

The regiment of life, wherevnto is added a treatise of the pestilence, with the booke of children / newly corrected and enlarged by Thomas Phaire.

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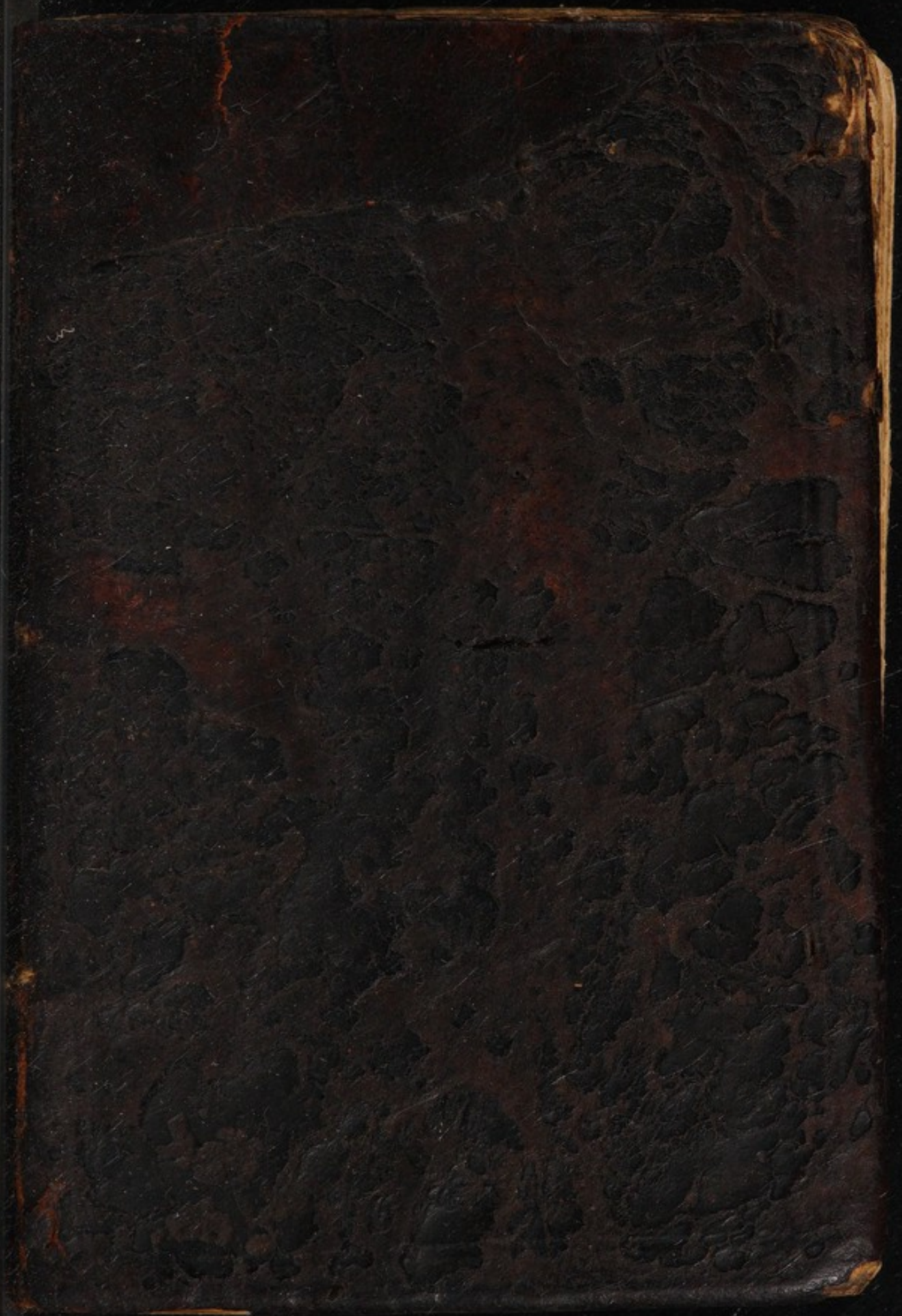
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GOUROT

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The regiment

of life, wherevnto is
added a treatise of the
pestilence, with the Booke
of childzen, new
ly corrected
and
enlarged by Tho-
mas Phaire.

William Bannockburn

London



wordes

A man of wordes is not of woordes.
It is like a garden full of woordes.



As my



43756

~~A man of~~

The p̄face to the booke of children.



Although (as I doubt not) euery good man wil interpret this woork to none other ende, but to be for the comfort of them that are diseased, and will esteeme no lesse of me by whom they profite, than they will be glad to receiue the benefites. Yet forasmuche as it is impossible to auoide the teethe of malicious enuy. I thought it not vnecessary to prevent the furies of some, whiche are euer gnawing and biting vpon them that further any godly sciences. To those I protest, that in all my studies I neuer intended nor yet doo entende to satisfie y^e mindes of any suche pikesautes (which will doo nothinge but detract and iudge o^rther, smutting at all that offendeth the noses of their momishe affections, howe soeuer laudable it be otherwais:) But my purpose is here to doo them good that haue moste neede, that is to saie, children: and to shewe the remedies that god hath created for the vse of man, to distribute in englishe to thē y^e are vblearned, part of the treasure that is in other lāguages, to prouoke them
A.ii. that

A p̄face

that are of better learninge, to vtter their knowlege in suche like attemptes: finally to declare that to the vse of many, whiche oughte not to be secrete for lucre of a fewe: and to communicate the fruite of my labours, to them that wil gentilly and thankfully receiue them, whiche if any be so proude or supercilious, that thei immediatly wil despise, I shall frendly desire them, with the wordes of Horace: *Quod illeuora nouisti, Candidus imparti, sino, his vtere mecu,* If they know better, lette vs haue parte: if they doo not, why repine they at me? why condemne they the thinge that thei can not amende: or if they can, why dissimule they their cownning: how long wolde they haue the people ignorant: why grutch they phisicke to come forth in Englishe: would they haue no man to knowe but onely they: Or what make they them selues: Marchantes of our liues and deatches, that wee shuld bie our health onely of them, and at their prices, no good phisicion is of that minde. For of Galene the prince of this arte beinge a Grecian wrote in the Greke, kinge Auicenne of Arabie in the speache of the Arabians: *Plinius Celsus, Serenus, and other of the Latines wrote to the people in the Latine tongue: Marcellus Ficinus (who al me*
assent

to the Reader.

assent to be singularly learned) disdained
not to write in the language of Italy: gene-
rally if the entent of all y^e ever set forth any
noble study, haue been to be read, of as ma-
ny as wold. What reason is it, y^e we shulde
hucher muther here amonge a fewe, the
thing that was made to be common vnto
al: Chrise saith: No manne lighteth a can-
dell to couer it with a bushell, but setteth it
to serue euery mans nede: And these go a-
bout, not onely to couer it when it is ligh-
ted, but to quenche it afoze it be kyndled
(yf they might by malice) whiche as it is a
detestable thinge in any godly science: so
me thinketh in this so necessary an arte, it
is exceeding damnable and diuelishe, to de-
barre the fruition of so inestimable benefi-
tes, which our heauenly father hath prepa-
red for our cōforte and innumerable vles,
wherewith he hath armed our impotent
nature againt the assautes of so many sick-
nesses: wherby his infinite mercy & aboun-
dant goodnes is in nothing els moze appa-
rantly confessed, by the whiche benefites,
as it were with mooste sensible argumētes,
spoken out of heauen, he cōstraineth vs to
thinke vpon our own weaknes, & to know-
ledge, that in all fleshe is nothing but mise-
ry, sickness, sorowes, sinne, affliction, and
A.iii. death,

A p̄face to

death, no not so muche strength as by oure
own power, to relieue one mebre of our bo-
dies diseased. As for y^e knowledge of medi-
cines, cōfort of herbes, maintenauce of
health, prosperitie & life, they be his benefi-
tes, & procede of him, to the end y^e we shuld
in cōmō helpe one an other, & so liue togi-
ther in his lawes & cōmandementes: in the
which doing we shall declare our selues to
haue worthily employed thē, & as fruitefull
seruañtes, be liberally rewarded. Other-
wise, withoutedly y^e talente whiche we haue
hiddē shalbe digged vp, & distributed to thē
that shall be more diligent: a terrible con-
fusion afore so hie a iustice, and at suche a
courte, where no wager of lawe shall be
taken, no proctour limited to defende the
cause, none exception allowed to reprove
the witnes, no counceel admitted to qualifie
the gloses, y^e very bare texte shall bee there
alleged. *Cur non posuisti talentum in fenest?*
Why hast thou not bestowed my talente to
the hauntage. These and suche other exam-
ples, haue enforced me bringe oftentimes
exercised in the study of phiūke, to deriue
out of the purest fountaines of the same fa-
cultie, suche holsome remedies, as are most
approued, to the consolation of them that
are afflicted, as farre as God hath giuē me
vnderstāding

vnderstanding to perceiue: folowing therein
 not only the famous and excellēt. authours
 of antiquitie, but also the men of highe lear-
 ninge nowe of oure daies, as Vanardus,
 Fuchsius, Ruclius, Musa Campegius, Se-
 bastiā, of Austrik, Otho Brunfelsius, Leo-
 nelus. &c. w^{ch} diuers other for mine oportuni-
 tie, not omitting also y^e good & sure experimē-
 tes y^e ar found profitable by y^e daily practise.
 And where as in the regiment of life, which
 I translated out of the frenche tongue, it
 hath appeered to some, more curious than
 needeth, by reason of the straunge ingre-
 dience, whereof it often treateth: Ye shall
 know that I haue in many places amplifi-
 ed thesame, with suche common thinges as
 may be easily gotten, to satisfie the mindes,
 of them that were offended: or els conside-
 ring that there is no money so precious as
 helth, I wold think no spce to dere, for mai-
 tenance ther of. Notwithstanding I hope to
 see the time, whan the nature of Simples
 (whiche haue been hitherto incredibly cor-
 rupted) shall be reade in Englishe, as in o-
 ther languages: that is to saie, the perfect
 declaration of the qualities of herbes, sedes,
 rootes, trees, and of all commodities that
 are here amongest vs, shall bee earnestlie
 and truely declared, in our owne native

A pzeface to the reader.

Speche, by the grace of god . . . To the, whiche
I truste all lerned men (hauinge a zeale to
the common wealch) will apply their dilia
gent industries: surely for my part, I
shal neuer cease, during my breath,
to bestowe my labour to the fur
theraunce of it (till it come to
passe) euen to the vter
most of my simple
power. Thus
fare
ye well gentill
readers.



There beginneth the Rege-
ment of life, and first of the
nature of mans body.

The humours whyche be in nature,
and how they are deuyded.



The body of man is
compacte of foure hu-
mours, that is to saye,
bloud fleume, Choler,
and Melancoly, whyche
humours are called the
sonnes of the Clementes

because they be complexioned like the foure
Clementes. For lyke as the ayre is hote &
moist: so is the bloud hote and moyste. And
as fier is hote and dry: so is cholere hote &
dry. And as water is colde and moyste: so is
fleume colde and moyst. And as the earth is
colde and dry: so melancoly is cold and dry.
Wheroby it appeareth, that there bee nine
complexions. Wherof. iiii. be simple, that is
to wete hote, colde, moist, and drye, and. iiii.
complexions compoude: that is, hote and
moyst, whych is the complexion of the aire
and of bloud. Hote and drye, whyche is the
complexion of the fier, and of choler. Colde
and moyst, which is the complexion of the
water

The Regiment.

water and of fleume: and cold and dry, that is the complexion of earth and of melācholy. The ninth complexion is temperate, neither to hots nor to colde, nor to moyste nor to dry, whych is yet a thynge very seldome seene among men after the phisicians, the sayd foure humours gouerne and rule eue-ry one in his place, and enduce men to be of the complexions folowynge.

The complexions of the
Fleumatyke.

Fleume enclyneth a man to be. Mel-
fourmed. A sleaper. Dul of vn-
derstanding. Full of spattel.
Full of coloure.

The complexions of the
Sanguine.

Blood causeth one to bee. Full of
fleshe. Liberall. Amiable, Curteis
Mery, Inuentiue. Bolde. Le-
cherous. Of redde coloure.

The complexions of the
Cholerike.

Choler causeth a man to bee. Hastye.
Enuyous. Couctous. Subtil. Cru-
ell. A watcher. Prodigall. Leane,
and of yelow coloure.

The

of Lyfe.

The complexion of the
Melancholyke.

Melancholy maketh one. Solitarye.
Softe spirited. Fearefull. Heauy.
Curious. Enutous. Couetous.
Blacke of colour.

These be the foure humours wherof the
bodies are compounded, and euery one of
them hath a speciall dominion in respect of
al the other, according to the age, that is to
say, from a mans natiuitie, tyll he come to.
xxv yeares, the bloud hath moste power, &
from that tyme to the yere of hys age. xxxv.
reygneth the choler, for then commeth heat
into the vaynes, and the choler begynneth
to aryse and be strōg. Then commeth mid-
dle age, and byngeth forth melancholy, an
humoure colde and dry, and hath his indu-
rance til fifti yeares, or therabout, at which
time all the humours begynne to dymynish
and the naturall heate by littell and lyttle
doeth abate. And then succedeth old age un-
to death, in the which age phlegme hath the
principal power and dominion. Wherfore
it shalbe necessary for all that be of that age
to comforte their bodies with some natural
heate and meates of good nourishinge, as
polkes

The Regement.

volkes of eggcs porched, good and younge
fleshe, wheate bread, and good wyne, and al
suche thynges as ingender a good bloude &
spirites, wherof we entende (by the sufferance
of god) to declare the moze aboundatly hers
after.

Where foloweth the description of inwarde
and outwarde diseases, with the moste hol-
some and expert remedies for the cure
therof, appropriate to euery mem-
ber thron ahe out the
bodye.

The firste Chapiter, of the sickenesse and remedies of the hedde.

Hedde ache chaunceth often times of
diuers and sondry causes, as of blood
cholere, fleume, or melancholie, or of
ventositie, and sometymes of heate of the
sunne, or of to great colde of thaire.

He may knowe hed ache when it cometh
of blood, for in the face and eyes there ap-
peareth a darke rednes, pricking, and heat-
nes with heate.

Remedye.

He must let him blood on the hedde vein,
on that side that the peine is on, then lay vpon
the place oyle of roses, Vineger, & rose
water

water, or a baggwe with roses spynkled w
 rose water. And here is to be noted, aswel in
 this cause as all ether, that if his bellye be
 harde and bound, first ye must geue him an
 casie Clister, or els halte an ounce of Cassia
 newly drawe out of the cane, or some other
 casie iacarie to pꝛouoke the ductye of the
 wombe, els all applicacions of medecines,
 wyl be nothyng woorth at all.

One maye knowe head ache that pꝛocē
 deth of cholet, when in the face there is a
 cleare rednes, enclining somewhat toward
 yelow, holownes of the eyes, and the mouth
 drye and hote: and some tymes bytternesse,
 small rest, great heate wyth sharpe peyne,
 chieslye on the ryght syde of the head.

Kemedye.

Ye muste geue him mozne and euen to
 drynk, sirupe of violetttes, or pomegranades
 wyth a meane draught of endyue water in
 a glasse, or of cuminyu water scoddē and col
 led againe. And in steade of these syrupes ye
 may drynke water of endiue, succory, purs
 lane, and Penuphar myngled together, or
 one of them by themselves, two or thre daies
 at eueninge and mornynge. Then geue a
 dramme of Pillule sine quibus, at night to
 bedwarde, or aboute mydnyghte, and y day
 folowynge kepe you in your chaumber.

In
 ste

The Regement.

Use of those pylls, it is good euerye moꝝnyng to take an houre afoze sunne, a medicine to dꝛynke, that shalbe made of halfe an ounce of Succo rosarum, mixte wꝛth two ounces of water of endiue. In Use of the sayd Succo rosarum, ye may take halfe an ounce of Diapꝛunis laxatiue, and ye muste take hede in geuing suche purgacions, that the pacyente be stronge, for if he be weake, ye may geue hym but the halfe of the sayed pylls oꝛ of the other laxatyues. And if in diminishing the quantitie of the sayd medicines, it worketh not wꝛth the pacyente as it should, it is conuenient to geue hym a common glister.

¶ An other remedy for the same payne.

We must lay thereon a lynnē cloth moysted in rose water, plantayne water, mozell water, and vineger, oꝛ els take the iuyce of lettuce and roses, and a little vineger, and warme it together, and dyppe therein a lynnē cloth, and laye it to the payne.

¶ An other.

We must take the whytes of .ii. egges wꝛth rose water, and beate it well together, and wꝛth towne oꝛ flaxe, lay it to hꝛ greued place. Also ye muste haue hys head, and mylke thereon womans mylke, that nourysethe a wenche,

of A lfe.

toeuche, or washe his head with warme wa-
ter, wherein haue bene sodde vine leanes, sa-
ge, flourcs of water lilies and roses. Also it
is necessarie to washe his fete and legges
with the saide water, so that the pacient ha-
ue no reume: for if there be reumatike mat-
ters, ye ought nether to shawe his hed, wash
his legges, nor to lay any colde thinge or
moist to his head. We may know that fleume
is cause of the pain in the head, when ye fele
coldnes with greate heuinesse: specially in the
hinder parte: when one spitteth often, and
hath his face like sunne bzene.

Remedy.

We must drinke .iii. or .iiii. morninges si-
rupe of Ricados with water of fenell, or
sirupe of wormewood, with a decoction of
sauge and maioran. Then ye muste purge
the head from the said fleume, with pillule
cochie, and with pilles of agarici, or pillule
auree made with one of the said sirupes, si-
ue in a dramme, and take .iii. or .v. at night
to bedwardes, or about midnight. Or in ste-
de of those pilles ye may take a potion in the
mornunge .v. houres afore meate, made of
halfe an ounce of diacartamy dissolved in
.ii. or .iii. ounces of betonie. After that ye
oughte to comforte the head, by wearinge
of a coife, made of double linnen clothe, and
solwed

colwed like a cotten quilte, wherein ye muste put floures of camomill, maioram, cloues, nutmigs, maces, graynes of Paradise and sinamome in powder, for suche thinges digeste the fleume, so that a purgation be geuen of the said pilles, or of pilles assigarceth, or pilles of hierapicra, which ar not so laxative, as the other are.

After the saide purgation, ye must put in the nose of the pacient, powder of pellitory of Spain or other, to make him to nose. Also it is good to gargarise his mouth, with water wherein sage hath ben sodden, and then to annoint his head with oyle of lilies, camomill, or of rewe.

Beside this, it is good to geue the pacient euery morninge to drinke, sagewine with water, to consume the fleume, and to comfort the braine and the sinewes. The saide wine is thus made.

Put a litle bagge full of good sage brused, in a quart of newe wine, and let it stāde so a night, then wring it out, and vse it. Suche wine of sage the inhabiteurs of Parise and France, vse to drinke after harueste all the winter longe.

When paine of the head procedeth of melancholie, the pacient feeleth heuines of the head, and hath terrible dreames, with great
care

of Lyfe.

care and thought or feare, and hys peyne is specially vpon the left syde.

Remedy.

Take sirupe of borage, hartes tonge, or fumitorye, wyth water of buglosse, & hartes tongue, or wyth the decoction of sage or tyne, for by these sirupes ye shall digest and correct the sayed melancolike humoures, and wythin a whyle the peyne wil be released. And if it ceasse not for these medicines, after ye haue vled. ii. or thye. daies one of the sayd sirups, or. ii. or. iii. of them to gether, take a dramme of pilles half aunc and halfe sine quibus: or els halfe of hiera and halfe of pilles of fumitorye: or in stede of pylles, ye may take in the moorning sine houres afore meate. iii. drammes and an halfe of diasene, tempered in water of borage or hoppes, or in the decoction of sage, likoryce, great reysyns, and cordial floures and frutes. Head ach cometh of wynde or ventositie, when the patient thinketh y he heare h sounds or noyse in hys head, & the peyne is slyttering from one place to an other, without heupnes or dyscendyng humoures.

Remedy.

B. 1.

Layr

The Regimente.

Laye vnto hys head hotte linnen clothes, and make a bagge of gromell sedes and baye salte dvyed together in a pan: so procede wyth stronger thynges, if nede require, as in bagges made of maiozam, rose marve, rowe, barberies, and iumper beries layed to the payned place: or wyth the decoccion of the forsayde thynges, make somentacion or embrocation vpon hys head.

An other remedye.

We must take oyle of Camomyll, oyle of Dyll or lylpes, and annoynte the head wyth one of them. or with .ii. or .iii. or al together. If that helpe not, take oyle of Rue Spyeke, and of Castor, and annoynte it therewith: and adde thereto a lyttle pepper, and mustarde seide, yf ye would haue it sore chased or hette. Also it is good to drawe vp by the nose, water of honye, the iuyce of maiozam, and of Fenelle, ac ma- tised with a Nuttingge & Lignum aloes.

Ralis a greate practitioner among Physicians sayeth: that whosoever oftentimes putteth into hys nose the iuyce of maiozam, shall neuer bee diseased in the head. I thynke he meaneth of the great

Maiozam.

As for payne of the head come of heate of the sunne, ye must applie to the places diseased, as it is sayed in the remedies of cholere.

But yf the sayed payne procede of coldnesse of the ayze, then vse it as it is sayd afore in the remedies of strume.

Here foloweth a regimen a-
gainste all dyscauses of the
the heade.

The pacient that is diseased in the head, whether it be of bloud, or of choler, may not drynke wyne, nor rate muche fleshe, whyte meates, nor thinges that geue any great nourishment. But muste bee contented to drynke pisan, barleye water, or iuleppe of roses, and to eate rosted apples, damaske prunes, almond milke, hulled barley, and porrage made wyth lettuce, fozell, purselane, in broth of peason, or with a chicken or boale if the pacient be feble.

When payne procedeth of a colde humoure, the pacyente oughte to drynke no wyne in thzee of the fyfthe dayes, but to drynke onely pennye ale, or suche smalle

The Regiment.

Drynke, for althoughe the wyne bee very comfortable, as concernyng naturall heate, yet it is contrary and hurtefull vnto the spirites anymall of the brayne and also of the synewes.

And the pacyente oughte what payne soeuer it bee of the heade, to forbear all vapoious meates, as garlyke, onyons, leekes, pease, beanes, nuttes, mylke meates, spyces, mustarde, great colewortes, salte meates, and meates of yll digestion. Also he muste absteyne from slepe of the daye, and after supper by the space of two houres.

Tranaple of the mynde is verye contrarye, beecause of the commotion that happeneth vnto the lynely spirites, which are instrumentes of vnderstandyng, as Auicen that noble Physician sayeth in the chapter de sode temporali. *Nihil est adeo conueniens sode temporali, sicut tranquillitas et dimissio totius quod commouet sicut sunt fortes cogitaciones.* etc. There is nothyng that is so couenient for the meigrynie, as tranquyltye and reste, and let all thynges passe that moue the vertue anymall, as great musynges and al labour
of

of the spirytes. And chyeſly one ought after dymner to kepe hym from all thynges that trouble the memoꝛye as ſtudeynge, readynge, wꝛytyng, and other lyke.

And foꝛ the better vnderſtanding of the ſyckenes chauncyng in the heade, ye ſhall knowe, that ſome tyme it chaunceth becauſe of other dyleaſed members as of the ſtomake, oꝛ of the mother of the reumes, of the liuer, oꝛ of the ſplene, and not of any cauſe in the head it ſelfe. Therfoꝛe ye ought to cure ſuch ſyckenes by helping of theſame members, as it ſhalbe ſhewed in the chapters folowynge.

And ye may knowe, that the head ache commeth of dyleaſes of the ſtomake when the patient hath greate payne at the ſtomake. Of the mother, when the woman feleth greate payne in her belly.

Of the reynes, when there is a greate payne in the backe. Of the ſplene, when he feleth payne and heuynelle there aboute vnder the lefte ſyde. Of the liuer, when the payne is on the ryghte ſyde, aboute the liuer, whyche is beneth the rybbes.

Remedies appropriate to the head,
of what cauſe ſoeuer the pain be.

℞.iii.

Take

The Regiment.

Take an handful of Betony, an hand-
full of Camomyle, and an hand-
full of veruayne leaues pyked, stape
them and seeth them in blacke worce, oz in
ale for lacke of it, and in the latter ende of
the sething, put to it a lyttle comin brayed,
the poudet of a hartes horne, and the yol-
kes of two eggas, and saffron a litle, stirre
them wel aboort, and lay a platfiter hote o-
uer all hys fozeheade and temples. This is
an excellēt remedy also for the meigrinie.
It shall perce the better if ye adde a lyttle
vineger.

An other.

Take a plaister of beane flour, line-
seeds, and oyle of Camomile, oz in lacke
of it, a goose greese, oz duckes greese, and
rubbe the place with Aqua vite, and after
lay the plaister hote upon it.

An other.

Take a sponnefull of mustarde seede,
and an other of baie berries, make them in
pouder, and stampe them with a handeful
of earth wormes, splite and scraped from
their earth, and a litle oile of Koscs, oz of
Camomile, oz Capones greese, and laye it
on the grieke.

Also it is good to take the iuce of Iuie
leaves mixte with oyle, and vineger, and to
rubbe therewith your temples, and your
nosehilles.

Also the cheswozmes that are founde
betwene the barkes of trees, whych wyll
couerne themselues together like a beade
whent they be touched, if they be taken and
sodde in oyle, it maketh a singuler opuce-
mente for the megrime.

The seconde Chapter, howe to
cure dysleas chaulcing
in the face.

Thiste as touching a disease cal-
led *Gurta rosacea*, or copper
face in Englishe, it is an excel-
lente rednesse aboute the nose, or
other places of the face commynge of
brente humours or of salte fleume, which
cannot be holpen, if it bee rooted and olde.

Remedye for the same
if it be curable.

The Regiment.



I must geue hym a purgaciō,
as is sayed in the peyne of the
head, commyng of the cholere
then dyppe linnen clothes in
Alume water, whychē shalbee made thus.
Take a pounce of Alume glasse, the iuice
of Purcelane, of Plantaine, and veriuce
of grape, or crabbes, of eche a pynce and a
halfe, wyth the whytes of twentye egges,
and beate them well together wyth y^e sayed
iuice, then mixt all together, distill it in a
common stillatorye, and keepe the water
for the vse agaynste all pynples, scurfes,
wheales, chafynge, and heates y^e chaunce
in the skynne. The clothes dypte as is a-
foresayed, must be layed to the rednes, and
oftentymes renewed wyth other fresh clou-
tes dypped in the same.

Another remedye.

Take lytarge of syluer, and Wym-
stone, of eche lyke muche, and seeche
them in rose water and byneger, and
then wyth a linnen cloute wette in the
sayed byneger, lay it to the soze.

Remedye

Remedy to pallyfie the copped
face that is incurable

Make a bath with the floures of camomil, violets, Roses, and flower of water lillies, the anoint y place with unguentum album, Canphozarum, and mixt that oinemente with a litle Pelow Brimstone, & quicksiluer killed with fasting spicle, and anoint the place withal.

A water for the same.

A water called lac virginis is very good and Rose water mixte with Sulphur, oile of Tartare, and oile of wheate. Also these thinges are good for Letters, & other ruggednesse of the skinne. The said lac virginis clarifieth the face, and drieth by moist pimples, and taketh away frebles of y visage, & is thus made. Take. iii. ounces of Litarge of siluer fine poudred half a pint of good whit vinegre, mixt them together and distille the by filtre, or through a litle bag, or by a pece of cloth. Then take of y same water, and mingle it with water of salte, made with one ounce of salt poudred and halfe a pound of rayn water, or well water, and mingle these waters together, & it wil be white like milke, and with this
rubbe

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rubbe the corrupt place. Some adde alitle
ceruse with the litarge, which is good for
all rednes of the face.

Here foloweth a generall oyle
for all copperous faces.

Abstain from al salt thinges, spiced,
fried meates, and rosted meates. All
so from drinke of wine, for it is
very euill. Also onions, mustard, and gar-
licke, are veri nought. In stede of which,
ye must take purslan, sorrell, lettuce, hop-
pes and borage, with succory or endiue, in
porage, or otherwise. Also it is necessary
to be laxatiue, and in sloping, to lay your
head hie.

For rednes of the face that is
not copperous.

Take a pinte of goates milke, the
crumes of one white lose hore, the
white of sixe egges, camisere two
draimes, and the iuice of sixe citrons: mix
all these together with the said milke, then
take all the three kindes of plantain, and put
them in the salt vnder the said drugges,
and after it an ocher head of the same. All
sortes of plantain, and distill the with an
easy fire as ye woulde distill rose water,
and

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and kepe it in a glasse vessel. And after xv
daies take a white linnen cloch, and dip in
the said water, and lay it to the rednes.

Another for the same.

Water of lilies skiled, with the bloud
of an ore, and a little camphere is verpe
good.

For chopped or scabby lippes.

Anoint them with unguentum album
camphoratū, and if there be any corrupte
bloud or matter, ye muste washe the place
with water of plantain, wherin hath been
sodde a litle alum, afoze ye put on the said
ointment.

For the same.

Unguentum de tutia and oile of yolkes
of egges, be veri good for it. Also it is good
to washe the place with plantain water,
and barley water together.

For cankers, blcores, and

Poly me tangerete.

FOr as muche as Poly me tangerete
chanceth often in the nose, or about
the face, beginninge of a litle hard
and rounde kernell or knobbe, and full of
paine, declyning towarde a pale and lea-
dy couloure, ye may iudge that discaise ve-
ry peri-

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ry persons, not withstandinge it is good
to annoynte it as hereafter foloweth, and
also to applye thereto other remedies, as
thus.

Take unguentum album two or three
ounces, the iuyce of plantaine, and night
shade, of eche halfe an ounce. Tutie the
weighte of halfe a crowne, mingle them to
gether, and make an oyntmente whiche
is good for the same disease.

For wormes in the face.

✓ **A**lthough that wormes in the face may
not be had out, but with great diffi-
culty: and by long proces, because of
the cold humour, wherof they come, neuer-
theles, forasmuch as oftentimes they hap-
pen vnto poore folkes, here shalbe recited a
receipt proued for the same disease, whiche
is an ointmente of a singuler operation,
and is thus made.

✓ Take the leaues and rotes of lekes, iuyce
them altogether, and take thereof a pint
and a halfe, and put it in a glasse: with an
ounce of powder of pellitory, and a scruple
of verdegreece, and stirre them altogether,
and euery daie bath the saide wormes and
wheales, with cotten moisted in the saide
iuyce,

lyce, and stirre it often in the glasse: this
is good also for wormes in any other me-
bers, and breeding in the sickness called in
France, the kinges cuill.

A purgacyon whyche ye oughte
to take befoze the sayd
bathynge.

Take half a dramme of good turbitch
and a scruple of giger, half an ounce
of suger, & a litle white wine, mixte
altogether, and drinke it in the morning
twise a weke warme, and renew it every
thre wekes.

For an ulcered face thzough
wormes.

Ye must first mandrye the dead fleshe
with bnguetum Egiptiacum, or the pou-
der called precipitatus, and for the perfect
curacion, ye must drie it wel, wherefoze it
is good to wash the place often with alum
water, and put therein linte, and if there be
great moistenes at the tyme of desiccation
ye must dippe the same linte in bnguen-
tum apostolorum or ceraseos, with a litle
of the ointmente that solowethe, whiche
ye may safely apply from the beginning
to the ende of the cure, for it hath ver-
tue to

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to clense and incarnate, with gentle
mundificacion and drying.

A synguler oyntment for
wormes that matter

Take oyle of Lillies, oyle of linsede a
na, ounces .iii. oyle of Roses, oyle of
Virtilles, ana, ounces .ii. A targe of
golde and siluer, and redde lead, ana, one
ounce diaquilon white with gummes .iiii.
ounces, Goates tallowe, Hogges grece,
of eche .ii. ounces and an half, blacke pitch
and colophonie, of eche two ounces, of the
iuyce of houndstong .iiii. ounces. Seeth
altogether til thei be blacke, and the iuyce
be clene consumed, then straine it through
a thicke canuase, and after seeth it agayne
tyll it bee exceeding blacke in colour, and
then adde to it cleare turpentine .iii. ounces
gumme opponar .ii. ounces and an halfe,
white ware as muche as shall suffyse to
make a plaister not ouer hard, and put the
turpentine and opponar in, when ye
take it from the fire. This is an excellent
plaister also both for woundes and vlcers.

For the same.

It is verye good to laye vpon them the
herbe called houndstong stamped with a
litle

litle hony.

Regemente or diete for the
same sickenes.

The patiente in all diseases of the face
musste endure hunger as much as is possi-
ble, & eate not much at once. Also he musste
holde his head vprighte, and sleepe not on
hys knees, nor elbowes, nor with his face
bowed down. Also he must forbear much
laughyng, speakinge, and great anger.

For the eyes.

Hereafter foloweth diuers medicines
for the eyes, whiche are the windowes of
the minde, for bothe ioye and anger, and
the molte of oure affeccion, are seen and
openlye knowen througth them, and they
are ordained and made to lighten al the
body, wherunto nature hath geue browes
and eye liddes, to defende them and keepe
them in safetie, and the better to resiste
thinges contrary and hurtfull vnto them.

Yet notwithstandinge, beside many o-
ther chaunces, there happeneth sometimes
a debilitie in the sight, which must be hol-
pen as hereafter foloweth.

Take fenel, veruaine, celidone, rue, etc
bryghte and roses, of euery one of them a
lyte

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like muche, and distyl them as ye woulde distill rose water, and vse a litle therof in your eyes, both in the morning, and when ye goe to bed.

A water proued to clarifye
the dynneue of the
sighte.

Take the iuyce of fenell, of cclidonte, rue and eyebright, of eche two ounces, honie an ounce and an halfe, aloes, turie, and sarcocolle, of eche halfe an ounce, the gal of a capon, chickē, or corke two drammes: Putmiggēs, cloues, and Saffron, of eche a dramme, sugercandie sixe drāmes, put all in a limbecke of glasse, and distill it. And of this water put in your eyes once in the daye. And yf ye could get the liuer of a hie goate, and myre with the said thinges in the distillation, that water will bee of muche greater vertue and almost without comparison.

For the same.

We must vse every daye to eate puttemiggēs, and to take once in a weeke, a mirabolane condite.

For the same.

Take a Pie and burne her, and beate
her

her to powder, and mingle it with fenell water, and put it in your eyes. Also water of yonge Pyes skyled, is very good. Likewise water of rotten apples, put two or three droppes in the eyes helpethe verye muche.

A singuler water for diseases in the eyes: and to clarifie the syghte.

Take the grene walnutttes, huskes and all from the tree, wyth a fewe walnut leaues, and distill therof a water to drop with in your eyes.

Pylles good for the syghte.

The pylles sine quibus, allwageth with trosciskes of agaryke, and pillule lucis, are excellent good to pouрге the brayne, and comfort the syghte.

For peyne of the eyes.

Some tymes peyne of the eyes comethe of blood, and then the veynes of the eyes are redde and swollen, wherfore it is conueniente to be lette blood of the head vein on the syde whete the peyne is.

For bloodshotten eyes.

The blood of a Stockedouie, or in lacke

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of it an other Dove or pigio, dropped a little in the eye, and a wette cloute there of layed vpon the same, heale the bloudshottē eyes whether it bee of stroke, or any other cause.

Some tyme the sayed payne commeth of Cholere, and then the payente feele the greate heate, sharpe pzyckynge, and muche peine, and commonly there appeareth no gumme in the eyes, and if it dooe, it is yelowē. Therefore ye ought to geue hym a purgacyon purgynge Cholere, as hath been sayed in the remedye of the hedde, procedynge of the cause of Cholere.

For swelling of the eyes.

Take a Quince and seeth it in water tyll it bee soft, then pare it and bruse it, and mire it with the yolke of an egge, and the crommes of wheaten or whyte breade steeped in the sayed water, and putte therto a little womannes milke, and two penyē weyghte of Saffron, braye them all together, and laye it ouer the forehedde and the eyes. Sometimes such peines chance because

because of fleume, and then the pacyent feleth greate heuynes in his eyes, with aboundaunce of gummie matter, or water descending into the eyes. And in this case, ye muste purge the fleume, as it hath ben saied in the remedie of the hedde, greued by the excesse of fleume.

