

The benefit of the auncient bathes of Buckstones, : vvwhich cureth most greeuous sicknesses, neuer before published: / compiled by lohn lones phisition. At the Kings Mede nigh Darby. Anno salutis 1572. Seene and alowed acording to the order appointed.

Contributors

Jones, John (Physician)

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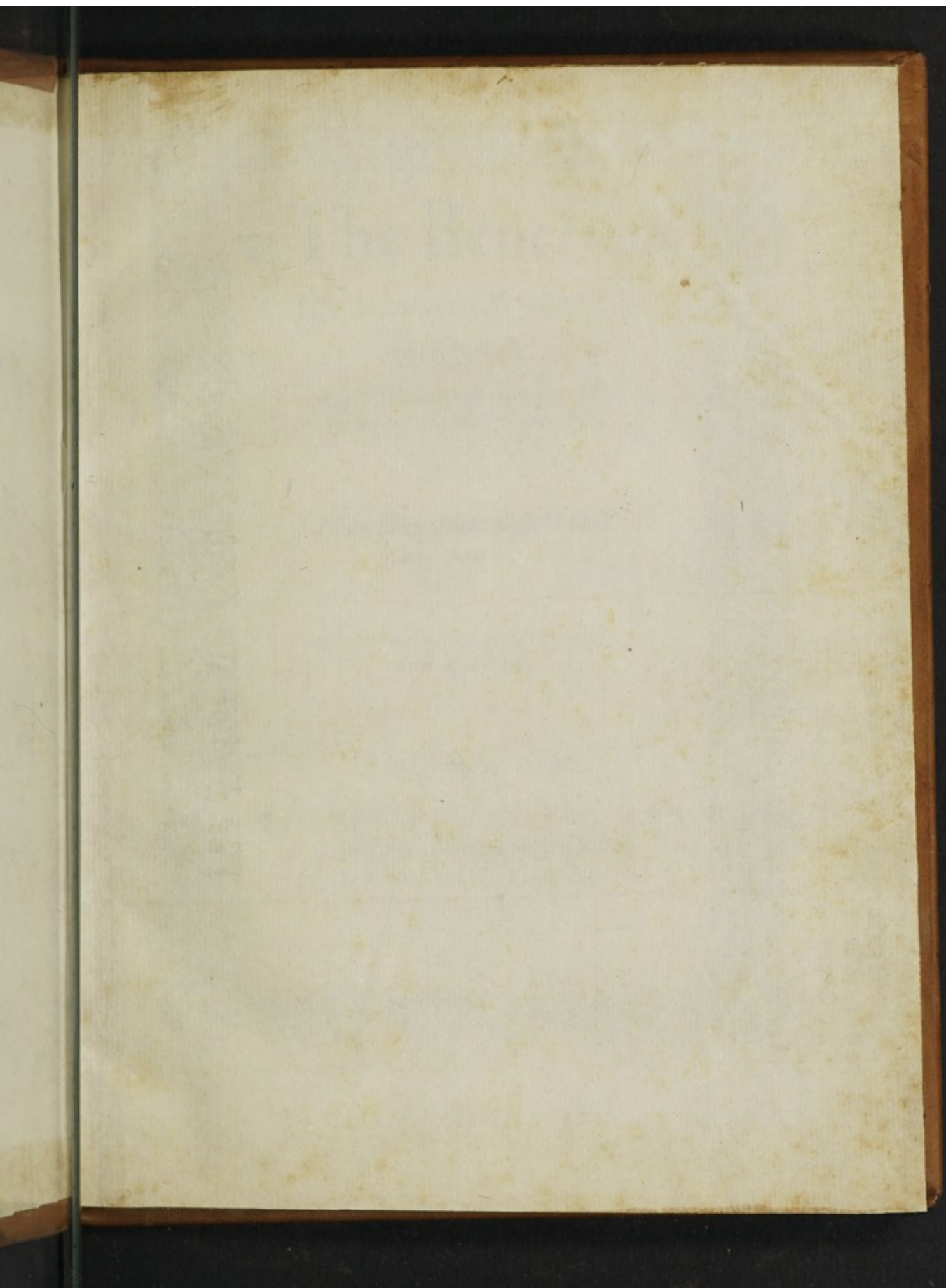
JONES — BATHES OF BUCKSTONES — 1572

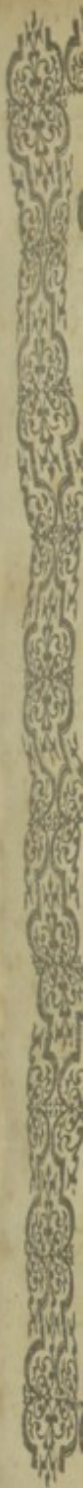
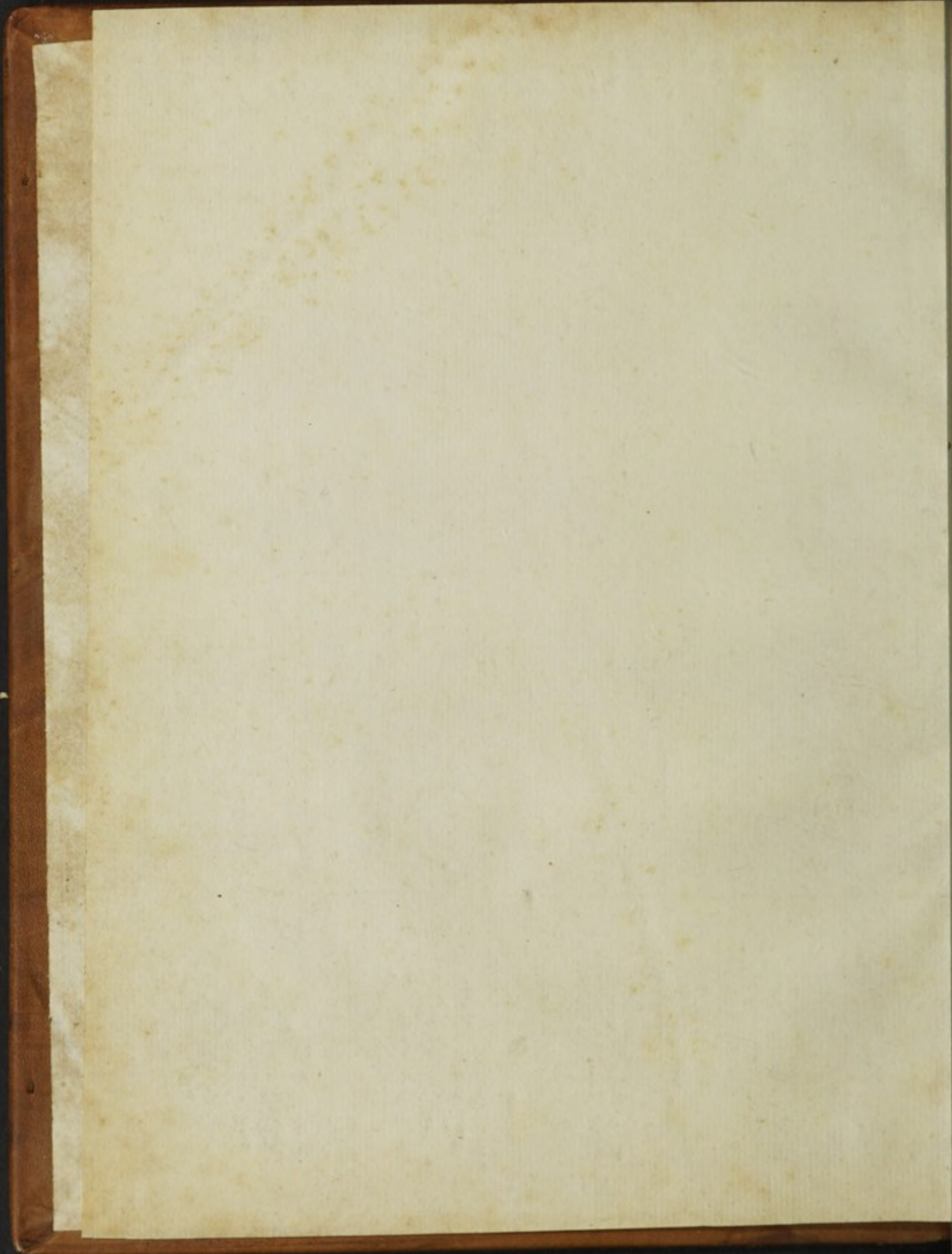






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TO THE RIGHT HONORABLE,
George, Earle of Shrewes-

bury: Lord Talbot: Furniuall: Warden: and
Strange, of Blackemyre: Knight of the most
Noble order of the Gartyre, and one of the
Queenes maiesties most honourable
priuie Councell, and Iustice in
Eyre, from Trent North-
wardes.

JOHN IONES WISHETH ALL HEALTH,
long lyfe, encrease of honour, and Graces
eternall.



AFTER that the Philosopher (right Noble Earle) had considered the moste woonderfull workes of God, and nature, so orderlie placed within the Sphere or round world, Macrocosmus, with all things aboue the Elementes, and Quintessence, the hyghe heauens, as the inferiour constellations: Influences: and begynners of corruptible substances: the Elements them selues: all thinges, in the Fyre, Ayre, vvater, and Earth: be it besyde of the highest: immortal, and perpetuall, or of the inferiours: mortall and corruptible, doing, being, growing, senting, and reasonable, as Microcosmus, man, for other vses so necessary, the heauenly bodies, conspyred to one absolute Empyre, vvith all thinges vnder them, produced, to most effectual purposes, causing him to say, God, and nature, dyd nothing in vaine.

The which heauenly saying, dayly we fynde most true, albeit, many of those greate and hidden benefytes: preordinate by prouidence diuine: were vnknownen many yeaes, to many nacjons. Insc much, as husbandry an arte most comune: and now of least conning: was long vnknownen: men liuing on the fruits

¶.ii.

of the

The Epistle.

of the Erth, without any manurāce, as beasts: for vntil Dionisius his time, it was vnknowne amōgst the Egipcians, & vntil Charles the fith Monarche, amongst the Indians: as Diodorus, Polydorus and Martine Curtesse affirmeth: and in Greece and Asia, vntill Triptolemus: In Italie, vntill Saturnus: as Macrobius sheweth. So was, vvyne, Oyle, Honie, Ale, Beere, Bread, Cheese, and infinite other thinges, after orderlie appointed, to our vses as doth appeare. And, Bacchus vvas the fyrst, that of Barly made Ale, for the Egipcians: bicause as then they had no Grapes: the which we Brittaines vse still, and they of Germanie, and Flandres, beere. The Iewes found oyle, as Iustinus writeth, and Gorgonius the king, hony: Aristeus the making of cheese: Arachue Flax, and knittiug, as Plinius approueth: Minerua, spinning: Nicias, fulling: Pallas clothing: Vso, apparel sayeth Eusebius. Building of houses is ascribed first to Iobal, if we beleue Polidore: walles and towers, sayth Aristotle the Cyclopians edified: Carpentry, Dedalus inuented: sayling, Neptunus: gold Cadmus found out, first in Thrace, and Emanuel the last king of Portugall, sent to seeke it first in India: Siluer, Erictonius: Iron, Iddedatili: Lead, Mydachuitus: Brasse, Aristotle sayth, Lydius: Fyre, Vulcanus: Phisick, Apollo: amplified by AEsculapius: perfected by Hippocrates: expounded by Galen. Bathes and hot houses, Nero, Agrippa, Vespasianus, Titus, and other Emperours, Kings, Philosophers and Phisitions, as testifieth Iulius Capitolinus.

So that by these and ten thousand others, we may gather, that Gods good gyfts haue not all at one time bin reuealed, nor at one instant to al nacions auayled, but some by one, in one time, some by another in another time, and all as it pleased his infinit bountie, to ayde and benefite his creatures with: as by king Bladud the Britten were first erected the bathes of Bath: So now we may say by your honour, the bathes of Buckstone to be beneficially edified, worthy euery where to be notified.

Of the which, by Gods help, and your honours protection,
somewhat

The Epistle.

somewhat shalbe shewed hitherto vnknown, that the benefite thereof, may the better be perceaued.

The which worke, howsoeuer it be, I beseech your Noblenes to accept, as that which of most right, to you of ducty belongeth. And, forasmuch as your care hath ben therein, to the benefyte of all: It is right that of all, you should be highlie magnified, for your vertuouse exployte, accomplishing of so noble a benefyte, and that in this our age, when as the most sort, are giuen to seeke worldlie gayne, rather then the publique proffet (the more pittie it is to speake it) and that such, as to themselues, and theirs, onelic, might belong. But your vertuouse industry, is, & hath ben, for the benefyt, of the vniuersall people of God: as a thing, descending from your parents: and of you enherited. Therefore, to you mightie Erle I dedicate, these my labours, and playne Treatise, entytuled *Buckstones Benefyte*, bicause, by you is accompyshed, and notified, euery wher, that which was in a maner hydden, and vnknown, to all a far of, and vnto the most neere hand. If, I should here shew, how greatlie they are to bee extolled: that take such paine, and be at such cost: for the wele publique: I might rather make a newe volume: then fynish this. As it may easilie appeare, by that which is already exprefsed. VVherfore, I will stay my pen, for that, I confesse my selfe farre vnable: to set out the condigne prayses: that eyther too your honour belonge, for the true loue assurid Loyaltie, and great trust: vnto your puissance comitted: or the worthy benefytes: that the Bathes, or vvels, of Buckston do yelde. Notwithstanding, great Alexander, retained with him in great fauour: one that wrote his hystory: albeit, it was not most elegantlie penned (as Quintus Curtius affirmeth) bicause, it might encourage, some of more eloquence, to take in hand, the like enterpryse: for, otherwise what had auayled the fame of hys conquest? when that age had expired, if none had taken in hand: for the posterities to haue remembred: whose example herein I haue folowed.

