



Printed by Peter Cole
In Leaden-Hall



In Effigiem Nicholai Culpeper Equitis
scilicet in Aquas

Two Books of
P H Y S I C K :

V I Z.

I. *Medicaments for the Poor; Or,
Physick for the Common People.*

(The chief things treated on in this Book;
you may read in the two Leaves of Con-
tents, before the Epistle to the Reader.)

First written in Latin by that famous and
Learned Doctour, John Prevotius, Philoso-
pher, and Publick Professor of Physick in
Padua. Translated into English, and
somthing added,

By Nich. Culpeper, Student in
Physick and Astrology.

II. *Health for the Rich and Poor, by
Diet without Physick.*

By Nich. Culpeper, Student in
Physick and Astrology.

Also **CULPEPERS GHOST;** is here-
unto added; being a Book of Truth, Wit,
and Mirth.

London: Printed by Peter Cole, in Leaden-Hall, and
are to be sold at his Shop, at the sign of the Prin-
ting-Press in Cornhil, neer the Royal
Exchange. 1656.

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

1 The Practice of Physick, containing seventeen several Books. Wherein is plainly set forth, The Nature, Causes, Differences, and Several sorts of Signs; Together with the Cure of all Diseases in the Body of Man. Being chiefly a Translation of The works of that Learned and Renowned Doctor, *Lazarus Rivorius*, Now living; Councillor and Physician to the present King of France. Above fifteen thousand of the said Books in Latin have been Sold in a very few Yeers, having been eight times printed, though all the former Impressions wanted the Nature, Causes, Signs, and Differences of the Diseases, and had only the Medicines for the Cure of them; as plainly appears by the Authors Epistle.

2 The Anatomy of the Body of Man, Wherein is exactly described, the several parts of the Body of Man, illustrated with very many larger Brass Plates than ever was in English before.

3 A Translation of the New Dispensatory, made by the College of Physicians of London. Whereunto is added, The Key to Galen's Method of Physick.

4 The English Physician Enlarged; being an Astrologic-Physicall Discourse of the vulgar Herbs of this Nation; wherein is shewed how to cure a mans

self of most Diseases incident to Mans Body, with such things as grow in England, and for three pence charge. Also in the same Book is shewed, 1 The time of gathering all Herbs, both Vulgarly and Astrologically. 2 The way of drying, and keeping them and their Juices. 3 The way of making and keeping all manner of useful Compounds, made of those Herbs The way of mixing the Medicines according to the Cause, and Mixture of the Disease, and the part of the Body afflicted.

5 A Directory for Midwives, or a Guide for Women. Newly enlarged by the Author in every sheet, and Illustrated with divers new Plates.

6 Galen's Art of Physick, with a large Comment.

7 A New Method both of studying, and practising Physick.

8 A Treatise of the Rickets, being a Disease common to Children; wherein is shewed, 1 The Essence, 2 The Causes, 3 The Signs, 4 The Remedies of the Disease; Published in Latin by Dr. Glisson, Dr. Bates, and Dr. Regemorter, translated into English. And corrected by N. Culpeper.

9 Medicaments for the Poor, Or Physick for the Common People.

10 Health for the Rich and Poor, by Dyet without Physick.

MEDICAMENTS

For the Poor; Or,
P H Y S I C K
For the Common People.

Containing,

Excellent Remedies for most Common Diseases, incident to Mans Body; made of such things as are common to be had in almost every Country in the World: and are made with little Art, and small Charge.

This Book is of admirable use for, 1. Purging Medicines, for Cholera, Flegm, Melancholly, or Watry Humors. 2. Vomits. 3. Such things as evacuate by Sweat, Spittle, the Pallate, Nostrils, or Insensibly. 4. Womens Diseases. 5. Worms. 6. The Stone. 7. Poysons. 8. The Head over-hear, or over-cooled. 9. The Eyes. 10. The Joints. 11. The Nerves. 12. Breathing. 13. The Heart. 14. The Stomach. 15. The Intestines. 16. And for Diseases of ill Conformation. 17. Or in Faulty Magnitude. 18. Or in Number. 19. Or in Scituation, and Connexion. 20. Or in dissolved unity.

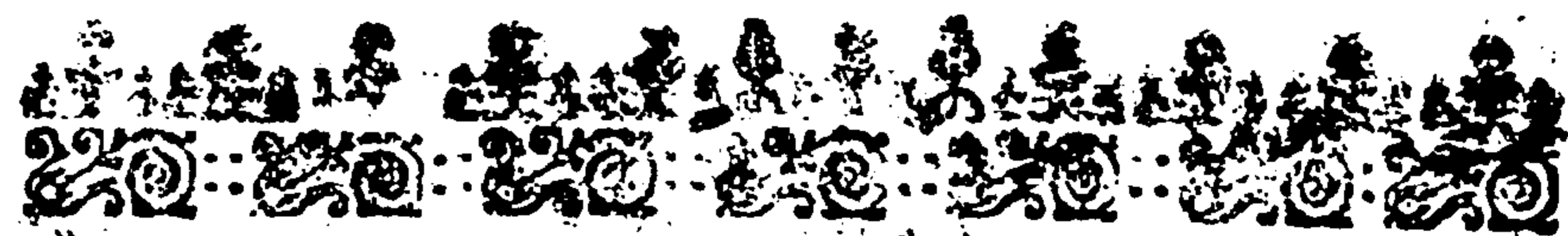
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Translated into English, and something added,

By Nich. Culpeper, Student in Physick, and Astrology.

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The Printer to the
READER.

I Thought it convenient to give thee notice of some Particulars to be minded in this Book.

1. That thou hast not more in the Title Page, than is in the Book (as is too often used by many in these times) For every one of the twenty Particulars there named, is distinctly treated on, under that Head, and sometimes much more, as thou mayest easily find, if thou pleasest to peruse the Contents before the Book; by which thou mayest easily turn to the page in which each Head is treated on.



The Printer to the Reader.

2 If thou meetest with hard words that thou dost not well understand, look at the end of *Riverius Practice in English*, and most of them are there explained.

3 Things that are here but briefly touched, are much more largely treated on in *Riverius Practice of Physick in English*.

4 For the rest of Mr. *Culpeper*'s Works that are yet unprinted, refer thee to his *VVives Information and Testimony*, printed before this Book. I remain,

Thine, to serve thee,

Peter Cole.



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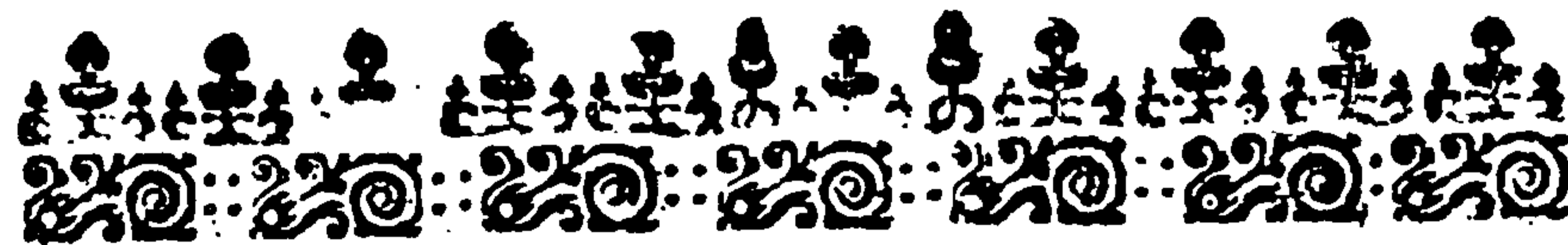
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TO THE
READER.

ALL those that were famous in the Art of Physick, and by taking care of the health of Man gained to themselves great Honor, may be supposed to have laid the first foundation of all their glory in the Cottages of Poor Men. For since two things chiefly commend a Physician; skill to cure the sick, and great charity to the Poor, without which there can hardly be so much sence of anothers misery that can invite one carefully to lend his utmost help. These two are so united, that a Physician can hardly be approved amongst Rich Men and Princes, unless he hath shewed himself to be such a one by his frequent Practice amongst the Poor: For they that abound with all these things, the want whereof makes life to others not so desirable, will suspect the skill of such as begin, but now to Practice; and who have not been eminent by many experiments, and famous Cures, that are divulged by the Testi-

TO THE READER.

mony of the common People. And the Physician alone shall not easily perswade great Men, to whom he may be called, that he hath seriously taken care for the Disease, but rather for his own gain and profit, who hath not sometimes done his best endeavors to help poor distressed Men, and by such a Custome, learned to deal gently with those that are sick. And this is the Cause, that, those who begin to study Physick, and by the profession of it, seek for renown and much profit, must in the first place make it their greatest care, that when by study they have learned the precepts of Physick, they may know how to apply it to Men of mean fortunes that are Sick; and from thence they may happily begin their first Practice. In which business, a small estate is no little hindrance to the endeavors of the Physician, when oftentimes not only fit Nourishments cannot be afforded to sustain the strength of Nature, but also fit Remedies for the Cure; much dear and costly Physick fetched out of the Apothecaries Shops, would undo the Poor and so make a new addition of more misery to the former. Nature is liberal to provide for the necessities of the Poor, and hath sent forth many matters for Medicaments, that may be found almost every where, and with little Art may be prepared for every use. In which a Physician ought to be as well skilled, as he should be in Medicaments that are for the Rich. as Galen writes, 6. de Comp. Medicam. Per Loca. Cap. 1. Especially since those Obvious Remedies

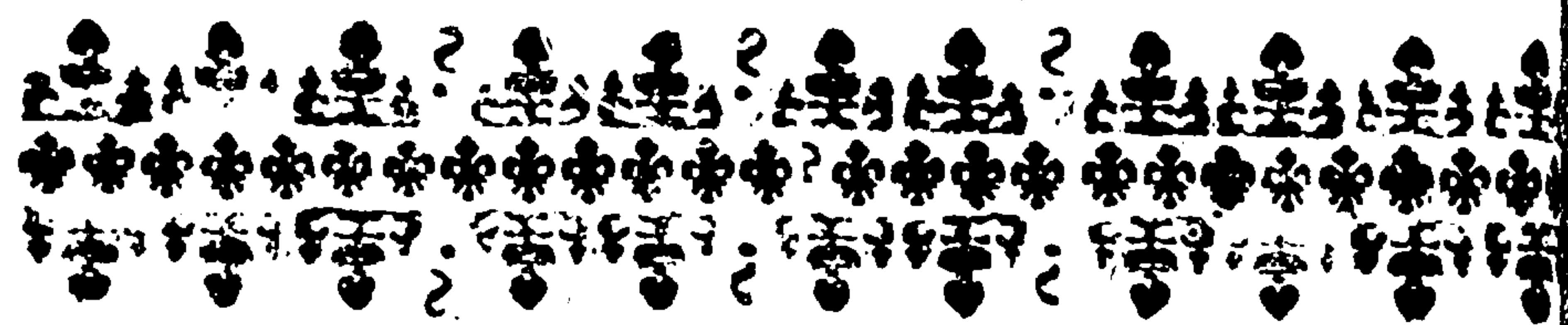
TO THE READER.

Remedies are not onely profitable for the Poor, But as necessary for the Rich, when they are upon a Journey, if perchance they should fall sick, when they are farr from Cities, and Apothecaries Shops. This Treatise therefore shall be concerning such Remedies as are easie to be procured. Thus far I have followed in this Epistle the Expressions of the Famous and Learned Doctor, John Prevotius.

My intent in Publishing Books of Physick in English is not to make Fooles Physicians. But to help those that are Ingenious, Rational and Industrious, though they have not that knowledg of Tongues that were to be desired. I have and shall in my Books of Physick follow the most Honest and Learned in that Art; But let me warn thee now (as I have often before) That there is great danger in Physick if they be not rightly prepared and given in their due quantities. And alwaies remember, thou shalt give an account to God for al thy actions done in the Flesh; Therefore when thou hast to do in what concerns the lives of Men; do nothing but what thou wouldest do, if thou wert sure the great and dreadful day of Judgment were to begin the next hour.

I shall say no more but this; I am resolved not to give over, until I have Published in English whatsoever shall be necessary to make an Industrious, Diligent, Rational Man a knowing Physician. This is the aim and indeavor of.

Nich. Culpeper.



Mrs. Culpepers Informa-
tion, Vindication, and Testi-
mony, concerning her Hus-
bands Books to be Published
after his Death.

Courteous Reader,

O great are the Afflictions wherewith our
Heavenly Father hath been pleased to exer-
cise me his poor Hand-maid, that I have not
only lived to see my dear Husband, (the Staff
and Solace of my Life) taken from me: but
it hath been my hard hap also to see his Re-
putation, and Memory (which will be dear
to all Posterity, for the Works he hath written for the Common
Good of this Nation) blemished, and Eclipsed, by the covetous
and unjust Forgeries of one, who, though he calls himself Na-
thaniel, is far from being an Israelite in whom there is no guile;
who was not content to publish a Hodg-podg of indigested Col-
lections, and Observations of my dear Husband deceased, under
the Title of Culpeper's last Legacy; but to make the Deceit more
taking, he steeled his Forehead so far, and brased it so hard, as
not to be ashamed to forge two Epistles, one in mine, and the
other in my Husbands Name; of the penning of which, he nor I,
never so much as dream'd: And yet he impudently affirmeth in
my Name, that my Husband Laid a soverie Injunction on me
to publish them for the general Good, after his decease; and

Mrs. Culpepers Testimony.

that they are his last Experiences in Physick and Chyrurgery.
And in the Title of his Book, he saith, They are the choycest,
and most profitable Secrets, resolved never to be published till
after his Death. All which Expressions in the Title and Epistles,
are as false as the Father of Lyes; and every word in them, for-
ged and feigned. And he knew well enough, that no discreet, ho-
nest man, that was a friend to my Husband, or me, would ever
have agreed to such infamous and dishonest Practises; and
therefore I desire all Courteous Readers of the writings of my
Husband, to take notice of this Deceit; and to assure themselves
that it never entred into his head, to publish such an undigested
Gallimoffery, under the promising and solemn Name of his Last
Legacy, and that whereby he gained his Reputation in the
World, as the Imposter makes him speak in his forged Epistle.
And I desire any indifferent Reader, that hath observed my Hus-
bands lofty, and Masculine manner of expressing himself in his
Prefaces, and Epistles Dedicatory, whether in case he had been
minded or disposed to take so solemn a farewell of the world, as
the Forger makes him to do; whether, I say, he would have done
it in such a whining fashion, and so in the Stile of a Ballade-
maker, as to say, And now, if it please Heaven to put a period
to my Life, and Studies, that I must bid all things under the
Sun farewell: Farewel to my dear Wife and Child, farewell Arts
and Sciences, farewell all worldly Glories, adieu Readers. Cer-
tainly my Husband would have been far more serious, and materi-
al, in such a case, as any discreet man will judg. Neither can
it be thought, that in such a solemn Valediction, he could possi-
bly forget his wonted respects to the Colledg of Doctors, to
whom he did so frequently address himself, in divers of his Wri-
tings.

Courteous Readers, I shall say no more touching the abuse of
the Book-seller, only to prevent (as much as concerns me) thy
being abused for the future, know, That my Husband left seven-
ty-nine Books of his own making, or Translating, in my hands,
and I have deposited them into the hands of his, and my much
Honored Friend, Mr. Peter Cole, Book-seller, at the Printing-
Press, near the Royal Exchange (for the good of my Child)
from whom thou mayest expect to receive in Print, such of these
as shall be thought fit to serve thee in due season, without any
Disguises or Forgeries, unto which I do hereby give my attesta-
tion. Also my Husband left seventeen Books compleatly perfected,

Mris. Culpepers Testimony.

in the hands of the said Mr. Cole, for which he paid my Husband in his life-time: And Mr. Cole is ready and willing (on any good occasion) to shew any of the said seventy nine Books or the seventeen, to such as doubt thereof.

And if any Person shall question the Truth of any part of the Vindication, or Epistle; if they will take the pains to come to me I will face to face, justify the truth of every word thereof, I have subscribed my Hand therunto in the presence of many witnesses.

I profess in the Presence of the great God, the Searcher of hearts, before whom Mr. Brooks and I must one day give an account of all our Actions; That I have not published this Epistle or Vindication, out of any disrespect to Mr. Brooks (for I much respect the man, and would be glad to serve him to my power) but only to clear my Husband from the folly and weakness cast upon him by the means above expressed. And out of tenderness to Mr. Brooks, I first tried other means of keeping, and afterwards of repairing my Husband's Credit, and then stayed long to see he would repair (in any measure) the wrong done to my Husband, and myself. I desire to be

From my House,
next door to the
Red Lyon, in
Spittle-fields,
October, 18.
1658.

Your Servant (in,
and for the Truth)

Alice Culpeper

Mris. Culpeper did the 18. of October, subscribe the Epistle in Vindication of her Husband's Reputation, before Ten Witnesses, as she had done another Epistle on the ninth of October, almost in the same words with this, except near the Conclusion



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2 Gospel worship, on Lev. 10. 3. Wherein is shewed

The right manner of the worship of God in general; particularly, In Hearing the Word, Receiving the Lords Supper, and Prayer.

3 Gospel Conversation, Phil. 1. 17. Wherein is shewed

1 That the Conversation of Believers must be above the Law, 2 Beyond those that are under the Law, 3 And how to what Truths the Gospel holds forth. To which is

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The Misery of those men that have their Portion in this Life only, on Psal. 17. 14.

4 A Treatise of Earthly-mindedness, Wherein is shewed, What Earthly mindedness

is, 2 The great Evil thereof, on Phil. 3. part of the 19. Verse.

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

7 An Exposition on the eleventh, twelfth, and thirteenth Chapters of Hosea, being now compleat.

8 The Evil of Evils, or the exceeding Sinfulness of Sin, on Job, 36. 21.

9 Precious Faith, on 2 Pet. 1. 1.

10 Of Hope, on 1 John. 3. 3.

11 Of Walking by Faith, on 2 Cor. 5. 7.

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2 Satans Power to Tempt,

and Christs Love to, and Care of His People under Temptation.

3 Thankfulness, required in every Condition.

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6 Evangelical Repentance.

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8 The Woman of Canaan.

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How far the People are to obey their Governors. 5 Whether all the people have, be their Governors. 6 Whether it be

Lawful to depose an evil Governor

Lawful to depose an evil Governor

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vernor 7 What Confidence is to be given to Princes.

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King *Charls* his Cale, or an Appeal to all Rational Men concerning his Trval.

Mr. *Owens* stedfastness of the Promises.

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And *Fernelius* his Works.

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1 *Scripture Light the most sure Light*: compared with, 1. Revelations and Visions. 2. Natural and Supernatural Dreams. 3. Impressions with and without Word. 4. Light and Law within. 5. Divine Providence. 6. Christian Experience. 7. Humane Reason. 8. Judicial Astrology. Delivered in three Sermons on 2 *Pet.* 1. 19.

2 *Christ in Travel*: Wherein, 1 The Travel of his soul, 2. The first and after effects of his Death. 3. His Assurance of Issue. 4. And His satisfaction therein Are opened and cleared in three Sermons, on *Esay*, 53. 11.

3 *A Lifting up for the Cast-down*, in case of 1. Great sin. 2. Weakness of Grace. 3. Miscarriage of Duties 4. Want of Assurance. 5. Affliction 6. Temptation. 7. Dissertien. 8. Unserviceableness. 9. Discouragements from the Conduion it self. Delivered in thirteen Sermons on *Psalms*, 42. 11.

His Four Sermons concerning 1 Sin against the Holy-Ghost.

2 Sins of Infirmities. 3 The False Apostle tried and Discovered

4 The Good and means of Establishment.

Francisci

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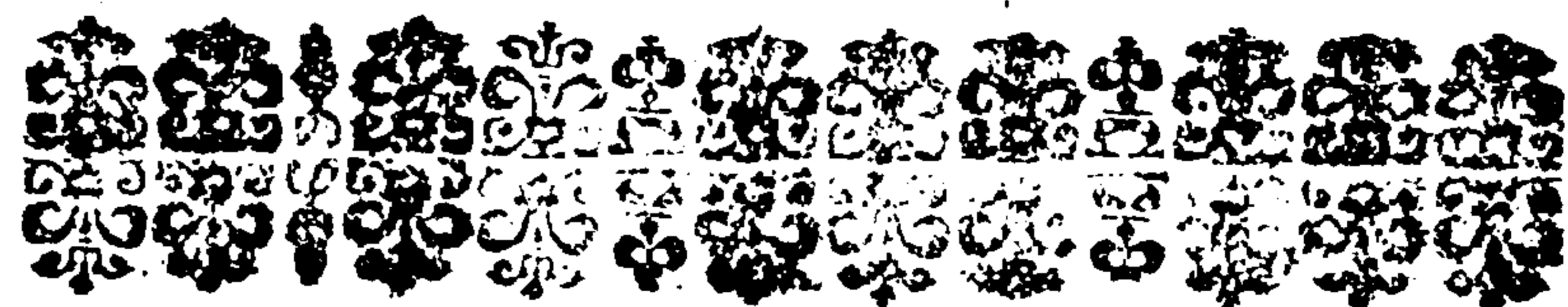
Francisci Tayleri, Capitula Patrum: Hebraicè & Latinè edita. Una cum Annotationibus sensum locorum difficilium Experimentibus.

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Seventeen Books of Mr. Thomas Hooker, being the substance of many Sermons preached in New-England.



Mr. CULPEPER'S
PHYSICK

FOR

THE POOR
OR

Common People.



The Beginning.

IN setting down of Physicks that can easily be prepared, the best way is to distribute such remedies as are found out, into such a Method, that every one may know readily how to bring forth the Matter which

D he



he must chuse, to begin, or to go forward with in the cure of a disease since therefore the remedy, which hath its indication from the cause of the disease, is found out last, but must be first put in execution, and before all things, the cause must be taken away, that so the disease may be overcome. 7. *Metb. Chap. 12.* Those Medicaments that are contrary to the causes of diseases, do deservedly challenge the first place and they are many, as the causes are many: For some of them do impair or weaken, and evacuate the Matter that offends; some again increase that which is wanting; and others do correct the ill quality of it; some do hinder disorderly motion, or else recal rest that is faulty, to its natural Station; others do root out the causes that are Peccant, by their whole kind (as they say) against Nature and Substance.

We shall begin with such as evacuate, and the rather, because that poor people by reason of ill diet, abound

with

with more Excrements, than the rich do: & so usually fall into diseases from ill humors, rather than from Plethory.

Physicks that evacuate are divers, for some do sensibly evacuate the Matter by the Belly, by Vomit, by Urine, by Sweat, by Spittle, by the Pallate, by the Nostrills. Others do digest insensibly, and turn it into Vapors, and these take place in the Cure only after sensible evacuations.

Physicks that purge the Belly.

Some of these respect only the impurity of the first passages, nor do they extend their forces beyond the neighbor region of the Mesentery, and these are called Lenitives; others do purge the second and third Region of the Body, and are called Catharticks and Purgatives.

The Belly is loosned by Physicks taken at the Mouth, or cast in by Clysters, or else by Suppositories.

Those that are taken at the Mouth,

D 2

are

are of two sorts: for some of them do strongly purge the Belly, and bring forth the Excrements; others work more weakly, which are principally to be used, to keep the Belly loof that the Natural Excrements of the first Concoction may not too long be retained.

Strong Purgers in a Chollerick Cause.

Whey Clarified and so drank from three pound, to eight pound, with in one hour space: but it will be more effectual, if in the first Cup you dissolve one dram of common Salt.

Un-huld Barly Water, drank with in the time of half an hour, from two pound, to six pounds; especially if it be boyld with Raisons and Prunes

The fresh Juyce of the purple Violet, from one ounce to two ounces: with one cup of Barley or fountain Water.

The Juyce of Damask Roses, drank the same way.

The Juyce of the Garden Gourd, gently

ly boyled with a fourth part of Honey, and a little common Salt, drank from three ounces to five ounces.

All these must be corrected by steeping of Wormwood in them, if a weak stomach chance to abound with choller.

The Juyce of Succory clarified, from Three ounces to five or six ounces.

Common Oyl that is made of ripe Olives, boyld with thrice as much Fountain Water til the moysture be consumed, drank alone, from four ounces to six ounces, especially in the pain of the Heart.

The fresh Flowers, of the Cherry Tree or the Peach Tree, one smal handful, eaten in a Sallet.

Musk Roses, in number, four. Eaten in a Sallet, especially if they be yet moyst with Dew.

Twelve sweet Prunes gently boyld in Honey Water.

You may also prepare from Prunes, a * Rob, like to Sapa, of smal Charge, and very pleasant, such as here followeth.

D 3

Take

* What Rob or Sapa, and how to make several sorts thereof and the several uses of them, you may easily learn in my last edition of the London Dispensatory in English

Take sweet Prunes, one pound, sweet Cods sliced three ounces, Fountain Water or sweetish white Wine three pound, boyl them at a gentle fire, til the Matter grow thick, then strayn it through a Hair Sive, & then boyl it again, to the consistence of a *sapa*, of which, for a Sufficient Purge, give one ounce and half, either by it self, or with a smal Cup of Water or Broth. you may boyl it thicker, like an Electuary, for such as wil take it only in a *Bolus*, but you must add a fourth part of Honey, that it may last some time uncorrupted, and you may give one ounce of it, or one ounce and half.

Purgers in a Flegmatick Cause.

Take red Sugar one ounce, in the broth of a Pullet, or Water of Coriander.

Also take fine Sugar, from one ounce and half to two ounces the same way. Good

Good Metheglin not boyled, taken from eight ounces to about one pound. But the windiness of it must be corrected with seeds of Annis, Fennel or Coriander.

Sweet Wine with the third part of raw Honey from four ounces to nine ounces, adding also the sweet Seeds, that it may not stretch out the Belly.

The decoction of Fenugreek with a fourth part of Honey, or else alone with Salt, from four ounces to six ounces.

The Herb Mercury, eaten like Pot-hearbs, seasoned with Salt and Oyl.

So also is the Decoction of it good from four to six ounces, adding Salt to it.

The powder of both Hysops, from two drams, to four drams, with Oxymel, or about one measure of the Decoction of it given alone, or else with Oxymel.

The Powder of crude Tartar from half a dram to two drams drank in
Cock

Cock-Broth, or Honey and Water, or in the Decoction of Hyfop or Poley.

Rosin of the Larch Tree unwashed from three drams to five, for those that are in years; but give children about one dram in Bolus or Pills.

For this end may be provided a laxative Oxymel that is very effectual.

Take eared or femal Mercury two handfuls, common Wormwood one handful, Honey one pound, Fountain Water three pound, let them boyl at a gentle fire to the consistence of Honey, then ad Hyfop and Poley of each one handful, the best Vineger half a pound, boyl them again to the consistence of Oxymel, and then strain them, the dose is from three ounces to four ounces alone or in Broth.

Also there are Pills easy to get and of smal cost, Made of washt Aloes, which may be given from one scruple to two drams or thereabouts. And *Garzias ab horto* writes that if the leaves of Aloes are cut and boyled with

with

with a little Salt, the Decoction drank to about eight ounces wil Loosen the Belly without any harm, four or five times.

Purgers in a Melancholy Cause.

Take the pouder of Fumitory dryed in the shade, about three drams in Water and Honey. Or,

Take the fresh Juyce of the same Herb, from two ounces and half to four ounces or thereabouts, in Clarified Whey or Broth of a Pullet.

So the Decoction of one handful of it is good, especially with Raisons, and a little Salt.

Tartar used as was said before.

The Cream of Tartar is given from one dram to three drams, in Broth, or some other Liquor.

Of Tartar, and a little of the Leaves of Senna of Alexandria, to stimulate it: a very effectual Pouder is made, and it is very pleasant. It is thus made.

Take

Take the best crude Tartar, one dram, or Cream of Tartar one dram & half, Leaves of Senna one scruple, seeds, of annis, or fennel, or cinnamon half a scruple fine Sugar half a dram, mingle them and make a Pouder for one Dose.

Medicaments that Soften the Belly.

We must use these remedies that do not Purge strongly, rather to hinder the retention of the Excrements of the first Concoction, than for any other necessary and quick Evacuations; and such are these.

Things that Molify the Belly in a Chollerick Cause.

These following Herbs boyld as Pot-herbs, and their Decoctions are profitable, namely, Sorrel, Atriplex, Blites, Lettice, al kind of Sorrel.

rel, Mallows and the stalks thereof, Spinach.

These Herbs soften more, if they be boyled with Raisons, in fat Broth or seasoned with Oyl and a little Salt.

Sweet Cherries boyled, especially with their broth and sprinckled with Sugar.

Also Juyce of Cherries thickned with Honey, from one spoonful to two spoonfuls, either taken alone or with Broth.

Peaches boyled and sprinckled with Sugar.

Sweet Apples boyld.

Corinths without stones, and al of that kind either taken alone or steeped in Clarified Whey til they swel, or boyled in White Wine, or Broth and sprinckled with Sugar, taken one ounce or two ounces at a time.

Sweet Prunes raw, their outward skin being pulled off, or boyled in Wine, and sprinckled with Sugar.

The Juyce of Ptisan, especially made of husked Barley.

Barley

Barley Bread.

Oyle of ripe Olives eaten largely at Meals.

The cheif use of al these, as of those that follow, is at the first course or when the Stomach is empty, about two hours before Meat.

*Medicaments that loosen the Belly
in a Flegmatick canse.*

The sprouts of Stone Sparagus boyled and seasoned with Salt and Oyl.

Oat-meal in Meats or Gruel.

Colworts, cheifly those that are curled, being gently boyled, & seasoned with Oyl and Salt.

Also the first Broth of Colworts, well boyled and seasoned as before.

Likewise the Juyce of Colworts pressed out and drank in Broth, from two to four ounces.

Beets vsed in the same manner, the white Beet is held to be more effectual then the Black or Red.

The

The Leaves of Marigolds Boyld, and seasoned with Oyl and Salt.

The first Broth of Chich Pease, or Lintels with Oyle and Salt.

The Broth of all Salt fish.

New Figs very ripe.

Dry Figs six or seven soaked in Milk or sweet Wine, until they swell.

Some also in the spring time strew fresh Damask Rose Leaves on Figs, which Leaves they often change for the space of Fourteen dayes, and putting them, pressed close together, into a Vessel, they lay them up for their use: and use to Eat two or three of them before meat.

New Walnuts, or for the lack of them, dry Walnuts soked in Water, until they be Soft, and then Eaten with Salt.

Branny Bread or that which is course, which is made more effectual with Raisions and Senna of Alexandria.

Bran alone Boyled in Broth.

The Decoction of Sweet Cods.

Medicaments

*Medicaments that soften the
Belly, in a Melancholly cause.*

Capers seasoned with Salt gently Boyled, are eaten in Sallets with Oyl and Vineger.

The young sprouts of hops, that first come forth, Boyld and seasoned with Oyl and Salt; they loosen more effectually, if you Drink the Broth after them.

All kind of new sweet Grapes, but especially whilst the dew yet hangs on them, they are not so effectual, when they are hanged up to be kept. Sweet Wine drank.

Sawces made of the Juyce of Wine Sod, that is, new Wine Boyled a little.

To these may be referred prunes and Raisons, especially in adust Melancholy.

Vineger is made to season Sallets and to keep the Belly Soluble, after this fashion.

Take

Take Crude Tartar one dram: or Cream Tartar half an ounce: Leaves of Senna three drams, good Cinnamon, or Annis Seed one dram: the sharpest Vineger one pound: make infusion a natural day, and keep the Vineger for use.

Also Vineger of Currence in which Tartar hath been infused a whole night, is not uneffectual.

Lenitive Clysters.

Clysters are made presently at a very smal rate, to purge the Belly: of one pound, of Flesh Broth, Oyl of Olives or Line Seed Oyle, and the dregs of Sugar, of each three ounces: Common Salt one dram: mingle them.

It will be Cheaper, and more cleansing, if a Clyster be made of natural Salt Sea-Water, or Mineral Water, one pound: common Oyl three ounces: Or.

Take

Take the Decoction of Mercury, Mallows, Ecets, and Bran, one pound: Juyce of Colworts, or Honey, or Juyce of Beets, two ounces: common Salt one dram: mingle them for a Clyster.

If there be need of any great Loosening, Augment the Quantity of the Oyl to four or six ounces: or Omitting the Oyl, increase the quantity of the Decoction made with a great deal of Mallows, Marsh Mallows, Brank-ursin, and pressed out strongly.

If there need Cooling, the Leaves of blew Violets, Pellitory of the wall, and Barley milt be added to the Decoction.

If the * *Expulsive faculty* be weak you must double, or treble, the quantity of Salt.

Loosening Suppositories.

Suppositories, made of one ounce of Honey, or the drops of Sugar Boy-

led hard, adding a little Salt to it; if the Expulsive faculty, be sluggish, do mildly stir up the Belly to void out the excrements.

Also the Roots of Radish or Beets, Cut into form of Suppositories, and smeered with Oyl, or Butter, with or without Salt.

The same is done with the stem of the Colwort.

Also a Fig turned the out side inward, and made like a Suppository, anoynted with Oyl and Salt.

So Suppositories are made of Spanish Soap, or with Lard, or a Candle, anoynted with Oyl or Butter.

Purgers by the Belly.

Those Medicaments that draw forth the excrements, by the Belly, and are called Purgatives and Catharticks, though they hardly drive forth the Humors single, but mingled together, yet they take their Name from the Excrement that

E they

* what that is, see my translation of *Riverius Practice of Physick in the Physical Dictionary* at the end of the aforesaid Book.

they most effectually purge. For which reason they may be reduced to four ranks, according to the diversity of Humors, that they purge forth. Namely to Purgatives of Choller, Flegm, Mellancholy, and Watery, or Bloody Excrements.

We may again divide all these severally, to distinguish them the better, into gentle purgatives, which purge Mildly without gripings, from the parts that are about the Liver into forcible Purgatives, which drive forth from the remote parts and from the hollow Vein, not without some trouble: and Violent Purgatives or furious, which draw from the furthest parts, and if they be well Corrected, they do their work most vehemently, and weaken the Patient. With this distinction it is an easy matter for any one to make choise of Purgatives, according to the different Scituation, and the part that is affected, and for the greater or lesser resistance of the Humors that must be purged, and for the strength or weakness of the Sick that must endure it.

When Choller Predominates, these Medicaments are Convenient for a gentle Evacuation.

The wood of *Amara Dulcis* Boyled; from one ounce to two ounces, with a quantity of Annis Seed or Fennel Seed.

The Yellow rind of the Black Alder-Tree dried in the shade, and cheifly at the beginning of the Spring; taken to four scruples: it is corrected, with some aromatical Seed, and the Black Rind that is out-most; and therefore it is dried, Boyled and bruised al together.

Monks Rhu-barb, or the Herb Patience of *Mathiellus*, the powder of the dried Root is given from one dram, to one dram and an half in warm Broth, with five or six grains of Ginger or Hyfop.

Blew Violets dried in the shade, are taken, from one dram to two drams: with the Broth of Chich Pease, or garden Pease, Boyled Moderately.

The great Bind-weed of *Mathiolus*,
E 2 Boyled

Boyled; from one handful to two handfuls. It is corrected with such things, as bind the Stomach, chiefly with the Myrtle Berries, Rosemary, and wild Galinga.

These Purge Strongly.

The lesser Centaury, in a Decoction; from two drams to three drams, in eight ounces of Water: till half be consumed, adding Liquoris or Raysons to correct the bitterness; it is given in Pouder to one dram, or thereabouts, in the Decoction, of Prunes or Raysons, chiefly in Barley Water.

Gratiola dried, is administered in Pouder, to one dram: in Wine or Broth, altered with things that Corroborate the Stomach.

When it is green, it is Boyled, from one dram and an half to two drams: some of the Succories, especially being Boyled with it.

Petty Spurge, in Pouder about four scruples: drank in Honey Water, with a little Vineger.

These

These Purge Violently.

Dogs Cole, the Juyce of it, whilst it is fresh, and the Herb first dried in the shade.

The same thing doth Scammony, but it is corrected with Quinses, or the Smoak of Brimstone, which is a new Invention, and it makes the Medicament gentle enough, and void of all taste; either of these being grossely powdered, is spread upon a brown Paper, and powdered Brimstone is cast upon the Coals underneath, so that the Paper over it may receive the smoak: so soon as the matter begins to Melt, it is taken away and reserved for use: and so may Scammony be safely given, from five grains to fifteen: but if it be prepared with Quinses: ten grains are sufficient; it may be given in some convenient Liquor, or made up in Pills, or Bolus.

Of these spoken of, divers purging Medicaments

Medicaments, may presently be provided; concerning which we must generally take notice, that the purgation will be made more gentle, if purgatives be mixed with Lenitives of the same kind, which must be understood proportionably, of all other purgatives, for Example.

A potion to purge Choller may presently be provided thus.

Take Raysons half an ounce, sweet Prunes eight, The Lesser Centaury two drams, Fennel Seed half a dram, Barley or common Water eight ounces, make a Decoction at a soft fire, til half be consumed, strain it, and give it to drink.

If you will have a Bolus.

Take the Roots of patience in powder one dram: the flowers of the Lesser centaury, half a dram, the pulp of Raysons clesed from their stones, or the

* Rob of Prunes thickned, six drams: Ginger six grains: mingle them and make a Bolus.

If you meet with a Patient, whose Stomach abhors all Physick, then make purging Prunes, or Currence, or Figs, if you steep the said fruit in some of these

* what Rob is, & how to make it. you may easily learn if you Read the Translation of my London Dispensatory: under the Title Rob you shall find twelve several sorts of Rob, by which (with diligence and care) you may make any other sort, of Rob.

these purging Decoctions, that purge Choller, so long that the fruit swell, and then six Prunes or three or four Figs, or half an ounce of Currence unto one ounce, will be sufficient for a purge.

So you may provide these fruit to purge any other Humors, only changing the matter of the Purgative Liquors, that they are soaked in, according to the matter of the disease, whether it be Blood, Melancholy or Flegm.

These gently Purge Flegm, when it is predominant.

Agarick infused all night, in Liquor, in which Ginger is first soaked, or Hyssop or Time, or some other like hot and sharp Herb, and then it is dryed, As they make Agarick in * Troches: it is given, beaten into Powder from half a dram to one dram, in Pills, or Bolus, or drink of Oxymel: it is infused from four scruples: to three drams: or thereabouts, especially, in Honey Water.

Asarum of *Mathiolus*, Purgeth every

* See the way of making, Troches of any sort, in my Translation, of the London Dispensatory, of the last Edition.

Part of it, but the Root most effectual; it is given in Powder, from one dram to two drams, with Oxymel, or Water and Honey.

The pulp of the Seeds, of wild Saffron is given; from two drams to five drams or thereabout; the Emulsion of them, is given in sweet Wine, strong Wine, or Broth; it is corrected with such things as heat, and corroborate the Stomach, as spike, wild Galingal, Rosemary, &c.

The Juyce of the Berries of Buck-thorn, or dying-thorn, wherewith the the Book-binders do Colour the Coverings of their Books Yellow, is given in substance, from three drams to six drams: it is corrected with sweet Herbs, Seeds or Spices, especially with Ginger.

The thicker Rind of the Elm Pounded; is given from two drams, to half an ounce or thereabouts in Wine, or the Decoction of Hyfop.

Radix cava, or the Root of Bulbus, Fumitory dryed in the shade, is given in substance powdered one dram, in some convenient Liquor.

OF

Of the Buck-thorn, there is made a pleasing Syrup two ways, and to be kept for the Poor. after this fashion.

Take the Juyce of the Berries of dying Buck-thorn clarified two pound, clarified Honey two pound and an half, Boyle it at a soft fire, to the consistence of a Syrup, strained through a wide Linnen Cloth, after wards whilst the strained Liquor is yet hot, cast in of the best Cinnamon in Powder three drams: Ginger one dram and an half, mingle them and keep it for your use, Or.

Take of the said Juyce strained, and Boyled by it self, til a fourth part be consumed, one pound: clarified Honey eight ounces: Boyl them together, to the consistence of a Syrup, when they are Boyled, and taken from the fire, cast in two drams of good Cinnamon. Give either of these, from one ounce, to one ounce and an half, in Wine or Broth of Flesh, or in the Decoction of Hyfop, or Poley, or Time.

Strong Purgatives.

Take the Root of Esula, the greater,
or

or the less, which is commonly the more effectual. The Root is uied, first steeped in Rose Vineger, or Vineger of Quinces, and then dried and kept for occasion. If these Vinegers be wanting, common Vineger is altered, with some Stomachicall Astringent, as with Roses, Barberies, wild Pomgranat Flowers, or Quinces, the Tendrells of Vines, Flowrs of the wild Vine, or Myrtle Berries, it is given in Pouders from six grains to twenty grains, it is Infused, from one scruple to five scruples or thereabout, in Wine, or Metheglin.

The Rind of the Root Esula of Venice, is of the same nature, prepared and given the same way.

Garden-Broom which they call Spanish Broom, the Leavs, and Seeds, are given in substance, from one dram to two drams : in Infusion, or Decoction; from two drams to half an ounce. It is corrected with Aromatic Wine, or some Odoriferous stomachical remedies.

All the parts of cornerd Broom do the same effects; exhibited the same way.

Common

Common Hermodactils or Meddow Saffron of Dioscorides; the Roots of them digged up before they flower, and especially before the Leaves come forth, endure no boyling or infusion, the Pouders is given from two scruples to two drams in Pils, or Bolus, or Lozenges, or alone in drink, in Wine, or Broth. The force of it must be sharpned with some tart thing, as with Ginger, Hyssop, or Time, also it were good to ad some Antidote to correct the Windiness of it; as, amongst common antidotaries, are Rue, Goats Rue, or wild Angelica Root, and the purgation will be the safer

The Root of the yellow, wild Daffodil is given in substance, from two drams to half an ounce in Wine or Broth: it is corrected with odoriferous stomach strengthners.

The dry Root of the black wild Vine of Mathiolus, is given in Decoction; from one dram and an half, to three drams. In substance poudred from half a dram to one dram and half, or thereabouts; it is corrected with the Pills, or seeds, of Citrons, or Orengees or with spike.

These

These Purge Violently.

The yong sprouts of Bryony, half a handful, Boyled as Pot-Herbs, and taken,

The Juvce of the yong sprouts of the same, taken in Wine, or Broth, or the Decoction of Hyfop, Origanum, or Calamint, from one dram to two drams.

Little Cakes of Wormwood, fryed in Oyl, that is distilled from the sprouts of Bryony, do the same.

The Root of Bryony dried, and Boyled from one dram to three drams, or thereabout, or the substance from one scruple to one dram, or thereabouts, may be taken in Wine, or Broth, being corrected with Wormwood, or some thing to strengthen the Stomach.