To resolue the gumme, ye shall vse to washe your eyes often times with the iuice of houlcke, otherwise called Senegrene. h
 And sometimes the same peine cometh because of ventositie or wynde, and then the pacyente feleth suche peines, as if one beate on his eare with an hammer, for whyche it is good to make a decoction of camomile flowers, mellilote, and fenell seede, in water and white wine, and therein wette a fower double linnen clothe, and the licoure well pressed oute, laye it often vpon the eye.

Other whiles there chaunceth peine of the eyes, because of exterionre thinges, as of winde, duske, or heate of the Sunne, and then it is meete to laye thereto womans mylke, well beaten, wyth the white of an egge.

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And sometyme the sayd peyne commethe by percussion or strykyng, and then ye must droppe in the eye, of the blood of a pigeons wyng, or of a partriche, which blood hath lyke vertue to take awaye spottes, markes, and rednes of the eyes.

For very greate peyne of
the eyes.

Take an ounce and an halfe of oyle of Roses, the yolke of an egge, and a quarter of an ounce of barlye floure, and a lyttle Saffron, mire all together, and put it betwene two linnen clothes, and laye it to the payne.

An other.

Take of crummes of wheaten breads whyte, an ounce, and seeth it in nightshad or mozell water, then mire wyth the sayed bread two yolkes of egges, oyle of roses and camomyll, of eche an ounce & an halfe muscilage, of limesede an ounce, and vse it as is aforesayed.

An other.

Take sixe leaues of henbane, and roste them, then beate them very well in a mortar, and iave them to the payne.

For rednes of the eyes.

In

of Lyfe.

In the beginning of the rednes lay vpon the eyes towe, dipped in the whyte of egges, but let the whites be well beaten first w rose water, oz wyth plātayn water.

An other.

Take redde roses, and seeth them, and let them be set warme to your eye. Thys taketh away spottes of bloud, that some tyme chaunceth in the eyes. Also it is good for all diseases of the eyes. And it is good for rednes of the eyes, that comethe by strykyng oz any such violence. If at anye tyme there happen a spotte oz blemyshe in the eie by a stroke, ye must lay to it by and by towe, wet it in rose water, & in whites of egges, and after that the peyne be mitigate, ye muste lay a playster vpon the eye made of a raw egge. Barly floure, and the iuice oz muscilage of mallowes, and then if the eye be not holpen of the sayed bloud, ye must lay to it a playster both dissolutive defensiu, and partly appeasyng the peine whych must be made of whete floure, the iuice of Mallowes, Mintes, and smalache and the yolke of an egge.

Of hardenelle that hath been
long in the eye.

C.iii.

Take

The Regiment.

Take a scruple of aloes, succotrin, and melte it in water of celidonie at the fier, then receiue the fume of it and afterwarde washe the eie with fenell water.

An other.

Take powder of cumine mixte with ware like a plaister and laie it vppon the eie.

An other.

Take roses, sage, rue, celedonie, of eche a like muche, with a litle salte, and distill a water, and putte thereof a drop or two in your eie euening and morning. In stede of that water, it is good to take iuice of Nerueine, rue, and a litle rose water.

For all rednesse of the eies.

Take the bignesse of a nutte of whyte coperose, and a scruple of veros, and powder it, and mixe it with a glasse ful of well water, then putte two or thre droppes in your eies.

For the same.

Water of strawberries made and putte in the eie is good.

A singular powder that dryethe
and taketh away the red-
nes of the eies.

Take

Take tutie preparate an ounce, and
 timonie halfe an ounce, perles .ii.
 drammes, red coral a dramme and
 an halfe, poudre all these thynges
 veri fine, and kepe them in a boxe of tinne
 and vse it.

For to stoppe watring of
 the eyes.

Make a playster of powder of Ma
 stike, sync frankensence, bole ar
 momake, and gumme dragagante
 wyth whytes of eggis mixt together, and
 lay to the forehead and temples. Also it is
 good to set ventoses on y nape of the neck.
 Also it is good to make a colirie to put in
 to y eyes as foloweth. Take Tutie prepa
 rat, & the stone called Lapis Hematites, of
 eche a dram, aloes halfe a dram, perles &
 camphore, of ech a Scruple, powder them
 all very fyne, and mixe them in thre oun
 ces of water, distilled of the knops of ro
 ses, and therof make a collirie.

Also for to stoppe all humours descen
 dyng to the eyes, these thynges aforesayed
 are verve good mixte wyth rayne water,
 wherent oiltharum or frankensence hath
 been sodden.

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For webbes of the eye.

It maye be easlye holpen in younge folkes, but in aged persons it is very hard. And in the begynnynge, ye must mollifie them with a decoccion of the flowers of camomil, mellylote, and coole leaues, receyuyng the fume of the sayd decoccion wythin the eyes, and then put therin a litle pouder made with suger candye, sal gemme, and egges shelles burnt, and afterwarde distill into them womans milke wyth the decoccion of fenugreke.

An other singular receipth for

webbes in the eyes.

W Take snayles wyth the shelles on, and washe them eyghte tymes, and distyll the in a common stillatoze, then take hares galles, redde cozall, and suger candy, wyth the sayd water, distill them agayne, & put euery moorninge and euening a droppe in your eye.

An other water.

Thys water is made of whyte coperose suger candye, and rose water, wth whytes of egges that are sodden harde, and streyned throughe a lynne cloth, and put into your eye, after dynner, and all nighte to bedwarde.

warde.

Regiment for the that haue
any soze eyes.

We must alwaye kepe youre bellye lose
and abstayne from fyer, smoke, wind, dust
and ouer hote oz colde ayze, and from we-
pyng and long readinge of a small letter,
from ouer longe watchyng, ouer muche
drynkyng of wyne, and eatyng late, for all
these are very noysome to the eyes & sight.
Also all euaporatiue thynges, as onyons,
leekes, garlyke, mustarde, pease, and bea-
ties, are very daungerous. We muste kepe
your fete cleane and forbear h day sleepe.
Behold grene thynges, clere water, preci-
ous stones: and to kepe you fro longe hol-
dyng down your face, succoureth h syghte
berye much, and is very good for the eyes.
Likewise vse meates of good and quicke
digestion, as to rate fenell often, and after
meate, take coriander comfites, prepara-
ted, and drinke not after them. But aboue
all kepe awaye your handes, for the rub-
byng of them maketh them worse & worse

Remedye for diseases of
the eares.

Take

The Regiment.

T'Ake oyle of roses & a litle vineger,
and put it into the eare, than make
a bagge of camomill and mellilote,
and lay it therunto.

For noise and sounding of
the eares.

Take pillule cochie, or fetide, because
sounde procedeth of ventosite or of fleume,
and before ye take the sayde pylles, it is
good to drynke three ounces of fenell wa-
ter, two houres before meate, sower or
fyue dayes. After the operacion of the
saide pilles, ye must dippe a tente in oyle
of rue castor, or of salte, with the iuyce of
lekes, and often in the moornyng fastyng,
to holde his eare ouer the warme decocti-
on of Maioram, Rue, wormwood, Camo-
mill, and Melilote.

For paine in the eares.

Goose grece with a litle hony swageth
the paines of the eares.

Also the Chestwormes sodden in oyle
of roses vpon hote ashes in the rinde of a
Pomegranate, and dropped in the
eares.

Item oyle of almondes, speciallye of the
bitter almondes hote.

Item

of Life.

Item if there be water in the eares it
shalbe had out with a litle goose grece, &
the iuyce of onions.

Also yerth wormes with gorse grese sod-
den, is good for payne in the eares.

Item an Adders hame sodden in wine,
and the eare bathed in it, and a litle therof
put into the payne is good to take awaye
the griefe, and it helpeth also to the eares,
that are runnyng with stinking matter &
corruption, but in that case ye must haue
boiled in the wine a litle mirre.

Regiment.

The pacient must eate and drinke litle
and sweate in bathes, or whote houses, &
sometymes to prouoke nelyng. He muste
forbeare garlike, onions, leekes, pease,
beanes, and nuttes, nor drinke wine with-
out water.

For deafnes.

Sometyme there chaunceth deafnesse
by wynde, whiche is in the eare, the whi-
che causeth tyncklyng in the heade, and
then one muste putte a litle aloes in hote
water or in whyte wyne, and distyll into
the eare.

Then putte a litle cuphorbium in pou-
der

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✓ der into his nose, to make him to nese and auoyde asmuche humours as ye can.

Some time deafenes cometh of fleume whiche when it is olde, is vncurable. But when it beginneth, it muste bee purged as hath been sayed in the remedy of the sound of the eares. The take pouder of baiberies and seeth it in oyle of lilies, & put it warme into your eare, and a lytle blacke wolle to stop the eare wyth, that no ayre enter.

Remedy for stinking of
the nose.

TAke cloaues, ginger, and calamynthe of eche a like, and seeth them in whit wine, and ther wyth walsh thy nose.

After put in pouder of piretrum to prouoke you to nese. And if there be replecion of fleum in y head first ye must purge it with pilles of cochie, or of hiera picra.

Also if the cause of stinking com from the stomake first helpe the stomake, as shal be sayed hereafter in the remedies of the stomake.

Medicines for bledynge at
the nose.

TAke a dramme of bole armontake washed, and mire it in rose water

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oz plantaine water, and drinke it. Then binde the extreme partes as harde as ye may, and after make a tente of greke nettles, and put it into his nose. Moreover, it is good for the patiente to hold in his hand egrimony, with the roote and al, & drinke the iuice of knotgrasse, and wythoute doubt the bloude shall staunche anone.

For the same.

Sette a boring glasse vpon hys lyuer, if the bloud come from the ryghte side, or on the splene if he blede on the left side, and lay vnto the stones a good quantite of tow or lynné dypped in vineger, and for a woman, laye it vpon her bresses.

An other singuler medecine for to staunche bloud, and it is a thig experte of al the good practitioners.

Take swines dounge, even as hote as ye can haue it from the swine, and when ye haue cleansed the congeled bloud out of y^e nose, wringe it throught a cloute, and let y^e iuice perce into the syde, from whence the bloud commeth, and by the grace of god ye shall see it staunche anone. Moreover it is good to bynde the fete and armes as hard
as

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as can be suffred with a corde oz a lace, the stronger thei be bounde, the better.

Remedy for the tooth ache.

Payne of the teeth (as Galene saith) amongst other paynes that ar not mortall, is the most cruel and grievous of them all. It maye come dyuerse waies, of a colde oz hote cause. If it come of a hote cause, his gummes are redde and very hote, wherfore it is very good to hold in his mouth water of caphoze, oz to seeth a litle camphoze in vineger, and hold it in his mouth.

An other singuler remedy that taketh away al kindes of toothe ache, specially if it come of a hoate cause.

Take henbane rootes, and seeth them in vineger and rose water, and put the decoction in your mouth.

Remedy for tooth ache that cometh of colde causes.

Forasmuch as in such cases oftentimes there distilleth aboundance of water into the mouth, purge it with pillule cochie, & afterwards kepe in your mouth warme wine, wherin hath bene sodden pellitory, mintes and rewe.

Of Life.

An other remedy for the same.

Take sage, pellitory, and seeth them in vineger, and keepe it in youre mouthe as hote as ye may suffer.

Another for the same.

Take pellitory, stavesacre, and þ three kyndes of pepper, of eche one part, macis, galingale, halfe part of the other, make a powder, and with a litle white wine rubbe the teeth, and then lay on the foresaid powder where the payne is.

An other.

Take the middle barke of an elder, salt, and pepper, of eche a like muche: & stampe them together, and laye it to the sore teeth.

An other remedy.

Take a litle cotton, and dippe it in oyle of spike, then put it on the sore tooth. If the tooth be hollowe, it is good to drawe it out: for it will euery daye waste whatsoeuer ye doe vnto it.

To make the teeth white.

Take whyte marble, cuttle bone, white coral, sal gême, bassalt, mastik, & pilles of a citron, of eche like much, make them in very fine powder, & rub þ teeth therwith, euery morning.

And

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And afterwarde washe your mouth with white wine, wherein hath been sodden a litle camomill and dill.

For the same.

Take vineger of squilles and dippe a litle piece of cloth in it, and rub the teethe and gummes withall. The sayed vineger fastneth the gummes, comfirteth the roses of the teth, and maketh a swete bzeeth.

An other remedye to make
the teeth white.

Dissill a water in a lembike of two partes of sall gemme, and the third part of alume, and rub y teeth with a linnen cloute dipped in the same.

To take away stinking of
the mouthe.

Ye must wash hys mouth wyth water and vineger, and chew mastpyke a good whyle, and then washe thy mouth with the decoccion of anise seedes, mintes, and cloues sodden in wyne. If the stinking of the mouth commeth of a rottē toothe, the beste is to haue it drawn out.

Regimente for tooth ache,
and stynkyng of
the mouth.

of Lyfe.

Ye muste washe youre mouth befoze
and after meate wyth warme water, for
to cleanse the mouth, and to purge the hu-
mours from the gummes, whiche dys-
cende oure of the head. It is good euerye
mornynge fastynge, to washe your mouth
and to rubbe the teeth wyth a sage leafe,
pilles of cytrone, or wyth pouder made of
cloaues and nutmygges: ye muste forbere
lettuce, rawe fruite, al tarte meates, and y
che wyng of harde thynges. Also al meates
of euil digestion, and vomiting.

The thirde chapter treateth of
remedies for diseases of
the breaſte.

Ifste for hoarsnes of the voice that
makethe a manne to speake lowe
and wyth greate payne, ye must a-
uoyde all eger, salte, and sharpe thynges,
and slepyng by daye, to muche watching,
greate colde, muche speakynge, and to loud
cryng. All swete thynges are verye good
as apples sodden with suger great raisins
figges, ahnonde mylke, hulled barley, pig-
nolate penedies, whyte pylles, sugercandy
and the iuice of likorice.

Remedye for a hoarce voice.

D.i. Take

The Regiment.

Take the broath of redde cole wozte
and mingle with it. vii. oz. viii. penidies, &
an ounce of sirupe of maiden heare, and
geue vnto the paciente, when he goethe to
bedde.

An other medicine.

Take diaryts simple, and eate a loseng
of the same at mozne, and also at nyghte.

An other remedye for hoarshnes
of a long continuance.

Take reisyngs, fygges, suger, cinamont
and cloues of every one a litle. Seth them
in good wyne, of the whyche ye shall geue
to drynke moznyng and euenyng. ii. ounce
at a tyme, excepte he haue a feuer.

For the same.

It is good to take moznyng and eue-
nyng, a sponnefull of the sirupe of iunibes
mixte with a roote of liquorice, in maner
of a loc. If wyth the sayed, hozcenesse, there
descende aboundaunce of water to the
mouth, it is good to make an electuarpe,
of halfe Diaricis, & halfe diadrazagantum
and to vse it first and laste, after presumig
wyth stoupes of flare, fampyng wyth fran-
kincence, mastike, sandzake, and storax
Calamite, layed vpon the head warme.

Remedye

of Lyle.

Remedy for the cough.

Take Slope, great Rayfyns, and Figges, of eche a lytle handfull, Licorice one ounce, boyle them in water, tyll the thyrde parte be wasted, then geue it hym to drynke twyse a day, in the moorning. ii. houres before meate, and at nyghte one houre before supper and immediatly after it is good to eate a losenge of Diaryris, or diaperadion.

If ye wil haue it stronger, put to them in the decoction a litle Colewortes, anise, and fenell, wyth the sedes of nettelles, of eche two drammes.

An other remedye.

Take sugercandie, whyte pylles diaryris, & Diadragant, of eueri one, one ounce liquorice two drammes, make a powder, and lette hym eate thereof a sponnefull, moorninge and eueninge and drynke after it thre ounces of water of Slope, or of Scabyouste, with suger, and wythoute Sugar.

In steade of those waters, ye maye take the broth of redde Colewortes without Salte.

Distill. An

The Regiment.

An other remedy.

Take sirupe of Liquirice, and of Slope and drynke it euen and mozne with a ptisane, or one of the same sirupes, with a sponnefull of ptisane is good.

An other.

Take powder of Diaris simple, and Liquirice, of ech a dramme weight and with fower ounces of suger make an electuary to be eaten first and last and after meate.

An other.

It is good to take locsanum, wyth a sticke of Liquirice, at the coughynge, and after meate. And there is an other loc called loc de pino, as good at all tymes as the other is. And it is godd to annoynte the breste mozynge and euenynge, wyth oyle of lylies, swete almondes, and May butter wythout salte.

Here is to be noted, that commonly the coughe procedethe of colde humours that greueth the lunges, and for that cause all thynges the whyche bee hotte, swete, and doe prouoke spittle, are very good and holsome for thesame, as be the thynges afoze rehearsed.

And some tyme it procedethe of heate,
and

of Lpfe.

and then it is knowen by the greate alteration or feuer, and then ye must forbidde the paciente drynkyng of all wyne, and to vse thynges that hereafter foloweth.

Remedye agaynst the cough,
comming of a hotte cause.

TAke sirupe of violettes and of iubes, and drynke thereof morning and euenyng wyth a litle ptisane sodden.

For the same.

It is good to take fyrste and laste, a losenge of diadzagagante, and afterward to drynke a draught of good ptisane.

A good receipte agaynst
the coughe.

Take the roote of Enula campania, Horehounde, Holihocke, of eche a lyke muche, seeth them altogether in whyte wyne, with a dosen of fatte fygges, and a litle Liquirice, drynke of it a draught, euery day twyse.

Regiment or diet for them that
haue the coughe.

Ye must abstaine fro vineger, bertuice, al salt meates, frutes, and raw herbes, fish limons, grosse meates, & to much replecio.

D.iii.

Also

The Regiment.

Also ye maye drynke no wyne betwene meales, and beware of day slepe, and specially after meate.

The wynde, the colde, and muche talkyng, are very unnaturall for the coughe, and so is all labour aswell of the body as of the mynde, and sometyme it is good to holde your wynde a litle, and lette it goe agayne.

Remedies agaynst the shortnesse of the wynde.

Shortnesse of the wynde procedeth oftentimes of fleume, that is tough and clammythe, hanging vpon the lunges or stoppyng the condites of the same, beeyng in the holownes of the brest or of catarrous humours that droppeth downe into the lunges, and thereby cometh straytnesse in drawyng of the brest, whiche is called of phisitions, dyspnoca, or asthma. And when the patiente can not bende his necke down for dread of suffocation, it is called orthopnoca. For euey one of these diseases, there bee verye holysome medycynes declared here afore.

The receite for Asthma.

Take

of Lyfe.

Take an ounce of greate raisins picked from the kernels, two fygges, the meate of a date, drye yslope, mayden heare lykoryce, and the lunges of a fore washed in wyne, water of scabyous, of euery one a dramme, penidies .ii. ounces with sirupe of lykoryce, let all be incorporated, and make a loc to ete a good whyle after meate, with a sticke of likorice.

An other receite.

Take horehounde, mayden heare, and isope, of euery one a handefull, lykoryce, dates, fygges, seede of smallache, and of fenell, of euery one halfe an ounce: boyle them in a pynte of water and an halfe, tyll the thyrde parte be consumed.

After geue hym the sayed decoccyon to drynke a good draughte euery moznyng two hours afore meate. And befoze it, or incontynety after it, it is good to take as muche as a chesnut of conserue of coolewoortes, or a losenge of diapsopi, or Diaris Salomonis. Also loc de pulmone vulpis, is exceedyng good for the sayed dys-ease.

An oyntemente for shortnes of breath.

D.iiii.

Take

The Regiment.

Take two ounces of oyle of swete almondes, one of may butter unsalted, a lytle saffron, and of newe ware, and make an oynemente, wherewith ye shall annoynte the breste mozne and euen.

In quibusdam Regimente.

Considerynge the sayed dysease cometh of to greate aboundaunce of fleume in the lunges, it is good to obserue the thynges, that are shewed in the remedies of the coughe. And to dwell in a drye place, farre from water pooles, or maryshes, and to sleepe in a moiste chamber, in the whyche ye muste haue a fyre of wood wout smoke. The bread muste bee lyghte and pleasaunt for soure breade, browne breade, and cruesses, are to bee auoyded. Also ye may eate no Pease, Beanes, nuttes, chestenuttes, nor any thyng that stoppeth or engendreth the wynd. Fyshe roasted vpon the gridiron may well bee suffered, for they be not so euyl. Hulled barleye, rylse, brothe of colewoortes, and broth of an olde cocke, wyth Clope and Saffron, ar specyall good meate for the lunges, and so are fat figges raylyns of Alican, dates, graynes of the pine, pignolate, and swete almondes.

Greate

Great mouinges and chafinges, and so-
daine labour is very euill, yet moderate
exercise afoze meate is good and profyta-
ble.

Kennyng, anger, and suche other passi-
ons that enflame the heart, are in thys
case vtterly to be auoided.

Remedies for the pthisicke.

Pthisis is an vlceration of the lon-
ges, by the whiche all the body fal-
leth into consumpcion, in such wise
that it wasteth all saue the skinne. We may
know him that hath a pthisicke, for from
daye to daye he wareth euer leaner and
drier, and his heere falleth, and hath euer
a cough, and spitteth sometime matter &
bloudy strynges withall. And yf y^e whiche
he spitteth be put into a basin of water, it
falleth to the bottome, for it is so heauey.

Galene speakyng of thys disease, sayth
it is vncurable. But whē he was in Rome
he gaue counsayle to them that hadde the
pthisickes, to dwel in the mountaynes and
hie places, farre from waters, and watric
groundes, and so their lyfe should be pro-
longed, but at the last they died of the same
disease. Neuertheles, it is good to releas y^e
payn,

The Regiment.

pain, and to helpe them as much as is possible. And the thyng that is most holesome for the same, it is to drynk euery morning a draught of asses milke, foure houres afore meat in the place whereof one maye take the milke of a gote newly milked, & mixe them euery tyme with a sponesfull of powder, made of suger roses, and it is good euery tyme to vse cōserue of roses, pignolat diadragagantum, and anoint the brest before and behynde, with oyle of sweete almondes, May butter, and salt.

An other remedy proued by a religious manne.

TAke twoo ounces of pimpernell in powder, and therof make an electuary with suger, & vse it euery morning ii. drāmes with pimpernel water. iii. ounces. Water of snailles distilled is proued good to them that be pthisicke euery morning in drinke, and for all them that are drie and leane.

An other.

Take the foure colde sedes, sede of quinces, of eche. iii. drāmes & a halfe, white popp sede siue drammes, the iuice of liquozice isopz, anidum, gumme arabike, & dragāt,

of

Of life.

of eche a dramme and an halfe, peridies,
the weight of them, al, make a powder, and
use euery morning. ii. drammes, and after
take two sponesfuls of sirupe of iutubes, or
in stede of it, drinke the ptisane of water
of vngula caballina, otherwise called hors-
hoofe. The powder wherof is good for the
ptisike, wherewith Haly saith, y he healed
a monke of the same sickness.

Regiment for ptisike.

Ye ought to do as hath bene saide in
regiment of Asthma, and to abstayn
from al spices, saue saffron. We must
likewise abstain fro al soure things, sharpe
thinges & tart, nor be not hungry, nor drie:
but cheryshe you well with meates of easy
digestion, and good nouryshement, such
as is coleys of Capons, bulled barley, al-
monde mylke, egges yolkes, beale, kidde,
lambe shes fete, and smal byrdes, living
in woodes and bushes. creautles, and fish
of swete runnyng water, hauyng scales.
Snayles in the shelles sodde wyth fenell
and Slope is very good. We muste lye
merelye, and playe at some pastyme for
pleasure without labouring.

We

The Regiment.

He ought to abstaine from laxative medicines, because that it is said. Cum fluoz excedit, mozs intrat, vita recidit, which is contrary to asthma, for therein it is good euer to be lose bellied.

For the pluresye.

Hereafter shal be spoken of medicines for diseases of the ribbes. And for playner knowledge of thesame, ye shall vnderstand that sometime in the skynnes that couer the ribbes, there gathereth together blood and cholericke humours, which engender apostemes, called pluresie, and it maye be knowen by foure maner of sygnes.

First the patient hath a great burnynge feuer. Secondlye the ribbes are so soze within, as if they were pricked continually with nedels. Thirdly. the patient hath a short bzeath. The fourth signe is a strong cough, wherwith the sicke is vexed, and by these sygnes maye ye surelye know a right pluresye, that is in the skin, vnder the ribbes within the body.

But there is another kynde of pluresye without vpon the ribbes apostomed, but in that is nothyng so great daunger, nor y feuer is not so strong as is the other afore rehearsed.

Kemedy.

Of lyfe.

Kemedy.

The pacient ought to be let bloude on
the liuer vein, in the contrary arme from
the side that is diseased. After the begyn-
nyng of the soze, till the thirde daye, and
after that if the pacient be not feble, lette
hym bloud agayne vppon the same syde y^e
the soze is. Moreover the pacient ought to
lay vpon the soze syde, euery day an earthe
bottell, ful of warme water, and to anoint
his ribbes with oyle of camomyll warme.
And he ought to take a glister of chickyns
brothe, milke, cassia, oyle of violettes, and
hony of roses, if his belly be harde. And in
steede of that glister, it is good to take an
ounce of cassia, an houre befoze dyner, in
a losenge or distempered with a ptisane, or
els with water of scabiouse.

An other remedye.

Take of brome floures, of scabiouse and
the great thistle called cardo benedictus,
of euery one a lyke porcion, meddle them
together, and let hym euery morning and
euening, receiue a good draught, and an-
noynt the rybs with oyle of brome floures
and it shalbe good.

Another singuler remedye.

Take

Handwritten marginal note:
 A man with out merrys of merrys
 but for pale merrys had merrys
 pale merrys

The Regiment.

Take thre ounces of water of our lady
thistle, one spoonfull of white wyne, & fyre
inner whites of eggcs well braide, mingle
altogether, and lay them plaisterwise vpo
the ribbes, as hote as ye may suffer.

An other expert remedye.

Take two good handfuis of horsedong
two races of ginger in powder, and then
wrape well the dong and the ginger to-
gether in a cleane linnen clothe, then put
them in a new pot to boyle with .ii. pintes
of white wine, vntill the third part be con-
sumed and drinke a draught of the sayde
drynke every mornynge, and after ye haue
dronke the sayde wyne, couer ye as wel as
is possible and sweate.

Regement for the plentresy.

The pacient ought not to drinke wyne,
noz eatte flesh, but must be content to drinke
pysane, barley water, and weake drynke,
and to eatte barley hulled, and milke of al-
mons clarified, rosted apples and greates
raisins as long as the feuer doth last. And
for to helpe him to spit, it is good to vse of
ten white pilles, diadragagantum, suger
candy, and other thyngecs sayde in the re-
medy of the cough.

Of lyfe.

Foz diseases in the rybbes
which is not pleurefy.

There chaunceth often tymes a disease
in the ribs, which thei call a bunch, whiche
commeth of ventolitic, wherfore it is good
to applye therto hote thinges, as a toft of
bread very hote, and a litle bagge of otes,
& bay salt fryed together, or of hony whye
the is better. Also it shall bee good to putte
therto a sponesfull of hote ashes, & herbes,
of hozehounde. rue, wormewood, marge-
rin, flope, bayes, and Camemill.

Another remedye for the same.

Take the rootes of colewort and hops,
of eche an ounce, beruein, mugwort, sage,
mintes, wormewood, tansay, and mother-
wort, of eche a handfull, put all in a com-
mon styll, and distyll them.

Kepe that water to dzyinke euery mor-
ning two or thre ounces, while the payne
doth last.

Another remedy.

Take the saide herbes and rootes, and
beate them with white wyne, and strayne
them through a linnen cloth, and geue vnto
the pacient a small draught two or thre
houres afoze meate.

The

The Regiment.

The fourth chapter of the weaknesse of the heart.

Weakenes or feblenes of heart is caused, when the body faileth his vertue vitalle, without any euidēt cause or when the body is consumed and waxeth out of colour, and that the operacions vitall are weake, without sensible hurting of any other member, but the heart. And it maye chaunce of an apostemie, for the whiche there is no maner remedy, for all apostemacion of the heart is mortall. And debilitie of the hearthe maye come of heate accidentall, whiche one may know, when there is a great heate in the brest, and vehement thirst, and is quenched better in drawing colde ayre, then in drinking cold water.

Remedy.

Geue him that hath a feble hearthe, and redy to faynt, eyther for feuer, or for extreme heate, the weyght of a fresh crown of troscuske of camphore, wyth wyne of pomegranades, and lay vpon his brest toward the left syde, a sendall or linnē dipped in water of roses and vineger.

of Life.

A lectuary.

In stede of these trosciks, ye may vse a lectuary called diamargariton frigidum, euery morning a lozeng. And it is good to geue him for the same feblenes, conserue roses, violettes, and water lilies mingled together, and after to drinke water of sozel, and to smel roses, water lilies, rosewater, and vinegre. Otherwhiles and most oftent debilitie of hart chaunceth of a colde and dry cause, and is without feuer, with great feare and heuinesse, the remedy whereof is this.

Remedy.

Take of an electuary, called Diamuscus, or of an other called electuarium pliris, and vse euery morning a lozenge, and drinke after it a littel good wine, or buglosse water, and annointe the breast with oile of spikenarde. Moreover vse ones in a weke five houres befoze meate: y weight of halfe a crowne of good triacle, or mithridatum, so it be wel tempered in a littel white wine with a fewe maces.

For the same.

Ye muste geue the pacient often in the houre of his feblenes, cloaues, cinamom
C.i. nutmiges

The Regiment

nutmiggess, setuale, of the roote of cole-
wooztes if he hath not h̄ pchisike, in which
case he must abstaine from the said thin-
ges. And it is conuenient to giue him in
that case good fleshe, and potage without
spices, and take euery morning, a greate
draught of Asses or Goates milke, and su-
ger rosate.

For beating of the harte.

It is called of the Physicians cardiaca
passio, or otherwise tremor cordis, that is
trembling of harte, and sometime it chaū-
ceth with a feuer, and sometime without.

Remedie whē it cometh with a feuer.

He must be let blood of the Luer vein,
and drinke euery morninge Sirupe of
Pomgranades, and Limmons the iuice
of sozel, or one of them, with water of Ro-
ses. Purcelane, succorie, and Sorelle. Mo-
reouer the patiente ought to smel thinges
colde & swete, as dried Roses, water Lil-
lies. Violettes, and vineger of Roses.

Also it is good to take an infusion or iare
of rubarbe, ordeined of som good Physicia
after the whiche it shalbee good, to applie
vpon the left pappe, a linnen cloth dipped
in plantain water, roses, sozell, and a litle
vinegre.

Uinegr. For trembling of the hart
 with out a feuer, a
 remedy.

The patient must take .ii. drammes
 of the electuary of diamargariton
 calidum, and the third parte of ele
 ctuarij de geminis, then drinke .ii. oz. .iii
 ounces of water of buglosse, and baume
 mixt together.

An other remedy.

Take massike, lignum aloes, cloues,
 cinanome, nutmigs, and cubebes, of eche
 a scruple, pilles of citrons half a dramme,
 dozonici romani, and perles, of eche .xv.
 graines, basil seede .x. grains, amber gre
 ce, and muske, of eche .ii. grains, with con
 serued buglosse or colewortes and sucket
 of citrons, of eche half an ounce, make an
 electuary with .iiii. ounces of suger dissol
 ued in white wine and buglosse water, and
 vse of thesame euery morning .ii. drames,
 and drinke a litle good wine after it.

An other remedy.

Take water of buglosse, baume, & bou
 rage, of all thre together a pound, of white
 wine halfe a pounce, poudere of sinamome

C. ii.

cloates

The Regiment

cloaves & nutmigs, of eche twoo. drames,
minglc thē al wel together and then heat it
a litle, and dippe a linnen cloth in it, oz els
a scarlet, and lay it to the left pappe.

An other remedie.

Ye must make a bagge of sendall, of the
said swete spices, oz other cordial pouders,
and lay it hotte vpon the left pappe.

An other remedie.

Take pmanders made of lapadanum,
lignum aloes, and citron pilles maces clo-
ues, bozage floures, storax calamite, am-
ber of grece, & a litle ware, and let the pa-
cient beare that, and smell it often.

An other medicine.

The mawe of an olde cocke dried, and
made in pouder, is exceding good to drink
in red wine, oz swete wine with a lyttell
saffron.

Foz the same.

It is good to drinke euerte morning. lii
ounces of water of buglosse wherin hath
ben sodden cloues. And it is good to drink
in a morning. iiii. ounces of iulep made of
halfe a pound of baume water, and thre
ouces of suger. The confection of diatacin-
thy, is singular and excellēt foz trembling
of

of the heart, but it is for noble menne, not
for poore folke.

For swouning.

Swouning is a takinge awaie of
the feeling and mouing of the bo-
di by weaknes of the hert throug-
h to muche auoidance of the spirites.

Kemedy.

In Somer for swouning, sodainly ye
ought to casse vpon his face colde water,
mingled with rosewater or vinegre. And
if ye stoppe his mouth, and nose, and bowe
his face vnto his knees, so long as ye stop
your winde your selfe, ye shall forthwith
recouer him. But if the said swounig com-
e of the mother, ye must lay to h nose al stin-
kyng thinges & abhominable sauours, as
partriches feathers bzent, castor, & assafeti-
da, or the stuffles of candels. Moreouer ye
ought to geue h pacient a litle good wine,
which is the chiefe thig that quickliest re-
storeth him as saith Auerrois in his seuēth
colliget. Afterwarde rubbe his armes and
legges, and bind them hard, then prouoke
him to nese putting a litle ponder of long
pepper, euphorbium, or castor into his
nose. And if by the saide medicines, the

The Regiment

patient doth not amend, this disease is incurable. And here ye maye note, that if swooning com by great resolution of spirites, as after great euacuation, either by sweat, flure of bloud, or laske, ye ought not to cast cold water on his face, nor to binde his membres, for that shulde do him hurt, but kepe him in a place without mouing, and geue him to drinke a litle good wine, & nourishe him with good light meates as pullets, chickens, capons, partridges, beale muttō, & kid, Whereof ye may make him good porrage, coleises or restoratiues, distilled or otherwise, as ye shall think convenient.

The .v. chapter of remedies for diseases of the stomake.

The cheif of the body doth receiue the meate necessary for all the membres in the stomak, which is situate in the middes of the body, for to digest the same meate into all the membres, to the whiche chaunceth debilitie or hinderance of appetite, sometimes by errour of the eater in qualitie or quantitie, and sometimes by rason of y^e fleume that descendeth from the head like a reume.

Remedy.

Keepe

Keepe abstinence, and eate sobzely light meates, and drinke good wine, & but litle. Purge the stomake, in takig pilles of simple hiera before meat. iiii. oz. iiii. of the saide pilles at four of the clock in the morning. If the repletion be greate, sleeping in the night, he must lay his hand on his stomak, or els lay a litle pillow of fethers on it, or a bagge of woowood and margerim. Somtimes ther chanceth suche debilitie, not for reume, or meat or drinke, but by viscus and slimy fleum in y^e mouthe of the stomak, which causeth to engender abundance of ventositie, and maketh the meate to swim with litle chrisse. And sometimes with sour belchings, and inflations, suche debilitie may not perfectly bee cured, but for a time mended with the remedies that folowe.

Remedies for weakenes of y^e stomake.

First ye must take pillule stematice. ii. oz. iiii. houres afore meat, more or lesse, according to the quantitie of the fulnes of y^e stomak, and after geue hi every morning. ii. houres afore meate and one houre after supper at every time a lozég of a lectuary called diagalāga, or an other called diact-

C. iiii. minū

The Regiment.

minum, which lectuaries do consume be-
tosities, and with their comfortable heate,
driue away the colde and the windy com-
plexion of the stomake.

For the same.

Greene ginger is very good, taken as is
said afoze of electuaries. And it is holsome
to eate afoze your meate, anyse sedes and
fenell, and when ye begin to eate, take a
tost dipped in sodde wine, or good malme-
sey without drinkyng of the same wine,
except it be a very littell after meate.

An other.

Take massik and lapadanum, of euery
one an ounce, mintes and worne woodde
poudzed, of eche a dramme, turpentine, as
much as shal nede to incorporate them to-
gether, make a plaster and spzed it vpon it
vpon lether, and lay it to the stomake. In
stede of the said plaster, it is good to ano-
int the stomak with oile of spikenard, and
make, or to lay on it hotte breade stieped
in good wine, on the whiche bread strawe
pouder of cloues and nutmigs.

