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# Lulúper

El Medicos ingles, recomendó con  
36.9 medicamentos



6.15.7  
Den  
N° 7242

Yarrow, Milfoyl - 269  
Knot Grass - 738  
Amaranthus, flower Gentle, that which  
bears a white flower is best

Purslanes

Great round leaved dock, or Bastard Rhubarb

76-3

72-3-24

Revista do 1968





25<sup>th</sup> Sept. 1861

Polonium Scale

T. G. Bent



615.7

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# English Physician ENLARGED:

With Three Hundred, Sixty, and Nine Medicines, made of English Herbs that were not in any Impression  
untill this.

Being an Astrologo-Physical Discourse of the Vulgar Herbs of this Nation; Containing a Compleat Method of Physick, whereby a man may preserve his Body in Health; or Cure himself, being Sick, for three pence Charge, with such things only as grow in England, they being most fit for English Bodies.

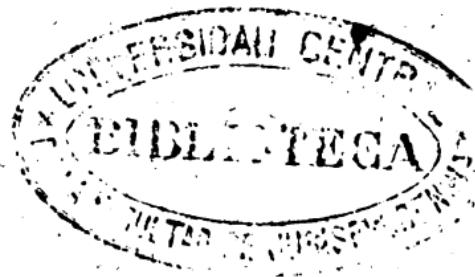
Herein is also shewed these Seven Things: *viz.* 1 The Way of making Plaisters, Ointments, Oils, Pultis, Syrups, Decoctions, Juleps, or Waters, of all sorts of Physical Herbs, That you may have them ready for your use at all times of the year. 2 What Planet Governeth every Herb or Tree (used in Physick) that groweth in England. 3 The Time of gathering all Herbs, both Vulgarly, and Astrologically. 4 The Way of Drying and Keeping the Herbs all the year. 5 The Way of Keeping their Juyces ready for use at all times. 6 The Way of Making and Keeping all kind of usefull Compounds made of Herbs. 7 The way of mixing Medicines according to Cause and Mixture of the Disease, and Part of the Body Afflicted.

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By NICH. CULPEPER, Gent. Student in  
Physick and Astrology.

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L O N D O N, 1666.  
Printed by John Streeter,







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 Syrups, Conerves, Oyls, Ointments, Plaisters, &c. of Herbs,  
 Roots, Flowers, &c. Whereby you may have  
 them ready for use all the year long.

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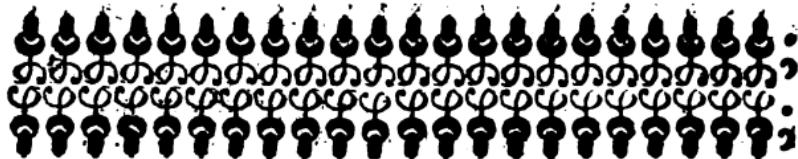


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# THE English Physician Enlarged.

## Amara-dulcis.

Considering divers Shires in this Nation give divers Names to one and the same Herb, or that common Name which it bears in one Country, is not known in another. I shall take the pains to set down all the Names that I know of each Herb: pardon me for setting that Name first which is most common to my self. Besides Amara-dulcis, some call it Morral, others Bitter-sweet, some Woody-Nightshade, and others Felon-wort.

**Description.** It grows up with woody stalks even to a mans height, and sometimes higher. The Leaves fall off at the approach of winter, and spring out again of the same stalk at Spring time: The branch is compassed about with a whitish bark, and hath a pith in the middle of it: The main branch, brancheth it self out into many small ones, with claspers, laying hold on what is next to them, as Vines do. It bears many leaves, they grow in no order at all, or at least-wise in no regular order: The leaves are longish, though somthing broad, and pointed at the ends: many of them have two little leaves growing at the end of their foot-stalk, some of them have but one, and some none: the leaves are of a pale green colour: The flowers are of a purple colour, or of a perfect blow, like to Violets, and they stand many of them together in knots: The Berries are green at the first, but when they are ripe, they are very red; if you tast them, you shall find them just as the Crabs which we in Sussex call Bitter-sweet, viz. sweet at first, and bitter afterwards.

**Place.** They grow commonly almost throughout Englands, especially in moist and shady places.

**Time.** The leaves shrow out about the latter end of March, if

the temperature of the Air be ordinary, it floweth in July, and the seeds are ripe ~~soon after~~, usually in the next month.

**Governing and Vertues.** It is under the Planet Mercury, and a notable Herb of his also, if it be rightly gathered under his Influence. It is excellent to remove Witchcrafts both in men and beasts; as also all sudden Diseases whatsoever. Being tied round about the neck, it is one of the admirablest remedies for the Vertigo or Diziness; it is the bane that is, and that's the reason (as Tragus saith) the people in Germany commonly hang it about their Catnels neck when they fear any such evil hath betided them. Country people commonly use to take the Boreis white, and having bruised them, they apply them to Felons, and thereby soon rid their fingers of such troublesome guests.

**Obstructions of the Liver and Spleen.** We have now shewed you the external use of the Herb, we shall speak a word or two of the internal, and so conclude. Take notice that it is a ~~Mercurial~~ <sup>Mercurial</sup> Plant of very subtil parts, as indeed all *Mercurial* Plants are; therefore take a pound of the wood and leaves together, bruise the wood, which you may easily do, for it is not so hard as Oak; then put it in a pot, and put to it three pints of white Wine, put on the pot-lid, and shut it close, then let it infuse hot over a gentle fire twelve hours, then strain it out, so have you a most excellent Drink to open Obstructions of the Liver and Spleen, to help difficulty of breathing, bruises, and falls, and congealed blood in any part of the body, to help the yellow Jaundise, the Dropse, and black Jaundises, and to cleanse women newly brought in bed. You may drink a quarter of a pint of the Infusion every morning. It purgeth the body very gently, and not unmercifully as some hold: And when you find good by this, remember me.

They that think the use of these Medicines is too brief (it's so only for cheapeys of the Book), let them read these Books of mine, of the last Edition, viz. *Rerum, Vasingus, Rianus, Johnston, Serpentus, and Physick for the Poor.*

**Hercynia: Althea.** **Althea.** It is called Althea, Hercules Althea, and Hercules Woundwort, because it is supposed that Hercules learned the Herb and its Vertues from Chiron, when he learned Physick of him. Some call it Panay, and others Opopanaxwort.

**Description.** Its Root is long, thick, and exceeding full of Holes, of a hot and biting taste. The Leaves are great and large, and winged almost like Ash-tree leaves, but that they are something hairy, each leaf consisting of five or six pair of such wings set one against the other, upon foot-stalks, broad below, but narrow towards the end, one of the leaves is a little deeper at the bottom than the other, of a salt, yellowish, red, green colour, they

are of a bitterish taste, being chirched in the mouth. From amongst these ariseth up a stalk, green in colour, round in form, great and strong in magnitude, five or six foot high in altitude, with many joyns and some leaves thereto: towards the top come forth umbels of small yellow flowers, after which are passed away, you may find whitish, yellow, short, flat seeds, bitter also in taste.