The Epistle.

For that, so great a benefyte, as is Buckstons Bathes, vvithin the edifices vnder a bushel should not be ouerwhelmed: nor, without the order heerein expressed how to vse them: frequented. Vntill some other of more learning will better handle hit, Crauing nothing els for my paynes but that it may of your Lordship bee vvell excepted praying for the long preferuacion and encrease of your honour, in all helth, welth, and felicitie. Amen.

Your Lordships euer at com-
mandment, John Jones.

Carmina.

Christophori Carli
ad Lectorem.

Diceret phoebum genuisse Iousum
Rupe parnasi : peperisse Cirrha.
Aut in extremis heliconis antris

Palladis alumn

Naiades nouit, dryades fauebant

Tartary nimpha, liquida napea

Ac metallarum stygiae camena

Castalidesqz.

Feruidos fontes, calidasqz thermas

Et poros terra refecat, docet nos

Cur tot agrotis medeantur vnda

sulfure plena.

Hunc librum legant medici baldenses

Westphali: Rhensi scatebras colentes

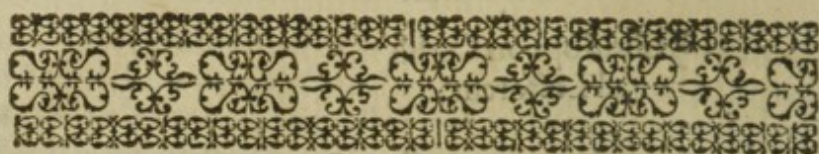
Vnde naturas laticum tepentes

Discere possint.

Thomas Lupton to the Reader.

Though forrein soyle in worthy gifts doth maruelously abound,
yet England may be hold to boast, wherin the like are found.
How many vs to bathes abroad far hence with cost to range,
wherby they may their tothsome lims to helthfull members
But such (onlesse they more desire for wit then helth to come) [change
they may haue help with charges lesse and soner, here at home.
It such stoncs bathes whose vertues here, is lernedly displayd.
Therefore disdaine not this to read that hath the same bewrayd.

FINIS.



CATALOGVS AVTHORVM

in hoc opere citatorum, Alphabetico
ordine congestus.

Aristoteles.	Georgius Agricola.	Mesue.
Auicennas.	Gabriel Fallopius.	Manardus.
Auerhois.	Halyabbas.	Mathæus Graduent.
Auenzoar.	Hippocrates.	Mathiolus.
Antylus.	Hieronimus Mont.	Nicolaus Massa.
Athanzus.	Hieronimus Carda.	Nicolaus Myrep.
Amatus Lusitanus.	Ioanicius.	Nicolaus præpositus
Arnoldus de Vill.	Iustinus.	Nicolaus Alexand.
Actius.	Iulius Capitolinus.	Oribasius.
Aesculapius.	Ioannes Almenar.	Plato.
Benedictus Victor.	Ioannes de monte	Plinius.
Baptista Montan.	regio.	Paulus Aegineta.
Cornelius Celsus.	Iacobus Siluius.	Ptolomæus
Conciliator.	Ioannes Bachanellus	Polidorus Virgilius.
Dioscorides.	Ioannes a Sanc. A-	Quintus Curtius
Diodorus Siculus.	mando.	Ruellius.
Damascenus.	Leonhartus Fuchsius	Tagaltius.
Eusebius.	Marcrobis.	Tralianus.
Fernelius Ambianus	Munsterus	Theion.
Gentilis.	Martinus Curtesius.	Valescus de Tarant.
Galenus.	Leonellus Fau-	Valerius Cordus.
Gordonius.	tinus.	Vldericus Hutton.

To the Christian
READER.



Then as in one househould or familie (gentle Reader) the Chyldren, begotten betwene one Father and one Mother: doe differ one from another, as well, in proporcion of body, as in wyt, disposition, and maners: Euen so, men of one facultie, in sundry things, be of sundry inuencions, iudgements, and dispositions: as well Diuines, Lawiers, Philosophers, as Physicions, no maruail therefore, if others. So hard it is for any man, be it neuer so freely inteded: neuer so studiously laboured: neuer so profitable, for, the wele publike: to set forth any thing, for al mens liking, that euen most of the wisest sort (as many men think) set forth nothing by printing: bicause, many now a daies are giue, to the searching out rather, (if they cā) to blot him, with the lest matter (if there bee no greater) and let the common profyt, then too seeke the thinge that may all men benefyte, eyther

*.i.

To the Reader.

ther the same to cominend, or therto too adde any credite.

These, and such lyke causes, haue letted many (as I deme) fro the attempting of this (howsoever it be) which I haue accomplished, of Buckstons benifite: aduenturing rather for my part, to be stong of the Drones, then to leaue the good honyp vnslought and to be barked at, with such vnkind curs, then to leaue the Master of the house helple: trusting that the Wise, Graue, Learned, Curteouse, & Louing sort, wil accept the endeuour of him, who as much as in him lieth (for y^e tyme) doth seeke, how he may best profit the vniuersall people of God, and in speciall, hys owne countrymen that bee vexed with such greuous sicknesses, as they despaire of remedy, by any other meanes.

Galen, whē he came first to Rome, sent for by Marcus Aurel. Willing his Lieutenant, that he shuld honorably furnishe him with men, money, horse, & munition as very noblie he did: for that he was desirous greatly of his consaile. Commodus his sonne being very sicke of a feuer,
the

To the Reader.

the Which at the first sight, hee presaged
(for that the Crisis so prognosticated, a
knowledge by him thoroughly labored, as
he that was most expert in phisicke) that
he should haue his fit no more: Whereat,
the Phisicians of the Emperours hyghe
councell, inuerynpled, & when they saw the
effect, greatly disdayned (for such know-
ledge they had not studied) Where they
should haue louingly embraced him, and
highly haue comended him, for Tagalti-
us saith, the maners that to Phisicians
belonged, are that they be of gentle enter-
taynement, curteouse, & friendly toward
such as be of their own professiō, in greek
termed Philateiras. But what did hee:
leauē his well dooing for all their enuy-
ing: no truly. So much was hee giuen
the vniuersall world to profyt, more ear-
nestly proceeded forward in all good doc-
trine, as by his workes made there, both
against Erasistratus, concerning letting
of blood: and against Thessalus Trali-
anus, about the healing of vlcers, maye
appeare: prouing & repprouinge, by mooste
waighty arguments, & best authorities,

To the Reader.

al that he did not waying the disdain of
a fewe, so that he might profyt all, as no
dout he hath al the World. Let Paracel-
sus (& all other vayne practisers do what
they can) With his fyre work, of thre be-
ginninges, of salt, Sunstone, and quick-
silver, blowing the coles vnto ashes, and
stilling til they haue no glasses, as wyle
as geese, as reasonable as apes, as trim
as Colyers, and as riche as newe thorne
sheepe.

Now seeing Galen, in whō was heaped
as in a grainard : all knoweledge both
philosophicall, & phisicall, was enuyed,
disdained, backbited, and yet of some is:
What shal I think to go scotfree, that am
so far inferiour vnto him, as is the schol-
ler, vnto the maister? No no, therefore I
will arme my head with patience : and
my harte with a cleare Conscience, pro-
testing before G D D : and men, (Which
thorow the enuiousnes of the time I am
drinē vnto) that this, that I haue done,
I haue done neyther of a proud mynd,
ambitious desire, or ouerwening in my
selfe, but of a very feruent zeale, to the
pre-

To the Reader.

preservation of health, and mayntay-
ning of lyfe: bycause I sawe so many
repaire thither, without al order. By
meanes whereof, some went a way very
sick, that came thither indyfferent well.
Some neuer a whit the better: Whiche if
they had had good counsaill, might. And
some, more by hap then by cunning: as
it dyd them no good, so dyd it them no
harne.

These things wayed, I began to con-
sider with my self, of many things dout-
ting, whether it were better, to let passe,
as other wiser, & better lerned the I had
done such matters, or to procede therein.
The which, whē I had attēpted, more
and more I saw was too bee sayde, min-
ding to haue gone no further: thus be-
twene dout and despair, hapned to come
vnto me, of the lerned some, & other of the
gentility, wise & expert that feared God,
loued their country: and hearing that I
had begon suche a matter of Buckstone,
as I had of Bath: instātly desired mee,
to goe forward, affirming, I should doo
a gratefull deed too the common weale

To the Reader.

of my native country, & that for the north parts, & West: as well as the South: yea & if it were not so well done as some others of more wisdom, learning, & experience could, (as I think of my self it is not) yet because it should encourage some other, if they saw myne not sufficient to amende (as it is easier then to begin) that which I haue rudely roued ouer. Albeit al that which I haue done, is collected out of the best writers in phisick: and for these. xiiii. peres & more, proued. Trusting it will be well accepted, seeing the profit is thynne, & the labor myne. But if ther be any so affectionated to Rhetorique, that vlesse they find a mouhil made a mountayne, or an Emet, an Elephāt, think the matter vnperfect, let them consider that.

Non cupit ornari, cupit, &c. Or if, they suppose knowledge nothinge worthe, vttered in their own language. The I must nedes say, they shall find this of Buckstons benefyt, & also Bathes aide vnperfect. Howbeit, of this if they consider, they may easily fynde whether a thing briesely and plainly taught, bee better, or a thing obscure

To the Reader.

scure & intricate: and whether a thinge
familiar, or a thing straunge be easiest to
iudge of, what neede many wordes: If
a longe discourse had more needed, then
a short: Hippocrates had not written his
Aphorismes, nor Galen Ars parua: ney-
ther had they written in Greeke, when as
all Grece vnderstoode Greeke, as well as
they, or we in England english. But had
devised some new tongue: a matter of no
great labour: for the Draughtsman tongue
of fīue yeares standing, as it was in a
day inuented. So was it in a weeke per-
fected: & is with some, for their pleasures
in daily vse. But these toies, were far frō
their meaning, & so I doubt not, but they
be now from the wyle, or els, the guide of
the soule, Gods woord, had not bin in our
owne tongue vttered, nor of Paule, so ap-
pointed. And therfore, if with the matter
any be offended, let thē be offended with
the best learned, whose example herein I
haue followed, and out of whom this is
collected. If the phrase like them not, I
wiche them to thinke, so many men, so
many wittes: so many styles, so many
de.

To the Reader.

denises, as you haue hard. If the style be to playne, I Would haue them to remēber, whether heuy things be easier of digestion, or light: and briesly to conclude, whether their owne familiar spech: their owne lawes: or the Romaines be better, & easper, too Judge of. Too conclude, if the matter be best whiche the approued Writers, obserue & affirine: then I dare say, this is not al ill. If the phrase be best that is most playn, thē this is not worst. If the style or endyting be best which continueth the matter: then this is not vterly to bee disallowed. In syne, if the another tongue be most meete for hie owne children, and easpest to be vnderstanded, then this in our owne, you Will affirine, is not to bee abandoned. So that I Wil thus ende.

Fœlix, à tergo quem nulla ciconia punxit.

Thus Wishinge thee good Reader all health, With all other thinges thy mooste gentle hart desyrezth, rest thyne Whyles I lyue as thou fyndest.

John Iones.

¶ A Description of the wonder- full vertue of the Bathes at Buckstone.



VEN as, in our former Treatise, of the Bathes of Bathe, we haue shewed the antiquitie, comoditie, proprietie, vse, dyete, Aphorismes, & medicines, with all thinges requisite, in our iudgement, for to bee noted and obserued of all such as ther intend (through knowledge) to seeke any benefite. So, now it resteth that in this Treatise wee expresse lykewise the Benefyte of Buckstons Bathes, or Welles, in the hygh Deke, in the Countie of Darby, ten myles from the woꝛthie Edifices, Chatswoꝛth. 16. myles from Mancheſter. 16. myles from Market Chester field. 20. from Darby, 30. from the famousse and auncient Citie Westchester, 30. from the Citie of Lychfield, 30. from Staffoꝛd.