The pulp of the wild Gourd is steeped from five to twenty grains, decocted from ten grains or thereabouts, to twenty four grains. it is corrected with some Stomach strengthner, and that, by

the slipperiness of it, can make the Decoction sooner; as Mallows, Fenugreek, and Citron Seeds, tops of Wormwood, or Cinnamon.

To this belongs also strong Wine, as wormwood wine, that for one night hath been wasted in a hollow wild-Gourd.

The gourd that is Pear-fashion, doth the same, but some-thing weaker, and therefore the Dose is almost double.

Chamelæa, especially the Leaves of it, are Boyled from half a dram to one dram: in substance they are taken from ten grains to one scruple, it is corrected with Wormwood, and Barley.

Thymelæa doth the same, the same way given.

Laureola the Male, which *Mathiolus* calls *Chamaedaphne*, and the Foemal, which he calls *Daphnoides*, do the same, but not so strongly, it is Boyled from one dram to three drams: but given in substance from fifteen grains to one scruple, or to two scruples, and is corrected the same way.

All the Tithymals, except that with Broad Leaves, which doth Violently Purge Watery Humors, are given

given many wayes; the Milk of it is given from five to twelve grains, the smal Branches and Leaves, are given in substance, from half a dram to four scruples, the Rind of the Root is given in substance, from one scruple to one dram, but infused from four scruples to three drams or thereabout.

Of these sundry remedies may be compounded, and be used presently, or be reserved for use. for Example.

A Drink.

Take prepared Agarick four scruples: infuse it in three ounces of the Decoction of Hyfop for ten hours, then strain it, and add Oxymel one ounce and an half, mingle it for a draught, Or.

Take the Roots, of Esula prepared two drams, the Leaves of *Laureola*, being fresh, one ounce, Leaves of Myrtles, and Hyfop, of each one handful, Fragrant White Wine, two pound and an half, Clarified Honey, one pound:
Boyled

Boyled all at a gentle fire, to a mean consistence: then add Annis Seed one dram, Coriander Seed prepared half a dram, Cinnamon one dram, Boyl them again to a Syrup, strain it, and keep it for use. The Dose is one ounce and an half to four ounces.

A most pleasing Powder.

Take Hermodactills, cleansed from their outward Skin, one dram, Tartar, crude or prepared one scruple, Ginger, six grains, fine Sugar half a dram; mingle them, and make a Powder to be given in Wine.

* *A Bolus*

Take agarick prepared two scruples, Tartar half a dram, Cinnamon five grains, the pulp of Figs, or Raysons cleansed from their stones half an ounce; mingle these for a Bolus.

Pills.

* *what Bolus is, & the way of making them, you may see in my English Dispensatory. Or the end of my Practise of Physick, in Folio,*

Pills.

Take Hermodactils, and Agarick prepared, of each one scruple and half: Ginger six grains: make a Powder, and with Honey, or Oxymel; form it into Pills.

When Melancholly predominates, these will Purge gently.

Dodder Boyled, from six drams to one ounce and an half, for one Dose, and it is thus corrected with Wormwood.

Take Herb Dodder, one ounce, tops of common Wormwood two Pugils, or two drams, common Water ten ounces: let al be Boyled to the consumption of half, add to them about the end, Seeds of Annis, or Fennel, grossely bruised half a dram: strain it for one draught; if you Boyl under half an ounce, it opens only, but purgeth not.

Epithyme of Greece, for there it grows naturally, may be used in substance,

stance, to half an ounce, in clarified Whey, or Milk or some such cooler, in Decoction; from six drams to one ounce and an half; but it must be Boyled moderately. The slow purging quality it hath, is corrected with tart things, as Pepper or Ginger: In the place of it, Time may be used, which hath the same force, and must be so prepared: but in Europe the Black Time is most commonly used. That which is white and grows in Syria, is more effectual, but it is better, in the Decoction of it, to use other Melancholly purgatives, than to use it alone, because it Purges slowly.

The Root of Polypode in substance, is given from one dram to four drams in Cock-broth, or Cream of Barley; it is Boyled from six drams to ten drams; it is corrected with such things as disperse Windiness, and such as are a little astringent for the Stomach, as Citron Seeds, or Orange seeds, or Corriander Seeds, or Spik of Italy.

The great and smal Leaves of Senna are used in substance, from one dram to two drams; they are infused from

two drams to six; but they endure not Boyling, they are corrected with sweet Seeds, and other things that dispel Wind. By infusion is made Senna Wine of which half a Cup may be given observing the former proportion, for a just Purge: But if it be only to loosen the belly, then every Dose of Wine must contain no more then one ounce of Senna infused but one night.

These Purge Strongly.

Consiligo of Mathioclus, which *Tragus* thinks to be Black Hellebore, and *Dodonæus* thinks that it is *Bupthalmus* hath the same vertue, but something Weaker, as hath Black Hellebore of the Apothecaries, and it must be prepared the same way.

Fœmale Sannicle of Fuchsius, the Root of it is of the same force, and needs the same preparation.

These Purge Violently.

Purgative Antimony: and it is made

by being thrice Calcined with the double weight of Salt Peeter, at a fire not too Violent, and stirring the matter continually with an Iron that it burn not. It is given in substance for Children, from four grains to nine grains, and to those that are of ripe years, from six grains to twelve grains, and to them that are hardly purged, from twelve to sixteen grains; give it in any Liquor, or in a spoonful of a Panatella or Ptisan, it will work the more easely, if you add some Grains of cremor Tartar.

The Root of Black Hellebore prepared: there are divers preparations of it, whereby this Medicament maybe made as gentle as Senna, commonly the rind of the Root is infused in the strongest Vineger, and then is dried in the shade for use. It is given in substance from one scruple to about two scruples; in Decoction from one dram to about two drams; in infusion from half a dram to four scruples; it is corrected with sweet Seeds, chiefly of Daucus and Nympha which are the proper correcters of it.

If you would make it to Purge gently, and would use it instead of gentle Purgatives, before you dry it for your use, let it Boyl a while in Vineger, for so it loseth much of the force, or when it is Boyled, or infused, as they ordinarily prepare it, do but cast away the first Decoction or Infusion, and Pour on new Liquor to the same Root, for the second Infusion, or Decoction to be administred.

Moreover, of Hellebore they prepare a double extract, one more effectual then the other.

First, Take Roots of Black hellebore, washt in white Wine, and cleansed from their filth, one pound: slice them and infuse them twenty four hours in four pound of the best white Wine, adding to it, Flowers of the Water Lillies one handful, Daucus Seed two drams, or the Root of Daucus, half an ounce, about the end, boyl them gently, that the Roots may grow soft, and swel; then press them in a press; let the Juyce be strained, and purified, and thickned, sensibly, by a gentle heate; and when it is as thick as Honey

Honey, add a fourth part of Mastick; the dose is from half a scruple to one scruple; in Pills or Bolus.

The second is the more ordinary.

Take Roots of black Hellebore, be they green or dry, so much as you please, boyl them in eight times so much water, til a third part remains, then crush out the Roots most forcibly: add the Expression to the Decoction, and pressing both of them through a double strayner, thicken them together to the consistence of Honey; adding an eight part of Mastick: when the Juyce is thick, you may give it from sixteen grains to half a dram: in Pills or Bolus.

Also, of Hellebore is made a purging Apple, if the smal Roots preserved, and dried, be stuck into an Apple, and that Apple be roasted, then pul out the roots and let the Patient eat the Apple: or if the roots ly in the Apple, for the space of a Natural day being stuck in, then cast away the roots and eat the Apple raw.

Lastly, of Hellebore is made an Oximel, or any purging syrup, if the roots

be boyled in it, but they endure great boyling: there is almost the same purging faculty in black Hellebore you buy in the shops, which *Mathiolus* calls, black Hellebore with a blew flower, and black Hellebore that hath a greenish flower, which *Mathiolus* calls bastard black Hellebore; but the first purgeth with less trouble then the latter, which therefore wants the better preparation, and must be given in less quantity.

Of the foresaid things, may be prepared a Syrup most profitable and pleasant for poor people, to be kept to Purge the Melancholy Humors; thus,

Take Roots of Black Hellebore prepared three ounces, Borrage, Bugloss, Fumitory and Dodder, of each one handful, Pome Citrons cut into pieces half a pound, Fountain Water five pound; let them boyl at a gentle fire to the wasting of three pound, then cast away the Herbs; add Juyce of sweet Apples half a pound; Boyle them again til half be consumed: then press all forth strongly, strain them and clarify them; add purified Honey one pound,

pound, Boyl all to the consistence of a Syrup; the Dose is one or two ounces.

But, presently such Medicaments may be made, as for Example, a drink.

Take Leaves of Senna three drams, Seeds of Fennel or Annis one dram; infuse them twelve hours in the Decoction of hops, four ounces, or the Decoction of Raysons, and make it Boyl once, and then strain it; add * Oxymel Simplex (namely to open the passages and to scour thick Humors) one ounce, mingle them, make a Potion.

A Bolus may be made presently thus,

Take Leaves of Senna in powder one dram, Tartar, Annis Seed or Cinnamon, of each one scruple; the pulp of Raisons purged from their Stones half an ounce; mingle them and make a Bolus.

Pills may be made thus.

Take Leaves of Senna two scruples, Root of Black Hellebore half a scruple, Seeds of Daucus and Cinnamon of each six grains; powder them and with Oxymel make Pills.

Such a powder may be made.

F 4

Take

* *wh*
Oxymel Simplex is, and how made with the virtues thereof, you may see in my Translation of the London Dispensatory, of the last Edition.

Take of Purging Antimony eight grains, Cream of Tartar one scruple, Cinnamon and Sugar of each half a scruple; mingle them, make a powder to be given in Wine or Broth. Or,

Take Leaves of Senna one dram, Tartar and fine Sugar and Cinnamon of each one scruple; mingle them, and make a powder for one.

When Watery Humors prevail, these will Purge gently:

The Root of the white Thistle beaten to Powder, is taken from one dram in Wormwood Wine, or Oxymel; or in Decoction from two drams to half an ounce, it is corrected with sweet Seeds or Wormwood.

The Root of the wonderful Herb of *Spain* that carries a diverse coloured flower is taken any way to two drams.

Wild Mercury in a Decoction one handful and an half, or Boyled as Pot Herbs, and seasoned with Oyl and Salt and eaten.

Garden

Garden flowerdeluce, that bears a blew flower, the Juyce of the Root newly pressed forth, and purified from two ounces to three ounces, or thickned from two drams to half an ounce, chiefly in Wormwood Wine.

The Root of *Anthora* Scraped, from one scruple to two scruples, taken in Wine or Broth: it needs no correcter.

The Root of wild Cucumber dried, given in substance from fifteen grains to about half a dram, it is infused, beaten grossly from two scruples to about five scruples, it is Boyled from two drams to half an ounce:

It is corrected with things that help the stomach. But the best way to give it, is to infuse it a night in Wormwood Wine.

Four Sprouts of Dwarf-elder, that have four Leaves, Boyled in Wine or Broth, and eaten as Pot Herbs.

The Root of the same steeped in Wine, from two drams to three drams.

The Juyce of the flowers and fruit of the same is given from five drams to one ounce, in strong Wine or Broth corrected with Wormwood.

The

The powder of the Seed of the same is given from half a dram to about one dram in the same Liquor.

The Juyce of the same thickned with Honey, to the consistence of a Syrup; is given from half an ounce to one ounce, either alone, or in wine or Broth.

The Elder Tree doth the same, prepared the same way, only there is a greater purging Quality in the Rind of the Root then in other Parts.

The Juyce of the wild Lettice, from three drams to about six drams, with Honey or Oxymel or sweet Wine, corrected with wormwood.

The Husked Seed of the common Ricinus, the * Emulsion of it, is given from one dram to three drams with wine or fat Broth, corrected with some Spice; or infused, or lightly bruised; from three drams to six drams.

Saldanella or Sea Coal is given in Decoction of fat Broth, from one handful to two handfuls, also the yong shoots are eaten, as *Pliny* saith, or the yong Tendrels, Boyled like Pot-Herbs. They are corrected with stomach Corroboratives.

* What Emulsions are, see my Translation of Riverius as in the Physical Dictionary at the end thereof.

Out

Out of this plant may be made a plain extract to be kept for use, and it is very pleasant, if the Juyce of the Leaves be pressed out, Clarified, and thickned, and be made into Pills with a fourth part of Mace and Mastick, or if it be made thick with a fourth part of Honey, and an eight part of the Juyce of wormwood, the Dose will be from one dram, to two drams or thereabouts.

The Root of the white Vine which *Mathiolas* makes to be the third Kind of *Clematitis*, Boyled from about half an ounce in wine mingled with Equal quantity of water: it is corrected with temperate Stomachicall things; namely with Coriander Seed or Myrtils. These Purge Vehemently.

Ricinus of *America*, it is taken from half a grain to a whole grain, or the Seed is steeped all night in wine; or else drink the emulsion of the Seed in Broth.

Granum Dende of *Avicenna*, which Mountebanks sel up and down for the Seed of *Ricinus* of *America*, doth the same effect, as *Ricinus* of *America* doth.

The Seeds of *Cataputia*, if they be great

great are given from seven to ten, but if smal, from eight to fifteen. Or else made into Pills or Bolus with Figs, or taken in Emulsion, with Hydromel; they are very troublesome to the Stomach, therefore you must drink after them, Broth altered with Wormwood, and Seeds of Citrons or Orenge.

Tithymal with broad Leaves, given according to all the parts of it, in the quantity, and manner aforesaid concerning the other Tithymals that Violently Purge fleam.

Of the foresaid may be prepared a pleasant and profitable Syrup, to be kept for use. As,

Take the Roots of ordinary Flower-de-luce fresh, six ounces, wild Cucumber dried in the shade, two ounces, Roman wormwood and Origanum, of each one handful, pleasant white Wine two pound and an half: make infusion for five hours, then Boyl them at a gentle fire to the Consumption of a third part, strain it; then add clarified Honey one pound, Boyl all again to the consistence of a thin Syrup, add about the end, Cinnamon or Annis Seed two drams. The

The Dose of this Syrup will be from one ounce to two ounces at the most.

Presently compositions may be made thus;

For a Potion.

Take the Roots of wild Cucumber grossly bruised one dram, tops of Roman wormwood one handful, Seeds of Annis, Fennel or Cinnamon one scruple, the best Wine three ounces, infuse them all night, in the morning, strain them; to the strained Liquor add Oxymel Simple one ounce; mingle them for a drink. You may Leave out Oxymel if you please.

For a Bolus.

Take the Juyce of Flower-de-luce thickned three drams; the tops of wormwood in Pouder half a dram, Annis Seed half a scruple, Figs half an ounce, mingle them for a Bolus.

Pills.

Take seeds of dwarfe Elder two scruples, or the Roots of wild Cucumber one scruple, Cinnamon half a scruple, Pouder them, and make Pills of them with Juyce of wormwood what may Suffice.

Purging

Purging Clysters.

Purgatives that are given in Clysters are used for a two-fold end, namely, either to stir up the Faculty Expulsive that is very dull, as is used to be done in * Sleepy Diseases; as the Palsey and Dotings, and they are therefore called Tart Clysters; or else to draw the Excrements from the remote parts that are ordained for Evacuation or for revulsion sake They are prepared the same way and in the same quantity as we sayd already of lenitive Clysters, adding only to the Decoction for a common Clyster some purging Herbs; as centaury the less, or Gratiola in a Cholerick cause; the sprouts of wild Saffron, broom Leaves, the pulp of Coloquintida bound up in a wide Cloth, the Roots of Esula, or sow Bread in a Flegmatick Cause, the Roots of Black Hellebore in case of Melancholy; the Leaves of Dwarf-Elder, or the Elder Tree in a watery Cause;

* the Sleepy Diseases are most excellently treated on in Riverius Practice of Physick in English,

Cause; but that they may Purge, and supply the place of a Medicament to be taken at the Mouth, they must not be cast in beyond the quantity of eight ounces; namely the same quantity that may be also taken at the Mouth, and a Clyster to Purge the Entralls, must go before, for so a Purgative Clyster may be held in many Hours, and it is fitly actuated by the Heat of the Intestines. But the quantity of Medicaments to be taken at the Mouth, must be doubled in Clysters; because they are not so easely brought to action by the Intestines, as they are by the Stomach. As for Example, to pul back and to Purge Flegm, such a Clyster may be made.

Take Leaves of Mallows, Beets, Origanum, Chamomel of each half an handful, pulp of Coloquintida bound in a Skin half a dram, Seeds of Carthamus two drams, Fountain water one pound, Boyl them to the Consumption of half, to the strained Liquor add of the dregs of Sugar or Honey two or three ounces; make a Clyster.

Sharp

Sharp Suppositories.

Purging Suppositories, seem to have no purgative power of themselves, that is, to have no drawing quality to fetch the Humors from the remote parts to the Intestines, but only to stir up the Belly, when it is slow to expulsion; by which stirring up, sometimes by accident it falls out as it doth in purgatives; that the excrements that ly in the Veins, and distant Parts, are thrust out by the Belly, but not by the Medicament drawing them, but only by the Expulsive Faculty awakened: Whereupon sometimes sharp Clysters supply the room of a Purgative Medicine, and are more safely given to any that are weak, then Clysters are.

Sharp Suppositories are made of Honey or the reliques of Sugar boyled hard, adding for every ounce of them from one grain to ten grains of Coloquintida, Scammony, or of both Hellebors, or of the Milk of Tithymals, or Esula, and some

some Sharp Salt, as Salt Armoniack or Salt Nitre, for Suppositories.

For Vomiting Medicaments.

There are two sorts of these also, for some only Purge the Stomach, being Void of all attractive vertue, and these belong to the Rank of gentle Medicaments; others again evacuate the superfluities they draw to the Stomach, and are Purgatives. The former, of themselves hardly provoke one to Vomit, unless they offend some Stomach that nauseats them very much, but they need some outward help to stir them, as by putting the Finger or a Feather into the Throat; but the latter provok Vomit without any outward help.

These move Vomit gently.

In a hot cause: Warm Water or Bar-
G
ley

ley water, fat Broth, water and Oyl, they are all given luke-warm, from one pound to two pounds, to those that are of ripe years, but to Children, from eight ounces to one pound.

In a cold cause, that is thin : the Decoction of Citron Seeds or Orange Seeds in Broth, to one pound with two ounces of Oxymel.

The luke-warm Decoction of bay Leaves, to one pound.

The Root of Daffodil Boyled and eaten, or the Decoction of it drunk in the quantity aforesaid:

The Pouder of the Root of bettony, from one dram to three drams with Broth and Oxymel.

The Pouder of the Pompion Root, from one scruple in the same Liquor.

The Decoction of Snails in hedges, in water or Broth.

In a cold cause and thick : the Juyce of Radish from one ounce to two ounces with Broth and Oxymel.

Nitre from one scruple to one dram with Metheglin or fat Broth.

Broth taken with Oxymel or Honey, with which mingle one scruple of Ginger, Hyfop or Pepper.

Purgings

Purging Vomits.

All those things that Purge by Vomit, do also move the Belly, and therefore they are then to be Chosen, when nature is more enclined to Purge upwards; they may be brought to three ranks, as they were that Purge the Belly. Some are gentle; that draw only from the Parts that lie round about the Stomach, and with smal trouble move the Stomach, others are strong, and draw more effectually from the Remoter Parts, and trouble the Stomach something more. Some are violent, which draw vehemently, and Evacuate matter that is very thick, or such as is contained in the remotest Parts, and cause Vomit with great forcing of the Stomach.

When Choller predominates, these are gentle: The Yellow rind of the Black Alder, when it is fresh, Boyled in water or in Broth from two drams to four drams.

The Seed of Garden Cresses Pounded, drank in water from three drams to six drams.

Mountain dwarf-Cherry, of *Gesner*, which *Tragus* makes to be Sea-Purflain swallowed down from five to eight Cherries, especially in water or warm Broth drank after them.

The Root of *Asarum* draweth all most equally, Choller and Flegm; it is infused from two drams to five drams, the substance in Powder is given from one dram to two drams.

These are strong. The Juyce of the Root of *Mandragora* from half a scruple to a whol scruple in Honey Wine; and we must use it warily, for it is not without danger.

Where Flegm predominates, these Vomit gently: Agarick unprepared, from two scruples to two drams in fat Broth or Oxymel.

The Seed of Bastard Senna with Bladders, is given in substance from one dram, to two drams, and is infused from two drams to half an ounce; it is corrected with spiced Wine.

The Seed of Bastard Senna with Scor-
pion

pion Cods doth the same.

The flowers of Garden Broom, and the green branches steeped, or Boyled; from two drams to half an ounce in Broth.

The Seed of *Spargula* powdered, from two drams to four drams, in sweet Wine or Broth with Oxymel.

These do strongly Void Flegm that is predominant.

The Seeds of Staves-acre, about one dram & an half in Powder, with plenty of sweet wine: you must drink fat Broth upon it, until you fall to Vomiting, least if it stay too long, the Stomach should be inflamed.

The fresh Leaves of any of the *Tithymals* Boyled, with sweet Wine, from one dram and an half to four drams.

The Juyce of the Leaves of Tobacco, from one dram to two drams in Broth, that is altered with the Seeds of Citrons or Oranges.

White Vitriol from half a dram to one dram in Broth.

These Void Flegm Violently.

The Seed of the Peascod-Tree powdered, from half a dram to one dram;

the rind of the same dried, and powdered doth the same, but something more weakly.

Those Medicaments that are compounded of these, are almost of the same Kind, as for Example.

For Choller :

Take Barley Water one pound, Oyl of Olives that were sufficiently ripe two ounces, Root of Asarum in powder one ounce; mingle them for a drink.

For Flegm.

Take Broth that is altered with the Seed of Citrons or Oranges one pound, Oxymel two ounces, Juyce of Radish one ounce, crude Agarick two scruples; mingle them for a drink.

If you please to make a fyrup for a Vomit, it may be as this.

Take the green branches of Garden broom one ounce and an half; bay Leaves & Tobacco Leaves of each one handful, Seeds of Citrons or Oranges Grosely poudred two drams, Common Water two pounds, let them Boyl until half be consumed; strain them. In the strained Liquor, infuse for twelve hours, of the Roots of Asarum and raw Agarick;

Agarick, of each three drams, strain them again, and clarify it, and add to it of clarified Honey one pound, Boyl all at a gentle fire to the consistence of a Syrup; the Dose of it, is from half an ounce to one ounce in Broth and warm water.

Of the same kind is this Electuary, which is very effectual.

Take the Roots of Asarum, and crude Agarick of each half an ounce, Roots of Betony and Pompions of each two drams, Cinnamon one dram, Annis Seed half a dram, Poudrer them to very fine Poudrer, and mix them with Honey clarified four ounces, and make an Electuary, the Dose of it is from nine drams to almost twelve drams, in any Liquor that is pleasant.

For Melancholy and black Choller that are predominant. None but strong and Violent Medicaments are convenient; because the Humor being of its own nature the most heavy, is something more hard to draw upwards than other Humors.

These cause Vomit strongly: prepared Antimony, the Flower, the Calx and

the Glafs of Antimony are easily prepared: but the Tincture is something more difficult, and so is the Oyl, which being precipitated into cold water passes into white Powder, not unlike to Flower. All these are given in substance from three grains to six grains, in a Panatella, or Ptisan, or some Stomach-Conserve, or Aromatick Wine, corrected with wormwood, Rosemary, and other a little astringent Stomach-remedies, they are steeped from four grains to ten grains, chiefly in strong Wine, or wormwood Wine. Of this is made a most pleasing Syrup, Evacuating most easily both upwards and downwards, beyond all other Antimonial Medicaments. thus;

Take the Flowers or the Glafs of Antimony, one dram and an half, the best white Wine one pound, infuse it for two days, natural: strain it, and add to it, Honey clarified ten ounces; Boil them to a Syrup. The Dose is half an ounce to one ounce and an half or thereabout, taken by it self, or in some pleasant drink.

These work Violently: the prepar-

ed

ed Root of white Hellebore, or the pith pulled out, and the Root steeped in Rose Vineger one day, and dried again in the shade for use: in the place of Rose Vineger, take Vineger of Quince which is better, or some other, that is altered with something that is a little astringent, and cooling for the Stomach, it is given from half a scruple to one scruple; not in substance, least the Mouth of the Stomach should suffer Convulsion, but, in infusion, which is done two wayes: the first is the way of the Antients, who did stick the smal Roots of Hellebore into a Radish for one night, the next day they crushed out the Juyce of the Radish, and gave one ounce of the Juyce in Ptisan, or a thin Panatella may be used in the place of it, for to moisten the Mouth of the Stomach, that it fall not into Convulsions.

The second is better and more pleasant than the first. As take half a scruple of the Root; stick it into a piece of a Quince, and Boil it in the same, then take out the Roots, and give that for a Bolus to eat; or the Juyce pressed out

of

of the Quince may be put into Wine, or fat Broth, altered with the Seeds of Citrons, and so drink it. White Hellebore is made far more gentle, if the Root with the pith pulled out, after due infusion, be Boyled in Vineger, and be then dried and kept for use.

Where watery Humors are predominant; these are accounted gentle: the Juyce of the Root of Dwarf Elder from one dram and an half to three drams in fat Broth, altered with tops of Wormwood.

The Juyce of the Root of the Elder Tree doth the same, taken in the same Dose.

The Berries of Water-Elder taken to two drams, drink fat Broth after them, as we taught before.

Strong Vomiting Medicaments, the Leaves of Spurge pulled upwards, are given in the same Broth from one dram, to one dram and an half.

Stronger.

Elaterium, by reason of the bitterness, taken in Pills or Bolus. It is commonly mixed with some Aromaticall Pills, it may be mixed with the pulp

of a Fig with a little Wormwood, which is done by expression.

The fruit of wild Cucumber, is given from three grains to ten grains, but that which drops out of the fruit only prick-ed is given from two grains to six.

Medicaments, that Evacuate by Urin, by which not only the ways of the reins and the Bladder, but also the whole body is purged, by the help of the Veins and Arteries. They are made of Diuretick Medicaments, whereof some are properly so, hot and dry, and sharp and of thin Parts; others improperly so, that have but remiss heat, or enclining also to cold, but yet are of thin parts, which are to be used chiefly in Feavers, or when the Reins or Liver are over heat; unless perhaps there be present, some corrupt Venemous matter in the veins that requires speedy Evacuations, which is better and sooner performed with proper and hot Diure-ticks, the cheif and the most Obvious in both kinds are these.

Proper * *Diureticks*; Asparagus, principally the Root, Smallage Seed, or the common Sesely, the Root and the Seed

* *what Di-
ureticks
are, see my
Translation
of Rive-
rius and
the Diti-
onary at the
end thereof.*

Seed of Carduus, the Root of Cucumbers and the Seed, common Seed, the Roots of all sorts of Eringos, the Roots and Seeds of Fennel, the Seeds of both Rochets, the Leaves and berries of the Bay Tree, also the Roots and the Rind, wild Mints, Turnep Seed, the Root of Prickly, Rest-Harrow, Penniroyal, all the parts of common Parsley, the Roots of both kinds of Radish, Madder Roots, the yong sprouts of Kneeholme, the Tendrells, and the Roots, Savory, wild Time; the Seeds are given in Pouder, from half a dram to one dram, (the same must be understood of Medicaments that are Diureticks improperly) some are Boyled in Wine or Water, but best of all in Broth of Chich Pease: yet the pouder of the Roots is given also, especially of those that are of a woody substance, as of Rest-Harrow, and the Bay Tree. Of these, some may be Compounded presently.

This Pouder is most effectual.

Take the Roots of Rest-Harrow two drams, the Seeds of Rochet and Bay Berries of each one dram, Cinnamon
half

half a dram, mingle them, make a Pouder: give one dram in Wine or warm Broth of Chich Pease.

It is more pleasant, if it be infused all night: then give it one Boyl, and strain it, cast away the Dregs, and then drink it. It will be made a more effectual remedy yet, if you put in some drops of the Liquor which comes from Salt put into a hole in a Radish, kept in a moist place til it melt.

To Anoint the Privities, such an Oyl is made presently, which help the Voiding of the Urin.

Take Bay Leaves, Hors-Mints, wild Time, Pennyroyal of each one handful, Chamomel one handful and an half, Radish Roots half an ounce, Cummin Seed two drams, common Oyl one pound and an half, white Wine one pound, make an infusion for four hours; then Boyl all til the moisture be consumed, and then press all out, and strain it again.

A Plaister also may be made of a Radish cut, and Boyled with Leaves of Parsley and Smallage and Pennyroyal, then bruise them all and lay
them

them to the Privities.

Improper Diureticks; Seeds of Gourds, Cucumbers, Citruls, and Melons (make Emulsions of them,) of Mallows, Gromwel Seed, *Alkekengi*, Kernels of Cherries, Stones of Medlers, Shels of Filbird Nuts, the Juyce of ripe Lemmons, the Leaves and stalks of Straw-Berries, Maiden Hair, the Roots of both kinds of Brambles, of Grass, especially Reed Grass, of Liquoris, Cinkfoyl, and Radish the Rind peeled off, also the Broth of red Chich Pease is profitably administred, with a fourth part of Juyce of Lemmons, this drink is held for a secret.

Take the Juyce of Pellitory of the Wall three ounces, the Broth of Chich Pease four ounces; mingle them for to drink.

This also is supposed to be of the same kind.

Take Liquoris half an ounce, common Water half a pound; Boyl them at a gentle fire til half be consumed; strain it and add to it Juyce of Lemmons one ounce; mingle them.

Also for a speedy remedy may be given

given with great profit, two ounces of the Juyce of Radish in strong Wine that is hot.

Outwardly may be laid a common and excellent Plaister of the Leaves of Pellitory either alone, or pounded with a Radish, and so fried in a frying Pan with Butter and Oyl, and laid hot to the Privities, if you can get Oyl of Dill or Camomel it is better than common Oyl.

Medicaments that Evacuate by sweat.

These also are of two sorts: some are properly to cause sweat, which Melt the matter and turn it into Vapours; others are improperly so, which make the matter easily convertible, and so by accident cause sweat, and these are very convenient for the smal Pox at the beginning, and for hot affects of the Skin, and hot Feavers when the motion of Nature is outwardly inclined toward the Skin.

Proper for sweat, are the Decoction
of

of Garlick, of Box wood (with which the French Pox is as easily cured as with Guaiacum,) of Germander, great Celondine, Carduus Benedictus, Juniper Wood, and Bays, and of sweet Chervil: they are given from four ounces to eight ounces or thereabouts, and they are made more effectual being Boyled in Water and Honey and white Wine.

The same Decoction purified and thickned with a gentle heat afford plain extracts; that may be given to one dram or thereabout, or els mingled with good Wine, or the Decoction of some improper sweating Medicaments, or made into Bolus, or Pills, and to drink after them three ounces or thereabouts, of the Decoction. For example.

In the Diseases of the nerves and Joynts from a cold Defluxion; make such a Decoction.

Take Wood of the Bay-Tree, and Box Tree of each one ounce and an half, cut them smal and infuse them one day in five pound of common water, add Leaves of Betony, Germander and Ivy of each one handful; let

let them Boyl at a gentle fire til a third part be consumed; strain it to be drank at five Times.

Improper Medicaments to move sweat. The Decoction of Camomel, Chervil, Fumitory, unhulled Barley, Millet, Lintils lightly Boyled, Roots of Hops, Cynkfoil, Tormentil, Leaves of common Pimpernel, Scabious, and Winter Gelliflowers.

Of these is made a common Syrup, called the Syrup of St. Ambrose, of one part Wine, and two parts of the Decoction of Millet.

Other Medicaments may be suddenly made, as for example; in a Cutaneous effect, make such a Decoction.

Take the Leaves of Scabious and Fumitory dry, of each one handful, Roots of Hops half an ounce, Barley Water one pound and an half, Boyl all at a gentle fire to the Consumption of almost the half, and strain it out for one draught.

When the smal Pox appear :

Take Leaves of Pimpernel one handful, Scabious half a handful, of the first Decoction of Lintels one pound, Boyl
H them

them til a third part be consumed, strain it out, to drink at one draught.

The Decoctions of these are given in greater quantity, than are the Decoctions of those that are properly to cause sweat. Namely from about eight ounces to two pound.

And you must know that sweat can hardly be procured by the help of these Medicaments unless the force of them be derived outwardly to the Skin by attracting Medicaments; by the benefit whereof, the pores of the Skin also are loosned and prepared for sweat: therefore about an hour and an half after the taking of a porion to sweat, the Body must either be put into a dry Bath, or some hot natural or artificial Bath; or elf must be wel covered with Garments; or elf hot Tiles must be applyed to him, or vessels ful of hot Water; or the Skin must be gently rubbed, or Cupping Glasses without Scarification must be applied on divers Parts, as necessity shall most require.

Medicaments

Medicaments that Evacuate by Spittle.

Those things that unloose the Stuffing from the ways of breathing, are called, from their office, *Expectorating Medicaments*, all which may be comprehended under a tripple difference, for some are convenient for thick spittle, namely incisers and scowrers; others are for thin and unsavory spittle, as dryers, and a little thickning; others again are to temper Salt spittle, and to hinder the corroding of it.

Therefore when the spittle is Moderately thick, a * Lohock is needful of water and Honey, or Oxymel, crude Honey, a Decoction of Figs, Liquoris, sweet Cods, Ravfins; adding a quantity of Colts-Foot, Lungwort or Scabious; for the Pouders of these Herbs may be mixed with the Oxymel, to the consistence of a Lohock, or a Soft Electuary, in which form the powder of Iris, is used to good profit, mixt with Oxymel.

* *What a Lohock is, see the end of Riverius Practice of Physick in English. And the Dispensatory in English.*

For Spittle that is very thick, these are proper: the Decoction of Oak of Jerusalem, Elecampane, Hatchet-Fetch Hyfop, Horehound, Savory, Time, long Aristolochia, the Pouders of these are mixed profitably with Oxymel for a Lohoch, or they are mingled with Honey in form of an Electuary. Or;

There is Compounded a sweet drink with Oxymel, and the Decoction of the said Herbs, as also by the infusion of them, Hyfop Wine is wont to be made, and Wine of Elecampane; which the Antients used Ordinarily.

The common people use to make a profitable Electuary of the Roots of Elecampane Boyled in Water, (it were better to take Metheglin or sweet Wine) and passed through a Hair sieve, and then mingled with twice as much of clarified Honey, and Sod to a just consistence.

Besides these, the Pouders of Brimstone doth profit well, or the Flower mixt and taken with a rear Egg. The Seed of Nettles mixed in Lohochs, or Aquar-vitæ with a third part of Sugar, made into a confection, or mixt with Oxymel.

Oxymel. So the Pouders of the Lungs of a Fox taken from half a dram to one dram in Wine or Metheglin, to be drunk, or mixed for a Lohoch.

Saffron drank in Wine from half a scruple to a whole scruple.

Sows Lice washed in Wine, and infused to one dram al night in white Wine; then pressed forth and drank, the dregs being cast away.

The Rozin of the Larch or Firr Tree, licked or swallowed down in Bolus: for a licking Medicament it must be dissolved in clarified Honey, for it will mingle very well with Honey.

A most excellent Balsom may be made for this purpose.

Take Oyl of ripe Olives (for the rich take Oyl of sweet Almonds) that is not rank, half a pound, sweet white Wine four ounces, let them Boyl til the moisture be consumed: then add Flower of Brimstone three ounces, stir them continually and very Softly at a gentle fire; and when the Flowers are dissolved: add Rozin of the Larch Tree or the Firr Tree, or if it can be

had, the Gum of the Firr Tree two ounces and an half, mingle them to perfection. It may be put into Lohechs, or taken inwardly with the foresaid Decoctions or with white Wine.

But that the spittle may come forth the more easily, least the Humor that is thick, should grow dry with the use of these things, it is best alwaies to add some Emollients and loosners, such as are for Lambitives and internall uses, the Root of Liquoris, the pulp of Raysons, Roots of Mallows and Marsh Mallows.

It is good to Anoint the Stomach outwardly with Butter, chiefly that which is tank; either alone or mingled with the Mucilage of Mallows and Marsh Mallows.

An Application of a Colewort Leaf well anoynted with Butter, and sprinkled with Pouder of Cummin Seed, and so laid hot to the brest is much spoken of.

When the spittle is thin and unfavory: the Decoction of round Aristolochia, Iuiubes, wild Plumbs, Golden Rod,

Rod, Penniwort, Veronica, the Juyce of somewhat sowre Pomegranats, either by it self, or with a little Honey.

All sorts of licking Medicaments made of white starch, Gum Arabick, Tragant, all Physical earth, with Honey or Oxymel, mixing a quantity of Brimstone or Mirrh, or round Aristolochia, or the Cream of Ptisan with some white Starch.

For Salt spittle, the Decoction of Barley, Iuiubes, Liquoris, Raysons sweet Prunes, are convenient, and chiefly in the Decoction of the Feet and Head of a Calf, Kid or Lamb, also of Snails, and Snails of the woods.

Emulsions of sweet Almonds, and of the four lesser cold Seeds chiefly adding the Flower of starch: the Cream of Ptisan, or a Panatella with the same Emulsions, adding also the Emulsion of white Poppy Seed, when the Saltnes is urgent: the Juyce of sweet Prunes licked up.

Fresh Butter licked, as also added to the Meat we eat, and Anointed on the Stomach outwardly.

If you please to make a Syrup for this use. H 4 Take

Take the Juyce of sweet Prunes, the Juyce or Decoction of Purslain, of each half a pound : Clarifie them, and add to them ten ounces of purified Honey: Let them boyl to the consistence of a Syrup. The use of it, is for a Lohoch, and for Syrups.

Medecines that evacuate by the Pallat.

** Any that desire to know exactly the Diseases of the Head, and the cures thereof, let them read Riverius Practice of Physick, by which is put into English.*

The * Head is purged three waies: By the Mouth, by the means of the Channels of the Pallat, namely, by Masticatories, Gargarisms, and Anointings of the Pallate.

For a Masticatory in a hot cause, a Paper is good, especially a brown Paper, Figs, bitter Almonds, or Peach Kernels, Raisons, a whol piece of a Pome-Cinnamon, the peel of an Orange.

In a cold Cause, are good, the Roots of Cyprus, Acorus, both Angelica's, Garden Setwal, Master-wort, Seeds of Fennel, Annis, Sefeli, *Siler montanum*, Grains of Juniper, Bay-berries, and the tender Leaves.

These

These are more violent, and are fit for extream coldness; the Leaves of Sciatica Cresses, Water Pepper of Horshradish, Garden Cresses, Savory, Mountain Hyfop, wild Penyroyal, wild Rue, Root of Pellitory, Country Mustard seed, Mustard seed, Staves-acre; which, that they may the more easily be chewed by the Teeth, they must be mingled with a little yellow Wax, and so made into little Bals or Morfels.

For a * Gargarism, which is proper only in a cold cause, are convenient, the Decoctions of Calamint, Germander, Hyfop, Bay Leaves, Lavender the greater, Penyroyal, wild Time, Italian Spike, which are partly gargarised, and somtimes held hot in the mouth.

The most violent Gargarisms are made of the Decoction of Herbs, that were set down for the strongest Masticatories, and chiefly, if we put some *Aqua vita* in, or some of the Confection *Diasinapi*, which the Italians cal *Morsarda*.

For to anoint the Pallate, which Remedies have place also alone, in a cold Cause; the said Decoctions are useful, with

** Those that desire to know more fully what they are, and their use, let them read Riverius Practice of Physick, and the Physical Dictionary at the end thereof.*

with honey thickened to the consistence of a Syrup.

Moreover, *Aqua vite*, or common *Mustards*, or some soft *Electuary* made of the foresaid things.

As for Example,

Take *Bay-berries*, and *Juniper*, of each two ounces: *Mustard seed*, and *Leaves of Savory*, of each one handful: *Seeds of Annis*, and *Fennel*, of each one dram: *Roots of Acorus*, and *Master-wort*, of each two drams, pounded and sieved: Mingle all with two pound of clarified Honey. Make an *Electuary*.

Medicaments that evacuate by the Nostrils.

Of things that purge the Head by the Nostrils, some of them by their acrimony cause one to sneeze; and these are very fit for a very thick Humor that is pact close in, and where the Expulsive Faculty is dull. Some again provoke the Humor without sneezing; amongst which, some may be safely used, even when the Head inclineth to heat; others belong only to a cold humor, and head. The

The Pouders of all the propounded Remedies for strong Masticatories, if they be blown in, or snuffed up into the Nostrils, they cause one to sneeze.

The Decoction of Gith, or black Helbore, the Juyce also of the Root of Sowbread, Briony, and Elaterium, dissolved in other liquid Nafals. The same is performed, but something more gently, by the Root of Sowbread cut like a Tent, and put into the Nostrils; and the Shel of an Orange candied.

Also without sneezing, the head that is over hot, may be evacuated with the Decoction, or Juyce of Mallows, or Blites, especially the white Blites; Leaves of Betony, or Coleworts, and Barley, Roots of Beets put into the Nostrils, especially if it be wet in warm Water; also anointing the Nostrils with fresh Butter.

In a cold Cause, Decoctions are good, or the Juyce of Pimpernel, Bettony, Roots of white Beets, the great Celandine, Ivy of the wal, Garden Hyfop, Root of Flower-de-luce that is green, Marjoram, Sage, Tobacco.

The Indians also use to make Tents
of

of a round fashion, of the Roots of Sowbread, or Flower-de-luce, and to anoint them with Butter or Oyl, and put them up into their Nostrils, or else to steep them in water, when they will not use them for sneezing.

Moreover, The Fume of the said Herbs, when they are dry, is very convenient, especially of Marjoram, Hysop, Time, taken through a Cane; by which they take the fume of Tobacco. Er-rhines also may be made of them. As for Example.

In a cold cause,

Take the Juyce of the Root of Flower-de-luce made thick, the Juyce of the Flowers of Ioy made thick, of each two drams: the Ponder of Marjoram, or Time, one dram: Fresh Butter half an ounce: mingle them for a Liniment, and anoint a Tent of Cotton to put into the Nostrils. Or,

Take the Juyce of Blites clarified by filtering very well, four ounces: Agarick grossly powdered one ounce: make infusion for one night; strain them the next day, and draw it up warm into the Nostrils, and it will wonderfully purge the Head without any great Commotion.

Medi-

Medicaments that Evacuate Insensibly.

The matter these are made of is of a large extent. For all hot things by rarefying and turning the Humors into ayr, do evacuate insensibly, so do all dry things by restraining moisture, and all astringent things by pressing them forth, may be reckoned in the number of these: but things that digest are properly so called, which do by degrees turn the Humors into vapours: and those that discuss and do it by heaps, that dissipate also gross Humors: and blistering Medicaments that do both vehemently, and by violent heat remove the matter that lieth deep, that is not sufficiently attenuated, and draw it to the Skin.

Digesters.

