lette bloudde fastyng, but some other save, it were better to eate a rere rolled egge firfte, and thereo drinke a draught of wyne, about the houre of none or tenne before owner, and forthwith to be lette bloudde: Because whan the stomake is emptie, nature reteyneth Aylle the bloud moze frongely, lefte the thouls lacke nourythemente, but whan one bath eaten a lytle nourythyng meate, as wone and egges is, than nature fuffreth the bloud better to illue.

Exhilarat tristes, iratos placat amantes.

Ne sint amentes seubothomia facit.

Here be declared three effectes of bloud fectes of letting. Frist it maketh a lad persone bloud letemery. Secondly it appealeth angery tyng.

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folkes: The reason is this, muche melancoly myngled with the bloud, cans feth heuvnes, and much coler causethi anger, whiche two humours, as they! be impingled with the bloudde, are daas wen out by bloudde lettying. Thyzoly it kepeth louers fro furious rauving, for it remoueth the bloudde from the: bead, and an ovdeth it by the other eron terior partes. Farther more there be: fpue causes of bloudde lettyng. The fyill is, that the aboundance, whether it be in qualite, oz quantite, oz bothe, Mould be voided. Foz as Auicen faithi two maner of folkes must be let blud... Dne are suche as bee disposed to bee: lycke, that have aboundannee of blud in quantitie. The other are they that are speke already, through the malice: of humours oz bloudde. But there is differece in these two bloud lettinges. For bloud letting for the aboundance of bloud ought to be much, but whan it is done to anopoe pll bloud, it mult Gale.ix, be moderate, as Gale laith. And ther: fore they do very pl, that let them felfe blede tyl they perceive the good bloud illue, for paramenture all their bloud thall

Mall runne out, er they fee any good bloud appere. Therefore they thoulde boyde a littell at ones: tafter y minde of Galen, in this case: befoze thei lette Gainco. one bloud, they thould genehim good illigaph. meates, to engenoze good bloudde, to que res fulfyll the place of the yil bloudde that guntur. is anoyded: and after within a lyttell space, to lette bloudde a lyttell and lyte tell. This is called dyreas lettyng of bloud, for it is done to anoyde abouns dance of bloud, and of fuch humours as thould be anorded. The fit ste indis reae caule is the greatnes of poileale and greatnes of the apparet behemet instamation, for as Galen faith, there is no better medicine for an impostus me of vehement inflamation, feuers, and a great ache, than bloude letting. The second indirect cause is, that the matter, whiche must be anoyded, be drawen to that place from whence it muste be anoyded. And therfoze in retention of the menstruous flyre and emeraudes, the great beyne in y foote called Sophena, must be opened, as Galen sayth, to dzawe down & matter of the bloud. The third indirect cause ₹.iiy. 15

is to drawe the humours to the place contrary to that place that they flowe to, to dynarte the matter from that place. Therfore for to muche aboundance of mentruolytic, the beyne Ba= filica, muste be lette bleudde, to turns the matter to the contrary parte, and so to bopde it from his propre course. And therefore he that hath a plurely on his lefte spoe, must be lette bloudde on the ryght spee, to dynaste a drawe the matter to the place cotrary to that place that it enclyneth to . And lyke wyle if it be on the ryght fpoe, to lette bloudds on the lefte. The fourth indireae cause is, that by lettyng of boud, one portio of the matter may be auois ded, that nature may be ftronger bpo the resydue, and so lettying of bloud is holsome, whan the bodge is full, lefte impostumes growe: for the regiment of nature is feble, in regarde of these humours: wherfore wham a portion of the matter is bopded, nature gouer neth the matter so, that it Moulde not flowe to some weake place and breede an inpostume.

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Fac plagam largam mediocrie ter, vt cito fumus.

Exeatyberius, liberiusq; cruor.

Here the auctour faith, that the gathe made in letting of blud ought to be of a meane largenes, that y groffe bloud maye easelye illue out: for whan the gathe is strayte, the pure bloud onely goth out, and the groffe abydeth fight And note, that some tyme the gallhe muste be great, and some time smalle. The gathe muste be great foz. iti.causes. fyzif, bycause y humours be groffe, and groffe blud muft be bots ded, as in them that be melancolve. Secondlye, in wynter the gathe must be great, foz colde engrossethe the hus mozs. Thyzolye, foz thabundance of humours, for they anovde better by a greatte gache than a smalle. But the gathe muste be smalle, whan the personne is of weake Arengthe, that the spirites and naturalle heate auopoe. not to moche: and lyke wyle in a botte season, and whan the blud is pure.

Saguine subtracto sex horis est

vigilandum,

Fac

Ne somni fumus ledat sensibile corpus.

Ne neruum ledat no sit tibi plas ga pro funda.

Sanguine purgatus non carpas protinus escas.

Thie thinges muste be considzed whā one is let bolud. Fyzste, that he sepe not in. vi. houres after, leest y fumes engendzed by Aepe ascende to the beeb and hurte the brayne. Farther, leeffe in his depe he turne him on the arme that is let blond, therby hurte hym, and lectte the humours by flepe flowe to the pernfull membre, by reason of the incision, and so brede an impostus me. For Walen laith, that if impostu. mes brede in the bodge, or in a mebre that is hurte: the humours wyl flowe therbuto. But Auicen allignethe an other cause, that by suche sepe maye chance confraction of the membres: The cause mape be as Galen saythe, that Repe is buholsome in the ague

and the outwards partes ware colde,

Gale. ii. apho. fu per illo-fytte: foz natural heat gothe in warde In quo. &c.

and the fumes remayn buconsumed: wherby

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wherby the rygour is augmeted, and the feuer fytte prolonged. Also by mounge of the humours in lettynge of bloudde, fumes are repled by to the senowes and brawnes of the armes: which remaining buchsumed, ware colde in flepe, and ingroffe in p beter partes. And therfoze if one Cepe im. mediatelye after lettynge of bloudde, they cause cofraction of the senowes and braunes of the armes. And he Taythe, that one in lettynge of bloude, muke beware that he make not the gathe to depe, leste he hurte a senowe or an arterie ffringe bnoer the beine: for hurrynge of a senowe causethe a mozeall crampe, oz loffe of a membre, as an arme or a fynger, and hurte of an artery ftrynge, causethe bledynge bucurable. And one ought not to eate immediatly after he is let bludde, but he must e tary til the humours in him be in quiete, leste the meate afoze it be digested, be drawe to gether with the bloudde, to succour the hurte mebze.