Of the origine, of the name, and why it was called Buckstons well, I neyther could reade it in any Authour, nor heare of any as yet. This is asmuch, as I suppose, may bee gathered thereof, that it hath the name of the Towne: and the Towne lykewyle hath the name of some one so called (for of such there bee diuers) and the Danes and Saxons, aswell as the Britaynes were wont to name their townes after their own names, as it is euident of very many places in this lande: and a Saxon, or English name it is, and no Brittish, or Welsh: And therefore, sithence Engistus, it hath his denomination. Howbeit, many yeares past, it was frequented for the health of thousandes, by bathing them: aswell as it is in these our dayes. For, betwene Burghe and it, there is an high way forced ouer the moꝛes, all paved, of such antiquity as none can expresse, called Bathgate: albee it moꝛe of a superstitious hope they had in thywell, than of any

Buckstones
Bathes of
great anti-
quitie.

Buckstones Bathes Benefyte.

” any affiance thei had in the qualitie, tēperature, or property
” of the Bath: for of it and the vse therof, they were ignozant.

Moreouer, It is not vnlikely that the stagges or buckes wounded, would take soyle ther, and there the fosters of the forrest, called it Buckstand: but in my iudgement, the former supposition is more likely. And as for Cottrels tale, or the bayne inuencions about S. Anne found in the well, or of the water fet from flood Jordan. I reckē not them woorthy the recitall. Therefore, I will not detayne you with suche tryfles, our dayes being so short: and the reason of the arte, so hard to attayne, (as Hypocrates, i. lib. Aph. primo sayeth) passing ouer, the distinction of bathes here in this Treatise, and definition of artificiall: bicause in my first booke of the Bathes of Bathe, they be shewed, contenting vs with the naturall.

Significatio
of Bathes.

Naturall bathes be those, which flow thow the entralles of the earth: taking their effect of such things, as they runne thow, and receyue power by: for many infirmities moste auaylable. The differences of which hote naturall Bathes of Buckstone, by what meanes, of what mynerals, for what grēfes, infirmities, and sicknes they serue best, shal be prosecuted with all possible breuity, as far forth as herein my iudgement is necessary: seeing that in our seconde Booke of Bathes ayde, you may find such things sufficiently skāned: and therefore vnnēdfull here of repeticion.

Falopius li.
de Soss.

First of the chēse Bathe which is the warmer springe, voyde in effect of all corrupcion, arguing therfore, no great quantitie of bymstone (as in Bathe) nor of allume, as some haue byuted. For then it should not onely be of another colour, marly yellow, or swarty grēne: but also it might sensibly be perceyued by taste: albeit I acknowledge that Aristotle affirmeth, that there is no such hote spring, without y myne of bymston And I think with Fal. & Sauona. Rubr. de therm. none without fire heat: although the quantitie may differ:

differ: and that may wel appeare. For if the quantitie were equal and like to the mynerals in Bath, the heat of as great force, fortified with like Antiparistasis, and as nere to the head, then it should little in that respect, vary from Bathe. But it seemeth & sure it is so, that Buckstones bathes haue not the fourth part of that heate which the bathes of Bathe haue, nor the other mynerals that bee ther. For Buckstones is much like as if a quart of boyling water were commixed with a galond of cold water. But Bath is, as if to a galond of seething water were put a quart of cold water. By reason wherof, it attrecteth and dissolueth more speedly. But buckstone more sweetly, more delicatly, more finely, more daintly, and more temperatly: not bzinging halfe so many greuous accidentes as Bath doth, yit lesse speedly: but in proceesse of tyme, very effectuously, and for many infirmities, more commodiously, restrayninge vnnaturall issues, and strengthening the feeble members: assisting the animall, vital, and naturall faculties: dispersing opilacions, and qualifying greeses.

The well springes be situate in a valley, hard by a running brooke, and runneth into it. Where at the meeting you may sensibly perceyue and feele the hot water on the one syde of the riuer, and the colde on the other. Notwithstanding, so commixed after, that it letteth the riuer of freshing, in the coldest weather, for the space of a quarter of a myle, an argument of the power of the heate of those springes which be thre especiall, and those very excellent, and beneficiall for diuers distemperatures, greeses and sicknesses, as hereafter shalbe further shewed, God assisting.

But there be fve or sixe other, although not so good: yet it maye bee presupposed, that if there were boylers, suche as mynerall men vse in searching ore: too meete with the Springes, of somme of the other, that the colde water, which is commixed wpth the hote, myght bee turned away:

A.y.

that

No greuous
accident fo-
llowing Buc-
stones Baths

iii. cheefe
Bathes at
Buckstone

Buckstones Bathes Benefyte.

The running of the springs in the baths of Buckstone.

that then no doubt, they would be more excellent. For that the more cold infirmities, might be cured by them, being made more hot. For undoubtedly, as myne one foote should steppe on the hot spring, the other would light on a colder: yea the one finger, I might put in the one, and another in the other, especially in those below. Howbeit, you may find in any some alteration, albeit not so much by a greater deale.

A goodly house and buildings of the Earle of Shrewsbury vppon the bathes syde.

Joynning to the cheefe springe, betwene the river, and the Bathe, is a very goodly house, foure square, foure stories hye, so well compacte, with houses of office, beneath and above, & round about, with a great chambze, and other goodly lodgings, to the number of 30: that it is and wilbee a bewty to behold: & very notable for the honorable and worshipfull, that shal neede to repaire thither: as also for other. Yea, the poorest shal haue lodgings, & beds hard by, for their vles only. The baths also so brauely beutified with seats round about: defended from the ambeyent ayre: and chimneys for fyre, to
 » ayre your garmintes in the Bathes syde, and other necessa-
 » ries most decent. And truely, I suppose that if there were
 » for the sicke a Sanctuarie, during their abode there, for all
 causes, sauing sacriledge, treason, murther, burglary, rape
 and robbing by the hye way syde, with also a lyceuse for the
 sicke, to eate fleshe at all tymes, and a fryday market weeke-
 ly, and two fayres yere, it should be to the posterities, not
 onely commodiouse, but also to the Prince great honour &
 gayne. It is situate in a goodly seate, and that in an excel-
 lent and hungry soyle, passing healthy, and in tyme would
 grow, to be very welthy: and the commons about, would
 be reduced to great fertilite, for the ground on the one side
 is full of Lymie stones, bringing good grayne: on the other,
 » a fyne black moulde, and a grosse. Great pitie, that such
 » commons in all places be no better manured, seeing that in-
 » finite thousandes, in the realme, might the more be main-
 » tayne

A sanctua-
 ry.
 market.
 Fayre.
 A license to
 eate flesh
 would doo
 well.

tayne

fayned, not onely to the great preseruacion of the kingdom,
 but also greater to the pzinces reueneue. For foure partes
 (I dare say) of the land lyeth waste, and common, that might
 be brought to the publique profit, as well to the increase of
 men, money, and munition: as, to the greater terrour of
 forrayne Dominion, how so euer ydle wittes vse to comon
 with a Shephardes cloke of their owne framing. Now bee
 it, in winter it is somewhat stormie: but yet nothing lyke
 Kerby, Kendall, in Cumbreland: nor to Brecknocke in
 Southwales: nor to Kayer Peruame, in Northwales: nor
 to Bodnam in Cornewall: all the which notwithstanding,
 be goodly Townes, and wealthy, and through industrie,
 made to the state, very profitable, as in tyme no doubt, this
 would: hauing passing them (as you may perceyue) a thou-
 sand partes, a commoditie, vnto the whiche, out of all quar-
 ters of the worlde, not without iust cause, would repayre
 very many, and the rather a great deale being in this softe
 furnished, to their benefyte, with a Phisicion, placed conti-
 nually, that might not onely counsaile therein how the bet-
 ter to vse Gods benefyte: the which, God willing, shalbe ap-
 pointed, but also adapt their bodyes, makinge artificiall
 Bathes, by vsing thereof, as the case shall requyre, with ma-
 ny other profitable deuyses, hauing all things for that vse, or
 any other, in a readinesse, for all the degrees, as before it bee
 longe, it shal be scene, of the noble Charles own performing.
 All these things layd and grounded, this resteth of vs fur-
 ther (as it may) to be discussed, whereof the Bathes take
 their benefite: and therevpon, what they ease and helpe,
 as dayly ther is approued, with other things thereto apper-
 taining: the which be the markes we intend to runne at.
 By comparyson, they be like the pepper Bathe, besyde the
 heade of them Rhene (as by Fuchsius, in Institucionibus, we
 may gather) sauing that the pepper Bathe (sayth Munste-
 rus, in Cosmographia sua) continueth so longe, as the spring-

A. iiij.

ging

A Phisicion
 entertaineth
 alwayes.

Buckstones Bathes Benefyte.

A matter
worth the
noting.

Effectes of
the Bathes.

ginge hearbes, and grasse, doth remayne, in their flourishing
force, and vertue. But theise, so longe as the matter feedyng
them, doe not fayle. And surely, the sweetnes and pleasant-
nes of the water, of the Bath: sheweth some excellent ore:
rather then eyther Brimstone, allume, bitumen, iron, cop-
per, or any other such like, for then, it should in drinke be
perceyued, by tast. Of all which tastes, looke in my second
booke, of Bathes ayde. Albeit trew it is (as affirmeth Galen
de sanit. tuenda) all such hot Bathes, of such minerals haue
force of dryyng: but in these, you shall find no such sence, but
so fayre, so pleasau nt, and delectable, that it would seme, to
be a dulce Bathe, made by arte, rather then by nature. How
beit the effect declares Brimstone th be therin, and therfore
I would haue this of you to be noted, that salt water thzow
often straining, vpon fresh sand, is made again swete, I
meane tasteles: and so may other waters of other mine-
ralles also, for the ayry part, being purified from the earth-
ly, in this wise, or by Lymbeck returneth againe, to hys
owne nature, and so this may: both for bycause the interne
heate, is far distant (as we haue said in another place) and
also, the water running from far, through the fayre sandy
earth, may be purified from the sent, of the mineralles, and
so lose his taste, and yet, not without greate vertues, both
manifest, and hidden, as you may perceyue, by that which
is and shalbe said. Seeing we graunt God (Aristot. vniuer-
sall nature) hath bestowed vpon vs these Bathes, for our
great benefite, if so be that, ther can be nothing (as saith Ga-
lene de vsu partium) which better, or more redily, taketh a-
way distemperature, of heate, or cold adine qualities, or
evacuath, by the pores, the superfluous humores, then a
dulce or pleasunt Bathe: or that also, maintayneth health
more: for when as it is, by nature moyst, and moderately
hot, by humiditie, it humecteth dryeth, sponge of heate: by
heate, it heateth cold, caused of congeling: by moderate clo-
sing

Ang, through dryeth, strengthneth the loosed: as by insensible perspiration, it mundifieth al partes, the which thing, is well proued dayly there.

Wherefore, when the actions or vles of the partes bee depraued, diminished, or quyte abolished (a worke that shall shortly bee made speake Englishe: for that all men may knowe Gods meruaylous might in their framinge: and to what ende euery part serueth) by any, of the aforesayde distemperatures, properly, or accidentally, not mortally: nothing more safely, nothinge more aptly, nothinge more delicately, reduceth them to their olde and pristinate actiuitie: then the dulce, or delectable Bathes, or Welles of Buckstone. For (as Auicenne sayeth in Canon.) the weake members be aswell strengthened with such medicines, as temperately heate, aboue their naturall propertie, as eased of their grieffe, by qualifving the discrasie, in any or all of the partes. And this, it dooth by reason that it rarifyeth, aswell the partes, prouoketh expiration, and wpyeth awaye fylth: as that it firmeth, ioyneeth, and consolidateth the loose, weakened and seuered substance, of the simple, or compounde partes, measurably qualifvinge the ouerheated members, and drying, such as bee ouer moyste. Wherefore good for all such diseases, as come of ouer much contrary heate, and for such as come of ouermuch colde moysture, for chollerique, and salt humore parched, and compacte together, by which, wee may gather, that it is good for such.

How they
be good.
vvhath sick-
nesses they
cure.

Rheumes.

Feuers.

Headaches.

Weak sinewes.

Old scabbes.

Ulcers.

Crampes.

Punines.

Itchinges.

Shrinkings.

Kyngwormes.

Apoftemes.

And

Buckstones Bathes Benefyte.

And for these diseases following, beside many of the griefs mentioned in my first booke of Bath, which causes and accidents, I wish you to looke there: supposing at the first exploit, to be sufficient to note here those sicknesses, that may not only probably be coniectured: but also daily proued that those Welles helpe.

Women that by reason of ouermuch moisture, or contrary distemperature, bee vnapt to conceaue.

Also al such as haue their whites too abundant, and that bee ouer watry.

Item, weake men that bee vnfrutesfull.

Likewise for all that haue Priapismus, and that bee perboyled in Venus gulf.

Profitable for such as haue the consumption of the Lungs.

Beneficiall for such as vomit blood, as hath bin well proued.

Very good for the inflammation of the Liuer.

Excellent for ouermuch heat, and stopping of the reins.

Beneficiall to all such as be disquieted with burning of vyne.

Good for the Strangury, and continuall desire to make water.

Unordinary desire of going to the scoole, doing nothing or very little with great payne, it cureth.