Somtimes suche debilitie of stomake,
cometh of hot causes, and the it is knowe
by the litle appetite to meate, and greate
thirst,

Of life.

thirst, and hed ache before meate, and after it, cometh stinkinge belching, wherof somtyme foloweth vomiting, and is holpē on this wise.

Kemedy.

In suche debilitie, if there be great quantitie of spittle, and muche desire to vomite, it is good to take .x. drammes of hiera picra, with the decoction of cicers, or with two or thre ounces of water of woorme-wood, and after your meate, vse coriander seede prepared, and beware ye drinke not therafter, nor sleape in the day time.

To the same.

Mrabolans cōdite ar very good for the same purpose, to be giuē once in the weke, at four of the clock in the morning, half an ounce, or a hole ounce every time, & take away the stone that is within. If in y^e saide debilitie of stomake of hote cause, ther be not abundance of spittle, but drynes of mouth, wth thirst & vomiting, stinking & fumish, it is good to take every morning sirup of sozel, sirupe of roses, or sirupe of quinces, wth endiue & succozy water and water sodden & cooled again, and then drinke hierapicra, as afoze is said, or take a purgation,

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purgacion, as is declared in the peine of the head, coming of cholera. It is to be noted, that for suche debilitie of the stomacke, ye may not weare any cerote plaister, nor bagg, wherein is hote medicines, lest ye shuld augmēt the cause, but it is conueniēt to annoint the stomacke with colde oyles, as be oyles of roses, and quinces, and if ye will haue a plaister, make it of redde roses and saunders.

For abhorring of meate.

Somtime there chaunceth in the stomacke, a disease called tastidium, or abhorring of meate, wherby the persone against his will taketh in hate and abomination all maner of meates, that is offered vnto him: likewise as a hole mā taketh pleasure & delite in his meate. The cause of this disease, is repletion of choleric humours, or fleumaticke, grosse and viscos, which are in the stomacke, and the paciēt hath great thirst, a drie tongue, the mouth bitter, and sometime dothe vomit yelow cholera.

Remedy.

Ye must purge the cholera as hath been saide afoze, and if the veines be great and ful of blud, ye ought to let hum lūd on the
right

right arm, and on that veine which appeareth moste: and to quiken the appetite it is good to geue him to eat or drinke, such as the patient demandeth, although it be not allwaies of the best. And also it is good to giue him that iuice of pomegranads.

For belchynge.

Belching is a ventositie inflatiue expulsed oute of the stomake to the mouth, and cometh by feeblesnes, and litle heate of the stomak, which engedreth winde, wherfore it signifieth a colde complexion, whiche is cause of suche ventosite after meate. And for this disease ye shall doo as foloweth.

Remedy for windinesse of the stomake.

Askaine from al fruites, & raw herbes, pease, beanes, garlike, onions, leekes, chesnuttes, course meates, great repast, & slepe on the day. ye ought to take fasting, cofites made of anise, fenell, cumin, & carrewaie sedes, or els powder of the said thinges murte with sugar. Also it is good to tak in a morning. ii. houres before meat a lozenge of aromaticū rosatū, & if ye haue an aking stomake and coloe, it is good to take euery mornig a lozēg of diamisi,

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dianisi, or diaciminum, or some other comfortable lozenge, and to drinke after it a sponfull of good wine.

An other remedy.

Ye maye take a litle galingale with a litle wine, or pouder of cumin, with some good wine.

An other remedy.

Drinke every morning fasting two ounces of wine, wherein hath ben sodden baibes, anise, and carraway seedes, of eche a litle. And if ye put to it litle pure frankensence, it wold be the better. And without, it is good to lay a bagge full of camomill floures, rue, wormewood, and maioram made in pouder, or for to annoit y^e stomak with oile of wormewood, rue, spikenard, or baies. Somtimes suche belchinge and ventositie cometh befoze meat, & it is caused of fleum viscosus, or watrishe, that is in the stomake.

Remedy.

Ye must purge the fleume with pillule cochie or electuariū of diacartami, as hath ben saide in the remedy of pain of the head caused of fleum. And ere ye geue the purgatiō, ye ought .iii. or .iiii. mornigs. .ii. houres afoze meat, to take two litle sponesfuls of sirupe of wormewood or of mintes.

After

Of hicc.

After the which purgatiō, it is good to anointe the stomake with oile of mastike, nardine, worme woode, or likes and for to weare vpon the stomake a cerote, beinge made like a plaster, which ye may vie at y^e Apotecaries, called cerotum Galeni, or a bagge made of marozam, and camomill flours, & take euery morning a lozenge of y^e electuary aboue named, or of diagalāga. Item ye shal note, that if the person cā not take a purgation, to auoid sufficiently the fulnes of the stomak which hindzeth y^e digestion of meat he must take a glister, and afterward pilles of elephāgine, or of hiera simplicis, before diner or supper. Moreover, if before diner ye fele an heuines in y^e stomake, ye ought to take one of the saide pilles halfe an houre before meate.

For the hicket.

Hicket or yeasking, is an euil mouing of the vertu expulsive of y^e stomak prouoked by y^e vertu sensible, to expulse that y^e dothe annoy. The said hicket doth somtimes happen by reson of emptines, by debilitie of y^e stomake after long sickness, or by fluxe of blud or lax, or by som other strāge euacuation, which is very perillous, and oftentimes

Hicket

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times mortal. Therfore it is good to geue restoratiues to the pacient, & to geue hym soft egges, almond mylke, hulled barley, coleise of capons, or other thinges of good nourishment, and of easy digestion.

Also ye ought to stop the lakke, & to make the pacient to slepe longe, and anoint the stomak with oyle of swete almons. Somtimes hicket procedeth of repletio of matter humorous, or of drikt and meat whiche engender grosse ventositie, & not very easy to consume. If y stomak be ouercharged w meates, kepe a longe abstinence till digestion be done, or els vomite and anoint the stomake with oyle of dill, mastike, woow, mewood and castor. If humors conteyned in the stomacke be cause of the said hicket, take an ounce of hierapicra with water of woorme wood, or elles pilles anre cibum. iii. or. iiii. houres before meat, and euery morning following the operation of the saide hierapicra, take a lozenge of dianisi or diaciminā, or els a few anise sedes & carawayes.

Regiment for all maner hicket.

It is good to kepe longe and often his breath to nese, to trauaile much to endure greate thrist, and also to sleape longe. And

Of life.

it is good to cast colde water in the face of him that hath the hicket, and to threten him, and so put him in feare, and to angre him, or els to prouoke him to heuines, for by these thinges, the naturall heate is reuoked and fortified within, and causeth the hicket to cease.

For vomiting.

Vomitinge cometh sometimes without great violence, and therby one getteth helth wherfore ye nede not giue him any remeddy, for it is a good action of the naturall vertu of the stomak. Sometime vomiting cometh by a greate violent mouinge of the vertue expulsive of the stomake, for the euill thinges contined in the same.

Kenedy.

One may well helpe a man to vomite, geuing him warme water with a litle oile to drinke, or els to put the finger in his mouth very low or a fether wette in oile, the better to vomit and mundify the stomake, yf so be the persone haue a wyde throthe, and that vomitinge do not hurte him much, as be they that haue but small & strait throtes, and long neckes and leane,
and

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and he that hath an euill sight, for all these
it is euill to vomite.

Sometimes vomiting cometh by weak-
nes of the stomake, caused of a hote & euill
complexion, ye shall heale it after this ma-
ner.

Remedy.

Take sirupe of roses, quinces, mitilles,
with water loddon, and colde againe, or
els water of purselane for to refreshe and
quenche the thirst that chaunceth comon-
ly in suche a case. And it is good to anoint
the stomack befoze diner and supper, with
an ointment made of oile of roses, and
quinces, with iuice of mintes, and a littell
ware, or els to make a plaister of mintes,
roses, wozmwood, and oile of roses, and
lay it to the stomake.

An other.

Take frankensence, massike, of ech half
an ounce, made in pouder, & mingle them
together, with the white of an egge, and a
litle barley floure, then spread it on a litle
tow, and lay it to the mouth of the stomak.
At y latter end of diner, it is good to take a
morsell of marmalade without drinke.

Sometime vomiting procedeth of euill

and

of Life.

and colde complexion of the stomake.

Kemedy.

Annoint the stomake with oyle of spike narde and mastike, or els make an ointemente of the sayed byles, with a litle mastike, corall, and ware, and annointe the stomake moynng and euenyng.

An other medicine.

Take a bagge of wormewood, maiorā and dry myntes, of ech a like handefull, cloues, galingale, and nutmygges, of ech halfe a dramme, the sayd thynge powdered and put betwixte .ii. linnen clothes wyth cotton enterbaffed and applyed vpon the stomake, are of wonderfull operacion. In steede of thys ye may take the sayed herbes dzyed on an hote tilestone, and put them in two linnen cloutes vpon the stomake.

An other maner.

We maye take a roffe of breade and stepe it in the iuyce of myntes, and caste vpon it powder of mastyke, then laye it vpon the stomake, and from thre houres to thre houres, let it be renewed.

Other wise.

Take two handefulles of myntes, and a handefull of roles sedde in wyne, than

f. i.

take

The Regimēt.

take two ounces of toasted bread, and moisten it in wine, and incorporate it with powder of mastiſke, and the sayd roses and mintes and make a plaister, wherof one part must be laied to the stomake when the paciente would eate any meate.

The sayed plaister is also good in all hote causes, if for the sayed wine, ye seethe the mintes and roses, and steepe the toste in vineger.

To comfozte the stomake after vompytng.

It is good to gene vnto the paciente euery morning an ouce of sirupe of wormwood, or myntes, in stede of which it is coueniente to take a losenge assaromaticū rosarum, or diagalanga.

For the same.

Take euening and morning. iiii. houres before meate. ii. clones in powder wyth a sponnefull of the iuyce of myntes, or halfe a sponnefull of rue, dzyed, wyth a lyttle wine. Also it is good to take powder of cloves, and lignum aloes, the weyghte of a crown, with wine. ii. houres before meate.

A glister for the same.

And here ye muste note, that in al vomiting,

of Life.

mitting, if the patient be harde bellied, it is
godd to take an lenitiue glister made of &
decoccion of March mallowes, mallowes,
violetttes, and barlye with oyle of violetttes
hony of roses, and a litle cassia.

And if the vomiting come of coldenes
of the stomake, or of colde water contemp-
ned in it, adde vnto the said glister, worme
wood, yslope, rue, and camomyl in the see-
chyng. And for oyle of vyoletttes, take oyle
of camomil, or of lyllyes, and geue the pa-
cyente a pyl of mastyke before meate. And
ye shall vnderstande, that myntes brayed,
and myngled wyth oyle of roses, and ap-
plyed vpon the stomake, is verpe good for
all vomiting.

For peyne of the
Stomake.

Ache or peine of the stomake, commeth
sometimes of wynde, and it is called do-
loure extensiuue, the whiche is holpen wyth
applying thereto a sponge wette in wine
wherein hath been sodden wormewood,
rue, and camomyl.

Also ye may helpe it as hath been sayed
in the remedye of hickete or peaskynge,

f.ii. and

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and as shalbe sayed hereafter in the reme-
dy for all paynes of the stomake.

Sometimes the sayed payne commeth
of repletion of humours, and it is called
Dolor agrauatus. Whiche oughte to be
cured by purgacion, in geuyng of cassia,
stebly drawn out, hierapicta, or pylles
stomaticeas, or of hiera simple, takyng the
syrup before y purgacion, as is thewed in
the remedy of debilitie of stomake. Some
tymes payne of the stomake commeth of
cholere, or salte steume very thicke, and y
patient hath bytter taste or salt with great
thirst, and he feleth heate and mordeacio.
Wherfore it is good to drynke the syde of
roses, or occi saccharum simple with sodden
water and coled. In stede wherof ye maye
take endiue water, succory, and purcelane
wyth one part of wormewood water, and
then take an euacuatiue that purgeth cho-
ler, as is sayd in the remedies for paine of
the head comyng of cholere, or let the pa-
cye at vomyte, in geuyng a sharpe syrups
of sozell, wyth warme water, than put hys
fynger in hys mouth, so that he maye vo-
mite. Sicke folkes ofte diseased in the sto-
make, demaunde nothyng els, but to take
away

alway the peyne, not regarding the tyme
whyle the matter maye be purged by vo-
mytyng, glyster, or other laxes.

Also there chauncethe some tyme so
greate payne and sharpe, that for debilitie
of vertue, it is good to leaue the cause and
slycke to the swaging of the payne: wher-
fore it behoueth to procede in maner fo-
lowyng.

Remedye for all paynes of
the stomake.

TAke Camomill, melilote, worme-
wood, mallowes wyth theyr rootes
leaves of bayes, parietarpe, and pe-
nyrial, of eche a handfull, limesede a pound
fenugreke halfe a pounce, anise and fenel
sede, of eche halfe an ounce.

The sayd thynges brused and wet sod-
den in water, wette therein sponges, and
the licoure well pressed oute, and applyed
vnto the stomake, one after an other, and
warmyng them agayne, when they bee-
gyne to coole swage all maner paynes
of the stomake. And afterwarde ye muste
annoynte the stomake with oile of dil and
Camomill.

An other remedy.

f.iii.

Take

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Take an hogges bladder, and fill it of the said decoction, and lappe it in a linnen cloth, and laye it to the stomake and warme it agayne when it is colde.

But after ye haue made diuers suche applications, ye must anoint the stomake wyth the oyle afoze sayed. If the peyne be remouing from place to place, it signifieth it commeth of ventositie. Therfoze lay vnto it a bagge ful of meale, saltem, and cumyn dzyed together.

An other remedye.

Take a sponnefull of hote ashes, dewe them wyth good wyne, and couer them wyth a linnen clothe: that it goe rounde about the sponne, and laye it to the stomake.

An other remedye.

Take a sheaue of bread metelye thicke, toste it, and wete it in hote oyle of camomill as hote as it commeth from the ouen, or in oyle of spike, and wrappe it in a linnen, & lay it vpon the payne.

An other remedye.

Put a great boring glasse vpon the navel, and let it be there one houre.

An other remedye for payne
of the stomake.

Take:

of Lyfe.

Take two drammes of diacimynon, of dianisi, of diagalanga, and drinke it wyth a lytle good wyne, an houre or two before meate. To drynk two ounces of malnesy, with a litle of one of the sayd electuaries, is very good for such peines as procede of coldnes or ventosite.

An other remedye.

Take a dramme of galingale in powder and geue it to drinke with a litle hotewine and aboue al thynges for payne of ventositie, a singuler remedy is to drynke a lytle Castor, with good wyne.

An other.

Likewise to drinke two houres before meate thre or foure ounces of the decoction of myntes, anyse sedes, cummyne, and fyne frankensence.

Also it is good to drynke an electuary called aromaticum, whereof ye maye receyue one losenge euerye moorninge fasting.

An other speciall medicine.

Take half an ounce of iuice of mintes, & ii. drammes of y^e iuice of wormwood, lignū aloes, & cloues, & rilo balsamū, of ech in powder half a scruple al mixt together, & drōke
F. iiii. warme

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Warmed. or. iii. houres before meate, are
extreamly profytable.

The syxte Chapter, of remedi-
es for diseases of the lyuer.

The liuer is one of the principall
members and chiefe instrument
of generacion of blood, and of o-
ther members: it lieth on the ryghte syde
vnder the shorte rybbes, the whych is or-
dayned to digeste the meate the seconde
tyme, and therof to make humoures that
nourisheth all the members of mans body,
by his naturall heate, comforted by heate
of the hearthe. But sometymes it is greped
by blood, into muche aboundaunce, or by
coleryke humours, whyche cause to great
heate, or els by fleame that doth diminishe
the same.

A remedy for an hote lyuer.

If the liuer be to hote, because of to much
blood, the person hath red bryn, hasty pul-
se, hys veynes great & ful & he feeleth hys
spattle, mouth & tonge sweter then it was
wont to be, wherfore it is good to be lette
bloud of y^e lyuer vein on y^e ryght arme, & to
use lettuce, sozell, purselan, and hoppes
in pottage, and some tymes to drynke
of

of the water of the saide herbes fasting, or
els endiue water to refresh the liuer.

Regiment for disease of the
liuer comming of blood.

Ye must abstain from drinking wine
and eating of flesh, and if at meat or
drinke ye must otherwise, the wyne
ought to be watred, and the fleshe boyled
with letuce and sorrell. It is better to drink
ptisan, or stale cydre, and eate broth of pea-
son, almon milke, hulled barlye, or rosted
appels, and damaske prunes, whyles the
heate be deminished. And ye ought euery
day to prouoke the duetie of the wombe, e-
ther by meanes of suppositoie, or els o-
therwise.

If the liuer be ouer hote with cholere,
the patient hath his vrine clere and yelow
without measure, great thirst without apa-
petite, and feleth great burnyng in his bo-
dy, and commonly hath his belly bounde,
and hath his face yelow.

This disease of the liuer chanceth most
in sommer, and for it ye muste take twyse
in a daye an ounce of sirupe of endiue, or
violetttes, with a good draughte of ptisan,
drinke it twoo or thze houres befoze meat,
and

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and also at night to beddewarde, and so to continue thre or foure daies.

In steede of the saide Sirupes ye maye take thre ounces of pisan, or thre ounces of water of endiue, cikozy and sozell medled together, for eche time. Then the fyfth day in the moorninge earlye, it is good to drinke a purgacion that purgeth cholere, which shalbe made as foloweth.

An excellent pourgacion for to auoide cholere, and may be geuen to manne of all ages.

TAke halfe an ounce of cassia newly drawen, a dramme of good rubarb infused a night in water of endiue, with a litle spikenarde, and an ounce of sirupe of violets, mixte all the sayde thinges with thre ounces of pisan or whaye, and drinke it warme, as afoze is saide in the other.

Bolcs for thesame.

In steede of the sayde medicine (whiche is to costly for pooze folkes) ye may make bolcs of halfe an ounce of cassia and thre drammes of electuarium de succo rosarū, and eate them thre houres after midnight
and

and slepe after it, but all the day ye muste kepe the chaumbre, and if ye hadde rather drinke it than eate it, mixte the saide boles with whate oz endiue water, and drynke it at fiue of the clocke in the moornyng, but slepe not after it.

Other medicines laxatiue.

Take halfe an ounce of diaprunis laxatiue, mixt with thre ounces of decoccion of frenche prunes, water of succoꝝye, and drinke it warme at fiue of the clocke in the moornyng, oz els sixe houres afoze meate.

In stede of the saide diaprunis, ye maye take halfe an ounce of electuarium de succo rosarum, and make a laxe as afoze is saide.

And it is to be noted, if the pacient be very weake oz easly to wooꝝke vppon, ye maye take away a dramme bothe of y diaprunis, and also of succo rosarum. After the saide purgacion, it is good to refreshe the liuer with laying to without on y right side, vnder the nether ribbes, a playster of cerotū scandalinū. spzed vpon a linnen cloth of y bignes of .iiii. fingers, oz bathe y said place w a linnē cloth wet in water of endiue, plātain & roses, warmed together.

More

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Moreover it is good to take euerye morning before meat, a lōge of triallandaly, & to drinke after it endiue water. iii. ounces.

Regiment for heate in the liuer.

The pacient must abstain from flethe, and saltfish, strong wine, garlike, onions, mustard, and such other hote meates. It is good to vse brache of pease and verluice lettrice, poppy, spinage, and borage, and som time a litle vineger, if he be not greued in the stomake. This regimēte is good also in tyme of pestylence, and of to greate heate.

A rulep for heate of the liuer.

Take halfe a pound of rosewater, one quarter of water of endiue, and .v. ounces of suger, make a ruleppe, of whiche ye shall drinke fastynge a good draught. And if ye wyll nedes drynke for thirst betwene meales, lette it be myngled with two partes of water of the well. And if ye will haue it more cooling, adde vnto it two ounces of vineger, or the iuyce of a pomegranade. If the liuer be colde, for the Acumatike matter that is in it, the person had water white, and out of coloure, the face

face pale, and his mouth waterie & litle
bloude, and feeleth heauynesse aboute hys
liuer.

Kenedy.

He oughte to drinke in the mornynge
earely, thre or foure times a srupe called
primell diureticum, with the decoction of
smalache and persely, or with waters of
smalache and fenel, and after he must take
to pouge the deuine a medicine made as
foloweth. Take five drammes of diafinico
if the person be strong, or halfe an ounce
if he be weak, and distemper it in foure
ounces of the decoction of the rootes of
smalache, persely, fenell, and drinke it luke
warne siue or siue houres afoze meate.

In steede of the sayde medicine one may
geue two drammes of agarike in froscisks
with water of smalache, or els good fe-
nell.

Another medicine laxative.

Take halfe an ounce of diacartham, or
halfe an ounce of drapumis laxative, or as
much of electuarium dulce with the deco-
res of persely water, smalache, clope, or
fenell, take it siue houres afoze meate.

Regimen.

The

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The patient must drinke good wyne, & able ginger, cinamome, graynes of paradise, anyse, and fenell, and hote herbes in pottage, as sage, ysope, tyme, maiorā, and auoyde al rawe frutes, and also rawe herbes. Moreover it is very good to make a plaister of smalache, wormewood, spike narde in powder, with oyle of oil mingle it and lay it vpon the liuer.

Agaynst stoppyng of the
liuer called oppilacion.

Oppilacion or stoppyng commeth sometyne in the holownes of the liuer, and it is knowen by compassion and payne of the stomacke, and is healed by medicines laxatiue, as is declared before.

And sometime the oppilacion is in the baines of the holowe part of the liuer, and is perceiued then by the grieffe, which the patient feleth in his backe & in his reins. And it is healed by thynges that open, as by sirupes of the thre rootes, sirupe of bisacius, sirupes of maidenheere, and by dring the decoction of raisins, fenel, persely, smalache, cicorpe, or waters stilled of the same.

Of Lffe.

same herbes. Also rootes of alisandre is good for the same. &c. Sometymes y^e sayde oppilacion cometh of grosse blood, earthy, and Melancholyke, whiche the members sende vnto the liuer, and because that suche engendred blood can haue no yssue, nor hath any way to depart to anye other members, therefore bee the veynes of the liuer stopped by, by the grossenesse of the sayde blood. And it is knowen by the water, that is very hye coloured, and clere.

Kemedy.

Gene the pacient medicines that perce and subtile, as is wyne of pomegranades, sirupe of endiue, with the decoccion of cicers. Then let him bloud on the liuer bait and euery moynyng eate a losenge of triasandaly. Sometime the said appilacio cometh of aboundance of some humour viscouse colde and fleumatike, stoppyng the vaines of the liuer, and then the bryne is as clere, as clere water.

Kemedy.

The pacyente muste drynke euery moynyng the syrups of oximell squillyke, with halfe a draughte or more of the decoccion of rootes of smallache, fenel,

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fenell, and persely. Sometyntes vnto wo-
men commeth oppilation of the liuer, by
receyving of their purgacions. Where-
fore it is good to let them bloud on y^e bayn
called saphena, whiche is aboue on y^e hyer
syde of the instepp. And let them take af-
ter the chaunge of the moone, seven or
eyght moornynge an opiat called Trifera
magna, every tyme an ounce. And after
drynke thre ounces of water of mugwort,
ysope, and fenell, or the decoccion of these
herbes, or els the rootes apperitiue, which
be smalache, persely, fenell, alexandze and
asperage, boyled in water with the thyrde
parte of odoriferous white wyne.

Medecynes for the lyuer that
maye bee easily hadde at
all tymes.

Take a good handfull of liuerworte, y^e
groweth vpon the stones, and an other of
funitory, with as muche of hartes tonge,
and seeth them in whay clarified, & drynk
them every day twyle.

The lyuer of an hare dzyed and made
in pouder, is good for all diseases of the ly-
uer, as affirmeth Aucene, and other of the
Arabians.

Alse

Also for heate in the liuer seeth barberies
in whey, and drynke them.

The. vii. Chapter, agaynst
the diseases of the
gall.

The gal is placed in the holownes
of the liuer, to receiue the superflu
itie of cholere, and to sende it to y
bowels to be auoided with y grosse
excrementes, to the intente to clenle the
bloud of the sayed cholere.

To the which there cometh oftentimes
applications in the parties aboute by the
liuer, or beneth in it selfe, next the bowels
causynge great paine, by reason whereof, y
cholere turneth againe vnto the liuer, and
there is mingled with the bloud, & spreade
abrode into all the veines of the body, and
bredeth a disease named iaundis (ictericia
in latin) wherof be thre kyndes, that is to
say, yelowie iaundis that procedeth of cho
ler, called citrine or yelowie, greene iaun
dis, which procedeth of greene cholere, and
black iaundis that, procedeth of black cho
ler, which is called melancholy, and com
monlye commethe of the oppilacion of the
splene.

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Kemedy for Jaundis.

If the jaundis happē in an ague before the vii. day, the patient is in great danger of hys lyfe, as Hipocrates sayeth. But if it appeare in the. vi. day, beyng a day iudiciall or crotchike of the ague, or after, it is a very good sygne.

And then ye must succour nature, in refreshyng and dygesting the cholet, with syrups of vpolettes, geuen in the morning wpth water of mozell, or syrups of endiue wpth water of cicozie.

After thys pouрге the Choler as is sayed in remedies of the Luer. And then geue hym a losenge of Triasandall, wpth Reubarbe, euery morninge twoo houres before meate, and drynke a litle waters of endiue, and cicozie, afoze the sayd Losenge.

Moreouer, it is good to bath the luer, as it is sayed afoze, & washe the patients eyes wpth bynegre, and womans mylke, and drynke a Prisane made of barley, lyquorice, prunes, and the rotes of fenel.

And if (when the feuer is past) the jaundis tarveth styll, the patiente muste drynke water of fenel, and mozell, wpth the syrups
of

of Lyfe.

of occisaccartum composte, and it is good
to lay a quycke tenche vpon the lyuer.

Jaundys sometyme commeth wythout
feuer, and may be healed by thynges that
I declared here before, or thus.

An other remedy for
the jaundys.

Take foure ounces of radish, and gene
it the sycke to drynke fyve moznynges, iii
houres before meate. In stede wherof it is
good to drynke euery moznyng foure ou-
nces of the decoccion of horehounde, made
in whyte wyne, or as much of the decoccy-
on of Tenedoy and Barberpes, wpyth a li-
tle Hony and Saffron.

An other remedy.

Take wormes of the earth called angle
twytyches, and wash them in whyte wyne,
then dry them and drynke of the a spones
full at a tyme, wpyth whyte wyne.

An other.

We maye lette hym drynke. vii. or. viii.
dayes together in the moznynges, a good
draught of y decoccion of polytrichō, or of
maydeheare. The decoccion also of wood,
bind, or y water of it distylled in a cōmon
still, is a souerain medecin for y saiddisease

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An other singular remedy.

Take cowes milke and whyte wyne of eche a pynce, and distill them in a skyll, kepe that water a moneth, and then geue it to the patient thre ounces in the morning two houres afoze meate, & likewise after supper, when he gooeth to bedde.

The eighte Chapter, for diseases of the splene.

The splene is a member long, softe and spongy, beyng in the lefte side ioynd vnto the holownesse of the stomake, and to the thicke endes of the ribbes, and to the backe, the whiche is ordeyned for to receiue the melacholy humours and to clense the bloud of the same, for by that meane the bloud remayneth pure and neate. Wherefore it is good nourysshinge for all the members and is the cause that maketh a bodye merue, but often tymes there happeneth oppilation or debilitie, wherof commeth the blacke jaundis.

And sometimes it is greater, fuller, or grosser than it oughte to be, by ouermuch melancholye that is not naturall, caused

of

of the dregges of the blood engendred in the liuer, and dooethe hynder generacyon of good blood where throughe the members become dry for defaute of good nouryng. And therfore the pacyent is called splenetyke, whiche ye maye know by that that after meate, they haue payne in their lefte syde, and are alwayes heauye, and hath their faces somewhat enclhynng vnto blaknes.

Kemedye.

In opilations and apostemes of the splene, whether it be of hote humours or of colde, he oughte to be let blood on the splene vein called saluatella, which is in the lefte hande, betwene the litell synger, and the nexte finger which they call medicus. And ye muste drawe out but a litle bloude.

And if the pacyente feele a burning on the lefte syde, and hath a drye tonge withoute appetite, it signifieth, that suche dys-ease of the splene, is caused of an hotte humoure. Wherfore ye muste geue the pacyente soure, or v. moynnges fasting, si-rupe of endiue water, and hartestonge, then a pourgaciõ made as foloweth thus.

¶.iii. A good

The Regimēt,

A goodly purgacyon to a
noyde melancoly.

Take halfe an ounce of succorosa-
rum. and thre ounces of the de-
coccyon of the rootes of capparis
and hartestong and make a drinke
the whyche ye maye minister in a good
day to take pourgations, sixe houres afoze
meate.

An other.

In stede of that drynke ye may temper
halfe an ounce of cassia, and thre drames
of diaseny, in thre ounces of whet, or hart-
stong water, and drynke it as is afozesaid.
After the sayd purgacyon, ye ought to an-
noynte the splene wyth oyle of vyolettes,
or oyle of lyneseede, or to make a playster
of the sayd oyle and lynesede, and the rootes
of capparis, and laye vpon the splene.

Also after the sayed purgacyon, it shall
be good to laye vpon the splene: nightshad
purcelan seide, and powder of plantayne
myrte wyth vynesger, lyke a playster, and
if the pacient haue more appetyte then he
can dygeste, and that he haue belchinges
of the stomake, sometymes soure in the
mouth,

mouth, it signifieth that the passion splene
tyke, cometh by a colde humoure melan-
colyke.

Remedy.

Ye muste drynke syrupe of stycados, or
hartestonge, or oxymel diureticum with
water of the decoccion of hartestonge, e-
pithime, smallache rootes, parcely rotes,
tameriscus, and myntes, or els onely with
the decoccion of hartestong, and rotes of
capers. And then after purge it fro suche
melancholy humoꝝ, wyth an ounce of dia-
cotholicon, and two drammes of dyasene,
dyscolued in thre ounces of the sayed de-
coctyon or water of woꝝmwood or harte-
stong.

And after thys ye muste annoynte the
syde of the splene, wyth oyle of lylies, oile
of dyll, freshe butter, marve of an ore, and
hennes greace, or of a dogge medled toge-
ther, or annoynte the sayed side with dial-
thea.

And the patient ought to drynke white
wyne, and the decoccion of hartestonge, e-
uening & moꝝnyng, takynge two figges,
with pouder of Slope, pepper or gynger,
but he maye putte no water in hys wyne.

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and oftentimes he must eat capres, with a litle oyle and vineger.

If for the oppilations of the splene the patient hath a pale colour, or leadye in the face, and a whytnes of eyes, takinge awaye of appetite, payne in the lefte syde with hardnesse, and hath his excrementes blacke, as it is a signe of the blacke iaudis.

An experie medicine for all diseases of the splene.

TAke the leaues and coddies of senye the barke of an ashe tre scraped and cut maidenheare, hartestong and liquorice, seeth them all in clere whay and after they be strayned, drynke of it twice or thrise a daye tyll ye be amended.

Remedy for the blacke iaundise.

Ye must geue sirupes and purgations, as afoze is sayd, and to be lette bloud of the veine saluatella, and afterward diuers tymes eueing and morning, to apply ventoses vppon the splene wout sacrificyng. Afterwarde ye must laye on it a lyste, wette it in good byneger, and keepe it there so longe as the heate remaineth

Of lyfe.

remaineth in the saide liſte, and warme it three or foure times.

Afterwarde annoynt the ſplene wyth dialchea, and ſo continue foure or fyue daies, and other foure or fyue dayes lay vpon the plaſter, made of two ounces of gumme armoniacke, diſſolued in vyneger and ſpzed vpon lether. And if by the ſoſaide thinges the pacient be not eaſed, the doctours of phisicke ſaye, that he muſt receiue the medicines againe, at y leaſt once in eury moneth, for half a yere together.

Regement for al ſpilation.

The paciente oughte to vſe thynges of eaſie digeſtion, and in ſmall quantity, and ought to abſtaine from bread to litle leuened, cakes, tartes, paſties, pies, hogs fleſh, bicke, and pouzred meates and fymyſhe.

Fiſhe, limmons, peason, beanes, mylke, cheeſe, ryſe, and firmentie, al fried meates drinke after ſupper, wyne and appels, whiche with all other lyke trouble the bo- dye. Also ye muſt abſtaine from much mo- uing or exerciſe by and by after meat.

It is good to vſe capres, aſparage, hops broth of dyed peason, with parſely, or hys rootes, ſmall birdes of the field, kyddes fleſhe,

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Beefe, ponge mutton, lambe, chickyns, fesauntes, snites, partriches, scaled fische, of swete runnyng water, with perselye, and vineger. Fewe layd eggcs potched in water, are very holesome, and ye may drynke white wine or claret, onely at meales.

Also it is good to vse crosses, sage, yslope mintes, fenell, and persely, succorpe, scari-ole, and bettes, and singularlye, to take fasting, halfe a sponesfull of redde colewortz sodden, and to eate often anyse seedes, and fenell.

The ninth chapter for diseases in the bowels.

If a person be sixe guttes three smal which are situate ouer the nauil, and three great, whiche are piaced vnder the nauyll.

The first is called dudenum, because it is .xii. ynches long.

The seconde is called teinum, for that nothyng remayneth in it.

The thirde is called Illis, because it is long and small.

The fourth which is the first of y great ones, is called monoculus, because it is like a sacke, and hath but one mouthe, & in that

Of life.

that same sometymes are woꝛmes engendred of ventositye, that causeth payn of the belly on the ryght syde, whiche is not the very cholike.

The fifth they call colon, because it hath many holow places, and it procedeth from the right syde vnder the liuer, and it maketh his reuolucion vnto the lefte syde, wherin is engendred the cholyke, which is dispersed by all the belly, moze then by any other disease.

The sixt is called rectum, because it is nye vnto the left kidney, and goeth euery ryght downe in the fundament.

Hipocrates calleth þe thre bowels that are next the stomake *Alia*, that is to say, small guts, and the payne of one of them is called *Alia* passio, a very sharpe payne. *Rasis* calleth it *domine miserere*. Likewise also colica passio, is called of the gutte cold, whiche .ii. diseases are sisters, forasmuche as thei come oftentimes both of one cause þe is to say of the oppilacion of the bowels. Remedy for the cholike, & of *Alia* passio.

As much as those diseases are exceeding eygre, sharpe, & almoste importable of pain wherof many times foloweth

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foloweth defeccion of the strength, w^{it}h variety of medicines, ye ought incontinently for to help them.

First when the said paines come by stopping of the belly, ye muste geue hym a glister mollificatise, made of the decoction of malowes, violets, beetes, anise seede, and fengreke, with cassia, and common hony, and oyle oliue, and afterwarde these herbes of the saide glister brused and fried and laide hote betwixt.ii. linnen, & applyed to the belly.

And if by this meanes the payne ceaseth not, let the paciente sit vnto the buttockes in the said decoction, and after with diall thea and butter, annoynt the nauyll. And if the saide glister do not worke sufficiēthly make another of the same. or els geue him a suppositoie which is lōg ynough, made of pure hony, and sal gemme.

For the windy cholike.

Through windynes oftentymes cometh the colica passio, or iliaca, and then it appeareth that the paine is changeable and mouing from place to place, and is known also by the rumblyng, which is a noise in the bowels, with grippng, & grea
paynt

Of life.

payne.

Remedy.

Take mallowes, beetes, and mercury,
of eche a good handfull, maioram, rue,
bayes, and camomill, of eche a litle hande-
full, anise sedes, cummin, of eche an ounce
make a decoction, and take therof a pynte
and a halfe, and dissolue in it an ounce of
cassia, halfe an ounce of triacle, and three
ounces of oyle oliue, or of camomill, and
make a glister, the whiche must be geuen
warm vnto the patient, long before or af-
ter meate. In stede of the said glister, ye
may geue him a pounce of oyle of linsede,
whiche is a singular thyng to take awaye
all diseases of the belly. Also it is good to
make a mixture with oyle of hempseede.