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Omnia de lacte vitabis rite mis

Et vitet potum sleubothomat?

Frigida vitabit, quia funt inimie ca minutis.

Interdictus erit minutis nubilus

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Spirit9 exultat minutis luce per auras.

Omnibus apta quies est, motus valde nociuus.

A.thiges Pere paucour lapth. b.thinges mulf to be fled be eschewed of him that is let bloud. The fyzit is milke and white meates: ofhom that is let for by Aucrynge of humours caused bloudge, by lettynge of bludge, ofte times some humours howe to the fromake: there fore if he chulde eate mylke, by myns glynge with the humours, it wolde corrupte in the fomake: lith of it felfe it is veri corruptible. And eke by rela y it is swete, p milke map be drawe to the beynes bnoigeffed: and throughe Aurrynge of humours lyghtely coze rupte. Secondely, he must beware of mothe daynkynge: for by reason that the beines be empty, the daynke bnois gested is lyghtly drawen to them, as

fsafozelaid. Thirdly he mutt eschewe all colde thynges, as well outwarde, as inward, as meates bery cold, colde aper, colde bathping, thinne clothing, resting on Cones, coldenes of pheed and fere, for by reason that that natue ral heate is febled by letting of bloud, the bodye wyll soone be to colde. Fourthly, he that is let bloud, thulde not walke in barke cloudye or trous blous aier: for that maketh him beup and bulufty, as is aforelayd at, Aer. fit mundus. &c. And beuines is caule of melacoly bloud. Therfoze be must walke in a fayze clere afer: foz that recreatethe the naturall and lyuely spis rices. Fyftly he muft elchewe ercellis ue labour e ble moderate reste: foz ers celline Aurryng about than specially weakerhe and moueth humours, but

Principio minuas in acutispers

cemperate reffe fwagethe mocion.

peracutis.

Ltatis medie multum de sangui ne tolle.

Sed pure atq; senex tollet vtere q; parum.

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The best Here he speakethe of source thinges, tyme and fyrste, the lettynge of bloude thuloe age to let be done in the begynnynge of sharpe bloude. diseases, which are ended y.its. daye.

For suche be shorte & make no delay: therfore the muste be remedied at the begynnunge. The.ii.is, that frome. rrr. pere to. riv.oz.l.one thulve be let bloud moste, for at that age bloud ene creafeth moste of all: 1102 the dimpnys thing therofletteth not the growing: nor the bodyly Arengthe is not lessed therby: foz the body in page groweth not, but semethe to france fril at one Nate. The thyzde is, that olde folke x chiloze thulo be let bloud but lytel: foz pog childze nede moch blud to nozishe cencrealethem, taged folkes Aregth decayethe. Fourthlye, in ver double quantite of bloud thulde be boided in regard of other featons: for that tyme specyally encreasethe bloudde, as all philitians lave. Touchvnge the fyzite faveng, a fewerules concerning lets tynge of bloud, wolde be gruen. The fyzite

traffe is, that at the begynnpng of the fyckenes one chuld not be let bloudde, for as Galen layth, nature is worker Gale, iii, of all thinges, and the philitian is mis teg. nister. But he sapthe, that no vacuas tion at the beginninge of ückenes is Ide, iiii, naturall, for as nature in the begin: aphorif. ning of fickenes audideth nothunge, in co. fu. iphe wyle no moze thuld the philitia. egritudi Det three thinges withand this rule. egilled. The fyrste is furiosite of the mattier. nis egc. Fox Auteen fayth, that whan the syc tenes begynnethe, one shulde not be let bloud, for lettying of blud Aurreth the humours, 4 maketh theim subtile a to rounne through out all the body, outcepte the mattier be furious. The seconde is, abundance of the mattier: for Galen saythe, that it is than behor Ga. in as ueful to be let blud og take a medicine phoris. larative, to alleupate nature loded In choas with abudace of mattier. The thirde tibe mor is greatnes & Charpenes of & lickenes, bis. &c. as whan ther is a great fan achefull impostume, thoughe & mattier be lite tel. For Galen saithe, if y impostume be great, ye muste let bloud at the bes ginning, thoughe there be but lyttell me. mattier:

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matrier: leefte it bzeke oz open oz ft be ripertherfore to elchue manpe incons nenieces blud lettyngemult be done. The.ii.rule is, that bloudde lettynge may not be done on the day of motion of the syckenes, as in Erisis, nor no other vacuatio noz diverting of mattier frome the place that nature sens deth it to. Pollyke wyse in the ague fitte. for Balen sapth. That whathe fickenes is in his estate neither bloud bethe mu lettyng nozlarative hulde bedone.

Criss is fodavne indicatio epther to belthe ox tacion.