It stayeth wasting of mans seede, the Demozoydes, and Pyles, it sone amendeth.

Against the ouerflowing of womens monthes, it much auayleth.

It taketh away the Hicket.

Ouermuch vomiting it easeth.

It openeth the obstructions of the Milt and Liuer.

For them that be short winded, it much auaieth.

Fluxes of the Milt and Liuer, it maruelously amendeth

The

The greene sicknesse perfectly it cureth, and the moze
phee we sone it expelleth.

From the stone it safely descendeth: and the healthy
people in good state long it preserueth. Now, you that will
repayze vnto the Bathes, for any of these infirmities, as
also for others not named, and shall happen to come awayne
uncured, I would not wishe you, forthwith to exclaime vpon
God, and good men: bycause, by and by you were not
healed, for some infirmities bee deeplper rooted in the partes
thzough prolonging of tyme, then that any remedy perhaps
will extend to the redresse, as Amatus Lusitanus, in introitu
medico ad agrotantem, affirmeth: and therefore myne ad-
uyce is, that such as be so asserfayned of the Physicions, that
they thank God, as all godly and wyse men, from the begin-
ning haue done: and let them praye and proue agayne, and
not sticke for any payne, cost, or trauayle. For what auay-
leth all the world, and a man to lose his owne lyfe: sayeth
Matthe we the Euangelist: or what pleasure, I pray you,
hath a man in riches, possessions, Nobilitie, Soueraintie
(worldly vanities) whe as in the world, his own body, is as-
perly assaulted with eatinge vlcres, deuouringe wolues,
Sharpe crampes, fretting bowelles, frantique fittes, and a
thousand other, intollerable batteries. I thinke surely,
then hee had rather be poze Codrus, in health, shifing for
his porcion, then riche Mydas, so afflicted, wallowinge in
drosse: whiche we abusiuely call worldely wealth, when
as very wealth, is health. For without health, all richesse is
carefulnes, pleasure vnprofitable, company greuouse, in
brieff, all things obious. Wherfore take indication of thyne
owne constitution, out of my tables in Bathes ayde. What
is in them accozding to nature, what naturall, what not na-
turall, best for thy vse, and how agaynst nature thou art af-
fected, that thou mayst be perfect, to the Physicions wherin
thou art to request ayde, and not as the blind man, casteth his

B. i.

Rasse

prayer best
pleseth God
and most
profiteth
man.

Helth the
best vvealth

The prety
knowledge
that the
bookes of
the Bathes
of Bath
hath.

Buckstones Bathes benefyte.

masse, runne to it: but firste know what is in thee, according to nature amisse, by them agayne, to be amended: Of which (God bee magnified) there were neuer better, nor greater store in our lande, euen of our owne Nation, than bee at this day: comparable (I dare saye) both for wysedom learning, and experience, to any in all Europe. Althoughe, (I knowe not how) some darnell is crepte in amongst the good corne, to the dishonour of our Creator, to the destruction of our Quene hir Maiesties Subiectes, and to the great sclaunder of the arte of all other, (as Montanus witnesseth in *Anazena morboru*) farre the noblest. Inasmuch as lyfe & health of mans body excelleth all other things in y^e world. But, I will trouble you no longer with such their vanities, for our labor is (if it may be) wholly to your profit, in expressing a compendious discourse of diet, needful to be considered.

The great
effectes of
dyet.

Dyete of Galene is called, The vse of necessarie causes, in Epidemijs, of Auicenne good gouernance, and of vs, in our Tables in Bathes ayde, things not naturall, all one in meaning, cunningly handled of Aetius, who sayeth:

The surest way to the rooting out of any sicknesse, is Diete. Affirming further, that by Diete long diseases finde most benefyte. The which thing also, Galene affirmeth, c. 8. secundum loca, that distemperature onely, so is not healed, but also many great and greuous sickneses are by it cured. And therefore I would not wish any other meanes to be sought, where onely good diet dooth serue. The which thing Plato affirmeth in *Timæo*, and after him Damascenus, in *Aphorismis*, and Arnoldus in *parabolis*: vtterly reiectinge such, as of Diete make none account.

To the vses of necessarie causes, threë things are expedient to be wayed, qualitie, quantitie, and maner of order.

Qualitie is shewed by the constitution of the sicknesse, which in things to be receiued Hippocrates hath made plain writing in this manner, 6. *Epidemiorum*. In sicknesse there must

must bee a contrarie Diete. Also, primo Aphorismorum, decimo sexto: *Worse Diete* profiteth all persones troubled with a feuer: and especially children, and such as haue accustomed to lyue so.

But before wee procede any further, it shall not bee vnnecessfull, to note vnto you, by the way, the tymes of sickness vniuersall, which be foure: Beginning, Augmenting, State, and declining, as testifieth Galene, libro de morborum temporibus, & primo de Crisibus.

Tymes of
Sicknesses.

Quantitie, is discerned by the knowledge of the force of constitution of the sickness, of the tyme, of the particular encrease, and of the strength, of the party affected. If so bee, that the full dyete encreaseth strength, the meane preserveth it, and the slenderest diminisheth it.

Plentifull, is that which encreaseth the strength of nature, as that which is made of new layd egges, of Physicall confections, and of such holssome meates, as shalbee hereafter mencioned.

The meane, or that which is neyther plentiful, nor sparing. Galene called a temperate Diet, as that which is done by fewe meates and such as bee of small nourishment, as is the iuice of *Wtysane*.

The slenderest is that which is appointed in the tyme of Crisis, which is, a soddayne alteration of nature, eyther into better or worse, as Galen defineth it lib. ter. *praesagiorum* comment. pri. & lib. secund. aphorif. comment. decimo tercio, & vicesimo tercio: & lib. pri. *Epidemiorum*, comment. 3. abstaining altogether, or taking something of least nourishment, as is *Mellicratum*. Therefore, if vertues or strengthes, haue their lawfull powers, and the chiefeest force of y sicknes looked for of nature, it shalbe lawfull to vse a most slender diet.

But if the strength bee weake, it shall not bee convenient, without great hurte, but rather, to adde so muche nourishment, as of the Strength is diminished.

W. g.

For

Buckstones Bathes benefite.

For, euen as euacuation is made before concoction, the matter prouoked: so shall nourishment be had in a tyme not vsed to eate, to keepe the strength from utter fayling, as Auicenn teacheth primi phen. quarto. Whereby it cometh to passe, that oftentimes in fittes, meates be giuen. And therefore sometime we must giue nourishment, in the shakings of the fyt: the which thing, Galen testifieth, de picrocholis, primo therapeutices, apho. com. 9. And sometime, in the very burning of the fitte, that is when any grieuouse accident happeneth, dissoluing the strength, nature not aggravated: for where the powers shalbe decayed, by reason of manifest emptying (as the same Galen sheweth,) or because of extreme sweat, dissoluing the strength, or else, by reason of ouerlong abstinence: all these thus affected, require nourishment most speedily.

Contrarie wise, they which by reason of grace, or because of the state of the sicknesse, haue the faculties not stronge, doe neede now and then euacuation rather, then filling: nay hee which giueth meate to such, is cause of great hurt, vnto them. So much likely it is, that those which be ignorant in Physike, can appoynt what meates, or at what tymes, or what qualitie, or quantitie, to the sicke ought to be giuen. Hence it is made euident, that euery sicke persons doth not require nourishment.

In euery sharpe sicknes, a most slender dyet is required. In milder sicknes, a larger dyete may be permitted.

In cronicke or longe diseases, we doe diminish the dyete, and very many of them, besydes feuers, are rid with a slender dyete, as Auicenne testifieth, quarti phen. primo. And therefore in the curing of the frenche poxe, we finde, the newe Diete is not profitable, as Nicolaus massa in tractatu suo, de morbo Gallico, Iohannes Aliuener de hic Hispanica, Benedictus Victorius, de morbo Neapolitano, Vldericus Huteronus, de morbo Gal, with infinite others, doe testifie.

The new
dyet profit-
able.

In state of the sicknes, wee muste vse a more slender, dyet, yet first so plentiful, that it may suffice the sick. Wherevpon Aristotle saith, Secundi Problemate, quinquagesimo secundo, in the beginning of the sicknes, it is good to geue meate. Celsus, contrariwise affirmeth, abstinence in the beginning of the sicknes, to bee beste. But truely, the one is ment as (I think) of the time of sicknes vniuersall, and the other particuler, and of this mynd is Montinus, in compendio facultatis curatoria.

By panges or fits the quantitie is altered: and in them it shalbe conuenient to abstayn, for it behoueth to giue nothing, to them that by cyrcuites haue fittes: except perchance when the fitte doth begin to leaue. For then must meates be geuen, when heate shall come euen vnto the feete. To conclude with Auicen in Quarto phen. pri. Sometime wee take away nourishment, often tymes wee do deminish, somtyme we make euen, somtyme we do encrease.

It is wholly taken away, when we desire to empty humors, bycause of digestion, as in state, and in very sharp sicknesses, and in them that bee of matter. But in leane persons, and such as haue Hectica Febris, and that be in consumptions, it ought to be increased.

It is deminished, that the strength may bee by nourishment preserved to thend, that we may prouide for the matter, neyther ought nature to bee hindered with multitude of ouer much nourishment, as in augmenting, and in acute or sharp sicknesses, and in the cronike or long also, yet lesse then in the sharp. And it is deminished two wayes, for somtyme we are compelled to lessen the qualitie, and to encrease the quantity, as in Boly sinus that doggish appetyte. And often tymes we are constrained to encrease the quality, and deminish the quantity, and when wee endeuour to strengthen the body, and the nature of the stomacke is not strong enough, for a fuller diete.

Buckstones Bathes benefyt.

In the beginninges of sicknes, we do giue an euē dyet, which doth neyther augment, nor deminish the strength of the body. For first we must deale plenteously (as Galen wil- leth primo ad Glanconem) that the sicke may suffyce.

In declination we do encrease, for it behoueth to make encrease, lyke to the deminishing, which was afoze in state. Therfoze Galen doth teach Tercio artis parua, that the arte which doth refresh, and strengthen, is conuenient for them that be whole.

In sicknesses euē to be digested, and in strong state, vse abstinence.

When the strength is weakned, and the sickness hard to ouercome, Galen commendeth Pri. ad Glanc, to vse a larger dyet

The shewing of the manner of vse, is also taken of iiij. thinges afoze said. For if the strength shalbe weake, and the disposition be of corruption of humours, or of want of them, wee shall giue the sicke but a little nourishment, a little in deede: bycause his weaknesse, can not sustaine at once, the whole multitude of nourishment. And often bicause the disposition needeth many thinges: if so be that, wanting doth neede adding, and corruption cleansing.

If with weaknes of the vertues or strength, there shalbe neyther any wanting, nor any corruption, neyther yet lacke of naturall humours, but that they shal abound, then we will giue fewe thinges, and seldome, and so much the rather, if the humours shal abound.

But if ther shalbe want of humours, or corruption, and the vertues strong, then we wil giue much meate, and often, as the disposition may requyze, and nature strong able to digest it.

If the vertues, powers, or strength shalbe strong, with a disposition of the pleurisy, then we wil giue seldome, and litle at once, bycause the preserved state doth not neede much,

much.

Furthermore, in Sommer tyme, often few things must be giuen: for that then the body needeth much adding, as those which be dissolved, through vapoures (as you haue hard) and haue but a weake strength.

In the winter season, much may be giuen, by reason the actions be stronger, yet seldome, bycause the sicke doth not neede very much, adding as they to whom, there is not much euacuation made.

In the Spring, wee will nourish with fewe things, and that a long tyme: as also in full dispositions, if the powers be stronge.

Haruest or Autumne is likened too diseases which are caused of corruption. Therfoze they which therein be sicke of an ague (of all which agues you may loke in my booke, entytuled, the Diall of Agues: the faultes wherein, escaped in the print, shal shortly be amended, with further matter) do need a continual adding of the best nourishemēt, if y^e vertues be stronge. But if they be weake, little at once, and often times.

Lykelwyse sayth Galene, 1. aphorif. commen. decimo septi. a man maye take indication of ages, custome, region, climates, &c. reducing them to the two first intentes, for the premisses, do shew the body weak, or stronge: aboundinge, eyther with good humores, or lacking humores sufficient, or depraued with illenes of humors. Of which it is euident, that the force of the strength, sometimes (as in diseases which grow throu corruption or want of humors, or else in Autumne) requireth much meate and often: and many tymes little and seldome, as in sharpe sicknesses. It is also euident (to such as are expert in the Diatike part of phisicke) when meate little, and often, much and often, little and seldome, much and seldome, is conueniently to be gyuen to the sicke.

Ther

Buckstones Bathes benefyte.

Wherefoze seeing this arte, of al artes is the chiefeft, it is not the leaft parte of knowledge to appoint diete, as Galene vndecimo therap. sept. methodi medendi, iudgeth: who also commaundeth that wee shoulde appointe one kynde of Dyete, the indications agreeing, but then disagreeing, wee must pferre those which be stronger and most, so that the dyete, which they prescribe, be obserued, and the contrarie neglected.