For to appease the payne

caused of wynde.

First make a glister of maluesaye, oyle
of camomill, or dyll. If for the said glisters
the payne cease not, or els the patient wyll
not take them, take a great sponge or els
a felt of a hat, and stiepe it in wine of the
decoction of rue, camomil, maioram, anise
sedes, and cummin. And afterwarde lay it
vpon the payne, as hote as the psciēte can
suffer

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suffer, and .iiii. times in the daye it is good
to let hym drinke wyne, wher in hath ben
lodden rue sedes, carawales, and cummin.
Drinke at every time a litle draught, and
eche daye kepe abstinence from eatenge &
drynkynge muche of other thynges till ye
be perfectly hole.

A suppositoꝝ for the windy cholike.

Take a dramme of rue, in fyne pou-
der, and half a dramme of cummin
dried and powdered, & with hony scū-
med, make a suppositoꝝ.

A plaister for windy cholike.

Take two handfuls of rue, in fyne pou-
der, myze, and cummin powdered of eche
halfe an ounce, foure egges yolkes, and
make two plaisters with hony, and laye on
the one at night, and the other in the moꝝ-
ning, bypon the belly.

Water of camomil by a decoction of
same dronken, is good for them that haue
suche diseases. Also a dried akorne in pou-
der, and geuen to drynke with white wyne
is very good.

If ye knowe that the payn of the bellye
commeth through winde, apply bypon it a
great ventose without incision, for by that
meanes

Of lyfe.

meanes þe said pain wil surely goe awaye,
oz diminish. If not, it sheweth that there is
some humours that causeth the sayd payn
as fleume oz choler. If by fleume it cometh
ye must make a glister of a pint of the de-
coccion of cantonill, rue, wormwood, ma-
iozan, melilote, centaure, anise seedes, and
fenell, and in the same decoccion put halfe
an ounce of hiera picra, oz half an ounce of
diastinico, & .iii. ounces of oyle of dyl, oz of li-
lios. Also ye ought to geue to the pacient a
rupe of wormewood, and to make applica-
cion vpon his belly as hath bene sayde a-
foze, oz to laye vnto it gromyll scide and
bay salt dzyed together, whiche layd vpon
the belly, is lykewyse good for the wythye
cholyke.

If after the sayde thynges the said payn
contineth, ye must make a purgacion as fo-
loweth.

A purgacion for cholyke, com-
myng of fleume.

TAke siue drammes of diastinico,
thre ounces of wormewood water
and make a drink, the whiche
retued fastyng, foure oz siue heures a. oz
meate, is very profitable.

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For payne of the cholike
comming of cholet.

If the sayde paine commeth of cholere,
whiche is knowen when by the applicati-
on of hote thynges the payn encreaseeth, ye
musse make a glister of violettes, or geue
hym half an ounce of succo rosarum with
pitlan, endiue water, or wyne. And y next
mornnyng let hym drynke a ptisane, of the
decoccion of pynes, and violet floures, &
annoint the belly with oyle of violettes, or
wete a linnen clothe in colde water, and
laye it thereupon. If it doe continue skyll,
the patient musse be set in warme water
vp to the hanches, and yf the payne come
of colde, ye must annoynt his bellye wyth
oyle of bayes and goosgrece.

For the wyndye cholike.

If it be wynde, make a glister of newe
milke with a litle oyle, and the yolke of an
egge, for it is very good. Also it is good to
lette hym drynke a dramme of hierapicra
simpler, with ii. ounces of water, of cardo
benedictus, or pucclane or wormewood,
and to make a playster of letke leaues
fryed in oyle and vineger, and layde vpon
the belly.

A yke wyse

of Lyfe.

Lyke wylse it is good to drinke the iuyce of enula campana, or the sirup therof, and to wear a plaister vpon the belly, made of hony, wormewod and aloes.

A glister for all colike.

Take y^e oldest cocke ye can gett, the which must be wel beaten with smal roddes, and then choppe of the head, and put in a good sufficiency of water, and scalde him and trimme him for to seeth. And within the bealy of the saide cocke, put anise sedes, fenel, comin polipody, and the sedes of cartamy, of eche halfe an ounce, turbith, sene, and agarike, boude surely in linnen cloth, of eche two drammes, floures of camomill an handful, sieth the vntill the fleshe go fro the bones, and take of the said decoction a pound, and a quartron of oile of camomill and dill, and thre or foure ounces of egge yolkes, make a glister, whiche muste bee giuen warme, long befoze or after meate or drinke.

Pillule cochle ar very good for the said diseise, specially when the glister doeth not suffise to pouрге the cause of the same.

Also diamusci and diaciminum ar very good lectuaries, if ye take of one of them

℞.i.

a loz.

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a losēge fasting, two houres before meat. Likewise it is good to take mithridatum, with a litle white wine, or with the decoction of camomil, four or fiue houres after diner, if his belly be naturally large, or els by some suppositoꝝ or glister.

Against disease of the raines of the backe, and the loines.

Nephritica is called nephretica, passio, and cometh of some stone or grauell, and it is moste like vnto the colike in cure, but in causes they be cleane contrary: for the colike beginneth at the lower partes on the right side, and goeth vp to the hier partes on the lefte side of the bely, & it lieth rather more forwarde then backward: but nephretica passio beginneth contrary wise aboue, descending downwards, and euer lieth more toward the backe.

Also nephretica is painfuller afore meat, and the colike is euer more greuous after. And often the colik chanceth sodeinly, but nephretica contrary, for commonly it cometh by littell and litle, for euer more before, one shall fele paine of the backe with difficultie of vꝛine. Item there is more difference

ference for the colike sheweth bynes, as
it wer coloured, but nephretica in the be-
ginning is cleare and white, like water, &
after wareth thicke, and then appeareth
in the bottome of the vessel, like redde sãde
oz grauell.

Remedy for peine
of the reines.

Ye muste vse thinges aperitiue, to
cause you make water, but afore ye
ought to loose the belly in takinge
an ounce of cassia, an houre before meate;
but if your belly bee hard bound, ye must
take a glister made as hereafter foloweth,
before ye take the saide cassia.

A glister for nephretica
passio.

Take of marche mallowe rootes two
ounces, mallowes, violettes, beetes, and
march mallow leaues, floures of camomil
and mellilote, of eche a handfull, mellon
seede and anise seede of eche halfe an ounce,
wheat branne an handfull, & decoct it, and
take therof half a pound, and distempere in
it an ounce of cassia, and an ounce of cour-
se suger. ii. ounces of oile of violets, and an
ounce of oile of lilies, make a glister.

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In stede therof ye may take cowes milke, with two egge yolks, in maner of a glister. And it is to be noted, that in suche a disease the glister must be great in quantitie, or els ye shulde make wrestinge and rumbling in the belly, whiche shuld be an occasion of moze pain. After this operatiō, if the paine be not apeased, ye muste giue an other glister, after the operation of whiche, the pacient ought to go into some bath, by to the naui, wherin muste be sodden mallowes, marche mallowes, beetes, pellitozy, linseede, fenugreke, and floures of camomil, with melilote, al put in a bagge in the saide water, and rubbe him with it: and at his going out of the said bath, ye must take .ii. ounces of sirupe of maidenheare, and radishe with .iii. ounces of the decoction of liquirice. Moreover, after the saide bath, ye must lay vpon the paine, a pultes made of herbes, and floures, with oyle of almonds, being in the saide bagge, and .ii. or .iii. morningys, take .v. or .vi. ounces of the broth of cicers, sodden with likerice, or elles drinke water of pellitozy, of cresses, or of rotes aperitiue, the whiche waters ar very good for to purge the gra-
uel

Of life.

well and the stone Likewise a very good
electuary? for the same, called electuariū
ducis, or iustinum, philantropos, or lion-
tripō if one take a dram or two after ope-
ration of a glister, of cassia, or a pill of ante-
cibum, and after to drinke one of the saide
waters, or elles a litle whit wine warmed.

Regiment aswel for the colike, as for
the reines of the backe.

He must fle from all euill qualittes
of the aire, as winde, rain, greate
heate, and greate colde, specially to
kepe him from warming the reins against
the fire, nor to heate it by any other mea-
nes. Also he must abstaine from greate re-
pletion at one meale, and to long absti-
nence from meat, for all these fill the body
full of yll humors. Also sleape not on the
baye, specially after meate, nor lye not on
the reines when ye are asleape.

And ye ought to eat no saltfyshe nor no
meat, nor other grosse meats. Likewise one
oughte for to beware of all foules bred vp
in the water, spicery, pastry, and bread not
very well leuened, specially tarts, cakes,

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and

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and other pasties made of flour. But above all, ye must beware of white meats, as milk, chese, raw frutes, hard egges, and as much as is possible, kepe your self from ire, enuy, melancoly, and other like affections.

For the fluxe of the wombe.

If all fluxes of the belly, cause the excrementes to bee duely serched for: if the disease bee suche, that the meates cometh out, even as it was receiued, or not halfe digested, the saide fluxe is called henteria. If greate abundance of watery humours haue their issue belowe, the saide fluxe is named diarrhea, which is as much to saie as fluxe humozall. And if bloude or mater appeare with the excrementes in the sickenes, then they calle it dysenteria, which is a great disease and a dangerous for to cure.

Remedy for the fluxe henteria.

As much as this fluxe cometh for the moste part of greate debilitie of vertue retentive of the stomake, for the great moistnesse of the same, it is good to giue the sirupe of wormwood and honey of roses, taking of it with a sponne, or drinke them

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them with the water of betony, fenel, and
wormwood, and if it so be the pacient doo
desire to vomite, it wolde be good for him,
oz let him take half an ounce of hiera sim-
ple, with two ounces of water of worme-
wood, and if the pacient be ströng ynough,
adde thereto two drammes of diafinicon.
And after this ye must cöfort the stomake
with oyle of mastike, spike, winte worme-
woodde, oz nardine, oz with a plaister cal-
led cerotum Galeni, spread vpon lether, and
after laide vpon the stomake, oz make a
bagge of wormwood, mintes, and maio-
ram dried, and lay it vpon the stomacke.
In the morning take a lozenge of arom-
aticum rosatum, and a littell rinde of citron
cöfit, and before euery meale, take a mor-
sell of conserue of quinces.

Remedy for the flure humozall
called diarthea.

The saide flure oughte not to be re-
strained afoze the viii. daye, if na-
ture be not verye muche enfebled.
And sometime it cometh of hot cau-
ses, as of cholera, & then one ought, to giue

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unto

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unto the pacient to drinke afoze his meate
sirupe of ribes, sirupe of roses, or sirupe of
quinces, verve smithes water, and in the
stede of those sirupes ye maye make a iu-
lep thus.

A iulep for the fluxe humozall.

Take rosewater, buglosse, and plan-
taine, euery one half a pound, of all
the saunders two drammes, and
with a quartron an half of suger, make a
iulep. In the morninge two houres afoze
meat, it is good to giue the pacient old co-
serue of roses, or a dram of trosciskes of
roses, after he hath dronke one of the saide
sirupes, or of iulep of roses with a litle of
smiths water, wherof the pacient ought to
drink at euery time when he is a thriste.

If in the saide fluxe ther be egre matter,
and the strength of the pacient any thinge
constant, ye may minister the lauatozie that
herafter ensueth.

Take redde roses, barley, plantain, of eue-
ry one a handfull, lieth them, and in the
streining adde two ounces of oile of roses
one ounce of hony of roses, and the yolke
of an egge, and giue it in the maner of a
glister. Sometime it is expedient to take a

medicines

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medicīne by the monthē, and it is made as thus.

A medicīne for the flure.

Take the rundes of mirabolān citrin baken one dramme, rubarbe a litell dzed vpon a tile, halfe a dramme, sirup of quinces one ounce, water of plantain. iii. ounces, mingle all togither, and let the pacient drinke them foure houres before meate, and thā giue him a glister retentive made as thus.

A glister for the flure.

Take oile of roses, oz quinces, of maslike, of euery one thre ounces, bole armoniack in powder. ii. drams, medle all togither, and giue it as a glister.

An other.

Take the iuce of plantain, of poppy, of bursa pastozis, and oile of quinces, of euery one. iii. ounces, mingle them togither, and giue it for a glister. And if the bowels be excoziat, ye shall giue this perculiar remedy. Take half one pounce of milke, the water wherin gaddes of Steele haue ben quenched, the iuce of plantaine, and oile of quinces of euery one. ii. ounces, bole armonie one drame, goates tallow one ounce
and

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and make them in a glister, but without
vpon the stomake, ye muste laye this oint-
ment that here foloweth.

An ointment for the fluxe.

Take oiles of roses, quinces, and mir-
tilles, of eche an ounce, oile of masticke halfe
an ounce, powder of corall, and nuttes of
cipresse, of euery one a dramme, mingle al
with ware, and make an ointment. Here
is to be noted, that the glisters that are gi-
uen for to stoppe a fluxe, must be very litle
in quantitie.

We may heale the fluxe of dysenteria with
giuing thinges befoze declared for the fluxe
humozall, and take afoze your repasse .ii.
drammes of colerue of quinces, or of mar-
melade of quinces. And he ought to drinke
water, wherin hath bene quenched gad-
des of frele, and ye must auoide diuersitie
of meates, and giue your selfe to ease, and
to quiet and sleape a great while.

And it is good to vse grewele, cleane barley,
and almd milke, with a litle annidun, and
set bestoles vpon the belly without cut-
ting, whiche thinge is also good in all fluxes
of the body. If the said fluxe humozall
procedeth of fleume, it shall appeare of the

excre-

of Lyfe.

Excrementes that are watry and flegmaticke, and than ye ought to geue. iiii. oz. iiii. morninges, sirupe of woormeewood, oz of mint, after purgacion as is here folowig.

A purgacion for the fluxe
humozall.

Take ii. drammes of mirabolanes dried on a tile, half a scrupule of agarike in trociske, halfe an ounce of sirupe of mint, oz. ii. ounces of water of bawme, and make a pociõ that shall be receiued. iiii. oz. iiii. dates afore meate.

If ye will make a iulep, take water of munte, and of bawme, of euery one halfe a pound, suger a quarterne and make a iulep, of the whiche one maye drinke euening and morning after meat euery time a draughte. Euery morninge it is good to take a lozenge of the electuarpe that foloweth.

A noble electuary for
the fluxe.

Take powder of dyagalanga a dramme and a halfe, of redde corall and massike, of euery one a scrupule, trociskes of terra sigillata halfe a dramme, the
darkes

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barkes of citrons confit, and quinces, of euery one thre drammes, suger, dissolved in water of mintes.iiii. ounces, make an electuarie.

Oiles of wormewood, minte & of narde, and mastike, are very holsome to annoint withall the belly, and the stomacke, for the said flure.

And the thinges declared of the flure lienterta, be very good in this case, taking euer after meat, a morsell of marmalade. Redde wine is very good in this flure, to drinke at meat with the water of a smith, and likewise al spices are good for the same purpose.

Medicines to restraine the flure, of whatsoeuer cause it be.

TAke the peisill of an harte, and drie it into pouder, and drinke it. The water of oken buddes, or the very acornes dried and made in pouder, & dronke in redde wine, is very good.

Item the matoc of a yōg leuerette with the iuice of plantaine, is exceedingly profitable.

The tenth Chapter of diseases of the matrice.

First

Of life.

If it against superfluous flux of the
moother in the whiche ye must con-
sider whether it do com of to great
quancitie of blood, & then it is good
oz to open the veine saphena, and abstaine
from all thinges that multiplie the blood,
as eggcs, wine and fleshe. Or whether it
come of cholere, and then ye must receiue
a litle sirupe of roses pomegranates, oz ri-
bes with water of plantain. Than purge
the cholcr that giueth such sharpnes to the
blood, by .x. drammes of trisera sarraceni-
ca, with two ounces of plantain water, oz
the medicine of reubarbe, witten in the
treatise of the fluxe humozall.

After purgacion ye may giue euery moz-
ning a lozège of triasandaly, oz a drāme of
trosciskes of roses, in powder, after drinke
two ounces of plātain water. And if suche
fluxe of the matrice, happē of the watrines
of blood, giue her to drinke foure oz .v. moz-
ninges, hony of roses with a litle water of
wormwood, afterward purge her w a drā-
me and a half of agarike in trosciskes, and
half an ounce of trisera sarasemica, mixt w
water of minte, and of wormwood.

We maye knowe the causes of the saide
flux,

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flure, by annointing a threde oz cloute in the saide blood, for if it hath the coloure of vermilion, it signifieth that the flure cometh of too much blood. If it appere a litle yelow, it signifieth that the disease cometh of the subtiltie and sharpnes of the blood, ouercom with choler. And if it hath a coloure lyke the water in whiche newe fleshe is washed, it betokeneth the bloude is muche watry.

And after ye haue purged the princypall cause of the disease, youre seconde intencion shalbe, by and by to staunche the saide issue. Wherin also one thinge is to be noted, that if nature be accustomed to auoide any superfluites, by cōtinual course of the said flur, it wold perchance be inconuenient for to stop it, wherfore if ye see no iopardie, ye may restraine the said flur this wise.

Remedy for to stoppe the
said flur.

Take trociskes of white amber, and make them in pouder, and giue a dramme euery morning, and anon after drinke an ounce, oz. ii. of water of plantaine.

In stedde of these trociskes, ye maye
make

Of life.

make a powder of sanguis draconis, bole armeni, white amber, and red corall, drinking one dramme thereof, with plantaine water as is aforesaid.

An other medicine to staunche the saide fluxe.

Take two ounces of olde conserue of roses, of the seede of plantaine, two drammes, sanguinis draconis, bole armeny, of euery one a dramme and an halfe, white corall and redde, and one dramme, make a confection with sirupe of mirtilles, and geue it to drinke, morning and eueninge two houres afoze meate, at euery tyme the quantity of a meane chesnutte.

For the same.

Applie ventoses vnder the breastes twice a daye, before dinner and supper, and vse to beare about your necke or holde alwaies in your hande, red corall, iaspis, or a stone called hematites, whiche is a singular remedy for to stop euery kinde of bloudy fluxes yf it be bozn, or tempered in wine and dronke, or make therof a powder and vse of it euery morninge with a littell wyne.

For

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For retelyning of
the flowers.

Sometimes there chanceth vnto women when they can not haue their due purgations, to fall in greuous kindes of sicknesses, for the auoidāce wherof, it is good to helpe them and prouoke the said purgations by such thinges as open, which must be giuen at suche time of the moone as the said women were wont to haue thesame.

And if ye see the womans bloud to be to grosse and thicke, so that she can not haue any suche purgacion, ye muste euery moeth geue her the sirupe of fumetory, with the decoctiō of bozag and buglosse, and let her bath her selfe with frethe water hoat.

And when she goeth out of the bath in to the bedde, she muste receiue the forsaide sirupe and decoction of the herbe called rubea tinctozum oz madder, sodden in cleare water. In steade of sirupes ye maye take the verry iuyce oz decoction of the herbes.

And if the womans bloude be stimy, cold, & flegmaticke, thē she must drinke sirupe of sicados, & of orimel diurectike, & after ward take y pillles called fetide, & of agarik. And

euery

the pestilence.

And al diseases comig of cold mater. Mars
by reaso of his heate, brigeth forth fevers
pestilencial, spittig of bloud, water vnder
midriest, & the pleuresy, & which is a disease
engedged lyke an apostume of choleryke
matter in a thik pacle, or slime vnderneath
the rybbes. A prouident phisician among many
other thinges, ought to consider the entrig of
the sunne into Aries, by true equacyon of the
houses & planets, for the influence hath more
dominacion the haue al the other influences of
the hole yere besyde, except the superioure con-
iunctions of the planets, or els the great eclipses.
And this entring of the sunne into Aries, paf-
seth al the entriges of the sunne into any other
sygne. Therefore you must consider how the
lord of the vi. house in the figure is disposed, for
he is lord of sickness, & is to saye, you must
consider whether he be impedit or no, & if he
be impedit, there shall be many sicknesses,
accordig to his nature & his house, & is the
vi. house, as hieraple thus. But in case that
Saturne be the Lord of the vi. house, & some
earthy sygne is in the same house, the most com-
mon the sickness of the yere, shall be of lyke na-
ture, & is, cold & dry. And ouer this you must
consider, whether the lord of the vi. house

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hath any aspecte to the lord of the house of death or the lord of the house of death to hym, the most commonly the ende of those sicknesses that are colde and dry shalbe death.

And likewise as it is declared of the entryng of the sunne into Aries, so it must be sayd of the coniunctyons of the sunne and moone, throught al the yere, marking euery the nature of the planete beyng in the vi. house, if there be any, and the aspectes to those two houses aforesayed.

Also he muste consider, whether thys entryng of the sunne into Aries, or any of the coniunctyons of the luminaries, be in the eyghte house or no, for then it should be much worse.

And note, that if the eclipse of the sunne or moone, be in any of the angles of the natyue of any person, or in any of the angles of the reuolucyon of hys natyue, then he shall suffer sickness accordyng to the nature of the same angels.

And if the sayd eclipse be in the middell of heauen, he shall suffer hurte in hys honoure and fame; and if it be in the ascendent, he shall be grieved in hys body, and so forth of other houses, but it shall be the worst,

ser,

the pestilence.

For in case the eclipse be in the ascendent, specially if it be the eclipse of the sunne, for that is the more dangerous of the two, forasmuche as the effecte of the eclipses of the moone, is alwayes fynished in y^e space of one yeare at the moste, some tyme in lesse, and for the moste parte in three monethes. But the effecte of the eclipses of the sunne, is very long or it come to passe sometymes .xii. yeres, as wytnesseth Ptolemy in hys centyloquio.

The Astrologians take the iudgement of the yere, by the entryng of the sunne in to Aries, in the first minute, and if it then happen that al the yll planetes be in the eyghte house, whych is the house of death they say that yere shal ryse a pestylence and dyuers other sickeneses, acco^rdyng to the nature and condycyon of those planetes.

And if the moone in the same entryng be nere vnto the coniunccion of the sunne, as sometyme happeneth, within two or thre or foure degrees, y^e yere shalbe a death and pestylence vniuersal, and y^e shortly after that coniunccio, specially at y^e cominge of the moone and the euill planetes

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to infortunes, and as the infortunes bee,
the effectes shall so appeare, be they more
or lesse.

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Furthermore, ye muste consyder the
greate coniunction of the .ii. hier planettes
as was the coniunction of Saturne and
Jupiter, the yere of oure Lorde. M. cccc.
xxv. in the last day of August, and the .xviii.
degree of Scorpio: whyche coniunccyon
chaunged fro an ayre triplicitie to a wa-
try, and it was in a watry signe, whereof
there chaunsed very much rayne, and ther
vpon folowed the excessive humectacyon
or moistning of mans body, whiche by & by
turned to putrefaccion, and ther vpon en-
sued perillous and corrupte feuers, pesty-
lences, and agues, specially because in the
coniunction, Saturne was exalted, in the
north aboue Jupiter, which Saturne is of
yll influence.

Of the thirde roote or cause of
thys outeryagyonste
syckenes.

The thirde rote or cause being in-
ferioure, is the skinche and filthye
sauoures that corrupte that ayre,
whyche

the pestilence.

which we live in: for we cannot live without drawing of the breath, and we have none other breath, but of the ayre rounde about vs, which if it be stinking, venimous and corrupte, and we by necessity draw the same into vs, immediately corrupteth and infecteth the harte, and the lyuely spirites of the same, and after that inuadeth all the other members of the body to infecte them likewise, by reason wherof is engendred a corrupt and venimous feuer of pestilence very contagious to all that are about the, for the venimous ayre it selfe, is not halfe so vehement to infecte, as is the conuersation or breath of them that are infected already, and that by reason of the agreyng of the natures, whych is the verve cause why our bodies be infected by contagyon of men, more then any other beastes.

Of the fourth roote or cause of the sayed disease.

The fourth roote is, the abuse of thynges not naturall, that is to wete of meate and drynke, of slepe and watching, of labour and ease, of fulnes and emptynes, of the passions of

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the mynde, and of the immoderate vse of
lecherie, for the excesse of all these thyngs
be almoste the chiefe occasyon of all suche
pyleases as raigne amōg vs now a daies.
For all that our meate and dzyrke is not
digested, turneth anon to putrifaccyon &
to euill qualities.

And to muche slepe replenisheth the bo-
dy wyth to great aboundance of humours
but ouermuch watchyng doeth dzy by the
natural humidities.

And as watchyng dooeth so doeth im-
moderate labour, and as slepe dooeth,
so dooeth reste and ease oute of measure,
put the body in greate distemper, and ma-
keth it apt vnto thys sickenes, as is dayly
sene.

And whoso wyl be ruled as becometh
hym in thys case, shall neuer be lyghtely
infected, and if chaunce he be, he shal ease-
ly with a litle helpe: ye sometyme by very
nature only, saue hymselfe and ouercome
the sickenes.

Nowe seeyng that the causes of thys
sayd disease be so great as is afore rehear-
sed, it is not to be wondred, though y thing
it selfe be very huge and daungerous, and
of

the pestilence.

of harde curacyon: wherefore sayeth Aul-
cen in hys fyist of metaphisikes (although
he were no christian:) we muste with good
and vertuouse luyunge mytygate the
wzath of God, and by contynuall prayers
keepe oure selues styll in the state of
grace.

Therfore would I counsell every chry-
sten man, that is in doute of thys dys-
ease to cure first the feuer pestylencial of hys
soule, calling for that holosome water, the
wel of life, wherof it is wyrtten. Omnes
siccitates venite ad aquas. &c. Which wa-
ters he onely geueth, that sayd to hys disci-
ples. Qui biberit ex a qua quam ego dabo
illi erunt in ventre eius aque viue salientes
in vitam eternam. And this done, vndoub-
tedly the syckenesse of the body shalbe the
easier to be cured.

And for because the other soueraine re-
medye preseruatiuie is to flye the corrupte
ayre accordyng to the prouerbe, Longe, ci-
to, tarde. Flye by tymes, flye farre, & come
slowly agayne.

Yet for so muche as euerye manne can
not, nor is of abilitie so for to dooc, it is
good for them to looke vppon thys litle
L, lili. regimēte

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regimente, wherein with the ayde of al-
mighty God the hye Physycyon, if the be-
ring be not to outragious, he shall fynde
how to preserve hym selfe well ynough
from it.

And for the better knowledge and un-
derstanding of thys treatise, ye shal know
that it is devided into.ii. partes.

The first is of the maner to preserve a
man from the pestilence only by dyete, in
such chynge wythout the which, one can-
not be long alyue in health.

The seconde treateth of the cure of the
sayed disease by the way of holsome medi-
cine.

The first parte is distributed into vii. lit-
tle chapters.

The first chapter treateth of the elecci-
on of the ayre.

The seconde of meates and drynkes.

The thirde treateth of slepyng and of
wakyng.

The fourth treateth of exercyse.

The fyfth of emptines and fulnes.

The syxt speaketh of the accydentis of
the mynde.

The vii. of medicines preparatine.

The

the pestilence.

The second part is deuided
into sixe Chapters.

The first howe to knowe whan a man
is infected.

The seconde of the cure of the pestilence
by the way of diete.

The thirde, of the cure of the pestilence
by the power of medicines.

The fourth, of cure thereof by lettynge
of bloude, ventoses, and purgacions.

The fifth, of the cure of the same by out-
warde applicacions.

The sixth, howe to cure the botche cal-
led a Carbuncle, or Antrax.

The firste Chapter of the
firste part, treating of
the eleccion of the
ayze.

Althoughe the disposition of the
ayze colde and drye, or ele mode-
rately moyst, be muche commen-
dable in the tyme of pestilence, yet
there must be moderacion in the same, as
wel as in the sixe thinges not natural here
tofoze

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tofoze declared. For ye must haue a good respecte vnto the complexion, the age, the custome of liuyng, the region, the composition of the body, strength, sickness, tyme, and many other thynges. For some requyre an ayre more hote, than other some doe, and lyke wyse in other thynges, the whiche I doe remitte vnto the good discrecion of euery well learned man, and to suche other as haue any knowledge of naturall thinges.

For the more suretie, it is good for the that may, so dwell in hygh, or hilly groundes, hauyng in the moornyng whan the sunne is vp, a wyndowe open toward the east, and when the sunne goeth down an other wyndowe open toward the weste, and close by all the wyndowes on y south, syde, for that wynde is very yll in tyme of pestilence.

Also it is good to rectifye the ayre with in the house, yf it be in sommer, by spryng in the chamber vineger, and water of roses: if it be winter or colde make a lustye fyre of cleane woode and put in it mence, mirre, laurel tree, or iuniper, or cypres, and in tyme temperate, myngle the
hote

the pestilence.

hote thynges with the colde aforesayde.

Which sprinklynges, and burnynges, ye may make at all tymes whan ye wll but specially in the moznyng, to correcte h vapours of the nyght.

I rede in Plotino, that the Egipcians were wont to fume their houses and their hodyes in the day with turpentine oz rosin and in the night with murre caste upon the coales, and so resisteth al venimous ayres and contagious.

The first hath so great vertue agaynst the pestilence, that we reade howe Hypocrates preserued the whole countreye and cite of Athenes, by makynge of great fires in the stretes, and all about the towne by nyghts, and so delyuered them from the certayne death, that should haue comen among them. For whiche cause the citeles of the saide towne, made vnto hym an ymage all of golde, and honoured hym aliuie as if he had be a god. And it is good in hote time, to straw h chāber ful of willow leues & other fresh boughes, which must be gathered after h sun setting, & lay about your bed & windowes, bine leues, quices, pomgranads, qreges, limōs, citrōs & such other fruits,

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fruites, that are odoriferous, as roses, floures of nenuphar, bioletttes, and other lyke. And in colde tymes, take sage, laurell mynte, wormewood, nept, baume, rue, and galingale, whiche thynge ye maye some tyme carry about with you in a clothe, to take the ayre of them.

And in tyme of heate, temper a sponge or a cloute in water of roses, and vineger. And in tyme of colde ye maye adde to it a litle cinamome, and thus he that is dysposed to haue precious sauours as pomaunders, or other suche, maye compose theyre according to the necessitie, and as the complexion of his body shall require. Always takyng hede, that women whiche are with chylde, and they that haue the sufforacion of the mother, or els catarres take no such odoure, as shall putte themselves to anye daunger, or displeasure.

In a colde tyme it is good to hold in the mouth, jedoary, enula, cāpana, cinamome, cloues, the rinde of a citron, lignū aloes, or any one of them. But yf the seasō of the yere be hote, then take corianders prepared, graynes of paradise, saunders, seedes of orenge, or of limmons. And in tempe-
rate

the pestilence.

ate wether, mingle the one with the other.
But it is good in al tymes, to beare about
you precious stones, (yf ye haue them) spe-
cially a iacinet, a rubie, a garnet, an eme-
ralde, or a saphire, whiche hath a specyall
vertue against the pestilence, and they bee
the stronger, yf they be bozne vpon youre
naked skynne, chiefly vpon the fourth
finger of the left hande, for that hath great
affinitie wyth the hearthe aboue other me-
bers.

And as touchyng them that are conty-
nually among the sick of this disease, they
muste take hede in any wise, to kepe them
from their breathe, and that they doode not
stande betwene them and the fire, nor re-
ceiue the odour of their sweates, byrnes,
bomites, and other excrementes of the bo-
dy, nor to eate and drynke with them, nor
in their vessels, nor to lye in their couches
nor weare any of their apparell, excepte
they be well sunned, or wythered in the
cleane ayre.

It is also good to flye from all places
that be corrupt, or stinkyng, and to kepe the
streets & houses very swete & cleane. And
the rulers ought so to prouide, that no filchye
donge,

A treatise of

donge, nor any dead carions, be cast into
the streets, for that shoulde sore infecte the
ayre, and bring many men to deathe. And
durynge all the tyme of this disease, there
ought to be no hote houses bled, but for-
bidden and locked vp, till suche tyme they
see no further daunger.

The seconde Chapter, of
eatynge and drynking.

The meates ought to be of very light
digestion, more in sommer then in
winter, hauyng alway an eye vnto
the complexion, customes, and other
thynges aforesayd. The houre what tyme
ye shall receyue your meate, is when your
appetyte cometh vpon you, after y^e first
digestion made. Great replecion ought to
be abhorred, but a sufficient meale is very
holesome. Neither is diuer sitte of meates
alowed of any phisicke, but yf ye wyl haue
diuers sortes, then beginne with them y^e
are the lightest to digeste, and that beste
nouryseth the body.

Your bread muste be of pure corn, kept
in good ayre, and not fustye, metelye well
salted, with sufficient leuen, and baken in
a place

the pestilence.

A place where none euill ayre is, & it must
be of a daye or two dayes olde, or there a-
bout.

Wheate is best among al other cornes
euen as wyne among all other licours, al-
though the barley bread be good for them
that mynde to kepe them leane. Meates
of euill taste, after they be long dead, and
stynkyng fysh in lyke maner, & the fattes
of all fyshes, and meates that haue bene
twyse sodden, thicke wyne and troubleous,
or otherwyse corrupt, waters of marishes,
and blacke groundes, and suche corrupte
meates and drynkes, be very perillous.

But good wyne, sauoury, and cleare, &
good meates taken, with an appetite are
cause of health, and preservation from the
pestilence.

Wineger is a noble thynge in tyme of
pestilence, yf ye haue none other impedym-
ent to let you to receyue it, and ye maye
correct it according to the nature of the
cause, in such wyse, as may be comfortable
to the vitall spirites of the heart.

Bozage and buglosse, are verye good
preseruatiues in thys case, and so is a
litle quantitie of saffron, orenges, limons,
pome

A treatyse of

pomegranades, citrôs, pꝛunes of damask,
and other such, in good conuenient quan-
tite, adding to them a litle suger, and cy-
namome for correccion.

A nut is called the triacle of fish, shaled
and sugred with a litle rose water: and as
sayeth Isaac, a nut and a fig dꝛye taken a-
fore dinner, pꝛeserueth a manne from all
maner of popsons.

The thyrde Chapter, of slee-
pyng and watching.

To muche sleepe engendzeth manye
humours in the body, specialle if it
be in the day tyme, and it dulleth the
memory, and maketh a man brutish and
apt to receiue the pestilence.

Therefore created almighty God the
nyght, whereto we should rest, and the day
for to kepe vs wakynge, that we fall not in
to synne and slooth. Surely to slepe on the
daye tyme is excedyng hurtfull, for when
the sunne ryseth, he openeth the pores of
the body, and bryngeth the humours and
spirites from within, to the outward par-
ties, whiche prouoketh a man to watching
and

the pestylence.

and exercise or workes.

And contrary wyse whē the sunne goeth down, al thynges are closed and coacted which naturally prouoketh a man to rest.

Moreouer the stomake by the behemēt heate of the daye is naturally dilated and spzade abzoade: so euer agaynst nyghte, by reason of the auoydaunce of the spzptes it wareth somewhat feble and when the nyghte commeth, requireth to haue quiete, whereby it may acqpyze more plēt of spirites for the nouryshyng of it selfe.

And therefore whosoever waketh in the tyme of slepe, or slepe when he oughte to wake, he peruerteth and hurteth not onelyc hys memozye, and all hys other vertues of the mynde, but also manye tymes shall engender apostemes, caterres reumes, agues, palseyes and many other greuoussle and naughtye dysseases in the body.

Also ye muste take heede, that ye watch not to muche, for therof commeth drynesse of the bzyne, and many other syckeneses that melancholy bredeth.

But he that is bled to slepe very muche and cannot abstayne in any wyse, let hym

¶.i. slepe

A treatyse of
sleepe in a chayre, or els sitting in a place
is cold, but not lying, if he loue his health.

The fourth Chapter
of exercyse.

Moderate exercyse or labour is ver-
ry necessary to the preseruinge of
health, accordyng to euery mans
age, custome, complexion, strength, & such
other, so it be done in the moornyng, and at
euen, befoze any meate, and in a place of
good aire, and not infected with corrupti-
on.

Auicenne sayeth, that he onely ought to
abstayne from labour, that nothyng re-
gardeth the health of hys body.

And Galene sayeth that exercyse quick-
neth the vertues naturall, animall, and
dital. And Rasis telleth of a great pestilence
wherein there were very fewe saued, bee-
cause they lyued idelly, and would doe no
laboure.