Amongst these the most obuious are: wormwood, Dill, al kinds of Smallage, Chamomel, sinking Chamomel, Fe-nugreek,

nugreek, Roots of Reeds, white Lillies, Lin-Seed, Honey, Melilot, Rosemary, Mallows, chiefly strong Wine; these may be given in Decoction, Syrups or Electuaries.

Of the same may be made Oyls, by descent, and Fomentations for use outwardly; to which these that follow may be added, that are not to be given inwardly, as the Roots of Sow-Bread, wild Cucumber, Daffodils, the Leaves of Dwarf-Elder, Elder-Tree, Allum, Nitre, Vitriol, common Salt.

Also outwardly may be used alone to anoint with ranc Butter, chiefly that which is Salt, and Oyl with Salt.

For Fomentations: the water of quick Lime, the water of hot Baths, sweet water that is very hot, strong Ly, hot Lees of Wine, the mud of hot Baths, or the holes in the Baths, hot Sand, hot Ashes with or without Bratt, and Salt made up in a Bag.

For Plaisters: Snails bruised with their Shells.

Old Cheese, with the Decoction of Salt flesh, especially Hogs flesh, and beaten together for a Plaister.

Beatt

Bean Meal made up with Wine or the former Decoctions, adding if you please Oyl, Oxymel or Honey.

Privately to consume the Milk suddenly, and without danger, that it may not clotter in the breasts: women hold these for secrets, which either will not or cannot give suck: the green Leaves of wall-Nut Trees carryed in their bosome.

A Liniment made of an equal portion of Honey and Rozin, laid on constantly with a Linnen Cloath.

A Cataplasm of Bean Meal and Oxymel, or the Decoction of Parsley, or Mallows Boyled with Vineger.

A Fomentation of equal parts of Parsley and Vineger, adding a little Saffron to it.

Discussives.

Amongst these the easiest to provide are: the Seeds and Flowers of Agnus Castus (by the steeping whereof is made an Oyl that is very Proper against
the

the Cholick) Garlick, the Root of Both Angelicas and the Seed, Annis Seed, Seeds of Oranges and Citrons, and the Pills of them, also Calamint, especially of the Mountains, Seeds of Cummin, Caraway, Daucus, Fennel, Hyfop, Maisterwort Root, the Berries and wood of Juniper, Lavender, the Leaves and Berries of Bays, that are good for the Cholick and Pains of the Matrix, Lupins, Marjoram, dry Mints, Bazil, Origanum, Poley, Pennyroyall, Rue, Savory, wild Time, Italian Spike, Time, all which are given alone or mingled in forme of a Decoction, Syrup, Electuary, or the Pouders of them to one dram, may be drank in Wine, or strewed upon Meat.

Hitherto appertain Aqua-vitæ, and Old Wine which the Antients were wont to give with Pepper grosely beaten.

You may prepare, at a Cheap Rate, a most effectual Tincture, whereof one or two drops drank in Broth or Wine doth powerfully, discuss winds, and put into a hollow Tooth that Akes from a cold cause, or but layd to it, presently
takes

takes away the pain.

And this is it:

Take Black Pepper beaten grosely two ounces, the best Aqua vitæ eight ounces; put all into a Viol of a streight Neck, and keep it well stopt eight days in a hot place, and you shall have a deep Red Tincture, to be kept in a Glas that is stopt fast.

If you will make an Hippocras Wine, you may do it thus.

Take Seeds of Annis and Fennel of each two drams, Roots of Angelica, Acorus, Master-wort of each half an ounce, Leaves of mountains Calamint, Lavender, Marjoram, and dry Mints of each one handful, Bay-Berries one ounce; Bruise them all grosely and put them into a Cullender, and strain through it the best white Wine, doing it so often, until the matter seem to have lost its sent and Acrimony; drink one or two ounces of this Wine by it self, or with some other Liquor.

Fomentations may be made outwardly of the Decoctions of the said Herbs; but most effectual are the fumes of them, that rise by quenching a Fire-
I stone,

stone, or a Mil-stone in the said Decoctions. But the Decoctions are made more strong in the best Wine, or strong Ly, and natural brimstone waters.

Also a bag of Millet torrefied, is very good, with the Flowers of Chamomel, and Cummin Seed, or the Leaves of Rue; by which the pains after Child-birth are mightily asswaged.

Some extol the pulp of Coloquintida, with a third part of wormwood put into a bag.

This is held for a secret, to dry up the water that puffs up the Belly: A Plaister made of equal Parts of the Leaves of Rue and wormwood bruised, and made with Honey, to a Cataplasm.

Also a fomentation of quick-Lime quenched in brimstone water of the Baths, is excellent.

For anoyntings: Remedies may be presently made, such as are the Oyls made by descent from the said Herbs. For example.

Take Bay-berries, one ounce: Leaves of Rue, one handful: Common Oyl, half a pound: the strongest Wine, three ounces. The Ber-
ries

ries being grosely beaten, and the Leaves chopt, make infusion for three hours; Boyl them til the moisture be consumed, then strain them.

To all these, add a large Cupping Glass, with a great Flame, and set it on the part that is puffed up; to which, for the discussing of wind, *Galen* ascribes a power, as it were an Inchantment.

Sometimes also without: discussing winds are drawn out of the Body by some Instruments that Chirurgous use, that work suddenly. So the winds are drawn forth that extend the great Intestines, thrusting in (after a Clyster given to void the Excrements) a dry Syring, and drawing it downwards.

Hippocrates used Smiths Bellows.

By the same way the winds that fill the Matrix, by help of a Syring, with a long thin Neck, may be drawn out.

Rubificatives.

They are called Rubificatives, because they make the Skin extream Red.

I 2

When

When we have made use of digesters and discussers, and cannot prevail, then we must use Rubificatives, as in an Old Hip-Gout, and as it often comes to pass in a stubborn, heavy Head-ach: These are laid to the Skin, Bruised, and made like a Cataplasm, either alone, or with hot Vineger; and the most usual are these that follow: Garlick, wake-Robin, Blew-flower, Flea-bean, water Pepper, Sciatica Cresses, Horf-Radish, wild Pennyroyal, Mustard, Staves-acre, common-Crowfoot. Also a Plaister may be made by it self of Pigeons, or Goofs dung, or of dry Pitch melted with a fourth part of some hot Oyl, as of Rue, or Bays, and laid often on the part, and then pulled off again, until the part first Waxeth red, then swels a little, & then sinks down again: for if it be let alone no longer than whilst the part groweth red; it is rather to be called a heating remedy, and such as helps the member to nourishment, than that which Evacuats insensibly. Wherefore on a cold, and dry Stomach, & Limbs that are wasted with the Palsy, it is of excellent use, after due
Evacuations

Evacuations of the Body.

Thus much for Medicaments that respect the matter peccant in quantity.

*Medicines that augment necessary Matter,
where it is deficient.*

Sometimes good Humors are wanting, and some things that proceed from them; al which are augmented of themselves, by the help of Nature changing good Nutriment; but they are produced by accident, with the help of such Remedies as remove the things that hinder Nutriment. Therefore al these Remedies that strengthen heat, and that allay the distemper of the humors, and of the inward parts by heating them, encrease blood; the Catalogue of these must be sought for amongst things that alter: and for this reason, those things that ingender Milk and Seed, the first whereof is necessary for the Nutriment of the Infant that is born, the latter for Procreation, do properly belong to Nutriment, because

both of them proceed from blood; yet improperly those Medicaments may be said to ingender milk and feed, by the help whereof, the blood is more easily and plentifully altered into the Nature of them both.

Medicaments that encrease Milk.

Those Medicaments are said also to encrease milk, that correct the impure blood, make it run, and spread, drive it to the breasts, and draw it thither.

Those correct it, that purge naughty humors which pollute the blood, and others that allay the excessive qualities of the blood.

Such are, in a hot distemper, Barley Water, and Broths altered with mallows, green Knotgrafs, and Sow-thistles.

The milky juyce of Sow-thistles, and Dandelyon, mixt with Breth, and taken from two, to three Spoonfuls, is much approved.

Also the Pouders of Natural Crystal, is
given

given with great profit, and is held for a Secret, taken in any of the said Decoctions, from half a dram to a dram.

In a cold distemper, a Decoction is good, especially of the tops of dry Dill, in Broth, and of new Annis Seeds, or Garden Cresses, of Fennel, of fresh Poley, or Leeks boyled in Water.

Broths altered with Dill, do spread, and by a certain propriety drive it to the Breasts: So do Smallage, green Parsley, white Chiches, and all kinds of milk Trefoyl, common milk-wort, and Perewinkle, used the same way.

Blood is drawn to the Paps by frequent sucking, gentle rubbing, and loosening Fomentations: the best are made of hot white Wine. Also of the Decoction of Chamomel, and Dill, that are green; as also of mallows, Lin-seed, Roots of marsh-mallows, if they be boyled in Wine or Water.

If these profit not, Rubificatives must be applied until the Breasts wax red.

For this purpose amongst the Cretians, they were wont to strike and rub the Breasts with the Leaves of green Net-

bles; by the frequent use whereof, the Dugs were said to grow so great, that they would yield milk enough.

Amongst the cheapest Remedies, these are thought to engender much milk: Hens Eggs, white Wine, Rice boyled in milk, Grewel made with fine Wheat Flower and milk, or Pottage; also Pottage made with fine Wheat flower and white Wine, adding thereto, yolks of Eggs, and Butter: But the meat is made more pleasant, if you put Sugar in the place of the Flower.

Things that encrease Sperm, or Seed.

Those Nutriments chiefly serve to augment Sperm, which by a Physical force, move hot and thin Vapors, fit to cause erection of the Yard.

The cheap things are these: Flesh of Ducks and Geese, cooked especially with Garlick; the Brains of Calves and Pigs seasoned with Pepper and Salt, Beef Broth boyled with green Mints or Rochet, the Juyce pressed out of the
Lungs

Lungs of a Ram roasted, Swans Eggs fried with Butter, all kind of shell Fish seasoned with Pepper, the Polypus, the Cuttle, and Crab seasoned the same way, Mushrooms also seasoned with Salt and Pepper.

Amongst Pulse, are the white Chick Pease, Beans, and Kidney Beans.

Of Fruit, are Hazel Nuts, Chest-nuts, mad Apples seasoned with Oyl, Salt, and Pepper, sweet Apples and Grapes hanged up for to be eaten.

Of Herbs, is Garlick, yet yong and fresh, Artichoaks, Asparagus.

Yong Onions, especially Scabious, Rochet, Clary, Turneps, Rape-roots, Parsnips, and Alizander Roots, with Pepper and Salt.

These are thought to be more effectual; the thickest Root of all the Satyriums, the Pizzle of a Bull, or Hart, Boars stones, and of Foxes, and a Boar Pig that hath engendred, washed in white Wine, and dried in an Oven. The Pouders of these may be drank mixed together, or else a part in white Wine to one dram.

This Pouders most easie to be provided,

ded, is most effectual:

Take the Pizzle of a Bull, and Borax of the Apothecaries, of each three drams: the most substantial Root of Satyrion, two drams: Ginger, and Cinnamon, of each one scruple: Saffron half a scruple: Mingle them, and make a very fine Pouder; give of it in the morning, and after Supper one dram, in a little of the best Wine.

Medicaments that alter the Cause of the Disease.

The Cause of a Disease is peccant divers waies; namely, by an open, and a secret quality. This requires Preservatives against Poyson, that is either original, which is corrected by Medicaments that are cold, hot, moist, dry, or derived from the original, as thick, thin, tough, hard: Hardness comes from driness and congelation; so doth acrimony. To these are opposed such things as make thin, such as thicken such things that cut, scour, soften, dissolve clotted matter, and such as mitigate: which things correct the first qualities,

qualities, and thickeners, thinners, and toughness that proceed from them. They are wont to be called Concocting and Preparative Remedies, because by the allaying of the qualities that exceed, the humors are the more easily conquered by the Natural heat; and if there be any of them wholly unfit to be concocted, they are thus made fit to be driven out with more ease. Other Remedies that take away the sharpness and hardness, do not only serve to prepare the humors, but to mollifie the parts that are exasperated and hardened. Also those that scour away toughness, do very much serve for other uses, as for all foulness of the Skin, and for filthy Sores, and therefore they are to be numbered apart, after those things that prepare the humors.

Medicaments that prepare Choller.

If Choller be thin and hot, Barley is good; Lettice, Purflain, Water-Lillies, blew Violets; the Decoctions of these, from

from eight ounces, to one pound, or thereabouts.

The more effectual are, the Juyce of Barberries, four Pomegranates, Bastard Corinths, and the Juyce of unripe Grapes wel purified, which may be added to the said Decoctions, from one to two ounces.

The last Remedy, is clarified Whey, with the Emulsion, of one dram, or thereabouts, of white Poppy Seed, or Garden Nightshade, and great Houf-leek added to the Decoctions.

In this case, we must forbear to give sweet Syrups.

If Choller be thick, either by adustion, or by the mixture of other Humors, cold attenuative Medicines are good, or such as are temperate, as Sorrel, Juyce of Lemmons, Citrons, Oranges, that are ripe, Gum, Cichory, green Maiden-hair, Endive, Strawberries, Liverwort, Hawkweed, all the Sorrels, wild Endive, Sow-thistle, Dandelyon, four Trefoils, Seeds of Melones, Citruls, Gourds, and Cucumers; of which, Emulsions are made.

Of the said herbs, are made Decoctions

ons with flesh Broth, or Water, to which may be added about two ounces of the Emulsions of the said Seeds, or of the Juyce of Citrons, Lemmons or Oranges.

Also the Juyce of Herbs clarified may be given, from one ounce to three ounces, in Broth, especially in the winter Time, when fresh Herbs cannot be had.

Of these clarified Juyces, Syrups may be presently provided, if an equal quantity of clarified Honey be added to them, and so Boyled to the consistence of a Syrup, it is mingled with the Decoctions from one ounce to two ounces.

Oxymel simple may supply the want of all these, about one ounce being put into the Decoctions, and Syrups of them al are very useful for this Humor, if there be no adustion, for which, the best thing is Clarified Whey to about two pound with the Emulsion of the foresaid Seeds.

Preparatives

Preparatives for Flegm.

All these heat and attenuate, and if the Flegm be very clammy and thick, they cut also and scour away: the same belong to Salt flegm, if they be tempered with those things we mentioned to prepare Choller.

Therefore if flegm exceed not in thickness and toughness, these are convenient.

For the Head, betony, Germander, Goats Rue, Marjoram, Rosemary, Sage, Arabian Stœchas, the Root of wild set-wall.

For the Eys, Celondine, Eyebright, Fennel, Vervain.

For the nerves and Joynts, ground Pine, Juniper Berries, Hog Fennel, Primroses;

For the Breast, Figs, Liquoris, lungwort, Colt-foot, Scabious.

For the Heart, Root of Angelica, holy Thistle, Caltrops, Herb Bennet, Ground-Ivy, Lavender, Pimpernel, Scordium,

Scordium, the Root of Swallow wort.

For the Stomach: Wormwood of all kinds, chiefly the common wormwood, pills of Oranges and Citrons, Seeds or Mints.

For the Liver, wormwood, Agrimony.

For the Spleen, Ceterach, Epithime, Fumitory, the rind and Root of Caparis, and Tamarisk.

For the Matrix, Mug-wort, Maiden-Hair, Calamint, Feaverfew, Pennyroyal, Savin.

For the Reins and Bladder: Smallage, Sparagus, Fennel, Parsley, Knee-holm.

For the whole Body, Cinquefoil, Tormentil, Oxymel, rich Metheglin.

Of these; Syrups may be made, or Decoctions in the Broth of a Pullet or sweet Wine, to which it were good to add Oxymel from one ounce to two ounces.

Decoctions are unprofitable for the Stomach and Intestines, because they pass so soon from the affected part.

Therefore Oxymel only is good, to two ounces; or a Syrup made of the foresaid Herbs. To which may be added

ded to discufs winds, an Emulfion of the Seeds of Citrons, or Oranges, to two ounces, or thereabouts, in fresh Broth. Or after the Custom of the Antients, Oxymel may be given, wherein the tops of Wormwood have been soaked all night.

If Flegm be too thick and clammy, we must never leave out Oxymel, which must be added to Decoctions convenient, wherein must be boyled some of these cutting Herbs, and scouring, namely, Hysop, Horehound, Poley, Savory, wild Time, Time, Goats Marjoram.

If you would make an Oxymel suddenly, which may be like Oxymel of Squils for its cutting and scouring Faculties, it may be such a one to free the Obstructions of the Bowels.

Take *Leaves of Bettony, Agrimony, Wormwood, Fumitory, Cink foyl, of each one handfull: Hysop, Horehound, and Time, of each one handfull and an half: Roots of Sparagus, Fennel, Parsley, of each one ounce: Fountain Water four pound: Honey two pound.* Let them boyl at a very soft fire til the Honey be clarified perfectly; then strain them,

them, and add of the best Vineger one pound, Annis Seeds two drams; Cinnamon and Ginger, of each one dram. Boyl al at a gentle fire to a Syrup; then strain al again through a wide Cloth.

Preparatives for Melancholly.

If Melancholly be not adust; Borrage, Bugloss, Dodder, stone fern, Maiden-hair, Liquoris, Hops, Balm, Fumitory, Harts-tongue, sweet Prunes, are convenient; and to their Decoctions, Oxymel is profitably added, by reason of the Vineger that cuts the thickness of the Humors.

If the Humor be adust, things that prepare thick Choller are to be used, and moreover the Juyce of sweet Apples, which hath a peculiar prerogative here. Also it may be mixed from one, to two ounces, with the Decoctions of the said Herbs.

Also a Syrup may be made of it, taking one part of clarified Honey, and two parts of Juyce of good Apples clarified,

fied, and so boyl them to the consistence of a Liquid Syrup, to the consumption of one third part.

Medicaments that allay Acrimony.



Those things allay Acrimony, which either temper it, with a pleasant moisture, and water the matter; or else do anoint it with an Oily, clammy substance, whereof there is excellent use in cutting the pains of the heart, and bloody-flux.

These water and temper it: Fountain Water, or River Water, sweet Almonds, Emulsions of the four great cold Seeds husked, Barley Water, and the Cream of Ptisan made thereof, Jujubes, Lettice, all Milk, especially of Heifers, and Cows, Whey, Liquoris, sweet Prunes, and Apples, Water Lillies, Purslain, Sow-thistles, the Fruit of Winter Cherries, Nightshade, both Housleeks, Venus Navil.

Of the Herbs; Decoctions, or Syrups, are made which are made more sweet, and

and fit to temper the Humor, if you take Wine in place of Honey, and boyl it with an equal part of the Juyce of the Herbs, to a due consistence.

Of these also are compounded, Medicaments that are proper for some parts.

For pain of the Eyes, from sharp De-fluxions, a Cataplasin of a sweet Apple boyled in Milk, is good, and laid warm to the Eye.

For the heat of Urine, the Decoction of Liquoris is singular, either alone, or with the Fruit of Winter Cherries, taken daily, six ounces in the first repast, when the Stomach is empty.

For the Gripings of the Guts, the Decoction of great Housleek in Rain Water, or two ounces of the Juyce of it in the Broth of a Chicken.

To these, add Lead only for outward uses to anoint with, Oyls being beaten in a Mortar of Lead till they become thick.

The white and water also of an Egg, are very unctious: so is white Starch in meats, new Butter, the fat Broth of the Entrals and the head of a Kid, Calf,

also of the feet of Hogs and Calves; old Oyl, chiefly boyled with Fountain Water till the moisture be consumed. Amongst Herbs, are Mallows, Marsh-mallows, Roots of Borrage, and great Confound; for the Decoctions of these herbs are mucilagenous.

It is held for a Secret for the heat of the Urine, to drink the white of an Eg with the like quantity of Juyce of Lemmons.

For the bloody flux, the Decoction of Marsh-mallows altogether.

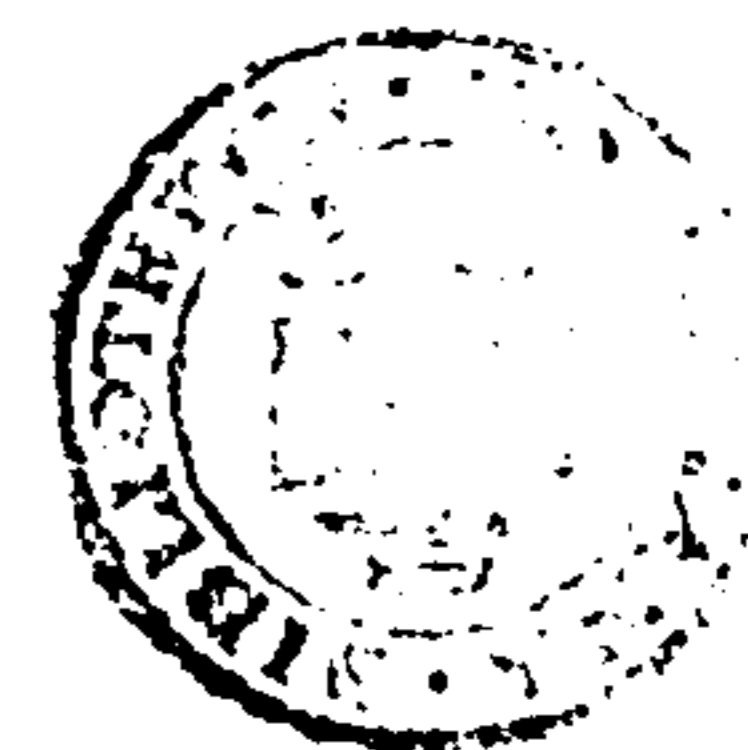
Hitherto appertains the feet of Partridge broyled; the Pouder whereof given to one dram, in Water of Coriander, if a feaver be present, or if there be no feaver, in black Wine, will cure an old Dysentery in three daies.

For painful Ulcers, and Clouds that are joynd with *Ophthalmia*, or redness of the Eyes; the Balsom of Sugar dissolved in the white of an Eg that is hard boyled, and it is made excellent after this fashion. Put powdered Sugar into a glass that is first wel washed with strong Vineger: then boyl it upon the Embers to a perfect redness: after that dissolve

it by *Deliquium* in an Egg boyled hard, and the yolk taken out.

For outward Remedies; are profitably added, Goats and Deers Suet, fresh Hogs Grease, Kids fat, (whereof with Apples, is made the common *Pomatum*) the Marrow of four-footed Beasts, Wax, especially white Wax, and the Mucilages of Lin-seed, Fœnugreek, Flea-seed, Quinces, the Roots of Marsh-mallows, Mallows; of all which there is a peculiar use in healing the choppings of the skin: yet the Mucilage of flea-seeds, and Quinces, is given inwardly, with inward Medicaments for pains of the Heart.

Scouring Medicaments.



Scouring Remedies seem to be contrary to such as allay, and temper, because they wipe away the clamminess, and what is fast to the Parts they scour off; of which kind are all salt, nitrous, sharp, bitter things, which are good for al foulness of the Skin, foul Ulcers, and

Obstructions: But because the matter of these, is manifold; to avoid all confusion in so great variety, we shall principally lay down here, such scouring Medicaments as are proper for the foulness of the Skin; and others that take away Obstructions, and purge Ulcers, may be sought for in the Title of things that open obstructions, and breed flesh in Wounds, of which afterwards in the mustering up of Medicaments that respect Diseases.

These cleanse the Skin weakly: Bitter Almonds, Peach Kernels, Juyce of Lemmons and Citrons, Butter, chiefly that which is salt, *Antale*, Mother of Pearl, Bean flowers, husks, and meal, Fœnugreek, Bran, unhulled Barley, Flowers and Roots of white Lillies, Leaves and Berries of Bays, Dock, the wild and the sharp, especially the Root of it, Milk, and the whey of it, Litharge, Mallows, Root of Solomons Seal, Scabious, al Natural Baths moderately hot.

Of the Herbs are made Decoctions for Lotions and Baths.

Of the rest are made divers Remedies

to beautifie the face, and take away the spots; as also for Scabs and Itch.

To wash the face, and to make the hands white, these are singular good: Bitter Almonds, or Peach Kernels bruised, and with milk brought to the form of a Cataplasim.

Also Bean meal wrought with whey or milk to the consistence of a liquid Liniment.

Bread of Barley meal stamped with milk, boyled a little, and when it is hot, rubbed on gently.

Also *Lac Virginis* is much commended, which is made of one part of Litharge, and two parts of Vineger, they are mingled and shaken together, and soaked for three hours: afterwards the Vineger being filtered, Rain water is put in, or Fountain water, in which a little Salt is dissolved.

The most excellent to beautifie the Skin, is of this kind.

Take *Antalia*, *Mother of Pearls*, of each equal parts: Pound them grossly, then lay them bed upon bed, with the Juyce of Lemmons, and put them in a moist place till they dissolve; and then use

the Liquor as it is, or else distilled through a Filter, or *Balneo*.

For Itch and Scabs, these are the best Unguents:

Take *Litharge of Gold beaten and sifted, three ounces: Rose Water, and common Oyl, (Oyl of Roses is better) of each four ounces.* Drop in the water first by little and little, stirring of it constantly in a Mortar, with a wooden Pestel, till the Poudre have drank up all the water, and be well mingled with it; then add the Oyl by little and little, stirring them alwaies til they be well mixed. Or,

Take *fresh Butter two drams: the Root of the ditch Dock boyled and pulped through a sieve: common Oyl, and Juyce of Lemmons, of each one ounce: Bay-berries finely powdered and searced, two ounces.* Mingle them, and make a Liniment according to Art.

The Juyce of Lemmons may be left out, and yet the Composition will be never the worse.

These do moderately scour for Lotions and Baths: Salt water, Bath water, Sea water, Nitrous water, Allum water, the Urin of a Boy that is sound,

May-

May-dew, the Juyce of four Grapes, white Soap, the Decoction of Agarick, the Roots of Canes, Ivy of the Wals, Lupines, the black Vine, and of Oleander.

For Oyntments, serve al the Rozins, chiefly of the Larch, and Turpentine Trees, Mirrh, the inward Rind of the Elder Tree, Goats-horn burnt, Cuttlebone burnt, new Tobacco, the Poudre of common Salt.

Of these, some Remedies are made, proved good by Experience, both for Scabs, and Spots of the Face.

For the Scab,

Take *the Leaves of Oleander, poudred and sifted, two drams: common Salt, one dram; fresh Butter, one ounce and an half.* Mix them for a Liniment. Or,

Take *the Leaves of Tobacco, one handful; Oleander, and Bays, of each half a handful, Butter, three ounces.* Beat them in a Mortar, til they be all well mixed; then Melt it over the Coals, and press it out strongly. Or,

Take *Bay-berries, Ashes, Salt, of each one dram: common Oyl, three ounces: Wax two drams.* Mix them for a Liniment. Or,
Take

Take Rosin of the Larch, or Turpentine Tree, two ounces; fresh Butter, one ounce: Oyl of Bays, Juyce of Lemmons, of each half a dram: burnt Cuttle-bone, or Ceruss, or Litharge, one dram: common Salt two scruples. Mix them for a Liniment. Or,

Take the middle Kind of the Elder Tree, Leaves of Tobacco, of each half a handfull: common Oyl, three ounces. Boyl them at a gentle fire until the Moisture be consumed (a sign whereof is, If the Oyl poured into the fire, flame suddenly without Cracking) make expression, and strain it; then add most fine Powder of Mirrh, two drams: Yellow Wax, one dram and an half. Mingle them, make a Liniment.

Also this following Stone, if it be dissolved in some convenient Liquor, and then wash the place affected, with it, it takes away both Scabs and Itch.

Take Roch-Alum, one ounce and an half: Litharge of Gold three ounces, Borax of the shops, Sea Salt, and white Lead, of each one ounce; the best Vineger one pound: Rain Water, half a pound, the Ceruss, and the Litharge, must be powdered and sifted: then Boyl them in an unglazed Pot to
the

the hardness of a Stone.

For Spots of the face.

Take May-dew purified by filtering, two pound: Juyce of Sour Grapes, or Lemmons, or Oranges, one pound: Roots of white Lillies, and Solomons Seal, of each two ounces. Make infusion for two days, in Hors-dung, the Vessel being close stopt; then distil them by the heat of the same Dung, to make a Lotion for the Face. Or,

Take white Soap dissolved into froth with May-Dew, or Vineger, two ounces: Meal of Lupins, half an ounce; mingle them and stir them diligently, and with a soft fire Boyl them to a mean consistence: after that, add to them, the Oyl of Peach Kernels, three ounces. Mingle them and Boyl them at a gentle heat to the consistence of an Unguent; wherewith anoint the Face, and the Hands, before you sleep; and in the morning wash them with a Decoction of Bran.

These do strongly cleanse for Baths, & Lotions; Brim-stone Baths, Barley, the Decoctions of Briony Root, Black-Hellebore, Centaury the less, Sowe-wort, Elecampane Root, especially if you add a little Salt, and Alum.

For

For an Epitheme, the Water of quick Lime.

For Oyntments: Borax of the shops, Nitre, Brimstone, black Soap, Ashes of the Vine Branches, Lime washed perfectly, the pulp of the Root of Elecampane, Oyl of Tartar.

Of these; remedies are compounded that are most profitable and proved by Experience.

For a crusty Scab, and like to the Leprosy, *Amatus Lusitanus* saith that this Unguent removes it, like to an Inchantment:

Take *Roots of Elecampane* Boyled in Vineger, and pulped through a Sieve, two ounces: Salt Butter, Rosin of the Larch Tree, or Turpentine Tree of each half an ounce: common Salt finely poudred, two scruples: Brimstone one ounce. Mingle them for an Unguent. Or,

Take quick Brimstone, two drams: Ashes of Vine Branches, common Salt poudred, of each one dram. Bind them in a fine Cloth and let them Boyl, in common Oyle, four ounces; Vineger, or Juyce of Lemmons one ounce. Boyl them til the moisture be consumed, and with this matter, being hot

hot, anoint the part that is Scabby. Or, Take quick Brimstone, half an ounce; common Oyl, three ounces; Dissolve it: then add, beaten Salt, and Ashes, finely sifted, of each one dram: a little Wax: mingle them for a Liniment.

For a Lotion.

Take Roch-Alum, common Salt, and Brimstone poudred, of each one ounce: Black Soap one ounce and an half: Barley one handfull; white Vineger, half a pound: common water, six pound. Boyl them til half be consumed; strain them, and keep them for use.

For spots of the Skin.

Take Black Soap dissolved in a strong Ly, two ounces, Borax two drams: boyl them til they be thick. Then add, the husks of beans finely poudred, half an ounce; Oyl of Peach Kernels, three ounces. Mix them diligently til they be wel united, and make a kind of Soap.

In the place of the said Oyl, you may use common Oyl two ounces; Oyl of Tartar, one ounce. Mingle them, and anoint the place, morning and evening, and wash the Skin with some of the said Decoctions.

Of

Of this kind is the Sope that the Venetian Women use to deck their faces, Hair and Hands. The composition is, this.

Take damask Sope, four ounces: dissolve it in Juyce of Lemmons, what is sufficient. Then add, Oyl of sweet Almonds and of Tartar, of each two ounces, let them stand in the Sun and be stirred every day, until they grow as thick as an Unguent. The part is anointed with this; and then it is washed with the Decoction of Barley or Bran.

Old spots & Morphey are taken off with the water of Quick-Lime made with Whey; wherewith the discoloured place must be often touched in them when the Skin comes off; restore it again with Unguent of Litharge, described amongst weak scouring remedies.

A man of great fame used this remedy for a high Secret, and so picked great store of Money out of the Pockets of great Ladies.

Remedies to soften hard things.

Though the hardened Humor may seem

seem to be corrected by softening only, yet every hardness requires not Remedies of the same force: For cold and dry Humors that are hardened by congealing, are melted with Heaters only, without any notable drivers; which things are properly called Softeners. Yet Milk and Blood when they are Clotted, and congealed, being they fall to that by want of their proper heat, they require things that heat exceedingly, or such as attenuate and cut.

Lastly, Milk made like Cheese, requires cold and moist things, with some Thinners of parts, because strong heat seperating the Whey from the thicker part, turneth it into Cheese.

Emollients, and proper remedies to Melt, are of two sorts: Some are fit for Scirrhus Humors, which are somewhat stronger, and discuss the melted matter: Some are gentler and are fit for hardened Humors, without any singular stuffing, or plenty of matter: the use thereof must also precede in Scirrhus affects, before strong Emollients; that what is congealed may be the more easely melted and more safely discussed. The

The gentle Emollients, are, marsh-Mallows, Borrage, Bugloss, Brank-Ur-sine, Fenugreek, Liquoris, Lin-Seed, white Lillies, Mallows, Melilot, Ray-sins.

Of these may be made Decoctions, Syrups, Electuaries, for inward uses: Also they serve to make outward Fomentations, Unguents, and Cataplasms, which are chiefly prepared with Butter, fresh Tallow, but especially of Mans Fat, and of the new Wax, the Marrow of four-footed Beasts, the Grease of Sheeps Wool, common Oyl of Olives wel ripe, Suet, and the Mucilages of Marsh-mallows, Mallows, Fœnugreek, Lin-feed.

For Fomentations serve particularly, moist wool that is properly the washing of wool, and water and oyl warm.

Compounds that are easie to provide, are of this kind.

For an Oyntment,

Take *Roots of white Lillies, Mallows, Marsh-mallows, of each one ounce: Chamomel, or Dill, of each one handful: white Wine four ounces: common Oyl that comes of ripe Olives, eight ounces.* Boyl them till
the

the moisture be consumed, then press and strain them. Or,

Take the mucilage of Lin-Seed and Roots of marsh mallows, of each one ounce, Ox marrow and fresh Butter of each one ounce, common Oyl three ounces, new Wax three drams: mingle them for an Unguent.

For a Cataplasme.

Take Roots of white Lillies one ounce, Leaves of mallows one handful, Boyl them gently, then melt two ounces of Butter with them, and make a Cataplasme. Or,

Take Roots of marsh-mallows Boyled & pulped through a Sieve two ounces, meal of Lin-feed and Melilot, of each one ounce and an half, Roots of white Lillies half an ounce: Ox marrow one ounce, common Oyl three ounces, Decoction of mallows, what will be sufficient, make a Cataplasme.

These are stronger than follow; for they are all used outwardly, except the Saffron and the Root of sharp Bind-Weed, which it may be Agreeth with Indian Sarsa, both in kind and vertue: the rest are seldome given alone but
L
mixt

mixt with more gentle Emollients.

For Fomentations therefore, add Roots of bryony, Sow-bread, wild Cucumber, and Flower-de-Luce fresh, with the Decoction of these; an effectual Fumigation may be prepared by quenching a Fire-stone or a peice of a Milstone in it. Bitumenous waters of Baths, serve of themselves for Baths and Fomentations.

For to anoint, Goose fat and Deers suet are good, so is Oyl pressed out of Nuts, the Lees of Oyl, and Oyl of Peter.

For Plaisters, take the roots of Jacinths, Daffodil, fresh Leaves of Tobacco, and the flowers of Flower-de-Luce.

By themselves, these serve instead of a Plaister: Bitumenous Dirt, Ox Dung, chiefly mixed with Lees of Oyl, and Old Cheese Kneaded with Broth of Salt fish.

These Cerats they add: dry pith, Rosin, Colophonia, Bitumen, Jet, Ammoniacum, which makes a Plaister it self if it be dissolved in sharp Vineger.

Of these may divers medicaments be presently compounded that are effect-

ual

ual against Schirous Tumors. For example.

For an Oyntment.

Take Sowbread and wild Cucumber of each half an ounce: white Lillies one ounce: Chamomel and green Tobacco of each one handful, Leaves of Spurge, Laurel half a handful, common Oyl one pound, white Wine four ounces, Vineger two ounces, Boyl them at a soft fire til half be consumed, then press them out.

A Cataplasme.

Take a whole Onion Boyled in Vineger one ounce, flowers of Blew flower-de-luce steeped in white Wine one Pugil, Goose grease half an ounce, beat them altogether and make a Cataplasme.

Some make a Cerate of white Pitch only, which they call Burgundy Pitch, which they hold for a secret and prefer it before Amoniacum.

These dissolve and hinder clotted Blood; Vineger, Posca, Oxymel simple, the Decoction of Round Aristolochia, Calamints, Savory, Time, the shells of green Nuts.

Yet the Decoctions are made stronger with Posca, as the runnet of a hare drank to one dram with Water and Vineger.

A present and excellent remedy is made of a Ly of Vineger, Salt and Honey, after this fashion.

Take of Ly three ounces, Vineger two ounces, clarified Honey half an ounce, common Salt one scruple: mingle these at a soft fire, for to drink.

Also if Oxymel be prepared, boiling Honey with the first Wine that comes forth without pressing, til al the scum be taken off, it will be a pleasant and effectual remedy.

For curded Milk; gentle softners are convenient, mixt in Fomentations with Garden Smallage, mountain Smallage, cummin, fresh Mint, and Rue, adding a little quantity of Vineger.

In Cataplasmes: Bean Meal, Lintels, with Oxymel or Muls, for Vineger.

This following Fomentation is approved.

Take *Leaves of Mallows, Roots of Marshmallows, Herbs, Garden Smallage, Mountain*

tain Smallage, Roots of Fennel, of each one handful, Leaves of Bays, Flowers of Chamomel, of each one Pugil, common Water six pound. Let them Boyl till a third part be consumed, to foment and wet the Breasts; of the rest, an excellent Plaster may be made.

These that follow are proved remedies.

Take *Turpentine often washed in white Wine three ounces, three whole Eggs, Saffron one scruple, Yellow Wax two drams. Mingle them, and make a Cerate to be Spread on a Linnen Cloth, leaving a hole that the Paps may come forth to be sucked. Or,*

Take *Bean Meal three ounces, common Oyl two ounces, Turpentine one ounce, two Yolks of Eggs, Saffron one scruple, with the Decoction of Mallows and Parsley, made with Vineger what is sufficient. Mingle them and make a Cataplasme.*

Also fresh Butter washed very well in the Decoction of Mallows, and mingled with the Pouders of the Roots of Mallows or Marsh-mallows, to the consistence of an Unguent, and laid on upon a Colewort leaf, is a most excellent re-

medy for pained breasts and hardned by the Milk stopped in them.

This also is singular :

Take common Oyl of ripe Olives, new Wax of each, a like quantity: mingle them, then wash them wel three times in Rose water, and lay them on with a Colewort leaf.

The same remedies serve for clotterd Milk, tempered with cold and moist ingredients, and with a greater quantity of Vineger.

Yet A Plaister of Bran exceeds them, or of Barley Boyled with Vineger, adding thereto a little Saffron.

Also a Cataplasm of Bean Meal with the Decoction of Night-shade that bears winter Cherries, made with Vineger, which is made most effectual if you mix the Runnet of a hare with it, and fresh Butter.

Hitherto we have spoken of remedies to correct the manifest quality of the causes of Diseases: but the hidden quality, since it is venemous, and is in those things that are faulty in substance, it requires remedies against Malignity; which we shall set down afterwards

afterwards, amongst those remedies that are opposite to the cause that is preternatural by the whole kind.

Remedies that move Preternatural Matter that lieth stil.

Want of motion in those things that by nature should move at certain times, falls out principally when the courses are stopt, or in hard Labour in Child-Birth, or when the Secundine staieth behind, as also when the blind Hemorrhoids are bread within; these are remedied by such things as procure the courses, help Travel, drive out the Secundine, and the Child that is dead, and also provoke the secret Piles.

Remedies that move the Courses.

Those things that properly move the Terms, do melt the Blood and open the Orifices of the Veins: the matter

whereof being it is of large extent, Galen distinguisheth it into three Ranks, Gentle, the use whereof is when the Terms are diminished: Mean which are more fit for the Terms that are stopt; Forcible, such as are used as the last remedies when other helps profit not; and these are not given inwardly, but in Pessaries, or infusions.

The Chief and most Obvious amongst the gentle, are, Maiden-Hair, Red Chiches, the first Broth of them, Cats-tails, of Walnut Trees, flowers of Stock-gelli-flowers, dried in the shade, white Lillies, flowers of Balm, common Maiden-hair, Cinkfoyl, of these are made Decoctions and Syrups, chiefly with Aromatical white Wine.

These remedies are counted to be the most effectual of them.

Take maiden-hair or common maiden-hair half a handful, flowers of wall-flowers dried one ounce, sweet white Wine six ounces, make infusion for twelve hours, then Boyl them softly, till a third part be consumed strain it, add Saffron three grains: mix all for to drink hot. Or,

Take

Take Walnuts that are dry but not rank, half an ounce, Broth of red Chiches four ounces, Odoriferous white Wine two ounces: Boyl al to a third part, strain them, and add Saffron three grains, or Cinnamon six grains. Mingle them for a potion.

Also the frequent use of walnuts is held to move the courses by their property, and therefore women make profitable Cakes and Puddings of Nuts, green Parsly Leaves and Saffron.

To anoint the Hipogaustrum outwardly; is made an Oyl of wall flowers, by setting in the Sun, or else of Lillies: also presently an Oyl is made by descent, of the Roots of white Lillies, and the tops of Dill and Chamomel;

The Mean are; round Aristolochia, Mugwort, all spices, amongst which Cinnamon and Saffron are preferred, Garden daisies, double-toung, calamint, chiefly of the mountain, both the Dittanies, the Root of sword-flag, Featherfew, marioram, Mercury, Horse-mints, Bazil, Penniroyal, savin.

Of which are made, Decoctions, Syrups, Electuaries, or one dram of their Powder

der is given in white Wine that is spiced.

To these: dry remedies, as Pouders, Bolus and Pills, borax of the shops is profitably adioyned, or mirrh, flowers of brimstone, and Nettle Seed.

The Decoction of Garden Daisies dried, is held for a secret given in white Wine spiced.

Also the Decoction of Nettle Seed one ounce in white Wine.

So is the Decoction of the Leaves of Garden Groundsel, plucked off downward, in white Wine or Broth of red Chiches.

Also bastard Dictamni of *Mathiolus*, either in Decoction or in Pouders, and drank in white Wine.

Also one dram of the sowrest Leaven or thereabouts, dissolved in white Wine, and drank without or with a little Saffron.

So is the Seed of Nigella one dram with one scruple of Cinnamon in white Wine.

Also this Pouders is most effectual.

Take Borax of the shops one scruple, Cinnamon, Roots of round Aristochia,
Leaves

Leaves of Savin and Dictamni of Crete, or Nigella seed half a scruple, fine Sugar two scruples, mingle them, and make a fine Pouders to take at once in the Broth of red Chiches, or the best white Wine.

Also Physick Wine may be made, whereof four ounces drank hot in a morning for some days together, before the usual time the Terms are wont to come down will forcibly provoke them: and it is thus made.

Take Herbs; Mugwort, mountain Calamint, Penniroyal Savin of each one Pugil, Cinnamon, Annis Seed of each one dram, Saffron one scruple, cut the Herbs and bruise the Seeds and for twenty four hours infuse them in strong white Wine two pound, then Boyl them a little and strain them.