Foz than the mattier typeth, whiche ripeth better by quietnes than by fee ring. The thirderule is, that lettinge bloudde shoulde not be done in begins ninge of the lyckenes, whan crifis is remoned: for Isaac saythe in his boke of beynes, that though the hart be the engeozer of the blud and spirites, pet the bloudde is fundation of naturalle beate, and sustepnethe it, for heate is naturally ether of engedzed: and there foze he that boydeth bloudde, boydeth heate: whiche hulde digeste the mate tier of the spekenes, and so consequets ly the lyckenes is prolonged, thregh weaked. And therfoze it is to dzede,

left through lengthing of the fickenes & weakinge of the Arengthe, nature thulde faple. The fourth rule is, that the body hauvinge dregges or filthe in the guttes, shulde not be lette bloud. The cause is, there be thre thunges that drawe to them, beate, emptines, and all the thappe, fo whan the vers nes be empted by letting of blud, they drawe to them fro the nerte membre as the guttes & fromacke, wherby the bealy is inducated, 4 the mattier in § beines are moze enfected, p mileraike draweth b humidites of the ordeurs, and the ordeurs are diped the more, therfore pe must frast mollify b beatp with olufters or suppositories, except it ware larative alone. The. v. rule is that lettyinge of bloudde thulde not be mache bled: for by ofte blynge there of, one drawing in age, fallethe in to diners diseases, as Epilencie, Apos plexie, and palley, for by remouings of the blud theate, many Reumatike superfluites are engedzed, that cause these diseases. The. vi. rule is, that a woman menstruate, or with chylde mulde not be let bloudde. A woman P.i. with

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with chyloe muloe not, for therby the beate that digesteth meate is diminis theo, a the foode of that that the gooth with, is taken away: speciallye whan it that the gooth with, wareth great, for than it nedeth more foode. This saythe Hyppocrates: when the men-Aruofite kepethe due course and boys beth naturally einoughe, lettynge of blud thulde not be done, but when it voideth to moche, than to diverte the mattier, it muste be doone, for nature wolde not be lette of her operation. The. vii. rule is, that after the coles ricke passió one shulo not be let bloud foz by reason that lettyng of bloudde fourreth by p humours, a colericke humour mave flowe to the fomake, and enflame it : noz after bometinge, lest e humours lyke wyse sowe to the fomake: noz after the flire, noz after great watching: not after much tras uaple:no: after any thing that greate lp heatethe or dissolucthe: for in those cases lettyinge of bloud thulde greatly moue the humours, and enfeble the Arength. Poweit is to be confidzed. who be mete to be let bloud: therfore

we thall declare a fewe rules. The.f. rule is, that lettynge of bloud is very erpedient for delycate, yoel, and corly folkes: t chat ble meates engendapng moche blud. The seconde rule is, it is holsome foz those that have abundace of bloudde, which abundance is knos wen by the thyckenes of they? brine: foz abundance of bloudde makethe it thicke, and abudance of coler makerb ic thinne. The third is, thep shulde be let blud, in whom melancoly abuverb for whan moche naturall melancolpe runneth with the bloud throughe out al the body, not purifieng the piblud, than lettynge of bloudde is holfome. There be.it. kindes of metoncely, nas turall and bunaturall. Paturalits the dregges of bloudde, whiche whan it abundeth, it runneth with bloudde and in lettynge of bloudde is boyded therwith. Fozof the same temperate heate, bloud, and melancolv, the dregs ges therof, is engenozed. The.iiy.rus le is, that whan boyling, coturbació, calefaction of humours is feared, it is hollome to let bloudde: and thole persones, as soone as they tele theput selfe 19.11.

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lelfe instamed, chulde be let bloud, to anopo the for lapo motions, caused by great abudace of humours. Det other while some be discepued by this rule: for forth with whan they fele caleface tion, and feare boyling of hamours, they let them blond. And whan this cometh of heate, calefaction, and incifion, the calefaction or boiling celleth not by bloud lettynge, pe it is rather augmented: for bloud letting moueth the numours, & maketh them rounne throughe the bodye: therfore lettynge of bloud is not hollome, excepte it be for abundance of humours, which is knowen by moche swete speciallye in the moznynge, for there be some that sweate not, excepte they nede evacuas tion. The. b. rule is, they y be myghty and ffronge, ibulde be let bludde, and not they that be colde and daye. For Kalis faythe, y those bodyes are apte to be let bloudde, that have great app parant bernes, that be heary, and cos lozed berwene browne and redde, and folkes not to pog noz to olde, foz chile ozen 4 butoglop aged personnes shuld not be let blond, ercepte great necellis

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OF HEALTH.

Fo. clxiii.

te require it. Wany of the layoe rules be gethered out of Auicen.

Au.iii.i. ca.de Estas ver dextras, autumnus fleubo= hyenisq; finistras.

Quatuor hec membra cephe, thomia. corpesseparvacuatur,

Vercor, epar estas, ordo sequés reliqua.

Heretheaudour recytynge certayne thinges concerning the mebres that be lette bloudde, sapth, that in ver and sommer the beynes of the ryght hans de, arme, 02 foote shulde be let bludde. But in wynter and autumne, the vei nes of the lefte hande, arme, or foote must be diminpshed. The cause herof may be, for that ver encreaseth blud, and sommer coler, therfore in ver and sommer pe thuld diminithe those beynes, in which blud and coler abonde, whiche be the ryght spde of the bodye standeth the membre that engendreth bloud, that is the lyner, a the receptacle of coler, the gall. Autumne engens dzeth melācoly, whiche is gerhered to gether, a not resolved by wynter: ther fore in ver and wynter, those veynes 10 . iii. Moulo

Moulde be let bloud, in which meland coly hathe dominio, which be the lefte lide beynes, for the splene is on y lefte lide of the bodye, whiche is the receps tacle of melancoly. Decodely he faith, that these. iiii. membres, the beed, the harte, the fote, 4 the lyuer, after the. iiii. seasons of the pere-muste be emps ted, the harte in ver, the lyuer in some mer, the beed in wynter, and the fote in Autumpne.