In diseases vncurable, for the better sustayning, of the sicke when hee lyeth, a most light dyete in qualitie, contrarie to the infirmitie, and cause must bee prescribed. But by reason of the quantitie, for the onely respecte of the vertue, strength, or appetite, it is appoynted as though no disease were.

Nourish-
ments wher
of they
spring.

Now, all nourishementes, whereof Dyete consisteth, spring of the first commixtion of Elementes, and they bee eyther of seedes, plantes, or liuing thinges. For, as Ferneli-
us saith, libro secundo, de abditis rerum causis: Nothinge can nourishe vs, which is not it selfe nourished, and endued with lyfe, as these bee. Certayne of these be simple, certayn com-
pound: Some doe worke in matter, some in qualitie, & mat-
ter, as sayth Dioscorides, de medica materia.

Of these, the one sorte be simple meates, of meane tem-
perature, endued with no especiall qualitie.

The other be mixed, and are called Medicinable: bycause although they nourishe, yet in qualitis they doe alter and chaunge the body of the receyuer. Wherevpon there is of nourishments a double facultie: One by which they alter, the other by which they nourishe.

The former is knowen of collour, smell, and taste, and also of those things, which doe excell, applyed outwardly, or receyued inwardly.

The latter is knowen by no reason, but by experience onely: bycause the whole nature of the thing nourished, is
a cer.

a certein propriety to their substance, of Galen called a likeness 3. ther. By which reason nourishment is swete, and pleasant in taste, and as the familiaritie of them, is by pleasantnes perceyued, so is the contrary by vnpleasantnesse tryed, if so be that those things which do differ from nourishment of their whole nature, are vnauerily eaten.

Let ther be saith Galen. octo therap. in all sicknesses this foresight in dyet, that the meate be of good iuyce, and of easy digestion, bycause as Auicenne sayth Secund. Phen. quart. Euery person sick is hurt. Therfore of meates of euil iuyce euill iuyce is gotten, Galen hath made manyfest, in lib. de Euchymia & Caco-chymia, of how great force it is to engender sicknesses.

Meates which principally nourish, slowlyest perce, for such bee grosse and slimy, to the end they may stick fast, and not easely to be outbreathed by vapour, but such as are hardly digested.

Meates of strong nourishment.

Contrarily, such as swiftly perce be of subtile parts, by little of substance, light of digestion, but of litle nourishment: Wherefore swift nutrition, as testifieth Galen. 3. de causis pulsum dayly is not needefull, as is that which is made by wyne which is hot, and moyst. Of this, Hippocrates sayth, Libr. de alimentis. To recouer strength as in swoonings: of dyetes the moyste is principall, although yet soner by swelling (as you may find in my iij. booke of Bathes ayde,) and also in them, whose partes be weake, ouerdryed with infirmity, that the nourishment may the better enter and bee drawn into them, of the which nourishmentes, it is hygh tyme that something be spoken.

Of graynes, of corne, is bred made, the diuersity wherof Mhanceus lib. de honesta voluntate, Hermolans in corelario, haue expessed.

The best bred is that which is made of wheat, well baked somewhat leauend, neyther to new nor to old, for the crased

Best bread of wheat.

C. f.

at

Buckstones Bathes Benefyte.

at al tymes helthiest.

But bread of dyuers graines, of diuers formes, in dyuers places be vsed. Some countreyes make bread of cleane wheate, for the most part, as in Somerssette Shyre, Kent, Lincolne, and Dorsette, some of beanes, and pease, as Leicestre Shyre, and in Nottingham Shyre the claye, of which reade Tussard his husbandry. Some of Rye, as in Archenfeld, and in Stafford Shyre, some of Miscelling, or Duncombe, as in Worcester Shyre, and Sallope. Some of Otes, as in Lancashire, Cheshire, Cumberland, Westmerland, and Cornewall. And some of big or winter beare, some of Lentyles, some of Fitches, some of Tares, some of French wheat, most in vse for Rustikes. And into diuers formes these graines may be reduced, some in forme of manchet vsed of the gentility: some of great loaves, as is vsual among yomanry: some betwene both, as with the franklins: some in forme of Cakes, as at weddings: some Rondes of Hogs, as at bpsittings: some Simnels, Cracknels, and Buns, as in the Lent: some in brode cakes, as the oten cakes in Wendoll on yrons: some on Slat stones as in the hye peke: some in frying pans, as in Darby Shyre: some betwene yrons, as wafrons: some in round cakes, as Wylket for the Ships. But these and all other the mayne bread of Pork excelleth, for that it is of the finest floure of the Wheat well tempered, best baked, a patterne, of all other the finest.

This largely handled, bycause, the others kindes, some haue preferred before that (which is best) of vs first appointed.

Thrift defined.

Drink, the remedy of thirst, which is an appetite, of a thing cold and moyst: doth therfore eyther cole as vinegre, or moisten as wine, or worketh both as Oxycratum, or cold water (as Plinie affirmeth, lib. 28. Cap. 4.

Furthermore, drinke doth eyther mingle the partes of the meate, or else conueyeth the meat through the whole body,

body, as Ioanicius teacheth. It is of twoo kyndes, not nourishing as water, nourishing as wine, ale, beere, ptisane, &c. vvhath drink doth.

The measure of drinke, is that which dooth neyther swimme on the stomacke, neyther bying any sense of ouerflowing, as testifyeth Galene, septimo methodi medendi: vtterly condemning all ryotous quaffing, a vice, nowe too commonly vsed.

The best drinke for the crased at Buckstone, is meane Ale, neyther too new, nor too stale, not ouerhopped.

Your fleshe shalbee most ordinarie, as followeth, mut Meates.
ton, Kyd, Conie, Rabbet, Beale, Turkey, Capon, Henne, Chicken, Pheasant, Partrich, Kayle, Curlyew, Cnotwype, Woodcocke, Snype, or any other clouen footed fowles, Pouched egges, or reere roasted is also right nourishinge meates, as is aforesayd.

Fruites, albe it in most regimentes be forbiddē, of these kyndes may be vsed, Almondcs any way dressed, Raceines, Figges, Pomgranates, Quinces, Wardens, and Chestnuttcs roasted, Ryce, Parmalad, Greene Cynger. So may confortatiues, conserues, or cordial Confections, or to them that haue cold diseases, or bee of a cold constitution. Wynes of these kyndes may bee permitted, as a cuppe of Sacke and Sugar, if the disease doe not forbid it, or of good Gascoyne wyne, to them that be leane, with Sugar, or whyte Pommulsyes of Madera, a myas of good Ale, a calwdell, or Alebury, although afoze in the generall dyet I haue not touched it. Some frutes admitted.

Moreouer, fishes following may bee permitted, although license be obtained, Trught, Creuis, Breame, Barble, Cheuion, Perch, Rotche, Bret, Gurnet, Whyting, Smelt, Cod, Wyllers Thombe, Bully head, Loche, &c.

Now for your meates, they wilbe best at x. or xi. a clock, if you can fast so long: if not, take some small refectiō before you go into the Bath, or not long after you come out, if you enter not into your bed, nor receyue any medicine. Meales ordered.

C.ii.

Your

Buckstones Bathes Benefyte.

Your houre of supper shalbe about five of the clocke: but after I would haue you to vse no meate that night, nor yet drinke, if you can abstayne.

More cloths
at Buckston
then at
Bath.

ayre very
holosome.

Alwayes provided, first when you come thither, because the ayre is farre colder and more sharpe then in any part of the South, that you bee well clothed: Having also good fyre: especially tender persons, and such as haue ben brought vp in the South cities, and they whose pores bee open, albeit the ayre there is very wholesome, as that which is pure, infected neyther with exhalacion of standing pcoles, & ditches, as is Wynt marsh in Somersset thyre, or the Fens in Lincoln thyre, or Houlderne in Worke thyre, neyther with any pestilent ayre, as were those deepe holes about Sardis, and Hyerapolis, mencioned of Galene, secundo de tuenda valetudine. Neyther with such euill ayre as issueth forth of Lodes, Synckes, Sewers, and draynes, as about the flete bridge, Wolburne bridge, Towre ditch, and Wydewell, at London, &c. Neyther with such, as cometh of Wemy groundes, as in Holland: neyther with such as come out of great meres, compassed on euery syde, with the hilles, as in diuers partes of Cumbreland: neyther with such as cometh of houses fulsomely kept, as in Irelande, slaughter houses, and Shambles. All which ayres bee hurtfull to all ages, as contrarily, that which is pure, as is at Buckstone, is to all most profitable. But the diuersitie of ayre whiche happeneth of dryeth or moysture, heate or cold, it is not of it selfe to all alyke, but to such as bee of the best temperature the best tempered ayre is most holosome. But in those, in whom any abounding qualitie hath soueraingtie, the ayre which is most against that qualitie, is to them most profitable, the colde to the hote, the hote to the colde, the moyst to the drye, the dry to the moyst, as it is reason. So much more as the moysture hath exceeded meane, & this to haue vnderstanded, in this place, breely may suffice. For how you may defend

defend you from the colde ayre, that enuironeth you there, is with sufficient garmentes & good fyre, as is afoze exprefsed. Furthermore, you maye vse a moze large Dyete, at Buckstons then at Bathe.

But first, wee will somewhat entreate of exercise, which shall take place afoze meat: for so Hippo. hath appointed in his Aphorismes saying: Labour must goe befoze meate: also in his vi. Booke de morbis popularibus, hee hath these wordes in order, labour, meate, drinke, sleepe, &c. shall bee meane. But, whether labour, mouing, and exercyse bee all one, or doo differ in themselves, shall appeare. Euery mouing truly, shall not bee an exercise, but that whiche is vehement, and that which in some is vehement, may in other be thought to be but an exercyse: to y other some not. Therfore, the ende of this vehement, shall be alteration of bzeath: seeing in whom there is no alteration of bzeath, it is not to be called an exercyse. The which thing Galene testifieth, libro secundo, de sanitate tuenda.

profitable
exercyses.
before meat

Vehement
and not ve-
hement ex-
ercyse.
Exercyses
definid.

Vtilitie of exercyses is double: one to the euacuation of excrementes: the other, to the conseruacion of the state of the body. For of vehement mouing, three things are obtained: Hardnes of the partes through dayly exercise: Encrease of naturall heate, and a swift mouing of the bzeath.

By hardnes of the partes, they be lesse affected with labour. By encrease of heat, not onely mighty attraction, is caused in the body, but also a speedier alteration, a better nutrition, and a perfecter distribution into all the partes. By benefyte wherof the solide partes be kept softe, and the moyst be thynned, and the small wayes of the whole body, be made moze loose.

But of the moze vehement force, of the bzeath, followeth necessarily, all the meaptres to be clenzed. Powe, if exercise woork this, with very many moze, as the clenfinge of the excrementes of all the bodye, at large exprefsed of Galene

C.ij.

in

Buckstones Bathes Benefyte.

in his woꝝkes de sanitate tuenda. It shall not be vnprofi-
table to appoint the tyme and measure of it. And bicause it
helpeth digestion, it ought not bee vsed, when multitude of
raw meate is conteyned in the vessels, least it might bring
great daunger vnto the state of good health, and further en-
crease the griefes of the sicke, by augmenting of iuyce be-
foze it were (as is sayd) altered perfectly. So that the exer-
cise is best which is befoze meat: if so be that y^e bodyes which
be vnpure, and vnpurged of commune excrementes, the
more you nourish them, the more you hurt them. Of this, I
suppose it is euident, that the time for exercise is best, when
the last days meat is digested with a double concoction, as
well that which is in the stomacke, as that whiche is in the
vessels of blode: for then the tyme of meat, agayne draweth
nye: and if you vse exercise sooner, or later, you shall eyther
fill the body with rawe humoures, or encrease pale chol-
ler.

A rule to
know when
exercyse
shuld begin

When you shal beginne any exercise, your vryne, state,
or water may serue for a good note. For if it bee (sayeth Ga-
lene 2. de tuenda sanit.) like cleare runninge water, it shall
shew the iuyce yet to be rawe. But if it be higher, then ame-
nye or betwene it and iacinte, yellowish or chollerique red,
it shall shewe the iuyce to bee digested longe befoze, sayeth
Aegidius, de iudicijs vrinarum. That which is yellowish, or
pale, sheweth the second concoction to bee finished, as sayeth
Actuarius, in lib. de vrinis. But if the vryne shall not be mix-
ed with chollour (as is aforesayde) it shall seeme watery,
thinne, and cleere. But if it shall haue receyued more of the
chollozique substance, then enough, it shall appeare red say-
eth Montanus, lib. de vrinarum iudicijs. Wherefoze when
it is meenely redde, or meenely yellow, then is exercyse too
bee vsed: but the excrementes first expelled, as well ordure,
as vryne: for so Galene secund. de sanitat. tuend. willeth.

To

To the sickly, small exercyse will serue, by reason of feebleness, not able too suffer pantynge, neyther verily so violent for them shalbee requysite. But if their strength will sustayne it, an exercyse conuenient for theyr callinge, shalbee vsed.