Outwardly the waters of hot brimstone Baths are convenient, also the Decoctions of the foresaid Herbs, wherewith are provided Fomentations and infusions for the matrix; also fumes are made which much be used on such as are subject to fits of the Mother, burning under them such things as smell
sweet,

sweet, which may be used indifferently for others, by mingling sweet and stinking things together: for sweet smels do open the passage of the Matrix, and stinking things do stir up the Expulsive Faculty to Vacuation.

For a sweet smel Spices are good, Bay-berries, grains of Juniper, Maroram, Mirrh, Roots of Dog-Fennel, Savory, Time.

But for a stinking smel, serve Bitumen, Jeat, Rue, brimstone, and some ordinary Gums, but chiefly *Asa-fetida*, and *Sagapenum*.

Lastly pessaries are singularly commended of Garlick Bruised with Oyl of Spik, also of the Juyce of mercury, or the Juyce of the Root of Dwarf-Elder made up with Wool.

For a secret are held the Leaves of the greatest plants, put under the naked soles of the Feet, and worn there.

Violent remedies which are mingled with other remedies, either pessaries or internal Medicaments, are the Roots of Cuckoo-pint, and Dragons, of Briony, Coloquintida, Sowbread, both Hellebores a Gal but chiefly of an Ox, water Pepper,

Pepper, and the Seed of Staves-Acre.

Helps for Delivery.

Those things that move the Terms do also help to deliver, but beside them, these do singularly yeeld help, the Dung of a Hawk drank one dram in white Wine.

The Dung of a Falcon, the same Dose drank in white Wine.

The Testicles of a Horse that is gelded, cut into slices and washed in white Wine, and then dried in the smoak, the Pouders of it is given to one dram in spiced Wine.

The Root of Horse-toung, the Herb Motherwort, the Pouders of them is given a whole spoonful, or the Juyce in hot white Wine.

Fallopious holds it for a great secret, to take one scruple of Borax of the shops in the Decoction of Featherfew, or Savin.

Also the Travail is made the more easie,

easie, if Women eat Snails in their meats some days before their Delivery.

Also a Turtle Roasted, whose Belly is stuffed with Bay-berries, Juniper berries and Cinnamon, being eaten every other day before the time of Child-Birth.

But outwardly when the Throwes are upon them the Eagle-stone bound to the Thigh is a help, so is the Jasper, and the coral used the same way, and the Load-stone held in the left hand.

Remedies to drive out the Secundine.

Those things that were now propounded to be taken inwardly to help Delivery, do also help to drive forth the Secundine.

But particularly these are good, the Decoction of Sage in white Wine, the Root of the Bay's of Alexandria, Seed of Hony-suckles, the Seeds or Root of Sesely of Marcelles the Pouder of them is given to one dram, in hot Wine or the Decoction of Sage, also the Pouder of

of Bay-berries is effectual to one dram, taken in white Wine or water, or the Decoction of white Lillies.

Also this Pouder is commended.

Take Roots of Round Aristolochia and Mirrh of each half a dram, Pepper one scruple, make a Pouder to be taken in a Decoction of equal parts of Maiden-hair and common Maiden-hair.

Also these are held for approved, the Pouder of dictamni drunk in some convenient Liquor and the foresaid Pouder of the Testicles of a Horse.

Remedies to open the Hemorrhoids.

If the Blind piles swell, they may be opened by rubbing them with the Leaves of Borrage, of a Fig-Tree, wild Cucumber and Bricny; also the internal use of Aloes helps, but if these do not profit you must set on the Leeches.

Remedies to force out the dead Child.

Those things that expel the Secundine

dine, force out the dead Child also.

Especially, vertue is ascribed to Dittany, both in drink, and perfume.

Also the milk of the first litter of a Bitch being drank is very good in particular.

Water Parsneps taken for a Pot-herb in meat.

The Juyce of Scordium drank to half an ounce with Saffron.

The fume of Pigeons dung, of brimstone, of the cast Skin of a Serpent.

Also we must not neglect in this case such things as tied to the Thigh do ease Child-Birth.

Amongst the approved remedies these two are extolled.

Take mineral Chryfocolla two scruples, or Borax one dram, Cinnamon and Saffron of each one scruple; mingle them, make a Pouder to be given in white Wine or the Decoction of Mugwort.

Also take Chryfocolla of the mines, or Borax half a dram, Dictamni one scruple, Juyce of Savin half an ounce, white Wine what is sufficient, or if there
be

be a Feaver take the Decoction of common maiden-hair, or maiden-hair three ounces; mingle them.

Remedies that quiet the Matter, that is Carried with a wrong Motion.

Such things as are moved preternaturally, are quieted by revulsion to the opposite part: and those that repel from the part that receiveth, and such as make a stop between the part that sends, and the part that receiveth, also by things that thicken the matter that runs, and by such as bind up the passages, by which the flux is conveyed.

Those things intercept, which are set down to prepare thin Choller; and such as by an unctious quality do asswage the acrimony.

All those things that bind up the passages do repel also, of which we shall speak a little afterwards, and besides those, all cold and moist things that by thickening intercept, of which we spak before.

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Those

though they must hold proportion with the Bodies that are fastned in, for which cause several remedies draw out several matters; as the Load-Stone draweth Iron, Amber draws Chaff: and some are indifferent to draw out any things containd in Wounds: namely Pimpernel, Roots of Canes, Root of round Aristolochia, Dittany, the upper Root of Sword-flag, a Lizards Head, Bee-Glew, the Root of sinking Gladdon, the middle rind of the Teil-Tree, Bird-Lime; al which are put into Plaisters, either bruised alone, or else are applyed with Wine to the wound.

Some do attribute a wonderful force to draw forth all things that are fastned in, and that from the deepest parts of the body, to a Fox Tounge pulled forth in the month of May and dried; and when you wil use it, steep it in Wine until it grow soft, and so lay it hot to the Wound.

Some again ascribe the same force to the fat and Skin of a Hare, prepared the same way, but it differs something from things that draw out, by the manner of application, for it draws not things

things fastned in toward it self, but drives them from it; and therefore it is not laid on the mouth of the wound, but on the part against it of the same member; as if a Blow being given to the forepart of the Head, some thing sticketh in it, they say it wil be driven out by laying the said matters to the Noddle.

Remedies for Worms.

Of these some do only kil them, and some kil them and drive them forth: of remedies that kil them, some are most fit for broad worms; some for round worms, and some for the bots. Other things there are that are contrary to all kinds of Worms, and for their singular faculty by which they kill Worms may be set down for the poisons of worms.

These kill broad worms; Garlick, Bay-berries, the Roots of foemal fern, the great Turnsole, the Root of the Pomegranate, the rind of the Root of the mulberry, nigella Seed, Walnuts,
M 3 Tobacco,

Tobacco, Vitriol; they are given in substance to one dram, or in Decoction; chiefly in Vineger or sweet Lixivium.

These things kil the round worms, and the Bots; Vineger, Juyce of Oranges, Citrons, Lemmons, Cole-Seed, Roots of Bistort, Cardus Benedictus, Roots of Grass, Bole-armoniac, Motherwort the Herb, Cross-wort the Root, Vervius, Juyce of Purslain, Root of Divels-bit, Terra Sigillata, Tormentil, Root of Swallow wort.

These kil and drive them out; all kinds of Wormwood, Southernwood, bitter Almonds, Salt Bath waters, Seeds of Citrons and Oranges, Germander, white Dictamni, the Root of both Gentians, Lixivium, Lupins, Mirrh, Horehound; peach Kernels, flowers and Leaves, Rue, Scordium, brimstone, nettle Seeds.

Of these; some remedies are suddenly made that are proved by experience.

For example in drink, thus:

Take the Emulsion of one dram of the Seeds of Citrons or Oranges prepared, four ounces of sweet Lixivium, adding sweet Wine two ounces. Mingle them. Or,

Take

Take Wormwood in Powder one scruple, Put it into an Orange that is moderately dried, with a little Sugar and Vineger; Boyl it on hot Embers, then press it out to drink.

These are accounted secrets; either the Tops of Eupatory of *Auicenna*, or of Sea Wormwood that bears Seed, given from one scruple to one dram or thereabouts, in Wine or milk or some such Liquor.

For external remedies: are presently provided, Epithems of Aloes and Mirrh, bruised with Vineger, or mingled with Ox Gaul; also Fomentations with wormwood, made hot on a fire-hot Tile, & sprinkled with Vineger, or with peach Leaves stamped with hot Vineger.

For to anoint: such an effectual Oyl may be provided.

Take these Herbes: common Wormwood, Cardus Benedictus, Scordium, Tobacco, of each one handjul, Root of Sowbread half an ounce, Coloquintida two drams, common Oyl two pound, sharpest Vineger half a pound: Boyl all at a soft fire, til the moisture be consumed, press it out; add to the strained matter, Mirrh one ounce, in

M 4

Pouder,

Pouder: Boyl them again at a gentle fire till the Mirrh be dissolved, then strain them.

But these are the very poysons of worms: Harts horn, Hemp-feed, or Leaves or Juyce, Corallina, or Seamos, the Juyce of new Elecampane, the Pouder of Earth-worms, Goats-rue, Quick-silver well cleansed.

Also common Mercury wel prepared may be given, (I say well prepared) to one scruple or thereabouts, made up into a Pill with leaf Gold.

Also Wine is effectual, wherein the said Mercury hath been steeped all night or well stirred with it: it is well purged for this end, and made without danger if it be stirred wel with the Juyce of Rue in a Glafs Vial til it be perfectly white.

A pleasant and effectual Vineger is provided; if in one pound of Vineger, there be steeped two days, Tops of St. Johns-wort one Pugil, Rasped Harts-horne half an ounce, broken Cinnamon one dram, then strain it for use: it is taken in Sallets, or in a Spoon, with a little Suger.

Remedies

Remedies to Break the Stone.

Writers have set down, a great many more, than are approved to be good, unless we may suppose this to proceed from the diversity of the stones: for some Medicaments break Stones in the Kidneys, by which the stones of the Bladder is not touched, nor can all those things that dissolve soft brittle stones, and that are made of Sand, not yet compacted together, break in pieces hard stones that are Glewd fast, and made of a clammy and dried matter: again, some Medicaments break the smal Stones and that are gravelly, and drive them out by their ruggedness, which can work noe effect upon the greater Stones in the Kidneys: therefore it is worth the labour to distinguish these remedies into a three-fold order: into those that dissolve a hard stone; into those that dissolve a soft stone, and not yet fast compacted out of Sand, and into those that drive out smal stones

and

and Gravel. Of all sorts these are the most Obvious to be provided.

For smal Stones and Gravel.

The shells of Wood-Nuts, the Seed of Yellow Mash-mallows, or Abutylon, the Calx of the shells of Eggs, the stone of Spunges, the winter shells of Snails, the bones of the Head of a Pike in Pouder, the stone found in the Head of a Snail, Crabs Eyes, stones of medlars, Mallows Seed, Golden Rod, these are given in Pouder, one dram in Broth of red Chiches,

For a stone that is yet soft and gravelly, Ammi, Roots of fullers Teasels, the Bark of Bay-Trees, Eringo Roots, Root of an Ash, the Root and Rind of Broom, the Seed of both Rochets of *Mathiolas*, the Seed of the lesser Burdock, wild Mints, the Seeds of Nigella and Rose Corn, the Rind of Radish, in a Decoction.

They are given in Pouder to one dram in the Broth of red Chiches, or some Diuretick Decoction.

For a stone that is hardened and grown great. The Pouder of a Bears Tooth, the Ashes of a Calcined Grahopper,

hopper, the Kernells of Cherries, borax of the shops, Maiden-hair with a trembling tail, the Ashes, and the flesh, and the dried Blood of an Old Cock, Cherri-tree Gum, the Ashes of yong Swallows, the Juyce of Lemmons, the Ashes of a Hare burnt Skin and all, the Ashes of earth worms, Sow-lice washed in white Wine, burnt and dried, Pimpernel, Saxifrage, the fruit of Bladder Nightshade, or Alkekengi, the Root of Saxifrage, Goats Blood, also hares Blood and Foxes Blood dried, the Ashes of Scorpions, land Calthrops, Roots of Nettles, the Seeds of Blew Violets; these same do move powerfully, drive out Sand, and are convenient for the soft stone.

Of compounds, easily to be provided: these are the most approved, and are held for secrets.

Take *Goats Blood*, the Goats being first kept in Gardens of Saxifrage for a Month, and the best Mirrh, of each half a dram, Broth of Red Chiches three ounces, Juyce of Lemmons one ounce. Mingle them to drink. Or,

Take the Blood of a Fox, taken from him
when

when he is alive, and white Wine, of each equal parts. Boyl them at a gentle fire in a Glased Pot, to the form of a Fermenty; give five ounces of it for eight days together. Or,

Take Sows-Lice prepared one dram, Aqua vitæ half an ounce, Decoction of red Chiches nine ounces. Pour the Aqua vitæ into the Broth, whilst it is hot, and take this warm six hours before meat for nine days together. Or,

Take Borax of the shops one dram, the Broth of Red Chiches four ounces, Aqua vitæ two drams. Mingle them to drink. Or,

Take Seeds of Blew Violets half an ounce, the Decoction or the Water of Veronica or Golden Rod six ounces. Make an Emulsion to be given for seven days.

Also Take the Juyce of Caltrops, chiefly, that on the land, six ounces. Drink it warm, by it self, or with Juyce of Lemmons, so the Juyce of Golden Rod drunk for some dayes is held most effectual.

Remedies that move Corruption.

Although these do not immediately
Root

Root out matter that is preternatural by the whole kind, but do rather yeeld assistance to Nature that labours to concoct it: yet when the matter is concocted, that it may be more soon and safely purged out, they do mediately concur also to this work.

Those things do by themselves move corruption, that do maintain the heat of the part, either by the likeness of their temper, or by the influence of their heat, hindering the stopping up of the pores:

Those things do move corruption by accident, which Repress the exceeding, of the matter, and make the Blood that is mingled so pliable, that it is overcome by innate heat.

For the parts and Constitutions that are over-hot; Boyled Onions, fat Figs, Saffron, Fenugreek, Lin-Seed, the Root of white Lillies, Frankinsence, are convenient. And outwardly, Goose Grease, Goats Tallow, Leaven, and all kinds of Rosins.

Plaisters may be presently made thus:

Take dry Pitch melted in Oyl what may suffice, make a Plaister. Or,

Take

Take any kind of Rosin, Yellow Wax, of each equal parts. Mix them for a Cerat, to which you may add a fourth part of Goose Grease, and so make an Unguent. Or,

Take Roots of white Lillies Boyled and stamped, two ounces, Meal of Lin-Seed and Fenugreek of each one ounce, Saffron one scruple, common Oyl one ounce and an half, the Decoction of white Lilly Roots what is sufficient. Make a Cataplasme.

Leaven by it self kneaded with Goats Grease is most effectual.

For parts and constitutions that are temperate these are fit: Marsh-mallows, Mallows, sweet Almonds, Butter, Yolks of Eggs: to which in outward Medicaments may be added mans fat, Cocks fat, fat of Wool, Whey, Yellow Wax, Bees-glew, Wine, Wheat Meal purged from the Bran, common Oyl of ripe Grapes, that is not too Old.

Some living creatures serve for Plaisters, chiefly yong Whelps.

Of the rest, Plaisters may be made suddenly thus.

Take Wheat Meal or Crums of Bread moderately Leavened two ounces, common
Oyl

Oyl one ounce; hot Water what is sufficient. Make a Cataplasme. Or,

Take Leaves of Mallows one handful, Butter one ounce. Fry them together in a frying Pan, then beat them for a Cataplasme. Or,

Take Roots of Marsh-mallows Boyled and passed through a hair sieve two ounces, Meal of Fenugreek or Wheat one ounce, two Yolks of Eggs, common Oyl one ounce and an half; mingle them and make a Cataplasme.

This is an excellent Unguent to ripen corruption, and to break an Impostume.

Take the sharpest Leaven and Yolks of Eggs, of each equal parts, common Oyl and Saffron of each a little, make an Unguent, and lay it on with a Colewort Leaf.

For parts and constitutions that are cold, these are convenient: hot water powred on, water and Oyl, Milk, Barley Meal, quinces Boyled in Milk, Leaves of Blew Violets, and Bird-Lime of Apple-trees

A common Plaister is prepared of crums of bread with Milk and common
Oyl

Oyl or Oyl of Roses. or.

Take Leaves of Mallows and Violets of each one handful, boyl them and bruise them, adding Barley Meal and common Oyl or Oyl of Roses, of each one ounce; mingle them and make a Cataplasim.

If it fall out in respect of ill matter, that causeth the tumor, that there is need of such things as move corruption by accident, that is, of such things, that must equal the excess of the peccant matter, which otherwise were convenient for hotter constitutions, they will be convenient for colder tumors, because they attenuate and heat the cold, thick matter; and such as are convenient to colder constitutions, will be convenient for hotter constitutions, because they restrain the heat of the matter.

Whence it is clear that those temperate remedies set down, will be most fit for all occasions, sometimes mixt with hot, and sometimes with cold ingredients, as the affect that wants suppuration inclines most to heat or cold.

Remedies

Remedies contrary to Poysons.

Such are properly Antidotes, that by the property of their substance, or by their whole temperament, do oppose the force of Poysons.

Those Medicaments are called so improperly, which do vanquish Poysons by some apparent exceeding quality: such are contemperating Medicaments, that are opposite to Poysons in excess.

Coolers, that are opposite to Poysons that inflame; and heating cordials that are contrary to Stupefying Poysons that extinguish heat.

Though there are proper Antidotes fit to be given for all Poysons, yet what is truly a kind of Poyson, can be known by no proper signs; whence it comes to pass that we are alwaies Ignorant of all Antidotes that are contrary to all Poysons: the knowledg whereof may therefore seem sufficient both for the prevention, and cure of Poysons.

To make the matter more clear,
N here

there may be assigned three ranks of Antidotes against Poysons; some are chiefly opposite to Poysons that are bred in us; either from some extraordinary putrefaction, or some other vnspeakable corruption, and those are especially useful in Malignant Feavers and the Plague: others afford help when we have taken Poyson: others do cure us when we are Poysoned by Bitings, by wounds or by sight.

Antidotes for Malignant Feavers and the plague: those that are hot are convenient for a cold Time and a cold constitution: but cold and temperate are best in hot Time and for a hot constitution.

The hotter kinds are, holy Thistle, Star Thistle, the Pills and Seeds of Citrons, the Root of white Dictamni, Mirrh, great Chervil, Scordium, Divels-bit, Goats-Rue, Scorzonera, great Valerian, the Root of Swallow-wort.

The temperate are; the whole Citron, the Juyce of it, as of Oranges also and Lemmons, Borrage and Bugloss, Bistort, Bole-armoniack, both Blew-bottles, Harts-horn, common Pimpernel,

Pimpernel, Cinkfoil, Scabious, Tormentil, Terra Sigillata.

Of these; some Medicaments may be made cheap enough, that are not interiour to the most precious Bezoarticks brought from Forrain Lands.

First; this Syrup is most profitable, made of the whole Citron, which is temperate enough, and fit for all constitutions.

Take a whole Pome-Citron sufficiently ripe and full of Sap, weighing one ounce; and break it on a Grater, the Root of Scorzonera one ounce, the Herb Scordium one pugil, Seeds of holy Thistle two drams, Water distilled out of the Juyce of pleasant Apples and Sorrell of each two pound, Spirit of Vitriol four scruples, or in the place of it, Juyce of Lemmons two ounces. Bruise what must be bruised and make infusion for thirty hours, the Vessel being very well stopped; then let them Boyl gently to the consumption of one third part, afterwards press them out strongly; let the strained Liquor be clarified by degrees at a gentle fire, infusing alwaies some flowers of Oranges or Citrons til it be perfectly clarified; then add *sine*

N 2

Sugar

Sugar one pound and an half: Boyl it at a most soft fire, to the consistence of a Liquid Syrup, the Dose is half an ounce to two ounces.

Also an Oxymel that is something hotter is excellent.

Take *holy Thistle, Goats Rue, Scabious, Bugloss, Sorrel, of each one handful, Roots of Scorzonera, Tormentil and Swallow-wort of each one ounce, Fountain Water four pound:* make infusion for one day: then add, *the best Honey one pound and an half,* Boyl them at a soft fire til the Honey be well purified; having made expression and well strained it, add of the *best Vineger,* in which the whol Citron bruised on a grater hath been steeped and Boyled, ten ounces; Boyl al at a gentle fire to the consistence of an Oxymel.

Also an effectual Vineger may be prepared, of which one or two spoonfuls may be put in Broth that is altered, or taken with meats.

Take *a whole Citron Rasped with a Rasper, prepared Harts-Horn, Bole-Armoniack of a Yellow Colour, of each two drams, Roots of Bistort, Tormentil, of each one ounce, Seeds of holy Thistle one dram, Leaves of Scordium*

Scordium one pugil. The best Vineger filtred, that it may cover al, about four Fingers high; bruise al the ingredients grosely, and infuse them in the Vineger, in a Vial very well stopt, and let them stand in the Sun, or in some hot stove for some days; stirring the matter dayly, vntil the Color of the Vineger do not seem to be changed any more; then strain it, and keep it for use in a Glas Vessel stopt.

This powder is profitable for malignant Feavers.

Take *Yellow Bole-Armoniack, prepared Harts-Horn, Roots of Bistort and Tormentil, Seeds of holy Thistle, Sorrel, Citron Pills, of each one dram, Camphir and Saffron five grains;* mingle them for a Powder.

The Dose is half an ounce to one ounce, in Broth or Bolus made with Juyce of Citrons or Lemmons; it may also be put into a panada, or Ptisan: also the Powder may be made up with a little Gum-Tragacanth dissolved in Rose Water or Juyce of Citrons, made into a hard Ball like to a Bezoar-stone, which being dried again will

hold its vertue the longer.

Outwardly the foresaid Vineger will be profitable, altered with a whole Citron to smel to, and for Epithems for the heart; being added to waters or Decoctions that are convenient.

Some say that Brimstone held constantly in the mouth, doth preserve from the Plague.

These things taken, are good for Poysons, besides those we mentioned before; amongst things that are hot; Ammi, the Roots of both Angelicas, the Root of Anthora, Annis Seed, round Aristolochia, all spices, Seeds of Colewort, Root of white Thistle, flowers of Clove gelli-flowers, Root of Cross-wort.

The flowers and Tops of heath, Root of Elecampane, Juniper Berries, Root and Seed of Lovage, Turnep Seed, Wallnuts, Root of Pulemonia, Garden Rue, Root of One-leaf.

The more temperate are: Water kept in a vessel of Serpentine stone, Ivory digged up, Harts-Mushrooms. The Decoctions of Acorns of the Oke Tree, Seed of St. Johns-wort, earth of Malta.

The Pouder of those aforesaid, may be given to one ounce in the best Wine, or in warm Vineger, or both mixt together.

Compounds may be diversly provided as every man pleaseth.

It is a famous and Antient Antidote, that is made of a Walnut, with three Leaves of Rue, and a Fig taken every morning.

Also *Theriaca Diatesaron* is easily prepared for this purpose.

Take Roots of Gentian and Juniper berries, (but against Poyson I should prefer Bay-berries) Mirrh, Roots of round Aristolochia of each two ounces, clarified Honey two pound, make an Electuary.

There are also famous Pouders against Poysons and the Plague, that are easily made: as that which is called *Griseus Casaris*, and *Saxonicus*, the descriptions whereof are to be found in Wickerus *Lib. 2. Antidot. Spec. Sect. 20.*

This vineger also is good against Poysons and the Plague.

Take Roots of wild Angelica dried

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in the shade, Juniper Berries of each one ounce, mirrh half an ounce, Leaves of Rue one pugil, Cinnamon one dram; bruise all grossely, and infuse them and digest them for eight days in the best Vineger, (Rose Vineger is better) one pound and an half, then strain it, and take every morning one spoonful fasting.

Outwardly they commend a Radish cut in peices, and born under the Arme-pits, provoking the Patient to sweat in the mean time.

These Oyls are famous of the great Duke, of Scorpions of *Mathiolus*, in the Room whereof, other Oyls not so hard to make, and of as much vertue may be compounded. As,

Take Oyl of ripe Olives (the riper the better) three pound, white Wine spiced one pound and an half, Roots of Gentian, Tormentil, Maister-wort, Swallow-wort common Angelica, of each one ounce, tops of St. Johns-wort, Leaves of Tobacco, and Rue, of each one handful, grains of Juniper and Bay-berries of each half an ounce, make infusion according to art for four days in a vessel

vessel very well stopt, then let them Boyl til the moisture be almost spent, press them out, and strain them.

Against bitings and wounds that are venemous, inward Antidotes are convenient, mixt with cordials.

But outwardly the same are good mingled with attractives, that draw the Poyson to the wounded part, and keep the wound open, til the venom be purged out; such are all the hotter Agents and Rubificatives, of which we speak else where.

But properly Antidotes are, Ammi, Seed, long Aristolochia, Bdellium, both Dictamni, the Roots of both sword-flags, the brains of Dunghil-Cocks, Origanum, Pimpernel, Saxifrage, Root and Seed of the Clot-Bur, Goats-Rue, Goats-beard, and the Leaves of all kinds of Scorzonera, and the Juyce of the Roots; all those are taken in hot white Wine.

The Antidotes that I set down against Poysons taken, do almost the same thing: But this must be generally taken notice of, that the flesh of any Venemous Creature layed to

to the biting or wound, that that creature made, doth draw out the venom: whence it comes to pass that the Powder of water Serpents, but especially of Vipers is so famous, against the poyson of al Serpents; and if we may beleve report, it is good to cure and to preserve also against al venoms, so that if the powder be once taken to half a dram in spiced Wine; some maintain that the body is made impregnable against al poysons for many days.

This powder is prepared three waies, and first thus.

Take the Heart, the Liver, and the three first back bones of a Viper or wood Snake, dry all in an Oven, beat them into Powder, add the root of Maister-wort an equal part and mingle them.

Secondly Vipers flesh, the entrals being taken out (except the Heart and the Liver) must be cut, and seasoned eight days with Salt, then put al into a Sive that is wel guarded on every side, and underneath rayse a sweet perfume, four or five times a day constantly,
casting

casting on fire coles, the powder of Myrrh, Bay-berries, grains of Juniper and Cloves, and when the flesh is found to smel very wel, put it into a glased pot, wel covered with a cover of clay, and put it into a Bakers oven, and let it stay there, until al the substance of the flesh with the bones can be brought into a most fine powder: the new Physitians ascribe more vertue to this powder than to the antient confectiions of Theriac or Mithridate.

Thirdly, Vipers flesh being excellent wel washed in white Wine, saving the Heart, and the Liver, must be gently dried that it may be beaten to powder, and so used by it self.

Besides these, the poyson of mad Creatures hath certain Antidotes, with which, being taken for forty days together, the wound in the mean while being kept open, madness and fear of water is quite driven away. These are, Madwort, the ashes of river Crabs, the root of the wild rose, and common Pimpernel. They are given alone or mingled from one dram to two drams, in white Wine, they are mingled profitably

fitably with the root of Gentian.

Galen provides his Antidote of one part of Frankinsence, Gentian five parts, and ten parts of river Crabs burnt.

Also some report, that this powder is proved by experience, to cure the fear of water, given in white Wine from half a dram to two drams, dayly three hours before meat.

Take Leaves of Polypode, Rue, Vervin Sage, Plantain with narrow Leaves, Leaves of common Wormwood, Mints, Mugwort, betony, Balm, St. Johns-wort, Centaury the less, of each equal parts, dry them in a paper and beat them to Powder.

Thus far concerning remedies that oppose the principal cause of the disease, from the taking away whereof; the cure of material diseases must begin, unless there be something else that is urgent and so draws the cure to it: for that must be presently taken care for, neglecting the cause and the disease for a time, if that urgent thing gives no delay, but threatens the patient with sudden death.

Now these things are said to urge
immediately

immediately and by it self principally; the weakners of the vital spirits, in all faintings and swoonings; but mediately and secondly all vehement pains, continual watchings, all immediate Evacuations, from whence there is fear of the dissolutions of the spirits.

These things urging, such remedies as strengthen the spirits must be set against them, such as ease pain, procure rest, stay fluxes; if the disease or the principal cause, by reason of its violence, and the weakness of the sick, do sometime come to be urgent; as feverish heat in an Old man, and the thickness and clamminess of flegm, in an exquisite quotidian Feaver, they require no other remedies than such as are of themselves contrary, concerning which we have partly spoken, and we shall speak something afterwards in the number of remedies that alter diseases.

Remedies for Symptoms that are Urgent.

Those remedies that strengthen the spirits, do refresh them also, either by accident, taking away the causes
whereby

whereby they are dispersed, whereof we shall not now speak; or of themselves, by affording matter out of which the spirits may be soon ingendered, and by Corroborating the inbred heat of the heart.

The heart is strengthened with Cordials, concerning which we shall speak, when we speak of Medicaments that are opposite to the disease in distemper.

They afford fit matter to be turned into spirits, as also Nutriments that are of good Juyce, and thin substance, amongst which are pleasant Wine and sweet smels, because they yield thin vapours next to spirits, unto the heart.

In a hot cause, cold or temperate sents must be prepared, such as are made of Vineger, Roses, Camphir, Violets, Mirtils, the Pills of sweet Apples, and Quinse that are grown Yellow.

Vineger altered with these ingredients is the best, making infusion for some hours, or gently Boyling them, also to alter the Ayr, water must be sprinkled in the Chambers that is mingled with Vineger, and it is good for sents to put to the Nose. In

In a cold cause, smels must be made of the flowers of Citrons, Oranges, Lemmons, the Clove-gelli-flowers, Jesamin, Lillies of the Valleys, Roots of Angelica, Ciperus, Garden setwal, Leaves of Calamint of the Mountain, Marjoram, Balm, Mint, Rosemary, Spik, Lavender, Time, Citron Pills, Bayberries, Juniper berries, and all kind of Spices;

The best is made of the best Vineger, or Wine altered with the foresaid ingredients.

Also the sinel of roasted meat is excellent, stuck with Cloves and Cinnamon, as also Bread that is hot, and sprinkled with Malligo or some principal Wine.

For the same purpose may Oyls be provided with no great labour, from Spices, and very cheap, to anoint the Nostrils & the heart, if there be made, with clear common Oyl without dregs, and the Pouder of Cinnamon or Cloves, a matter like to Liquid Pitch; which must stand some days in a close Vessel, and then be put into a Press and pressed forth.

Such

Such as ease pain are threefold: namely such as cure by taking away the cause of pain; proper Anodynes, which letting the cause alone, yet allwage the sense of the part; and stupefactive, that wholly take away the feeling of it, or else cast the sick into a sleep.

Those that cure, belong not to this place, for they are as large in extent as diseases and the causes of them, by which the continuity of the part may be dissolved.

Proper Anodynes are, Marsh-mallows, sweet Almonds, warm water, Dill, green Chamomel, Fenugreek, Linseed, Mallows, Melilot, Yolks of Eggs, fat Broth.

Besides these, for Fomentations outwardly, are convenient, living creatures their entrals being taken out whilst they are hot, the Lungs and the kel, of living creatures, water and Oyl, greasy Wooll, Sheeps Milk and Cows Milk hot, wheaten Bread moderately baked and yet hot.

For Unguents, Hogs fat, Hens fat, Calfs fat, Mans fat, Butter, Suet, Mucilage of Linseed Mallows, Marsh-
Mallows,

Mallows, Fenugreek, and Oyls made of the said Herbs and Seeds Boyled in them.

But beside common anodines, there are some others that do properly belong to some certain parts, which therefore may be called specifical anodines.

For the pain of the Head from what cause soever, this Oyl is most effectual.

Take the Juyce of Vervain very well purified two pound, simple Oyl of Roses one pound.

Distil it at a gentle fire of Embers, let the distilled Liquor be poured on again, and distilled again, and so do threetimes; for the Juyce will mingle with the Oyl inseparably, and in that, being warm, dip in a Linnen Clout to lay to the Forehead, and anoint the Sutures.

For pain of the Teeth. The Oyl of Box distilled by descent is extolled.

For the pain of the Chollick, a sure remedy is, one dram of a Mans Skull prepared, and taken with one scruple of Annis Seeds, in a cold cause: but with Coriander Seed if the cause be hot.

O

Also

Also the powder of the Testicles of a gelded Horse, taken to one dram, after the same fashion.

This Oyl is exceeding good for the pain of the Hemorrhoids.

Take *Fig-wort* four ounces, *great Celandine* two ounces, the Sponges that grow on the sweet *Eglantine*, in number four, Seed of *Agnus Castus* two drams, common Oyl two pound. Cut the Roots, bruise the rest grossly, set them in the Sun for a month, and keep them for use: Or infuse them for eight days in a hot place; then Boyl them til the moisture be consumed, and make expression, and after that strain them.

For pain of the Breast, the Oyl of Lin-seed drank two or three ounces is singular.

For pain of the Joynts this Fomentation is approved.

Take *Leaves of Mallows*, *Dwarf-Elder* and *Plantain*, of each one handful, *Smiths Water* two pound. Boyl them to the Consumption of a third part: press them out and strain them, and dissolve in the Liquor, Salt-peeter purged with *Brimstone* (which they call Salt of *Prunella*)
half

half an ounce, and dip a Linnen Cloth in it and lay it hot to the part.

Narcoticks indeed laid to the part do stupefie, but being taken or smelt to, or applyed to the head, they cause sleep. They differ in the intension of their quality, from properly called sleeping Medicaments, because these by their moderate coldness and moisture procure sleep, but those by the excess of both qualities bring out deep sleep, and if they be used too largely they cause Carus and Apoplexy.

Yet there is some degrees of these Narcoticks, for some are more gentle; the use thereof is not so dangerous; some are more violent, which must not be used but upon very urgent pains and watchings.

The more gentle to be used inwardly, are white Poppy Seed, to about one dram; but outwardly in Lotions, the Leaves of Garden Night-shade and Poppy.

The more violent, are Hemlock, white Henbane, *Mandragora*, *Opium*, round *Stramonium*; Black Henbane, and long *Stramonium*, are best to be let
O 2 alone,

alone, by reason of the great hurt they do to the Bowels.

Of others, are made fit sents and Lotious for the Feet and the Head; but inwardly, only *Opium*, and round *Stramonium*, may be used.

The Seed of *Stramonium* is given in substance from half a scruple to one scruple, or thereabouts; but infused from one scruple to two scruples, it is corrected with good Wine.

Opium is given from two grains to five, corrected with Saffron, or Pepper, and so made into a Pill, or infused in the best Wine. *Oriental Opium* is something stronger than *Opium* of our Country; but because outlandish *Opium* is often brought to us Sophisticated, and sometimes is sold very deer, it were better to make it pure of our own Country; Poppy, after the way that *Quercitanus* hath taught us. Take what quantity you please of Garden Poppy Heads, that carrieth a red flower, so soon as the first flowers appear displaid; bruise them in a Stone Morter with a wooden Pestle: put the matter into a spacious Glass, and pour on so much
of

of the best white Wine Vineger, til the matter be very wel wet, & the Vineger swim above a, two fingers breadth; let them digest for about fifteen daies, and when the Vineger grows red intensive-ly, put the matter into a Linnen Bag, and press it out strongly: what is expresse-let it Evaporate at a gentle fire to the consistence of Honey, and whilst it is yet hot, cast it into cold water, that it may Coagulate; then take it out and wipe off the moisture.

But of compounds there are two that are the best, and easiest to be provided of all that are found in st. ops.

The first is of Guajnerus for outward use.

Take *Opium*, *Juyce of Henbane*, *Juyce of Mandragora*, of unripe *Mulberries*, *Lettice*, and of *Ivy Tree*, of each one ounce. Dissolve the *Opium* in the *Juyces*, when that is dissolved, wet a Sponge in it, and dry it again, at the Sun, for fifteen daies, when you would use it, dip your Sponge in warm water, and put it to the Nose of the Patient, this Sponge will keep its vertue for some years.

The other serves for internal uses,
O 3
namely

namely *Laudanum*, which in two daies time may be made. Thus,

Take the extract of *Saffron* one scruple, the extract of the species of *Diamoschu* two scruples, extract of *Opium* prepared four scruples. Mingle them, and with three drops of distilled Oyl of *Gloves*, soften it.

The *Saffron* and species are extracted with *Aqua vite*, but the *Opium* with distilled *Vineger*.

Opium also is prepared, if it be cut thin, and dried at a gentle heat, so long until it will fume no longer, and being rubbed between the Fingers, will crumble to Powder: the Dose of this is from about one grain and an half, to five grains; it easeth pains, stops long Watchings, and staies immoderate and sharp Fluxes.

Also *Narcoticks* provoke sleep, but far more vehemently than true sleeping remedies do, by so much as deep sleep requires stronger means than sleep doth: whence it is, that when true sleeping Medicaments will not prevail, we are forced to use *Narcoticks* or heavy sleeping remedies now mentioned.

True

True sleeping Remedies, are, sweet Almonds, and the Emulsions of them, all sorts of Milk, Garden Lettice, fresh Moss of Trees, Water Lillies, great Housleek, Blew Violets, Venus Navel, and smal Wine mixed well with pure Water: the Exhibition of these is several.

Flesh Broths are altered with Lettice and Violets.

An Emulsion of sweet Almonds is made with the Decoction of Lettice; Lettice is eaten Boyled, seasoned with the Juyce of Oranges, or Pome-citrons, or Lemmons.

Decoctions are made of Herbs for Lotions of the Head and Feet.

Also an unguent may be made to anoint the Nostrils and the temples, suddenly with Oyl. thus,

Take these Herbs, *Lettice*, *Water Lillies*, great *Housleek*, *Garden Night-shade*, of each one handful: common Oyl eight ounces. Boyl them at a gentle fire, til the moisture be consumed; press them out, and strain them.

The Oyl of Violets and *Water Lillies* of the shops serve for the same use.

O 4

All

All those things serve to stop Fluxes, which stay the matter that is moved with an ill motion; by repelling it, pulling it back, intercepting it, and binds up the passages; therefore they belong not to this place.

Those things that are most proper to stay Fluxes, shall be mentioned in the Catalogue of astringents.

There remains therefore, to number up those Medicaments that drive away Diseases; the use whereof is most fit after the causes that are urgent, are taken away: now of Diseases there are three general Heads; Distemper, ill Conformation, and Unity dissolved.

Medicaments that alter a Sick distemper of the whole Body, and of the Parts.

Though there be eight sickly kinds of distempers, four that are simple, and so many Compound; yet it is not necessary to make eight sorts of altering Medicaments.

First, Because Compound distempers
are

are cured with simples that alter, being mingled together, and so as need requireth they make a Compound quality; then because amongst simple qualities, moisture and driness are commonly taken away with hot or cold remedies; for Excrementitious moisture is cured, both with hot things that rarefie and consume, as also by cold things that press out, and by dry things of both kinds that stay moisture.

But sickly driness, being it presupposeth a want of native moisture, which cannot be restored with Physick, but with Nutriment, is better cured by good Diet, and some heat restored in the part that is dried, by the benefit whereof the blood may be drawn thither, and more easily digested. Therefore it will be sufficient to set down Medicaments that heat the parts that are over cooled, and such as cool the parts over heated: for both these being mingled together, it will be an easie matter to Compound an active, temperate remedy, and which is, amongst the passives, moist and dry, as necessity and the distemper that must be
be

be removed, shall require.

Moreover, seeing there are two kinds of altering Medicaments, some are certain, by which some certain parts seem to be most affected; others are uncertain, which work indifferently upon the whole Body; it will be sufficient to propound such altering Remedies that are certain; because the distemper of the whole Body, follows the hurt of some Principal part, the Remedies whereof bring help also to the whole Body.

Certain altering Remedies take their name from the part which they help: Cephalicks, are for the Head, Ophthalmicks for the Eyes, Arthriticks for the Joynts, Neuroticks for the Nerves, Pneumonicks for the parts of Breathing, Cordials for the Heart, Stomachicks for the Stomach, Hepaticks for the Liver, Spleneticks for the Spleen, Nephriticks for the Reins, Histericks for the Matrix.

Medicaments that alter the Head.

Hot Cephalicks, and such as are convenient

convenient for the Head that is over cooled, the most Obvious are these: Southernwood, Betony, Box-Wood, Calamint, Germander, Hyfop, Bay-Leaves and Berries, Lavender, Marjoram, Piony, Rosemary, Garden Rue, and Water-Rue, Sage, Savory, wild Time, *Stæchas*, Time, Mistleto of the Oak, wild Setwal Root, Water of hot Baths of Brimstone drank in due order.

Of these may be made Decoctions, Electuaries, and Medicinal Wines, in the place of Confections and Conerves of the shops.

For Example.

Take *the Filing of Box Wood two ounces: Mistleto of the Oak cut very smal, one ounce: common Water six pound.* Make infusion for fifteen hours, afterwards add, *Leaves of Betony, Calamint, Marjoram, Sage, of each one handfull: Root of Piony half an ounce: Bay Berries two drams.* Make Decoction at a gentle fire, til a third part be consumed; then strain it, and give half a pound of it at once for some daies together.

The Antients, in the cure of a distemper that was not very new, administered

nistred their medicaments for about four days together, by whose example we do usually proceed now.

Example of an Electuary.

Take Betony, Calamint, German-der, Marjoram, Rosemary, Sage, of each one handful, Savory, Hyfop; of each one pugil: Bay-berries and Frankinsence, of each two drams: clarified Honey four times as much: mingle them, and make an Electuary.

Give about two drams of it for many days, either before you give the decoction, or when you go to bed.

Medicinal Wines are more commended, made of the infusion of Rosemary and Sage.

Outwardly Lotions and droppings down, either of Brimstony bath waters, or of the Decoctions of the Herbs before mentioned, chiefly prepared in a Lixivium, to which you may ad roots of reed, leaves of Asarum, and Ivy of the wat.

Of the same Herbs, adding a quantity of Frankinsence, may pouders be prepared to strew on the futures.

Also fume of Time and Marjoram.
taken

taken by a pipe, is good, the same way that men take Tobacco.

Lastly, Oyls may be made of the decoctions of the same hearbs, to anoynt the Nostrills, the Temples, and the Sutures.

These cool what is over hot; Black-Cherries, the skul of man burnt, barley, flowers of Privet, Purslain, Roses, flowers of Willows, the tendrells of Vines, and al things that procure sleep, of which decoctions may be made.

The water of Iron baths rightly used is excellent.

Outwardly frontalls are made of Pasca, chiefly altered with Willow leaves, Myrtills, Lettice, Violets, Nightshade.

Irrigations for the Head, are made of the same decoction or of warm Milk.

Oxyrhodina are made of Oyl of Roses, and Violets with a fourth part of Vineger.