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Purgat epar, splenem, pedus, precordia, vocem.

Innaturalem tollit de corde dos

lorem.

Here the auctour recyteth.b.commos dites that come by lettying bloudde of the beyne saluatella, Bit is the beine on the backe of the hade, betwene the myddel fynger and the rynge fynger, it purgethe the luner, it clensethe the splene, ir mundifieth the breast, it pres feruethe the fomakes mouthe from hurte, it doth awave hurte of poice. The reason of al these commodites is bycaule

bycause the forsayde bepne anoydeth bloudde from all these places, as after it thall appere. Hoz a moze ample des claration it is to witte, that in letting of bloud, other while the vernes be so pened, and some tyme the arteries. The openyng of the artery is dange. rous, the cause herofis pouer moche bledynge, whiche is caused.ii. waies. Dne is throughe feruent heate of the arterie blud, for a hotte thing is sone monable, soilateth sopeneth the are terie, a therfoze it helpethe moche to boyde the bloud, in lettyinge bloud the arterie. The.ii.canfe is mobilite of ? arterie, t therfore the wonde or gathe initis flowelper healed, for wondes with outrest can not heale. Bet this letting of bloud is hollome.iii.maner wyse. Frat whan there is abundace of subtile bloud in the body. Secodly whan the bloudde is vapozous. Thie delpe whan it is hotte. For subtile bloud, of which natural bloud & spiris tes be engenozed, restethe in the arterpe:but gros bludde that nourytheth the membres, resteth in the veynes. Lyke wyle the vapozous bloud is co. P.iiu. tepnes

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repned in the arterie, and languine bloudde in the beyne. Also the hottest bloud, the whiche is of the hartethe hottest membre engendred and dige: sted, is coteined in the artery, and the other bloud in the veynes. Deconolye note, o the beines ar opened in many mebres, some tyme in the arme, or in the great hande or smal, some time in the foote, some tyme in the nose, some tyme in the forhees, some tyme in the lyppes, some tyme bnder the tounge, oz in pruffe of the mouthe, some time in the corners of the cies towarde the forheed. From the arme pytte to the ellebowe are. v. veynes to be opened, as Kalis and Auteen laye. The fyzife is called Cephalica, whiche is the heed beine: The.ii.is called Batilica, whiche is the liver beyne. The.itj.is called Mediana, 02 Cardiana, 02 ni= gra after Auicen, 03 matrix after Kas fis. The. iii) is called affellaris. The. vis called Funis brachii. In & leste hande is saluatella, so fin the arme, in that it conteineth & moze & the leffs hande, are. vi. beinis to be opened. Cepha

Cephalica emteth the partes aboute the necke, and therfore to open that vepne it is good for diseases of g bead, as the megrim and other hot grieffes caused of hotte matter. This beyne be gynneth at the Houlder, and gooeth forth toward the left spoe of the arme. Basilica empteth the partes buder b necke, as from the break and ipuer: & therfore the lettying blud of this beine is hollome for diseases of the breast and lyner, and ryght good in plurely. This veyne begynneth at the arme hole, and goeth along to the bowyng of the arme. Mediana is betwene the se two sapoe bepnes, and is compade of theim both, for it is the braunche of eche. And it is eke median in bacuas tion: for it voideth from all about, bus der, from, and about the necke. Wher fore it is the universall bepne to al the body in boyding: but not bniverfalt (as some save) because it beginneth at the harte, but because it is & braunche of Cephalica & Basilica. Therefore whan you wyll let Cephalica bloud, and it appereth not, ye thould rather take Mediana, than Basilica. And lyke

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lyke wyse whan ye wyll let Basilica blond, and it appereth not, pe shoulde rather minishe Mediana tha Cepha lica. Forit agreeth better to bothe, than one of theim with the other. Sal uatella is the veine betwene the mio dell fynger and the ring fynger, mozs declynging to the invodell fynger. It begonneth of Basilica. This beine is opened in the ryght hande for opilation of the lyner, and in the left hande fozopilation of the splene. There is no reason why it should be so, as Aui cen sayth, but experience, which Das len founde by a dzeame, as he sayeth, De had one in cure, whose lyuer and splene were Kopte, and he dzeamed, that he did let him bloud of this beine and so be did, and cured the pacient. Withan this begne is let bloudde, the hande muste be put in warme water, to engroffe and dilate it, because it is subtile: and that the gathe thould not close to soone, and to make the grosse bloudde thynne. Affillaris is buder Basilica, *appeareth in bindyng the arme: and lyke judgement is of it as

of Basilica. Funis brachii is oner Cephalica, ozelles the hyndermoste bone: and is of one judgemet with Ce phalica. Therfoze as Anicen & Bale fape, though in openying of beynes, be bniversall vacuation of all the bodye, vet not from al beines egally:noz like ieoperdy is not in all. for Kalis laich that Cephalica is the furer, and Bas filica.moze to be feared, & Cardiaca is to feare, but not lo muche as Bafis lica. Cephalica is surest, for there is neither senowe noz arterie aboue noz bnder it, but bnder Cardiaca there is a senowe, topper aboue it is a subtile senowe: therfore it is to feare, leffe it Monto be cut. Basilica is bery icoper. dous:for bnder it is an artery, & nere sta senowe & a muscull. Saluatella is nat icoperdous, & therfore p better to open it, it wuld be put in warme was ter. In the foce be thre beines, Sciatis ca. Sophena, and the hamme bepne. These bepnes be opened to drawe the bloud to the lower parties, as in pronoking meftruofite, & the hame beins is better than Sophena oz Sciatica: for