**Place.**] Having given you the Description of the Herbs from the bottom to the top, give me leave to tell you that there are other Herbs called by this name: but because they are strangers in England, I gave only the Description of this which is easie to be had in the Gardens of divers.

**Time.**] Although Gerard saith, That they flower from the beginning of May to the end of December, Experience teacheth them that keep it in their Gardens, that it flowers not till the later end of Summer, and sheds its seeds presently after.

**Government and Vertues.**] It is under the Dominion of Mars; hot, biting, and cholerick: and remedies what evils Mars afflicts the body of man with by Sympathy; as Vipers flesh attracts poison, and the Load-stone Iron. It kills the Worms, helps the Gout, Cramp, and Convulsion. Provokes Urin, and helps all Joyns-aches. It helps all cold griefs of the Head, the Vertigo, Falling-sicknes, and Lethargy, the wind Colick, obstructions of the Liver and Spleen, Stone in the Kidnies and worms, Bladder. It provokes the Terms, expels the dead Birth: it is Gout, excellent good for the grief of the Sinews, Itch, Sores, and Cramp. Toothach, the bitings of mad Dogs and venemous Beasts, and Convulsion purgeth Choler very gently.

Such as would cure all Diseases, let them read these Books of string thine, of the last Edition, viz., Rivetius, Riolanus, Johnston, Joynt-aches, Veslingus, Sennertus, and Physick for the Poor.

Vertigo, Falling-sicknes, Lethargie, Colick, Obstructions of the Liver and Spleen, Stones, Terms, provokes dead Birth, Sinews, Itch, Sores, Tooth-ach, mad Dogs, venemous Beasts, Choler.

### Alkanet.

**B**EIDES the common name, it is called Orchianet, and Spanish Buglos; and by Apothecaries Anchusa.

**Description.**] Of the many sorts of this Herb, there is but one known to grow commonly in this Nation; of which one, take this Description: It bath a great and thick Root, of a reddish colour, long narrow, hairy Leaves, green like the Leaves of Buglos; which lie very thick upon the ground: the stalks rise up compassed round about, thick with Leaves which are lesser and narrower.

than the former, they are tender, and slender, the flowers are below, small, and of a reddish purple colour, the seed is grayish.

Place.] It grows in Kent near Rochester, and in many places in the West Country, both in Devonshire and Cornwall.

Time.] They flower in July, and the beginning of August, and the seed is ripe soon after, but the Root is in its prime, as Carrots and Parsnips are, before the Herb run up to stalk.

Government and Vertues.] It is an Herb under the Dominion of Venus, and indeed one of her Darlings, though something hard to come by. It helps old Ulcers, hot Inflammations, burnings by common fire, and St. Anthonies fire, by antipathy to Mars: for these uses, your best way is to make it into an Oyntment. Also if you make a Vinegar of it as you make Vinegar of Roses, it helps the Morphew and Leprosie; if you apply the herb to the privities, it draweth forth the dead Child. It helps the yellow Jaundice, Spleen, and Gravel in the Kidney's, (Dioscorides saith) it helps such as are bitten by a venomous Beast, whether it be taken inwardly, or applied to the wound: nay, he saith further, If any one that hath newly eaten it, do but spit in the mouth of a Serpent, the Serpent instantly dies. It stayes the flux of the belly, kills Worms, helps the fits of the Mother. Its Decoction made in Wine and drunke, strengthens the Back, and easeth the pains thereof, it helps Bruises and Falls, and is as gallant a Remedy to drive out the small Pox and Measles as any is: an Oyntment made of it, is excellent for green wounds, pricks, or thrusts.

They that would be knowing Physicians, let them read these Books of mine of the last Edition, viz. *Riverius*, *Rolantus*, *Johnstor*, *Veslingus*, *Senecus*, and *Physick for the Poor*.

### *Ophioglossum*

### Adders Tongue, or, Serpents Tongue.

Descrip- **T**HIS small Herb hath but one leaf, which grows with the Stalk a fingers length above the ground, being fat, and of a fresh green colour, broad like wiser Plantane; (but less) without any middle Rib in it: from the bottom of which Leaf, or the inside, riseth up (ordinarily) one, sometimes two, or three small slender stalks, the upper half whereof is somewhat bigger, and dented with small round dents of a yellowish green colour, like the tongue of an Adder or serpent (only this is as usefull as they are formidable.) The Root continues all the year.

Place.] It grows in moist Meadowes, and such like places.

Time.] Add is to be found in April and May, for it quickly perisheth with a little heat.

Government and Vertues.] It is an Herb under the Dominion of the Moon in Cancer, and therefore if the weakness of the

*Resentive*

Retentive Faculty be caused by any evil influence of *Saturn*, in any part of the Body governed by the *Moon*, or under the Dominion of *Cancer*, this Herb cures it by Sympathy: It cures those Diseases after specified in any part of the body under the influence of *Saturn*, by Antipathy.

It is temperate in respect of heat, but dry in the Second Degree. The Juyce of the Leaves drunk with the Distilled Water of Horstail, is a singular Remedy for all manner of Wounds in the Breast, Bowels, or other parts of the Body, and is given with good success unto those who are troubled with casting, vomiting, or bleeding at the Mouth or Nose, or otherwise downwards. The said Juyce given in the distilled Water of Oaken Buds, is very good for Women who have their usual courses, or the whites flowing down too abundantly: it helps sore Eyes. The Leaves infused or boyled in Oyl Oniphacine, or unripe Olives, set in the Sun for certain dayes, or the green Leaves sufficiently boyled in the said Oyl, is made an excellent green Balsom, not onely for green and fresh wounds, but also for old and inveterate Ulcers, especially if a little fine cleer Turpentine be dissolved therein: It also stayeth and reppresteth all inflammations that arise upon pains, by Hurts or Wounds.

What parts of the Body are under each Planet and Sign, and also what Diseases, may be found in my Astrological Judgement of Diseases; and for the internal work of Nature in the Body of Man as Vital, Animal, Natural, and Procreative Spirit of Man; the Apprehension, Judgment, Memory: The external Sences, viz. Seeing, Hearing, Smelling, Tasting, and Feeling; the Vertues Attractive, Retentive, Digestive, Expulsive, &c. under the Dominion of what Planets they are, may be found in my Ephemeris for the year 1651. in both which you shall find the Chaff of Authors blown away, by the fame of Dr. Reason, and nothing but Rational Truths left for the Ingenious to feed upon.