Sents are provided of Roses and Violets. Vineger altered with these flowers is most useful, adding a little Camphier.

Also

Also Oyl made by insolation, of the flowers of Willows, for to anoynt the Nostrills, and Temples, is commended.

Altering Remedies for the Eyes.

For Eyes that are overcooled, with, or without any defluxions of thick matter, these things are convenient. Great Celondine, Eye-bright, Fennel, Garden rue, Vervain, whereof are made decoctions and Electuaries for necessary internal uses.

The use of Wine altered with Eye-bright is approved.

Fomentations to use outwardly are made of the said Decoctions, to which Pimpernel may well be added, & Fenugreek well washed, also a little Saffron and *Aqua vite*.

So a Fomentation of Sea water is good with a little Saffron in it.

This following Collyrium is singular, to strengthen the Eyes, and to discuss all clouds and suffusions confirmed, also for all cold defluxions, what affection
foever

foever they have brought upon the Eyes.

Take Malligo Wine three pound, Wheat corns and Fennel seed, of each half a handful, choice Cinnamon bruised two drams, Cloves beaten four scruples, Leaves of Rue and tops of Bays half a Pugil; make infusion for a Natural day, then boyl them at a very soft fire til a fift part be consumed, strayn it out, ad two drams of Tutty prepared; mingle them, and when you would use it, shake the Decoction and trouble it; if it be provided for a Cloud and a Pin and Web, set it up in a brasen vessel, otherwise keep it in a Glafs for your use.

For Eyes overheat, Cephalick remedies for internal uses are convenient.

For outward uses a Fomentation, and frequent dropping in of warm Milk is good, wherein Frankinsence set on fire is quenched.

If the flux be very sharp ad the fourth part of the white of an Egg.

When the payn is urgent and the defluxion very sharp, put in a little of the emulsion of white Poppie seed, made of the same milk. Also

Also make a Cataplasm of a sweet Apple boyled in milk and bruised, which wil surely help.

So Fomentations of warm river water in which Frankinsence hath been quenched sometimes, are good.

Arthritick Remedies.

For the Joynts that are over cooled, these are convenient. Chamæpytis or ground Pine, Juniper-wood and berries, Pelichryson, Mastich-wood, al kind of Rozins, chiefly of Turpentine, Sage, and the Root of pricking Eindweed.

Amongst Compound Medicaments two are excellent: the first is the use of Turpentine for about fifteen daies, mingled with Groundpine and made up into Bolus. Thus,

Take *Ground pine two drams, Turpentine two drams.* Mingle these, and make a Bolus to take at once.

If the Body be over moist, it will do well to mingle with them half a scruple
of

of Troches of Vipers, or some of the Pouders of Vipers Described: these Boles are given alone, or about half an hour before the taking of some convenient Decoction.

Another Decoction is made of the Wood of the Mastick Tree, to be taken for many daies, with a slender Diet, as necessity shall require, as for Example.

Take *Mastick Wood two ounces, Juniper or Mistle of the Oke, one ounce, Fountain Water six pound.* Cut the Ingredients and infuse them for a natural day: then add *Leaves of Betony, Herb Jvy, Rosemary, of each one handfull.* Boyl them at a soft fire til a third part be consumed, then strain it, the Dose is seven ounces at a time.

Outwardly are convenient, Baths and mud of hot Baths, of Brimstone and Alum.

Also Fomentations, of the best Red Wine altered with Herb Jvy, Dwarf-Elder, Rosemary, Tobacco, and the Leaves of Mirtils, adding a little Salt and Alum.

Anointings also with Fox Grease.

S

Then

Then to strengthen the Joynts, the Mother of the Wine being hot, and rubbing of them with Old Oyl and a fourth part of Salt is approved.

The Turks with good success do Burn their Joynts, but it is with a gentle fire not too troublesome, for they dip a Linnen Cloath in *Aqua vitæ*, which they set on fire and lay it to the Joynt, and so extinguish it.

It is approved, that the pains of the Joynts though they be Old, are either cured altogether by the use of the following *Aqua vitæ*, or else are made far more gentle, and less frequent.

Take the tops and Flowers of *Rosemary* two parts, *Aqua vitæ rectified* three parts. Make infusion in a Vessel very well stopt for fifty hours; then distil it in *Balneo*, the Vessels being fast luted on all sides. Take one dram of this Water, or one spoonful once every week, and every morning wash your face with it and the Joynt affected.

For the Joynts that are over hot these are convenient inwardly; Mens Bones Burnt, mingled with other coolers, to about one dram.

Also

Also the Decoction of the Wood of Mastick Tree, with Roses and Mirtil Leaves added to it.

Outwardly, *Posca* is good, chiefly with Rose Vineger and rain water Steeled, or with Smiths Water, altered with Roses, Vine Leaves, and Mirtils; to which with profit may be added to discuss the Humor, a part of the stone Prunella.

For to anoint; the Oyl of Roses, Mirtils and of Frogs is useful.

Also Remedies are presently made by Decoction, of the same Ingredients.

Such a Liniment will be very profitable to allwage pain proceeding from a hot and sharp defluxion.

Take Oyl of Roses and Mirtils of each one ounce, the Mucilage of the Seed of Quinses, Flea-seed and Mallows, of each two drams, Wax washed often in Fountain Water, half an ounce. Mingle them, and make a Liniment.

Remedies for the Nerves.

For the Nerves over cooled, especially

ally these are profitable, Germander, Castoreum, the Brain of a Hare roasted, lesser Centory, Root of St. Johns-wort, Lavender, Mirrh, Pine Kernels, Dog Fenel, Primrose, Italian Spik, Sage, and Pitch-smelling-Trefoly.

Of these things, some are compounded most effectual; but especially a Decoction, such as is, that described for the Joynts, adding to it Germander, and Primroses.

Also a Bolus of Turpentine, with about one dram of the roasted Brains of a Hare, and about one scruple of Castoreum.

Outwardly these have singular use; Baths and Mud of hot Baths, that are Bitumenous and of Brimstone.

Also Fomentations of strong Wine altered with the said Herbs, adding a little *Aqua vita*.

For Oyntments, Oyls are made of the Decoctions of the said Herbs, wherein some quantity of Earth-Worms washed in white Wine, hath been Boyled.

Two singular Liniments are made for the cold affects of the sinews, whereof the one is excellent for the Cramp that comes

comes of Repletion, the other for the Palsey, astonishment and trembling.

The first is made of Stellions. Thus. Take *Stellions*, five in number, or in the room of them green Lizards: infuse them alive in *Oyl of Chamomel*, eight ounces; and when they are dead, let them Boyl in it, til their flesh be consumed, then press all out, to which add the third part of the dripping of a roasted Goose, that was filled with Frankinsence, Lard, Mirrh and a little Saffron.

Another is provided of Goose Grease thus.

Take *Leaves of Germander*, *Herb Ivy*, *Sage*, *Primrose*, *Lavender*, *St. Johns-wort*, of each one handfull, grains of *Juniper* half an ounce, *Mirrh* and *Frankinsence* of each three drams, *Castoreum* one dram and an half, *Saffron* half a dram. Moisten the Herbs with *Aqua vita*, then buise them, and with all these make a stuffing, to stuff the Goose full withall, and stick her with smal sticks of Cinnamon, then rost her on a Spit: gather the dripping up, and when no more will drop, cut up the Goose, and Boyl her in white Wine

for an hour, take off all the fat that swims on the top, and mingle with the former dripping.

Some ascribe so much to Oyl of Earth Worms washed in strong Wine and then distilled in the Sand; that they affirm a Palsey may be cured by this only.

To Sinews that are over heat the same things are convenient, that were set down for the Joynts, except only burnt Bones.

Remedies for the parts of Breathing.

These Remedies, both hot and cold, which bring forth the matter that sticks in the passages of Respiration, were set downe in the Catalogue of those things that Evacuate the Breast by Spittle: for the same may be fitted to correct the distempers of the Lungs, but besides those, some things are Peculiarly good to heat and dry the Breast.

The Waters of hot Baths that proceed from Brimstone, Drunk.

Some

Some Figs steeped in *Aqua vite*, until they swel, Eaten when the Stomach is empty, and as one goes to bed.

The Decoction of *Enula Campana*, Coltsfoot, Hyfop, Hore Hound, Lungwort, Savory, Time.

The Decoction wil be the better, if it be made with an Old Cock that is stuffed with these Herbs: also ful sweet Metheglin will be altered with the same very fitly for ordinary drink, or else make an Oxymel with them, and take two ounces every morning.

Also sweet Wine is excellent, if it be altered with Hyfop or Time.

But the use of Brimstone exceeds them all, and of Turpentine, or some kind of Rosin, but chiefly of the Larch, or the Firr Tree.

Give daily, one dram of Brimstone, but especially, that which is prepared, and brought into fine Pouder taken in a rear Egg.

Rosin is given to two drams, which is better if it be drank hot, dissolved in two ounces of Oxymel.

Outwardly are convenient, Brimstony Baths, and to stay long about such Baths

of Brimstone, in an Aire that is ful of hot Vapours, and that have a drying force.

Or lay Cataplasms to the breast, of Meal of Fenugreek, Melilot, Pouder of Hysop, Calamint, and some Brimstone mingled with Honey, and with white Wine and Lin-seed Oyl in a just quantity.

To a Breast that is over-heat; these do good, besides what was set down before, to expectorate Salt flegm, to drink Mineral Waters that proceed from Copper and Vitriol, as also from Iron and Steel.

Use of Milk, unless some Distillation hinder, and the Decoction either of Red Sanders, or Rose Wood, especially of the Root, to be drank for many daies, with a thin Diet enclining to cold; chiefly of Barley, and the four great cold Seeds,

The Decoction may be of this fashion.

Take Red Sanders, or Rose Wood, cut small, five ounces, Roots of Succory and Barley, of each half an ounce, Fountain Water Steeled two pint. Make infusion fifteen hours, then let them Boyl til half be consumed,

sumed, strain them to drink at twice.

By the use of this Decoction; hot bodies that are subject to a Consumption may be preserved from it, as also from Spitting of Blood that is like to follow.

Also the frequent use of Conserve of Roses at going to bed is commended, as also taken in the morning on an empty Stomach, especially if some drops of tart spirits of Brimstone be put to it.

For outward cooling, it is sufficient to anoint with Oyl or Unguent, made of Violets.

Cordials.

There are many Cordials to be made of the Antidotes that are prescribed against poysons that are taken, but all that I propounded were only preservatives against Malignant Feavers and the Plague; but besides these, there are some that are convenient for the heart that is over cooled, as Spices of all sorts, Pills of Oranges, sweet Angelica, Mary-golds, Mountain Calamint, Clove-

Clove-gelli-flowers, the Herb Cardiaca, Herb Bennet, Lillies of the Valleys, Ground Ivy, Lavender, Balm, Mints, all sorts of Bazil, Root of Butter Burr, Rosemary, Spik of France, and Italy, Mead sweet.

Of these, Syrups may be made, Decoctions, Electuaries, also Pouders, and Spices to be strewd on meats.

The best for this purpose are the Compounds set down before, for Poysons taken, and such as are bred in the Body and bring a Malignant Feaver.

Also hot Remedies to refresh the spirits that I also propounded.

So there may be a Physical Wine provided which is of it self a great friend to the Heart, for example.

Take Herbs, Mount Calamint, Carduus Sanctus, Scordium, Goats Rue, Lavender, Balm, Rosemary, of each one handful, Roots of Avens, white Diclamni, Maister-wort, Orange Pills, of each one ounce, Mirrh, Cinnamon, Cloves, of each half an ounce, Saffron one dram Beat them apart into Pouder, then put them into an Hippocras bag, and poure on the Pouder, the most pleasant

pleasant white Wine six pound, five or six times: of this Wine you may give about two ounces at once; if you poure on *Aqua vitæ* so, the Remedy will be more effectual; and the Dose will be to one spoonful.

For outward Remedies, prepare bags of the said Herbs, and Spices, to be worn on the Region of the Heart.

Also Fomentations of Spiced Wines altered with the same things, alwaies adding some Saffron to make them penetrate the more.

Lastly, Unctions may be made with Oyls made of the Decoctions of the same simples; or Spiced Oyls made the same way, and you shall find this in the Title of those things that refresh the spirits.

For the Heart over heat, those things are convenient that are more temperate, that were set down against Malignant Feavers, and besides those, Ivory, flowers of Willows, Mother of Pearl prepared, Mirtils, Water Lillies, the Bone of a Stags Heart, sweet Apples, Roses, Sanders, Violets

Of these you have some Compounds amongst

amongst the Antidotes against Pestilent Feavers.

Also the use of Conserves of Violets or Roses will be most profitable, with one scruple of the Salt of the Mother of Pearls, for one Dose.

The Salt is thus made, dissolve the Mother of Pearl Burnt, in hot Water of Borrage; adding a part of Rose Vineger, then distill them by filtering, and lastly Coagulate them, making away all the moisture by Evaporating it.

Externally Epithems are made of the water of flowers of Willows, Roses, water Lillies, adding the Juyce of Citrons or Lemmons, or Rose Vineger to make them penetrate, and if Camphire can be had readily, put in four or five grains of it. Instead of Water you may take the Decoctions of Borrage, Bistort, Elew-bottles, Water Lillies and Violets with the same Juyce, with Rose Vineger.

Stomach Remedies.

The chief heating Stomach Remedies,

dies, and easiest to be got are, all sorts of Wormwood, but especially the common, and the Sea wormwood, the Pills of Oranges and Citrons and the Seeds; bitter Almonds, Gentian the less, Mints, Origanum, Rosemary, and all Spices, amongst which the best are Zedoary, Ginger, Galangal, and Pepper.

Of Compounds, easie to procure, wormwood Wine and Oxymel of wormwood are approved.

Aqua vite altered by steeping wormwood in it that was dried in the shade, adding some Spices if you please.

The best Wine (such as may be made, being poured through Spices, sweet Seeds, or the foresaid simples bruised) to be taken the quantity of two drams for many daies, fasting, with one or two grains of Pepper grosely beaten.

Also it is good to drink the Water of hot Baths that come from Brimstone; such an Oxymel is most profitable, if you give every day one spoonful, or some other.

Take Herbs, Wormwood, Calamint, Rosemary, Mints, of each one handful; Pills
of

of Oranges or Citrons, one ounce, Seeds of Anis and Cinnamon, of each one dram, Honey, one pound, the best white Wine, half a pound. Boyl all at a soft fire til the Honey be wel clarified: to the strained Liquor, add the best Vineger half a pound, Boyl them to a Syrup; when it is cold, cast in Ginger finely powdered two drams.

Also it is singular good to take every day in a rear Egg about one dram of Mastich in Powder, with a little Ginger of Zedoary.

Outwardly, it is profitable to drop down the Water of Baths of Brimstone, which, when those waters are wanting, may be prepared of Wine, especially the best red Wine that is altered with the said Herbs; of which also may be made Fomentations.

The common people use to make excellent Fomentations: of common wormwood, Mints, Origanum, Calamint, Lavender, of each one handful, tops of Rosemary, half a handful, common Oyl, and Spiced Wine, of each one pound, let them Boyl at a soft fire til the moisture be consumed, pres them out,

out, and strain them, so keep them for use.

For the Stomach over heat these are good, the Juyce of Oranges, soure Grapes, Barberies, sharp Cherries, the fruit of Cornus, Quinse, the Juyce of soure Pomegranates, the flowers of the wild Vine, Hypocistis, sharp Apples, unripe Mulberries, sharp Pears, wild Plums, and the Juyce of them, bastard Corinths, Roses, Services, the Juyce of Rhus or Sumach, Sorrel, Trifoly, Gooseberries, sharp Wine well mingled with water.

You may give the Juyce or Decocti-
ons of the said fruit and Herbs, with
an Emulsion of the four great cold
Seeds.

Also it is very convenient to give
Asses or Goats Milk tempered with
about a fixt part of some of the said
Juyces, least it change into a burnt
smel.

Moreover, to drink of Bath waters
that proceed from Copper, or Vitriol,
or Iron, is wel approved; such waters
as are in *Italy*, are called *Chalderiana*, *Lu-
censes*, *Nicerana*, and the *Blessed Virgin in
Mount Ortho*.
Outwardly,

Outwardly, Fomentations may be used, and Epithems, or the Decoction of Roses, Myrtles, flowers of wild Pomegranates, Quinces, Pomegranate Rinds, Hypocistis, the wild Vine, adding to them some Rose vineger.

A most profitable Plaister may be made of the pulp of a Quince, boyled in Rain water, or steeled water, sprinkled with a little powder of mastich and red Roses. Instead of Quinces, you may take sharp Apples.

Oyntments may be made of Oyl boyled with the said Herbs, til the moisture be consumed; alwaies adding a little wax, washed somtimes in *Posca*, that the force of the Remedy may stick the longer to the place affected.

For a dried Stomach, where there is want of inbred heat, nothing is better than milk taken for many daies, about five or six hours before meat. You must take it by degrees from four ounces to six ounces or thereabouts, new milked, and with about a fourth part of Honey that it Wax not soure.

Outwardly, Fomentations are good made chiefly of Oyls, that are not very hot

hot, or else received into moist Wool. Also Pications are useful, made with Pitch melted with a little Oyl of Wormwood, and laid upon the part until it wax a little red; in the mean time the Stomach must be cherished with a yong Puppy, or your own hand, or a yong Maid lying upon it all the night.

Remedies that alter the Intestines.

The same Remedies almost are good for the Intrals, as are for the Stomach, by reason of the Affinity of Parts, and Propriety of their Substance.

But for the Intestines over cooled, as it falls out often in the Collick, especially these do profit: Cummin Seed, Bayberries, Rue, and the Pills of Oranges; the Powder of them may be given to one dram in spiced Wine, or an Emulsion of the Seed of Citrons, or Oranges.

The most commendable is, Wine that is made Physical with the long steeping of Orange Pills, both to cure
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the pains of the Collick, and to preserve one from it, if it be dayly used.

Theriaca Diatesaron, is excellent for the same, as it is described amongst the Antidotes; one dram of it given alone, or with spiced Wine.

The same things may be given in Clysters, in any of these forms; to which you may very well add Oyl of Nuts, the Decoction of Colequintida, and Turpentine, or Rozin of the Fir-tree, or Larch-tree, dissolved in Oyl.

As for Example:

Take the Decoction of Chamomel, Bay-Leaves, Colequintida bound up in a skin, one pound: Oyl of Bays, or Oyl of Nuts, three ounces: Crude Honey, and Turpentine, of each two drams: Common Salt two drams: mingle them for a Clyster.

Outwardly, Unctions of Oyl of Bays, and Rue, are principal good; as also the mud of Baths from Brimstone.

For the Intestines over heat, these things are profitable: All things that cool the Stomach, and the Liver; but the chief are Bath-waters proceeding of Copper, and Vitriol, and Iron, drank with an empty Stomach.

Milk

Milk added to Clysters, and often bathing the middle *Abdomen* with *Posca*, that is something cold; with which Remedies the pains of the Intestines proceeding from thin, and most sharp chol-ler, are easily and soon abated.

For the Liver over cooled, these are convenient; Wormwood, Agrimony, Germander, all the Gentians, Lavender, the wood and berries of Juniper, Poley, French Spike, and Italian Spike, to which add Spices, and the hotter Diure-ticks.

Amongst Compounds, strong Wines are most approved, made Physical with wormwood, and Spices, such as were set down for the Stomach.

Also the Decoction of Juniper wood, is excellent, adding the tops of worm-wood, which will be more pleasant if you add a quantity of clarified Honey, chiefly if it be boyled with the best wine to the consistence of a Syrup; for by this means, divers Decoctions may be made of hot Diureticks and Spices, alwaies adding wormwood to them.

Outwardly, Fomentations will be good, made of spiced wine, altered with

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the foresaid Ingredients.

Also the mud of Baths that come from Brimstone.

Oyntments are made with Oyls compounded of the same Simples by Decoction, such as were described for the Stomach.

Lastly, Little bags made of the same things put into a fine cloth, and worn upon the Region of the Liver.

But for the Liver over heat, these are the best amongst Simples: Sorrel, Succory, the pulp and seeds of Gourds, Citruls, Endive, Liver-wort, Hawk-weed, Barley, all sorts of Docks, Lettice, Milk (if there be no obstructions, nor a Feaver) chiefly that which is sour; pulp and seeds of Apples, Purslain, wild Endive, Sow-thistle, Dandelyon, Sorrel, Trefoyl, whey of milk alone, or with an Emulsion of the four great cold Seeds.

Decoctions are made of Herbs in water or broth, or the Juices are pressed out, which are kept till winter, both clarified and thickened: they are mingled from one ounce to two, with broth in winter time; but these from one or
two

two drams, are either mingled, or made up into Bolus, or else are dissolved in some Liquor.

Also Herbs are eaten, boyled after the manner of Pot-herbs, in water, or flesh-broth.

A Ptisan is made of Barley, which is made the more pleasant, made white with the Seed of Melones or Gourds: the use whereof is good also in a Panatella.

To all these, Natural Mineral waters may be added, that proceed from Copper, Vitriol, or Iron, that were mentioned to temper the heat of the Stomach; for there is nothing better to cool the Liver, than the orderly drinking of these waters.

Outwardly Epithems are convenient, of Juices, and the Decoctions, especially of Cichory, and Sow-thistle, with an eight part of Rose Vineger, or common Vineger, in which a little wormwood and Roses have boyled.

Also an Oyl to anoint with, may be prepared of Violets and Roses, which would be more effectual, made with the Decoction of the Herbs mentioned,

with common Oyl, til the moisture be consumed.

But a bath of sweet water, is better than any Remedy, used for the whole body after due Evacuations, unless a Feaver hinder.

For the Spleen over cooled, these are proper Remedies; Seed of Agnus Castus, borage, bugloss, roots and rinds of Cappars, stone-fern, Dodder, root of Fern, seed and bark of Ash-tree, Fumitory, the ripe berries of Ivy of the wall, Harts-tongue, the flower and root of Hops, root of water fern, Tamarisk, Lime, Teucrium. The Pouders of these may be drank to one dram for forty dayes in wormwood wine, or steeled wine, or Smiths water.

Of these may be made Decoctions suddenly, Physick wines, and Electuaries.

The Decoctions of Ash wood are excellent, and Tamarisk, Mountain Teucrium, and Germander, especially made with water wherein new steel hath been quenched, or with Smiths water clarified.

Some make these Decoctions with
vineger,

Vineger, but chiefly wherein Raisins have been steeped, to diminish the Spleen that is growne too great: if Vineger of Squills be at hand, it were good to mix it with the Decoctions, to half a spoonful.

Wines are prepared by the infusion of the same Herbs, and they will be better, if you add steel that is prepared with Brimstone, which preparation may be made suddenly, as for example.

Take *Leaves of Germander, Dodder, wall Fern, Fumitory, Bugloss, of each one handfull, Seeds of Ash, berries of Ivy of the Wall of each two drams, Lime and Wormwood of each one pugil, Steel prepared one ounce, the best white Wine three pound.* Make infusion in the Sun or some hot place for eight daies, stirring the matter alwaies once and again; then strain the Wine and take every day four ounces, four hours before meat, and before ordinary exercise.

Electuaries may be made of the same herbs, adding prepared Steel to them, or Ammoniacum, and four times so much Clarified Honey.

Some there are that ascribe a won-

derful effect to Ivy berries powdered and mingled with honey to an Electuary, or drank in Wine or Broth of Chich Pease to one dram for forty daies.

Outwardly are convenient, Fomentations of the Decoctions of Emollient Herbs, adding thereto the Roots of Briony and Sowbread, Ivy Leaves, and Tobacco, dwarf Elder, and wormwood to corroborate the parts, with some quantity of white wine and vineger, in the end of the Decoction to make the better penetration.

The Fume of this Decoction received is good, by quenching in it a piece of a fire-stone, or a mil-stone.

Also Fomentations made of Hemp Yarn boyled in a strong Lixivium, and being laid hot and moist to the part, are exceeding profitable.

Also the mud of Bitumenous Baths used for fifteen or twenty daies, is commended.

After Fomentations, let the parts be anointed with Oyls made suddenly, by boyling together, or else apart, Sowbread, Briony, Cappars, flowers of Broom,



Broom, Tobacco, Ivy Leaves, Coloquintida, in common Oyl with white wine and vineger; til the moisture be consumed, adding some wormwood, or bitter Almonds to preserve the strength of the part.

After convenient use of Fomentations and Oyntments, apply a Cerate to the part, as that which is usual, made of Ammoniacum dissolved in Vineger of Squils, or provide something of the same faculty, of the pouders of the said Simples, adding some little of the foresaid Oyl, to a sufficient quantity of the Pine-tree Rozin, or white Pitch, and new Wax.

Also Bee-glew is commended that is yet swelling with Honey, bruised by it self to the form of a Plaister, adding a little Mastich to help the strength of the part.

To this place appertains a little bag, that is stuffed with equal parts of wild Cucumer, pulp of Coloquintida and wormwood laid to the Spleen.

These cool the Spleen that is over-hot, the same that were propounded for the Liver; but there must be some temperate

temperate Attenuatives added to them; by reason of the thick Juyce the Spleen is nourished with.

Such are, Strawberries, Maidenhair, Hops, Sparagus, Trichomanes, vineger, Smiths water clarified; with which Decoctions are altered, Fomentations and Epithems; not forgetting to add some wormwood to outward Remedies, to strengthen the part.

The same things belong to the Reins and the Bladder, by reason of the community of their office, and nearness of the parts.

Therefore, for these overcooled, all those hot Diureticks laid down in their proper place, are profitable.

Also Betony, Chamomel, the Root of long Cyperus, added to the Decoctions and Electuaries.

But these are judged to be better to heat the Urinary passages; water Baths that proceed from Brimstone, drank, for many days together, fasting, to some pound weights; putting in some small quantity of Annis Seed or Fennel or the like Diuretick in Powder, for the first Cupp, or some Rosin of the Larch

or

or Firr Tree, to about two drams, taken in Bolus, either by it self, or with some little Powder of some of the hotter Diureticks.

Also white Wine of the best, altered with some of the hotter Diureticks is most convenient for this business.

Outwardly to sit in waters of Baths, that proceed from sulphur is an approved Remedy.

Fomentations of the Decoction of hot Diureticks, with hot white Wine.

Oyntments, with Oyl of Bays, or some such like, prepared presently; you have an example of it amongst the Diureticks.

Cataplasms are commended, made of Onions and Garlick Boyled with white Wine, and bruised, and laid on by themselves, or sprinkled with the Powder of Cummin Seed or the like.

Clysters made with the foresaid Oyl are often to be given hot, and with Wine altered with Chamomel, Bay Leaves, Penniroyal, wild Time, and such like heaters that cause Urin.

Add to all these strong Motion, by riding, running, Walking; whereby the
Region

Region of the Loyns is heated.

But for the Reins over-heat, these things profit inwardly; Decoctions of the fruit of Alkekengi, Marsh-mallows, Sorrel, Barley, Lettice, Mallows, water Lillies, Purslain, Grasse, Roots of Sowthistles, with the Emulsions of the four great cold Seeds, or the Juyce of Lemmons.

Moreover Clarified Whey, with the Emulsion of the four cold Seeds.

Also steeled Milk unless some obstruction of the Reins hinder it.

Drinking of sharp Mineral waters, of Copper, Vitriol or Iron, such are in *Italy* the *Lucenses*, *Nocerana*, *Chalderiana*, and at *Padua*, of the blessed Virgin.

Also to eat Strawberries, Lemmons Melons, Citruls, Gourds, Barley, Lettice.

Outwardly, doth profit, a Bath, to sit in of sweet waters, chiefly altered with Violets, Pellitory of the wal, Lettice, Mallows, the Decoctions whereof are also profitably given in Clysters.

In the place of Baths, Epithems are good of warm Milk, either alone, or with the Decoction of Mallows, or of the

the foresaid Herbs, adding Juyce of Lemmons to them to make them penetrate.

When heat is urgent; add the Leaves of Housleek, Garden night-shade, and Alkekengi, and sometime of white Henbane, to the Decoction.

The most effectual is the Juyce pressed out of the inward scrapings of the gourd, either alone, or laid on with other things.

Also sudden Oyntments may be prepared of Oyls, wherein are Boyled, the flowers or Leaves of water Lillies, Blew Violets, Damask Roses, green Frogs.

Upon urgent necessity, (which falls out in an exquisite Diabetes) the Seeds of white Poppy, and white Henbane, out of which also Oyls are made by expression, very effectual for the purpose.

Apply to the Reins, and the parts about, fresh Leaves of water Lillies, when the party goeth to bed, and let him wear in the day time, in the place of them, a thin plate of Lead, or a simple Cerate, made of Yellow Wax, often washed in Rose water, or the said Decoctions

Decoctions and Cyls, which must be often taken off, least growing hot by the Cloaths upon it, it may foster the heat of the Reins.

Remedies for the Matrix.

No cold things of themselves are kindly to the Matrix (because it is the place of generation) yet if it shall stand in need of them, when it is over heat, they are necessary for to help it, which are set down to help the Reins and the Liver; only with this caution that to outward Remedies, some things must be added that cherish the natural heat of it, and foster its peculiar property.

But when it is over-cooled, these principally are convenient; amongst common things, Mugwort, Angelica, Calamint, the Root of long Cyprus, Daucus, white Dictamny, Nip, Leaves and Berries of bays, Lavender, Fetherfew, Marjoram, Balm, Garden Mints, and wild Mints, and Greek Mints, Origanum, Poly, Penniroyal, Rosemary,

mary, Rue, Savory, Sage, wild Time, French and Italian Spik, sweet Tansey, Time, and all Spices, amongst which the best are Cinnamon, Saffron, Galanga, Mirrh, Mace and Nutmeg.

The Pouder of these may be given, to one dram in Spiced Wine or Broth, or else Electuaries may be made of them, adding thrice as much of Clarified Honey.

To this end serve all kind of Aromatic Spices, that may be had at cheap rates, of which take one dram in Wine.

But Decoctions and Physical Wines are preferred before other Medicaments, because by reason of their moisture they can more easily be conveyed to the Matrix.

The best Decoctions are made of Pidgeon Broth, the Belly of the Pidgeon being stuf with the said simples, as for Example.

Take Herbs, Calamint, Penniroyal, Balm, Mints, of each one handful, tops of Rosemary and Lavender, of each one pugil, Bay-berries, Nutmeg and Galanga, of each one dram. Cut the Herbs and bruise the rest grossly, and

and put them together within the belly of a Pidgeon; then boyl them in water sufficient at a very soft fire, until the flesh be perfectly boyled; then press all out strongly, and strain it: give two ounces of it, or thereabouts, daily for many daies.

Phyſick Wines are made by the Infuſion of the ſaid Ingredients, or by thrice pouring the wine upon the ſaid powders put into a long bag.

Women uſe to provide Wines by Decoction, and that preſently, but they are not ſo effectual, becauſe the thinner parts are evaporated.

Alſo to drink the water of Baths from Brimſtone ſeaſonably, doth wonderfully maintain and correct the heat of the Matrix.

Outwardly do profit, Inſeſſions, Bath waters from Brimſtone, or Baths altered with the ſaid Herbs, putting into the Matrix a hollow Pipe, that by that, the force of the Medicament may come to it.

The ſame Liquors, as alſo Phyſical Wines are conveniently uſed, conveyed by injections to the ſecrets.

Alſo

Alſo Fumigations of Spices and ſweet Herbs are good.

Pellaries are commended, ſuch as may be preſently provided, Thus.

Take the Powder of Bay-berries and Rue, of each one dram, Mirrh half a dram, Juyce of Fetherfew or Peniroyal or Spiced Wine one ounce. Mingle them, and with carded Wooll or Cotton make a peſſary. Or,

Take the beſt Honey one ounce, Juyce of Mugwort half an ounce. Boyl them to a fit conſiſtence, then add Powder of Galanga, or the Spices of vulgar Aromatics one dram: mingle them for a peſſary.

Alſo Fomentations muſt be applyed to the lower part of the Belly, with Spunges, preſſed out with mineral waters, or of the Decoctions of the foreſaid ſimples, chiefly in ſtrong Wine.

But no Fomentation is better, than the mud of hot Baths applyed to that part for ſome daies.

Anoint the ſame place with Oyl of Spik, Bays, Rue, and other things made of the Decoction of the ſaid ſimples, as for example.

Take Herbs Calamint, Marjoram, Fetherfew,

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therfew, Mints, Lavender, of each one hand-ful, Bay-berries and Galatnga, of each two drams. Pound what must be pounded, and infuse all in one pound and an half of common Oyl and half a pound of Spiced Wine for six hours; then Boyl them at a soft fire till the moisture be consumed.

Some ascribe a peculiar vertue to strengthen the Matrix, to Santoline, which *Matthiolus* makes to be Fœmale Southernwood.

And these are the most common and ready Remedies to alter, whereby the distemper of every part, and of the whole Body may be corrected.

Remedies of Diseases in ill Conformation.

Due Conformation, convenient Magnitude of the Similary parts, of which the Organ consists, do make the Constitution of the Organ; also convenient and fit number to which apt connexion is referred: therefore we shall Recite four chief heads of faulty composition, namely,

namely, a Disease in conformation, in Magnitude, in number, in Scituation.

There are four ill accidents that befall Conformation: namely, in figure, the insensible passage being open or shut; Cavity or sensible passage being enlarged or streightened, and the superficies being smooth or rough.

A Disease in figure hath no Remedies that are proper for it, but it is either cured with the help of Chirurgery, or with Medicaments that respect other Diseases, on which it dependeth. For it is made either by faulty Conformation in the Womb, or violent motion in the birth, or the unskillful swathing by Midwives, or walking when the Legs are weak, disjoyntings, and errours of the Chirurgion in curing Fractures and Luxations, which want the help of Chirurgery, but of those we do not speak in this place.

But the part brought again to its due Conformation is strengthened outwardly with Fomentations and Cerates, which are made of Astringents, but chiefly those that are hot, and shall be described very shortly.

Now if the figure be spoiled by too great *Repletions*, or extream in any *Emp-tines*, or by some inclinations of one part toward another, by reason of a *Palsy* or *Convulsion*, as it falls out when the *Nerves* or the *Tendons* are cut, or from some hard *Cicatrice*, or great swelling; it is cured by such *Remedies* as empty, strengthen the *Nerves*, soften hardness, of which we spak already, also with such as refresh the part that is too empty, and such as glew dissolved unity, of which afterwards.

Rarity, or the opening of the insensible passages which Men call *Porosities*, which in great Joy poured forth, and *Diaphoretical* sweatings, is often the cause of death, it is cured by *Coolers*, *Astringents*, and *Emplasticks*, or such as draw up the pores.

Such things as are most obvious to be applyed outwardly; are the sprinkling with cold water and so much the more if it be cooled with *Snow*, or *Ice*, or first altered with cold *astringents*, of which we will speak afterwards.

Anointing of the Body with *Oyls* that are actually cold, especially of
unripe

unripe *Olives*, or altered with cold *astringents*, as *Roses*, *Quinces* and the like,

Also the coldest *Ayr* is best, that with the cold of the *Ayr*, the pores may be contracted.

If these things suffice not, lay on *Burnt Gip* with cold water, as a crust upon the Body.

If *Rarity* possess the part, as when by reason of rarity of the yard, the spirits cannot be contained in the hollow *Nerve*, to cause strong erection, those *Astringents* that shall be by and by propounded must be applyed to the place affected, especially hot, because so they strengthen the more.

For the *Density* or *striction* of those passages, if it proceed from any matter that is impacted, hot *detergents* are most convenient, and such as attenuate, which shall be propounded to take away obstructions that come from thick matter that is impacted.

If it proceed from cold and driness, things that are moderately hot and that attenuate without drying are needful, of which there is notable use to dispose

the Body to necessary sweating, and to make the Body transpirable, which is procured to drive away the internal corruptions of Feavers, and to take off all *Cutaneous* spots.

Such are Baths of warm water, Fomentations of water and Oyl, or warm water, chiefly altered with Dill, Chamomel, Marsh-mallows, Roots of white Lillies, Lin-seed, the flowers of common Jasmin, and wall-flowers, Boyled, till half be consumed.

Also Unction may be made with Oyl very hot, first rubbing the part softly, or let the Body be gently rubbed with the Palm of the Hand, dipt in the same Oyl, or some Spiced white Wine, adding one half of the Decoction of Violets and Mallows, in common water, if there be a strong Feaver present.

Also the rubbing it self with soft Cloths, taketh away the thickness of the Skin, and Cupping Glasses do it more effectually, with or without Scarification.

Also for the Amplitude, or Laxity and Dilatations of the Cavities or sensible passages, astringents are convenient,

ent, which do so much the more forcibly thicken them, as the passages are smaller.

The matter of astringents is of very long extent; they may be reduced to three Ranks, where the choice of every one for use may be easely found.

Some do but a little bind, the use whereof principally is to corroborate the parts, and they do bridle excretions, which are not altogether unprofitable, yet by their quantity and continuance, they may weaken the strength.

Some do moderately bind, which have a principal force to repel all Fluxes from the parts that receive them, and to stay all Fluxes that are hurtful.

Lastly, some astringents do compact the parts that are loosened, and are to be used, when by the force of the defluxion, and vehemency of Evacuation, there is imminent danger; as it falls out most commonly when the matter that flowes is very thin, and comes through passages that are very much loosened with the continuance of the defluxion.

In a cold cause let such Remedies be made choice of, that bind with heat, or without any manifest coldness.

But in a hot cause those things will help which work by cooling.

And of all kinds of astringents, these will be most easely provided for sudden Remedies.

Upon a cold cause these bind a little; all kinds of Wormwood, but especially Sea Wormwood, Egrimony, Betony, Coleworts wel Boyled, Coriander Seed, Cummin Seed torrefied, the Root of long English Galingal, the Hulls of Beans, Mastich wood; and Leaves, Garden Mints dried, Mastick, Rice dried, Rosemary, Sage, common Scabious, Frankinsence, Rosin of the Larch-Tree or Firr-Tree Boyled hard, sharp Wine, or any other Wine steeled.

The dry Pouders of those are given inwardly, by themselves in sharp Wine to one dram or thereabouts and something more.

Also Decoctions of Physick Wines, amongst which, the best is Wormwood Wine, or made of Mastich wood, or Mastich,

Mastich, or Rosemary, or Sage.

Also ordinary drink is profitably altered with the Seed of Coriander and Mastich, and the said Pouders are strewed upon meat.

For an inveterate Gonorrhoea without any heat of Urine, the said Rosins Boyled in Rain Water, or steeled water, taken for many daies fasting, are profitable, and made into Pills to one dram, with one scruple of dried Mints or the Seed of Agnus castus.

Also one scruple of the Pouders of Mastich taken for some daies in a rear Egg four hours before dinner, will stay the same.

The same Pouders taken the same way, if you drink a draught of wormwood Wine after it, staies an Hepatick flux properly so called, and Old fluxes of the Belly, and vomiting also that proceeds from the weakness of the Stomach.

Outwardly Oyntments may be made of common Oyl of unripe Olives (they call it Omphacinum) or of Oyl of ripe Olives altered with wormwood, dry Mints, Rosemary, or Mastick wood, or Mastick.

Or

Or Liniments made presently, such as this following is.

Take *Mastick in Powder one dram, common Oyl one ounce, Yellow Wax, what is sufficient.* Mingle them and make a Liniment.

Little bags are made of Cummin Seed torrefied, and Rice dried at the fire.

Or moist Fomentations of sharp red Wine, that is altered with the said Herbs.

Or a Cataplasm of the shells of Beans, dried Rice, the Powder of Wormwood, Oyl and sharp Wine.

Of Mastick and Frankinsence, Cerats are made, adding to them Oyl of wormwood and Rosin of the Pine-Tree with Yellow Wax what is sufficient.

For long continuing defluxions of the Eys. It is good to wash the Eyes often with the best white Wine, in which Frankinsence set on fire, hath been thrice quenched, adding a third part of River water, if the defluxion be sharp.

These bind Moderately, Bean meal heated at the fire, eaten in meats, Chestnuts,

nuts, Avens, Black Knapweed, the green shells of Walnuts, Lintels well Boyled and the Juyce, the Roots of Water-fern.

Also the Powder of the Black Grape half ripe dried in an Oven, taken one dram for many daies in Wine that is a little sharp, is propounded by *Septalius*, as a great secret to cure an Hepatick flux, also it cureth the flux of Women, being taken in Aromatical Wine made Physical with Rosemary, Sage, or Mints.

For the hot affections of the Jaws, this doth profit singularly, the Decoction, or the Juyce of the green Rinds of Walnuts for a Gargarism, for which purpose a Syrup is made with Honey and the Juyce Clarified.

The Juyce of Lintells well Boyled, taken with a little of the Powder of Galanga, or Nutmeg, in the morning, four hours before meat, cureth vomitings and scourings that proceed from the weakness of the Stomach.

Avens, and the Root of water Fern Boyled in Red wine, or beat into Powder, is singular good against the falling out

out of the Intestines and the Matrix.

Outwardly, Mill dust added to Plaisters is good against Pissing of Blood.

Earth worms in Plaisters are good for the Nerves that are wounded.

Salt and Roch Allum, put into Decoctions of Red wine, are for to corroborate the parts.

Baths of Allum and Gip, (such as are in the Mountain of Grattas in the field of Padua) are good to strengthen the Limbs that are dis tempered by long deluxions.

The mother of the wine hot, is commended to corroborate the Joynts.

The crum of bread tosted and sprinkled with strong wine, and with the Pouder of wormwood or Mints is good to fortifie a weak Stomach.

These bind strongly, great Sanicle, Garden dropwort, especially the Root, all the Cranes Bills. especially Pidgeons Foot, Herb Robin, Mouse-ear.

The Decoction of these is given, or the Pouder to one dram

Also the Pouder of a Spunge burnt is most effectual, and the inward Skin of Chestnut.

Of

Of the Juyce of Herbs, and the Pouder of Roots mingled, bread may be made, baked so hard as Bisquet, which being beaten into Pouder may be mingled with meats, to be taken without loathing.

Outwardly Fomentations are prepared of the Decoctions of Herbs, with sharp wine, adding some Allum to them.

The Juyce of the fruit of Guajacum of Padua, when it is half ripe pressed forth through a Linnen Cloth, or received by a Spunge, stayeth the most desperate flowing of the Hemorrhoids; therefore it may be thickned with Allum, and be kept for use.

Also Goats-dung beaten with Vineger and laid on, stops all fluxes of Blood.

The Leaves of common Nettles beaten til the Juyce come forth, and put into the Nostrills like a Tent, stayeth bleeding at the Nose be it never so Violent.