Finally defaulte of good exercyse is
oftentymes the cause that manye dye so
davnlye, afoze they feele them selues
sycke. &c.

The

the pestylence.

The fift Chapter of empty-
nes and fulnes.

Is holosome for you, every day once
to procure the duety of the wombe, if
ye cannot naturally, yet at the leaste
wayes seke some other meanes, as by a
glister or suppositoꝝ, for the long wythhol-
ding of any superfluities, is in this tyme
very daungerous and hurteful. And al the
tyme the sayed dysleale endureth, they that
haue any fistules, oughte not to bee cu-
red.

And they that haue any issues by theyꝝ
hemoroides, may not be restrayned wyth-
out the fluxe be soꝝe excessive, & they y had
the foresayed hemoroides and were cured
afoꝝe, let them open them againe for feare
of further daunger.

Also they that are disposed to be scabby
hauing great iche, and such diseases of the
skyne, ought to byꝝng the matter oute by
rubbinge, and behemente clawyng with
their nayles.

Excesse of women, is exceadyng peril-
lous, but if ye cannot rule youre selfe
take good heede, ye dooꝝe nothyng

A treatyse of

afoze the fyrst dygestyon, and yll nature doeth prouoke you, for euerye suche excesse weakeneth more the body, thē if ye should be let blond. xl. tymes somuch, as wytneseth Auyccenna, and is cause many tymes of pestilence, and of death.

The. vi. Chapter of accidentes
of the mynde.

Ye muste beware of al thynges that should make you to be pensyue, heuy, thoughtful, angry or melancho-lyke, for al such thynges are inoughe to infecte a man alone.

Pass the tyme toyfully in good thyngs honest and decent, euery man accordyng to hys owne heart, and the estate that god hath called hym vnto

The. vii. Chapter, of medicines
preseruatyues.

A they that are of good complexion and of holome dyete, nede not to bee purged. For an hole body and boyde of all humours, is not lightly taken of the pestylence, as the other are.

But if it be a body ful of humours or a great eater wythout any exercyse or tra-uaile, suche oughte to let themselves bee purged,

the pestilence.

purged, and they that haue to much quantite of bloud, or if the bloud be any thyng corrupte, they oughte to aske counsaile of some good experte phisicians, and not to put their truste in any bayne bosters that detracte other, whych in al cases and at al tymes geue them mercurye precipytaunt and other medycynes corosyue, which for the moste parte are benyyme of themselves and vnder couloure of an other medycine doe dysceau the pacyente: a wonder to be holde, howe craftelye they couer it, sometyme in syrups, sometimes in suger, other whyles in fygges, losenges, or raysyns, leaste it shoulde appeare (as it is in deede) that they geue the pacyentes very quick syluer.

n.B

Some other affirme that the mercurye is quenched, or throughtly mortified, and worketh none other wyse but by secreete qualitie against all diseases in the body of manne: for the excesse of elementes save they, is clearelye corrected in precipitaciō and adustyon of the fyre.

Howe commeth it to passe (if thys be true) that when a lytle of it is set vpon a cole and a pece of fyne golde aduomed to it

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We maye see playnlye the very quicke syl-
uer, cleuing to the golde, and wyll make it
as brittle as if it hadde lye in verye rawe
mercurie: Yea how chaunceth it y when
it is mingled w hote creame, it wilbe crud
againe as it was afore . And to save the
trueth, the quicke siluer rawe, is better to
be dronken, then suche as is sublimed, for
that hath been permytted, both of Diosco-
rides and of diuers other : but we neuer
reade of any good phisicion that euergaue
counsell to take the pzeipitate, because of
the topporose and other benynous ingre-
dyence beeyng wyth it.

And although that for the tyme perad-
uenture some escape, and feele not theyr
effecte in dede as many other dooe (that is
to save, debilitie of the vertue radycall of
the stomake and other members p:ncipal
purginge of the good humoures and lea-
uyng the euil within the body, wherof en-
sucth many times death) yet they leaue a
certaine euil qualitie oz impression of the
bodies in all that doe receiue them, and so
they make worke for good phisicions, to y
great hurte of them that haue beleued thc.
Suche galantes shoulde goe p:uous their
pouder

the pestylence.

pouder made of quicksiluer, amonge the Turkes and Sarasins, and not vpon their euen chrysten, and their neighbours. But now to our entente.

The pilles called pillule communes a boue other pilles preseruatiues, are allowed to be of hiest operacion, by reason of a certayne propertye that they haue within them, as Rufus the composer of the saith, that he neuer saw any man that vsed them but he was preserued from the pestilence.

There gooeth into their composition, myrre and aloes, which haue great vertue to kepe the body from putrefaccion and are made thus.

Take of aloes epatyke wel washed two drammes, mirre washed, and saffro, of ech a dram, make the vp with white wine, or y^e iuice of limons, or of ozenges and suger. Some take them euery thyrde daye, the weight of halfe a dram, in the moornyng. Iii, pilles and euery day one afore supper. Let euery mā doe accordyng to his nede, and as his body is replet wth humoures, but it is good to drik after the a good draught of wyne, tempered in a little water of roses, or of wormelwood, and if they be to hard,

℞. iiii. hard,

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harde, let them be resolued in the strupe of
lymons, or a lytle wyne.

Some doctoures ioine vnto them other
spyces, after the complexion of the person
and the humoure that they nede to purge
And they washe the aloes and the myrre,
in an hote season, and for him that hath an
hote lyuer, in water of roses and of endiue
but in that lette every man bee hys owne
iudge: yet I would counsaile them to stick
rather to the good experimentes that haue
been accustomed, than the fantasies of
theyr owne imaginacions.

The Apoticaries ought to haue in store
both the two sortes, and to see that they be
sufficiently leuened, and that the forsayed
aloes be elect and pure.

They whyche haue the hemoroydes
and woulde vse the forsayed pylles, lette
them adde a lytle mastyke, or the gumme
that is called bdellyum. If anye haue a
bloudye flure, or excorpyacion of the bo-
wels, lette hym not receyue them wyth-
out a better counsel. Women also greate
wyth chylde, and they that are subiecte to
any flure of bloude oughte not to receyue
them.

Among

the pestilence.

Among other thinges, it is a good preseruatīue, and a thyng well experte and commended, to eate in h̄ moꝝnyng, fasting one drye figge, one walnutte, and foure oz fiue leaues of rue chopped altogether, and afterwarde to drynke a draughte of good wine. But it shalbe sufficient for them that are with childe, to take the sayde thynges, leauing out the rue.

In a hote season it is good to temper h̄ said wine with a litle rosewater oz of violettēs. Some other take fiue houres afore dinner thꝛee tymes in a wieke, the weight of halfe a crowne of mithridatum, oz of fyne triacle, tempered in a litle good wine. But in tyme of heate, and for hote complexions, it is good to put in it a litle conserua roses, and to myngle them with water of sozell, oz of bozage, oz of buglosse.

Mithridatum is a great medicine agaynst all kynde of venim, for we reade ȳ the fōūder of it, kyng Mithridates, who dyd vse to eate thereof, coulde neuer be hurte by any kynde of poyson. The same Mithridates beyng ouercome in battayle of the Romanes, woulde haue kylled himself with the moſte swifteste poyson that coulde bee
deuyſed

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deuyfed , but when he hadde dronken many sortes of fuche , and neuer a one wrought anye thyng to purpose , he caused hymselfe to bee layne of hys seruantes, after whose death Pompeyus , the graunde captayne of the hooſte, founde in his ſecrete coffers , a certayne byll wyrtten of his owne hande, in effect thus.

Twenty leaues of rue , two fat fygges two walnuttes, and a litle ſalt, whoſo euer eateth of this , ſhalbe ſure from all kynde of venim that daye.

The good triacle hath alſo a good vertue, but there ought to be a punyſhement of them that doe abuſe it with counterfeit ſtuffe, which deceiueth many people, & cauſeth them to dye, that put theyr truſte in it.

Some other take in tyme of colde , a clove or two of garlyke, whiche is called the husbandmans tryacle, and after drynke a draughte of good wyne, and in hote tyme take and eat a fewe leaues of ſozell, and drynke a draught of the water thereof, diſtilled, ſo: it is excellent and good in al cōplexions, tymes and ages.

Alſo

the pestilence.

Also it is good to drynk euery morning
a draught agaynste the pestilence that is
thus made.

A drynke for the
pestilence.

Take in the moneth of June or at any
other conueniente tyme, our ladye thistle
burnet, scabious, gētiane, sozell, of eue-
rye one a lyke muche, floures of buglos,
redde roses, herbe dragons, and madfe-
lon or mozsus diaboli, twyse as much as
all the other, keepe them all in whyte
wyne and rosewater, durynge one nyghte,
then sette them all in a common stillatoze
waying in for euery pounce of herbes, half
an ounce, of hole armonye poudzed, aug-
mentynge the propozcion, accorpyng to
the quantitie of the herbes: then styl a wa-
ter, and for euery pynte of it, take the
weyghte of a crowne of saffron, halfe an
ounce of yelowe saunders finely poudzed,
and putte them all in a biole with the fore-
said water stopped, and set them in the
sunne one moneth. This is a noble water
for a manne whiche hath the pestilence, to
drynke.

And he that wyll, may put a lytle suger,
and

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and powder of cinamome in it, that it may be moze pleasaunt in the taste. He that can not fynde the sayde herbe called matfelon, or morsus diaboli, in latin, let him take the double weight of dragons. It hath a roote as it were halfe eaten of by the myddes, & it is so called, because the fable is, the devil bit it of, for the cruelye he hath to man, lest we shoulde obtayne the great vertues of y same.

✓ The horne of an vnicorne putte in the drynke, whole or in powder, hath a greate effect agaynst the said disease, and agaynst ail kyndes of poyson.

Here foloweth a very good preseruatue for the common people redy at al times and of small coste.

Take an ounce of leaues of rue, half an ounce of good fygges, one ounce of Jenuper buries, two ounces of walnuts picked, foure ounces of vineger, and a good quantity of saffron, stampe all the foresayde thynges together, and reserue them in an earthen cuppe, or a glasse faste stopped, that no ayre yssue, whereof yf ye receyue in the moorning bypon a knyues poynce, the

the pestilence.

the quantitie of a beane, or more, ye shall
bee sure by the grace of **G D D** not to bee
infected in foure and twentye houres af-
ter.

An other powder for
the same.

Take pure end electe bole armonyake,
not counterfaict, but such as without gra-
uel, smoth, somewhat thynnyng, and to the
eye a farre of, moſte lyke a very ſtone, not
to brittle, nor to hye coloured, for ſuche is
commonly ſophiſticate. Take I ſaye, the
ſayde bole armonyake, and grynde it vnto
ſyne powder, than waſhe it in white wine,
or in roſewater, or water of bugloſſe, ſozel
or wormewood, or ſcabious, afterwarde
dye it, and powder it agayne, and dooe ſo
ſyue or ſire tymes, euer waſhyng, dryng
and poudryng theſame, and at laſt ſette
it vppe in a cleane beſſell, tyll ye neede
to vſe it.

Men of hote complexion, yf they wil re-
ceyue it, muſte take of it a ſponefull with
vineger, or water of ſozell.

And thei y be of colde complexion, may
take it in a litle wine, or ſcabous water in
the morning. For it preſerueth the bodye,
from

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from all corruption, consumeth the superfluous humours, and dryueth away the venim from the heart.

An other singuler remedy
preseruatiue for ryche
menne and deli-

cate of com-

plexion.

TAke zedoarie, lignum aloes, agrimo-
ni, saffrō, aristologia rotunda, yf it
may be gotten, white diptany, gētiā,
the rind of a citron, the seede of citron, of e-
uery one a scruple, corianders preparate,
turmentill, red saunders, red coral, red co-
les, iuory, mirabolanes, emblike of euery
one a dram, terra sigillata, two drammes,
bole armoniacke thre drammes, powder all
these, and with fyne suger, and syrupe of
acetositate citri, make a noble electuary, &
kepe it as a treasure of mans helth, in time
of pestilence.

An other souerayne and

goodly receypte both

preseruatiue and

curatyue.

TAke a hennes egge, newly layde, &
make a hole in the crowne, by the
which ye shal draw out al the white

the pestilence.

therof, and leaue the yolke within y shell,
whiche done, fyll the same egge, with good
Englyshe saffron whole, as much as may
bee stuffed in the shell, than drye this egge
agaynste the fire, or in an ouen, whan the
bread is oute, so long tyll the shel bee vt-
terly blacke and bzent, and the reste suffy-
cientlye brittle, and drye, make it in pou-
der in a mortar, and adde to it as muche
pouder of mustarde seede as shall weye all
the hole egge: than take this ingredience
at the apotecaryes. Ditamy, turmentille
nur bomica, of eche a dramme, pouder
euerye one of them by it selfe, then putte
them altogether, and put to it rue, pio-
ny roote, Zedoarie, camphere, and fyne
trypacle, of eche equall porcion, so that
the weyght of them fyue bee as muche as
all the reste, beate them in a mortar by
the space of two houres, tyll all bee incor-
porated together in a lumpe, then putte it
in a glasse, and kepe it couered with a lefe
of gold in a colde place, for it wil last thus
thirtye yeres, without corrupcion, and is
a thynge of inestimable value in thys case,
the dose of it to preserue, is but one halfe
penny weight or lesse, yea the weight of one
barley

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barly cozn, hath in it a marueilous strength
in defendyng the body.

But if one were infected already, than
he must receiue afoze lettynge bloud, twoo
oz thze grains after his bledyng geue him
in the name of god, an hole scruple, oz twoo
oz thzee (yf his strength wil serue) tempe-
red with wyne, for a hote takyng, and in
great colde with a lytle aqua vite, & there-
vppon sweate.

I haue knowen whan the sick hath ben
bitterly desperat, and could retain nothing
yet by the grace of God, thzough hmeanes
of two scruples hereof, myrt wyth a lytle
aqua vite, bothe the vomyte immediatly
ceased, and nature recovered, and escaped
the daunger of death.

AS concernyng sweete waters to
sprinkle vpon your clothes & things
of pleasaunte odoure, to bee cast v-
pon the coles whan ye aryse on mornings
and also the makyng of good and holesom
pomaunders, to smell vpon in tyme of pe-
stilēce, for the contentacion of thē that are
desirous. I shal here reherse one oz. ii. of e-
ueri sort, to h̄ intēt ye mai (whē ye be dispo-
sed)

the pestilence.

red) either vse them, or devise other of the
same making: as it shal be requisite accor-
ding to necessitie.

First a swete water that is
made thus.

TAke water of roses, violettes, or ne-
nuphar, or one of them, or of al toge-
ther one pounce, good vineger two
ounces, maluestie, muscadine, or other plea-
saunt wine, thre ounces, of both the saun-
ders, of eche one dramme, and an halfe, cā-
phoze, one scruple, and if ye haue any gal-
lia muscata, adde thereto halfe a dramme,
mingle them together, and sprinkle vpon
your clothes, when ye be disposed.

The right excellēte, and famousse doctoure
Johānes Banardus also, in the third epi-
stle of his fifth booke, doeth shewe, howe to
make in time of pestilēce, two soueraigne
perfumes, the one for to serue in sommer
whiche is made thus.

A Fumigacion for Sommer.

TAke redde ambze. ii. partes the lea-
ues of myrt, floures of nenuphar,
roses, violets, saffron, maces, and
yelowe saunders, of either of thē one part,
R. i. camphoze,

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camphore, ambre, beniamin, halfe a part,
muske, the tenth of one parte, mingle al
together, this is a plesant and comforta-
ble sauour in the time of Sommer.

But in winter season ye may
use this.

Take storax calamita, yress, mastike
of eche two partes, cloues, maces,
nutmigs, cinamome, saffro, of eche
one parte, aumbre the fifth of one parte,
muske the tenth of one part, mingle al
together and make a fumigacion.

And of these pouders ye may make litle
balles or pomaunders, to beare about with
you at all times, but the lasse receite must
be well incorporate with a litle storax li-
quida, and lapdanum, and the other with
lapdanu, gume, dragagac, and rose water.

An other goodly pomaunder for
gentlewomen and ladies.

Take the rind of an orange, cloues
lignum aloes, of eche one dramme,
calamus aromaticus, half a dramme,
alipta mucata, one dramme, roses, myrtul-
les, of euery one halfe a dramme nutmidge,
cinamome, beniamin, of euery one a scru-
ple, make it vp in a moztar, with storax li-
quida,

the pestilence.

quida, with sufficient waxe, and maloesey
adding in the ende, of caphoze, half a scrup-
le or more. And in the time of pestilence,
ye ought to kepe the house euery daye till
the sonne be vp, and if it chaunce that ye go
among a great multitude of people, where
is any daunger to be feared: ye may chew
a litle zedoary in your mouth, ones in an
houre or twoo, but hold it not continually
for hurtinge of the gummes. zedoary (as
saith Aulcène in his booke de viribus cor-
dis) conforteth the herte, and engendreth
good blood, it is holsome for the stomake
(as affirmeth Plinie) maketh good diges-
tion, and prouoketh appetite.

Constantine in his boocke of degrees
saith, it hath a great power against veni-
me, and the stinking of the mouth, it breas-
keth winde, and cureth the bitinges of ven-
emous beastes and serpentes.

When the sunne shinech in a cleare day,
ye may walke in gardenes, medowes,
hilles and by rivers, but beware of lakes,
standing poodes, and fennes, for oftenty-
mes the effreccion of the aire, ariseth of the
corrupte vapoures, boiling out of such vne-
holsome places.

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The seconde part, of the cure of one that
is infected with the pestilence al ready.

Howe to know a man that is infected,
the first Chapter.

We saide in the beginninge, howe the
pestilence was engendred of the cor-
rupt and naughty aire, turninge all
the humours of the body quickely to cor-
ruptio and to venime. Therefore we must
take hede by times, lest the vital members
be infected of the saide poison, for it euer
seleth to the hert, and if it come vnto the
herte afore the medicine, then is there no
recouery, for not one among an hundred
lyueth. For the saide venime is so swift, so
fearce, and so boistous of it selfe, that it
will not (without greate difficulte) be put
out of possession, but driueth away the me-
dicine from the herte againe.

But if the medicine come vnto the hert
afore the venim hath the vpper hand, then
he driueth it out, by the helpe of the vertue
expulsive, of the spirittuall members, and
that expulsion commonly is by swette.
And for because somtimes a man is poiso-
ned, and ca not tel him self, nor none that

the pestilence.

is about him, wherof many daungers both arise, for as the proverbe is, one scabbie thepe infecteth a hole flocke, therefore it shalbe necessary that every man take heed unto him selfe, and consideze all the signes and tokens that shalbe said hereafter: for the moze care that he hath about that, the soner shal he escape out of the daunger.

And if a man feleth him selfe infecte, a boue all thing let him remembre god, for it is a sickenesse that in a twinkling of an eye may bring a man to death.

First let him looke whether in his arme holes, flanke, or vnder his necke there be any apoffeme or swelling, or whether in any other partes of his body there appere any grene, blacke, or euil colozed soze, for that is the signe that neuer faileth, but the person certainly is infected. Notwithsta- ding every man infected with that pesti- lence hath not such vlcers, botches or sozes wherefoze ye must take heed of the other signes hereafter, that ye be not deceiued for lacke of the said apoffemes.

But what is the cause that suche apoffe- mes sometimes doth appere, and some- times doth not: no doubt, but because that

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whē the venim is so vehement and so furious, and hath gotten holde in the body of man, nature by reason of the swiftnesse of the infection, is so troubled, letted, and entangled, that she cā not tel whiche waye to succoure, and so can driue out none appo-
stemes, & that is moze perillous, thē if ther wer many sores. But again, whē y venim is but meane & furious, & the nature of the paciēt strōg ynough by reason of good humours, thē it defendeth it self and driueth the venim frō the heart & principall mem-
bres, to such places as it may be best avoi-
ded at, which breake th forth by compulsiō in botches, carbuncles and other sores.

The seconde signe is, yf ye feele a greate pricking and shoring in your body, & spe-
cially in any of the thre clenlinge places, that is to say the necke the arme holes and the flankes.

The third signe is when ye fele an out-
ragious heate within you, as if ye were in the fire. Which heate sometime spreaddeth it self abrode through al the hole body, and o-
therwile there ariseth suche a colde, that it maketh a man to shake as if he were in a feuer.

the pestilence.

¶ Whether in al ye that be infected, must take hede: for some there be that in the begining fele not such a feruēt heat outwardly, but it is within as great as if they burned, wth much heuiness of the heade, dzines of the mouth, & extreme thriste: Wherby many one are compelled for to slepe, euen for be- ric labour of the spirites, and some other watch, & are so out of quiete y^t a mā would thinke they were fallen in to a phrenesie.

The iiii. signe is, if great vapours and fumes arise out of the body, when a man is in a bath, and woulde faine sweate, but he can not.

The fifth signe is if the pacient can not drawe his bzeath easely, for many one is so straitly wounded, that he can not speake, & when he bzeatheth it is with great labour and difficultie.

The sixt signe is vehement paine of the head, suche as is wont to be in a frenesie. But there be som for al that y^t in the begi- ning of the infection, fele nothing so great paine as we haue spoken of in the head. Notwithstanding this is a generall rule, y^t the pestilence can not be in the body, with- out some paine, o^r heuiness in the head.

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The. vii. signe is great desire to slepe from the whiche many one can not abstain him selfe in any wise, noz can not be kept waking of them that are about him.

The. viii. signe is chaunging of the sight, for sometimes there cometh to the patients eyes, as it were a yelowe colour, sometimes all that he beholdeth he thinketh it to be grene.

The. ix. signe is paine of the mouthe, or an unnatural tast, bitter, soure, or stinkyng. The tenth signe is often vomiting, bitter, and of diuers colours.

The. xi. is heuinesse and dulnes of all the hole body, and swoowning, and weakenesse of the limmes. These bee the principal signes and tokens wherby ye may perceiue when any man is infected.

Notwithstanding all these signes are not euer manifest, for sometimes it is sene, that one hath had the pestilence, and felt nothig at all, yea and sometimes the urine will be as faire and as good to sighte, as in a hole man, because the humours com not at the liuer, and the feuer will be small or none, for that the venime is not in a hote humoure, and so driueth out no heate, & yet
the

the Pestilence.

the patient by and by dieth.

Sometimes also he shall thinke him selfe hole, because that nature in the first brunt drōue the venome from the herte, and yet anon after his life passeth frō him for that nature was not strong ynough at the next assault either by reason it was vexed and wried in the firste, or els the venime peradventure multiplied or chaunged into more malignitie or nerer to the heart than it was afore. Every one in the beginning seeme lightly to be better, for then the strength of nature is gathered altogether to stand against his enemy, but it is not so in other euil sickneses. The patient also manie times thinketh hi self strong ynough because the venime worketh not so cruelly vpon the other membres as it doth vpon the herte.

Wherefore in time of pestilence, when ye fele your self in any thing diseased, drue not forth the time in loking, when the signes aforesaid shuld appeare, nor stand not in examining or doubting whether ye be infected or no, for ye may be sure, that so long as this disease reigneth in the country where ye are, ye shall haue fewe sickneses,

nesses, but either is pestilence already, or
 els will be withi a while: and so giue your
 selfe to the cure of the pestilence, for while
 the noughtie influence of that infectiō du-
 reth, all superfluous humours may light-
 ly be infected, and that is the onely cause,
 why in time of pestilence, there is so few
 of other infirmities. For as sone as many
 sores of other sickenneses do arise, the pe-
 stilence abateth and is gone.

And here is to be noted, that whatsoeuer
 child in the time of pestilence, be bored wth
 the wormes, ye may safely affirme that he
 is infected, for it is a matter so disposed to
 the pestilence, euen as is brimstone, to be
 kindled of the fire. This haue many phis-
 cions not considered, and because of that,
 haue bene deceiued in their cure.
 Here I haue declined by occasiō, but now
 to our intent.

Whē one or two, or more of these signes
 aforesaid are knowen to be in a bodye, let
 him not despise them, nor put any foolish
 trust in the strengthe of his cōplexion, as
 many one haue done & by & by died, nor let
 no man trust y^e colour of his vyne, or mo-
 uing of the pulse: for sometimes the strength

the pestilence.

is so excessive in the venime, that a man is deade a fore the naturall vertues are able for to succour him, or to driue away the venim from the herte. And herein haue many wise phisicians also bene deceiued, and haue euil iudged of the parties pronostik.

Therefore by and by without delaye, ye muste adiminister some good and holsome medicine, as shalbe said hereafter, or elles the stilled water that we speake of in the former Chapter, or some other valtaunt medicine againste the pestilence, that it maye descende vnto the hert afore the venime haue the vpper hande of nature.

For if it be once settled at the herte, I affirme plainly, there is no hope at all. Yet there be some fooles, that tarve till the twelfth houre, or the foure and twentieth, after the infection, and they boaste themselves that they will heale the pacient, but that is a manifest and a shamefull errour, for if any by chaunce is so recovered, it cometh of God and not of any medicine, for where as one so escapeth, an hundred other perishe.

Notwithstanding if the case so be that ye be not called, or can gette no remedye
afore

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afoze the salde tyme, caste not your selfe in
dispaire, or put not the pacient in discō-
fort, take or giue your medicine in the na-
me of God, and if ye can not broke it, take
as much again and do so many times til ye
may retaine it, the lay ye downe to sweate,
and lift vp your herte to God, calling vpo
him, without whom there is no helth, and
by y grace of Iesu, ye neede not to be fear-
ful of death, for that that is impossible to
man, is easy ynough with God, yea many
times nature worketh it selfe, aboue al na-
turall expectation. But I counsell at the
first beginning to receiue the medicines,
when any of the foresaid signes appeareth
or when ye fele your selfe diseased: for the
venime perceeth soner to the herte of the
cholericke, then either of the sanguine
or the melancholike, although the sangui-
nes are apter to infection, then the other
are, chesely if the sicknesse be in sommer.

They that are of melācholy be not light-
ly taken, but in case they be, then the cure
is very dangerous and hard.

Therefore I saie, take heede at the begin-
ning as the prouerbe is.

Principis obsta, sero medicina parat.

Cum

the Pestilence.

Cum mala per longas inualuere moras.

Take the medicine quickly, and let thy self bloud, and remember God the phisician of thy soule, and without doubt thou shalt wel ynough recouer.

Nowe we haue declared the signes by whiche ye may easely knowe whan a person is infected, and we saide it was conuenient to take the medicine as soone as any of them appeareth, without any longer tarrynge, afoze the venime commeth to the hearte, here we will enfourme you, howe ye shall perceiue whether the saide venime be settled in the hearte or no.

Take a dramme of bole armeny made in powder, accordig to the doctrine of the last chapter in the first part, and if ye can not get it, take some other excellent medicine against the pestilence, namely one of the receites that shall be saide hereafter, and geue it to the patient, but there can nothig be better, then the foresaid powder if he haue it at hande.

Take I saye therof one dramme, and an ounce of whyt wine, and odoriferous, with two ounces of water of roses, mingle them and geue them to the patient.

The

The blacke receite declared in the Chapter of preseruatiues, maye be well vsed in Bede of the vole.

And if he nize retainne the drinke within his stomake, it is a good signe that the venim was not at the hearte afore he toke the medicine, and therfore he maye be let bloud well inough.

But if the patient can not broke the said drinke, but caste it by and vomite, then ye may be sure, that the venime hath bene at the hert afore the medicine.

Wherfore by and by wash his mouth with wine, or with water of scabious, of sozell, or of roses, and it ought to be very well mūdistied and clenised.

Then geue him an other dose of the said drinke, and heat a crust of bread, and hold it to his nose, that he maye the better kepe the forsaide porcion.

And if the seconde time he caste it by againe, and is not able to retainne it, washe his mouth as is saide before, and geue it him the thirde time, with a litle vineger, y it may perse the better, and so six or seven times, if he do not holde it, geue it him againe, and then whether he retaineth it, or
retaineth

the pestilence.

retaineth it not, by and by ye ought to let
his bloude.

But in case the patient were infected,
xiiii. houres afore ye geue the drinke ne-
uer let hi bloud, for that can nothing helpe
him, but rather make him feble, but admi-
nister a medicine ordeined for the pestilē-
ce, as is saide afore, or suche as shalbe spo-
ken of hereafter, and that done, prouoke
him to sweate.

Nowe to our purpose as concernynge
dyet.

The second Chapter, of the cure of
pestilence, by the waye of diet.

First as sone as euer the patient fee-
leth hiselfe infected, it is very good
to auoide the corrupt aire, by chaū-
ging into some ocher place: or els if he can
not so, let him rectifie the aire of his owne
house, or of his chāber, with water of ro-
ses and bingeger, or els with fumigacions,
as is spokē of before, according to the qua-
lity of the time, and the complexion of his
owne body.

Moreouer it is good for him to shiften
his bedde out of one chamber into another
and

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and from that to the first againe the next
daye, euer rectifying the aire of them both
as is aforesaid.

And as touching meat and drinke, he ought
not to abstain, or yet to take any superflui-
ties, for to eate good meates measurably
(thoughe it be against his stomake) yet in
this disease it shall do him much good:

Let him eate the broth of chickens, capons,
or colyces of rabbettes, & suche like mea-
tes, with a litle fozel sauce, or vineger, and
rosewater, or wine of pomegranades, (if
they may be gotten) or wine of barberies,
and suche other.

If ye wil haue other kynde of sauces or
a powder to strowe vpon youre meate, ye
may make it after this sort.

Take graines of paradise, whit diptanise,
of eche an ounce, fine powder of cinamome,
and cloves, of eche halfe an ounce, make
them all in powder and mingle it with su-
ger. In this disease ye maye eate no quea-
re meates, as eles, gese, duckes, and othes
suche as be euill.

I call them euill meates, whiche (accoz-
ding vnto Galene De differentiis febriu)
are either euill of their owne nature, or

els

the pestilence.

els if they be naturally good, yet by reason
of some putrefaction, as much or more
unholysome, as the other are, partly so, be-
cause of long keeping, unclene and naught-
ty dressing, or when they be layed by in a
fylthy or stynkyng place, and partly by soe
yl infectyon, when they were alyue: for
he that vsed suche kynde of meates, is ofte
tymes accoumbred wyth many naughtye
syckeneses, as corrupte and pestylenci-
all feuers, scabbes pustles, leppies, and other
euil infirmities.

All fysh in thys case are to be auoided.
Brothe or gruel, made wyth bozage, bug-
losse, endyue, succorpe, sozell, purcelane, &
other lyke herbes, wyth a litle saffron, and
cleane wheate floure, or the crummies of
breadye in a brothe of chyckyns, or wyth-
oute a brothe, maye be well administrad.

Porched egges also wyth sozell sauce &
cynamone, vineger and rose water, are
maruelous good in thys case.

And if the heate bee verry behemente,
as well after meate, as afore, he may well
drynke a draughte of sodden water wyth
iuyce of ozenges, lymons, cytrons, or of
sowre apples, well myngled together, to
D. i. quenche

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quenche the venimous fumes that myght
ryse by to the brayne. And if the pacyente
be young, and strong, hauyng a good sto-
make, hole wynded, hoate of complexyon
and in tyme of heate, not subject to the col-
lyke, nor to none hydropsye, or apostumes
in the bowelles, he maye drynke a good
draughte or two of cleare and cold water
comming out of a rocke, or of a runnyng
water, or of a fayre spzyng.

For when nothyng els can mitigate
the thirst, yet will cleare water by litle and
litle, diminishe al the heate. But ye muste
belware ye take no great excesse.

A prisane wyth suger of roses, is verye
good to drynke betwene meales.

The pacyent ought not for to slepe du-
ring the first. xiiii. houres, and in the tyme
that he receiueth hys medecynes.

Afterwarde he may slepe a litle at once
to comfort the weakenes of the spirites, &
he ought every day to goe to siege once.

And aboue al other thinges let him not
dyspayre, but bidde hym be of good cōforts
and doubt not of hys health, so he take no
thought, but as muche as is possible, make
hym to reioyse as wel by communycacion

the pestilence.

as by musyke, and bryngyng in vnto him
good and hollosm herbes, frutes, boughes
and other thynges of comfozte, but yet not
wythstandyng see that he remember god,
and not forget hys owne conscyence, for
in thys syckenes the worste is euer to bee
feared.

The thirde Chapter, of the cure
of pestilence by the way
of medicine.

As sone as euer ye fele your selfe in-
fecte, take of the powder of bole ar-
moniake, in maner and fourme as
foze declared, or of the blacke receypte, the
weyght of halfe a crown, more or lesse, ac-
cording to the vertue of the pacient, ming-
led wyth the water of roses, and a lyttle
vineger, as is sayd afoze, and drynke it at
at one draughte,

And if ye cannot get the forsayed pou-
der, or peraduenture ye wyll abhorre to
take it, then drynke a lytle porcyon of
the receypte folowynge, whyche is verye
excellente.

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A receypte agaynste the pe-
stylence.

TAke the rote of turmentyle dzyed
in the shadowe, of saffron, and of
mustarde seede as muche of one as
of an other, make of the a powder,
and incorporate it wyth the thyrde part
of mithridatum, or of fyne tryacle, wyth a
lytle strong byneger, in maner of an opia-
te, kepe it in an earthen vessell close, and in
tyme of nede vse it. The weyght of it at
once, is from halfe a dramme vpwarde.

This receypte worketh moze vpon the ve-
rym then it doth vpon the feuer. And eue-
ry day folowynge it is good to take a lytle
syrupe of lymons, wyth water of sozell, or
of maffelon, or of our lady thystle.

And he that hath none of the sayed sy-
rupes, let hym vse the waters of the same
herbes, or the good water that I haue dis-
cribed in the chapter of medycines preser-
uatyues.

Auicenne saith, that whosoever taketh
an onyon and dzynketh it in mylk fasting
in a moznyng, he shalbe safe that daye fro
all infectyons of the pestylence. Therefore
some

the pestilence.

Some are wonte to roste two or three onions, and to eate them wyth vyneger and browne breade nexte theyr hearte afore they enter into any suspecte ayre. And haue founde health in theyr so doying.

Johannes Manardus, a man of hye knowledge in the arte of medycyne and of greate aucthoritie amonges all learned men, describeth in hys booke of Epytles, a very good receit, aswel pzeferuatiue as curatyue deuysed by hymselfe for lacke of good triacle, and is of meruelous operacyon, as well in thys dysease, as in healyng all maner venymous woundes, both of adders, snakes and other kynde of serpentes. The receite of this noble medycyne is thys.

Manardus medycyne for
the pestylence.

Take the dzyed bloud of a drake, & of a ducke, of a gose, and of a tyd, rue, fenell sede, the sede of cummin, dille, and of wylde nepes, or garden nepes or rapes, of euery one thre drammes, the
D.iii. roote

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rote of genciane, trifoile, squinantum, frā
kensence, roses dyed, of ech. iiii. drammes
White pepper and long, cost, baleryan, a
nyse, cinamome of ech. ii. drammes, mirre
narde, of ech. vi. drammes, beniamin, assa
rum, gumme armoniacke, of eche thze dꝛā
mes, aloes, agaryke, of ech two drammes
carpobalsami. xx. graynes, ireos, saffron,
reubarbe, and reupontyke, gynger, mas
tyke, of eche one dramme, stycados, fyue
drammes.

Make a fyne powder of these, and with
foure tymes asmuch of claryfyed honye,
myngle al together, and kepe it in a syluer
bestell or a glasse stopped, for it is an hye
treasure, in such a case. The dose of it is
two drammes in wyne or water of sozel.

Here foloweth an electuary of
a wonderful vertue, in the
time of pestilence.

This electuary is of so great vertue,
in them that doe receiue it once in. xxiii.
houres, that they may be sure from al euil
infections of corrupte ayres and contagi
ous, all the day after.

But

the pestilence.

But in them that are infecte already, and are taken wyth the pestilence, if they dzynke of it but one sponefull, as shall bee sayed hereafter, (specially after lectyngge bloude, if it be conueniente to the pacient) and laye hym downe and sweate vpon the same, if the venim hath not vetterly overcome the hearte, he shall vndoubtedlye recover.

It hath beene latelye proued that, after dzynkyngge of the same medycyne whan the pacyente made hys water in an bynall the glasse hath burste in pieces, by reason of the venym that it purged oute.