Lastly, To avoid blotting Paper with one thing many times, and also to ease your Purses in the price of the Book, and withal to make you studious in Physick, you have at the later end of the Book, the way of preserving all Herbs either in Juyce, Conserve, Oyl, Oyntment, or Plaister, Electuary, Pill, or Troches. Those that would give help against all Infirmities, let them read these Books of mine, of the last Edition, viz. *Riverius*, *Johnston*, *Riolanus*, *Sennertus*, *Veslingus*, and *Physick for the Poor*.

### *Adonisaria* Agrimony. *Gagea*, or *Epacorus*

Descript. **T**HIS hath divers long Leaves (some greater, some smaller) set upon a stalk, all of them dentid about

the edges, green above, and grayish underneath, and a little hairy withal. Among which riseth up usually but one strong, round, hairy, brown stalk, two or three foot high, with smaller Leaves set here and there upon it. At the top whereof grow many small yellow flowers one above another in long spikes. After which come rough heads of seeds hanging downwards, which will cleave to, and stick upon Garments, or any thing that shall rub against them. The Root is black, long, and somewhat woody, abiding many years, and shooting afresh every Spring; which Root, though small, hath a reasonable good scent.

Place.] It groweth upon Banks, near the sides of Hedges or Pales.

Time.] It flowreth in July and August, the Seed being ripe shortly after.

Governement and Vertues.] It is an Herb under Jupiter, and the Sign Cancer; and strengthens those parts under that Planet and Sign, and removes Diseases in them by Sympathy, and those under Saturn, Mars, and Mercury by Antipathy. If they happen in any part of the body governed by Jupiter, or under the Signs Cancer, Sagittary, or Pisces, and therefore must needs be good for the Gout, either used outwardly in an Oyl or Ointment, or inwardly in an Electuary or Syrup, or concreted Juyce, for which see the later end of the Book.

It is of a cleansing and cutting faculty, without any manifest heat, moderately drying and binding. It openeth and cleaseth the Liver, helpeth the Jaundice, and is very beneficial to the Bowels, healing all inward Wounds, Bruises, Hurts, and other distempers. The Decoction of the Herb made with Wine, and drunk, is good against the biting and stinging of Serpents, and helps them that have foul, troubled, or bloody Waters, and makes them piss clear speedily. It also helpeth the Colick, cleaseth the Breast, and rids away the Cough. A draught of the Decoction taken warm before the fit, first removes, and in time rids away the Tertian or Quartan Agues. The Leaves and Seed taken in Wine, stales the Bloody-flux. Outwardly applied, being stamped with old Swines grease, it helpeth old Sores, Cancers, and invertebrate Ulcers; and draweth forth Thorns, Splinters of wood, Nails, or any other such thing gotten into the flesh. It helpeth to strengthen the Members that be out of joyn: and being bruised and applied, or the Juyce dropped in, it helpeth foul and imposthumed Ears.

The distilled Water of the Herb is good to all the said purposes, either inward or outward, but a great deal weaker.

It is a most admirable Remedy for such whose Livers are annoyed either by heat or cold. The Liver is the Former of blood,

clensing,  
Drying,  
Binding,  
Liver,  
Jaundice,  
inward  
Wounds,  
Inward  
Bruises,  
Bloody &  
troubled  
Wrin,  
Colick,  
breast,  
Cough,  
Tertian and  
Quartan  
Agues,  
Bloody-  
Flux,  
Cancers,  
Thorns,  
Splinters &  
Nails in the  
Flesh,  
Members  
out of joyn,

and blood the nourisher of the body, and Agrimony a Strengthener of the Liver.

I cannot stand to give you a reason in every Herb, why it cures such Diseases, but if you please to peruse my Judgments in the Herb-Wormwood, you shall find them there, and it will be well worth your while to consider it in every Herb, you shall find them true throughout the Book.

If any think the use of these Medicines too brief ( it's so only, for cheapness of the Book ) let them read these Books of mine of the last Edition, viz. *Riverius*, *Riolanus*, *Johnston*, &c.

### Water-Agrimony.

It is called in some Countries Water-Hemp, Bastard Hemp, and Bastard Agrimony, *Eupatorium*, and *Hepatorium*; because it strengthens the Liver.

**Descript.**] The Root continues a long time, having many long, slender fibres. The stalk grows up about two foot high, sometimes higher. They are of a dark purple colour: the branches are many, growing at distances the one from the other, the one from the one side of the stalk, the other from the opposite point. The Leaves are winged, and much indented at the edges. The flowers grow at the tops of the branches, of a brown yellow colour, spotted with black spots, having a substance within the midst of them like that of a Daize; if you rub them between your fingers, they smell like Rose or Cedar when it is burnt. The seeds are long, and easily stick to any wollowing thing they touch.

**Place.**] They delight not in heat, and therefore they are not so frequently found in the Southern parts of England as in the North, where they grow frequently: you may look for them in cold Grounds, by Ponds and Ditches sides, as also by running Cutters, Waters, sometimes you shall find them grow in the midst of the Cleseth, Breast.

**Time.**] They all flower in July and August, and the seed is Cachexia, ripe presently after. Dropsie,

**Governments and Vertues.**] It is a Plant of Jupiter as well as yellow the other Agrimony, only this belongs to the Celestial Sign Jaundice, Cancer. It healeth and drieth, cutteh and clenseth thick and Obstructive humors of the Breast, and for this I hold it inferior to but.ans, Liver, few Herbs that grow. It helps the Cachexia or evil disposition Spleen, Inflammation of the body, the Dropsie, and yellow Jaundice, it opens Obstructions of the Liver, mollifies the hardness of the Spleen, urin, being applied outwardly: it breaks Imposthumous taken inwardly, it is an excellent Remedy for the third day Ague. It provokes, vokes Urin and the Terms, it kills Worms, and clenseth the Worms, body of sharp humors, which are the cause of Itch, Scabs: the Itch, Scabs, Herb being burnt, the smoke therof drives away Flies, Wasps, &c. Flies, Wasps.

Lungs.  
Cattel. it strengthens the Lungs exceedingly. Country people give it to their Cattel, when they are troubled with the Cough, or broken winded.

They that would be knowing Physitians, let them read these Books of mine, of the last Edition, viz. *Riverius*, *Ricardus*, *Johnston*, *Veslingus*, *Sennertus*, and *Physick for the Poor*.

*L. Hedera terrestris*

## Alehoof, Or Ground-Ivy.

Several Countries give it several Names, so that there is scarce an Herb growing of that bigness that hath got so many: It is called *Cats-foot*, *Ground-Ivy*, *Gill go by ground*, and *Gill creep by ground*, *Tun-hoof*, *Hay-maids*, and *Ale-hoof*.

