

M0017357: Advice for child nightmares, 1560

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The boke

mans milke, make a plaister, and lay it to the forehead.

Oyle of violettcs, of roses, of nenuphar are good, and oile of populeon, the broth of mallowes sodden, and the iuice of water plantaine.

Of terrible dreames and feare
in the slepe.

Sometimes it happeneth that the childe is afraid in y^e slepe, and sometimes waketh sodainly, and shrieth, sometime shriketh and trebleth, which effect commeth of the arising of stinkinge vapours out of the stomake into the fantasie, and senses of the braine, as ye maye perceiue by the breath of the childe: wherefore it is good to geue him a litle hony to swallowe, & a litle powder of the seedes of peome, and sometimes triacle, in a litle quantitie with milke, and to take hede that the childe sleepe not with a full stomake, but to beare it about wakinge, till part be digested, and whan that it is laide, not to rocke it muche, for ouermuche shakinge letteth digestion, and maketh the childe many times to vomite.

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