The Ladyes, Gentle Women, Wyues, and Maydes, Trol in
Maye in one of the Galleries walke: and if the weather bee Madam.
not aggreeable too theire expectation, they may haue in the ende of a Benche, eleuen holes made, intoo the which to trowle pummetes, or Bowles of leade, bigge, little, or meane, or also, of Copper, Tynne, Wode, eyther vyolent, or softe, after their owne discretion, the pastyme Troule in Madame is termed.

Lyke wyse, men feeble, the same may also practise, in another Gallery, of the newe buyldinges, and this dooth not only strengthen the stomack, and vpper parts aboue the mydwyse, or wast: but also the middle partes beneath the sharp Gysle and the extreme partes, as the handes, and legges, according to the wayght of the thing trouled, fast, soft or meane.

In lyke manner, bowling in allayes, the weather conuenient, and the bowles fitte to suche game, as eyther in Bowling.
playne or longe allayes, or in suche as haue Cranckes with halfe bowles, whiche is the fyner and gentler exercise.

Shootinge at Garden Buttes, too them whome it agreeth and pleaseth, in place of noblest exercyse standeth, and that rather wyth longe Bowe, than wyth Shoting the
Tyller, Stone bowe, or Crosse bowe. Albeit, to them noblest exercise.
that otherwyse can not, by reason of graue, feebleness, or lacke of vse, they may bee allowed.

This

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This practife of all other the manlyest, leaueth no part of the body vnercised, the brest, backe, reynes, wast, and armes, withdrauing the thyghes, and legges, with running or going.

wind ball or
yarne ball

The wind baule, or yarne ball, betwene three or foure, shall not bee inuile to be vsed, in a place conuenient, eache keeping their limite. For tossing, wherein may bee a very profitable exercise, bycause at all tymes, they keepe not the lyke force in stryking, so that they shalbee constrained to vse more violent stretching, with swifter mouinge at one tyme, than another, which will make the exercise more nymble, and deliuer, both of hand and whole body: therefore encreasing of heat, through swift mouing in all partes the sooner.

Plumbes or
vveightes.

Plumbetes, of Galene termed alteres, one bozne in eche hand, vp and downe the styers, galleries, or chambers, according to your strength, maye bee a good and profitable exercise: so may you vse wayghtes in lyke maner.

Bow lyne,

A fyne Hallyer or Bowe lyne, a fote or two hyer then a man may reache, fastened in length, some way, shall not bee vnprofitable, holden by the handes, thereby to stretche them: very excellent aswell for stretching of the mydrysse, interne panicles and wast, with all the rest of the partes, as also, to pzeferue and defend them from apostemies, obstructions, and paynes thereto incident.

These exercise of your owne power, I thinke, for thys place sufficient. Powe, we will shewe howe they may bee profitable vnto you thow others mouing, aswell by waggon, charriet, horselitter, and ryding, as by Cradle, and Chay or hanged, in sorte as to that vse may be best framed, all very profitable as they may bee exercised: much, little, or meane, close, or open in the ayre, as to the parties shall bee requisite: taking tyme likewise in the vsing, swift, slowe, or eane, longe, short, or meane. And so likewyse in rock-
king

king by vice, or engyne: or on the floure which is more shaking. And therfore to them that may suffer it, more profitable.

The other good, to weaker persons, as that in frame, conveyed by pendent, from one to another, standing a sunder, according to the length of the engyne, three or iiij. sedome, drawn from them to the other, swift, slow, or meane, long, short or mean, as to the party shalbe conuenient. Putting other deuises, to oportunitie, and Phisitions further discretion, as to their owne patients, shalbe necessary, and decent. At large entreated, of Galen in his arte of mainteyning health, from the tender age of Infantes, untill they become old men, liuing all their lyfe, in health, untill their last age, and then dye without paine, whither you may resort, for your further contentacion, seeing our scope is, but of the benefite of bathing.

Before you enter the Bath, tary two or three dayes, as well for resting of you, after your long trouble, as also to acquaint you with the ayer, vsing some melody, the which thing Aesculapius worthily appointed, saith Galen, & in deed it refresheth the witte, encreaseeth strength, and melancholy it putteth to flight.

Times of bathing, shalbe both morning and euening, but after your exercise, and purging, and altogither, before meat. And that when the Sonne is of a good hight, the misty exhalations, being into the second heauen attracted, the wether sayre, and in the somer season, as betwene the beginning of May, & the later end of September. Saying the praiser in the later end of this booke, on your knees, either in the appointed places, or in your chamber, or on the Bathes side. But in pestilent seasons must vtterly be auoyded all Bathes Georgius Agricola Libro de peste, et Rasa Libro de peste.

In the bath you may tary ij. or. iij. houres, if you please,

D. i

and

Rest before
bathing.

Bathing
times best.

Buckstones Bathes benefyte.

and in especiall if the cause, sicknesse, or græfe requyre, and the body fit for it.

Bladders
full of warm
water.

After you come forth, your clothes well ayred, your body well dyed, and especially your head, if the disease shall requyre, into your bed with twobladders full of the water, made hote on the fyre, the one apply vnder the arme holes, & the other in the twyste, and there sweate, as your strength will beare.

This done, drye your body ageyne, and rubbe it all ouer, as the infirmitie may requyre. Howbeit not in euery one, vntyll the skynne be redde, but if such frycation bee appointed, keepe your bedde for two or thre houres after, lest the small meaptes being opened, a suddaine alteration may happen, of nature altogither abhored.

Force of fri-
cation.

Fricacion hath force too loose, to binde, too encrease fleshe, and to diminishe it, sayeth Hippocrat. That is, the hard to binde, the soft to loose, the much too diminishe, the meane to encrease fleshe. Howbeit, as may seeme, in Galene his tyme, diuers Gymnastickes inuenteinge other innumerable differences of frications, wan great prayse: in so much that they were supposed, to haue founde out, concerning frycations, more then Hippoc himselfe, amongst whome then a Prince of the Gymnastickes, wrote, in Gymnasticis, de differentiis frictionum, in this wyse: Amongest our preceptes of Frycation, it seemeth good vnto vs, that the Qualities bee ioyned with the Quantitie. For of them selues, they bee so vnperfecte, that no absolute effect, or successe, can procede of them: bycause soft Frycation for the Quantitie, needeth a threfold operation. For, little doth lightly make the fleshe slacke, and soft to bee handled.

Hard doth enapozate and dissolue: meane doth fill with a loose, and flowing fleshe. Alike wyse the harde, according to

to the manner of the Quantitie, doth yelde so manye effects in number. For much doth bynde the bodyes, and leaueth behynde something lyke to a Timon.

The meane doth fill with fleshe, and the small doth for the tyme, brynge rednesse in the ouer parte of the skynne. In which processe of wordes, hee contayneth sixe differences of Frycacion, thereby supposed, to haue spoken better, and moze plentifully of Frycacion, then Hippocrat. himselfe.

But if moze seriously you ponder the wordes of Hippocrat. and not by the way (as a dogge doth water) lightly taste of them, you shall easely synde, that hee hath comprehende nyne differences, as maye appeare by this description.

Hard.	Little.
	Much.
	Meane.
Soft.	Little.
	Much.
	Meane.
Meane.	Little.
	Much.
	Meane.



W^here Theion had taught the firste sixe of these nyne coniugacions, which the description comprehendeth: Hee made no mencion at all of the other thre, combating cruelly with himselfe: for if ther be a certayn middle, of the small & great, which we cal mean, ther shal also be another middle

D.v.

of

Buckstones Bathes benefyte.

of the soft and hard, which wee will call meane, and moderate. But, such Sophisticall euillations, in this worke, we haue not determined to reprove, but rather howe health at Buckstone, is to be obtayned.

great regard
to be had in
the dosis of
medicines.

Medicines posseling power of euacuating, for the health of the collyfe, and of them that abound with corruption, as boue all exercises haue dominion: which in our fourth booke of Bathes ayde, more largely wee haue handled, here altogether not to be omitted, (that in the absence of Physicians may bee vsed) regarde had to the constitution of the bodye, manner of sickness, and present state: remembryng this also, that doses or qualities of medicines, are varped, according to complexion, case, tyme, age, region, nature, sickness, dyete, arte, and tymes mutacion, as affirmeth Auicenne in Canon. and Amatus Lusitanus, centuria prima.

Therefore, not possible to appoint a iust quantitie, these thinges, in euery person not considered: and because you are there in a colder climate, then is Bathe (as I haue sayde) you must make your Dose the greater, for the South persons require a greater and stronger force, to alter their nature, then the Southerne, for that their bodyes bee more hard, by meanes whereof the naturall actions bee stronger, and will turne the medicine into nourishment. And wee call, all that a medicine, which hath power to alter nature, sayeth Montanus, commentario primo, de simplicium medicamentorum qualitatibus. For otherwyse it is not a medicine, but meat. Howbeit, Galene sayth, libro quinto, de sim. It maketh such iuyce, or humoz, as it should haue expelled: so that it encrease rather sicknesse, then auoyde the cause. It shalbe good therefore, if you meane to vse them, a little to augmente the qualitie, as a fourth or fifth parte more, which will sufficiently sharpen them, as I haue often proued. Howbeit, I had rather you should conferre wyth the learned, concerning the vse of my medicines, then vpon your

your owne skill receyue them, and yet all that I haue prescribed, bee voyde of venymie, and will not hurt, if they protest not. But if they bee receyued according to my meaning, they bee not onely of noble operation, but also of gentle force of purging. And purgacion, sayeth Galene, Comm. sec. primo Apho. is euacuation of humours, which do molest with their qualitie. But purgacion is not onely gyuen, bycause of euill humours abounding, but also by reason of the force of the sicknesse, and sometyme it supplyeth blood letting. For if the party bee weake, a gentle purge wil better serue, as may appeare, 4. therapeutices, & quart. de t. san. libris Galeni: for blood is the treasure of lyfe, not viciated.

Purgacion, according to Hippocrat. is a clensing which by nature or artificially by arte is made. Also there is a gentle purgacion, which euacuateth from all partes, and another from the place onely affected, and this is cyther vniuersall, or particular, as Gentilis declareth, 1. 3.

The former of the whole body, but especially from the place suffering, the other from it onely. Mesue calleth it an vniuersall purgacion, cap. de soda. Summa tercia, de medicinis xgitudinum cerebri, which euacuateth the matter, cause of greefe, from the community of all, or of the most famous partes, or of them which bee as it were myneralles, as the Liver of blood, the Galle of choller, stomacke of phleme, the mylte of splene of melancholly, or blacke choller. And particular hee calleth that, which bringeth matter, cluddered, lomped, or bagged, in any principall member, or parte: by the proper emunctuaries, as out of the head, by the nose, mouth, eares, eyes, palate, &c. But this particulare maye not bee preferred befoze the vniuersall, except it bee in sower cases, as either bycause the matter doth not much abound in quantitie, wherefoze it may suffise, if it be brought from a parte of the emunctuaries of that member, in whiche the sicknesse is, or else, bycause the part from whence the mat-

D. iij.

take no medicine without good aduise.

Purgations defined.

generall and particular purging.

ter

Buckstones Bathes benefyte.

ter is deriued is not strong in deliuering it, no; the part receyuing is not strong in resisting, or els bycause that part doth not receyue the community from the rest of the parts, or els bycause the body and other members are not set vnder the Dominion of the matter, which causeth the dysease in that member.

Likewyse ther is one purgation drawing backward, and another forward, the former turneth to the contrary, the other asyde, as sayth Hippoc. Libro. de Succis. and Galen. 4. Therali. de Vlcenibus. Hence it is apparent, that purgacion of the belly, profiteth the most sorte greued with vlcers, as the same Hippoc affirmeth, ther is also one kynd of purgacion, that diminisheth, another that perfectly euacuateth all: The former diminisheth the sickenes, the later, wholly rooteth it out, and this is of twoo sortes, for eyther by one meanes, or other, it expelleth the filthy excrementes or else it diminisheth the sumity or iuyce hurtfull, as Conciliator saith *Diferencia*. 116. and this is strong, weake, or meane, as which is caused of a laxatiue, strong, weake, or meane. Likewise some purgacion at once, worketh effectually, out of al the partes, and some by dissaunce of tyme, or little and little. This maner Tralianus vseth in head aches, and ioynt aches, Mesue for melancholique humours, Auenzoar in long diseases, Auicennas in quotidian agues.

Corrupt humores weakeneth the strength.

Therefore where through humoures corrupted, the lyfe, strength, force, power, or vertue is weake, Galen willeth to vacuat, cleanse, or empty, that which is euill, by litle & litle, & to reserue in order, that which is holsome, with curation, of hurtfull or vicious iuyce, of the Grækes is called *epikrasis*, saith Galen *nono therap.* And Sirmesinos, Hippo. calleth meane emptyings. *libr. de artienfis*, whether they be, by vomit or by stoule.