**Description.**] This well known Herb, lieth, spreadeth, and creepeth upon the ground, shooting forth Roots, at the corners of the tender joyned stalks, set all along with two round Leaves at every joyn, somewhat hairy, crumpled, and unevenly dented about the edges with round dents: at the joyns likewise with the Leaves towards the end of the branches, come forth hollow long Flowers, of a bluish purple colour, with small white spots upon the lips that hang down. The Root is small with strings.

**Place.**] It is commonly found under Hedges, and on the sides of Ditches, under Houses, or in shadowed Lanes, and other wast grounds in almost every part of the Land.

**Time.**] They flower somewhat early, and abide so a great while, the Leaves continue green until Winter, and sometimes abide, except the Winter be very sharp, and cold.

**Government and Vertues.**] It is an Herb of *Venus*, and therefore cures the Diseases she causes, by Sympathy, and those of *Mars*, by Antipathy: You may usually find it all the year long except the year be extream frosty. It is quick, sharp, and bitter in taste, and is thereby found to be hot and dry; a singular Herb for all inward Wounds, exulcerated Lung, or other parts, either by it self, or boyled with other the like Herbs: And being drunk, it in short time easeth all griping pains, windy and chollerick Humours in the stomach, spleen, or belly; helps the yellow Jaundice by opening the stoppings of the Gall and Liver, and Melancholy, by opening the stoppings of the Spleen, expelleth Venom or Poyson, and also the Plague; it provoketh Urine, and Womens Courses: The Decoction of it in Wine drunk for some time together, procureth ease unto them that are troubled with the Sciatica, or Hip Gout, as also the Gout in the Hands, Knees, or Feet: and if you put to the Decoction, some Honey, and a little burnt Allum, it is excellent good to gargle any sore Mouth or Throat, and to wash the sores and Ulcers in

Inward  
wounds,  
Pains, Gri-  
pping, Wind,  
Choler,  
Stomach,  
Spleen,  
Belly, Stop-  
ping in the  
Liver, Gall,  
Plague,  
Poyson,  
Gout, Sci-  
atica, Sore  
Mouth and  
Throat.

the privy parts of man or woman: It speedily helpeth green Ulcers in Wounds, being bruised and bound thereunto: The Juyce of it the Privy-boyled with a little Honey and Verdegreece, doth wonderfully cleanse Fistulae, Ulcers; and stayeth the spreading or eating of Cancers and Ulcers; it helpeth the Itch, Scabs, Wheads, and other breakings out in any part of the Body. The Juyce of Celandine, Field Daisies, and Ground Ivy clarified, and a little fine Sugar dissolved therein, and dropped into the Eyes, is a Sovereign Remedy for all the Pains, Redness, and Watering of them; as also for the Pin and Web, Skins and Films growing over the sight; it helpeth beasts as well as men. The Juyce dropped into the Ears doth wonderfully help the noise and singing of them, and helpeth the hearing which is decayed. It is good to Tun up with new Drink, for it will so clarifie it in a night, that it will be the fitter to be drunk the next morning; or if any drink be thick with removing, or any other accident, it will do the like in a few hours.

### *alaudatum*

Alexander:

[T] is also called Alisander, Horse Parsly, and Wild Parsly, and the black Pot-herb; the seed of it is that which is usually sold in the Apothecaries Shops for Macedonian Parsly seed.

Description. ] It is usually sown in all the Gardens in Europe, and so well known, that it needs no further description.

Tim. ] They flower in June and July, the seed is ripe in August.

Government and Vertues. ] It is an Herb of Jupiter, and therefore friendly to Nature, for it warmeth a cold stomach, and openeth stoppings of the Liver and Spleen; it is good to move wemens Courses, to expel the After-birth, to break wind, to prouoke Urine, and help the strangury; and these things the seeds will do likewise: if either of them be boyled in Wine, or being bruised and taken in Wine, is also effectual against the biting of Serpents. And now you know what Alexander Pottige is good for, that you may no longer eat it out of ignorance, but out of knowledg.

Such as will cure all Diseases, may read these Books of mine, of the last Edition, viz. *Riverius*, *Sennertus*, *Veslingius*, *Johnstonius*, *Rigalanus*, and *Physick for the Poor*.

### *alnus nigra*

The Black Alder-tree.

Description. ] His Tree seldom groweth to any great bigness, but for the most part abideth like a Hedg Bush, or Tree spreading into Branches, the wood of the Body being white, and a dark red Core; or Heart; the outward Bark is

Obstructi-  
ons of the  
Liver and  
Spleen.  
Provokes  
the terms,  
after-birth,  
wind, prou-  
okes Ur-  
ine, biting  
of Serpents.

of a blackish colour, with many whitish spots thereto; but the inner bark next unto the wood is yellow, which being chewed, will turn the Spittle near unto a Saffron-colour. The Leaves are somewhat like those of the ordinary Alder-tree, or the Female Cornel, or Dog-berry Tree, called in Sussex Dog-wood, but blacker, and not so long. The Flowers are white, coming forth with the Leaves at the joints, which turn into small round Berries, first green, afterwards red, but blackish when they are through ripe, divided as it were into two parts, wherein is contained two small, round, and flat Seeds. The Root runneth not deep into the ground, but spreads rather under the upper crust of the Earth.

**Place.**] This Tree or Shrub may be found plentifully in St. Johns Wood by Hornsey, and in the Woods upon Hampstead Heath, as also at a Wood called the old Park in Barnet in Sussex near the Brooks side.

**Time.**] It flowreth in May, and the Berries are ripe in September.

**Government and Vertues.**] It is a Tree of Venus, and perhaps under the Coelestial Sign Cancer. The inner yellow bark hereof purgeth downwards both Choler and Flegm, and the watry humors of such as have the Dropsic, and strengtheneth the inward parts again by binding. If the bark hereof be boyled with Agrimony, Wormwood, Dodder, Hops, and some Fennel, with Smallage, Endive, and Succory roots, and a reasonable draught taken every morning for some time together. It is very effectual against the Jaundice, Dropsic, and the evil disposition of the body; especially if some suitable purging Medicine have been taken before to avoid the grosser Excrements; it purgeth and strengtheneth the Liver and Spleen, cleansing them from such evil humors and hardness as they are afflicted with. It is to be understood that these things are performed by the dried bark, for the fresh green bark taken inwardly, provoketh strong Vomitings, pains in the Stomach, and gripings in the Belly. Yet if the Decoction may stand and settle two or three daies until the yellow colour be changed black, it will not work so strongly as before, but will strengthen the Stomach, and procure an Appetite to meat. The outer bark contrariwise doth bind the body, and is helpful for all Lasks and Fluxes thereof, but this must also be dried first, whereby it will work the better. The inner bark hereof boyled in Vinegar, is an approved Remedy to kill Lice, to cure the Itch, and take away Scabs by drying them up in a short time. It is singular good to wash the Teeth, to take away the pains, to fasten those that are loose, to cleanse them, and keep them sound. The Leaves are good Fodder for Kine to make them give more milk.