This is the makynge of the sayed electuary.

Take cinamome elect, one ounce, terra sigillata. vi. drammes, fine nurre. iii. drammes, vnicornes horne. i. dram the sede and rinde of citron, rotes of diptary, burnet, turmentille, sedoary, red coral, ana, dzāmes. ii. yelow saunders. iiii. scrupules, red saunders. ii. scrupules, white bean and red floures of marygoldes, ana, one dramme, tuerye, rased, scabyouse, heronici tunicie, seede of basile, the bone of a stagges heart
D. iiii. saffron,

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saffron, ana. ii. scruples, make a fyne powder, & adde vnto it of bole armoniacke preparete two ounces, whyte suger threes pounce, and wyth a syrupe of acetositate citri, make a goodly electuarie, and keepe it in a glasse.

If the pestilence commeth with greate excesse of heate, dzyinke it bypon rose water and byneger, but if ye fele it colde take in it a draught of wyne, and couer you wyth clothes, so that ye maye sweate as long as is possyble, for wythout doute, it is a presente remedy as I my selfe haue oftentimes proued.

An other deuine medecine,
in a liquide
fourme.

Take rue, wormwood and basvine the herbe, of eche a lyke porcyon, of relidony, both herbe and rote as muche as all the other, so that ye haue of them. iiii. a good bygge hande full, washe the rote of celydony, very cleane and purely, in wine or in faire clere water, thā put thē al into an ewe pot of earth neled win, and poure bypon the herbes, halfe a pounce of the molle ston-
gest

the pestilence.

gett vineger ye can get, couer them iuste,
and lute the mouth of the potte, wyth lute
sapientie, which is made of wheat floure,
and the white of an egge, that no breathe
may issue, and seeth it eighte or nyne hou-
res, with a soft fyre, than let it coole by ly-
tle and lytle, and after strayne the herbe,
and set the licour in the sonne to reccifye.

¶ When a persō is infected with the pe-
stilence: first as I sayde afoze, lette hym
blede in a due dayn, thā geue him a spon-
full of this licour, with as much as a nutte
of triacle if so be ye haue any, luke warme
by and by let a crusse of bread all hote, bee
dyped in vynesger, and holden to hys
mouthe, that he may the better brooke the
medicine.

And if he chaunce to vomite, incontinent
washe his mouthe with wyne, and cause
hym to receyue againe an other sponeful,
and so if nede be, siue or sixe tymes tyll ye
see that he receiue it, which is a very good
signe, if he so do.

After this set him in a warme bed coue-
red, that he may sweate out the residue of
the venime, and by the grace of god, he
shall escape the daunger.

This

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This is a medicine of infinite vertue. But if the pacient haue a great heate, geue hym no triacle, oz els very litle.

The fourth chapter of the cure of pestilēce, by lettyng of blood, ventoses, and purgacions.

Although phlebotomy oz lettyng of bloude, be one of the chiefe thynges that are required to the cure of the pestilence, yet for lacke of vnderstandyng and lettyng blood otherwysse than beho- ueth, many one is cast away: and therfore euery good mā barbour ought for to take hede, that he hurt not them, whiche come vnto hym for helpe (for that were a greate shame) which he shall neuer doe, if he ponder wel the thynges that shalbe sayd here after.

This is a generall rule.

In the tyme of pestilence whan a body is infect, ye may not haue respect either to the signe, the day oz y^e houre but whether the moone be there oz not, oz what aspects so euer bee in the planets let
him

the pestilence.

him blede forthwith in the name of God. Young men and sanguine, and they that haue aboundaunce of fleshe, and of bloude mingled with other humours, oughte to blede somewhat moze in quantitie, but alwaies kepe a moderacion, that ye take not out to great a quantitie at once.

It is better to lette him bloud twice lea- uing the wounde of the firste stroke open, and annoint it with a litle oyle, and after foure or fiue houres, let hym bleede in the same wounde agayne, but withoute syn- kyng if it be possible.

But alwaies geue an eye to the strength of the pacient, that it be not enfebled: and agayne beware, that ye haue taken away the rankest, and y strongest venim, wher- in if ye be doubtful, take y counsel of some good expert phisicion.

Also ye must note, that ye maye not let bloude to anye chyldzen within the age of xiiii. yere, nor to olde men aboue fifty yere olde, nor to women great with childe, spe- ctially nere vnto their time, nor when their due purgacions is vpon them, nor to the that are newly brought to bed, or within a weke or. ii. after she is purified generalli to
none

A treatise of
none whiche is weake and feble in his bo-
dye.

We shall also note, that there are some
olde menne of better strengthe and com-
plexion, than many younge are of, and a-
gayne, diuers younge children of tenne or
twelue yeares olde, are of hygher courage
and of as good strengthe, as they that are
many yerres elder. In suche cases, a litle e-
uentacion of the infected bloude, maye bee
the sauing of their lyues, so that al thinges
be done with good discrecion.

It is wisdom also to let them bloude ly-
ing vpon their backes, whome ye thynke
would faint in standyng or in sityng.

And if the case do require the letting of
bloude, and the paciente bee not hable to
beare it for anye of the causes afoze reher-
sed, it is good to applye ventoses, in ma-
ner and fourme as I shall declare hereaf-
ter.

And here we should say somewhat of the
greate erroure that many doe commit in
takyng one vein for another, for by such
errours is the venim drawen many times
vnto the heart, and so procureth death vn-
to the pacient.

wherfoze

the pestilence.

Wherfore that ye may not be deceyued
euer in the pestylence, let hym bloude on
that syde that the soze is on, and not on
the contrary syde, in any wyse, for that
shoulde drawe the venime ouerthwart the
members spirituall, and so destroye the
manne.

But oz euer ye let him bloud, it is good
to geue some good and hole some medicine
against the venim, such as is declared in
chapters herebefore.

If the botche appeare vnderneath the
eares, let hym bloud in the head veyne of
the same arme, oz els in the bzaunch of the
same veyne, whiche is vpon the hande, be-
twene the middle finger, and the next that
is adioyning.

If it appeare vnder the throte, take the
same veine, and within a whyle after, it is
good to open the twoo veines vnderneath y
tongue.

If the soze be set within the armerholes
take the bayne called Mediana, whiche is
betwene the foresayde head bayne, and
the veyne commyng from the liuer.

If the soze bee sette within the flankes,
then ye muste open the veyne called Sa-
phena,

A treatyse of

phena, which is about the ancle of the foote, on the inner side: and if ye cannot fynde it there, take the bzaunche of it, which is betwene the great toe, and the next vnto hym, but the letting of bloude in that wayne is forbydden vnto women when they be in health.

And if there appere two botches, one on euery syde, Marardus geueth counsaile to take the right syde, and not the left.

And in case there doth appere no signe of botchyng or swelling, than he byddeth you to open bothe the waynes saphenas on the right syde and on the left.

Notwithstandyng, Marsilius Ficinus is of a contrary opinion, and sayeth that it is best when there doth no sore appere, to take the common veyne on the ryghte arme.

I thinke herein Marardus counsel rather to be folowed.

But if ye see the botche standyng outward, moze towarde the bounche, than ye must open the vein called sciatica, which is about the ancle of the foote, on the oute syde. The whiche opening of the veynes must be done assone as is possible, alwaye presupposed that he hath received one or
other

the pestilence.

other medicine against the venime, & that he slepe not in anye wise, as is afoze mentioned. And to them that cannot lawfully be letten bloude, ye muste in all haste applye many ventoses, with scarificacion or without scarifying, as it semeth beste to your discrecion, so ye take a reasonable order thus. If the soze be vnder the eares, or aboute the throte, let your ventoses be applied behynde vpon the necke.

If the botch appeare vnder the armes set your ventoses behynd vpon the shoulders. If the soze be in the flanke, or thyes, let your ventoses be set vpon the bouttocks.

And yf the pacient be replete with humours and strong, hauyng no flux nor other impediment, and ye thynke he nedeth to bee purged: ye maye geue hym in the moynyng one ounce of cassia, or of māna, wyth a litle dyaprunis laxatyue more or lesse, accoꝝdyng to the pacientes necessitie, tempered with water of scabiose, sozell, or endyue, euer takynge hede, that he dooe receyue some medycyne agaynst the venime, durynge all the tyme of his diseale.

The

A treatyse of
The fyfth Chapter, of ap-
plicacion of outward
medicines.

Here is to bee noted that no maner
playster repercussive, may bee set
vpon any botche of pestilence. But
as soone as is possible, after lettynge bloud
it is good to take an onion, and to make
an hole in the myddest of it, then fylle it full
of good tryacle: after that stoppe it, and set
it on the hart to rotte, as it wer an apple.
And when it is rotte so long tyll it be ten-
der, lette it coole a lyttle: and sette it hote
vpon the botch, and when it hath ben there
by the space of two houres, take it of, and
lay another on.

✓ **D**e take a cocke and pull the fethers of,
about his fundament, and put a litle salte
in it, and set his fundament vpon y^e sayde
botch, keepynge hym on a good whyle, stop-
pyng many tymes his byll, that his bryeth
may be retayned, and let him blow again.
And v^t the cocke dye, it shalbe good to take
an other yonge cocke, and splitte it quicke
a sunder, and laye it on the botch, but ye
must commaunde them that take them of,
to

the Pestilence.

to castē thē in the fire, and not to take the
sauiour whē it is remoued: for that is very
daingerous. Some there be that lay about
the soze, water leches called bloudsuckers,
and it is very good, so they be well prepara-
red, and clenſed from corruption. Other
apply ventoses with scarification, but they
ought firste to be applied withouten anye
scarifyinge, so they shall the better drawe
the venim out.

Other lay therto a plaister made of gal-
banū, diacuilō, and aromniake, incorpo-
rate together, & some other lay on it a plai-
ster made of figges, soure leuen, & resins
without kernels, breaced & incorporate al-
together in oile of camomill. There be al-
so that set vpon the botche an herbe called
crowefote, which is very hote, & maketh a
blister on h̄ skinne, & that same they break,
and kepe the place open many daies after.
And in that case, yf the botche be in the ves-
ry arme holes: it is beste to set h̄ said herbe
a loft vpou h̄ arme. And some other breake
the forsaide botche with a strong ruptorie,
hauing part of maturatio, as for example
thus. Take soure leuen foure ounces, mu-
starde, rue, scabiouse, woorme woode, of
P. i. every

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every one an handfull, white lilly rotes, the third part of all, grene coppozose two drāmes, canthzides in numbze. r. galbanī one ounce, olde nuttes, and sumwhat fusty, or els newe, yf ye can not get them in numbze. iiii. oile of white lilies, as muche as shal suffice, seeth all the herbes and rotes in oile, accordinge to arte, with a double vessell, that is to saie: the oile being in one panne may seeth onely by the boiling of the water in an other great panne, and make a plaister with the residue of the stufte in a good fourme. It hath a greate vertue to breake a pestilence soze without much paine, and afoze ye laye it on, washe the soze with a sponge dipped in the straininge of the forsaide herbes and rotes.

Other take oyle olive and sieth it with oken ashes, adding vnto it a litle of blacke sope and quicke lime, and make a plaister of the same, it is not to bee vsed but in strōg complexions.

And all the forsaide waies are to be commended. But after one hath vsed them a while, and sieth they beginne to come to maturation, let him take the counsell of a learned surgyon, or any other of good experience,

the pestilence.

perilence, and to set maturatiue emplasters, vnctions, and bathes, accordinge as becommieth, percing the apostume in the softeste place, afterwarde procede with mundification and incarnation, euen as in other kindes of apostumes: wherem I humbly desire them to haue some pytie of the poore, that be diseased, and not to fauoure them that haue ynough, but rather take somuche of the riche, that they maye the better haue wherewith to helpe y nedy. And for because the sicke maye haue some comfort, if in case they shoulde be destitute of surgeons, I will (besides the said medicines whiche they maye confidently vse,) describe somme maturatiue emplasters that are experete and proued in this cure of pestilence.

A plaister to ripe a botche containing of the pestilence.

TAke mallowes, & the rootes of holl-
hocke, & onios, as much as shal suffice,
washe thē & sceth thē in water, &
afterward bray thē in a mortar with pou-
der of linsede, & of fenugreke, & a good
P.ii. quantitie

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quantitie of swines grese fresh, laying on
the plaister euery day once.

An other for the same.

Take white diptary an ounce and an
halfe, the roote of wallworthe an ounce,
the rootes of cresses halfe an ounce,
white onions, two ounces, seeth the roo-
tes in water, and rost the onion vpon the
coles, then stampe the altogether, addinge
of oile of camomill. iiii. ounces, rosin one
ounce nettle seede sixe drammes, waxe, as
muche as shall suffice, and make a goodly
plaister or an ointment at youre pleasure,
for it ripeth the said botche in a short space
and consumeth the venime, and is good
aswell for youngmen as for elde.

And afore that it be thorough ripe, cause
it to be perced as it is said afore. And if af-
ter the said percinge there be great paine,
take the yolke of an egge well beaten, and
a litle oile of roses, & annoint a tent therin
and put into the soze for to cease the peine.
Afterwarde mundifie the place with a sal-
ue made of yolkes of egges, fine barley
floure, and a litle hony of roses. Last of al,
for the perfecte incarnation, take the iuice
of daises, and with a litle waxe make a
softe

the pestilence.

softe ointmente, and vse it, or ye maye lay
thereto any other salue incarnatiue, as ye
are wont to do in other cleane sores. Proui-
ded alway that it is better in this case, to
broke the soze by times, than to tary for
ripping long, lest perchance the venim be-
ing included gather strength by the putri-
factiō, and so retorne again vnto the hert:
therfore open it, afoze it come to ripinge, &
after procede with your maturatiues and
other holosome plaisters.

Thus muche haue I spoke of surgerye
in the exterior cure of one that hath y-
botche, so farre as God hath geuen me vn-
derstanding to perceiue, according to the
mundes of suche famousse clerkes, as haue
most effectually wrytten of the same. Now
will I declare a litle of the exterior cure of
him that hath no botch at al, and yet is soze
infected with the pestilence.

For the noble handy woork of surgerye,
is conuenient to them both, as witneseth
Parthius Ficinus, in his booke of pesti-
lence in the .xi. Chapter. And the fourme
of it is this.

After that the patient hath receiued some
good and holosome medicine againste the

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pestilence, & swette (oz after letting blood, if the case do so require) by and by ye must apply your labour to take awaie the residue of the venime, that remaineth in the body. And to that intent ye ought to make a ruptorie of sowze leuen and cantharides, oz other aboue rehearsed, and set it on the muscle of the right arme, vnder the cubite, on the parte where as the pulse lieth, but not vpon the pulse it selfe, and so procure a blisire, whiche ye shall immediatly cut of, and kepe the soze runninge manye dayes after, the longer the better for the patient.

An other issuc ye may make in the same maner, vpon his right legge, four fingers aboue his heile toward the insteppe, & kepe it open likewise, till amoneth oz two after he be recouered.

The. vi. Chapter of the cure of carbuncles and anthrax.

AS concerning the curation bothe of a carbuncle and the pestilence soze called anthrax, ye maye do euerye thing accoordinge as we spake afoze in the generall cure of the pestilence, bothe as touching

the pestilence.

touching diete, medicines against the venime, cordialles, laxatiues, bloud lettiges, and ventoses, ye shal heale them as ye heale the botche, in all thinges. But as touching letting of bloude, when ye se a carbuncle oz an anthrax by him self without apostume of the enunctories, be it vpon the necke, oz vpon the throte, oz the face, oz the head, ye must let him bloud in the head veine.

If it be vpon the shoulders, brestes, oz armes, oz other places aboue the nauill, take the veine called mediana.

And if it be beneth the said places, downe vnto the knees, take the veine saphena, but if it be on the outside of the thigh, take the veine sciatica, euer vpon the side that the soze is on, (as is said afoze) considering the complexion, the strength, the age, and the qualitie of the bloud, euen as is said in the chapter of the botche, and likewise apply the ventoses vpon them that can not beare flembotomie.

Which thinges presupposed, it is good to set vpon the carbuncle, whether it be with botch oz without botche, the yolke of an egge, incorporate with as much salte as ye can temper with it, cennyng it euery

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houre during a hole day.

Or els appli þ said leches or bloud suckers round about the soze, and after they haue sucked out the bloud, set theron a cocke as is saide of the botche, or els a doue all hote splitte in the middle. And he that can not gette the leches, yet let him not faile to apply the residue of the saide medicines, euery one after other as afoze is saide.

Or a hote lofe commin out of the ouen, or take a sower pomegranad, and cut and seeth it in vineger, or scabious bzused betwene two stones, or the rote of daises, or good solwe dough, incorporate with salte and a litle oile oliue: all these medicines are good to kill the carbuncle.

The pzealous stone called a saphire hath also greate vertue against venim and specially againste a carbuncle, if ye touche it with the stone, and drawe it rounde about the soze by the space of an houre.

But what soeuer medicine ye set vnto a carbuncle, ye muste lay a defensiu about the soze, whiche is made as hercafter foloweth.

A good defensiu.

Take

the pestilence.

Take sanguis Draconis, and hole argument, of eche a like muche, make them in powder and incorporate them with oyle of roses, and a litle vineger, and laye it in a clothe all about the soze, with oute touching any part of it, and renewe it when it is harde and drie.

But if the person be of good abilite, and the carbuncle very fearse and burninge, cannot be quenched with the means afozsaide than ye must procede with an actual or protenciall cauteris, and to remove the escare, lay on capons greace or a litle butter, or els a plaister made of mallow leaues, holihockes violettes, lily rotes sodde in broth of netes fete or other fleshy, and afterward stamped, strained, and upon the fier mingled with powder of limeside, barley floure, beane floure, freshe butter, and swines grece, adding in the end when ye take it of, twoo yolkes of egges and a litle saffron, and stirre it well about.

This is good also to ripe the foresaide soze, afterwarde mundify and heale as is saide in the other chapter.

I could declare many other remedies but I set them that haue bene often proued,
and

A treatise of the pestilence .

and that be moſte eaſy for to get at neede,
deſiring all them that ſhall uſe theſe my
ſimple labours , to accept my good
will vnto the beſt, and to praye to
God almyghty for his gra-
ce, vnto whom onely
be all laude glo-
rie and ho-
nor,
wozde without ende.
Amen.

(.i.)

A declaration of the veines
in mannes bodye, and to
what diseases and infirmities
the opening of euery one
do serue.



It is not vnknowne to any
which haue seene Anatho-
mies, howe there be in a
mans body two kyndes of
veines, generall and spe-
ciall.

Generall or commune
veines are thre which appeare in the mid-
dest of euerye mans arme on the inner
side, and of them the highest is called of
lerned menne cephalica, or the head veine
and the lowest of all thre, is called com-
monly basilica or regia, in the right arme
by an other name epatica, or the veine of
the liuer, but in the lesse arme, it is called
pulmatica, the veine of the longes.

The thre common veines, lieth betwenn
the other.ii. in the middes, and is named
cordiaca, or the veine of the hert.

The first that we did speake of, that

A treatise of X

is to saye cephalica, is a veine moste apt to be letten bloud, in al the hier partes of mānes body, and is opened for the head ache, and the eyes.

This veine if by chaunce ye touche it, and if it blede not at the first stroke ye may be bold to strike it once again, for there is no reoperdy of cutting of any muscle. And if ye can not finde it out, take his bzaunch that is about the thombes ende.

The veine epatica, emptieth from the middle partes of al the body, and it is ever opened againste diseases of the stomake, and the splene, but ye ought therein to be verpe diligent, that there be no muscle perced.

If ye can not spie in the arme, seke the bzaunche of it betwene the litte finger and the fourth.

The cordiaca veine bza'weth bloude as well from beneth, as from aboue, for it is componed of cephalica and epatica.

If any feleth a weakenes at his heres, he oughte to take good hede that he be not opened in the veine cordiaca, but yf necessitie be of bledinge, let him blede in the cephalica oz els mediana.

the Pestilence. X

So likewise of the other .ii. The cordiaca, is good to cure the passions of all the hole bodye, whan they do procede of heate, specially of the hearte and of the longes.

But in the percinge of it, ye must exceedingly beware, for vnder it is a certaine muscle, whiche if it be very depelye cutte, the patient is in icopardy of his life.

When ye cense ad to let a person bloud in any veine, ye must bath the arme wher in ye perce, in good hote water, and draw the hole abzode, that the grosse bloud maye the more easely passe. And here is to be noted, that in all sickeneses and times (except only infection of the pestilēce) ye must take the same veine of the .iii. that doth appere fuller and bigger than the other are, for by that ye maye perceiue that the members whiche belonge vnto it, are full of superfluites of to hote bloude, and this shalbe sufficient of the sayde vaines generall: nowe we will reherse the vaines speciall.

The veine in the higher part of the forehead, is good to be opened in all diseases of the head, and of the braine, specially if they be of long continuance, and it cureth the netwe begon leproy.

The.

A declaration

The.ii.veines that are behinde the eares, are opened to preserve the memorye, mundifie the face, & to take awaye reumes and distillacions from the head, and are good generally in al diseases of the mouth and of the gummes.

The.ii.veines of the temples of the head, are good to boide humours from the eyes, and they serue also for all diseases of the eares.

The.ii.veines in the corners of the eyes are opened in the cure of webbes spottes, cloudes, mistes, perles, rednes, cornes, and other infirmities and weakenesse of the sight.

The.ii.veines in the hollowesse of the eares, serue to heale the shakunge of the head, swimming of the eyes, dennes, sounding of the eares, new deafnes, and unclennes of the mouth.

The veine in the tip of the nose, is good againste apostumes of the heade, reumes, and fluxes of the eyes, it purgeth the braine, and conforteth the memorye.

This veine muste be sought verte wysely, for it lieth depe, therefore he that will
be

of vaines.

be sure of it, shall finde it euen in the very
middles betwene the two sides of the nose
ende.

The two veines within the noſethil-
les, are opened againſt the heuines of the
head.

The veine of the lippes, is good to take
in all diſeaſes of the mouth.

The .ii. veines within the mouth, are o-
pened in diſeaſes of the head, to the ache,
paine of the iawes, mouth and throte, and
againſt frekles of the face.

The foure veines in the palate of the
mouth, are good to be opened in the toth
ache, reumes and catarres of the head.

The two veines in the hinder part of
the head, are good againſt the phrenesie,
ſwimming, aſtonyng, and all other pai-
nes of the head.

The .ii. veines vnderneath the tong, are
opened againſt the flures of the head, pal-
lies, quincies, ſcrophules, apoplexia cough
paines of the mouth, teeth, and gummes,
againſt impedimentes of the ſpeche, and
generally in all diſeaſes of y^e breaſt, herte,
longes and arteries.

The

A declaration

The veine that is betwene the chin and the nether lyp, is good to open in curinge of a stinkyng breath.

The veine that lieth right vnderneath the chinne, is good againste thesame disease, and also in diseases of the heade and of the breast, polipus in the nose, paines of the chekes, stinking of the nozethrils, scrophules and sportes about the face. The .ii. veines of y necke (one afore, another behind) are exceeding good against the pleuresie, newe leproy, thabynge of the membres, humours, and distillacions of the heade, and to muche stiffnesse of limmes.

The .ii. veines vnder the arme holes, serue against the straines of the breast paine of the mydd:ise, and the longes, and against difficulty of breathing, called asthma.

The two veines aboue the elbows are taken in ail diseases of the breast, swimmyng of the heade, spaline, and epilepsia, commonly called the fallinge euill.

Vena purpuria, or the purple veine, lying in the right arme nexte epanica, towards the hand, is opened against diseases of spirituall membres and of the bowels.

The

of baynes.

The beyne Allaca merce vnto the purple beyne, if it be well taken, is good to heale the paynes of all the inward members.

Vena pulsatilis, or the beating veine is good against the trembling of the hearte swelling, and cardiaca passio.

The twoo beynes of the thombes, are opened in dysleases of the heade, bleared eyes, and agaynste the molste parte of all feuers.

The beyne betwene the forefinger and the thombe, is good for stoppyng of the head and to purge the superfluite of cholere, is good in agues, and in all dysleases of the eyes.

The beyne that is betwene the ryngespynger, and the litle (if it be opened) taketh away diseases of the head, the longes, and of the splene.

The beyne called saluatella in the ryghte hande, betwene the litle spynger and the nexte adioyning, is opened in apylacions of the breast, agaynste the gummy matter of the eyes, perbrakyng, yelowe jaundys, paynes and colykes in the ryghte side of the belley.

R. i.

And

A declaracion

And in the left hande it is opened agaynst
all diseases of the splene, commynge of re-
plexyon and oppilacyon, and is good to
heale the hemoroides, phrenesy, colykes in
the left syde, dysleases of the veynes, and to
muche aboundaunce of the floures.

The veyne of the ryghte syde, if it be o-
pened, is good in lysteria, dysitria, drop-
syes and other infirmityes caused of colde
matter.

The veyne of the lefte syde is good a-
gaynst apostumes and excoziacyon of the
bladder, paynes of the loynes, swellynge
and stoppyng of the splene.

The veyne of the belly is good agaynst
dysleases of the reynes, and purgeth oute
the melancholy bloud.

The .iiii. veynes about the place called
pecten, on eyther syde the pryncypal members
are good agaynst superfluous yssues of
hemoroides, and to swage payne in all dis-
eases of the bladder, and the secrete places
they stoppe the bledynge of the nose and of
other members, and are good to heale the
lienterie and strangury.

The veyne ouer the foreskynne of the
yearde, is opened agaynst the dropsye and
all

of baynes.

at dysleases of the same member.

The veine vnderneath the sayed skynne is hollesome to be taken for the crampe or spaine, colyke, swellng of the cods, gury, disturie, and dysleases of the stone, both in the reynes and in the bladder.

The two veynes of the thyghes haue a synguler vertue in the curyng of diseases in the bladder, and the reynes.

The two veynes in the legges, do serue against the dropfy, payne and apostema cyons of the bladder, and the reynes, and the priuy members, and agaynst the goutte & swellng of the knees.

The veine saphena on the inner syde of the legge, is opened agaynst recentyon of the flowers, and in all diseases of the matryce, reynes, hyppes, priuy places of men and women.

The outwarde saphena, other wyse called sciatica, descending from the legges on the outsyde, is exceadynge good in curyngge the payne of the huckle bone, whereof it hath the name sciatica, and ouer that it he leth al dysleases of the bladder and the bowels, goutte of the handes and of the feete, wyth other payne of the ioyntes, and the palsy.

A declaracion

The two outward veynes vpon the angles, are good to be opened for retencyon of the floures, they take away the sycknes of the splene, and ease the payne of y^e backe strangury, and stone.

The two veynes vnder the litle toe are good to purge the superfluitie of the matryce, and to heale scrophulus of the face and the legges.

The two veynes adioynyng to the litle toe, cure the apoplexie, yelow cholere, palsy, and al dysleases of the reynes.

The two baynes in the lesser ioynte of the lytle toe, are opened in curyng of an olde cough, puffedes, and ophthalmia in the eyes.

The two veynes in the myddle toe, are good agaynst the scrophules, and diseases of the face, spots, rednes, and pimples, watryng of the eyes, cankers and knobbes, & agaynst the stoppyng of the floures. The veine on the left ioynt in the great toe, is good agaynst ophthalmia of the eyes, spots of the face and the legges, yetch, and blcers of euyll complexion, and purgeth superfluities of the matryce. Thus muche I haue declared of the vtilitie of veynes.

Finis.

The

The booke of child-
dren.



I begin a treatise of the cure of chyldren, it shoulde seme expediente, that we shoulde declare somewhat of the p^rinciples, as of the generacyon, they beeing in the wombe, the tyme of procedynge the maner of the birth, the byndynge of y^e nauyl, setting of the members, lauatozies vnctions, swathynge, and entreatementes, with the circumstaunces of these and many other: whych if I shoulde rehearse in particles, it shoulde requyre bothe a longer time, and encrease into a greater volume. But forasmuche as the most of these thynges are very true and manifest, som partaynyng onely to the offyce of a midwyfe, other for the reuerence of the matter, not mete to be dysclosed to euery vile person: I entende in thys booke to lette them all passe, and to treat only of the thynges necessary, as to remoue y^e sickenesse, wherw^{ch}

The booke.

the tender babes are oftentimes affected,
and desolate of remedy, for so much as ma-
ny doe suppose that there is no cure to bee
ministred vnto them, by reason of theyze
weakenes. And by that dayne opinion, yea
rather by a folysh feare, they forsake ma-
ny that myght be wel recouered, as it shal
appare by the grace of God hereafter, in
thys litle treatise, whē we come to y^e decla-
ration of the medicines. In the meane
season for confuiste of the matter, I entēd
to wypte somewhat of the nource, and of y^e
mylke, with the qualities, and complexions
of the same, for in that consisteth y^e chyefe
paynte and summe, not only of the main-
tenaunce of health, but also of the fourmig
of infectyng epyther of the wytte or ma-
ners, as the Poet Virgil when he would
describē an vncurteis churlysh, and a rude
condiſhioned tyraunt, didde attribute the
faulte vnto the geuer of the mylke, as in
saying thus.

Nec tibi diua parens, generis nec
Dardanus author,

Perfide, sed duris genuit te cautibus
horrens Caucasus, bircanaeque admo-
runt

of children.

runt ubera tigres.

For that diuine Poet beeyng throug-
hly expert in the p[ri]nciples of nature, vnder-
stode ryghte wel how great an alteracyon
euery thyng taketh of the humour, by the
whych he hath hys alymente and noury-
shynge in the youthe: whych thyng also
was consydered and alleged of manye
wylse Phylosophers: Plato, Theophra-
stus, Xenophon, Arystotle, and Plynne,
who dyd al ascribe vnto the nourcemet as
much effecte or more, as to the generacyō.

And Phauorinus the Phylosopher (as
wryteth Aulus Gelyus) affyrmeth that if
the lambes bee nourysed wyth the milke
of goates, they shal haue course wolle, like
the heare of goates: and if kyddes in lyke
maner sucke vpon shepe, the heare of them
shal be soft lyke wolle.

Wherby it dooeth appeare, that the
mylke and nourishing hath a marueilous
effecte in chaungyng y^e rōplerion, as we se
lyke wyse in herbes and in plantes, for let
the seede or ympe be neuer so good & pure,
yet if they be putte into an vnkynde earth
or watered wyth a noughtye and vnhol-

The booke.

some humoure, eyther they come not by
at all, or els they wil degenerate and turne
out of theyr kynd, so that scarce it may ap-
peare from whence they haue bene taken:
accozdyng to the verse.

Pomaque degenerant, succos oblita
priors.

Wherfore it is agreyng to nature, so
is it also necessary and comly for the own
mother to nource the own chyld.

Which if it may be done, it shalbe most
commendable and holsonic, if not ye must
be wel aduised in takyng of a nource, not
of il complexion and of worse maners: but
suche as shalbe sober, honeste and chaste,
well fourmed, amyable and chearefull, so
that she maye accustome the infante vnto
murch no dronkarde, vicious nor sluttyshe
for suche cozrupte the nature of the
chyld.

But an honest woman, (suche as had a
man childe lasse afore) is beste not wythin
two monethes after her deliuerance, nor
approchyng nere vnto her tyme agayne.
These thyngs ought to be considered of e-
uery wise persō, y wil set their childzē out
to nurce. Dozeouer, it is good to loke byō
milke

of chyldren.

milke, and to see whether it be thicke and grosse, or to muche thynne & watrye, blackyshe or blew, or enclinyng to rednesse or yelow, for all suche are vnaturall and ennil. Likewyse when ye taste it in youre mouth, if it be eyther bitter, salt, or soure, ye may well perceyue it is vnholesome.

That milke is good, that is whyte and swete, and when ye droppe it on your nail, and do moue your finger, neyther steteth abroad at euery steryng, nor wil hang fast vpon your nayle, when ye turne it downward, but that whiche is betwene bothe, is best.

Sometyme it chaunceth that the mylk wasteth, so that the nurse can not haue sufficient to sustayne the child, for which I wil declare remedies leauinge oute the causes for breuite of time.

Remedies appropriate to
the encreasyng of
mylke in the
brestes.

PAsneppe rootes, and fenell rootes
sodden in brothe of chickyns, and
afterwarde eaten with a litle freshe
butter,

The Booke

butter maketh encrease of mylke within
the brestes.

An other.

✓ The powder of earthwormes dried and
drunken in the brothe of a neates tounge
is a singuler experiment for the same intet

Also the broch of an olde cocke, wth mints
cinamome and maces.

Rice also sodden in colwes mylke, with
the crummes of white bread, fenell seede
in powder, and a litle suger is exceedynge
good.

An other good medi- cine for the same.

Take Chrystal, and make it in fine pou-
der, & mixe it with as much fenell seede and
suger, and vse to drinke it warme with a li-
tle wyne.

A plaister for the encrease of mylke.

Take fenell, and horehounde, of euery
one two handfuls, anise seede foure drams
saffron a scruple in powder, sweete butter
thre ounces, seeth the in water, and make
a plaister to be layd vpon y^e nurses brests.

These thynges haue proprietye to aug-
ment the mylke, dyll, anyse seede, fenell,
Chrystal,

of chyldzen.

Chyistall, hoozehounde, freshe cheese, honye, lettuse, beetes, myntes, carrette rootes, parsneppes, the dugges, or bdder of a cowe or a sheepe, goates mylke, blanched almondes, ryce porrage, a cowes tongue dried and made in powder, potched egges, saffron, and the iuyce of roasted bele dzonken.

Thus muche of the nurse, and of the milke: now wyll I declare the infirmities of chyldzen.

Although (as affirmeth Plinie) there be innumerable passions and diseases, wher vnto the bodye of manne is subiecte, and as well maye chaunce in the younge as in the olde: Yet for mooste commonye the tender age of chyldzen is chieflye vexed and grieued wyth these diseases following.

Apostume of the brayne.

Swellyng of the heade.

Scalles of the heade.

Watchyng out of measure.

Terrible dreames.

The fallyng euill.

The palsey.

Crampe,

Stiffenes

The Booke

Stiffenes of lymmes.
Bloudshotten eyes.
Watring eyes.
Scabbynesse and ytche.
Diseales in the eares.
Realyng out of measure.
Bredyng of teeth.
Canker in the mouth.
Quinsye or swellng of throte.
Coughe.
Streitnes of wynde.
Feblenes of the stomake and bonistynge.
Pearing or hicket.
Colike and rumblyng in the guttes.
Flur of the belly.
Stoppynge of the belly.
Wormes.
Swellyng of the nauill.
The stone.
Pyllyng in bed.
Brustynge.
Fayling of the skynne.
Chafyng of the skynne.
Small pokes and meascles.
Feuers.
Swellyng of the coddess.
Sacer ignis or chingles.
Burnyng

of chyldren.

Burnyng and scaldyng.

Rybbes.

Consumpcion.

Leaneffe.

Gogle eyes.

Of the Apostumes of
the bzaïne.

If the filme that couereth the bzaïne
chaunceth oftentymes apostemaciō
and swellng, eyther of to much crye
ng of the chyld, or by reason of the mylk
immoderately hote, or eccesse of heate in
the bloude, or of colde fleume, & is knowen
by these sygnes.

If it be of hote matter, the heade of the
chyld is vnnaturally swollen, redde and
hote in the felyng: if it come of colde mat-
ter, it is somewhat swollen, pale and colde
in the touchyng, but in bothe cases the chyld
cannot reste, and is euer loth to haue hys
head touched, cryeth and bereth it selfe, as
it wer in a frensey.

Kemedy.

Make a bathe of mallowes, camomyl,
and lillyes sodden with a shepes head, tyll
the

The Booke

Scalles of the
heade.

The heades of chyldren are oftentymes blcered and scalled, as well when they sucke, and then moſte commonly by reaſon of ſharpe mylke, as alſo when they haue bene wayned, and can goe alone. Sometymes it happeneth of an euill complexion of humours by eating of rawe fruite, or other euill meats, and ſometyme by long contynuyng in the ſunne, many tymes by droppynge of reſtye bakon, or of ſalte beefe on theyr bare heades.