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fozit is nerer the matrice. Sophena draweth bloud from the parde, coddes and matrice, and Sciatica from the ancles rapnes and other membres to wardemans lefte syde. Sophena fro the matrice and membres there about they be braunches of one bepne. In h myddes of the fozehead is a bepne, whiche is opened for olde diseases of the face, as mozphen, ozpe scurfe, and scabbe, and for diseases of the eyes, but fyzit Cephalica must be myny There is lpkewple a vepne in the note, and whan any of them is ope ned, the necke must be boude, and one opened after an other: and by binding of the necke, they wyll better appere. There be bepnes in the lyppes, which be opened for impostumes in p mouth or gommes, but Cephalica is fyrste minuthed. To open the foure beynes in the ruffe of the mouthe is hollome against the reumes that flowe to the tethe, and cause them to ake. These beynes appere pleynely: and must be opened whan thematter is digested. There be bepnes in the corners of the eves

be opened for diseases of the eyes, but fyrit Cephalica must be mynished. The veynes in the tympules be letter bloud for the megrym, and for great and long head ache. And those be the veynes that Pippocrates and Galen calle Iuueniles, the incision of the beines maketh a man bnable to get chyloren. Also in the necke be veynes, called guides, whiche must be opened in the begynning of tepre, and specially for stopping of the wynne pepes, and in the swynness, each the fwynness, whiche letterh one to drawe his breath.

Si dolor est capitis ex potulima pha bibatur.

Ex potunimio nam febris acus

Si vertex capitis vel frons estu tribulentur.

Timpora fronsq; simul moderas tursepe fricentur.

Morella cocta nec non calidaq;

Dere thaudour notyng two thynges layeth,

head ache sapeth, that if head ache come by to caused by muche daynkyng & specially of wyne, deinking of of any other depuke, that maketh and reme folkes dzonken, one must dzynke cold ov there: water byon it, the whiche with the coloenelle thereof ingroffeth the fus roze. mes that are lyfted by, and lettethe them to hurte the brapne. The second thynge is, that if the toppe of the head or foreheadde be greued with to much beate, than the tempuls thoulde bee moderately chafed, and after was thed with warme water, in the which mos therworte is sodde, for motherworte is colde and colech.

Temporis estiui iciunia corpora siccant.

Quolibet in mense confert vos mitus, quo q; purgat.

Humores nocuos, itomachi las uant ambitus omnis.

Ver, Autumnus, hyems, estas do minatur in anno.

Tempore uernali calidus fit aer humidusq;.

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OF HEALTH. Fol.clxviii.

bothomia.

Vsus tunc homini veneris cofett moderatus.

Corporis et motus, ventrisq; sos lutio, sudor.

Balnea purgantur tunc corpora medicinis.

Estas more cala siccat nascatur

Tunc quo q; precipue coleram ru beam dominari.

Humida frigida fercula dentur,

Balnea non prosunt, sit rara fleu bothomie.

Vtilis estrequies, sit cum modes ramine potus.

Pere thaudour notig ofuerle thinges layth, that muche fallying in sommer ozpeth the body, for in that that some mer is of nature hotte and drye, it resolueth the humours: the whiche also be resolued by ofte sweating in some mer, 4 so fasting therbyon dryeth the body

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body muche moze, for whan the humi dite of meates is gone, the heate of the body workers byon his owne humis dites, and diverb them. Wherefore Hippocrates layeth: Hunger is expedient for those that are very moute, for huger dryech the body. The secods thynge is, that bometong ones a moneth is holsome, for thereby hurtfull humours that be contepned in all the circuite of the stomake, are voyded.

Mp. vii. Tothis agreeth Auicen, laipng: Hip, peraph, pocrates bydoeth one to vomyte eue. ry moneth twyle, two dayes one alter another, that the seconde day may auopoe it that the fyrit could not, this conserveth health, and scoureth the fomake from fleume and coler. The Romake hath nothing to pourge it, lyke as the guttes have red coler. Aut ten putteth other profites of vomes tyng that is well boone. Fyrite it is good for head ache, caused of mopte vapozous matter, that ascende from the Comake top head, but if head ache come of his owne hurte of the brapne, than bometyng dooeth rather hurse than prospects. Secondly it clereth the lyght,

lyght, darked with bapozous matties re of the stomacke, ozelles not. The. tit. is, it dothe aware wamblynge of the Comake, in that it auopoethe the bumour that caulethe it. The.iiii.is, it comfortethe the stomacke, in to the whiche coler is descended, the whiche cozruptethe the meate. The. v. is, it bothe away lothinge oz abozrynge of meate. The syrte is, it dothe awaye the cause, that makethe one haue a luste to tharpe, ponticke, and sower thinges, the whiche cause of these vilo poli ions bepng remoued, putteth oz bothe away the effecte therof. The. vii.is, bometynge is holfome for the laske that cometh before the oropely, for it anoydeth the mattier of the layd laske, and purgeth the Comake. The. viii.is, it is holfome for the grefes in the raynes and bladder, for it divertethe the matter that floweth to these partes, an other way. The.ir.is, if bometpinge be done by constrainte of elbozye, it anopoethe y mattier, wher of lepze growethe: it amendethe the friste digestion, that the other dige-Mions may the better be done. The.r.