Choler,  
Flegm,

Jaundice,  
Dropsic,  
Cachexia,  
Liver,  
Spleen.

Stomach  
weak, Ap-  
petite lost,  
Flux, Lice,  
Itch, Scabs,  
Toothach,  
Teeth loose.

If in the Spring time you use the Herbs before mentioned, and wil but take a handful to each of them, and to them add a handful of Elder-buds, and having bruised them all, boyl them in a Gallon of ordinary Beer when it is new, and having boyled them half an houre add this to three Gallons more, and let them work together, and drink a draught of it every morning, half a pint, or thereabouts. It is an excellent Purge for the Spring, to consume the flagranticke quality the Winter hath left behind it, and withal keep your body in health, and consume those evil humors which the heat of Summer will readily stir up: esteem it as a Jewel.

*Alanus*

### The common Alder Tree.

**Descript.** [ **G**rows to a reasonable height, and spreads much, if it like the place. It is so generally well knowne unto Country people, that I needes to tell them that which is no news.

**Place and Time.** [ It delighteth to grow in moist Woods, and watry places; flowering in April or May, and yielding ripe seed in September.

**Governement and use.** [ It is a Tree under the Dominion of *Venus*, and of some watry Sign or other, I suppose *Pisces*, and therefore the Decoction or distilled Water of the Leaves, is excellent against Burnings, and Inflammation, either with wounds or without, to bathe the place grieved with, and especially for that Inflammation in the Breast, which the Vulgar call an Ague.

If you cannot get the Leaves (as in Winter 'tis impossible) make use of the Bark in the same manner.

The Leaves and Bark of the Alder Tree are cooling, drying, *cooling*, and binding. The fresh Leaves laid upon Swellings, disolveth *Drying*, them, and stayeth the Inflammations. The Leaves put under the *binding*, bare Feet gauled with travelling, are a great refreshing to them. *Swellings*. The said Leaves gathered while the morning dew is on them, and brought into a Chamber troubled with Fleas, will gather *Fleas*. them thereinto, which being suddenly cast out, will rid the Chamber of those troublesom Bed-folows.

### *Angelica.* *Item*

**T**O write a Description of that which is so well known to be growing in almost every Garden, I suppose it altogether needless: yet for its Vertues it is of admirable use.

In times of Heathenism when men had found out any excellent Herb, &c. they dedicated it to their Gods: As the Bay-tree to *Apollo*, the Oak to *Jupiter*, the *Vine* to *Bacchus*, the Poplar to *Hercules*. These the Papists following as the Patriarchs, they dedicate them to their Saints: as our *Ladies Thistle* to the *Blessed*

*Blessed Virgin, St. Johns wort to St. John;* and another Wort to St. Peter, &c. &c. Our Physicians must imitate like Apes, (though they cannot come off half so cleverly) for they blasphemously call Pansies, or Hearts ease, an *Herb of the Trinity*, because it is of three colours: and a certain Oyntment, an *Oyntment of the Apostles*, because it consisteth of twelve Ingredients: Alas poor Fools, I am sorry for their folly, and grieved at their Blasphemy; God send them the rest of their Age, for they have their share of Ignorance already: O! Why must ours be Blasphemous, because the Heathens and Papists were Idolatrous? certainly they have read so much in old rusty Authors, that they have lost all their Divinity; for unless it were amongst the Ranters, I never read or heard of such Blasphemy: The Heathens and Papists were bad, and ours worse; the Papists giving Idolatrous Names to Herbs for their Vertues sake, not for their fair looks, and therefore some called this, an *Herb of the Holy Ghost*, others more moderate called it *Angelica*, because of its Angelical Vertues; and that Name it retains still, and all Nations follow it so neer as their Dialect will permit.

*Government and Vertues.*] It is an *Herb of the Sun in Leo*, let it be gathered when he is there, the *Moon* applying to his good Aspect; let it be gathered either in his hour, or in the hour of *Jupiter*, let *Sol* be angular, Observe the like in gathering the Herbs of other Plants, and you may happen to do wonders. In all Epidemical Diseases caused by *Saturn*, this is as good a Preservative as grows: It resists poyon, by defending and comforting the Heart, Blood, and Spirits; it doth the like against the plague and all Epidemical Diseases; if the Root be taken in powder to the weight of half a dram at a time, with some good Treacle in *Carduus* water, and the party thereupon laid to sweat in his bed, If Treacle be not to be had, take it alone in *Carduus*, or *Angelica* Water. The Stalks or Roots candied and eaten fasting, are good preservatives in time of infection; and at other times to warm and comfort a cold stomach. The Root also steeped in Vinegar, and a little of that Vinegar taken sometimes fasting, and the Root smelled unto, is good for the same purpose. A water distilled from the Root simply, or steeped in Wine, and distilled in Glas, is much more effectual than the Water of the Leaves; and this Water drunk two or three spoonfuls at a time, easeth all pains and torments coming of cold and wind, so as the Body be not bound: and taken with some of the Root in Powder at the beginning, helpeth the Pleurisie, as also all other Diseases of the Lungs and Breast, as Coughs, Phtisick, and Shortness of Breath, and a Syrup of the stalks doth the like: It helps pains of the Chollick, the Strangury, and Stopping of the Urin, procureth Womens Courses, and expelleth the After-birth, openeth

Poyson,  
Pestilence,  
Epidemical  
Diseases.

Cold, Wind,  
Pleurisie,  
Cough,  
Lungs,  
Breast,  
Strangury,  
Shortness  
of breath,  
Chollick,  
"roukes  
the Terms,  
"cr-birth,

openeth the stoppings of the Liver and Spleen, and briefly easeth Stoppings  
of the Liver  
and Spleen, &  
digestion,  
Surfet, &  
Tooth-ach.  
and discusseth all windines and inward swellings. The Decoction drunk before the fit of an Ague, that they may sweat (if possible) before the fit came, will in two or three times taking rid it quite way: it helps digestion, and is a remedy for a surfeit. The Juyce, or the Water being dropped into the Eyes or Ears, helps dimness of sight, and deafness: The Juyce put into the hollow Teeth, easeth their pains. The Roots in powder made up into a plaister with a little Pitch, and laid on the biting of a Mad Dog, or any other Venemous Creature, doth wonderfully help. The Juyce, or the Water dropped or tents wet therein, and put into old filthy deep Ulcers, Or the powder of the Root (in want of either) doth cleanse and cause them to heal quickly, by covering the naked bones with flesh: The distilled Water applied to places pained with the Gout or Sciatica, doth give a great deal of ease.

The wild Angelica is not so effectual as the Garden, although it may be safely used to all the purposes aforesaid.

### *Amaranthus. Item.*

**B**EIDES this common name, by which it is best known by the Florists of our dayes, it is also called, Flower-Gentle, Flower-Velure, Floramor, and Velvet Flower.