Othertwhyles they bee ſo borne oute of theyr mothers wombe, and in all theſe is no great difficultie tyl the heare be growen but after that, they requyre a greater cure and a cunning hande, notwithstandinge as God ſhall geue me grace, here ſhall be ſayde remedies for the cure of them, ſuch as haue bene oftentymes approued wherin I haue entended to omitte the diſputacions of the difference of ſcales, and the humours wherof they doe procede, and will go ſtreight to the compoſicion of medicines, folowynge the good experience, here enſuyng.

of children.

ensuing. Remedies for scalles:
If ye see the scalles like the shells of oysters, blacke and drie, cleaunge vpon the skinne, one within an other, ye may make a fomentacion of hoate and moist herbes, as fenugreke, holy hocke, beares breeche, linsede, and suche other, soddē al oz some of them in the brothe of netes feete, and so to bathe the sores, and after that applie a softe plaister of the same herbes, with gorse grease oz butter, vsinge this still, till ye see the scabbe remoued, and then wash it with the iuice of hozehounde, smallach and betony, sodden togither in wine, and after the washing put vpon it powder of mirre, aloes and frankensence, oz holde his head ouer a chafingdishe of coles, wherein ye shall put frankensence and saunders in powder.

But if ye see the scabbes be very soze and mattrie with great paine, and burning of the head, ye shall make an ointmēt to coole the mater thus.

An ointment to coole the burning
of a soze head.

Take white leade and lytarge, of euery

℞. i,

one.

The booke

one. v. drammes, lie made of the ashes
of a vine. iiii. drammes, oyle of roses, an ounce,
ware an ounce, melte the ware firste,
than put to the oyle and lie, with the reste,
and in the ende. ii. yolkes of egges, make
an ointment, and laye it to the head. This
is the composition of Kasis.

An other ointment singular for
thesame purpose.

Take betony, groundswell, plantaine,
funitory, and dailes, of every one like
muche, stampe them, and mingle them
with a pounce of fresh swines greace, and
let them stande closed in a moist place. viii.
daies, to putrify, than fric them in a pane,
and straine them into a cleane vessell, and
ye shall have a greene ointment of a singu-
lar operation for the saide disease, and to
quenche al unkinde heates of the body.

Also ye must vse to shave the head, what-
soever things ye do lay vnto it.

If there lacke the cleansinge of the sores,
and the childe weaned, ye shall do well to
make an ointment of a litle turpentine,
bulles gall, and honny, & lay vpon the sores.

Also it is proued, that the brine of a bulle
is a singular remedy to mūdify the sores,
and

of childzen.

and to lose the heares by the rootes, without any peine or perelle.

The iuice also of mozell, daisie leaues & groundswell fried with greace and made in an ointment, coletch all vnkind heates and puffles of the head.

Here is to be noted, that during this disease in a sucking childe, the nource muste auoide all salt, and solter meates that engender cholere, as mustarde, binger, and such: and almaner fruites, (except a pomegranade) and she must abstaine in this case, both from egges, and from other kinde of white meates in generall, and aboue all she may eate no dates, figges, nor purcellane, for many holde opinion that purcellane hath an euill proprietie to bresde scabbes and blcers in the head.

Moreouer the childes heade maye not be kept to hote, for that is oftentimes the cause of this disease.

Sometimes it chaunceth y^e there breedeth in the head of childzē as it were litle wartes or knobbes some what hard, & can not be resolued by the said medicines. Wherefore whē ye se y^e none other thig wil helpe, ye shal make a good ointmēt to remoue it,

The booke

in manner as hereafter is declared.

An excellent remedy for wartes
oz knobbes of the head.

Take litarge and white lead, of eche a like quantitie, brimstone and quicke siluer quenched with spittle, of eche a lesse quantitie, twice as much oile of roses, and a spoonfull oz two of wineger, mixe them altogether, on a marble, til they be an ointmēt an lay it on the head, and when it hath ben dry an houre oz. ii. walhe it of with water, wherein was suddē maioram, sauery and mintes, vse it thus twice a daye, morninge and euening, till ye see it hole. This thing is also good in all the other kind of scalles.

Of watching out of measure.

Slepe is the nourishmēt and soode of a sucking child, and as muche requisite as the very teate, wherfore when it is deprived of the naturall rest, all the hole body falleth in distemper; cruditie and weakenes, it procedeth commonly by corruption of the milke, oz to muche abundance, whiche overladeth the stomake, & for lacke of good digestion, vapours and fumes

of children.

fumes arise into the heade, and infect the
bzaine, by reason whereof the childe can
not slepe, but turneth and berech it selfe
with crying.

Therefore it shalbe good to prouoke it to a
naturall slepe thus, according to Kasis.

Annoint the forehead and temples of the
child, with oile of violets and vineger, put-
ting a drop or two in the nosethilles, and
if ye can gette any sirupe of popie, geue it
the child to licke, and than make a plaister
of oyle of saffron, lettuse, and the iuice of
poppy, or wette cloutes in it, & lay it ouer
thwart the temples.

Also the seades and the heades of pop-
pie, called chesbolles, stamped with rose-
water, and mixte with womans milke,
and the white of an egge, beaten all toge-
ther and made in a plaister causeth the
childe to receiue his naturall slepe.

Also an ointment made of the seebe of
poppy and the heades, one ounce, oile of let-
tuse, and of poppy, of eche. ii. ounces, make
an ointment and vse it.

They that can not gette these oiles may
take the herbes, or iuice of lettuse, purce-
lane, houseleke, and popye, and with wo-

The boke

mans milke, make a plaister, and lay it to the forehead.

Oyle of violettcs, of roses, of nenuphar are good, and oile of populeon, the broth of mallowes sodden, and the iuice of water plantaine.

Of terrible dreames and feare
in the slepe.

Sometimes it happeneth that the childe is afraid in y^e slepe, and sometimes waketh sodainly, and screeth, sometime shriketh and trebleth, which effect commeth of the arising of stinkinge vapours out of the stomake into the fantasie, and senses of the braine, as ye maye perceiue by the breath of the childe: wherefoze it is good to geue him a litle hony to swallowe, & a litle powder of the seedes of peome, and sometimes triacle, in a litle quantitie with milke, and to take hede that the childe sleepe not with a full stomake, but to beare it about wakinge, till part be digested, and whan that it is laide, not to rocke it muche, for ouermuche shakinge letteth digestion, and maketh the childe many times to vomite.

The

of childzen.

The falling euill called in the
greke tonge epilepsia.

At onely other ages but also litle
childzen, are oftentimes afflicted,
with this greuouse sickenes, some-
time by nature receiued of the parentes, &
than it is impossible, or difficile to cure,
sometime by euill & vnholosome diet, wher-
by there is engedzed many cold and moult
humours in the bzaine, whereupon this
infirmity procedeth, whiche if it be in one
that is young and tender, it is very harde
to be remoued, but in them that are some-
what stronge, as of seuen yeares and vp-
warde, it is moze easly.

I finde that many thinges haue a na-
tural vertue againste the falling euill, not
of any qualitie elementall, but by a singu-
ler propertie, or rather an influẽce of hea-
uen, whiche almightie God hath geue vn-
to thinges here in earth, as by these and
other.

Saphires, smaragdes, red cozall, pio-
ny, mistletowe of the oke, taken in the
monethe of Marche, and the moone de-
creasyng, time, sauein, dille, and the
K. iiii. Stone

The boke

Stone that is founde in the bellie of a yong
swallow, being the first broode of the dame.
These oz one of them, hanged about the
necke of the child, saueth and p̄serueth it
from the said sickenes. Now wil I descri-
be some good and holsome medicines to be
taken inward for the same disease.

If the child be not very young, the maŵe
of a leueret, dronke with water and hony
cureth the same.

A medicine for the falling
sickenesse.

Take the roote of piony, and make it
into powder, and geue it to the child to lick
in a litle pappe and suger.

They that are of age, may eate of it a good
quāntity at once and likewise of the blacke
seeds of the same piony.

Item the purple violettēs that creapeth
on the grounde in gardeins with a longe
stalke, and is called in englishe hearteseale
dronken in water, oz in water and honye,
helpeth this disease in a young childe.

Moreouer the muscle of the oke rased
and geue in milke, oz in water and honie,
is good.

Also ye may still a water, of the floures of
lind,

of children.

kind, it is a tree called in lati tilia, the same wherof they make ropes and halters of the barke, take the same floures and distill a water, and let the patient drinke of it now and than a sponefull, it is a good remedy.

Item the roote of the sea thistle called Crigum in latin, eaten in broth or dronken, is exceeding good.

Some write that cicorpe is a singler remedy for the same disease. It is ment by wilde cicorte, growing in the cornes.

The floures of rosemary, made in a cōserua hath the same effect in curinge this disease.

I could declare many other remedies cōmended of authours, but at this time these shalbe sufficient.

Nowe I will entreate somewhat of the palsey.

Of the palsey or shaking of
membres.

The cure of the palsey in a childe, is not like to that whiche is in elder age, for the sinues of a child be verpe neth and tender, and therfore they ought to haue a muche weaker medicine, euer more regarding the power of the sickenes,
and

The booke

and the vertue or debilitie of the grieved patient.

For sometimes the childe can not lifte neither legges nor armes, which if it happen during the suckinge, than muste the nource vse a diet enclining to hote & drie, & to eate spices, as galingale, cinamome, ginger, macis, nutmiggess and suche other, w^{ch} roasted and fried meates, but abstaine fro milke & almaner fish. And it shall be good for her, to eate, a lectuarie made after this sorte. Take mintes, cinamon, cumine, rose leaues dried, mastike, fenugreke, valerian, ameos dozonisi, zedoary, cloues, saunders, and lignū aloes, of euerye one a dramme, muske half one dramme, make an electuary with clarified hony, and let her eat of it, and geue the childe as muche as halfe a nut euery daie to swallow.

A plaister.

Take an ounce of ware, and a dramme of euphorbium, at the potecaries, and temper it with oile oliue on the fier, and make a sercloth, to comforte y^e backe bone, and the sinelwes.

A goodly lauatory for the same purpose.

Take

of children.

Take lic of ashes, and seeth therein baye
buries, and as much piony sedes, in a close
bessel to the thirde part, and wash the child
often with the same.

Item a bathe of sauery, mazerim, time,
sage, nepte, smallage, and mintes, oz some
of them is very good and holsome.

Also to rubbe the backe of the childe and
the limmes, with oiles of roses and spike,
mirte together warme, and in stede of it
ye may take oyle of baies.

Of the crampe oz spasmus.

This disease is often sene amonge
children and commeth very light-
ly, as of debilitie of the nerues and
cordes, oz els of grosse humours, that suf-
focate the same: the cure of the which is de-
clared of authozs to be done by friccions &
oimentes that comfort the sinowes and
dissolue the matter, as oyle of floozedelui-
ce, with a litle anise, saffron and the rotes
of piony.

Itē oile of camomil, fenugreke, and mellis-
lote, oz the herbes sodden, betony, worme-
wood, berueine, & time, are exceeding good
to washe the childe in.

Item the plaister of euphorbium,
wazien

The booke

written in the cure of palsey.

Of the stiffness or sturkenes
of limmes.

Sometimes it happeneth that the
limmes are sturke, and can not well
com together without the greater
peine, which thing procedeth many times
of colde, as whan a childe is founde in the
frost, or in the strete, cast awaye by a wyc-
ked mother, or by some other chaunce, al-
though I am not ignoraunt that it maye
procede of many other causes, as it is said
of Rasis, and of Arnolde de villa noua, in
his booke of the cure of infantes.

And here is to be noted, a wonderfull
secrete of nature, many times approued,
written of Auicenne in his firste Canon,
and of Celsus Antiquarū electionū, libro.
xiii. capit. xxxvii. that whā a member is vt-
terly benumbed and taken through cold,
so that the patient can not feele his lim-
mes, nor moue them accordyng to nature,
by reason of the behemēt of congelaciō of
the bloud, in such case the chiefest help or re-
medy is not to set the to the fier to receiue
heat, for by that meanes, lightly we se that
euery one sworweth and many dye oute-
right,

of child:en.

right, but to sette the feete, legges, and armes, in a paille of clere colde water, which immediately shall dissolve the congelacion, and restore the bloud to the former passage and freedom, after that ye may lay the pacient in a bedde to sweate, and geue him hote drinke and caudels oz a coles of a capon hote, with a litle cinamome and saffron, to comfort the hart. An argument of this cure ye may se thus.

When an apple oz a peare is frozen in the winter, sette it to the fier, and it is destroyed: but if ye put it into colde water, it shall as well endure as it did afore, wherby it doth appere, that the water resolueth cold, better with his moisture, than the fier can do by reason of his heate: for the water relenteth and the fier draweth and drieth, as affirmeth Galene in his booke of elementes.

Hitherto haue I declined by occasion, but I trust not in vaine to the reader, now to my purpose.

When a young childe is so taken with a colde, I esteeme it best for to bath the body in luke warme water, wherein hath bene soddé maioram and tyme, isope, sage, mints,

The booke

tes, and suche other good and comfoztable herbes, then to relieue it with meates of good nourishment, accordinge to the age and necessitie, and if neede be, when ye se the limmes yet to be starke, make an ointment after this fourme.

An ointment for stiffe and stained limmes.

Take a good handefull of nettels, and stampe thsm, then seth them in oile to the third part in a double vessell, kepe that ointment in a drie place, for it wil last a greate while and is a singuler remedy for y^e stiffnes that cometh of cold, and whoso anointeth his handes and fete with it in y^e morning, shal not be greued with colde all the daye after.

The sedes of nettels gathered in haruest and kept for the same entente, is exceedinge good sodden in oile, or fried with swines grece, whiche thinge also is verye good to heale the kybes of heeles, called in laccin Permones. The brine of a goate with the donge stamped and laied to the place, resolueh the stiffnes of limmes.

When the cause commeth not by extreme colde, but of some other affection of the sinowes

of children.

nowes & cordes, it is best to make a bath
or a fomentacion of herbes that resolue &
comfort the sinowes, with relaxacion of
grosse humors, and to open the pores, as
by example thus.

Take malowes, holyhocke and oil, of eche
a handfull or two, lieth them in the water
of netes fete, or in broth of flicke without
salt, with a handfull of bzanne and cummi-
ne, in the whiche ye shal bath the childe, as
warne as he maye suffer, and yf ye se ne-
cessitie, make a plaister with the same her-
bes, and laye it to the grieffe with a litle
golegrece, or duckes grece, or if it may be
gotte, oile of camomil, of lilies, and of pill.
Cloutes wette in the said decoction, & laide
about the members helpeth.

Of bloudshotten eyes, and other
infirmities.

Somtime the eyes are bloudshotten, &
other whiles encreasing a filthi and white
humour, covering the sight, the cause is
sken of to muche crying, for the whiche it
is good to drop in the eyes a litle of the
juice of nightshade, otherwise called mo-
rell, and to annointe the foreheade with
the same, and if the eye swell, to wette a
cloute

cloute in the iuice, and the white of egges,
and lay it to the grieke.

If the humour be clammythe & tough,
and cleueth to the corners of the eyes, so
that the child can not open them after his
sleepe, it shalbe remoued with the iuice of
houdeke, dropped on the eye with a feather.

When the eye is bloudesthotten and
redde, it is a singuler remedy to put in it
the blond of a young pigion, or a doue, or
a partriche, either hoate from the birde, or
els dried and made in pouder, as subtil as
may be possible.

iiij A plaitter for swelling and paine
of the eyes.

Take quintes and crummes of white
bread and seeth them in water till they be
softe, then stampe them, and with a litle
saffron and the yolkes of two egges, make
a plaitter to the chilles eyes and forehead.
Ye maye let him also receiue the fume of
that decoction. It is also good in the meigs-
grime: if ye wil haue further, loke in the re-
giment of lif, in the declaracion of paines
of the head.

v Of watring eyes.

of childrett.

If the childes eyes water ouermuch
wythout crying, by reason of a distil
lacyon comming from the head Ma
nardus teacheth a goodly playster, to re
strayne the reumes, and is made thus.

Waxes horne bzent in powder, and wa
shed twise, guaiacum, otherwise called lig
num sanctum, corticu thuris, antimonie,
of ech one part, mulke the.iii. parte, of one
part, make a fyne powder and vse it wyth
the iuyce oz water of fenel. These thinges
haue vertue to staunch the running of the
eyes. The shelles of mayles bzent, y ticke
that is founde in the dugges of kyne, phi
lypendula, frankensence, and the white of
an egge layed vpon the forehead, flwozte
oz the water wherin it steyed, tutie, y wa
ter of buddes of oke stilled, beake floure
finely sifted, and with the gumme of a che
stire steyed in vineger, and layed ouer all
the temples.

Of scabbines and yche.

Sometyme by reason of excesse of
heate, oz sharpenesse in the mylke,
through the nurses eating of salt
and eygre meates, it happeneth y a chylde
is sene ful of yche by rubbing, scetyng,

S. i.

and

The boke.

and chafyng of it selfe, encreasynge a scab
called of the Grekes Psora: whych thyng
also chaunceth vnto many after they bee
weaned, procedyng of salt and aduste hu-
mours, the cure wherof differeth in none
other, but accordyng to the difference of
age, for in a suckyng babe the medycynes
maye not be so sharpe, as it may be suffred
in one that is already weaned. Agaynste
such vnkynde yetch, ye may make an oint-
ment thus.

Take water of betony, two good hand-
fuls, dayly leaues, and alehose other wyse
called tudnour or grounde yuwe, of ech one
handful, the red docke rotes, two or thre,
stampe them altogether, and grinde them
wel, then myngle them wyth fresh grease
and agayne stampe them.

Let them so stande. viii. dayes to putry-
fye tyll it be hoare, then fry them out and
strayne them and keepe it for the same en-
tente.

This ointmente hath a greate effecte
both in younge and olde, and that without
repercussyon or dryuynge backe of the mat-
ter, which should be a peryllous thyng for
a younge chyld.

of children.

The herbe water betonye alone, is a
great medecyne to quenche all unkynde
heates wythout daunger, or the sechynge
of it in cleare wel water, to annoynte the
members. It is a commen herbe and gro-
weth by ryuers sydes, and smal rennyng
waters, and wette places, arysyng manye
tymes the heygth of a man out of y^e ground
where he reioyseth, wyth a stalke four
square, and many braunches on euery side
and also it beareth a whitish blew floure
very smal, & in haruest it hath innumera-
ble sedes, blacke, and as fyne as the seede
of rutson, or lesse, y^e leaues bigge and long
accoording to the ground, full of iuice, tag-
ged on the sydes lyke a saw, even as other
betony, to whom it appocheh in fygure,
and obteyrieth hys name of water betony
The sauoure of the leafe is somewhat hea-
uie, mosse lyke to the sauoure of elders or
wallowort, but when it is brused it is more
pleasaut, which thig induceth me to vary
fro the mynd of them y^e thinke this herbe
to be Galoplis in Dioscorides, written of
him y^e it shoulde stycke whē it is staped, but
the more this herbe is staped, y^e more swete
and herbelyke it sauoreth. therefore it can-

The boke.

not be galeopsis, and besides that, it is ne-
uer founde in dry and stony grounde as y
Galiopsis is. Neither is this herbe menc-
ioned of the new or old authours: as far as
I can se, but of only Vigo, the famous sur-
gion of our tyme in Italy, whych writeth
on it, that thys herbe exceedeth all other in
a malo mortuo (so calleth he a kynde of le-
pzy elephantike, or an vniuersal and filthy
scab of al the body:) and in lyke maner he
saith, it is good for to cure a canker in the
breaſtes. We may reade these thynges in
his. ii. boke, Capital. iii. and his fift booke
of the french pockes, in the third chapter
wher he doth describe thys aforesaid herbe
wyth so manifest tokens, that no mā wyll
doubt it to be water betony, conferrynge
the boke & the herbe duly together. More-
ouer he nameth in Italy a bydge where it
groweth in the water in great aboundāce
and is called of that nacō Alabeueratoze
which in dede the Italians that come by-
ther and know both the place and y herbe
doe affirme plainly, it is our water betony
And wheras he allegeth Dioscorides incli-
meno, which by contemplacyon of bothe
hath but small affinitie or none with thys
herbe

of chyldeken.

herbe, it was for nothyng els but lacke of
the tonges, which saute is not to be so high-
ly rebuked in a mā of hys study, applying
hymselfe moze in the praccyse of surgery,
and to handy operacyon, wherem in dede
he was nere incomparable, then he dyd
to search the variaunce of tonges, and ra-
ther regarded to declare the operacyon of
thynges wyth trueth, then to dispute byon
the properties or names wyth eloquence,
Thus haue I declined again fro my mat-
ter, partly to shewe the discripcion of this
holsome herbe, partly to satisfie & myndes
of the surgions in Wigo, whych haue by-
therto red the said places in vayne, and fur-
thermoze because ther is yet none that de-
clareth manifestly the same herbe.

An other remedy for scabbes and iche.

Take the cotes of dockes, and fry them in
fresh grease, then put to a quantitie of bri-
stone in powder, and vse to rub the places
twyse or thysle a day Brimstone powdered
and supped in a rere egge healeth & scabs,
whych thyng is also very good to destroye
wormes.

A goodly swete sope for scabs

and ytche.

S.iii.

Take

The booke

Take whyte sope halfe a pounce, and
stepe it in suffycient rosewater, tyll it be
wel soaked, then take two drammes of mer-
cury sublymed, dissolve it in a lytle rose
water, labour the sope and the rosewater
wel together, and afterward put it in a li-
tle muske or civette, and kepe it. This sope
is exceeding good to cure a greate scabbe
or yche, and that wythout peryll, but in a
chylde it shall suffice to make it weaker of
the mercury.

An other approued medicine
for scabynes and
yche.

Take sumitrye, docke rotes, scabiouse
and the rote of wallwort, stampe them all
and set them in freshe grease to putryfy,
then fry them and strayne them, in which
licoure ye shal put turpentyne a litle qua-
ntyte, bymstone and frankensence verye
fynely poudred and sytred a porcyon, and
wyth suffycient waire make an oynment
on a soft fyre: thys is a synguler remedye
for the same purpose. But in thys cure ye
ought to geue the chylde no egges, nor a-
ny egre or sharpe meate, and the nurce al-
so must auoyde the same, and not to wyap

of chyldezen.

it into hotte, and if nede be, to make a bath
of fumitory, centaury, fetterfelwe, tansye,
wormwood, and sauge, alone, if ye see the
cause of the yitch or the scab to be wormes
in the skyn for a bytter decoctyon shall de-
stroye them, and dry by the moystures of
the sores.

Of dyssease in the eares.

MAny dysseases happen in the eares
as payne, apostumes, swellynge
cynkinge and sounde in the head,
stopping of the organs of hearpng: water
wormes, and other infortunes gotten into
the eares, wherof some of them are dan-
gerous and hard to be cured, some other
expelled of nature wythout medecyne.

Remedy for payne in the eares.

For payne in the eares wout a man-
ifest cause, as ofte chaūseth, it is a singular
remedy to take the chest wormes, that are
foud vnder barkes of trees, or in other stū-
pes in y groūde, & wil turne round lyke a
pease, take of thē a good quātitie, & see the
thē in oyle, in y rind of a pomegranade or
y hote imbers, y it bzen not, and after that
strayne it & put into the eares a droppe or
two luke warme, and then lette hym lye

The booke

upon the other care, and rest: ye may geue
thys to al ages, but in a chyld ye must put
a very litle quantitie.

An other.

The hame oz skin of an adder oz a snake,
that the casteth, boyled in oyle, and dropped
into the eares, easeth the payn, and it is al-
so good for an eare that mattereth mingled
with a litle hony, and put in luke warme,
It is also good to droppe into the eares the
iuyce of organy and mylke.

For swellng vnder the eares.

Painters oyle, which is oyle of lynesede, is
exceedyng good for the swellng of the ea-
res, & for paine in the eares of all causes.
Item a plaister made of lynesede and dyll,
with a litle duckes grece and hony. If ye se
the apostume breake, and renne, ye maye
clense it wth the iuyce of smallache, y^e whyte
of an egge, barlye floure and hony, which
is a common playster to mundaye a soze.
When y^e eares haue receiued water oz any
other licour, it is good to take & stape an o-
nion & wring out y^e iuyce wth a litle gosegrese
and drop it hote into y^e eares as it maye be
suffred & lay hym downe on the contrarpe
syde an houre, after that cause hym to
nese

of chyldren

nese, if his age wyl suffer, with a litle pellitoy of spain, or nesig powder, & the encline his eare downward, y the mater may issue.

For wormes in the eares.

Take mirre, aloes, & the seede of colozynthes, called coloquintida of y apothecaries, a quantitie of cche, seeth the in oyle of roses, & put a litle in y eare. Mirre hath a great vertue to remoue the stench that is caused in the eares by any putrefaccion and the better with oyle of bitter almonds, or ye may take the iuyce of wormewoodde with honny and salt peter.

For wind in the eares & tinkling.

Take mirre, spikenarde, cummine, oil, and oile of camomil, & put a droppe in the eares. Thei y haue not al these, may take som of the, & apply it according to discreciō

To amend deaffenes, ye shall make an oynment of an hares gall, and the grease or dropping of an ele, which is a souerayn thyng to recouer hearyng.

Of nesying out of measure.

When a childe neseth out of measure, that is to say with a long cōtinuance & therby the brayn & vertues animal be febled, it is good to stop it, to auoyde a further

farther incontinence.

Wherefore ye shall annoynt the heade wth the iuyce purcelane, sozel, and nightshade, or some of them, and make a plaister of y^e whyte of an egge, and the iuyce, with a lytle oyle of roses, and emplaister the fore head and temples, with the milke of a woman, oyle of roses, and vineger a litle.

If it come of colde reume, ye shal make a plaister of mastike, frankensence, mirre, wine, and apply it to the former part of y^e heade, A some of thesame receiued in star, & laid vpon the childes head, is holesome.

Bredying of teeth.

About the seventh moneth, somtyme more somtyme lesse, after y^e byrthe, it is natural for a childe for to breede teeth, in which time many one is sore bered wth sondry diseases and paynes, as swelling of the gummes and iawes, vnyquyete crying: feuers, crampes, pallsies, fluxes, reumes, and other infirmities, specialllye, whan it is long or the teeth come foorth, for the sooner they appeare, the better, & the more ease it is to y^e chylde. Ther be diuers thynge that are good to procure an easy breeding of teeth, amōg whō y^e chiefest

of chylde:en

is to annoynt the gummes, with y^e bzaynes
of an hare, mixt with as much capōs grease
& hony, or any of these thynges alone, is
excedyng good to supply the gummes and
the sinewes.

Also it is good to washe the chylde thwo
or thre times in a wicke, with warme wa-
ter, of the decoccion of camomil holyhock
and dyll. Fresh butter with a litle barley
floure or honye, with the fyne powder of
frankensence and liquozice, are commen-
ded of good authours for the same intente.
And when the payn is great, and intolle-
rable, with apostume or inflamacion of
the gummes, it is good to make an oyn-
ment with oyle of roses with the iuyce of
mozel, otherwysse called nightshade, and
in lacke of it, annoynte the iawes wythin,
with a litle fresh butter and hony.

For lacke of the hares bzayne, ye maye
take the conyes; for they bee also of the
kyndes of hares, and called of Plinie
Dasypodes, whose maues are of the
same effect in medicyne, or rather more
than is wozitten of authours, of the maues
of hares.

If ye see the gummes of the chylde to
apostume

The Booke

apostume, or swel w soft fleshe, ful of matter & painful, y best shalbe to annoynt the soze place w the brain of an hare, & capons greace, equally mixt together, & after that ye haue bled this, once or twice, annoynte y gummies & apostumacions with honye.

Thirdly if this help not, take turpentine mixt with a litle hony in equal porciō. And make a bath for the head of the chylde, in this fourme solowpng.

Take the floures of camomill and dyll, of eche an handful, seeth them in a quart of pure renning water, vntil they be tender & wash the head afoze anye meate, euerye mornyng, for it purgeth the superfluity of the braines, through the seames of y skul, and withdraweth humours from the soze place, finally comforteth the brayne & all the vertues animal of the childe.

To cause an easy bredyng of teeth, manye thinges are reherled of autoures, besides the premisses, as the firste cast tothe of a colt, set in siluer & bozn, or red coral in like maner, hanged about the neck, wher vpon the childe should oftentymes labour his gummies, & many other like, whyche I leave out at this tyme to auoid tediousnes
only

of chyldren.

only content to declare of this coral, that by consente of al authours, it resisteth the force of lightning, helpeth the chyldren of the falling euyl, and is very good to bee made in powder, & dronken against al manner of bleding of the nose or fundamente.

Of canker in the mouthe.

Manye times by reason of the corruption of the milke, venemous vapours arysing from y^e stomake, & of many other infortunes ther chanceth to brede a canker in the mouthes of chyldren, whose signes are manifest ynough, that is to saye by stinkyng of the mouthe, pain in the place, continuall rennyng of spittle, swelling of the cheeke, & when the mouth is opened agaynst the sunne, ye maye see clerely wher the canker lyeth. It is so named of the latter soze of physicions, by reason of creppng and eatyng forward & backward, and spredeth it selfe abzode, like the sete of a creues, called in latin cancer, notwithstanding, I know y^e the Greekes, & auctent latins, geue other names vnto this discaise, as in callyng it an vlcer, otherwhyles apthe, nome, carcinomata, & lyke, which are al in english knowen by the

The Booke

The name of canker in the mouth, and although there be many kindes accordyng to the matter, whereof they be engendred, and therfore require a diuersitie of curing yet for the most part, when they be in children, the cure of them all differeth very litle or nothyng, for the chiefe intent shalbee to remoue the malignitie of the soze, and to drye by the noysome matter & humours than to mendify & heale, as in other kinds of blisys.

Remedyes for the canker in the mouthe of chylde.

Take drye red roses, & violets, of eche a like quantitie, make the in powder, & mixe them with a litle honye, this medicine is very good in a tender suckyng chylde, & many tymes healeth alone wythout any other thyng at al. But if ye se there be great heate and burnyng in the soze, w^{ch} exceeding payn, ye shal make a iure of purselane, lettuce & nightshade, & wash y^e soze with a fine piere of silk, or driue it in with a spout, called of y^e surgions a spring. This by the grace of god, shal abate the brening, & wage the pain, & kil the venim of y^e blcer.

But

of chylozen.

But yf ye see the canker yet encrease with great corrupcion and matter, ye shal make an oynement after this maner.

Take mirre, galles, where wyth they make ynke, or in default of thsm oken apples dried, frankesence, of eche a like much of the black berries growing on y bzamble taken from the bush while they be greene the.iii. part of al the rest, make them all in powder, & mire them with a smuch honye & saffron, as is sufficient, and vse it.

A stronger medicine for the canker in the mouth of children.

Take the roote of celidonie dyed, the rynde of a pomegranade, red coral in powder, and the powder of a hartes horne, of eche a lyke, roche alume a lit e. First wash the place with wine, or warme water, and hony, and afterwarde put on the forcsayd powder, very fyne and subtyle.

An other singuler medicine for the canker in the mouth of al ages.

R. ylope, sage, rue, of ech one good had full, seeth them in wine and water to the thirde part, then strain them out, and putte in it a little whyte coperose, accordyng to necessitye; that is to saye, when the
soze

The Booke

foze is great, put in the more, when it is
small, ye may take y^e lesse, than adde to it an
quantitie of hony clarifyed, & a sponesful oze
two of good aqua vite, washe y^e place with
it, for it is a singuler remedy, to remoue y^e
malice in a short while, which done, ye shall
make a water incarnatiue & healing thus.

R. rybwozte, bitonye, & dailies, of eche a
handful, seeth thē in wine & water, & wash
his mouth two or thre times a daye wth
thesame uice. Moreover some wyte that
chystal made in fine powder, hath a singu-
ler vertue to destroy the canker, & in lyke
maner the powder of an hartes horne bzet
with asmuch of the rind of a pomgranade
and the iuyce of nightshade, is verye good
and holesome.

Of quinsy and swelling of the throte.

The quinsy is a dangerous sickness
both in yonge & olde, called in latin
sanguis, it is in an inflammaciō of
the neck, with swelling & great payn, som-
tyme it lyeth in the very throte, vpon the
wesaunt pype, and than it is exceeding pe-
rilous, for it stoppeth the breath, & strang-
leth the patient anone. Otherwhyles it
breaketh out like a bonche on the one syde
of

of children.

the necke, and than also wyth very greate difficultie of bzeathyng, but it choketh not so sone as the fyrst doeth, and it is moze o' bedyent to receme curacion.

The sygnes are apparauit to sight, and besydes that the child canot cry, nether swallow down hys meate and drinke wythout peyne.

Remedy.

It is good to annointe the grieffe with oile of oil, or oyle of camomyll, and lylces, and to lay vpon the head, hote cloutes dypt in y' waters of rosemary, lauender, and saucry. The chiefest remedy commended of authoures in thys outragyous sickenes, is y' powder of a swallowe bzent wyth fethers and al, and myrt wyth honye, whereof the payent must swallow down a lytle, and y' rest annointed vpon the payn. Thei praise also the powder of the chylde's dunge to the chylde, and of a man to a man, bzent in a pot, and annoynted with a lytle hony. Soe make a compounded oymment of both, the receypte is thus. R. of the swallow brente one porcyon, of the second powder another make it in a chicke fourme wyth hony, and it wyl endure longe for the same entente.

L. i.

Item.

The boke

Item an other experiment for the quinsy and swellng vnder the eares. Take the murtherom y groweth vpon an elder tree, called in englyshe. Jewes eares (for it is in dede cronclod and flat, much like an eare) heate it agaynst the fier and put it hote in any drynke, the same drynke is good and holsome for the quinsye. Some hold opynion, y whoso bseth to drynke w it, shall neuer be troubled w thys dysleas, and therefore cary it about wyth them in iourneies

Of the coughe.

She cough in children for the most part, procedeth eyther of a cold, oz by reals of reumes, descēding frō y head into y pips of the longes oz the breast: and y is most cōmonly by ouer-much aboundaunce of mylke corrupting y stomake & brayn: therfore in that case, it is good to fede y child w a more slender dyet and to anoynt y head ouer w hony, & now and then to presse hys tonge wyth youré fynger, holdyng down his head y the reumes may issue, for by y meanes y cause of the cough shal rūne out of hys mouth, and auoyde the chylde of many noughrye and slimy humoures: whyche done, manye tymes

of children.

mes the patiente amendeth withoute any further helpe of medicine.

For the cough in a childe.

Take gumme arabike, gumme dragagāt quince sedes, liquirice and penidies, at y apothecaries, breake them altogether, and geue the child to sup a litle at once, with a draught of milke new warme, as it cometh from the cowe. Also stampe blaunched almonds, and wyng them out w the iuyce of fenell, or water of fenel, and geue it to the chylde to fede wyth a litle suger.

Agaynst the great cough & heate in the body.

The heades of whyte poppy, and gunt dragagant, of ech a lyke much, long cucumer sedes, as much as all, seeth them in whay, wyth reasons and suger, and lette the chylde dzyinke of it twice or thryse a day luke warme or colde.

Of straitnes of wynde.

Against y straitnes of breathig, which is no quinsy, y cōfente of authoures do attribute a gret effect, to limesede made in powder, & tēcred w hony, for the child to swallow down a litle at once. I fide also y y mylke of a mare newly receiued of

The boke

the child wyth suger, is a singlar reme-
dy for the same purpose. Whiche thynge
moreouer, is exceedyng holsom to make y
belly lare wythout trouble.

Of weakenes of the stomake and vomiting.

MAny tymes the stomake of y child
is so feble that it cannot retayne
ether meate or drynke, in whyche
case and for all debilitie therof, it is verye
good to wash the stomake with warme wa-
ter of roses, wherein a lyttle muske hath
been dissolued, for that by the odoure and
natural heate geueth a comfote to all the
spirital members. And then it is good to
roast a quynce tender, and with a litle pou-
der of cloues and suger to geue it to the
chylde: to eate conserua quinces, wyth a li-
tle cinamome & cloues, is synguler good
for the same entent. Also ye may make a
iuce of quinces and geue it to the child to
drynke wyth a lytle suger.

An oyntment for the stomake.

Take gallia muscati at the pothecaries. .xx
grain weight, mirre & very lytle, make it
vp in oyntment fourne, wyth oyle of ma-
stike, and water of rose sufficient, this is
a very

of children.

a very good ointment for the stomake.

An other synguler receypte.