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is, it make the one to have a good cos lour. The. ri. is, it purgeth h Comake of a humour that causeth epilencie. The rifits, by fronge constrainte it remouethe a Coppynge matter, the whiche causethe Ictericie. And lyke wole it anopoethe a fleumatyke mat. tier, the whiche commonly is cause of this Cropping. The. riti. is, it auops dethe the matter that causeth Asma, a disease that causethe one to drawe his breathe pepnefully, and eke it cos fortethe the spirituall membres, by whose heate, y superfluities that caus le asma, are consumed. The. riiii. is, it is hollome agapufte hakpuge and valleye, for it anopoethe the matter that is cause therof. The.rv.is, it is holsome for one that hathe greatte blacke sozes an his lower partes: foz it turneth the bumours from thence. Although bometing duely and well pone be cause of these comodites, yet whan it is bnduely done, it enduceth manye hurtes: for it feeblethe the for macke and makethe it apte for mate tiers to flowe in to, it hurtethe the

breast, the syghte, the tethe, old heed ache. cc. as Auteen saythe. The.iii. Aui. iii.i thinge that is noted in y terte is, that cap, xiiii there be. iii. fealons of the yere, ber, sommer, autumne, and wynter. Her in respecte of pother seasons, is botte and moyete, thoughe it be temperate in it selfe, as Galen sayth in his boke of complectios, wherfoze it foloweth, that this scason is moze apte to lette bloudde in, than the other: foz it dothe more encreace humours. And ther, foze in this seaso moderate ble of care nall copulation, temperate motion, laske, flyre, and swette is convenient, and lyke wyle temperate bathynge to diminishe repletion. This season is the good to take pourgations in. The.iiii.is, sommer heateth & dzieth: and therfore it encreasethe red coler hot and daye. And for this cause in sos mer we muste feede on colde & moyste meates, to diminishe the feruentnes of the heat and drought, and than we ought to abite yne from carnal copus lation, the whiche also depethe, and from ofte bayning, and be let bloude seldome, soz lyke cause. We must vse guyers Zu.

quyetnes and lyttel motio: for quieto nes dothe moyite, and moche mocion dryethe. In this leason in special we must be moderatelie to drinke colde drinke is sufficient or sinke colde drinke, by reason that the pores be open, dothe make the body sodeyno ly a colde or cause the che passey, or elles so dayne dethe. From the whiche he desende by, that syneth a reygneth eternally.

Amen.