But in a hot cause these bind a little; Rain water, steeled water, water of Mineralls of Iron, such as is the water of Padua, of the Mountain, *Ortho.*

Vineger,

Vineger, Posca, Root of Succory, Leaves of the Cypress Tree, dried Strawberry Leaves, Barley torrefied, of which a Ptisan may be made with steeled water, steeled Milk, Tree Moss, Mirtills, Purslain, the Clot Burr, spotted Arf-mart, Pear Tree of the Orchards, four Prunes, the Leaves of Sloes, Pondweed, the flowers of Roses, especially the red, the Seed, Down, Cups and Root, the flowers and Leaves of Willows, Housleek, Mullen, the Leaves and Tendrells of Vines, Venus Navil.

Of these may be provided chiefly Decoctions, amongst which against inveterate defluxions the Decoction of the Roots of Roses in some of the fore-said waters is excellent.

Also this drink, by certain experience stayeth in one day every hot excrementitious Bloody Flux of the Belly.

Take the *Juyce of the greater housleek and spotted Arf-mart of each three ounces.* Boyl them to the Consumption of a third part, and give it in drink.

Outwardly may be prepared Fomentations, Baths, Emplaisters, Epithems, and

and other forms of Medicaments, as need requires.

These bind moderately, the Juyce of Oranges, Citrons, Lemmons not ripe, wilding Leaves, Leaves of wild Pomegranates, Barberries, Sheppards purse, the inward Rinds of Chestnuts, Cistus, Dog Tree, and the fruit of it, the fruit of the Cypress Tree green or not yet ripe, flower of the Sun, Acorns and their Cups, Herb-trinity, Hypocistis, the flowers of the wild Vine, the flowers of the purple water Willow, all the Sea Lavenders, the common Bloodstone, four Pomegranates, Quincés, Pomegranate Rinds, Nose-Bleed, unripe Mulberries, Leaves of the Olive Tree, Adders Tongue, Plantain, wild Pear Tree, the fruit of the bastard Corinths, the Leaves of Brambles, unripe Mulberries, Sow-wort, Iron-wort, Yarrow, all Medicinal earths, the Elm, Golden Rod, and all these almost may be found in most places.

The dry Pouders of these may be given to one dram, in Bolus, or drink, or some convenient liquor.

Decoctions may be made of the Herbs,

Herbs, but the Juyces are more effect-
ual, the Dose whereof is from one
ounce to two ounces.

These are held for secrets to stop all
fluxes of Blood, the flowers of purple
Loose-strife to one dram, given several
times in sharp Red Wine.

Also this Syrup; Take *the Water of
Knot Grass or Yarrow five ounces.* Let the
Blood-stone be so long in this Liquor,
til the Liquor be of a colour like Blood,
then add to it the Syrup of Quinces or
Pomegranates one ounce, mingle them
for a drink; or in the place of a Syrup
put a little Sugar, to make it Penetrate,
and some Juyce of Lemmons, or sharp
Pears, or some other that is of a plea-
sant tast.

To stop the Laskes of the Belly and
vomiting, make a great hollow in a
Quince, or some four Garden fruit,
(Apples of an Iron colour are best) and
fill it with white Wax, put it into a
Paper and roast it in the Embers, give a
peice or two of this strewed with the
Pouder of unripe Mulberries, a little
before meat.

For to stay Pissing of Blood.

Take

Take *the Decoction of Golden-Rod in
Rain or steeled water, four ounces, the water
of the whites of Eggs two ounces, Juyce of
Lemmons two ounces.* Mingle this to
drink.

For outward Remedies, Oyls are
made suddenly of the Decoction of
Quinces, Cypress Nuts, and of the
Pine-tree, and other Herbs, adding
Posca to it: let them be Boyled til the
moisture be consumed; the use of these
is for Oyntments or Unguents, with
which, Litharge Boyled in Vineger
may well be mingled.

Epithems may be made with Posca
and whites of Eggs.

Fomentations and Infessions of the
Decoctions of Herbs.

Defensatives for wounds, are made of
Bole-Armoniack, or any other Medici-
nable Earth, and the common Blood-
stone; being mingled and stirred with
the whites of Eggs to the consistence of
a Liniment: the Sediment of a Whet-
stone affords matter for a Plaister to
stay al fluxes.

Rulandus doth frequently extol a Plai-
ster of Potters Clay burnt, and Boyled
X with

with Vineger, laid hot to the part, to stop Blood that forcibly runs out of any part.

For the Stomach a Plaister is profitable, made of a Quince, Boyled in four Red Wine, or adding some Crums of bread to it softned in Vineger.

These bind strongly, amongst the most common Remedies, Grape stones, the Kernells of the Pomegranate dried, the flowers of purple flower-gentle, the inward Skin of wood Nuts, Chervil and the Root, great Comfrey, middle Comfrey or the great Daisey, Horstail, Galls especially unripe, Rupture-wort, the Root of the Yellow wild Flower-de-Luce, the true Blood-stone, common Hares-Foot, wild Apples, unripe Medlars, the Rind of the Root of Mulberries, money wort, Verjuyce, Juyce of Sloes, Knot-grass, the Root and Leaves of the Oak, the Bark that is between the Tree and the outward Rind, unripe Services, Sumach, male Sanicle, dead Nettles, Bloody-rod of *Mathiolas* or, female Dog-Tree.

Of these, some are peculiarly commended for some fluxes, though all of them

them may be used generally where there is need of great astringtion.

For the overflowing of the Terms, these are accounted approved, the shell of the Root of the Mulberry, the Root of the dead Nettle, Grape stones, and Pomegranate Kernells, the Pouders of all these are given severally to one dram, with Red Wine or some Liquor that is fit for it.

For Spitting of Blood, the Blood-stone taken with Sugar of Roses to one dram, or laid in astringent potions, til it look like the colour of Blood, or put into a Bag, and beat into very smal Pouders, and so strain Wine often through it, or any other ordinary drink.

Against vomiting and any immoderate and inveterate fluxes of the Belly, these two Electuaries are the principle. The first,

Take of the Roots of Yellow wild Flower-de-Luce, Boyled in Rain Water, and passed through a Hair sieve, two parts, Old Sugar of Roses one part. Make an Electuary according to art: the Dose, is from half an ounce to one ounce. In the palce of Sugar of Roses let the Poor take half

so much Clarified Honey, Boyled in rain water or steeled water, wherein the youngest Leaves of the Oak have Boyled some time.

The other.

Take the Roots of great Comfrey Boyled in the Decoction of the Root of Garden Dropwort, and passed through a Hair sieve, two parts, Old Sugar of Roses one part, or parts alike. Mingle them, make an Electuary, the Dose is the same with the former.

If it be provided for Hepatick fluxes, (and it doth very happily stay them) you must add a fourth part of Comfrey, wormwood, or a twelfth part of wormwood, Mastick.

For the same purpose the Decoction of the Root and Yong Leaves of the Oak is excellent, made with red Wine, adding a little wormwood to it, if it be drank daily to two ounces or thereabout, five hours before meat.

Other Remedies may be made for other uses, as every one pleaseth.

Outwardly Crude Gip is convenient, mingled with Cerats and Plaisters.

Also Hogs dung, and Asses dung, either

ther fresh, or else in Pouder: by either of these, al immoderate fluxes of Blood are presently stopt, if it be laid on with the white of an Egg, and blown in.

Guainerius saith, that he used Asses dung inwardly, and Syrup of Sugar prepared with the moisture of the fresh dung pressed out; as a chief Remedy to stop immoderate fluxes of the Terms, and other extraordinary Eruptions of Blood.

Oyl of the Dog-Tree, and the Root of the Oak made by descent, exceeds all the rest by an astringent faculty.

Moreover, of the Decoctions of Herbs are made Fomentations and Baths.

Cataplasms are made of unripe fruits beaten with Posca, and moderately Boyled.

Also an Unguent may be prepared suddenly; but the Unguent of Chestnuts, and Comitissa may supply the place thereof.

Take unripe Galls, Cypress Nuts, the Kernels of Red Grapes, Pomegranate shells, the middle Rinds of Chestnuts, Mastick, of each half an ounce, Oyl of unripe Olives, or of Roses

often washed in *Allum Water*, one pound, white Wax three ounces. Let the dry Ingredients be beat into Pouders, and steeped in the Juyce of Sloes, or unripe Services, or Verjuyce, or the Juyce of astringent Herbs, and let them be dried at a soft fire; adding thereto before they Wax hard, the Oyl and the Wax, mingling all gently by stirring it.

If you had rather have it for a Cerate: take Rosin three ounces, and Wax five ounces, to the said quantity of Oyl and the Pouders.

Streightness and Closeness of the Passages comes to pass five waies: by obstruction, constipation, Compression, cleaving together, and by sinking down: whence the differences of Diseases in streightness are taken; which, as they differ by generation, and variety of their causes, so are they taken away by diverse Remedies.

Obstruction is properly called so, that streightness of the Passages that comes from things that are contained within contrary to nature, not that are united and sticking to the passages; such are Vapours and Humors that
abound

abound too much, or that are too thick and clammy, also corruption, Clotts of Blood, and Milk, Thorns, and little Bones that stay in the Throat and hinder the passage, Hares Stones, worms, dregs that stick to the Intestines.

Corruption shut up in Impostumes, is taken away by opening the Impostume; which is done with Iron or actual fire, or by a potential Cautery; of which a little after.

That which sticks to Ulcers is taken away with Sarcoticks, of which we shall speak in the cure of Ulcers.

That which is poured forth into other Cavities, as into the sharp Artery, is taken away with such things as cut and cleanse, Clots of Blood are to be dissolved by Remedies that are elsewhere set down and are to be evacuated by purging the Belly, also by Urin, Spittle, for the situation of the part affected, by Purgations and Diureticks, and expectorating Medicaments set down before.

Also such Remedies as dissolve Clotted Milk and discuss it, are evident by those things that have been said.

Things that stick in the Gullet, if they can be seen, let them be drawn out with Iron Instruments; if they remove the least from their place, by Sternutation, Coughing, or vomit provoked by putting in the Finger, or a Feather into the Throat; also by drinking plentifully, or by swallowing down some solid Gobbet not much chewed, and lastly by swallowing down a sponge, first dipt in Rozin, that the thing may stick to it, and then drawn up again by a long thred tied to it.

If Hairs and other things that come from without, appear, they must be taken out with Chirurgions Instruments; if they be hid in the Stomach and Intestins, they are driven out by vomit or purging, as the sick is inclined.

Concerning such things as Purge the Belly, and drive out the excrements, and further concerning Remedies against stones and worms, and such as disperse abundant and gross vapours, we spake, amongst the Remedies that take away the cause of the Disease.

Obstruction from fullness, or abundance

dance of Blood, is taken away by a thin diet, that is not of the best and much Juyce; by strong exercise, and much rubbing, as by Medicaments that dry the whole Body; and by sensible Evacuations, namely opening the Veins, Scarifications, Cupping with scarifying, Leeches.

Bad Humors that are many, thick and clammy, by which frequently the Mesenterium, the Liver, Spleen, Matrix, Reins, and Veins and arteries of other parts are stopped; require Medicaments, first that are cutting, attenuating, and cleansing, lastly Purging.

Concerning Purging medicaments, we spake abundantly at the beginning; those are of another kind, that are set down for to prepare gross Humors, but because these that unstop the passages are of larger extent than such as prepare the Humors, and there is a very frequent use of them in the cure of Feavers, Hypochondriacal Melancholy, the cure of the Spleen, Jaundice, the want of the Terms; it wil be worth our pains, to Reckon them up more distinctly, and to set them down in
three

three ranks, namely cold, temperate and hot, that so the choice of them may be the more easy.

Cold Remedies that unstop, are convenient in the more acute Feavers; parts that are hot, and obstructed by Humors thickned by adustion; amongst which the most Obvious are, Sorrel, Juyce of Citrons and Lemmons that are sufficiently ripe, Succory, Endive, Straw-berries, Roots of Grass, Liver-wort, Hawkweed, the Roots of all the Docks, Seeds of Melons, Pumpions, Citruls, Cucumbers, gourds, Sow-Thistle, Garden Endive, Dandelion, four Trifoyl.

Of these; are made Decoctions with water or Broth, for Syrups, which will be the better; if you add an Emulsion of the four great cold Seeds.

Whey of Milk Clarified is effectual by it self, but it is made most effectual by adding an Emulsion of the said Seeds, or if it be altered with opening Herbs.

The Clarified Juyce of Herbs is mingled with Broth for a present Syrup, to two or three ounces, the greatest use
of

of the Juyce of Citrons or Lemmons is in meats and Medicaments, as also of the Emulsions of the Seeds of Melons and Gourds, as also those more Liquid Panadoes, and Ptisans of Barley, as they are commonly called.

For ordinary drink, the Decoction of four Trifoyl is pleasant enough, of Sorrel, Straw-berries, and Grass, which may be made more sharp, adding a quantity of the Juyce of Citrons or Lemmons.

But this is the thing that is most necessary, which four Roots perform, to deceive the sick withall, that one still calling for drink, that they make the water sharp, and it may be made of the colour of Red Wine.

Those that are most temperate, wherein there is no notable excess, of heat or cold that can be observed, are most convenient for Chronical Feavers, from the adustion of Humors, which is grown cold: also for Melancholick Diseases, namely for Hypochondriacal Melancholy, and such as are grown hard: amongst simples, such are, Maiden Hair, Waters of four Mineralls,
Hops,

Hops, Liquoris, Trichomanes, five Leave Grasse, all which are added to the Decoctions of the other cold Ingredients.

Many more Compounds may be made for every Mans desire: for cold things mingled with those that are equally hot, in the same proportion, do make temperate.

For this end, sometime Clarified Whey is altered, with Egrimony, Roots of Asarum, Dodder, with a little wormwood, than which, there is nothing more profitable for the affects and Diseases of Melancholy.

The same way may be given the Juyce of Succory thickned with the Juyce of Agrimony, and a little prepared steel, to be taken in Bolus before any opening Decoction.

Also Honey and Sugar added to the Juyces and opening Decoctions of cold things, make temperate Remedies.

For this purpose especially two common Syrups do serve, that are easy to be prepared, namely Oxymel Simplex, & simple Syrup of vineger, which consist of
one

one part of Vineger, two parts of Honey or Sugar, and one fourth part of water.

But the three following Remedies of this rank are the best, and easy to be made.

First Smiths Water Clarified for ordinary drink; with Water is made a weaker Mulsum, adding half as much of Honey or Sugar.

The second: one scruple of Cremor Tartar to one dram, added to opening Broths.

Thirdly: prepared steel, without which, Schirrous hardness, and obstinate obstructions will hardly be Removed.

The use of these is manifold, and so is the preparation: the most easy, and the soonest made, and the best, is this.

Let steel be beaten into thin and long Rods, or little Plates: for by putting to them a roul of Brimstone they will melt, and fall into the Water that is put under them, and then they must be ground into a most fine Pouders; this Pouders is given from half a scruple to
two

two scruples or thereabouts, either in Bolus, Electuary or Wine.

The fashion of a Bolus is this.

Take *Juyce of Egrimony, Borrage thickned, of each one ounce, Steel prepared two scruples.* Make them for two Boluses, to be taken a little before an opening Decoction.

The Electuary is thus.

Take the *Powder of Egrimony, Maiden-Hair, Stone-fern, Harts Tongue, Roots of Cinkfoyl, Liquoris, steel prepared, Leaves of Senna, of each one ounce, Cinnamon one dram & an half, the pulp of Raysins Boyled in white Wine, and pulped through a Hair Sive, one pound, Syrup of Apples only, or for the Poor, Oxymel simple, two pound.* Mingle them for an Electuary according to art, to be taken to about one ounce, four hours before Dinner.

It is given in Wine two waies, either drinking the fine Powder of steel mingled with Wine, or preparing steeled Wine.

This will be an excellent Powder for one Dose.

Take *prepared steel and Cremor Tartar of each one scruple, Cinnamon half a scruple.*
Mingle

Mingle them for a Pouder.

Steeled Wine will be made, if in four pound of Fragrant white Wine; you put in steel prepared and Leaves of Senna, of each one ounce, Cinnamon two drams, opening Herbs, and proper for the part obstructed, three handfulls, let them stand eight daies in a hot place, and stir them often; strain them for your use, and give two or three ounces to drink; also a most excellent steeled Syrap may be prepared after this fashion.

Take prepared steel so much as you please, pour upon it the sharpest vineger, that it may swim above it four Fingers breadth, & let it stand in a hot place, until it hath drawn out the tincture of the steel: then by inclining the Vessel, pour it from the grounds: add to this Sugar, or Honey Clarified, the double proportion; moreover half an ounce of Raysins, and one pugil of the tops of wormwood to every pound of Vineger, Boyl them at a gentle fire to the consistence of a Syrap, then strain them, the Dose is one ounce, with a Decoction that is proper for the part affected.

These

Those things that are applyed outwardly must be mingled of softners and discussers; such are the Fomentations of the Decoction of Mallows, Marshmallows, Melilot, Fœnugreek, Dill, Chamomel, and a quantity of wormwood, to Corroborate the part; adding about the end of the Decoction, some white Wine, and Vineger to help the Penetration.

After the Fomentation; make an Oyntment of Oyl prepared by Decoction, of things aforesaid, such as is described amongst those that soften hardness.

The hotter things that unstop, are convenient for a cold temper, and a cold time, as also for long Agues; such are these common simples: wormwood, Egrimony, Smallage, Mugwort, Asparagus, Betony, chiefly the Root of Capers, the Rind, Stone-fern, Germanander, Dodder, common wild Carrot Seed, Root of Elecampane, Fennel, Rind of Ash, Fumitory, the common and the Yellow, Root of Gentian, Harts-Tongue, Featherfew, white Horehound, or wild Mints, Parsley, Penniroyal, Madder,

Madder, Knee-Holm, Tamarisk, Savory, in the use whereof, those must alwaies be chosen, that are proper for the parts affected, and are propounded amongst the alteratives.

Also Syrups and Electuaries and Decoctions are made of those things we have spoken of, as the occasion shall be.

The Decoctions are made the more effectual in the Broth of an old Cock or Pidgeon, if you can procure it.

Also Physick Wines are supposed to be best, as wormwood Wine, when the weakness of the Bowels is of long continuance; and of these Wines, adding half the quantity of Clarified Honey, are made Syrups that are profitable and pleasing; but the Wines are made most effectual, adding steel to them, as we shewed before.

A something ful Mulsum will be the best to drink, if it be altered with the Herbs propounded: as also al compound Oxymels made with the same for a Syrup, such as is the ordinary Syrup of the Apothecaries, made with the five opening Roots, Smallage,
Y Asparagus,

Asparagus, Fennel, Parley, Butchers Broom.

Also the use of Vineger of Squils is extolled, added to Syrups and Decoctions, to half a Spoonful.

Some there are that prefer before all these, the use of the Root of Cuckowpint, often infused in Wine, and stil dried again, til it hath lost almost all its Tartness.

It may be also added to Electuaries, but the fine Pouder of it is oftner used, given with Wine or Broth. The fashion of it may be Thus.

Take prepared steel and Wake-Robin prepared, of each half an ounce, Cinnamon one dram and an half, Fennel Seed half a dram, fine Sugar one ounce. Mingle them.

It is made more effectual by adding to it, one dram of Salt of wormwood: make a very fine Pouder, the Dose whereof is about one dram. Or,

Take Cuckowpint prepared one ounce, tops of common Wormwood (Salt of Wormwood is far Better) one dram, Cinnamon one dram and an half, fine Sugar to the weight of them all. Mingle them and make a Pouder.

By

By themselves mineral Waters that come from Brimstone do open exceedingly, and from Nitre, drank after that the whole Body hath been purged: as also common Turpentine given in Bolus, about one dram and an half, which also may be drank, if it be stirred with a little of the Yolk of an Egg, and the Water of Egrimony, or Wine be put to it, by little and a little to two or three ounces, alwaies stirring it, til it be perfectly white.

Outwardly Fomentations may be used of the Decoctions of digestives and Emollients, adding about the end of the Decoction, white Wine and Vineger, not forgetting Herbs that are proper for the part affected, of which also Oyls may be made by Decoction, for Oyntments.

Bucheting and droppings of Waters that proceed from Brimstone are the most excellent, and such as proceed from Pitch, and the mud of the same, applyed as they ought to be.

Constipation of the Cavities, is properly called streightness that grows from things that are bred within, and

stick to the part, namely, from Tumors, Flesh, a Callous, or dead Child.

Things that drive out the dead Child, were propounded amongst the Remedies of the Cause that is peccant in substance.

We shall treat of Tumors amongst the Diseases of augmented Magnitude.

Flesh and a Callous, as they are not hard to be taken away with Instruments of Iron, when they may be seen, so they are taken away only with Physicks, and that with much more difficulty, when they are hid within the Body: and since Flesh is softer than a Callous is, it requireth more mild Remedies that either dry strongly, or heat very gently; but a Callous requies, either Corroders, or such as putrefie.

Therefore for flesh these are convenient, round Aristolochia Roots, Antimony Calcined, Roots of Black Hellebore, burnt Allum, burnt Galls, the Ashes of burnt Honey, common Red Lead, Ashes of Roots of Gentian, Oyster Shells, especially such as are burnt,
Lead

Lead Calcined with Brimstone, the Ashes of burnt Sponges; the Pouders of all these are mingled with Unguents, or infused in Liquors.

The following Oyntment is approved for excrescences of flesh; but first of all, it takes away little flesh in the urinary passages, and that without pain, if it be put on the end of a Candle, for it sticks very fast, and doth not excoriate the parts that are sound.

Take *Honey burnt to Ashes, prepared Tutty, fresh butter washed, washed Turpentine, Yellow Wax, of each half an ounce; burnt Allum half a dram.* Mingle them and make a Liniment according to Art.

This Pouders also is excellent described by Mercatus, *Lib. 2. de recto Praesidiario. usu. Cap. 7.*

Take *Verdigrease, Auripigment, Vitriol and Roch-Allum, of each equal parts.* Bray them with the sharpest Vineger, and make them into fine Pouders, and set them in the Sun in the dogdaies; the Pouders being dried, must again be made fine with Vineger poured on, and put into the Sun the second time, and this must be done for the space of ten daies; then:

Y 3

Take

Take *Litharge of Gold*, powdered and sifted, one part: *Oyl of Roses* two parts. Boyl them to the consistence of a Plaister; take an equal part of this, and mingle with the said Powder for your use.

Also this Powder takes away all Excrescences, by Certain proof.

Take the *Shells of Walnuts*, *Sponges*, *Roots of round Aristolochia*, of each equal parts. Let them be dried together in a Pot put into an Oven, that they may be beaten into Powder; and with this Powder strew over the part affected, first anointed with Honey.

These take away Callous matter, amongst the most common Remedies, *Orpiment*, *Spanish Green*, *Quick-Lime*, *Lees of Wine burnt*, *Lees of Vineger burnt*, *burnt Vitriol*, *Oyl of Brimstone* and *Vitriol*. All these things in use, are tempered with milder Remedies, sometimes in greater, some times in lesser quantity, as need requires.

An Example of them in Infusion.

Take the *Decoction of round Aristolochia*, *Black Hellebore*, *Marsh-mallow Roots*, half a pound, *Oyl of Brimstone or Vitriol* half a pound. Mingle it for an Infusion.

For

For an Unction:

Take *burnt Vitriol*, and *Allum burnt*, of each one dram: *fresh Butter very wel washed* half an ounce. Mingle them.

If you add the Powder of white Poppy Seed, or Henbane, you make a Remedy wholly without Pain.

The Powder of *Mercatus* used by it self is most effectual.

This is exceeding good that is more easy to provide. Work *Quick-Lime* with *Honey*, like a past, and dry it in an Oven, that it may be beaten to Powder, to be strewed upon any *Callous* or *superfluous Flesh*, first anointed with *Honey*.

Compression of the passages, since it comes from al things that press upon the passages, and by any intervenient thrusting either of Heaviness or Extension, or Violent impulsion, or astriction, it hath no peculiar Remedies; for heaviness & extension, proceed from the plenty of matter, and are taken away with such Remedies as Evacuate sensibly, or insensibly; of which we spake before.

Extension from wind is removed with discussers. Y 4 Violent

Violent impulsion frequently followes Luxations, depressions, and fractures of the Bones, which are cured by Chirurgery.

Violent Astriction, follows most commonly outward causes: as bands bound too fast, which must be untied.

Growing together of the passages, is made by a mutual Glewing together of the sides, when Nature fills up the wounds of them by the coming of good Blood thither; and this is cured only by an incision Knife, or Iron Instrument that can part the sides that are Glewed: but after seperation, the sides must be well fenced, that they may neither touch one the other, or grow together again; therefore the growing together of the inward parts is incurable because they cannot be cut.

The sinking down of the Cavity, if it fall out by reason of Evacuation of the matter that should be contained within it, it is cured by Nutriment only to re-generate necessary matter.

If it proceed by reason that the sides of the Cavities are contracted by over-
much

much driness, or fall down by over-much Relaxation, it is cured by moisture, or great driers, for moistning, the more gentle emollients are convenient, and such as are properly called Anodines, propounded in their proper places; for drying digestives and discussers are most fit, being mingled with astringents, the most forcible that were set down before.

When the superficies is too plain it is taken away with Remedies that scour, and then with driers.

Things that scour, are all such that were propounded for to prepare Flegm.

To take away obstruction, by the stuffing in of gross and Clammy Humors, and to scour the Skin, natural Salt waters have a kind of prerogative, and artificial waters also, and Honey added to Decoctions which are principally made of bitter things, as the Roots of Gentian, Elecampane, long Aristolochia, and Centory the less.

For drying, things that Evacuate insensibly are most fit, being mingled with the strongest astringents, of which
before. Whea

When the superficies is rough, it is cured with softners, and such as are properly called Anodines, when it proceeds from driness: but particularly the roughness of the Throat, and the top of the sharp Artery, which falls out very frequently, is cured by those things that Purge the breast by Spitting, which are propounded for Salt matter.

But if it proceed from sharp Biting matter that lightly Rakes the superficies, it is taken away by such Medicaments that temper sharp Humors, both by washing them away, as also by suppling them with a tempering vertu; of which we spake amongst the Remedies that alter the cause of the Disease.

Remedies of Diseases in faulty Magnitude.

Natural Magnitude, is made faulty, either by excess or defect, when it is augmented beyond its proportion, or else diminished. The kinds of Magnitude diminished,

diminished, are reckoned to be, Defect of Nourishment, or Leanness of all the parts, and Marasmus, or a Consumption of the whole Body, following a Hectick Feaver, or wasting away: for Leanness of those that recover after sharp Diseases, scarce deserves the name of a Disease, because it quickly goes away, so soon as the Disease on which it depended, is removed.

Of Magnitude increased, which men call Tumors, all the differences are taken from the cause, which in general is four fold.

The first is a solid Body according to substance, belonging to the soundness of the Body, whence come grossness, from overmuch fat; *Hypersarcosis*, from some excrescence of flesh, Ruptures of the Bowels, and the Caul, when the Guts or the Caul fall down, which also makes a Disease in situation.

The second is a Humor, or something like to a Humor, whence comes that they call *Phlegmone*, from Blood, *Oedema* from Fleam, *Erysipelus* from Choller, *Schirrus* from Melancholy, a kind whereof is *Tophus*, and *Struma*,
Cancer,

Cancer, from Black choler, Carbuncle from burnt Blood; and from a watery matter like to a Humor, *Hydrocephalus*, & the Dropsie of the Abdomen, and the Matrix.

The third is, that which comes Preternaturally from the Humors, as puffing up from wind.

The fourth is, that which growes in the whole kind Preternaturally, from a various and unspeakable corruption of the Humors, whence comes properly an Impostume, or little Swelling with a little Bag, namely *Meliceris*, from a matter like to Honey, *Steatoma*, from a fat matter like to Sewet, and *Atheroma* from a matter like to Gruel.

A particular Consumption, such as falls upon those parts that are held with a Palsie and Convulsions, requires first such Remedies as can Purge out the foulness of the Body by the passages convenient: then Nourishments that can make good Blood; lastly attractives that draw Blood to the part, and can stir up the heat of it and strengthen it.

Gentle rubbings til the part wax red,
and

and Swel a little, will perform all these.

Also Baths of sweet water something hot, wherein Herbs are Boyled, proper for the part, to be used til the part Swell a little.

Or Fomentations, and Wettings with water and Oyl, Milk, sweet Waters, altered with Mallows, Marshmallows, and Herbs that respect that part.

Last of all, the most prevalent Remedy is pication, til the part wax red and swell: and these things are to be done, after concoction, before any more meat be eaten.

In a Consumption of the Eyes, there remains no place for pications or rubbings, but only, for Fomentations; the best whereof are made with Milk a little Saffron, or of the same Boyled with Mallows, Violets, Marsh-mallows, and Fennel, or with a sweet Apple, brought to the form of a soft Cataplasme, with a little Saffron.

A hot *Murasmus* without a Consumption, which is curable, is chiefly overcome with the use of Milk and Baths:
Womens

Womens Milk sucked out of the Breasts, or Asses Milk, or Goats Milk new milked drunk with a little Honey or Sugar, taking by degrees from three ounces, to seven or eight ounces; about five hours after the drinking of Milk, a Bath of sweet Water is to be used, which must be kept something hot til the time the sick come forth of it; and then is he to stay a while til he is a little cold with it, for the uniting of heat, and retaining of Nourishment; or presently after the Bath, the Body must be gently rubbed with the Palm of the Hand, wet with Oyl of Violets and sweet Almonds, something cold. If there be a Consumption the Bath must be let alone, and the Body must be rubbed only before meat, after the manner we now spake of, and he must apply himself to Milk, and he must use also such Remedies as concern the Ulcer of the Lungs. If the use of Milk be forbidden by reason of the causes set down in the 5. *Aph.* 65. He must use instead thereof a Ptisan of Barley.

Some hold this Ptisan for a secret, which is presently provided, and must

must be taken twice a day.

Take *Barley Meal six parts, fine Sugar one part.* Place them bed upon bed in a Glased Earthen Pot, and the first and last bed must be Sugar: then making a Cover of Paist, put it into the Oven after the Bread is drawn forth. And it will be baked sufficiently the third time, or putting of it into the Oven.

For a Ptisan.

Take of *this baked Meal two ounces, Broth of wood Snails, or Snails four ounces.* Mingle them.

But for an Ulcer of the Lungs in particular this is commended. Take one dram of the Pouder of Yarrow, dayly in Broth or some convenient Decoction.

Also a Cake of dried Folefoot taken dayly made with Butter and Sewet of a Hog.

Some prefer Sugar of Roses with Bole-Armoniack, or some such Medicinal earth, and the Blood stone used for some months together, above all other Remedies.

Gross Bodies are brought lean, after

ter fit Evacuation of the Body.

First, with a thin diet, and many hot and frequent rubbings of their Body, then by the daily use of some attenuating and drying Remedies, amongst which, the most commended are, one dram of Ash Keys in Broth, with half an ounce of the best Vineger, or one Spoonful of Vineger of Squills, in a good quantity of Broth before meat; some ascribe the same vertue to Oxymel of Squills, or the Troches of Squills.

Also the Seed of Ameos, or the Seed that is in Elder berries can do as much, taken to half a dram, drank in the Decoction of the Ash.

But the greatest force lieth in the Pouder of Vipers to dry the Body, of which we spake amongst the Antidotes, if half a dram of it be taken in Broth or Wine, four hours before meat, and so much the more if the Body be lustily exercised after the taking of it.

To this place belong all things that provoke sweat and Urin.

Those Remedies take away excrecences

cences of flesh, be they from a Callous or flesh, that are Remedies of Constipation, of which we spake before.

A *Hernia* of the Caul, can be taken away by no other means than by cutting, which is full of danger, it can hardly be helped by streight Ligature. But a *Hernia* of the Intestins is easily Glewed together in Children and Boys, with outward use of astringents and fit Ligature. But in people that are of years, if it be Old, it is held hitherto by Physitians to be incurable, without Chirurgery: yet use, that is the best master of things, and Judg of Remedies, hath taught us not long since, that the Ruptures of men of years, and that very great ones, and of long continuance, have grown together by the use of Medicaments only, and a convenient course of diet, and that within three-score daies at the longest, in manly and in Old Age; but in forty daies in Yong men, and at mans stature; by the help of which Remedies, Boys are cured within twenty daies: unless the falling of the Intestins into the Cods be very great, and almost grown Habitual.

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And these Remedies may be Ranked amongst those, that are calie to be prepared, since they are compounded of a few things, and those, not fetcht from forrein Countries, only one excepted,

The first is this: Take one dram of the Herb Two-blade, in half a Cup of red Wine, Boyled with the Leaves of the same Plant, every morning five hours before dinner. And let the place affected, be daily anoynted with Oyl of four Olives, wherein a whole land Hedge-hog that is Old, hath been Boyled, with his Skin and al, til the flesh be consumed.

The second. Take for threescore daies one Cup of strong red Wine, altered with one ounce, of Rupture-wort (the whole Herb with the Roots must be taken, and the tendrest can be got) first bruised, and during the said time, a Sponge, must be laid to the place affected; that is first dipped into the same red Wine, and then pressed out.

The third. Take one dram of Powder, of equal portions, of Rupture wort,
Wall

Wall-Rue and Asparagus and Horse-Tail, in half a Cup of strong Red Wine, for the time spoken of before; and let the place be anoynted twice every day, with common Oyl or Oyl of St. Johns-wort, wherein live Lizards, by long standing of it in the Sun, are consumed.

The fourth. Let a Cerate be laid on, made of equal parts of Bdellium and poudered Aloes with the white of an Egg; and the same time let the sick take one dram of the Pouders following in half a Cup of the best Red Wine, five hours before Dinner.

Take *Roots of great Comfrey, Herb Bennet, common Hedg-Hysop, the less, Two-Blade, Horse-Tayl, Coriander prepared, Juice of Roses, steel prepared with Rose water, of each one ounce and an half.* Mingle them, and make a fine Pouders of them all.

The preparing of the steel is this. That the filings of Steel or Iron, be quenched in Rose Water, and then dried in the shade, and then again be set on fire, and quenched a-fresh in the same Water, until it can be poudered very fine.

But in the use of these Medicaments, this rule is generally to be observed: that a Truss be constantly worn, and the sick must take care he hold not his breath, nor use strong exercise, nor eat or drink, meats or drinks that are windy.

Remedies for Tumors that proceed from Humors, are manifest by what hath been said, since they must be directed to the taking away of the cause, which must be repulsed at the first: but in the augmentation, they must partly repel, and partly digest; in the state, they must digest, or if it can be, bring to suppuration: but a Tumor that is very hard, must first be accurately softened, then digested and dissolved. Therefore some few things shall here be only annexed, that are found to be proved for some Tumors, and are Remedies easie to come by.

For an Erisipulas of any part whatsoever.

Take fine Wheat flower so much as you please, put it into a bag of thin Weaving, and lay it to the part, at any time of the Defluxion.

For

For kibes that are Ulcerated: this is a most excellent Unguent.

Take *Leaves of green Tobacco, the inward, Rind of the Elder, of each one handful, Roots of the Male Daffodil sliced, one ounce, common Oyl one pound;* Boyl all at a gentle fire til all the moisture be consumed, then press all out strongly, and add *Frankincense finely powdered half an ounce, Tellow Wax six drams.* Mingle them for a Lini-ment, and anoint the part affected within: then for Fingers that are pained, let it be rubbed strongly on them til they grow very red and hot.

This is also good for fowlness of the Skin and for Morpews.

Against the swelling of the Feet from weariness, long Disease or contusion.

Take *the Meal of whole Wheat (that is not sifted) half a pound, powder of worm-wood half an ounce, Roses one ounce, sharp Red Wine what may be sufficient.* Make a Cataplasme at a soft fire: adding about the end, compleat *Oyl of Roses one ounce and an half.* Make an Unguent.

Lay it on twice a day.

For hard swellings not Ulcerated, a

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singular

lingual Remedy a true one purging of the Body: give for four daies together one dram of the Pouder of common Gladiol, which groweth most frequently amongst Corn, and take it in Broth altered with the Root of Pilewort, four hours before meat.

And lay upon the part, a Plaster of bruised new Wax, not yet purified from the Bees and the Honey: but if you cannot have it, then lay this Cerate.

Take the Pouder of Lizards dried in an Oven, one dram and an half, Juice of Tobacco, Yellow Wax and Burgundy Pitch, of each half an ounce. Mingle them and make a Cerate, in the place of Burgundy Pitch, which is rare in Italy, take Colophonia.

For a Cancer not Ulcerated, that is not yet come to any notable Magnitude; nothing is better than the long using of the Plaster of Aquapendente, after a sufficient purging of the Body.

Take Meal of Millet one pound, Oyl of Rses (worked in a Morter of Lead with a Leaden Pesse, til it become of the colour

colour of Lead) five ounces, sweet Wine four ounces. Make them to a Plaster, with a sufficient quantity of the Decoction of Garden Night-shade, Sowthistle, and Golden-Rod of each alike, made in pure Water.

For watery and windy Tumors, Remedies propounded amongst things that discuss, are proper.

An Impostume with a little bag, is not cured by Physical means only, but the whole Bag must be drawn forth; or if that cannot be done, after the Tumor is opened, it is to be consumed, partly with putrefying Remedies, partly with eating Causticks; of which we have Spoken already.

Remedies for Diseases in Number.

Since that a Disease in number Wanting, is made to be according to the defect of something belonging to the complement of the Living, a Disease in number Augmented must properly be considered, according to the additi-

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on of some natural thing, that is Redundant in number. Yet by use and abuse of names, Stones, Worms; a Pin and Web are referred also to Diseases in number.

Remedies for Worms and Stones are to be found amongst these things, which respect the cause from the whole substance.

For a Pin and Web, these amongst Remedies easie to come by, are the most convenient, being applyed Warm to the Eye, but especially by the help of an Ocular Cupping Glass; that the Remedy may work longer and stronger.

Take Herbs, Celondine, Fennel, Vervain Rye, of each one handful; Honey of Roses half a pound, of Rape Roots bruised two ounces. Stamp the Herbs and set all mingled together in the Sun, and let them be stirred daily; after forty daies press out the Juyce, to be kept for use in a Brasen Vessel, and drop it into the Eye by it self, or mingle it with more gentle Eye-Salves.

Another. Take fine powdered Sugar, Boyled in a Glass Dish upon Ashes, til it
wax

wax Red, likewise Vitriol purged from the dregs, and exposed to the Sun til it Wax white, of each equal parts; with this Pouder fill the hollow of an Egg Boyled til it be hard, then binding both parts of the Egg fast together, steep it four daies in water of Eye-bright, or white Wine that is something sweet; wherein Eye-bright hath first been Boyled, or Seeds of Fennel or *Siler Montanum*, keep the Liquor pressed out, in a Glass for your use.

Another. Take *white Wine somewhat sweet very well purged and Clarified*, one pound, Fennel Seed three drams, Indian Cloves one dram and an half. Steep them for twenty four hours, then strain them: to which add afterwards Aqua vitæ two ounces, *Asstimony once melted*, with an equal quantity of Salt Peeter, two drams; then infuse them again for two daies, then keep them for your use in a Glass Vessel.

Another. Take the Juyce of Onions, drop it in by it self, or else allaiied with a little sweet white Wine. It is a most excellent Eye-Salve and which wonderfully takes away the inflammation of
of

of the Eye, when there is any.

Also there is a singular Collyrium described amongst the Remedies for the Eyes, which when need is, may be made more effectual, by mingling some kind of Gall with it, or of the second Collyrium that was propounded, or the Juyce of a white Onion lightly Boyled with Milk.

But a Disease that is properly in number augmented, which followeth abundance of matter, and the strength of the Plastick faculty is better cured by burning and cutting, than by consuming Medicaments.

A Disease in number deficient, if it be natural, is altogether incurable, because it proceeds from want of matter, and the weakness of the forming force, also an accidental deficient, if it fall out in a Spermatical part, it is incurable; but in a fleshy part sometime it admits of cure. It requires the same Remedies that an hollow Ulcer doth, or a Compound wound, because the part is wanting by the same causes, namely, cutting, burning, Corroding, putrefaction, and the like.

Remedies

*Remedies of Diseases in Situation
and Connexion.*

A Disease in situation and Connexion, is either Connatural, and it comes to pass, when the matter is taken away in the time of forming, or it is accidental, and falls out usually by reason of three kind of causes, from Laxation, or disjoynting of the Continent parts, from solution of unity, and Violent extension from too much Repletion, or drivers.

The fault of the Plastick quantity admits of no cure.

The other three causes require the same Remedies, that a Disease in figure doth, which doth necessarily accompany a Disease in situation.

Remedies of Diseases in dissolved Unity.

Of dissolved unity there may be assigned

signed two chief kinds, an Ulcer, and a wound.

That comes from an eating cause, and so must necessarily have joyned with it, loss of substance.

A wound, is all other kinds of dissolved unity, without an eating cause; whether it be a simple solution of unity, or with loss of substance, as in a Compound wound.

And though for the diversity of parts, often times all these things are changed (for an Ulcer in the bone is called rottenness, a wound fracture, when the Nerves are brok, it is called convulsion, when they are pricked, Puncture, and when the flesh is bruised, men call it contusion) yet stil they hold the same nature, so they differ not in generation; for whatsoever Ulcer proceeds from a sharp and corroding matter, such as are the Humors, and sharp Bloody matter, harsh Poysons, and Medicaments that are putrefactive, and causticks, actual fire, corruption, moisture, into which the substance corrupted is dissolved, as in a Gangrene: al other causes that dissolve the continnity, by cutting, breaking,

breaking, Knocking, Contusion, they make a wound only taken in a large fence.

A simple wound, or solution of continuity without loss of substance; is cured by Glutinative Medicaments, which by drying, Binding, Sticking, force the lips of the wound together, and bind them fast: which Union cannot be made immediately in the Bones, because of their hardness, but it is made by the means of a Callous, the matter whereof, glewing nourishments afford.

But fractures are fastened and confirmed by the same glewing Remedies, of which there are two ranks, such as are moderate, and such as are forcible: those belong to a part and constitution that are moist, these belong to parts & constitutions that are more dry, and to a Bloody wound.

Moderate Glutinatives; the most Obvious are: the white of an Egg, St. Peters-wort, Tutane, Yarrow, Shepherds-purse, the fruit of Creeping-Balsam, new Cheese, and Glew made of it, Horse-Tail, Herb Bennet, Cistus, Flower

Flower of the Sun, the Grasse *Ischamon*, Plum-Tree Gum, ground Ivy. The Herb *Siciliana*, Herb Trinity, St. Johns-wort, Adders Tongue, Yarrow, Leaves of Medlars, *Ophris*, Plantain, wild Pears, Damask Roses, the Bramble, the Male Sanicle, Germander, Scabious, Veronica, Golden-Rod, Leaves of Elms

Of these, may be made vulnerary drinks: also they may be given inwardly in other forms.

They are laid on outwardly either bruised, or strewed on in Powders, or pressed out and dropped in, or boyled, chiefly in sharp Red Wine, and their operation is helped by Ligature, by which the Lips of the wound united are held together.