**D**escription.] It being a Garden Flower, and well known to every one that keeps of it, I might forbear the Description, yet notwithstanding, because some desire it, I shall give it: It riseth up with a stalk a cubit high; Straked, and somewhat reddish toward the Root, but very smooth, divided towards the Top with small Branches, among which stand long broad Leaves of a reddish green colour, slippery: the Flowers are not properly Flowers, but Tufts, very beautiful to behold, but of no smell, of a reddish colour; if you bruise them, they yield Juyce of the same colour; being gathered, they keep their beauty a long time; the Seed is of a shining black colour.

**T**ime.] They continue in flower from August till the time the Frost nip them.

**G**overnement and Vertues.] It is under the Dominion of Saturn, and is an excellent qualifier of the unruly actions and passions of Venus, though Mars also should joyn with her. The Flowers dried and beaten into powder, stop the Terms in Women, and so do almost all other red things. And by the Icon, or Image of every Herb, the Ancients at first found out their Vertues: Modern Writers they laugh at them for it; but I wonder in my Heart how the Vertues of Herbs came at first to be known, if not by their Signatures: The Modern have them from the Writings of the Ancients, the Ancients had no Writings

*Biting of  
Mad Dogs,  
Ulcers,  
Gout.  
Sciatica.*

*Terms  
stoppe.*

**Flux, Bleeding, whites, Running of the Reins, French Pox.** things to have them from : but to proceed. The Flowers stop all Fluxes of Blood, whether in man or woman, bleeding either at the Nose or Woand. There is also a sort of Amaranthus which bears a white flower, which stops the Whites in Women, and the Running of the Reins in men, and is a most gallant Anti-French Pox. *Endrian*, and a singular Remedy for the French Pox.

### Anemone. *Scorzonera*

**Called also Wind-flower**, because they say the Flowers never open but when the wind bloweth. *Pliny* is my Author, if it be not so, blame him. The Seed also (if it bears any at all) flies away with the wind.

**Place and Time.** [They are sown usually in the Gardens of the Curious, and flowers in the Spring time. As for Description I shall pass it, being well known to all those that sow them.

**Government and Vertues.** [It is under the Dominion of Mars, being supposed to be a kind of Crowfoot. The Leaves provoke the Terms mightily being boyled, and the Decoction drunk. The body being bathed with the Decoction of them, cures the Leprosie. The Leaves being stamped, and the Juyee snuffed up in the Nose, purgeth the Head mighty, so doth the Root being chewed in the mouth, for it procureth much spitting, and bringeth away many watry and flegmarick humors, and is therefore excellent for the Lethargy. And when all is done, let Physicians prate what they please, all the Pills in the Dispensatory purge not the Head like as her things held in the mouth. Being made into an Oynment, and the Eye-lids anointed with it, it helps Inflammations of the Eyes, whereby it is palpable that every stronger draweth its weaker like. The same Oynment is excellent good to close malignant and corroding Ulcers.

### Garden Attach. *antiblepa*

**Called also, Orach, and Arage.**

**Descript.** [It is so commonly known to every Housewife, it were *too laborious* to describe it.

**Time.** [It flowreth and seedeth from June to the end of August.

**Government and Vertues.** [It is under the Government of the Moon, in quality cold and moist like unto her. It softneth and loolneth the body of man being eaten, and fortifieth the expulsive faculty in him. The Herb, whether it be bruised and applied to the Throat, or boyled, and in like manner applied, it matters not much, it is excellent good for Swellings in the Throat, the best way I suppose is to boyl it and having drunk the Decoction inwardly, apply the Herb outwardly : the Decoction of it besides, is an excellent Remedy for the yellow Jaundice.

**Expulsive Faculty, Throat,**

**Yellow dice.**

## Arrach, Wild and stinking.

Called also *Vilvaria*, from that part of the Body upon which the operation is most; also Dogs Arrach, Goats Arrach, and Stinking Mother-wort.

**Description.** [This hath small, and almost round Leaves; yet a little pointed, and without dent or cut, of a dusky mealy colour, growing on the slender stalks and branches that spread on the ground, with small flowers in Clusters set with the Leaves, and small seeds succeeding like the rest, perishing yearly, and rising again with its own sowing. It smells like old rotten fish, or something worse.

**Place.** It grows usually upon Dunghills.

**Time.** They flower in June and July, and their seed is ripe quickly after.

**Government and Virtues.** [Stinking Arrach is used as a remedy to help Women pained, and almost strangled with the Mother, by smelling to it: but inwardly taken, there is not a better Remedy under the Moon for that Disease. I would be large in commendation of this Herb, were I but Eloquent. It is an herb under the Dominion of *Venus*, and under the Sign *Scorpio*; It is common almost upon every Dunghill. The Works of God are given freely to Man, his Medicines are common and cheap, and easie to be found: ('tis the Medicines of the Colledg of Physicians that are so dear, and scarce to find.) I commend it for an universal Medicine for the Womb, and such a Medicine as will easily, safely, and speedily cure any Disease thereof, as the Fits of the Mother, Dislocation, or falling out thereof: It cools the Womb being over-heated. (And let me tell you this, and I will tell you the truth, Heat of the Womb is one of the greatest causes of hard Labour in Child-birth) It makes Barren women Fruitful, it cleanseth the Womb if it be foul, and strengthens it exceedingly: It provokes the Terms if they be stopped, and stops them if they flow immoderately: You can desire no good to your womb but this Herb will effect it; therefore if you love Children, if you love health, if you love ease, keep a syrup alwayes by you, made of the Juice of this Herb and Sugar, (or Honey, if it be to cleanse the Womb) and let such as be rich keep it for their poor neighbours, and bestow it as freely as I bestow my studies upon them, or else let them look to answer it another day, when the Lord shall come to make inquisition of blood.

## Arch-angel.

To put a gloss upon their Practice, the Physicians call an Herb (which Country people vulgarly know by the name of Dead Nettle) Arch-angel, wherein whether they favour of more sugar

Superstition or Folly, I leave to the Juditious Reader. There is more curiosity than courtesy to my Country men used by others in the explanation as well of the Names as Description of this so well known an Herb: which that I may not also be guilty of, take this short Description, first of the red Arch-angel.

**Description.**] This hath divers square stalks somewhat hairy, at the Joynts wh. reof, grow two sad green Leaves dented about the edges, opposite to one another, the lowermost upon long foot-stalks, but without any toward the tops, which are somewhat round, yet pointed, and a little crumpled and hairy: Round about the upper joynts, where the Leaves grow thick, are sundry gaping flowers of a pale reddish colour; after which come the Seeds, three or four in a Husk. The Root is small and thridy, perishing every year: the whole Plant hath a strong scent, but not stinking.