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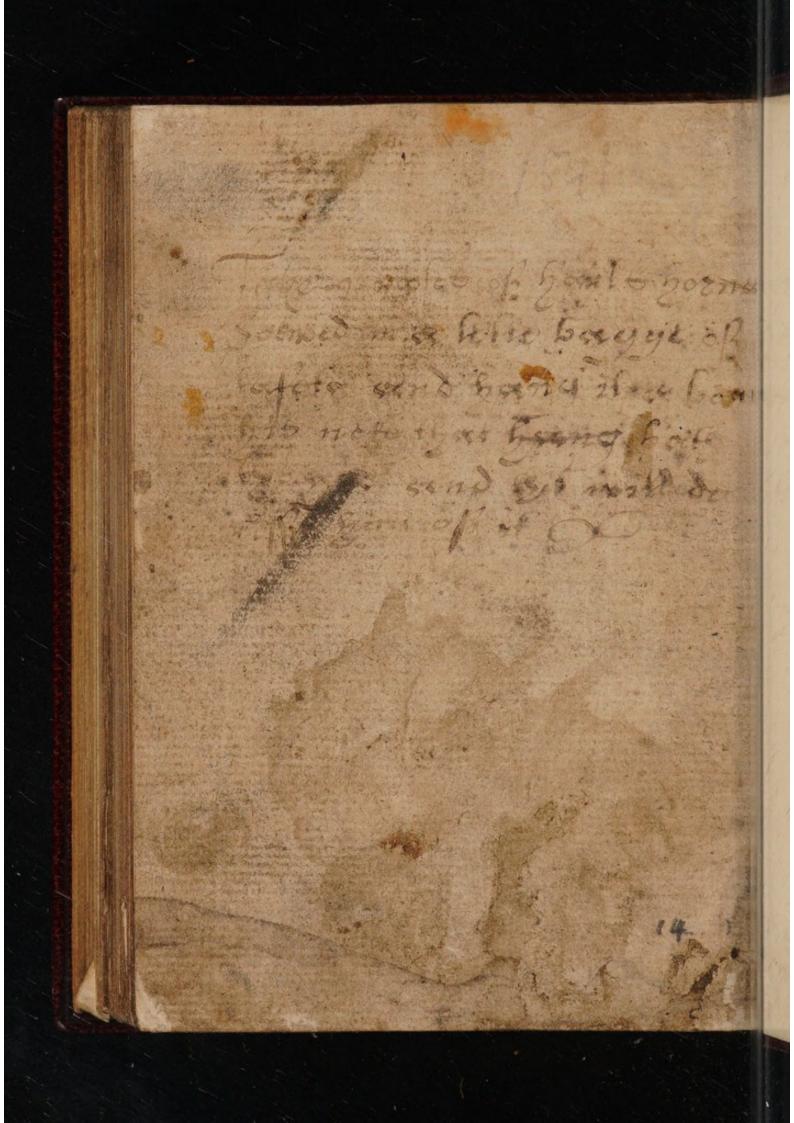
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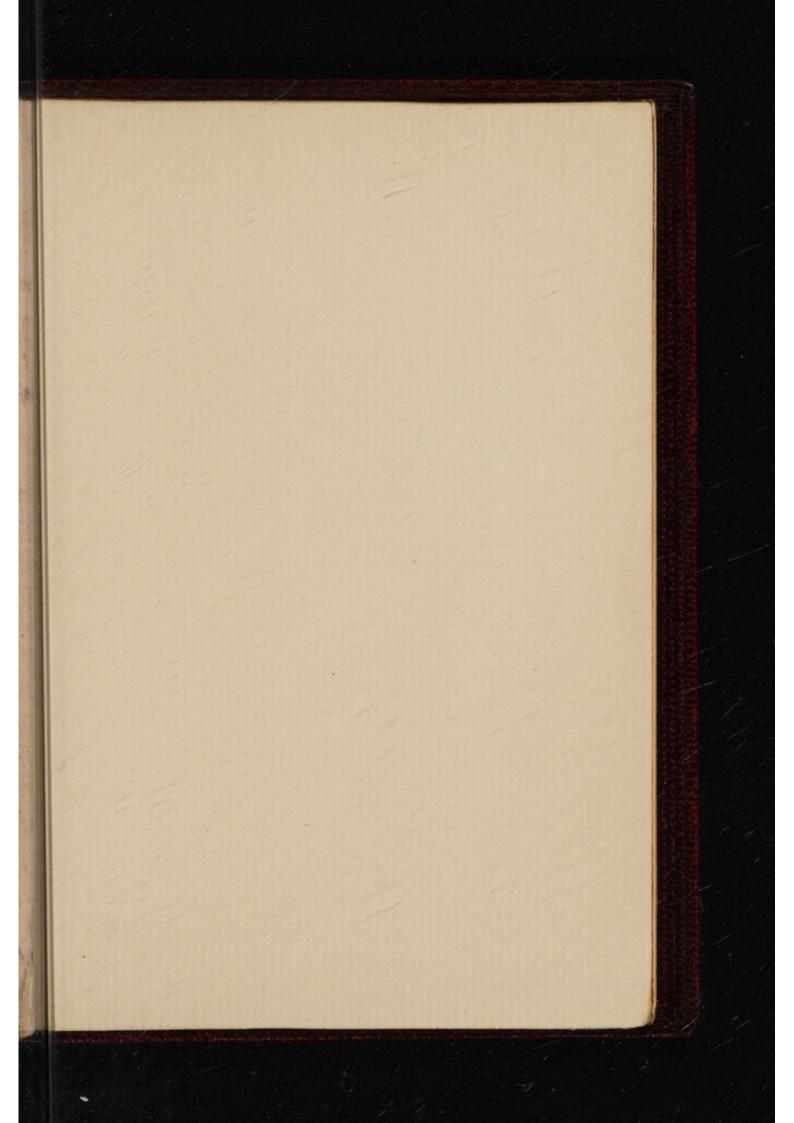
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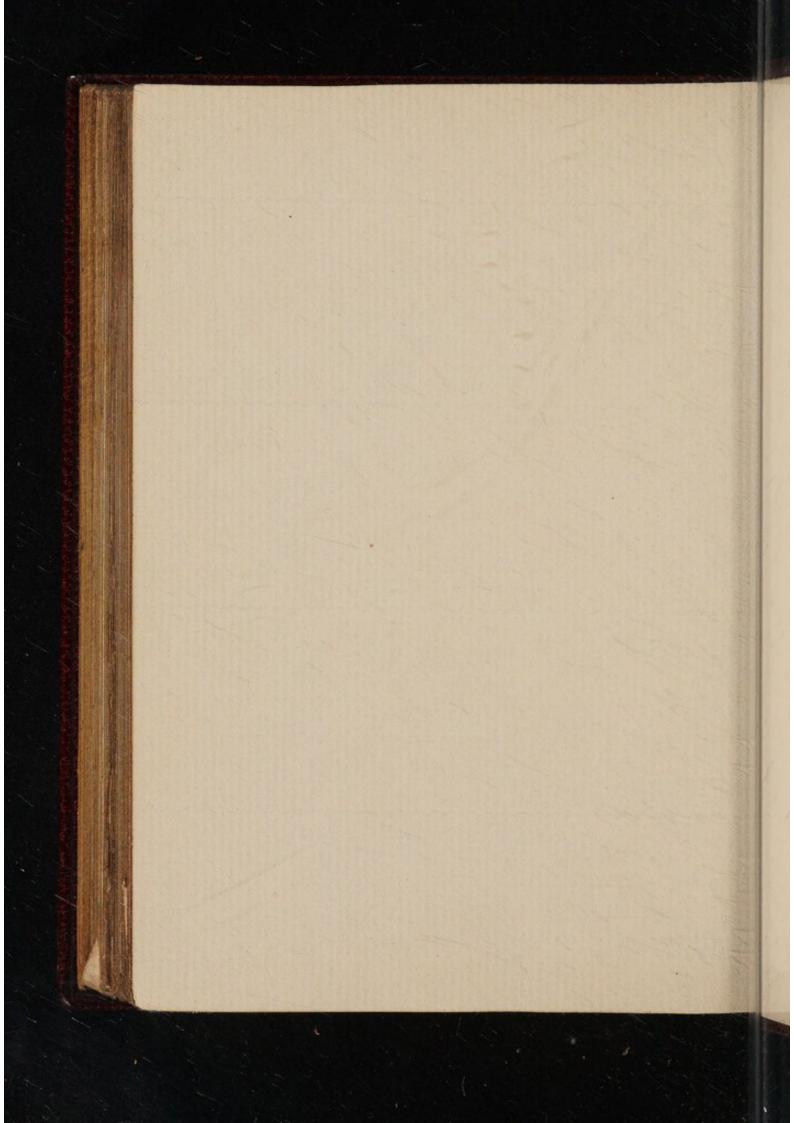