There are some other things, whereby wounds that are simple and new, are perfectly joyned together, applyed by themselves & bound on; namely Rosin of the Larch or the Firr-Tree, Pellitory of the Wali bruised the bruised Leaves of Tobacco, dry Pitch, spotted Arsmart, beaten Oyl made by insolation, or the Leaves of Adders Tongue, or
the

the fruit of the Balsam Apple.

But the chief of all, and like to a west Indian Balsam, (than which to knit wounds together, there is nothing better) is the Oyl that is drawn out of the flowers of St. Johns-wort, shut into a Glass, and made by heat of the Sun beams, by descent. Also Earth Worms washed in Black Wine and beaten, are good: also amongst easie to be provided, may be set down that they call *Oleum Hispanum*, described in the five Books of Chirurgery of *Aquapendente*; by which in twenty four hours time, wounds are said to be healed.

These Grew together Violently; Lions-Foot, the flowers of flower-gentle, middle Comfrey, the less Comfrey, unripe Galls, all the Cranes Bills, but chiefly Pidgeons Foot, Hypocistis, Hares-Foot, Rinds of Pomegranates, Leaves of the Olive, chiefly the wood Olive Tree, Mouse-ear, Knot-Grass, Juyce of Sloes, the tender Leaves of Oaks, Stone-Comfrey of Lobelius, Dog-berry Tree.

The way of dispensing of all these is the same with the former.

Outwardly

Outwardly, the flew of a hare burnt, Asses dung, burnt Spunges, and brought to Pouder, and Honey Suckles used what way soever.

But if the part be only contused, without any sensible solution: corroboratives are convenient, mixt with digesters and anodines: of this kind is Lead beaten with Wormwood, Wormwood heated on a Tile and sprinkled with Vineger, bean Meal with sweet Wine made into the form of a Cataplasm; also Flower of Wheat together, with Black Wine, Pouder of Roses, Wormwood and Oyl of Roses for a Cataplasm.

Arsmart bruised and sprinkled with hot Wine, Fomentations of hot Water, especially Sea water altered with Wormwood.

Moreover this Liniment is the best of all to heal all contusions, which wonderfully also asswageth the pain of the Swoln Hemroids, and takes away the pain of the Teeth, being softly rubbed on the Gums.

Take *common Oyl one pound, the Marrow of an Ox Leg, Tellow Wax, Rosin of the*
Firr-

Firr-Tree, or Pitch (vulgarly called Rose,) of each three ounces: fresh Butter four ounces.

Let them all melt at a soft fire, and when the Marrow is melted take them off.

An Ulcer is either superficial, or deeper.

That is, either actually so, when the top of the Skin is wanting, as the frettings in Children; or is potential, that by the force of an external cause quickly comes to be so, unless it be hindered, as is burning, which if it be presently helped there followeth no Ulcer.

A superficial Ulcer is cured with the more mild inducers of a Cicatrize: burnings are cured with the same when the Bladders are broken.

But you may keep the part unhurt, if you lay on these things that follow, in time: namely writing Ink, Liquid Vernish applyed with a very soft cloth: a whol Egg with Oyl of Roses, or stirred together by it self; Oyl made by Decoction of the middle Rind of Elders; white of an Egg very well beaten with Vineger, adding a little raw Allgan to it. Aa These

These two following Uguents are the most excellent; with the former, of which the parts being anointed, you may handle fire without any harm.

Take the Juyce pressed out of the Marsh-mallows, Roots, and all, six ounces: Oyl of Elder four ounces, Crude Roch Allum one ounce. Boyl them at a gentle fire to a mean consistence, add new Wax one ounce and an half, mingle them.

The second. Take common Oyl, three ounces, new Wax one ounce and an half, Yolks of Eggs rosted under the Ashes, in number two. Dissolve them and mingle them, til they become like an Unguent, spread it on a Cloth, and renew it twice a day.

Also an Unguent of Ising-Glass is much commended, and of Allum Plumbeum, mingled with Vineger in equal quantities.

Also Juyce of Marsh-mallows, wrought with the white of an Egg.

A deep wound must first be filled with flesh, with Remedies called Sarcoticks, which do scowr away the thick excrements of the part, and consume the thin; then we must bring it to Cicatrize with Epuloticks,

Epuloticks, which by their great drying, do not only consume the excrements, but the Blood also, and do harden the upper Superficies of the Ulcer, and do as it were turn it into Skin.

Sarcoticks, or Remedies that fil up the Ulcer, are as large, as there be differences of hollow Ulcers.

For an Ulcer that is very moist, requires Remedies that are very great driers, so that such Remedies as are convenient to Skin a plain Ulcer, are necessary to fil a hollow Ulcer that is over-moist, but an Ulcer that is very foul requires strong cleanters.

But this is principally to be observed, that astringents be not mingled with great driers and scourers, for they will fasten the excrement to the Ulcer, and so make it more deep and spreading.

Therefore there may be set two degrees of Sarcoticks; the mean, that belong to a soft part, and to an Ulcer that is not over-moist and foul: And the Violent, which agree to a drier part, and are fit for an Ulcer that is very moist and foul.

Moreover there is no hopes to fil up an Ulcer by the help of Sarcoticks, unless

unless those Impediments be first taken away, which hinder the Regeneration of the substance that was lost, as the Flux of any matter, that is ptenan in overmuch plenty, or ill quality, the distemper of the Ulcerated part, a calous bred in the Ulcer, or Rottenness of the Bone, corruption or distemper.

These things take away the Flux, namely such as evacuate, make revulsion, repel, intercept, contemperate, and corroborate the parts affected, by the faultiness whereof the excrements are renewed, of which we spake before in the Remedies of the causes, and Diseases of the similiary parts.

The distemper of the ulcerated part, is corrected by contraries, of which we spake also: but in a Gangreen there is so great Humidity of the part and dissolution of the inbred heat, that there is need of an actual or a Potential fire; but of the two, the first works quicker, and strengthens the part more.

For a Gangrene in beginning, or where there is danger thereof, as in great blows from great Guns, there is nothing better than the following Balsom,

som, if Lint be dipt into it and laid to the wound, with which also all foul Ulcers, if there be malignity in them, are happily cured.

Take *flowers of Brimstone three ounces, complete Oyl of Roses half a pound, the best Red Wine four ounces.* Let them infuse for eight daies at a gentle fire, alwaies stirring it til the Wine be consumed, then strain it, and dissolve therein two ounces of the best Turpentine. Mingle them, and keep it for your use.

Also for Ulcers that proceed from thin Choller, as smal Blisters, or such as eat not deep, and for an Ulcerate Erisipelex, when the Humidity of the part Joyned with Acrimony causeth great trouble in the cure; the following Unguent of Elders profits exceedingly, for with it not only Ulcers of the similiary parts, but burnings of all kinds, and almost all foulness of the Skin are cured.

Take *common Salt and the best Red Wine of each three ounces, dissolve the Salt in the Wine, then add of the middle Kind of the Elder half a pound, infuse them for two hours, then add compleat Oyl of Roses one pound*

pound and an halj. Boyl at a gentle fire, til the moisture be almost consumed; then to the residue of the rind add further, *compound Oyl of Roses half a pound, Salt dissolved in Wine as before, half an ounce.* Boyl them strongly til al the moisture be consumed, that the rind become dry and crumble, with this Oyl diligently pressed out, Boyl Litharge of Gold prepared and sifted two ounces, to which being exactly Boyled, add the foresaid Oyl, and let them Wax hot, last of all put in the following Ingredients pulped through a Hair sieve together, namely, *of the best Ceruss one ounce, Lead burnt with Brimstone and not washed seven ounces and an half, Yellow Wax what is sufficient to make an Unguent.*

A Callous is taken off most safely with a pair of Nippers, or with actual fire where it may be done; if it cannot, then it may be taken off with corroding Remedies, described amongst the means of thickning the Cavity: by the reason of this Impediment there do often remain incurable Fistulaes, which cannot be cut, nor handled fitly every way by necessary Medicaments; for these the following

following Balsom is convenient, whereby the deep Fistulaes of the Anus and the Testicles have been often cured.

It is thus easily prepared.

Take *Cranes Bill, or Pidgeons Foot cut, two ounces, Root of Flower-de-Luce very well washed three drams, Root of Black Hellebore prepared two drams, Wheat Corns one handful, bruise them grossely, and infuse them for one day, in one pound of sharp Red Wine; then add Oyl of St. Johnswort and Mirtills of each three ounces.* Let them Boyl at a gentle fire til the moisture be consumed: make expression and strain them, then add *Bitumen, and Mirrh of each one dram and an half,* Let them stand at a soft heat til they be perfectly melted, then add *of Rosin of the Larch Tree and Firr Tree, (and if you can get it of occidental Balsam) of each one ounce.* Mingle them at an easie fire and make a Balsom to be dropt into a Fistula, and to be put in with Tents.

To take away Spungy Flesh that abounds in an Ulcer, use the Remedies described for a Disease in constipation by Flesh and a Callous.

Yet to these add the following

A a 4

Pouder

Pouder to make an Escar, whereby Malignant Ulcers (as Malignant Scrophalous matter, and ulcerated Cancers) if they be smal, and new are happily cured.

Take the Root of great Serpentine, gathered in *June*, and cut in pieces and dried in the shade, and of white Arsenick of each one ounce, Pouder them, and mingle them, and set them in the Sun til the beginning of *October*, in a great Bellied Glass well stoppt, and shake them often, then keep the Pouder for this use: namely wash the Ulcer often, and foment it with a wet Linnen Cloth with Water of Water Lillies, or the Decoction of the same; the next day after strew on the Pouder, making a defensative, for the same parts with some Cerate, least the Pouder spread further than it should, the escar will fall out of its own accord in twelve daies, and the cure must be accomplished with the strongest Sarcoticks.

The Bone that is under the Ulcer being bare, must be corroborated by the strowing on of Pouders, that Flesh may grow upon it. And

And these are made of equal parts of the Root of Dog Fennel, round Aristolochia Flower-de-Luce, Mirrh and Frankinsence.

And if it have already contracted any Blackness, there is need of an Iron to scrape it off, and of actual fire; then the Pouder must be strewed on.

If the Bone be Rotten, it must be taken away by Instruments of Iron and an actual Cautory.

Yet somtimes it falls out by reason of the narrowness of the Ulcer, and the windings in it, that the Bone underneath cannot be touched by Iron Instruments, or fire, and can hardly be perceived by the probe, in which case some sharp and drying Remedy must be poured in for some daies that the rottenness may be taken away: of this sort easie to prepare, are the Decoctions of Aristolochia, gentian, Wake-Robin, poured upon Calcined Tartar shut up in a Bag.

The Spirit of Tartar is more laborious which is chiefly commended for this purpose, if it be tempered with some convenient Liquor. The impediments

diments being taken away, the use of Sarcoticks wil be afterwards profitable, or of such as fil up the Ulcer, a Catalogue whereof now followeth.

For an Ulcer that is not over moist and foul, and for a part that is very soft; mean Sarcoticks are convenient; namely Salt and Nitrous Mineral Waters, Betony, Gentian Root, Mints, flower-de-Luce, Honey suckles, Boyled Honey, the Clot-Burr, al kind of Rosins, Scordium, Wheat, Frankinsence.

Of Herbs, Decoctions may be made, for washings and infusion; also Unguents may be made suddenly, making Oyl first by Decoction, then adding a quantity of Wax, & if you please some Honey also and Rosin, or Pouders, which are especially provided of Roots and Frankinsence.

Also a simple Pouders of Herbs may be strewed upon the Ulcer.

For outward Remedies, add Tobacco and the Lesser Centory.

The form of an outward Unguent may be of this kind.

Take Leaves of Betony one handfull,
Tobacco

Tobacco half a handfull, common Oyl four ounces. Cut the Herbs and Boyl them in Oyl, til al the moisture be consumed: then add common Rosin one ounce, new Wax half an ounce, Pouders of the Root of Flower-de-Luce or Frankinsence two drams, mingle them and make an Unguent.

The more forcible, and such as are proper for a sordid Ulcer, and a part that is more hard, these are convenient: round Aristolochia Roots, good Henry, *Colus Jovis*, Horehound, Raw Honey, Mirrh, Root of Dog Fennel.

In outward Remedies, Chimney Soot, Blacking of Pitch, Lime very wel washed, dry Pitch, Liquid Pitch mingled with Honey, the shels of Periwinkles, and the shels of al Sea Fish Burnt, and the Ashes of all Sarcotick Herbs.

These may be made of divers forms, as in Liniments, Unguents, Pouders, Juyces and Decoctions.

Also the Leaves of good Henry, and *Colus Jovis* lightly bruised, and laid on with the Back side, cure al Ulcers that are hard to be cured.

To these belong the Balsam of Brimstone

stone described, which wonderfully fills up hollow Ulcers; *Rolanius* makes an Unguent of it, that is very much commended for all rebellious Ulcers, As.

Take the Balsam of Brimstone three ounces, new Wax half an ounce, Colophonia three drams, Mirrh, the weight of them all. Let the Mirrh finely powdered be brewed in by degrees to all the rest when they are melted and well mingled: and let them be Boyled at a soft fire, alwaies stirring them with a Spatula, until they are singular well mixt, which commonly falls out in a quarter of an hour: then take it from the fire, and let them cool easily.

Yet the Plaister of *Theophrastus* gives place neither to this Remedy nor to any other, and it is easie to be provided, whereby Old, rotten, stinking Ulcers, that are very hollow and foul are wonderfully cured, and it may be laid to all hollow Ulcers, if for Ulcers that are troubled with a sharp Defluxion, and very tender, it be tempered with the Unguent of Elder described before for St. Antonies fire, adding a greater or
lesser

lesser quantity, as the fence of the part is more quick, and the necessity of regenerating Flesh be more or less.

The Plaister is this.

Take ten Yolks of Eggs, clear Turpentine half a pound. Mingle them with a wooden Spatula to an ointment, in the same Vessel they must be Boyled, and this will be done in half a quarter of an hour, then add Honey to the weight of them all, stir them strongly and quickly that they clotter not: then Boyl them at an easie Coal fire, moving them constantly, then increasing the fire, til they become of a brownish dark colour, more like to Black, then Yellow or Reddish.

An Ulcer and a wound, that is filled up to make an equal superficies with the sound part, is healed with Epuloticks, or such as cause it to Cicatrize, whereof some are milder, and more convenient for soft parts, some are for parts and constitutions that are harder.

The more violent, should they be
made

made use of in a soft part they will make a Cicatrize but so hard and Cal-
lous that it may hinder the motion of
the Joynt.

The meaner that are most Obvious
are these: Potters Earth, or white
Chalk, Horse-Tail, the flowers of both
Pomegranats, Cerufs, Cotton burnt,
the Ashes of Lint, Pennywort, Scuttle
Bone, burnt Sponge, flew of a Hare
burnt, Root of Tormentil, al Medi-
cinal Earth, Litharge, and al cold things
that are moderately astringent; also
the cold Air of it self wil make a Cica-
trize; dry forms work more strongly
than the moist do, therefore Pouders
applied with Lint are good.

But to avoid the inequality of a
Cicatrize and hardners in a conspicuous
part, it sufficeth to use Liniments or
Unguents.

The most excellent is the Unguent of
Elder already propounded against
Herpes or the Wolf.

Other Remedies may suddenly
be provided of Cerufs, or Litharge,
with a fourth part of Oyl of Roses, or
the

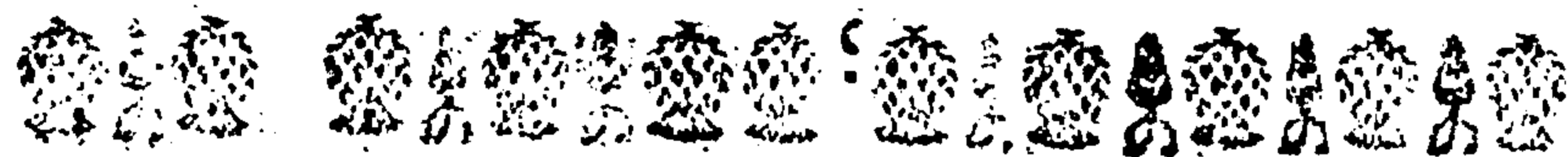
the like, and a little Wax: Mingle
therewith the Pouders that are
more drying if need require.

The more Violent are all cold Re-
medies that dry forceably, propounded
elsewhere, to which you may add
mineral Waters, of Allum and Gip,
such as is that of Padua, of the moun-
tain of the Sick, the Calx of Antimony
very well washed, common Lime wel
washed, the Calx of Vitriol, Gip,
the filings of Iron often sprinkled with
Rose Water or Plantain or the like,
and dried that it may be powdered:
the Scales and dross of Iron washed,
Lead burnt alone and washed, the
shells of any Creatures burnt & washed,
all which (except Iron and other astrin-
ents propounded) are applied out-
wardly either in the form of a Pouder,
or mingled with other more mild
Unguents. Hot Baths serve for ba-
things and to sit in.

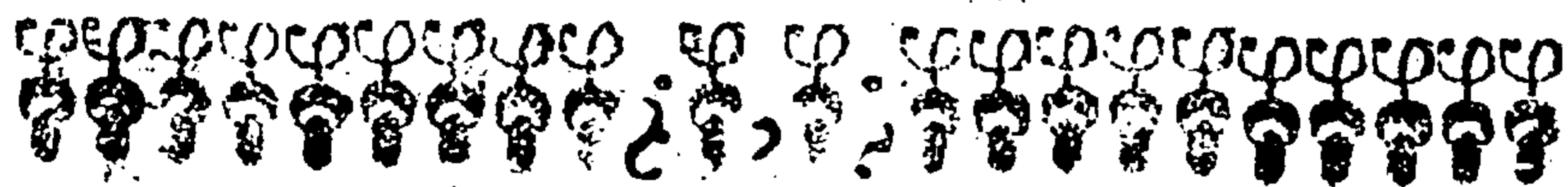
And these are most of them Medi-
caments that are easie to provide,
with which, in any part of the world,
and without the help of Apothecaries,
any kind of Disease may be cured.

The

The way, where there is need, to mingle these things readily without great provision of Instruments, is not dark to be understood, and collected out of what hath been said, and is scattered here and there through the whole Book.



FINIS.



HEALTH
 FOR THE
 RICH and POOR,
 BY
 D Y E T,
 Without
 PHYSICK.

By Nich. Culpeper, Student in
 Physick and Astrology.

L O N D O N:
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 of the Printing-Press in Corn-hil, near
 the Royal Exchange. 1656.



To the Reader.

EXcellent and true was that speech of Galen; plures Gula periere quam Gladio, the Throat destroies more than the Sword doth, excess in either meat or drink causeth Crudities; Crudities Sicknes, and Sicknes Death, and this is the absolute and indeed undeniable reason, (unless to such as wil carp at every thing) why so many are taken away in the prime of their youth, viz. Because they keep not a temperate Diet.

But this argument of the mischiefes intemperancy doth, though it be great, yet is it not the greatest, for then Death were the greatest of evils, but intemperancy not only causeth both a short and Sickly life here, but also by Crudities choakes the intellectual & Angellical part of man, wherby his Brains are made so muddy, that he is pro tempore made incapable of the understanding of what great things God, in his two Books, the Book of the Scripture, and the Book of the Creatures, hath left for him to know, and study after, al which may be remedied by a temperate Diet, or at the lowest a temperate Diet wil bring him into a way of remedying of, or a capability of studying a remedy for himself; for sobriety brings singular benefits both to the Bodies and minds

TO THE READER.

of men. If it give a quiet Serene Body, in respect of health, it must needs by consequence conduce to the attainment of Wisdom by contemplation, If it strengthen one part of man. It must needs strengthen all by the same rule, then look how much difference there is in purity, between Water which is clear, and Water which is muddy, so much and more too is there in a man, who keeps a temperate Diet, and one who obstructs his Brains by Crudities, life and health, strength of Body and mind, vertue the best of all wealth is that I here treat of, and not Toyes and Trifles, nor Priest-like, to tire out my thoughts and your Brains with a tale of a Cock and a Bul.

The reason of my pitching upon this Subject and laying by other weighty study which groan for a deliverance, is my own want of health at present writing hereof, If my want come through intemperancy which I am half afraid of, and it also make me unfit for study, Oh what a student would temperance make me, I confess I am only ambitious that way, and if I have done so much being in temperate. Oh! what may I do. If I now turn temperate.

Temperance is then a vertue and of this vertue I write, and that I may write in order, you shall find my discourse Marshallled into Chapters and treated of in this order.

1. What is meant by a sober Life.
2. Rules to find out the fit measure of meat and drink.
3. Objections

TO THE READER.

3. Objections Answered.
4. A temperate Diet frees from Diseases.
5. Aims the Body against accidents.
6. Resists Epidemical Diseases.
7. It makes mens Bodies fit for any Employment.
8. It makes Men live long.
9. It makes Men die without pain.
10. It maintains the senses in Vigor.
11. It mitigates passions and affections.
12. It preserves the memory.
13. It quickens the understanding.
14. It allayeth the heat of Lust.

These be the benefits to be discoursed of and the Lord assisting practised by.

Nich. Culpeper.

Come hitther friend and learn to bate
 Luxury; ere't be too late,
 If temperate, you nere need take
 Physick, but what Cooks do make,
 With long life you shal be blest,
 And in knowledge much encreast
 Such a sober soul can tel
 How to weare her Garment wel,
 Be hit temperate a while
 Thou shal see December Smile,
 Deckt with Flowers with Roses Croud,
 And throughout the world renornd,
 Then shal old Age unto thee
 A pleasure, and no burden be,
 Mark how the Devil is disturb'd
 To see thy Lusts and passions curb'd,
 Mark how the glorious Angels Sing,
 Infolding thee in Silver Wings,
 How they rejoyce and Sing, to see
 Thee tending temperate to he,
 Yea God himself from Heaven above
 Wil Showr down blessings, grace and love
 Upon thy Head and thou shal be
 Upon the Earth the only He,
 And at last when this life ends
 Thy Corps and Spirit part like friends.
 This same Book makes an Essay
 To lead thee in this lovely way

Ita Dixit

Nich Culpeper.



H E A L T H
 FOR THE
R I C H and **P O O R**,
 B Y
D Y E T, without **P H Y S I C K**.

Chap. 1.

What is meant by a sober Life.

1.

BY a sober Life, I intend such an exact quantity of meat and drink, as the Constitution of the Body allows of, in reference to the Services of the mind.

2.

I add [in reference to the Services of the Mind] because such as lead a studious Life, ought not to eat so much, as such as lead a laborious Life, their digestion being not so good, therefore their Meat ought to be less in quantity, and light of digestion.

3.

This exact proportion being found out both
 D according

according to quantity and quality, is to be kept in a constant measure.

4.

Although the Matter of this sober Life, or Diet, be mainly conversant about Meat and Drink; yet it forbids excess in all the other things, called, not Natural.

5.

This Measure in respect of Quantity, is not the same to all sorts of People, but very different, and that two waies.

1. In divers People.
2. In divers Ages.

6.

In divers People it is different, according to the Diversities of Complexions.

7.

It must be varied in one, and the same man two waies,

1. According to Age.
2. According to Strength.

8.

For Youth and Age require a different quantity; and so do such as are sick, and such as are in health.

9.

One Quantity is not convenient for Bodies of contrary Complexions; for that which is too much for a Flegmatick man, is not sufficient for one that is Chollerick; and the Reason is, Because the temper of the Stomach is different in all these cases. Now then to come a little closer home to the Point.

10. The

10.

The measure of Food, ought to be (as much as possible may be) exactly proportionable to the quality and condition of the Stomach, because it is the Office of the Stomach to digest it.

11.

And that quantity is exactly proportionable to the Stomach, which the Stomach is able perfectly to concoct and digest, and withal sufficeth the due nourishment of the Body differently, according to the employment either of Body or Mind.

12.

Hence then it appears, That a greater quantity of some Meats, is to be taken, than of other some, and that with regard to the person eating them alio: for some meats are more appropriated to one Stomach, than to another; and some Meats are lighter of digestion than others are.

13.

In such as exercise bodily Labors, the Faculties of the Body, are chiefly exercised, and a greater measure is requisite for them, than for such as only live studious lives, and exercise the Faculties of the Mind only.

14.

The Reason is cleer as the Sun; for the exercises, and employments of the Mind, hinder concoction, because they cal up the whol power of the Spirits to succor the Brain and Understanding.

15.

If Reason will not serve the turn, let us see

D 2

what

what Experience wil do. A man that is intent upon his study, regards neither what he sees nor hears, no, nor what his dearest Friends say to him; but answers either not at all, or not to the purpose.

16.

Therefore a little Food serves the turn of such as study, far less than for such a one as applies himself to bodily exercises, though equality of Age and Temper, might otherwise happily require equality of Diet.

17.

The Difficulty then lies, in finding out this exact Measure; and the ground of this Difficulty lies in Pleasure, which knows not the bounds of Necessity; for Lust knows not where Necessity ends.

18.

I shal conclude this Chapter with this Aphorism: He that desires a long Life, a healthful Body, a vigorous Mind, and to be acquainted with the wonderful Works of God in the Creation of the World; Let him labor in the first place, to bring his Appetite into subjection to Reason.

Chap.**Chap. 2.***Rules to find out the fit measure of
Meat and Drink.***R U L E, I.**

1.

IF thou takest so much Food at Meals as makes thee unfit for Study, and other Duties of the Mind, it is evident thou exceedest the due measure thou oughtest in Reason to keep.

2.

For both Nature and Reason teach, That the Vegetable part of man, which is that part upon which growth and conservation consists, should be so ordered, that it should give no offence, nor bring any damage to the Animal, and Reasonable part; for the one is ordained for the Service, not the destruction of the other.

3.

Now this is cleer, That all the offence that proceeds to the Brain (by way of Food I mean) ariseth from the abundance of Vapors that are sent up to the head; which either would not be at all, or else be pure, and not crude, if excess in Diet were avoided.

4.

Neither are those Vapors only, and immediately sent up from the Stomach, which if that were all, it were bad enough; but also from the

D 3

Liver

Liver and Spleen, which being overcloyed, in Concoction send up abundance of fuliginous, sooty Vapors to the head.

5.
On the contrary (for Phylosophers know that Contraries best discover one another) A sober Diet doth by little and little, diminish these Vapors, and in short time, reduceth them to their due proportion, both in quantity, and in quality.

6.
For when Nature is not burdened, she governs the Body perfectly, and so wisely orders and dispenseth al things, that neither Diseases arise in the Body, nor impediments in the Mind.

R U L E, II.

1.
If thou find a dulness, heaviness, and weariness after meat, it is a sign thou hast exceeded the due measure.

2.
For Meat and Drink ought to refresh the Body, and make it more cheerful, and not to dull and oppress it.

3.
If then thou findest these il Symptomes, consider diligently whether it come through superabundance of Meat or Drink, or both, and subtract accordingly: and do this by degrees also, till by little and little thou findest no longer any such inconveniences

4. For

4.
For these Symptomes proceed not from defect of Nourishment, as many Fools think; but from abundance of ill Humors.

5.
Videtur quod sic. Ill Humors stop the Muscles and Nerves, by which the Spirits have their passage; so that the Animal Spirits cannot govern and order the body as they would, and ought to do: Hence comes the Body to be dull and lumpish, because the Spirits are intercepted in their passage by the excess of ill humors.

R U L E III.

1.
We must not pass immediately from a disordered kind of life, to a strict and precise life; but subtract from the excess by little and little.

2.
Videtur quod sic. All sudden changes bring prejudice to Nature, though they be from bad to good; because Custom hath got strong possession over Nature, and must be outed by degrees.

3.
For as il custom came on step by step, so must it be left off step by step, that being not perceived in the progress, it may not be difficult in the performance.

D 4

R U L E

R U L E I V.

1.

Touching the Quality of the Food, there is no great care to be had, so that the Body be of a healthful Constitution, and find the Meat he eats do him no harm.

2.

For almost all sorts of Meats agree with healthful Constitutions, if the right Quantity be kept.

3.

All sorts of Foods must be avoided, whereby the Eater doth afterwards find prejudice, though they please his Taste never so much.

4.

It is best for Students to use a good quantity of Bread with their Meat, for the damage it brings may thereby in a great part be avoided; and indeed to have a great care of all Meats which they find to offend; for such cause Crudities, and by Crudities, cloudiness and dizziness of the Brain, Catarrhs, and distillations on the Lungs, Wind, Gripings, Gnawings, and Frettings of the Guts; and what a mad thing is it to buy these vile and fading pleasures of Gluttony, at the rate of so many, so great Inconveniences; and to please a liquorish appetite, enter into such a thraldom with Gluttony, as spoils both Spirit, Soul, and Body.

5.

Only take this Caution: When I say, Students ought carefully to avoid all Meats that offend

send, I do not intend, but that they may now and then eat a little of any Meats they desire; for oftentimes that which offends Nature, being taken in large quantities, benefits Nature, being taken in less proportions.

6.

Also take notice, That after this Diet is exactly obtained, Appetite will be so subservient to reason that it will require nothing but what Nature hath need of, it will desire as Nature desires.

7.

For ancient People, *Panada* made with Bread and flesh Broth, is most singular Food, and very light of Digestion; and now and then an Egg would not do amiss, and that for these Reasons,

1. They do not easily putrefie in the Stomach.
2. They breed very good blood.

R U L E V.

1.

Beware of variety of Meats, and such as are curiously and daintily dressed.

2.

Because they prolong the Appetite beyond the satisfaction of hunger and thirst, so that three or four times as much as would suffice Nature, is thrust in by liquorishness.

3.

Different Meats have different Natures, and several tempers, sometimes contrary; some are sooner

sooner digested, some later; whence ensue wonderful Crudities to the Stomach, nay, the whol Digestion is depraved.

R U L E VI.

1.

Keep as much as may be from the view of dainty Feasts and Banquets.

2.

The difficulty of keeping a just measure in Diet, proceeds from Appetite, and Appetite proceeds from Apprehension of the Fancy, which conceives Meats to be delightful and pleasant; which Fancy is stirred up by their sight and smell: the presence of every Object doth move the Fancy to what pertaineth to it self; so vain a thing is man.

3.

It is far more difficult to restrain the Appetite from good cheer when it is present, than from the desire of it when it is away. The like may be seen in the Objects of all the other Senses.

R U L E VII.

1.

Imagine the things whereunto Gluttony allures us, not to be as outwardly they appear, viz. Good, pleasant, savory, and delightful; but filthy, sordid, evil favored, and detestable, as indeed a little time after they wil appear.

2.

All things when they are resolved nto their Principles, shew themselves in their colors, what indeed

indeed they are, which before lay disguised under a gallant vail.

3.

The more any thing is delectable to Gluttony, the more abominable it proves, when 'tis concocted, and yields the more noisom smell, and this is the reason why such as fare hard, and work hard, have sweeter and pleasanter bodies than such as live idly, and fare deliciously, the perfume of their Garments excepted.



Chap. 3.

Certain Objections Answered.

Object. 1.

WHether this Measure and stint being once found out, ought to be altered, or not?

Answer. 1.

Winter requires something a larger quantity of Meat than Summer.

2.

Hot and dry Meats agree best with Winter, cold and moist with Summer.

3.

All this requires no such great scrupulosity; for 'tis an easie matter in Summer, to subtract a little from your Meat, and add to your Drink; and in Winter to subtract from your Drink, and add to your Meat.

4. Besides

4.

Besides: If such extraordinary curiosity were required, a man must alter his Diet, according as the Air alters in driness and moisture, which such as please may.

Object. 2.

Whether the daily Measure ought to be taken at one, or more times?

Answ. 1.

The Antients, who lived in hot Countries, took it all together, and that about three of the clock in the after noon.

2.

Weak Persons, and aged People, had better take it at twice, because small quantities suit best with weak digestions.

3.

Custom and Complexion must be heeded in this particular.

Object. 3.

This Stint, or set Measure, hath been condemned by many excellent Physitians.

Answ. 1.

Perhaps because it made the less work for them.

2.

It may be they quarrel only at the strictness of the Diet; which if that be all, we confess a man may casually sometimes exceed: when he hath

hath so, it's but fasting the next Meal, and all will be well again, provided it be not constant: what a piece of matter is it, when one hath eaten too much at Dinner, to forbear eating any Supper? or if too much at Supper, to avoid Dinner next day?

3.

We intend not such a small quantity as is insufficient to maintain Nature; but such as is most convenient and agreeable to the Stomach, and best conducing to health; and if this displease the Physitians, I shall not seek to please them.



Chap. 4.

A Temperate Diet frees from Diseases.

1.

It prevents Crudities, which is the Mother of Diseases.

2.

It so tempers the Humors (if there be such things in the Body of a healthful Man) and maintains them in equal proportion, that they offend not in quantity, nor quality.

3.

Where there is an agreeable proportionableness amongst those things which are commonly called

called Humors, there is no matter for a sickness to work upon; for the ground of Health lies in this, That the Humors be rightly and proportionably tempered in the Body.

4.

Experience teacheth, That such as keep a sober Diet, are very seldom, or never molested with Diseases; and if at any time they are surprized with a sickness, they bear it better, and recover it sooner than such whole Bodies are as full of ill Humors, as an Eg is full of Meat.

5.

The Reason is, Because all Diseases have their original from Repletion, *viz.* Taking more Meat and Drink than Nature requires, or the Stomach can well concoct.

6.

Excellently then said the wise man, Eccles. 37. *Many have perished by Surfets, but he that is temperate, shall prolong his life; and a little before, Be not greedy upon every dainty, and pour out thy self upon every meat, for in many meats there will be sickness.* Now a sober Diet prevents Crudities, and by consequence takes away the root of Diseases.

7.

That which we call Crudities, is the imperfect concoction of Food.

8.

When the Stomach, either through the over great quantity of Meats, or of their malignant quality, or of the variety of them taken at one time, or not a due space taken between Meals,
that

that the first may be concocted, ere you take in more: the Chyle made of such Meats must needs be crude, which causeth many Inconveniences, as,

1. It fills the Brain with Chollerick and Flegmatick Excrements.
2. It breeds Obstructions.
3. It corrupts the temper of the whole Body.
4. It fills the Veins with putrified Humors.

9.

If the Stomach make a corruption instead of a concoction, the Liver cannot turn that bad Chyle into good blood; for the second concoction cannot amend the faults committed in the first; nor the third, those in the second.

10.

Then from corrupted blood, must needs proceed corrupted Flesh; but by little and little, it putrefies, and breeds, first, Diseases; secondly, Death.

11.

Now then, a sober Diet causeth a good Chyle, such a one as is agreeable to Nature; from good Chyle, good Blood is bred; and from good Blood, proceedeth good Nourishment, and a good temper throughout the whole Body.

12.

Neither is this all the benefit of a sober Diet, (which if it were, it were worth the embracing) but also it consumeth the superfluous Humors that are already in the Body; and that more safely, more effectually, than bodily exercise doth, or can do.

13. For

13.

For Exercise confusedly stirs the Body, and that many times with much perturbation of the Humors, with much heat and hazard of sickness, with much pain and grief; but abstinence doth with ease and equality make a general evacuation.

14.

For it extenuates what is over thickened, opens what is closed, consumes what is superfluous, opens the passages of the Spirits, and makes the Spirits clear, and that without disturbance of the Humors, without fluxes and pain, without heating the Body, and hazard of Diseases, without expense of time, or neglect of other Employments.

15.

We deny not but Exercise may, nay, ought to be used in due time, and in due measure, a quarter of an hour before Meals, or so, to swing a weight, or swing your Arms about with a small weight in each hand, to leap, or the like; for this stirs the Muscles of the Breast.

Chap.



Chap. 5.

*A temperate Diet arms the Body
against external Accidents.*

1.

Those that have their Bodies free, and untainted, and the Humors well concocted, are not so easily hurt by heat, cold, or labor, and other the like inconveniences; as those whose Bodies are full of ill Humors.

2.

If at any time they are thereby prejudiced, they are much sooner and as much earlier cured.

3.

Also in wounds, dislocations and bruises, they are soon cured, because there are no ill Humors to flow to the place afflicted.

4.

For in all such cases, 'tis the Flux of Humors that causeth pain, corruption and inflammation &c. which are the things that hinder cure.

E

Chap.



Chap. 6.

A Temperate Diet resists Epidemical Diseases.

1.

All Epidemical Diseases, as such as are real Physitians know; proceed from the Air corrupted by planetary influence,

2.

The evil of the influence of the Planets, lies not in the Planets, but in our own Bodies, if there be no tinder there, you may knock the Flint and Steell together, til your Heartakes, before you can get the fire to take.

3.

If then your Bodies be kept cleer from corruption, by a temperate Diet, there is nothing for the Disease to work upon.



Chap. 7.

A sober Diet makes mens Bodies fit for any Employment.

1.

It makes the Body lightsome, fresh and Expedite

dite to all the motions thereunto appertaining.

2.

For, heaviness, dulness, and the like oppressions of nature, proceed from ill Humors, and ill Humors from ill Diet, whereby the Joynts and Ventricles of the Body are filled ful of superfluous moisture.

3.

Also that a sober Diet Cheers, and cleers the mind, is perspicuous; for ill Diet causeth ill Humors; ill Humors stop the passages of the Spirits, which a sober Diet in a smal time Remedies.

4.

Hence it is cleer, that in him that keeps a sober Diet, the concoction is perfect, good Blood bred; and of good Blood, good Spirits, free, lightsome and cleer: so that both agillity of Body and vigor of mind is thereby acquired.



Chap. 8.

A sober Diet makes Men live long.

A sober Diet, not only brings health of Body, and vigor of mind, both which are very desirable things, worth more than pence a piece: but also it gives long life to them that follow it, and glorifie God by it.

E 2

2. Infinite

2.

Infinite examples might be brought of this, I shall only quote one, which is *Galen*, who by keeping an orderly Diet, lived one hundred and twenty years, which in that hot Country, where he lived, was as great a wonder, as if he had lived two hundred yeers here,

3.

As for the influences of the Planets and their *Anareta*, they may go Shake their Eares; this life is something above their influence, for their influence is only upon the sensual part of man: but this life is rational and far above the Pitch of sensuallity.

4.

We might clear this a little further thus: we all know that there is a starry part within our Bodies, as wel as without, which mixing evil influence with that without, causeth Diseases; so that if the internal, celestial part were kept pure, there could be no more mixture with any external (*quo ad nos*) evil influence, than is between Oyl and water.

5.

This is the reason, such of old that led sober lives, were vertuous men & lived long; as *Socrates*, *Hippocrates*, *Paulus Æmilius*, *Augustus Cæsar*, &c. But such as were haters of a sober life, were sworn enemies to vertue, as *Caligula*, *Heliogabalus*, *Geta*, *Vitellius* &c.

6.

If any question a Cælestiall motion within us, answerable to the motion of the Heavens, let him

him but consider, that man is an exact Epitome of the Creation, and he is answered.

7.

Thus you see, a sober life mitigates evil influences of the Planets; and if so, then by the very same rules, it as much encreaseth the good; and this is a terrestiall Paradise to him that useth it, farr exceeding *Parkinsons* Garden of delight.

8.

Lastly, that this long life comes by the power of nature in a natural way, and not by any supernatural gift of God is cleer; because the Turkish Priests who Stick close to temperance live very long.

9.

I have a caution or two, to give, and an Objection to answer, before I conclude this Chapter.

10.

Capital Offenders, Murtherers and the like although they keep never so exact a Diet, seldom live long, because vengeance prosecuteth them, yet die they not by corruption of Body, but outward Violence.

11.

People extreamly addicted to lust, are seldom long lived, because nothing so exhausteth the Spirits, and best Juyce of the Body, as lust doth, not more weakens and overthrowes nature; yet this as we shall shew hereafter is much mitigated by a sober Diet.

E 3

12. But

12.

But some wil say, there are in the world which live to extream Old Age, yet keep no such Diet, but stuff themselves every day to the ful with meat and drink. To this I answer.

13.

1. This is rare: most Gluttons die before their time. And one Swallow makes not a Summer.

14.

2. If Irregular eaters and drinkers would observe a moderation, they would questionless live much longer and in better health.

15.

3. Their mind Suffers for it, though their Bodies do not, the whol force of Nature is, and must needs be Enthralled to the concoction and digestion of meats, from which, if it be drawn to the duty of contemplation, they either make but wooden work at that, or else their digestion faills them, and then Crudities of necessity follow.

16.

Their Heads by ill Diet, are ful fraught with Vapours, which cloud the mind, so that if they exercise their thoughts much, about any deep study, it causeth pain and griefe, so that although they do live long in Body, they live but little in understanding. And what is this more than to make thy Soul a slave to the Flesh, a Servant to his Vassal.

17.

Consider how ill such a life Suits with
Nature

Nature, much less with Christianity, whose happiness consists in mortifying the senses, and exercising the mind which is the better part of man.

18.

They that are of weakly Constitutions, if they live temperately are more secure touching health and prolonging of their lives, than those of the strongest constitutions are or can be, if they live intemperately.

19.

For the former have no ill moisture in their Bodies, or at least, not in such quantity as to breed Diseases, but the latter in some few years, must of necessity have their Bodies cloyed with ill Humors; which by little and little putrefying, do sooner or later break out into great and dangerous Diseases.

20.

I shall add but two Aphorisms from Galen and so conclude this Chapter.

They (saith he) who are weakly complexioned from their Mothers Womb, may by the help of that art, which prescribes the course of Diet, attain to extream Old Age, and that without diminution of senses, or Sicknes of Body.

21.

The last he quotes of himself.

As for my part (saith he) though I never had a healthful constitution of Body from my very Birth, yet by using a good Diet after the twenty eight year of my Age, I never fell into the least

E 4

Sickness

Sickness, unless now and then, into an one-day
Feaver taken by over-much weariness.



Chap. 9.

A sober Diet makes Men die without Pain.

1.

Let it not seem a miracle, that Spirit and Body
should part friends, and without pain or griefe,
for it may, by a sober life be brought to pass;
which is our task in this Chapter to prove,

2.

For in such, the bond that unites them is un-
loosed, not by any Violence used to Nature,
but by a Simple resolution, and Consumption
of Radical moisture.

3.

For as a burning Lamp may three waies be
extinguished.

1. By outward Violence, when it is Blown
out, or the like.
2. By pouring in so much Water, whereby
the Oyl is drowned.
3. When the Oyl it self is spent and consum-
ed.

Even so Mans life, which in this particular,
much resembles a Lamp, is three waies exting-
uished.

1. By

1. By external Violence, as the Sword, Bullet
Gallowes or the like.
2. By abundance of ill Humors; whereby
Radial moisture is first oppressed, Se-
condly over-thrown.
3. When the Radical Humors by long space
of time is quite consumed.

4.

In the first and second kinds of these deaths,
there is much disturbance of Nature, and so by
consequence much griefe and pain must needs
ensue; in regard, Radical moisture which is the
bond of Nature, is Violently assaulted and over-
thrown.