Likewyse we vse some purgatiō euartive, or healing, and to preuent a myscheie suspected.

Diffe

Differences of purgation, or clenſing, are taken of the places by the which they are expelled, whether downward by ſtole, or upward by vomit, or by urine, mouthes, ſweat, ſpitting, and ſnot, leſſing of the belly, draweth down from the upper partes, and roſeth out from the lower partes.

Difference
of purging.

Vomit bringeth to paſſe by contrary meanes, drawing, and emptyng.

Uryne clenſeth the ſuperfluities which are containd in the veynes, in the buncy part of the Liuer, reynes, wayes of urine & bladder: and ſometyme thoſe which are without the mydzyfe. For Galen did ſee the vomit of the lunges by urine to be clenſed, and of the ſtomake, by the bowels: ſweat clenſeth from all partes. Spittle onely with coughe, clenſeth that which is in the loſe ſpaces of the breaſt.

Snout purgeth thoſe ſuperfluities, which are in y head.

The Canons and rules which it behoueth vs to obſerue, ſhalbe to leade that way whyther nature eſpecially doth incline, in the ſommer upward, in the winter downward, as Hippo. commaundeth, Aphoriſmo quarto, and Gal. 1. ap. 21.

We purge leane perſons and ſuch as can eaſely vomit, by the upper wayes, auoyding winter. But in the Spring, Sommer, and Harueſt, ſuch as hardly vomite, and be of a leane conſtitution, purge downward, eſcheuing Sommer.

Such as haue the conſumpcions of the Lunges, haue regard how ye purge upward for feare of weakening the ſpirituall partes.

Such as haue the bottome of the belly thynne, weake bowels, or be burſten, take heed how ye purge downward, for it is dangerous.

Melancholique perſons you may more ſafely purge by the lower wayes.

It is euill to purge much, ſuch as haue the ſure lyncery, (ſlyding away of the meate vndigeſted) by the upper partes in ſommer.

Græſe

Buckstones Bathes benefyte.

Sicknesse
for lacke of
purging.

Græfe about the hartstringes, signifyeth lacke of purgacion, by the vpper partes, and such as molest the nether partes downward.

If belly akynge shall chaunce to him that hath not a feuer, heauinesse of the knees, græfe of the loynes, & thyghs, it sheweth that they ought to be purged downward.

To conclude, euacuacion of the particular members, is made by Indication, taken of situation, as Galene hath plenteously declared, tercio art. parua. 2. ad Glanconem, sep. vnde. & tricesimo therapentices.

vvhathicke-
nesses pur-
ging cureth.

Galene, lib. de vi catarthica, affirmeth, that hee abated the tertian feuer melanchollique passions, frantique fittes, falling sicknesses, continuall headaches, paynes of ioyntes, goutes, and healed the sciatica, scould heades, frettinge blceres, wolues in the brest, and many dangerous pustles, of euill coloure, newe leproyes, cankers, and one whom, as hee had ben bozed thoro the guttes (which by other Physicians vnerpert handling thre monethes, waxed worse and worse) with onely purgacion hee restored too health. Hee tooke away by purgacion, a womans fluxe, and other diseases of the matrice, and also dymnes of syght, opthalmia, the aposteme of the eye, by purgacion hee also cured in one day.

Therefore, purgacion hath ben gyuen accustomedly, to staye both distillations, and ouerflowinges. Hence it is, that Aetius lib tercio, appoynteth it to bee vsed in certayne flures, of the belly. All which effectes shewe, of what force purgacion is, learnedly gyuen: howsoever soles do abuse it, or dispraise it.

Meete times
to purge.

Tymes meete to purge, Hippo. 6. aph. taketh of the temperature, of the ayre enuironing vs. For as the ayre is altered so must your purgacion: and what ayre is at Buckstone, and howe your purgacion must bee altered, we haue already expessed.

To whom soener (sayeth hēe) letting of blood, is conuenient, or purgacion, the Spring is best, quarto Apho. quint. & sext.

Contrarywyse, in the dogge dayes, and befoze the dogge dayes, purging medicines be daungerous.

Moreouer, in the Sommer, we gyue vometes, choller abounding in the stomacke. Contrarywyse, Celsus appoin- teth it in the winter, bycause the stomacke then is loden with fieme, lib. primo.

Galene did purge in the ende of the Spring, those which in Sommer were taken with a tercian feuer: and in the be- ginning of the Spring, those which thowwe grosenesse of humoures dyd fall into sicknesse, lib. de pur.

Furthermore, tymes fitte for purgacion, maye bee ta- ken of the influence of the Planetes, sayeth Hippo. libr. de diera. And Galene did chouse the space betwene the newe moone and the old, for drynking of Triacle, libr. de theriace, ad Pamphilium.

It is conuenient, that in gyuing purgacion, it bee obser- ued, which thing Actius lib. 3. & 1. th. and Halyabbas com- maundeth. If so bee, that the force of medicines purginge, is dulled, when the moone shall bee ioyned with Iupiter, if we beleue Ptolome, in centiloq. But purginge medicines must bee gyuen when the moone is in a watery triplicity, hauing none aspect, commixtion, quadzature, or oppositi- on, with Saturne, Iupiter, or Mars. Concerning the which aske Councell of Ioannes de Monte regio, and the other Astro- logians, but especially of Auicennes medicorum, and also of Almanackes, yearely made. Auerhois commendeth those which, although they bee whole, are purged euery seuenth yeare. And I commend those that be purged euery Spring, and fall, seeing seldome but at certayne tymes and circu- ites, diseases do happen, or not farre from them. But with Auenzoar the election of tyme according too the Astrono- mers

VVhen to
purge acco-
ding to the
Astrono-
mers.

Buckstones Bathes benefyte.

mers is not allowed, lib. secundi. Perhaps because y^e sick may perish while we abyde they^e elections.

Lastly of the preparation, of the body, and alteration of the humours, times of purgation, are to be receyued. For as Hippo. writeth, before the drinking of Elleborus (bearfoote) the body must be moystened, with much meat & rest. 6. epi. Further he saith, if you wilt quickly purge him, y^e hath donk^e Eleborus, it behoueth. that he washe, and eate: to washe the day before the receyuing of the purging medicine, for laving, bathing in swete water, or washing, spreadeth abroad the humours, and maketh the body more laxative and soft. And to eate such meates, as thinne, cut and seporate grosse, clammy and tough humours, and that do open the passages.

Prepara-
tures before
purgations.

Again he saith, bodies which shuld be purged, ought to be made flowing: & they are made flowing, as Ga. testifieth 3. ap. 9. By extenuating, & cutting of humours, & by opening the wayes, by which y^e humours are drawe of the medicine. And when this is neglected, be sure purgations be hard and grievous, wherfore Auicenne dooth preferre thinning of the humour, and dylatation of the wayes that be shut, not only before purgation downeward, but also before vomite. Phe. 4. 1

Hence it is, that preparatiues are v^{se}d. Therfore to heale thinges digested, and to moue thinges not raw, so that they enforce not (and the most sort do not compell) to be vttered, for the expulsion of raw humours, as Galen writeth primo apho. 22. doth cause ache of the belly, gnaewing, & swoonings, and also, that nothing in effect worth the accompt, is expelled, seeing all raw humours be slow, and vnmixte for moving, by reason of rawnesse and colde, wherby it cometh to passe, that they also do stop all narrow passages, by which the medicine ought to be conueyed, and deliuered, therfore they be neyther brought out themselves, nor suffer other, as sayeth Auicen quarto, et Phen primo. Hence it is, that all long sicknesses grow.

Anicenne

Auicenne after concoction, befoze euacuation giueth things thinning.

Furthermoze, coction must be loked first: especially in grosse, tough, and stimy humours, as AEtius teacheth Libro tercio. And in certayne chollerique infirmities, of thicke, and tough matter, as it is apparant with Galen, of the purgacion giuen for the yelow Jaundis, Libro de vi Catarthica, et de constitucione artis Medicæ. The which thing, also Tralianus doth vse, and against Rasis and Auicenne, but not likewise, for the whayey, thinne, and subtile humoures, which as it seemeth too Aetius, are too bee purged soozth with, in the beginning of the sicknesse.

Briefly, befoze concoction, a purgacion is conuenient, in my iudgement, the manyfest quality of the humoz compelling the quantity and place, of this iudgemēt is Antylus, and also Manardus libri tricesimi, epistola prima.

In some the mouinge of nature, or of sicknesse, or of both, doth shewe the tyme of gyuing purgation.

To these, the strength of the sicke, the condicion of the ayze, and what thinges haue gone befoze, and are present, or belonge too bee purged, (as Galene teacheth nono Therapentices,) are too bee considered.

If so bee that apte mouinges are to bee holpen, and the depraued to be corrected. And it is depraued, if befoze concoction, nature doe euacuate, sayth Leouellus in practica sua.

Also, if by places not conuenient, and then it is too bee transferred, as affyrmeth Valscus in Philonio suo. And in diseases of swift mouing, it often happeneth in the beginning, that the rawe matter is euacuated, nature erringe, thozowe compulsion of sicknesse, as affirmeth Iohannes Ruellius. Which thinge, a skilfull Phisicion, some knoweth

E.g.

Purga

Buckstones Bathes Benefyte.

Purgacions
least dange-
rous.

Purgacions, which may bee vsed without daunger, bee those which be compounded, the hurtfull qualitie corrected, wherevpon wee may not so well vse simple medicines, sayeth Cardanus, de varietate rerum, although I brought in example, of Elleborus in the old tyme, which was permitted, when our bodies were stronge, but not so now. For it behoueth (sayeth hee) for the most parte, in euery simple, eyther to qualifie the hurte, or to skunne the force, or too strengthen the weaknesse, or to correct the vnpleasantnesse. So vnlikely it is that any simple may aunswere to bee correspondent, for the curacion of sundrie affectes, whiche at once doe requyre diuers faculties, and at one instant, as is very learnedly sayde, of Celsus, and at large exprested of Montanus, in commentario de componendis medicamentis.

The rule of Galene therefore is, that as farre as it is lawfull, the medicine be made most pleasant, quarto de tuenda sanitate, peraduenture, according to that saying of Hippoc. The Physicion ought too gratifye the sicke, in meates, drinckes, and medicines, sexto Epi. For in meate, there is a most excellent medicine, as he testifieth. Wherefore Actius doth mingle with meates, thinges which doe not onely soften and compresse the belly, making it smothe and suppery, but also that haue force of drawing, as after briefely shalbee exprested, of which thinges Ioannes a S. Amando, in concordant. Gal. and Matthæus Graduenfis, in gloss. super Ah. most wholesomely doe dispute.

Purgation
for euery
complexiō.

Medicines meete to purge the chollerique complexion, or such as bee troubled with chollerique diseases, are these, consideration had to the thinges afoze exprested, as Gardonius affirmeth in practica sua.

R. Electuarii de succo rosarum, ana. z.iii. misce,
Diaprunis,

Take of the composition, of the iuyce of roses.

Of the composition of prunes, of eyther iii. drammes,
myngle

myngle them.

For the phlegmaticke complexion, or them that are vexed, with phlegmaticke diseases,

R. Diaphaniconis, z.v. misc.
Diacatholiconis, z.ii.

Take of the Electuarie of dates, v. drams, of the vniuersall composition, two drams, let them be myngled.

For the melanchollique complexion, or them that are vexed with diseases thereof,

R. Diasennæ lenitiuæ, ana. vñ. s. misc.

Confectionis hamech, Take of the Lenitiue Electuary of Sennæ, of hameches confection, of eche halfe an ounce, mingle them.

Take in the morninge fastinge, in pocyll whay, made with ale, to purge choller. In pocyll whay made of whyte wyne, to purge flemme. In pocyll whay, made of Gotes milk, for melancholly, receyuing a little warme brathe, within halfe an hower after, eating after that, nothinge untill vij. or viii. howres be expyzed, and keeping the house, as Bachanellus willeth, lib. de consensu medicorū in curandis morbis.

A Glyster of blessed operation for noble complexions which gently euacuateth phleme and blacke choller, & gently expelleth wynd, and greatly auayleth agaynst the collick and græfe of the bowels.

R. Anize, ana, z. ii.
Croci, Polipodii triti, bulliant cum aquæ lactis caprarum, libris quinque, & dissolue.

Hieræ picræ, vñ. i.

Mellis, vñ. i.

Salis, vñ. i.

Olei violacei, vñ. ii. misc secundum artem.

Take Okeferne rootes, Anyse seedes, Bruised Safron, of eche two vnces, boyled in fyne pyntes, of the whay of gotes

E. iij.

milk

Excellent
good glif-
ters.

Buckstones Pannes benefyte.

milke, to the fourth part, into the which you shall dissolve, of
Hierapicra one vnce, of hony two vnces, salt an vnce, oyle
of violets, two vnces, gyving one after another, if need re-
quyre, for it will serue for three of foure doles.

Another to prouoke vryne, and to open stoppings.