Take mastike, frankinsence, and drye red roses, as much as is sufficient, make them in powder, and temper them by wyth the iuyce of mintes, and a sponeful of vineger and vse it.

An other.

Take wheate floure and parche it on a pan, til it begyn to brenne and waxe redde than stāpe it wyth vineger, and adde to it the yolkes of two egges harde rosted, mastike, gumme, and frankinsence sufficiēte make a plaister & laye it to the stomake.

To recouer an appetite losse.

Take a good handfull of ranke & lusty rebe and seeth it in a pynt of vineger to the. iiii. part or les, & make it very strong, whereof if it be a child, ye may take a tosse of browne bread, and stampe it wyth the same vineger, and lay it playsterwise to y^e stomake, and for a stronger age besydes y^e playster, let hym sup morning and euening of the same vineger. This is also good to recouer a stomake lost, by cōmynge to a syer after a long iourneye, and hath also a singuler vertue to restore a man that swonethe.

L.iii.

An

The booke.

An experimete often appro-
ued of Rasis for the vo-
myte of chyldzen.

Rasis a solemne practitioner amonge
phisicians, affirmeth y he healed a greate
multitude of thys dyssease, onely wyth the
practyse folowynge, whych he taketh to be
of great effecte in al lyke cases. Fyyste he
maketh as it wer an electuary of apothec-
ary stuffe, that is to saye, lignum aloes,
massike, of euery one halfe a dram, galles
half a scruple, make a lectuary w syrups of
roses, & gallia muscata & suger. Of this he
gaue y chyldzen to eate a very litle at once
and often. Afterwarde he made a playster
thus. R. massike, aloes, aloes, galles, fran-
kensence, & bzent bread, of ech a lyke por-
cyon, make a plaister with oyle and syrups
of roses to be laid to y chylde's stomake hote

An other oyntment for the sto-
make, describ'd of Ail-
hel. Placentino.

Take oyle of mastyke oz of wormwood
ii. ounces, waxe. iii. ounces, cloues, macys,
and cinamome, of eche three drammes,
make an oyntment addyng in the ende a
lytle byneger.

The

of children.

The yolke of an egge hard rosted, ma-
stike, frankinsence and gumme, made in a
plaister with oyle of quinces, is exceedyng
good for the same purpose.

Of yearyng or hicket.

It chaunceth oftentimes that a child
yeareth out of measure: wherfore it
is expedient to make the stomake ey-
gre afore it be fed, and not to replenysh it
with to much at once, for this disease com-
monly procedeth of fulnes, for if it come of
emptynes, or of sharpe humores in the
mouth of the stomake, whyche is seldome
sene: the cure is then very difficil and dan-
gerous.

Kemedy.

When it cometh of fulnes that a childe
yeareth incessantly without measure and
that by a long custome, it is good to make
hym bonyt with a fetter or by some other
lyght meanes, that the matter which cau-
seth the yearyng, may issue & vncöber the
stomake, y done, bryng it a slepe, and vse to
annoynte y stomake wyth oyles of castor,
spyke camomyll, and dyll, or two or thre
of them, ioyned together warme.

Of colyke and rumblyng
in the gutes.

L.iii.

Peine

The boke.

Pyne in the belly is a common disease of children, it cometh eyther of wormes, or of takyng colde, or of euyl mylke, the sygnes therof are to well knowen, for the chylde cannot rest, but crieth and fretteth it selfe, and many tymes cannot make their byrre, bi reason of wind that oppresteth the necke of the bladder, & is knowen also by the member in a manne chylde, which in thys case is alway styffe, and pricking, mozeouer the noyse and rubbing in the guttes, hyther and thither, declareth the childe to be greued, wyth wind in the belly, and colyke.

Cure.

The nurce must auoide al maner of meates y engender wynde, as beanes peason, butter, hard egges, & such. Thā washe the chylde's belly w hote water, wherein hath been sodden cummine, oil & fenel, after y make a playster of oyle and ware, & clappe it hote vpon a cloth vnto the belly.

An other good playster for the same entente.

Take good stale ale and freshe butter, seethe them wyth an handefull of cummyne poudred, and after putte it all together

of chyldezen.

gether into a swines bladder, & bynde the mouth fast, that the licoure yssue not oute, then wynde it in a clothe, and turne it by and down vpon the belly as hote as y pacient may suffer, this is good for the colike after a sodayne colde, in all ages, but in chyldezen ye must beware ye applye it not to hote.

Of flux of the belly.

MAny tymes it happeneth, eyther by takyng colde, or by reason of great payn in breeding of teeth, or els through salte and eyger fleume or choler engendred in the body, that the chylde falleth in a sodayne lax, whiche yf it longe continue and be not holpen, it may bring the pacient to extreme leanesse and cōsūpcion: wherefore it shalbe good to seke some holesome remedy, and to stoppe the running of the flux thus.

Remedy for the flux in a chylde.

First make a bath of herbes that do restryayn, as of plaine tain, saint Johns wede, called Ipericon, knotgrasse, bursa pastoris & other such or some of the, & vse to bath him in it, as hote as he may wel suffer, the wrap hym in wiche clothes, and lay hym downe to slepe. And

The Booke

And if ye see by this twise or thysse vsing
that the belly be not stopped: Ye may take
an egges yolke hard rosted and grynde it
with a litle saffron, mirrhe and wyne, make
a plaister, & apply to the nauil hote. If thys
succede not, then it shalbe necessary for to
make a powder to geue him in his meate,
with a litle suger, & in a smal quantity thus
Take the powder of hartes horne bzet the
powder of goates clawes, or of swynes
clawes bzet, the powder of the sedes of ro-
ses which remain in the berry when the rose
is fallen, of euery one a porcion, make the
berry fine, and with good red wyne or al-
mon milke, and wheate flour, make it as
it were a paste, and dype it in lytle balles
til ye see necessite, it is a singuler remedy
in all suche cases.

Item the milke wherein hath ben sod-
den white paper, and afterward quenched
many hote yrons or gaddes of steele, is ex-
ceeding good for thesame intent to drynke.

And here is to be noted, that a naturall
fluxe is neuer to bee feared afore the se-
uenth daye, and except there issue bloude,
it ought not to be stopped afore the sayde
time.

Powder

of chyldzen.

Powder of the herbe called knotgrasse,
oz the iuice therof in a posset dronken, oz a
plaister of the same herbe, and of bursa pa-
stozis, bole armony, and the iuice of plan-
rain with a litle vineger, and wheat floure
is excedyng good for the same cause.

Also the ryndle maue of a younge suc-
king kydde geuen to the childe, the weight
of .x. graynes, with the yolk of an egge soft
rosted, and let the pacient abstayne from
milke by the space of two houres befoze &
after, in stede whereof ye maye geue a ro-
sted quince oz a wardon with a litle suger
and sinamome to eate.

Item another goodly receypte
for the same intent.

Take sozell seede, and the kernelles of
great rayfins dryed, a corne cuppes, & the
seede of white poppe, of eche two drammes
saffron a good quantitie, make the in pou-
der and temper the with the iuice of quin-
tes, oz sirupe of red roses, this is a soue-
rain thing in al fluxes of the wombe.

Manye other thynges are wrytten of
authozs in the saide disease, whiche I here
leauē out for breuitie: & also because y^e afoze
reherfed medicines are sufficiēte inoughe
in a

The Booke

in a case curable, yet wil I not omit a goodly practife in the said cure.

The pesil of an hart oz a stagge dzyed in powder & dronken, is of great & wonderful effect in stopping a flux. Which thing also is approued in the liner of a beast called in english an otter. The stones of him dzobē in powder, a litle at once. xxx. daies together, hath healed men for euer of the falling euil.

Of stoppyng of the belly.

When as a flux is dangerous, so is stoppyng and hardnes of the belly greuous & noisom to the chylde, & is often cause of the cholike & other diseases.

Wherfoze in this case ye must alwaye put a litle hony in the chylde's meate: and let the nurse geue him hony to sucke vpon her synger, and if this wyl not helpe, then the nexte is to mire a litle fine and cleare turpentine with hony, and so to resolue it in a saucer, and let the child sup of it a litle. This medicine is described of Paulus Aegineta, and recyted of dyuerse other as a thynge verpe holesome and agreyngs to the nature of the chylde: for it doeth not onely losen the belly wythoute grefe

of chyldzen.

oz daunger, but doth also pource the liuer
and the longes, with the splene and kidde-
neys, generally comfortyng al the spiritu-
al members of the body.

The gal of an ore oz a colwe layde vpon
a cloute on the nauyll, causeth a chyld to
be loose bellyed, like wylse an emplaster of
a roasted onion, the gall of an ore, and but-
ter layde vpon the belly as hote as he may
suffer. If these wyl not helpe, ye shal take
a lyttle cotten, and dipped in the sayd gall,
put it in the sayd fundament.

Of wormes.

There bee diuers kindes of wormes
in the belly, as long, short, round, flat
and some small as lyce, they bee all
engendred of a crude, grosse, oz phlegma-
tike matter, and neuer of choler nor of
melancholy, for all bitter thynges killeth
them, and all sweete meates that en-
gender fleume, nouryssheth and feedeth
thesame. The sygnes dyffer accordyng to
the wormes. For in the longe and round,
the pacient commonly hath a drye coughe
payne in the belly about the guttes, some
time yearyng and trembling in the nyght
and start sodainly and fal a slepe agayne,
other

The Booke

other whiles thei gnashe and grinde their
teeth together, the eyes ware holowe with
an eiger looke, and haue greate delyte in
sombzing & silence, very loth when they
are awaked. The pulse is incertayn, & ne-
uer at one stay, sometime a feuer with gret
colde in the ioyntes, which endureth thre
oz foure houres in the night oz day, many
haue but smal desire to meate, and when
thei desire they eate very gredelye, which
if thei lacke at their appetite, they forsake
it a great while after, the hole body consu-
meth and wareth leane, the face pale oz
blew: sometime a flux, sometimes vomyte, &
in some the belly is swollen as styffe as a
raberet. The longe and brode wormes are
knowen by these sygnes, that is to saye,
yelownes oz whittishnes of the eyes, in-
tolerable hunger, great gnawynge & gry-
ppynge in the belly, specialllye afoze meate,
water comming out at the mouth, oz at
fundament, continuall yteche and rubbing
of the nosethilles, sonken eyes & a stynk-
yng breath, also when the person doth hys
easement there appereth in the donge lye-
tle flat substaunces, muche lyke the seedes
of cucumers oz gourdes.

The

of chyldren.

The other lesse sorte are engendred in the great gutte, and may well be knowen by the excedyng yitch in the fundamēt with in, and are oftentimes seene commynge out with the excrementes. They bee called of phisicians ascarides.

Remedy for woymes in chyldren.

The herbe that is found growing vpon oysters by the seas syde, is a singular remedy to destroy woymes, & is called therefore of the Grekes Scolitabotani, that is to say, the herbe that kylleth woymes: it must be made in pouder, and geuen with swete milke to the chyldre to drynke. The phisicians call thesame herbe corallino.

A singular receipt for
to kylle woymes.

Take the gall of a bull or ore, newelye killed, & stampe in it a handfull of cūmyn, make a plaister of it, and lay it ouer all the belly, remouing thesame euery. vi. houres.

Item the gall of a bull with seedes of colocinthis, called coloquintida of the apothecaries, and an handfull of baybertis wel made together in a plaister, wyth a sponefull of strong vineger, is of great effect in the same case.

The Booke

If the childe bee of age or stronge complexion, ye may make a fewe pylls of aloes, and the powder of worme-seede, then wynde the in a piece of a singing lose, and anoynte them ouer with a lytle butter and let them be swallowed downe hole without chewyng.

Of swellynge of the nauyl.

If a chylde lately borne, and tender, sometyne by cuttyng of the nauyl to nere, or at an inconueniente season sometyne by swadlyng or byndyng amisse or of muche cryyng, or coughyng, it happeneth otherwhyles, that the nauyll aryseth and swelleth with great payne apostemacion, the remedy wherof is not muche different from the cure of blcers, sauynge in this that ye ought to apply thinges of lesse attraccion, then in other kynde of blcers, as for an example, ye may make an oynment vnder this fourme.

Take spyke or lauender, half an ounce, make it in powder, and with thre ounces of syne and cleare turpentyne, temper it in an oynment, addyng a porciõ of oyle of swete almonds. But if it come of cryyng, take a litle beane floure, & the ashes of fine linnen

of children.

lynnen cloutes bzent, and temper it with red wine and hony, and lay it to the soze.

A plaister for swelling in the nauyll.

Take cowes donge, and drye it in powder, barley floure, and beane floure, of ech a porcyon, the iuyce of knotgrasse a good quantitie, cumine a lytle, make a plaister of al and set it to the nauyll.

An other.

Take cowes donge and seeth it in the mylke of thesame cowe, and laye it on the grieffe. This is also maruylous effectnall to helpe a sodayne ache or swelling in the legges.

Of the stone in chyldren.

The tender age of chyldren as I said afore, is vered and afflicted w many greuous and peryllous dyscales among whom there is few or none so violent or more to be feared in them, the that whiche is most feared in al kindes of ages that is to say, the stone, an honge and a pitiful dyscales, ever the more entreasynge in dayes, the more rebellynge to the cure of physike.

Therefore is it exceedyng dangerous

U.1.

whan

The booke.

Whan it falleth in chyldren, for asmuche as nether the bodyes of them may be well purged of the matter antecedēt, called humoz peccans, nor yet can abyde any violent medicine hauing power to breake it, by reason wherof the layd disease acquirēth such a strength aboue nature, that in procelle of tyme it is vtterly incurable.

Yet in the beginning it is oftentymes healed thus.

First let the nurce be wel dyeted, or the chyld, if it be of age, abstayning from all grosse meates, and hard of digestyon, as is beafe, bacon salt meates and cheese, thā make a pouder of the rote of peony dried, and myngle it wyth as much hony as shal be sufficiente, or if the childe abhorre hony make it wyth suger, molten a lytle vpon the coales, and geue therof vnto the childe more or lesse, accor dyng to the strengthe, twyse a daye, tyll ye see the byrne passe easely, ye maye also geue it in a rere egge, for wythout doubt it is a synguler remedy in chyldren.

An ornement for thesame.

Oyle of scorpions, if it may bee gotten, is exceeding good to annoynte withal the members,

of children.

members, and the nether part of the belly
right against the bladder, ye may haue it
at the apothecaries.

A singuler bath for the
same entent.

Take mallowes, holyhocke, lily rotes,
linsede, & parietary of the wall, seeth them
al in the broth of a shepes head, and therein
vse to bath the child oftentymes, for it shal
open the straytnes of the cōdytes, that the
stone may issue, swage the payne, & bryng
out the grauel with the bryne, but in moze
effect whan a playster is made, as shall be
sayed hereafter, and layed vpo the raynes
and y belly, immediatly after y bathyng.

A playster for the stone.

Take parietary of y wal, one portion &
stape it, doues donge another porcion, and
grynde it, thā fry thē both in a panne, w a
good quantytye of freshe butter, & as hote
as may be sufferēd, lay it to the bellye and
the backe, and from.iiii. houres to. vii. let
it be renewed.

This is a souerain medicine in al matter
ages. Itē an other pouder whiche is made
thus.

Take the kernels oz stones that are
found

The boke.

folide in the fruite, called openers oz mes-
piles, oz of some medlars.

Make them in fyne powder, whyche is
wonderful good for to breake the stone w^o
out daunger, both in yonge and olde.

The chestwormes dzyed and made in
fyne powder, takē wryth the broth of a chic-
ken, oz a lytle suger, helpeth them that can
not make their vryne.

Of pissyng in the bedde.

MAny tymes for debilitie of vertue
retentive of the reynes oz bladder
as wel olde men as chyldren, are
oftentymes annoyed, whan they vryne
issueth out ether in their slepe oz wakig a-
gaynst their wils, hauing no power to re-
teyne it whan it commeth, therfore if they
wil be holpen, first they must auoide al fat
meates til the vertue retentive be restored
agayne, and to vse thys powder in their
meates & dzynkes. Take the wesande of a
cocke, & plucke it, than bzen it in powder, &
vse of it twyse oz thryse a day. The bones
of an hedgehogge poudzed is of the same
vertue.

Itē the clawes of o goate, made in pou-
der dronken, oz eaten in pottage.

of chyldren.

If the patiente bee of age, it is good to make fyne plates of leade, wth holes in the and let them lie often to the naked backe.

Of burstyng.

The causes of it in a chyldre are many, for it may cōe of very light occalyons, as of great cryng, and stoppyng the breath, byndyng to strayght or by a fall, or of to greate rockynge, and such like, mai cause the filme that spredeth ouer the belly, to breake or to flake, and so the guttes fal down into the codde, which if it be not vterly vncurable, may be healed after thys sorte.

First lay the pacient so vpon hys backe that hys heade may be lower than hys heles, than take and reduce the bowels with your hande into the due place, afterwarde ye shal make a playster to be layed vpon the coddes, and hounde with a lace rounde about the backe, after thys fourme.

Take rosin, frankysence, mastyke, cumyne, lynesede, and anyse seede, of euery one a lyke, powder of osmunde rootes, that is to saye, of the brode ferne, the fourthe parte of all, make a playster wyth suffycient oyle olyue, and fresh swynes greace, &

¶.iii.

spreade

The booke

spredde it on a lether, and let it continue (except a great necessitie) two or thre weekes, after that apply an other lyke, tyll ye see amendement. In thys case it is very good to make a powder of the heares of an hare and to temper it wth suger or conferuacoles and geue it to the chyldre twyse euery day. If it be about the age of .vii. yere ye maye make a singuler receite in dzyinke to bee taken euery day twyse, thus.

A dzyinke for one that is
brullen.

Take matfelon, daylies, conferve, and osmundes, of euery one a lyke, sceth them in the water of a synthes forge, to the .iij. part, in a vessell couered, on a soft fyre, thā strayne it and geue to dzyinke of it a good draught at once morning & euenyng, ad- dyng euermoze in hys meates & dzynkes, the powder of the heare of an hare, bceyng dzyed.

Of fallyng of the fun-
damente.

MAny tymes it happeneth y^e the gut called of the latines rectū inte sty- nū, falleth out at the fundamente and cannot be gotten in again wthout pain
and

of chyldren.

and labour, whiche disease is a common thing in chyldren commynge oftentimes of a sodayne colde or a lōg lare, and may well be cured by these subscribed medicines.

If the gutte hath bene long out, and be so swollen that it cannot be reposed, or by coldnes of the aire be congeled, & best counsell is to let the chylde lye on a hote bathe, made of the decoction of mallowes, holy hocke, lynsedes, and the rootes of lylies, wherin ye shal bath the fundament with a soft clouce, or a sponge, and whan the place is suppled thrust it in agayn, whych done, than make a powder thus.

A powder for falling of the fundament.

Take the powder of an hartes horne bzent, the cuppes of acornes dzyed, rose leaues dzyed, goates clawes bzent, & rind of a pōegranate, & of galles, of euerye one a porcyon. Make thē in powder, and strow it on h̄ fundament. It shall be h̄ better if ye put a litle on h̄ gut, afore it be reposed in h̄ place, & after it be setled, to put more of it vpon the fūdamēt, thā bind it in w̄ hote linnen clothes, & geue h̄ child quices or a roasted warden, to cate wyth cynamome & suger.

A.iiii.

Another

The booke

Another good pouder for
the same.

Take galles, mirre, frankinsence, ma-
stike, and aloes, of every one a little make
the in a pouder and strow it on the place.

A litle tarre with golegreace, is also ve-
ry good in thys case.

An other good remedy.

Take the wolle from betwene the legs
oz of the necke of a shepe, whyche is full of
sweate and fatty, than make a iuyce of br-
set lekes, and dip the wolle in it, and lay it
to the place as whote as may be suffered, &
whan it wareth colde remoue it and apply
an other hote, thys is a very good remedy
for fallng of the fundament.

If the chyldre prouoke many tymes to
seege, and can expell nothyng, that disease
is called of the Grekes tenelnios, for the
which it shalbe very good to apply a play-
ster made of gardyn cressis and of cumine
in lyke quancitie, fry them in butter, and
lay it on the belly as hote as he may suffer.

It is also commended, to fume the ne-
ther partes with turpeneyn and pytch, and
to lie long upon a boarde of cedar oz iunt-
per, as may be possyble.

Chafng

of chyldzen

Chafyng of the skinne.

In the flankes, armeholes, & vnder the
beares, it chaunceth oftentimes that
the skin fretteth, eyther by the chylde's
owne brine, or for the defaute of washyng
or els by wꝛappynge and keepynge to hote.

Therefore in the begynnyng, ye shal an-
noynt the places with fresh capōs grease,
then if it wil not heale, make an oynment,
and lay it on the place

An oynment for chafyng
and gallyng.

Take the roote of the floure deluice dried
of red roses dꝛyed, galingale and mastike,
of eche a like quantitie, beate the into most
subtile pouder: than with oyle of roses, or
of lynesede, make a soft oynment.

Item the longes of a wether dꝛyed, and
made in very fine pouder, healeth all cha-
fynge of the skinne: and in like maner the
fragmentes of thomakers lether bꝛēt, and
cast vpon the place, in as fyne pouder as
is possible, hath the same effect, which thig
is also good for the gallyng or chaffing of the
fete, of whatsoeuer cause it commeth.

Item beane floure, barley floure, and the
floure of fitches tempered with a litle oyle
of

The Booke

of roses, maketh a souerain dyntment for the same intent.

If the chafynge be great, it is good to make a bathe of holihocke, dill, violetttes, & limesede, with a litle bran, than to washe y^e same places oftentymes, and lay vpon the soze, some of the same thinges. The decoc- tion of plantain, bursa pastozis, hozsetayle, and knotgrasse, is exceedyng good to heale all chafynge of the skin.

Of small pockes and meafels.

This diseale is comō and famillier called of the grekes by the general name of eranthemata, & of Plinie papule et pituite eruptiones, notwithstanding the consent of writers, hath obtained a distinc- cion of it in .ii. kindes: y^e is to say, varioli & meafels, & morbilli called of vs the small pockes. Ther be both of one nature, & procede of one cause, sauing that y^e meafels are ingendred of the inflammacion of bloude, and the small pockes of the inflā- macion of bloud myngled with choler.

The sygnes of them bothe are so manifest to sight, y^e they nede no farther decla- ration, for at the fyrst, some haue an ytch and a fretting of the skynne as yf it hadde bene

of chyldren

bene rubbed with nettels, pain in y^e heade
& in the back, the face red in colour & flec-
ked, feare in y^e slepe, great thirst, rednes of
y^e eyes, beatyng in the temples shotyng and
pryckyng throug al the body, then anone
after when they break out, they be seen of
dyuers fashions & fourmes, sometimes as
it wer a drye scab or a lepry spyedyng ouer
al the mēbers, otherwhiles in pushes pim-
pels & whayles, remnyng with muche cor-
rupcion & matter, & with great payn of the
face & throte, drynes of the tong, hozenes
of voice, and in some quiueryng of y^e heart
with swolnyng. The causes of these euyl
affeccions, are rehearsed of authours, to
be chiefly foure. First of the superfluityes
which might be corrupt in y^e wombe of the
mother, y^e chyld there beyng, & receyuing y^e
same into y^e pores, the which at that tyme
foz debilitie of nature, coulde not be expel-
led, but the childe encreasing afterward in
strength, be driue out of y^e veines into the
upper skin. Secōdarily it may cōe of a cor-
rupt generaciō, y^e is to say, whā it was en-
gēdred in an euill seasō, the mother beyng
sick of her natural infirmity, foz suche as
are begotten y^e tyme very seldom escape y^e
dysease of lepry. The

The Booke

The third cause may be an euil dyete of
y^e nourse, or of the childe it self, whan they
fede vpon meats y^e encrease rottē humours,
as milk & fish both at one meale, lykewyse
excesse of eating and drinking, and surfet.

Fourthly this disease commeth by the
way of contagion, whan a sick person in-
fecteth an other, and in that case it hath
great affinitie with the pestilence.

Remedy.

The best & most sure helpe in thys case,
is not to medle with any kind of medicins
but to let nature work her operacion, not-
withstanding yf they be to slow in cōming
out, it shalbe good for you to geue y^e chyld
to drink sodde milk & saffron, and so keepe
hym close and warme, wherby they may y^e
soner issue forth, but in no case to admini-
ster any thing y^e might either repress the
swelling of y^e skin or to coole the heate y^e is
within the members. For if this disease
which shoud be expelled by a natural accio
of the body, to the long health afterwarde
of the paciēt, wer by force of medicine cou-
ched in again, it were euen ynough to de-
stroy y^e child. Therfore abide y^e ful breaking
out of y^e sayde wheales, & the (if they be not

of chyldren.

rype) ease y^e chylde's pain by making a bath of holyhock, dyl, camomyl, & fenell, yf they be ripe & matter, then take fenell, wormewood and sage, & seeth the in water, to the thyrd part, wherin ye may bath hym with a fine cloth or a sponge. Alwayes prouided y^e he take no colde during the tyme of hys sicknes. The wine wherin figs haue bene sod, is singuler good in the same case, and may be wel vled in all times and causes.

If the wheales be outragious & greate, with much corosion and benym som make a decoccion of roses and plantayne, in the water of oke, and dissolue in it a litle englysh hony and camphore. The decoccio of water betony, is approued good in y^e sayde dysseases. Lyke wyse y^e ointment of herbes wherof I made mencion in the cure of scabs, is excedyng holesom after the sores are rype. Moreover it is good to droppe in the patientes eyes, fve or sixe times a day a litle rose or fenell water, to comforte the syght, lest it be hurt by continual renyng of matter. This water must be ministred in the sommer colde and in the winter ye ought to apply it luke warme.

The same rosewater is also good to
gargle

The Booke

gargle in his mouth, if the chylde bee then payned in the throte.

And lest the conduites of the nose shuld be stopped, it shalbe expedient to lette hym smel often to a sponge wete in the iuice of sauery, strong byneger, & a litle rose water

To take away the spots and scarres of the smal pockes and meafils.

The bloud of a bull oz of an hare is much comended of authoꝝ to bee anoynted hote wth y^e scarres, & also y^e licour y^e yssueth out of shepes clawes oz goates clawes, het in y^e fire. Item the dripping of a sygnet oz swan layde vpon the places oftentimes hote.

Feuers.

If the feuer vse to take the chylde with a great shakynge, & afterward hote, whether it be cotidian oz tertian, it shalbee singuler good to geue it in drinke, the blacke seedes of peony made in fine pouder, searced and mingled with a litle suger. Also take plaintain, fetherfew, & berueyn, and bath the childe in it once oz twice a daye, binding to the pulces of the handes and fete a plaister of the same herbes stayed, and prouoke the childe to sweate afore the fit cometh.

Songs

of chylozen.

Some gene counsell in a hote feuer, to apply a colde plaister to the bzeast, made in this wise. Take the iuyce of wormewood, plantayn, mallowes and houlleke, & temper in them as muche barley floure as shall be sufficient, and vse it. Or thus & moze better in a weake pacient.

Take drie roses and powder them then temper the powder with the iuice of endiue or purcelane, rose water, and barley floure and make a plaister to the stomake.

Itē an ointmēt for his temples, armes and legges, made of oyle of roses, and populeon, of eche like muche.

A good medicine for the ague in children.

Take plantain with the roote, & walsh it, then seeth it in a faire runnyng water to the third part, wherof ye shall geue it a draught (if it be of age to drynk) with sufficient suger, & lay the sodden herbes as hote as may be suffred, to the pulses of y hands and fete. This must be done a litle afore y fit, and after ward couer it with clothes,

The oile of nettels, wherof I spake in y title of stifnes of limmes, is exceeding good to annoynt the mēbers in a colde shaking ague.

The Booke

Of swelling of the coddess.

To remoue the swelling of the coddess proceeding of ventositie, or of anye other cause (except burstyng) whether it be wth inflammation or without, here shall be rehersted many good remedies, of which ye may vse, accordyng to y^e quality & quantitie of the grief: alway prouided, y^e in thys disease, ye may in no case apply any repercutiues, y^e is to saye, set no colde herbes to dryue y^e matter back, for it would than retorne again into the bodye, & the congelacion of such a sinowye member, would peradventure mortify the hole. And aboue al, ye may set no plaister to the stones, wherin humlock entreth, for it wyl depriue the for euer of their growyng, & not onely the but the brestes of wenches, whan they be anoynted therewith, by a certayn qualite, or rather an euill propertye beyng in it.

A goodly playster for swelling of the stones.

Take a quart of good ale wort and sette it on the fire to seeth, with y^e crummes of browne bread strongly leuened, & a handefull of cummin or more in powder, make a plaister with all this and suffycient beane flour

of children.

on the fyre by them selfe, wythoute lycour
fryre them and bray them wyth a strong
hande, tyl there arysse as it wer a froth or
spume of oyle to the mouth of the vessell,
then presse the yolkes and reserue the ly-
coure, thys is called oyle of egges: a verye
precyous thng in the foresayed cure.

Moreouer there is an oynmente made
of shepes donge fryed in oyle or in swines
greace, than put to it a lytle ware, and vse
it. Also take quicke lyme and washe it in
beriuice. *ix.* or *x.* tymes, than mingle it with
oyle, and kepe it for thesame entent. Item
the iuyce of the leaues of lylpes. *v.* partes,
and bineger one part, hony a litle, maketh
an excellent medicine, not only for this en-
tent, but for all other kynde of hote and
runnyng blcers. Note that whatsoeuer ye
vse in this case, it must be lated vnto bloud
warme. Also for auoydng of a scarre kepe
the soze alwaye moyste wyth medycyne.

Of kybes.

The kybes of the heeles, are called in
latyne perntones, they procede of
colde, and are healed wth the subscri-
bed remedies. A rape roote roasted wyth a
litle fresh butter, is good for the same grief

℞.iii.

Item

The boke.

Item a dosen eggges, sodden and stamp-
ped w a litle g of egrese, is good. Carthe
wormes sodden in oyle, hath the same e-
fecte.

Item the skin of a mouse clapped al hote
upon the kybe: wyth the heare outwarde, &
it should not bee remoued durynge three
dayes.

A plaister for a kybed hele.

Take new butter, oile of roses, hennes
greace, of ech an ouce, put y butter and y
greace in a bigge rape rote, oz in lacke of it
in a great apple, oz onio, & whā it is rosted
soft, bray it wyth the oile, and lai it plaister
wyle upon the kybe.

An other.

Take y meate of apples & rapes rosted
on y coles, of ech. iij. ouces, fresh butter. ii.
ouces, duckes greafe oz swānes greace, all
oute, stampe the al in a moztar of lead if it
may be had, oz els grinde them on a fayre
marble and vse it.

Of consumpcon oz leanes.

W^han a childe consumeth oz waereth
leane wout any cause apparāt, ther
is a bath comended of authoures, to
wash y child many tymes, & is made thus.

Take

of childzen.

Take y^e head & fete of a wether, seth thē till
y^e bones fat a sūder, vse to bath y^e childe in
this licour, & after annoynt hym wth thys
oyntment folowynge. Take butter wthoute
salt, ople of roses and of byolets, of ech an
oūce, the fat of raw porke, halfe an ounce,
ware a quartern of an oūce make an oint-
mēt; wherwth the childe must be rubbed eue-
ry day twice, thys wth good sedynge shal en-
crease his strength by the grace of God.

Of gogle eyes.

Thys impedymēt is neuer healed but
in a very yong childe, eue at the beginning
wherunto there is appoynted no manner
kynd of medicine, but oly an order of ke-
pyng, that is to saye, to lay the chylde so in
hys cradelle, that he may behold directe a-
gainsst y^e lyght, & not to turne hys eyes on
ether of both sides. If yet he begi to gogle,
than set y^e cradell after such a fourme, that
the light may be on y^e contrary syde: y^e is,
on y^e same syde frō whence he turneth hys
eyes, so y^e for desyer of lyght he may direct
thē to thesame part, & so by custome bring
thē to y^e due fashiō, & in y^e night, ther ought
to bee a candell set in likewise to cause him
to beholde vppon it, and remoue hys
eyes

The boke.

eyes from the euil custom. Also grene clothes, yelow, or purple, ar very good in this case to be set, as is said afore. Furthermore a copse or a byggen standynge out besides hys eyes, to constrayne the syghte to beholde dyrecte forwarde.

Of lyce.

Sometyme not onely chyldren but also other ages, ar annoied wth lyce they procede of a cozrupt humoure and are engendred wth in the skinne, crepig out a lyue thzough the pores, which if they begin to swarme in exceedyng number, & dysease is called of the grekes Phthiriasis wherof Herode dyed, as is wrytten in the actes of Apostles: and amonge the Romanes Scilla, whyche was a great tirat and many other haue been eaten of lyce to death, whych thyng, whan it hapneth of p^lage of god, it is past remedy, but if it procedeth of a natural cause, ye may wel cure it by the meanes folowynge. Fyrst lette the pacyent abstayne from all kynde of cozrupte meates, or y^e brede fleume, & among other, fygges & dates, must in thys case be bitterly abhorred. Thā make a lauatozy to wash & scoure the body twise a daye, thus.

Take

of chyldren.

Take water of the sea, or els brine, & frog
lye of ashes, of eche a like porcion, worme-
wood a handfull, seeth them a while, and
after washe the body with the same licour.

A goodly medicine for to kill lye.

Take the groundes or dregges of oyle,
aloes, wormewood, and the gal of a bul, or
of an ore, make an ointment which is sin-
guler good for the same purpose.

An other.

Take mustarde, and dissolve it in vy-
neger, with a litle salt peter, and annoynt
the places, where as the lice are wonte to
brede.

Item an herbe at the apothecaries cal-
led stavesacre, brimstone, and vineger, is
excedyng good.

It is good to geue the pacient often in
his drinke, powder of an harts horne bzet.

Stavesacre with oyle is a maruelouse
holesome thing in this case.

An expert medicine to
dvyue awaye lice.

Take the groundes or dregges of oyle,
or in lacke of it, freshe swines grease, a
sufficient quantitie, wherein ye shal chase
an ounce of quicksilver tyll it be al conker
into

The Table.

Into the grease, than take powder of saue-
sacre ferled, and mingle altogether, make
a girdle of a wollen list mete for the middle
of the pacient, and all to annoynte it ouer
with the sayd medicine, than let him weare
it continually next his skin, for it is a sin-
guler remedy to chase away the vermyne.
The onely odour of quicksilver killeth lice

These shalbe sufficient to declare at this
tyme in this litle treatyse of y^e cure of chil-
dren, which if I may know to bee thanke-
fully receiued, I wil by gods grace sup-
ply more hereafter: neyther desyre I
any longer to lyue, then I wyl
employ my studies to the ho-
noure of G. D. and pro-
fite of the weale
publyke.

Thus endeth the Booke of chil-
dren, composed by Thomas
Phayer, studious in phi-
losophie and Phi-
sicke.

The contentes of the Regiment of life.

- O**f diseases and remedies of the head.
Pain coming of choler.
Pain caused of fluxime.
Pain caused of melancholye.
Regiment for al headache.
Remedy for headache of all causes.
Of diseases in the face.
To pallify a face incurable.
For rednes of the face.
For cankers, bleers, & Polime tangeres.
For wormes in the face.
A purgacion for the same.
Dyete for the same sicknes.
For the eyes, and to quicken the sight.
For pain in the eyes.
For bloudshotten eyes.
For swelling of the eyes.
For soze eyes.
For great payne in the eyes.
For rednes in the eyes.
For hardnes in the eyes.
For al rednes of eyes.
To drye the eyes.

For

The Table.

- For webbes in the eyes.
- Regement for diseases in the eyes.
- For infirmities in the eares.
- For stinking of the nose.
- For nosebleading.
- Remedy for tothache,
- To make teeth whyte.
- Remedies for diseases in the breste.
- For a hoarse voice.
- For the cough.
- For shortnes of wynde.
- For asthma.
- An oynment for the breate.
- Regiment for the same.
- Remedyes for pthysicke.
- For the pleuresy.
- For dysleases in the rybbes.
- Weakenesse of the heart, and the cure.
- Swolwynng.
- For dysleases of the stomake.
- For weakenes therof.
- For abhorryng of meate.
- For belchynng.
- For wyndynes therof.
- For the hicket.
- Regiment for the bycket,
- For vomiting.