5.

In the third, must needs be very little pain or
none at al, in regard the bond of life is quite
wasted and dissolved by little and little: for as
Radical moisture wasteth by little and little, so
natural heat abateth in like manner, and the
moisture being spent, the heat is extinguished as
we see in Lamps.

6.

Now then to the purpose: by a temperate
Diet, evil Humors are prevented, neither is
Radical moisture overpressed, but Man lives til
Radical moisture and natural heat be both by
tract of time insensibly consumed, and Mans
wil to live, dies when his Spirit departs.

Chap.



Chap. 10.

A sober Diet maintains the senses in Vigour.

1.

Having shewed what benefits it brings to the Body, let us now rise a little higher, and shew some advantages, it brings to the mind.

2.

It administ'reth soundness and Vigour to the outward senses.

An example would not do amiss.

3.

The sight in antient Men is chiefly clouded, because the Optick Nerves are clouded with superfluous Humors and Vapors, whereby the Animal Spirits, which are Subservient to the sight, are either darkned or choaked in their progress.

4.

This impediment is taken away by sobriety in Diet, and avoiding such things as fill the head with fumes, strong Wines, thick Beer &c.

5.

The like we may say of hearing, by grosse Vapors that fall down to the Timpanum, or else fill the Nerve that is subservient to hearing, which is remedied by the same means, the former is especially

especially, if some Topical Remedies also be used, of which I commend a little Black Wool dipped in *Aqua vite* and wrung out hard, and the ear stopped with it.

6.

But I shal make this chiefly appear in the sense of tasting, which is chiefly afflicted by ill Humors, for if Chollerick or Salt Humors possess the Pallat, (whether they proceed from the Head or Stomach it matters not) all things taste bitter or Salt, then it is ill Humors afflict the sense, and may (as we have abundantly already proved) be remedied by a sober Diet.

7.

Also that a sober Diet mends the taste exceedingly, is thus proved, ordinary food, yea dry bread it self hath a better taste when real hunger calls for it, than the daintiest fare that can be imagined hath, when Gluttony calls for it.

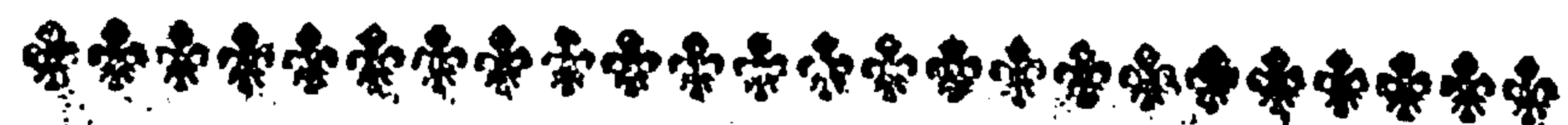
8.

For it is evil Juices that afflict the organ of the taste, that breed loathsomeness of good and wholesome Food, which being taken away, then appetite is, as it should be, and not til then.

9.

We wil grant, Old Age may abate the Vigor of the senses, especially of the Eyes and eares, as Radical moisture is by little and little consumed, but no otherwise, if the Diet be temperate.

Chap.



Chap. II.

A sober Diet Mitigates the Violence of Passions and Affections.

1.

It is a shameful thing for a Man to be angry, at the wagging of a Straw, to be a slave to Melancholly cares and fears, to make a God of ones Belly and a trade of Concupiscence.

2.

Neither is it only shameful (though one would think that were motive enough to make one leave it) but it is also.

1. An enemy to Vertue.
2. Contrary to health.
3. Opprobrious to good Men.

3.

A sober Diet with much ease Remedies all those mischiefs, partly by correcting, and partly by subtracting the Humors that cause them, and that evil Humors in the Body cause them, we shall easily prove.

5.

Such as are full of Chollerick Humors, are alwayes angry and rash; those that are full of Melancholly humors, are sad, pensive, full of griefes and fears: and if these Humors putrefie in the Brain; there follows frenzies and madnets, therefore

therefore the fault lies in the Humors.

6.

The affection of the mind follows the apprehension of the fancy; the apprehension of the fancy is conformable to the disposition of the Body, and the predominate Humors therein; and although Dr. Frimrose himself could scarce carp at such an Aphorism as this is, yet we wil for Illustration sake, cleer it in the next. Therefore consider.

7.

1. Chollerick Men dream of Fire, Burning, Fighting, Killing, &c.
2. Melancholly Men dream of Darkness, Fear, Funerals, evil Spirits, whatever they dream of, be sure Fear is at one end.
3. Flegmatick Men, dream of Rains, great Waters, Drownings, Shipwrack &c.
4. Sanguine Men dream of flying, Banqueting, Songs, and love matters.

7.

Dreams are nothing but the apprehensions of the Fancy, when the senses are asleep, so that it follows; that in waking, as well as sleeping, the Fancy apprehends things according to the predominate Humors, til it be corrected or otherwise directed by reason.

8.

You see then, that the excess of evil Humors perverts the natural condition and apprehension of the fancy, we shall shew you in a word or two, how it doth it.

9. Choller

9.
Choller in-as-much as it is extreme Bitter and therefore contrary to Nature, causeth other Mens words or Deeds, to seem to proceed from bitterness of Spirit against him; as though whatsoever was said or done, was intended against him with despite and injury.

10.
Because Choller is fiery and Impetuous, it makes the Aprehension swift and violent, and drives a Man to a speedy revenge of the evil, which he doth but suppose was done against him.

11.
The Melancholly Humor is heavy, cold and dry, Lumpish and sour, and alwaies (it abounding) Obnoxious to the heart: now by reason of its coldness and heaviness, it cannot incite a Man to the repulse of evil, as Choller doth, which is light and active, but possesseth a Man with feare and care, and desire of revenge.

12.
It were in vain to speak of the other complexions: a Man of any Brain may see it true in them also, let us see a little the evils they do to Men, and how they pervert the mind from vertue.

13.
Choller abounding makes Men angry, Rash, hasty, bold, quarrellsome, peevish, swearers, cursers, brawlers: hence comes fighting, killing wounding, one another &c. For drunken fraies come from the fury of Choller inflamed

flamed and set on fire by the Wine.

14.
Melancholly makes Men sad, faint-hearted Solitary, fearful, (subject to despair, and Madnes, if it posses the Brain, and sends up such filthy Vapours from the Hypochondria to the Brain, that it unfits a Man for any business.

15.
Flegm makes Men slow, sleepy, fearful, forgetful, unfit for any matter of consequence: for although this Humor be not so hurtful to the Body as Choller and Melancholly; yet is it more hurtful to the mind; for it duls the vigor of the Spirits, by its moisture, cloying the Brain and stopping their passages.

16.
Now a sober Diet doth in great part Remedy all these evils, abating them by little and little; Nature either consuming them within or driving them out by degrees; especially if she be helped a little by some proper Medicine.

17.
Besides all this, the whol temper of the Body is much corrected, there being a supply of pure and well tempered Blood without any crudities, or superfluous Humors, so that such as keep a sober Diet are calm, affable, courteous, cheerful, and moderate in all things, for the Benign Nourishment, which Nature works upon, causeth Benign affections throughout the Body.

18.
Besides all this, evil Humors do not only rise up

up passions and set them a work, but also themselves are set on fire and strengthened by the passions, and being thus kindled they add new strength to the passions and encrease them, for example.

19.

A Chollerick Man when he is angry, at a supposed injury, his anger so enflames the Humor, and the Humors so encrease the anger that he wil not suffer a friend to speak to him, though he loved him never so deerly.

20.

And in sighing, which by depression of the heart, emptieth it self of vital spirits, and hastens Consumption, the more a man sigheth, the more he desires to sigh.



Chap. 12.

A sober Diet preserveth the Memory.

1.

There is scarce any thing more desfireable to a student than a good memory.

2.

Memory is most commonly impeached by a cold Humor possessing the Brain, stopping the narrow passages of the Spirits, benumbing the Spirits themselves, whereby they become
flow

flow, weak and inconstant, and oftentimes fail a Man in the middest of his discourse; so that he knows not, what he said last, nor what he intended to say, but is fain to ask the standers by what the matter treated about was.

3.

This is caused three waies.

1. Because the animal Spirit, which the Phansie makes use of in remembering actions, is suddainly intercepted in her course, by some Flegmatick Humor, by which interception, apprehension ceaseth and consequently all remembrance.
2. In that the apprehension was feeble and without Reflexion, by reason of the poorness and unaptness of the Spirits; now apprehension without Reflexion cannot make any print for remembrance; for all remembrance is immediatly conversant about our own actions, and but mediately about discourse.
3. From the unaptness of the Spirits: for though there be a print or Foot-step of what was said or done, left; Sufficient on its own part; yet are the Spirits so Poor or impure, or hot that we cannot make use of them to find it out.

4.

Now this great and apparent evil is wonderfully both prevented before it come, and cured when it is come, by a sober and temperate Diet.

F

5. Let

5.
Let such as are so troubled, avoid excess of hot drinks and Wines which send up unwholsom Vapors, to the Brain, or if the coldness of their Stomachs require them, let them drink them in small quantities and presently after meals.

6.
For although the Wine it self be hot yet it breeds cold Diseases, viz. Distillations on the Lungs, Coughs, Appoplexies Palsies &c. And the reason is, because it fills the Head with Vapors which the Brain cools and congeals into cold Flegm, which is the cause of these evils.

7.
Let such, as much as may be, keep themselves to a dry Diet, and avoid moist meats, for so moist Humors wil not be bred, or being bred, wil in short time be consumed, and the passages of the Spirits made free, and the Brain reduced to its natural temper.



Chap. 13.

A sober Diet helps the Understanding.

1.
O yes! Every one that delight in Vigor of wit, in studying, reasoning, finding out, and judging

judging of things, as also to Lead such a life, as he may be fit for communication with holy Angels, let him read dilligently this Chapter.

2.
Would you be watchful, provident, circumspect, of a good forecast, of a sound Judgment, able to give good counsel, able to comprehend any study, to grow excellent in what you undertake; come hither, this is the way.

3.
By this means the holy men of Old came to be familiar with God, were adorned with the gifts of prophesie and wrought miracles, and became admirable to the world.

4.
For by a sober Diet, cleansing their Bodies from impurities, and having alwaies their minds lifted up to God, admiring him in his works, God vouchsafed to come down to them, illuminating them wonderfully according to Psal. 34. They had an Eye unto him and were enlightened.

5.
Such it is that God makes partakers of his secrets, and instruments of his marvellous works, to the Sons of men, that so the world may know, how acceptable such a kind of life is to God.

6.
Let me not be mistaken, I do not say a sober Diet causeth these wonderful revelations of God to the sons of men, but this I say, and am able to prove it, when I have done, It re-

moveth the impediments that hinder.

7.

For a spiritual progress depends much upon the use of the understanding, we cannot love any good thing nor profit in the love of it, nor hate any evil thing nor increase in the hatred of it, unless it be proposed to be good or evil by the understanding, that so it may move the affections, so that corruption of the understanding is many times the reason why men call good evil, and evil good, at all times the reason of mistaking an apparent good for a real.

8.

By all which it appears, that those things which hinder the functions of the mind or obscure them, or make them difficult and irksome, are. The things which in deed and truth debarrs us, not only from attaining any great perfection in all natural Arts, but also from spiritualizing those we have.

9.

All these which we have already, often shewed before, proceed from natural afflictions of the Brain, and may be remedied by a set and sober Diet.

10.

Neither doth a sober Diet only take away the impediments of speculation, but also administers very many necessary helps to it, *viz.*

1. Good Blood.
2. Pure and well tempered Spirits.
3. An equal and well tempered Brain.

Then

11.

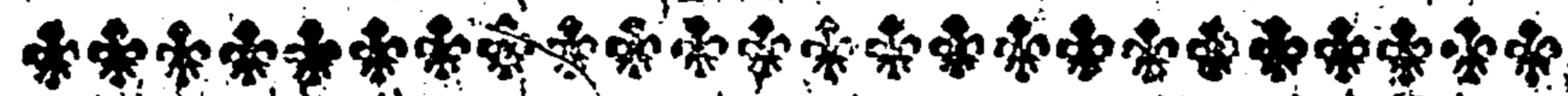
Then consider, the benefits this sober Diet brings to a man, are so great and of so high a Nature, that I am not able to conceive them in my mind, much less to express them by writing. I must be contented at present to give you only a glimpse of them.

1. Even in old Age the mind is cheery, expedite and vigorous in all the employments thereof.
2. By long experience of a fore past Age, the vanity of the world the more appears, and by appearing, becomes the more contemptible.
3. Heavenly matters relish better, when earthly are despised.
4. Eternity which hangs over our Heads, is alwaies before our Eyes, and calls upon us to make preparation for it.
5. We reap the sweet fruit of all the good we have gotten from our youth up til that time.
6. Divine meditations are pleasant, because affections and perturbations of the mind are calmed.
7. Their minds are fit to receive divine inspirations and revelations and alwaies to fit.

12.

A long life is little worth and of small advantage, if it be spent in the service of the world, such as live like beasts, in this world, when they are dead, their names shall be written in the Earth.

CHAP.



Chap. 14.

A sober Diet allayeth the heat of Lust.

1.

Lust is the Mother of sin, the Devil the father, and mans heart the Womb, in which it is conceived.

2.

A man may easily perceive in himself a Lust to sin, before it break forth into act, and I once thought it the highest Pitch of Christianity, or at least the greatest strength of a Christian in this world to anticipate between the Lust to the act and the acting of the thing lusted after.

3.

But now the Eyes of my understanding growing purer. I see the lusting after sin may be much quelled though not quite allayed, so long as we bear this Body of sin about us.

4.

That this may be methodically shewed I shal instance in one Lust, which is not a little destructive to Nature, and leave that as an example for all the rest, It is Concupiscence.

5.

A sober Diet much allayes the temptations of the

the Flesh, and brings much tranquillity both to Flesh and Spirit.

Sine Cerere et libero friget Venus.

Stuff not your Guts with Flesh and Wine.
And lustful Venus Soon wil pine.

6.

Sobriety takes away not only the matter it self, but also the impulsive and exciting causes to venery.

7.

The matter of lust is the abundance of Seed. The impulsive cause, is the store of animal Spirits, whereby the Seed is expelled.

The exciting cause is the imagination of lustful matters.

8.

This imagination first stirs up the Concupiscence and that straight-waies stirs up the Spirits to expulsion, which presently accomplish the thing, except the will restrain it, under this combate do those chiefly lie, who are in the Flower of their Age, and strenght of Nature, though sometimes the Proverb be true, Old Rats love Cheese.

9.

Now a sober Diet doth substract both from the matter and from the impulsive cause, for it maketh an abatement by degrees both of the quantity and heat of the Seed, and diminisheth the store and fieryness of the Spirits, and when the

the Seed and Spirits are abated, and tempered: lustful imaginations cease of their own accord, or if they do rise, they are easily quelled.

10.

It is in vain to Object to me what lustful thoughts either to this or any other sin, the Devil may cast into the heart, for if there be no corruption in the Body answerable to his temptation, he had as good be quiet and keep his breath to cool his portage.

11.

As for lustful imaginations they spring from the mind by a kind of sympathy which it hath with the disposition of the Body, by reason of the predominate Humors therein contained, as we have at large shewed before.

12.

For proof of this: if so clear a thing need proof, that such as have followed sobriety, have for the most part been freed from such imaginations, or temptations, let none go about to disprove it without a years experience.

13.

If there be not store of these causes laid up before hand in the Body, sobriety easily preventeth their growth, because he eats and drinks no more than Nature requires to sustain the Body, and to be sure she wil look to that in the first place.

14.

The way then to measure the quantity aright is to measure it by reason, not by appetite, for appetite is deceitful, and I shall tel you why,

15. Appetite



M^R CULPEPER'S GHOST,

Giving Seasonable
ADVICE to the LOVERS
OF HIS
WRITINGS.

Before which is prefixed,
Mrs. Culpepers *EPISTLE*
in Vindication of her Husband's
Reputation.

L O N D O N:

Printed for Peter Cole, and are to be sold at his Shop,
at the sign of the Printing-Press in Corn-hil,
near the Royal Exchange. 1656.



Mrs. Culpepers EPISTLE
 I N
 VINDICATION
 of her Husbands
 REPUTATION.

Courteous Reader,



O great are the Afflictions wherewith our
 Heavenly Father hath been pleased to exer-
 cise me his poor Hand-maid, that I have not
 only lived to see my dear Husband, (the Stay
 and Solace of my Life) taken from me: but
 it hath been my hard hap also to see his Re-
 putation, and Memory (which will be dear
 to all Posterity, for the works he hath written for the Common
 Good of this Nation) blemished, and Eclipsed, by the covetous
 and unjust Forgeries of one, who, though he calls himself Na-
 thaniel, is far from being an Israelite in whom there is no guile;
 who was not content to publish a Hodg-podg of indigested Col-
 lections, and Observations of my dear Husband deceased, under
 the Title of Culpeper's last Legacy; but to make the Deceit more
 taking, he steeled his Forehead so far, and brased it so hard, as
 not to be ashamed to forge two Epistles, one in mine, and the
 other in my Husbands Name; of the penning of which, he nor I
 never so much as dream'd: And yet he impudently affirmeth in
 my Name, that my Husband Laid a severe Injunction on me
 to publish them for the general Good, after his decease; and

Mris. Culpepers Epistle, in

that they are his last Experiences in Physick and Chyrurgery. And in the Title of his Book, he saith, They are the choycest, and most profitable Secrets, resolved never to be published till after his Death. All which Expressions in the Title and Epistles, are as false as the Father of Lyes; and every word in them, forged and feigned. And he knew well enough, that no discreet, honest man, that was a friend to my Husband, or me, would ever have agreed to such infamous and dishonest Practices; and therefore I desire all Courteous Readers of the writings of my Husband, to take notice of this Deceit, and to assure themselves that it never entred into his head, to publish such an undigested Gallimoffery, under the promising and solemn Name of his Last Legacy, and that whereby he gained his Reputation in the World, as the Imposter makes him speak in his forged Epistle. And I desire any indifferent Reader, that hath observed my Husbonds lofty, and Masculine manner of expressing himself in his Prefaces, and Epistles; Dedicatory, whether in case he had been minded or disposed to take so solemn a farewell of the world, as the Forger makes him to do; whether, I say, he would have done it in such a whining fashion, and so in the Stile of a Ballad-maker, as to say, And now, if it please Heaven to put a period to my Life, and Studies, that I must bid all things under the Sun farewell: Farewel to my dear Wife and Child, farewell Arts and Sciences, farewell all worldly Glories, adieu Readers. Certainly my Husband would have been far more serious, and material, in such a case, as any discreet man will judge. Neither can it be thought, that in such a solemn Valediction, he could possibly forget his wonted respects to the Colledg of Doctors, to whom he did so frequently address himself, in divers of his writings.

Courteous Readers, I shall say no more touching the abuse of the Book-seller, only to prevent (as much as concerns me) thy being abused for the future, know, That my Husband left seventy-nine Books of his own making, or Translating, in my hands, and "I have deposited them into the hands of his, and my much Honored Friend, Mr. Peter Cole, Book-seller, at the Printing-Press, neer the Royal Exchange (for the good of my Child) from whom thou mayest expect to receive in Print, such of them as shall be thought fit to serve thee in due season, without any Disguises or Forgeries, unto which I do hereby give my attestation. Also my Husband left seventeen Books compleatly perfected,

in

Vindication of her Husband's Reputation.

in the hands of the said Mr. Cole, for which he paid my Husband in his life-time: And Mr. Cole is ready and willing (on any good occasion) to shew any of the said seventy nine Books, or the seventeen, to such as doubt thereof.

And if any Person shall question the Truth of any part of this Vindication, or Epistle; if they will take the pains to come to me, I will face to face, justify the truth of every word thereof, as I have subscribed my Hand thereunto in the presence of many witnesses.

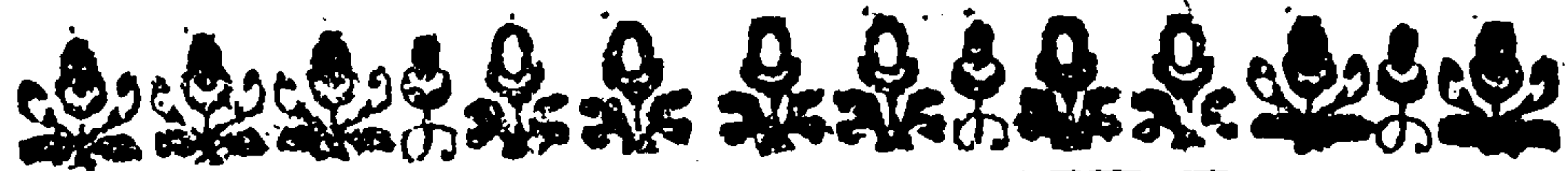
I profess in the Presence of the great God, the Searcher of all hearts, before whom Mr. Brooks and I must one day give an account of all our Actions; That I have not published this Epistle or Vindication, out of any dis-respect to Mr. Brooks (for I much respect the man, and would be glad to serve him to my power) but only to clear my Husband from the folly and weakness cast upon him by the means above expressed. And out of tenderness to Mr. Brooks, I first tried other means of keeping; and afterwards of repairing my Husbonds Credit, and then stayed long to see if he would repair (in any measure) the wrong done to my Husband, and my self. I desire to be

From my House,
next door to the
Red Lyon in
Spittle-fields,
October, 18.
1655.

Your Servant (in,
and for the Truth)

Alice Culpeper.

Mris. Culpeper did the 18. of October, subscribe this Epistle in Vindication of her Husband's Reputation, before Ten Witnesses, as she had done another Epistle on the ninth of October, almost in the same words with this, except neer the Conclusion.



The Printer to the Reader.

Courteous Reader,

*T*hough that Ingenious and Active, Charitable Soul or Ghost of Dr. Culpeper, hath left this World; yet Care of his Friends, and such as have been, or are his Schollers, (for being dead, he Teacheth in the never-dying Monuments of his Learning, Wit, Industry, and Humanity; I mean his Writings) hath not left his Soul, as appears by this following Discourse. Whether any person brought it from the Elysian Fields (where it seems by this Relation, his Ghost at present is) or whether he delivered all this in an Apparition; or whether Spirits can write, and so he wrote it to some Friend of his, that will not be known, for fear he should be counted a Conjuror, and one that had familiarity with Spirits? I will not determine. Perhaps his

The Printer to the Reader.

his good Angel might receive it from him, and discover it to the Good Angel of his Wife, or Dr. Harrington, and the one or other of them, receiving it from their Tutelary Angel, might privately communicate the same to some Friends for fear of the ill Speeches of People. However, being it hath been my good hap to get a Copy (though it may be, not so perfect as were to be wished, for the Connexion seems in some places faulty, and sometimes the Ghost speaks as to one, and other whiles as to many; sometimes as to a Messenger that should carry word to his Friends, and sometimes as if himself were present, speaking to them) I could not be so forgetful of my old Friend, and unfaithful to thee, whom I take to be his Friend, as to let it sleep in Oblivion, and miss of the good, that Charitable Soul intended thee by it. Such a Comportance would not at all have become that Man, who is, and professeth himself to be

Thy Real Friend
to his Power,

PETER COLE.



The Names of Mr. Culpepers eight several Books
of Physick, that thou art advised in
this Discourse to buy.

1 The *Practise of Physick*, containing seventeen several Books. Wherein is plainly set forth, The *Nature, Cause, Differences*, and Several Sorts of *Signs*; Together with the *Cure* of all Diseases in the Body of Man. Being chiefly a Translation of the *The Works* of that Learned and Renowned Doctor, *Lazarus Rivevius*, Now living; Councillor and Physician to the present King of *France*. Above fifteen thousand of the said Books in Latin have been Sold in a very few Yeers, having been eight times printed, though al the former Impressions wanted the *Nature, Causes, Signs*, and *Differences* of the Diseases, and had only the Medicines for the *Cure* of them; as plainly appears by the Authors Epistle.

2 The *Anatomy of the Body of Man*, Wherein is exactly described, the several parts of the Body of Man, illustrated with very many larger Brass Plates than ever was in English before.

3 A Translation of the *New Dispensatory*, made by the Colledg of Physicians of *London*. Whereunto is added, The

Key to *Galen's Method of Physick*

4 The *English Physician Enlarged*; being an *Astrological Physical* Discourse of the vulgar Herbs of this Nation; wherein is shewed how to cure a mans self of most Diseases incident to Mans Body, with such things as grow in *England*, and for three pence charge. Also in the same Book is shewed, The time of gathering al Herbs, both Vulgarly & Astrologically. 2 The way of drying, and keeping them and their Juyces. 3 The way of making & keeping al manner of useful Compounds, made of those Herbs

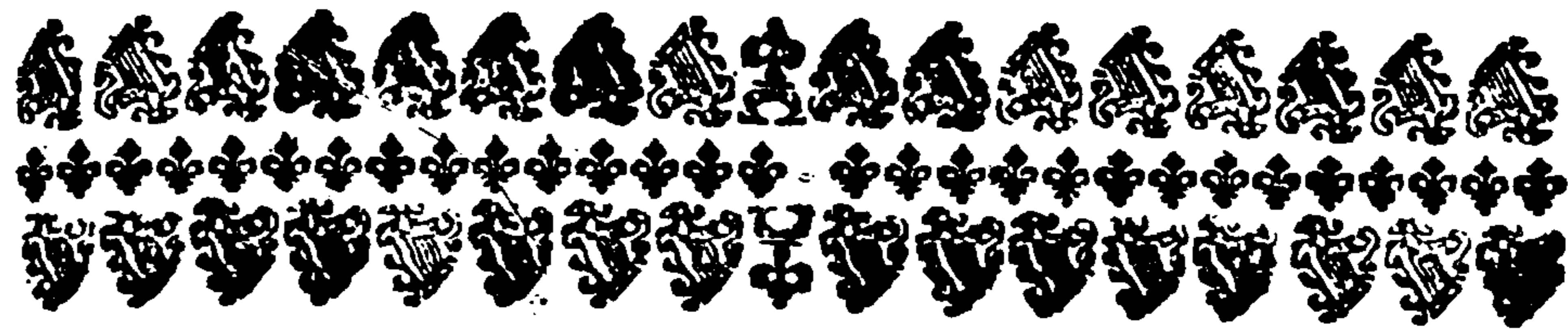
5 A *Directory for Midwives*, or a *Guide for Women*. Newly enlarged by the Author in every sheet, and Illustrated with divers new Plates.

6 *Galen's Art of Physick*, with a large Comment.

7 A *New Method* both of studying and practising Physick.

8 A *Treatise of the Rickets*, being a Disease common to Children; wherein is shewed,

1 The Essence, 2 The Causes, 3 The Signs, 4 The Remedies of the Disease.



M^R CULPEPER'S GHOST,

Giving Seasonable
ADVICE to the LOVERS
OF HIS
WRITINGS.



Do most seriously and heartily Advise all my loving Friends, that accept kindly of my Labors and Endeavors, and delight in the *Studies of Physick* in their Mother Tongue, that they would *make Hay while the Sun shines*, viz. Whiles the Liberties of a free *Common-wealth* last among them.

B

For

For let them assure themselves, That (if ever God, for their *Unthankfulness*, and *Unworthy Walking* under his Mercies) shall cast again the *Tyrannical Yoke* of *King-ship* upon the Neck of the *English Nation*, they will be deprived of all those *blessed Opportunities* they now enjoy, to improve their Understandings in this *Art*. For *King-ship*, (like the *Devil* cast out) will returning, bring SEVEN DEVILS worse than it self, and the *Bondage* of the Nation will be worse than ever, and ten-fold more *Ægyptian*. And as the *Tyranny* of *King-ship* hath alwaies been, and ever will be, attended with a *Luxurious* and *debauched Court*; so will the *Debaucheries* be encreased *seven fold* by the Intigation of those *seven* other Devils. And then (*Friends*) the prime *Factors* of *Physick*, of the *Monopolizing upstart London Colledg*, will be called to *secret Court-Ministries*, and to be of the *Cabinet Council* of some *Court-Nimrods*, sick of such Diseases that punish, as well by the *shame*, as *pain* which attends them. Then will the *Factors* of *Physick* so employed, dare without much *blushing* to beseech their *Debauched* and *Frenchified* Lordships, to become earnest Solicitors to the *Kings most Excellent Majestie*; that for the *Profit* of his Majesties Realms, undone by *Knowledg*, and to en-

crease

crease the *Gain* of the *Colledg Factors*, that they may be able to attend the *Court*, when called, in a *splendid Equipage*; and as a remuneration of their *Fidelity* and *secrecy* in their *Court Services*; That all *Books* of *Physick* in the *English Tongue*, may by exprefs and speedy Order of his most excellent Majesty, be burnt by the Hand of the *Hang-man* at the usual places of such *Martyrdoms*, but especially at the *Royal Exchange*, over against *Pestilent Peters* own Shop; and that all Persons be enjoined from *City* and *Country* to bring in all their *Physick Books* to the *Colledg* at *Amen-Corner*; and that all *Chyrurgeons*, *Countrie Practitioners*, *Apothecaries*, *Gentlemen*, and *Ladies*, may be strictly enjoined under a severe Penalty to be expressed, to blot out of their *Remembrance* all the *Knowledg* of *Physick* gained from such Books, and never to think thereof, so much as in a *Dream*; and that all sick Persons may be enjoined from all Parts of the Nation, and from aboard the Ships of the *Commonwealth*, to repair in Person, or by their Agents, with their Waters, to the *Colledg* of *London* for *Physick*, just as they do to *Westminster* for *Law* (for if his Majesty please, they may do one as well as the other) and that it may be a *Star Chamber Case*, for any

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man

man to print and publish such Books, or to read and inform themselves thereby.

Now their *Lordships* must be Judges in the *Star-Chamber*, and they will be zealous in this Cause so neerly concerning their private Friends, the *Colledg Factors*, who had lately healed them from those *Brandmarks* made with a BURNING-HOT-MISTRIS, which they received by Sentence given against their *Lordships* in the Court of *Sun-Chamber* in Heaven; not upon their *Cheeks*, *Foreheads*, or *Ears*, where their *Lordships* were wont to brand men, but upon their **PRIAPEIAN UTENSILES**, for the sweet Sin of *Lechery*, the Fruit of their *Tyrannical Pride* and *Luxurie*. Think (*Friends*) how the poor Printers, and Publishers of *Physick Books* in the *English Tongue*, wil be Sentenced by their *Frenchified Lordships*, assure your selves the Censures of *Laton*, *Prin*, *Bastwick*, and *Burton*, were but Fleabittings to the Penalties that shal be decreed by that *High Court*, against such heinous offenders against the *Crown* and *Dignity* of the *Colledg*. A word to the wise is sufficient, Buy these * *Books* while you can get them, study them wel, and keep them warily when you have

* The Names of the Books I advise you to buy, thou mayest find after the end of the Epistle to this Discourse,

have them, and by this means you wil cause more to be published in this kind, and likewise by great dispersion of *Copies* far & wide transmit this knowledg to al your posterity, *Maugre* the *Beards* of al future *Tyrants*, and their *Factors* of *Physick*. And I would have my Country-men to be very thankful to *Almighty God* for the present *Liberty* of the *Nation*, and to pray continually for their *Sober*, *Honest*, and *Generous Governors*, that care not to oblige any *Man* or *Fraternity* of men, by *unrighteous* and *wicked Acts*, which highly disoblige the *Commonwealth*. And (*Freinds*) if any of the *Colledg* cry down the *Authors* by me Published, and I hear some are so impudent as to disparage *Riverius* (which is al one, as if a *Civilian* should through dirt in the Face of *Justinian*) Laugh at them and Pity them (for it is the last Game they have to play) but beleve them not; know rather assuredly, that in the Books by me composed or translated, the principal of which is the renowned *Riverius* (since my unbodying, compleatly published) there are the best *Rules* of *Physick* in a *Galenical* way that are, or ever wil be extant, for we know what those *Principles* can produce. And as for *Chymistry*, of which I had a mighty high opinion in my *Life* time:

time: I must confess, though I stil acknowledge the Art to be very ingenious and useful, to search into the Mysteries of Nature, and the best key of *Natural Philosophy*, & that by help thereof some very useful Medicaments are daily made, as my *Aurum Potabile*, of which I left a Treatise; yet I do now much doubt whether a General supply of Medicaments for all Cases obvious in Practice, can by *Chymistrie* be afforded better than the often-approved and by experience confirmed *Galenical* and *Hippocratical* Remedies. The occasion that made me first incline to this opinion, was thus. I met here in the *Elysian Fields* accidentally with *Factor Wright junior*, who first lived with *Doctor Flud* in *Fan-church street*, being a Youth and gave out his Physick (as his *House-Apothecary*) who told me that his *Mr. Flud*, though a *Trismegistian-Platonick-Rosy-crucian Doctor*, gave his Patients the same kind of *Galenical Medicaments*, which other Physicians in the Town ordinarily appointed, and when himself was sick, he had no *Chymical Elixars* or *Quintessential Extracts* to relie upon, but after he had caused himself to be let blood (an ordinary *Galenical Remedy*) he sent for *Doctor Gulstone*, & relied upon his advise for the Cure of his

Disease,

disease, who was a *pure Galenist*. And I wel remember in one of his Folio Books treating of Preservation of Health, his only Physick he recommends, is a *Mastic Pill*, with a drop of *Oyl of Time*, than which the Apothecaries Shop knows no more common Medicine. And therefore he being so great, and so sublime a *Doctor*, as to have written many Volums in Folio, full of *Mathematical, Mystagogical, Chymical-Rosicrucian Speculations*, which Books are highly esteemed by many beyond Seas, and by some at home: If all his Skill in *Chymistry* (of which the *Rosie-Crucian Seraphical illuminated Fraternity*, are the chief Masters) or other *Mysterious Arts*, had furnished him with any more effectual Medicaments than the *Galenical*, such as are in the *London Dispensatory*, I cannot doubt but he would have used them, if not for Conscience sake, yet for to advance his Reputation, by the *quickness, safeness, and pleasuriness* of the Cure, which is that the *Chymists* boast of. After the forefaid Relation of *Factor Wright Junior*, I happened to meet with *Old Dr. Flud*, walking very musfully, and communicating with the Ghosts of *Raimundus Lullius*, and *Van Helmont*: I took old *Dr. Flud* aside, and asked him if the Relation of his Servant

Robert Wright were true. Hereupon the old man ingenuously confessed the thing, and said there were no better Medicaments in the whol world than the Galenical; and so left me to return to his Company, they being (as I over heard) in a great Dispute about the *Weapon-Salve*, and plotting together about a rare Invention, viz. How to invent an *Universal Magnetick Medicine* for Feavers, which being put into the *Urine* of a *sick Patient*, the quantity of a few drops, should *Sympathetically* work the same Operation in the Cure of the Feaver, as the *Weapon-salve* being anointed upon the *Weapon*, does upon the wound. For Dr. Flud said, if the *Spirits* in the *Blood* sticking upon a *Sword*, when it is anointed, do by *Sympathy* fly unto the *Body* whence they came, and carry along with them the vertue of the *Salve*, as I have cleerly demonstrated in my *Book* against *Hoplocrisma-spongos*, or my *Squeezing of Parson Fosters Spunge*: why may not the vertues of a *Magnetick Medicament*, dropped into the *Patients Urine*, especially the *Urine* remaining warm, be carried into the inmost *Bowels* of the *Body*, especially the *Liver, Spleen, Kidneys, and Bladder*, by the *Spirits* of those parts which came away in the *Urine*, and when the

Urine

Urine becomes cold; do retire into the *Body* whence they came, by a *Vertual Attraction* caused by the *Emanation* of the *invisible Atomes* that come from those parts in the *sick Body*, through the *air* into the *chamber-pot* or *Urinal*, to visit their fellow *Spirits* there imprisoned. Truly (replied *Van Helmont*) this may very well be done; for the *Fermentative Odor* of the *Gas Aquæ* in conjunction with the *Blas Metecron*, impregnated with the *Magnum Opertet*, which lies rivetted in the *Centre* of the *Magnetick Spirit*, dropped into the *Urine*, may in a moment, and like *Lightening*, penetrate the *sick Patient*, and meeting with the *Faber Archeus* (who is now so enraged, and blows his *Bellows* with such *Eedlam* fury, that all his stop is a fire about his *Ears*) so charm and pacifie him, and pierce into the *Individual punctuality* of his *Central Essence*, so tickle him (as men are wont to tickle the *Trouts*, and other *Fish*, when they intend with their hands to throw them out of the *Water*) that he shall become as gentle as a *Lamb*, and recovering his wits, quench the fire he hath made, and put all in *Tune* again. This was the *Discourse* of these three *Chymical Grandees*, but they could not well agree; for *Raimundus Lullius*, and *Dr. Flud* varied from *Min Heere Van Helmont* (who said they were

were

were not *Adetti*) so that they agreed to chuse Arbitrators; *Raimund* and *Robert* chose *Trismegistus*, and *John Baptist* chose *Paracelsus*: But what was the Conclusion of this Consult, I have not yet learned. And so farewell. Hola! Doest thou hear Friend, I will tell thee a Tale before thou go, which will confirm what I formerly said. Word is newly come to the *Elysian Fields*, that a Learned *Doctor* and *Factor* of *Physick*, independent upon the *Colledg* of *London*, was lately dealt with by a *Pragmatick Colledg Factor*, who would needs persuade him to come into the *Colledg*. But the said *Independent Factor*, said to the *Presbiterian*, or *Colledg Factor*, That he knew no reason why he should desire to be of the *Colledg*, but divers against it, as loss of his *Liberty* in many respects, and being subjected and made inferior to those that are his *Inferiors* in *standing* in the *University*, and perhaps in all other things save *Mountebankry*, &c. subjoyning, that to seek a thing out of design of advancing a *Mans self*, which will really debase him, is the greatest Folly in the world. To which the *Presbiterian*, or *Colledg Factor* answered, You had best for all that joyn your self to the *Colledg*, because

YOU KNOW NOT WHAT TIMES
ARE

ARE COMING: Intimating that he the said *Colledg Factor*, hath hopes that *Kingly Tyranny* shall be restored, and that the *Illegal* and *Tyrannical Usurpation* of the *Monopolizing Colledg* (who since the *Commonwealth* hath been established in opposition to *Kingship*, have drawn in their *Horns*) shall again flourish, and play *Rex*, as in daies of old, when they had the *Impudence* to afflict by *Imprisonment*, and other waies, men as well *Educated*, and as *Learned* as themselves (contrary to their *Charter*, which gives them no power derogating from, and annulling the ancient *Priviledg* of *Oxford*, and *Cambridg*, and other *Universities*, which *Authorize* men to *Practice* in all *Christendom*) because they would not bow the *Knee* to *Haman* that sate in the *Kings Gate*, nor submit themselves and the *Dignity* of the *Universities* to the *Monopolizing Conventicle* at *Amen Corner*, so as to become their *Subjects*, and *Vassels* to their *Usurped Prerogative*. And since that, a *Reverend old Colledg Factor* who by *Practice* of *Physick* &c. hath scraped together a *BARONS Estate*, & may likely be a *Star-chamber Lord*, when the *Tyranny* is restored, told one that brought an *English Physick Book* to him to *Licence*, that he would neither *Approve* nor *Licence* it, but

THE

THE TIME WAS COMING, THAT A COURSE SHOULD BE TAKEN AGAINST AL SUCH BOOKS AS THOSE. Remember this story *Country men*, and pray for the Continuance of your *Liberties* and the *just Mannagers* of the same, for with the revival and reduction of *Kingly Tyranny*, by a necessary and Natural consequence, *Lords Tyranny*, *Bishops Tyranny*, *Star-chamber Tyranny*, *Courts of Honour* and of *Amen Corner &c.* wil revive and shew themselves as *Brisk as Body-Lice*. Farewel.

Hola! one word more. Good honest freind commend me heartily to the *Author* of that *Epigram* Printed with *Riverius*, at the end of his *Epistle*, and thank him for informing me what a *Doctor of Physick* is indeed and *intruth*, and what a *meer.Factor* of Physick. I confesse I never considered how that *FACERE MEDICINAM* isto practice *Physick*; and *DOCTOR* and *QUI DOCET* are *Convertible* terms of the same *Synonymal* import: and that a Man can be no more a *Doctor* without *Disciples* or *Scholars* then a *Father* without *Children*, a *Master* without *Servants*, or a *Prince* without *Subjects*. Whereas he that teaches any Art is a *Doctor* of that Art in spight of al that al the *Colledges* in the world shal be able so say or do to the daies

daies of *Eternity*, unless they can bereave men of their *understandings*, and change the *common Speech* of *Man-kind*. So that a Man may be a *Doctor* or *Teacher* of *Physick* and no *Factor* or *Practiser*; or a *Practiser*, or *Factor* (which is the true word) and no *Teacher* thereof; or he may be both a *Teacher* and *Factor*, as I was when I lived in the *Body*. And verily it is a most ridiculous thing, that he which intends onely to Practise the *Art* of *Healing*, should not think himself qualified thereunto until with much *Labor* and *expencc* he has purchased the idle name of a *Teacher* of *Physick*: as if a *Barrister* or *Counciller* at Law, should not think himself fitly qualified to plead at the *Bar*, unless he should with great travil and expence at *Court* procure himself the *Empty name* of a *Judg*, or a *Doctor of the Laws of England*. I confesse I am fully inlightened and convinced in this point, and if I were to live again in your world, I would write my self *Doctor of Physick* instead of *Nich. Culpeper, Gent.* For besides al the *Reason* in the world on my side (for I dare say I have been a greater *Teacher* of *Physick*, and have had incomparably more *Disciples* in that *Art*, than al the *Fellows* of *Amen Colledg* since old King Harry gave them their *Charter* (which in al probability dropt out

14. Culpepers Ghost, giving seasonable

out of his great Codpiece) not foreseeing what ill use they would make of it) I would justifie my self by the Testi-

mony of Doctor John Collins, the Kings Professor of Physick in Cambridge, who in his Commendatory Epigram to Mr. Ralph Winterton, who Verified Hippocrates Aphorismes in Greek Verses, thus * speaks.

Non Toga, Pileolus ve, nec Oscula, Dactylus ve
Verè Doctorem, nève Cathedra facit :
Docteri quamvis hec sint Insignia facti.
His sine, Doctorem te facit ipse Liber.

Nor Gown, nor Cap, nor Kiss, nor Golden Ring
Nor Chair a Doctor makes, nor no such thing.
These may adorn, but can no Doctor make,
Without al which thou for thy Poems sake
A Doctor art.

And if Ralph Winterton who then had no other university degree then of a Master of Arts was by the Kings professor of Physick pronounced a Doctor of Physick, the said Professor acknowledging that his Book had made him so, which notwithstanding was no more than an ingenious turning of Hippocrates