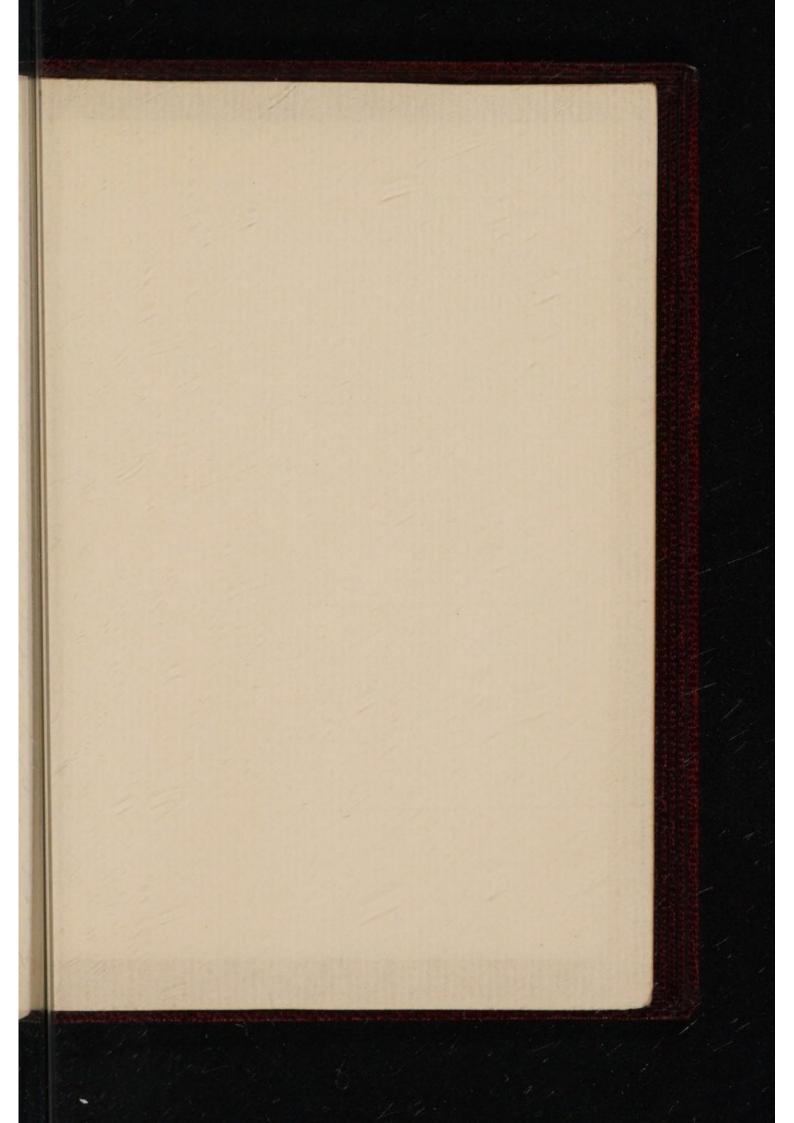
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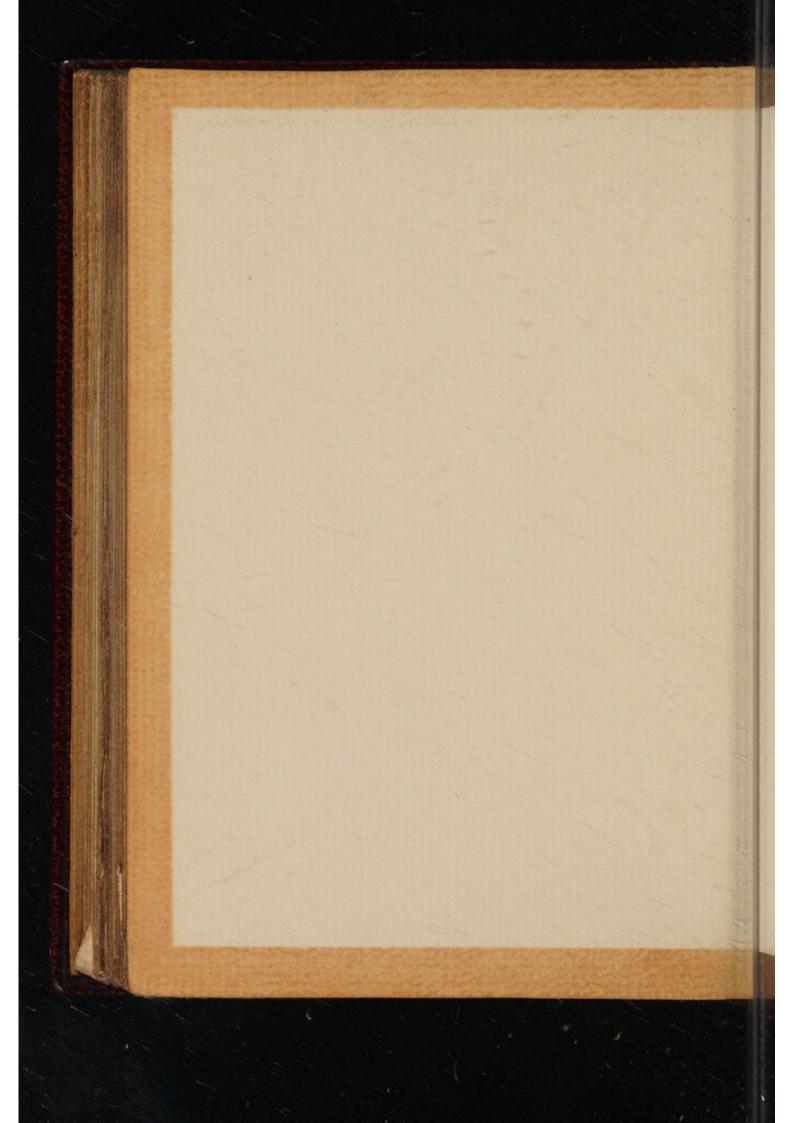
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