White Arch-angel hath divers square stalks, none standing straight upright, but bending downwrd, whercon stand two Leaves at a joynt, larger and more pointed than the other, dented about the edges, and greener also, more like unto Nettle-Leaves, but not stinging, yet hairy: At the joynts, with the Leaves, stand larger and more open gaping white flowers, in Husks round about the stalks, (but not with such a bush of leaves, as flowers set in the top, as is on the other) wherein stand small roundish black Seeds; The Root is white, with many strings at it, not growing downward, but lyng under the upper crust of the Earth, and abideth many years increasing: This hath not so strong a scent as the former.

Yellow Archangel is like the white in the stalks and leaves, but that the stalks are more straight and upright, and the joynts with leaves are further asunder, having longer leaves than the former; and the flowers a little larger and more gaping, of a fair yellow colour in most, in some paler: The Roots are like the white, only they creep not so much under the ground.

**Place.**] They grow almost every where (unless it be in the middle of the street) the yellow most usually in the wet grounds of woods, and sometimes in the dryer, in divers Counties of this Nation.

**Time.**] They flower from the beginning of the Spring all the Summer long.

**Vertues and usc.**] The Arch-angels are somewhat hot and dryer than the stinging Nettles, and used with better success for the stopping and hardness of the spleen, than they, by using the Decoction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of the Spleen as a plaister, or the Decoction with Spunges. The flowers of the white Arch-angel are preserved, or consecraved to be tied to stay the whites, and the flowers of the

Red

**Red to stay the Reds in Women.** It makes the Heart meety, Melanche-  
drives away Melancholy, quickens the Spirits, is good against ty, Quar-  
Quartan Agues, stancheth bleedings at Mouth and Nose, if it be tan Agues,  
stamped and applied to the Nape of the Neck. The Herb also Bleeding  
bruised, and with some Salt and Vinegar, and Hogs grease laid at Nose,  
upon any hard Tumors or Swelling, or that which is vulgarly Swelling,  
called the Kings-Evil, doth help to dissolve or discutis them, and Kings E-  
being in like manner applied, doth much allay the pains, and vil, Gout,  
give ease to the Gout, Sciatica, and other pains of the Joyns Sciatica,  
and Sinews. It is also very effectual to heal green Wounds, Joyns,  
and old Ulcers, also to stay their fretting, gnawing and spread- Ulcers,  
ing. It draweth forth Splinters, and such like things gotten old Sores  
into the flesh, and is very good against Bruises and Burnings. Bruises,  
But the yellow Archangel is most commended for old, filthy, Burnings,  
corrupt Sores and Ulcers, yea, although they grow to be hol-  
low; and to dissolve Tumors. The chief use of them is for Women; it be-  
ing an Herb of Venus, and may be found in my Guide for Women.

L. dem. & Polymetangef Air-smart. <sup>spanish</sup> *pericaria*

The hot Arf-smart is called also Water-Pepper, Culrage. The mild Arf-smart is called dead Arf-smart, Persicaria, or Peach-wort, because the Leaves are so like the Leaves of a Peach-tree: it is also called Plumbago.

Description of the mild. This hath broad Leaves set at the great red joynts of the stalks; with semi-circular blackish marks on them usually, yet sometimes without. The Flowers grow in long spikes usually, either blushe or whitish with such like seed following. The Root is long, with many strings thereto, perishing yearly: this hath no sharp taste (as another sort hath, which is quicke and biting) but rather sour like Sorrel, or else a little drying, or without taste.

Place. It grows in wavy Plashes, Ditches, and the like, which for the most part are dry in Summer.

Time. It flowereth in June, and the Seed is ripe in August.

*Government and Virtues.* As the Virtue of both these is various, so are also their Government: for that which is hot and biting, is under the Dominion of Mars, but Saturn challengeth the other, as appears by that Leadeni colour'd spot he hath placed upon the Leaf.

It is of a cooling and drying quality, and very effectual for Ulcers, putrified Ulcers in man or beast, to kill Worms, and cleanse the cold Swellings, putrified places. The Juyce thereof dropped in, or otherwise applied, consumeth all cold Swellings, and dissolveth the congealed blood of bruises by strokes, falls, &c. A piece of the Root, or some of the Seed bruised, and held to an aking tooth, taketh away the pain. The Leaves bruised, and laid to the Felons, Joynt that hath a Felon thereon, taketh it away. The Juyce de- And

Worms in the Ear, stroyeth Worms in the Ears being dropped into them : If the hot Arsmart be strewed in a Chamber, it will soon kill all the Fleas ; and the Herb or Juyce of the cold Arsmart put to a red Horses, Horse or other Cattels dores, will drive away the Flie in the hot-Impostums, test time of Sunimer : a good handful of the hot biting Arsmart put under a Horses Saddle, will make him travel the better, although he were half tired before. The mild Arsmart is good against hot Imposthumes and Inflammations at the beginning, and to heal green Wounds.

All Authors chop the Vertues of both sorts of Arsmart together, as men chop herbs for the Pot, when both of them are of clean contrary qualities. The hot Arsmart groweth not so high, or tall, as the mild doth, but hath many leaves of the colour of Peach-leaves, very seldom or never spotted ; in other particulars it is like the former, but may easily be known from it, if you will be but pleased to break a leafe of it cross your tongue, for the hot will make your tongue to smart, so will not the cold. If you see them both together, you may easily distinguish them, because the mild hath far broader leaves : and our Colledg of Physitians out of their learned care for the publick good, Anglice their own gain, mistake the one for the other in their New Master-piece, wherby they discover, 1 Their Ignorance, 2 Their Carelessness, and he that hath but half an eye, may see their pride without a pair of Spectacles. I have done what I could to distinguish them in their Vertues, and when you find not the contrary named, use the cold. The truth is, I have not yet spoken with Dr. Reason, nor his Brother Dr. Experience, concerning either of them both.

## Asarabacca. *Asarabacca*

Descript.

A Sarabacca hath many Heads rising from the Roots, from whence come many smooth Leaves, every one upon his own footstalk, which are rounder and bigger than Violet leaves, thicker also, and of a dark green shining colour on the upper side, and of a paler yellow green underneath, little or nothing dented about the edges, from among which rise small, round hollow, brown, green husks, upon short stalks about an inch long, divided at the brims into five divisions, very like the Cups or Heads of the Henbane seed, but that they are smaller : and these be all the flowers it carrieth, which are somewhat sweet, being smelled unto, and wherein when they are ripe is contained small cornered, round seeds, very like the Kernels or stones of Grapes or Raisons. The Roots are small and whitish, spreading divers waies in the ground, and increasing into divers Heads : but not running or creeping under the ground as some other creeping Herbs do. They are somewhat sweet in smell, resembling Nardus, but more white when they are dry, than green : and of a sharp, but not unpleasing tast.