R. Aquæ lactis caprarum lib. d. in qua bulliat anisi pulueri-
zati vn. i. d. quibus addes olei violacei. vn. ii.

Take whay of Cotes mylke a pynt and an halfe, wherin
let boyle of a walme or two, of anyse seede lightly brayed. ii.
vnces, to the which adde of oyle of violetttes, two vnces.

Another good to purge choller, and to mundifie the bloode
with all the rest of the humoures in generall.

R. Maluæ,

Althææ,

Atriplicis, ana. maniplicis,

Mercurialis,

Acanthi,

Semini Lini,

Foenigraci, ana. z. ii.

Coquantur ad tercias, & colo diffundantur, accipiatur.

Furis decocti, lib. i.

Medullæ cassiæ fistularis, vnce i.

Hierapicra, s. d.

Mellis rosacei colo transfusi, z. iii. s. d.

Olei ex olinis, expressi s. iij.

Salis vulgaris, z. i. s. d.

Commixtis omnibus, fiat enema.

Take of Malloves, Holyhocke, Drage, Mercury, swete
bryer, of euery one one handfull, lene seede, senygræke, of
eche two drammes, boyle all in a quart of running water,
vnto the third part, then strayne them, and take of the broth
boyled

boyled, one pynte, of the pyth of Cassia fistulae, one vnce, of Hiera picra i. half vnce, of hony of roses strayned, iii. drams, and an halfe, of oyle pressed out of olyues iii. vnces, of salt, i. dramme, and an halfe, of all myngled together, let there bee made a Clyster.

Fyner Jewels, further set, deerer bought, lesse in quantitie, stronger in qualitie, more dangerous for the body, I could haue appoynted many thousandes: but because these are comune, of small pryce, euery where with the Apothecaries to be had, & without daunger will do their office, I trust they may serue for the poorer sort that are not of abilitie, too retayne counsaylours in phisicke, the riche, I wysh to resort to the learned Phisicians.

Slippery meates which rather make the bodye soluble, than do bynd, are these, as at large is expressed of Aegineta, flesh of lambe, beale, pygge, fat capons, chickens, and all fat and moyst meates, rather boyled then roasted or baked.

Butter, mylke, breade not to drie baked nor too stale, beere of meane age, wyne with suggar ynough, sweet fruits, & rype, as damaske prunes, cherries, raceynes, damsons, &c. Of herbes for your brothes and porcylls, mallowes, cychorrye, endyue, byolettes, pacyence, sunnetory, and centaury a little quantitie, some vse, which will not onely make the broth to bytter, but also molest the body as doth sene, fill it with wynd, and weaken the stomacke sayth Mathiolus Senensis, super Diaasco. and Mesue lib. de simplicibus, and as dayly experience proueth. All these thinges needfull, considered and obserued, for the xiiii. xx. or xl. dayes, you remaine there, and after you come thence, one moneth at the least, if your disease requyre it, keepe the especiall Victus, expressed, but after you may returne to your former trade of lyfe, not hurtfull, so that alway prouyded, the day of your coming thither, bee noted, befoze you enter into the Bathes, and the day of your departure, with the country of your habi-

Good Jewels
good chepe.

Meates soluble or slippery.

Tariance at
Buckstone.

Tuckstones Bathes Benefyte.

A register
booke.

A rate for
the treasure
of the poore

bitation, condition or calling, with the infirmityes, or cause
you came for, in the registry booke kept of the warden of the
Bath, or the Physicion that ther shalbe appointed, & the be-
nefite you receyued, paying foure pence for the recording,
and euery Peoman besides, xj. pence, euery Gentleman ij.
shillings. Euery Esquior, ij. s. iij. d. Euery Knight, vij. s.
viij. d. Euery Lord, & Baron, x. s. Euery Vicount, xij. s. iij.
d. Euery Erle, xx. s. Euery Marques, xxx. s. Euery Duke,
ij. pound x. s. Euery Archbishop. v. l. Euery Bishop xl. s. E-
uery Judge. xx. s. Euery Doctour, and Sargeant of lawe. x.
s. Euery Chauncelloz, and vtter Barrister, vi. s. viij. d. E-
uery Archdeacon, Prebendary, and Canon, v. s. Euery Wy-
nister, xij. d. Euery Duches, xl. s. Euery Marquesse, xx. s.
Euery Countes xij. s. iij. d. Euery Barones. x. s. Euery La-
dy, vij. s. viij. d. Euery gentlewoman, ij. s. And al, for the trea-
sure of the Bath, to the vse of the poore, that only for help, do
come thither, the one halfe: the other to the Physicion, for his
residence.

Now if any shall think me ouer bold, to speake in the
person of a Magistrate, let them consider with themselves
two thinges meere contrary, their abilityes, and the poyres
nede, for sure I am, that none of all these recyted, but dooth
twyle a yere in ydle pastime cast moze then this, away in
vayne. Therfore I trust, seeing it is to the poyres, bore and
better meanes for your owne health, with other good vses,
that from tyme to tyme, shall be there appointed, that there
wilbe none, so straight laced, or of so vnpytfull a conscience,
whiche will not, if they see cause, draw theyr purse stringes
wyder.

If they consider the good intent, to be as well for the poore
afflicted members of Christ (and what you geue vnto them
you geue it me saith he) as also, for the honour of the Kelling,
the which, for ener, God graunt Triumphant, Amen.

The prayer

The Prayer vsually to be sayd

before Bathing.



As thou hast, most mercifull Father, of thine infinite bounty and grace, geuen vs power, to come, to these thy Bathes, (preordinate, of thy deuine prouidence) for the benefite of vs thy deare creatures: So likewise rightly we confesse, that the breach of thy most holly lawes, which we haue, to often done, is the very cause, that we be so vered, greued, diseased, and enfebled, as a iust crosse, for our misdeedes, seeing that to the third, and fourth generation, thou hast said, thou wilt the visite. Whobest, we hope in thy mercies, vnto the which, as vnto a safe ancho, (tossed in this miserable maze of worldly wretchednes) we certainly trust. Taking comfort of thy heauenly word, that whom thou chastitest, thou louest. So loue vs good Lord, that we vnfaignedly trusting in thy word, the second person in Trinitie our Redeemer, and calling on thee in his name, (in one vnitie) may be releued, comforted, & eased, as thou in thy word hast promised (if it be thy most gracious will) of all our griefes, whether they be inward or outward in body or mind. By the benefite wherof, all the Atheistes godles and careles of the world, may knowe thy power: that from thee, cometh health, to al pations, for from thee cometh al knowledge, how to vse thy Creatures for our vses best.

Graunt therfore good Lord, the healthfull spirit of truth, the holly ghoſte, to help, ayde, and assist vs, in all our afflictions, and to guyde thy ministers, natures Interpreters, Whisitions, with thy heauenly health, that being strenghtened by thy influence, may not only, the better benefite vs, and the certeyner, ascertaine vs, of thy gyftes, here and els

G. i.

where

The Prayer.

where, but also the better ayde, and assist vs, seeing they be
thine appointed counsaylours, as they whom we can not
be without, as thy lively word teacheth: So then strengthen
these Bathes, teach them, and assist vs, good Lord, that what
is profitable, for our benefite, may be here had, they shewe,
we seeke, find, and obserue: what hurtful they may declare,
we refraine and withstand. This graunt eternall Father
thorough the blood, of the immaculate Lamb, Jesus Christ,
that we departing hence, better in health, & strength, thereby
may glorify thee, ouer all the worlde the more, to whom
with the Sonne, and the holy ghost, be all glory, prayse, do-
minion, and power, for euer and euer Amen.

God preserue, the Quenes most royal Maiestie, Nobility,
and Councell, and namely George the mightie Earle of
Shrewesbury, and the noble Countesse Elizabeth his wyfe,
whose good furtheraunce, in these edifyces, hath not lacked,
with the right honorable, Lord Talbot, his sonne & heire,
and the honourable Lady his wyfe, master Gylbart Tal-
bot, and his most vertuous wyfe, his whole offspring, samely,
and all the whole Land, Amen Amen.

FINIS.



A necessary Table exactly drawn
according to the order of the Alphabet, directing
the Readers very commodiously by the
numbre of the Pages to all such
chæse and notable matters
as are in this brief trea-
ty containned.

A Phisicion with a competent stypend appointed at Buck-
stone. folio. 3. pag. 1

A dulce Bathe euacuateth by the pores superfluous hu-
mours. fo. 3. pa. 2

A dulce Bathe taketh away dyttemperature of heate or cold.
idem.

Apostemes are amended by the Bathes of Buckstone. fo. 4. pa. 1

A purgacion for the melancholique, fo. 19. pa. 1

A good consyence releaueth the poore. fo. 20. pa. 2

A Regystre booke to be kept at Buckstone. idem

B

Buckstones Bathes, who hath edified. fo. 2. pa. 2

Bath gate betwene Burghe and Buckstone. fo. 1. pa. 1

Burglary excepted out of the Sanctuary. fo. 2. pa. 2

G. ii.

Bathes.

The Table.

Bathes of Brimstone, Alume &c. haue force of drying. fo. 3. pa. 2
 Buckstones bathes heale Rheumes. fol. 4. pag. 1.
 Best bread made of wheat. fo. 9. pag. 1.

C

Crampes are healed by the Bathes of Buckston, fo. 4. pa. 1
 Clysters very excellent, fo. 19
 Commons and mores lying waste and vnmanured, should bee
 brought to tyllage, and better husbandrie, fo. 2. pa. 2
 Cris defined, fo. 6. pa. 5

D

Definition of artificiall Bathes, fo. 1. pa. 2
 Diete, vse of necessarie causes termed of Galen, fo. 5. pa. 2
 Distemperature taken away by Diete, idem
 Diete of three kinds, idem
 Diete when it is wholly taken away, fo. 7. pa. 1
 Diete when it is diminished, idem
 Diete when it is encreased, idem, pa. 2
 Diete how long after your departure from Buckstone, is to be
 obserued, fo. 20. pa. 1
 Driethe, appetite of a thing colde and moyst, fo. 2. pa. 2
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 Exercise ought to bee before meate, idem
 Exercise, alteration of breath, idem
 Effectes of purging, fol. 16. pa. 1
 Exercises appointed at Buckstone, fol. 12. pag. 1
 Fryday, market weakely, fol. 2. pa. 2
 Feuers are cured by Buckstones bathes, fol. 4. pa. 1
 Friction what, fol. 13. pa. 2
 Force of friction, idem

Good

The Table.

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Good times to take purgation.	fo. 17. pa. 1
Grief for lacke of purging	fo. 16. pa. 2
Good rules to be obserued in purging.	fo. 16. pa. 1
Good to take a preparatiue before purgation	fo. 17. pa. 2

H

How drink doth disperse the meate	fo. 9. pa. 2
How and what frutes, fish, and wines, may be permitted at Buckstones	fo. 10. pa. 1
Headaches are cured by the Bathes of Buckston,	fo. 4. pa. 2

I

Indication taken of age, custome &c.	fo. 8. pa. 1
In pestilent seasons, Bathes must be auoyded,	fo. 13. pa. 1

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Kyndes of purging,	fo. 15. 16.
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Lycense for the sick to eate flesh at all time,	idem,

M

Murther excepted out of the sanctuarie,	idem.
Maine bread of Yorke of all other the finest,	fo. 9. pa. 2
Medicine what it is,	fo. 14. pa. 2
Meates slippery,	fo. 20. pa. 1
Medicines purging choller,	fo. 19. pa. 2
Musique what it profiteth,	fo. 13. pa. 1
Meates best continually at Buckstones.	fo. 10. pa. 1

N

No hot Bathe without the myne of brimstone as saith Aristotle	fo. 17. pa. 2
Nunnes healed by the Bathes of Buckstone,	fo. 4. pa. 1
Nourishmentes spring of the first coniunction of Elementes,	fo. 8. pa. 2
Nothing nourisheth, which is not nourished.	fo. 6. pa. 2

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Of nourishments ther is a duple faculty.	fo. ibidem.
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Phisicians learned and great store in England.	fol. 5. pa. 2
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Sene filleth the body with wynd and weakeneth the stomacke	fol. 20. pa. 1
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Vryne a note of the tyme to beginne exercyse

fol. 11. pa. 2

VVhat exercyse at Buckstone

fol. 12

VVhat to be giuen for the poore and other vses.

fol. 20

VVhat the new diet doth.

fol. 6. pa. 2.

FINIS.

Faults escaped.

Fol. 1. page. 2. line. 4. read therfoze, fo2 ther.

Fol. 1. pag. 2. in the note read definition fo2 signification.

Fol. 3. pag. 1. line. 2. read the most part, fo2 foure parts.

Fol. 6. pag. 2. line. 32. read luc, fo2 hic.

Fol. 7. pag. 2. line. 9. read hard, fo2 even.

Fol. 7. pag. 2. line. 34. read present, fo2 preserved.

Fol. 15. pag. 1. line. 25. read o2 splene, fo2 of splene.

Fol. 15. pag. 2. line. 17. read familiar, fo2 sumito2.

Fol. 17. pag. 1. line. 28. read Amicus, fo2 Auicennes.

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