Place. It groweth frequently in Gardens.

Time. They keep their Leaves green all Winter, but shoot forth new in the Spring, and with them come forth those Heads or Flowers which give ripe seed about Midsummer, or somewhat after.

*Government and Vertues.* 'Tis a Plant under the Dominion of Mars and therefore inimical to Nature. This herb being drunk, not only provoketh Vomiting, but purgeth downward, and by Urin *Caſetb* also, purgeth both Choler and Flegm: if you add to it some *Vomiting*, Spicknard, with the Whey of Goats-milk, or honiyed Water, it *Choler*, is made more strong, but it purgeth Flegm more manifestly than *Flegm*, Choler, and therefore doth much help pains in the Hips and other *urin*, parts. It being boyled in Whey, wonderfully helpeth the Ob- *Obſtructi-* structions of the Liver and Spleen, and therefore profitable for *ons of the* the Dropsie and Jaundice being steeped in Wine and druak. It *Liver and* helps those continual Agues that come by the plenty of stubborn *Spleen*, humors: an Oyl made thereof by ſetting in the Sun, with some *Dropsie*, Laudanum added to it, provoketh Sweating (the ridg of the back *Jaundice*, being anointed therewith) and thereby driveth away the ſhaking *Agues*. fys of the Agues. It will not abide any long boyling, for it loſeth its chiefeſt strength thereby; nor much beating, for the finer Pouder doth proyoke Vomits and Urin, and the courſer purgeth downwards.

The coniōn use hereof, is to take the Juyee of five or ſeven Leaves in a little drink to cauſe Vomitings: the Roots have alſo the ſame Vertues, though they do not operate ſo forcibly: yet they are very effectual againſt the biting of Serpents, and therefore are put as an Ingre- *Serpents*, diene both into Methitidate and Venice Treacle. The Leaves and Head, Roots being boyled in Lie, and the head often washed therewith *Memory*, while it is warm, comforteth the head and brain that is ill affected by taking cold, and helpe h the Memory.

I ſhall defire ignorant people to forbear the uſe of the Leaves; the Roots purge more gently, and may prove benefiial in ſuch as haue Cancers, or old putrifide Ulcers, or Fistulaes upon their bodies, to take a dram of them in Pouder in a quarter of a part of white Wine in the morning. The truſh is, I fancy purging and vomiting Medicines as little as ~~any man~~ breathing doth, for they weaken Nature, nor ſhall never aduife them to be uſed unleſs upon urgent neceſſity. If a Phyſitian be Natures Servant, it is his duty to ſtrengthen his Miftris as muſh as he can, and weaken her as little as may be.

### Asparagus, Sparagus, or Sperage.

*Descript.* I Trifeth up at firſt with diuers white green ſcaly Heads, very brittle or eaſie to break while they are young, which afterwards riſe up in very long and ſlender green ſtakſ, of the bignesse of an ordinary riding wand, at the bottom of moſt, or bigger, or leſſer, as the Roots are of growth: on which are ſet diuers branches of ſhorter Leaves, ſhorter and ſmaller than Fennel to the top: at the joyns where they forth ſmall muſſie yellowiſh flowers, which turn into round Berries, green at the firſt, and of an excellent red colour when they are ripe, ſhewing like heads of Corals, wherein are contained exceeding hard black Seedſe. The Roots are diſperſed from a ſpongiouſ head into many long, thick, and round ſtrings, whereby it ſucketh much Hauſe from out of the ground, and encreaſeth plenifyall thereby.

## Prickly Asparagus, Sparagus, or Sperage.

**Descript.** IT groweth usually in Gardens, and some of it grows wild in Apleton Meadow in Gloucester-shire, where the poor people do gather the Buds or young Shoots, and sell them cheaper than our Garden Asparagus is sold at London.

**Time.** They do for the most part flower, and bear their Berries late in the year, or not at all, although they are housed in Winter.

**Government and Vertues.** They are both under the Dominion of Jupiter.

**Belly,** The young Buds or Branches boyled in ones ordinary Broth, maketh the Belly soluble and open, and boyled in white Wine, **Strangury,** provoketh Urin being stopped, and is good against the Strangu-  
**Dysury,** gury or difficulty of making water, it expelleth the Gravel and **Gout, Sci-** Stones out of the Kidneys, and helpeth pains in the Reins. And **atica, Eyes,** boyled in white Wine or Vinegar, it is prevalent for them **Tooth-ach.** that have their Arteries loosned, or are troubled with the Hip-Gout, or Sciatica. The Decoction of the Roots boyled in Wine

and taken, is good to clear the sight, and being held in the Mouth easeth the Toothach: and being taken fasting several mornings together, stirreth up bodily Lust in man or woman ( whatsoeuer some have written to the contrary ) The Garden Asparagus nourisheth more than the wild, yet hath it the same effects in all the aforementioned Diseases. The Decoction

of the roots in white Wine, and the Back and Belly bathed therewith, or lengeling or lying down in the same, or sitting therein as **Reins,** Bladder, a Bath, hath been found effectual against pains of the Reins and **Mother,** Bladder, pains of the Mother and Colick, and generally against **Cramp,** all pains that happen to the lower parts of the body, and no less **Colick,** effectual against stiff and benummed Sinews, or those that are **Convulsior.** shrunk by the Cramps and Convulsions, and helpeth the Sciatica.

### *L. fraxinellus*

## Ash-tree.

**T**his is so well known, that time will be mis-spent in writing a Description of it; and therefore I shall only insist upon the Vertues of it.

**Government and Vertues.** It is governed by the Sun, and the young tender tops with the Leaves taken inwardly, and some of them outwardly applied, are singular good against the biting of the Viper, Adder,

**Adders and Vipers biting,** or any other venomous beast: and the water distilled therefrom being taken a small quantity every morning fasting, is a singular

**Dropsy,** Medicine for those that are subject to a Dropie, or to abate the **Stoole,** greatness of those who are too gross or fat. The Decoction of **Jazandice,** the Leaves in white Wine, helpeth to break the Stone, and expelleth, and cureth the Jaundice. The ashes of the Bark of the **Leprins,** Ash made into Ly, and those Heads bathed therewith are **Scabs, scald Heads,** leprous, scabby, or scald, they are thereby cured. The Ker-

**Stitches,** nels within the Husks commonly called Ashen Keys, prevailleth **one, Dy-** against Stitches and pains in the sides proceeding of wind, and

**Victors.** voideth away the stone by provoking urin.

I can justly except against none of all this, save only the first, viz. That Ash-tree Tops and Leaves are good against the biting of Serpents and Vipers. I suppose this had its rise from Gerard or Pliny, both which hold, That there is such an Antipathy between an Adder and an Ash-tree, that if an Adder be compassed round with Ash-tree Leaves, she will sooner run through the fire than through the Leaves: the contrary to which is the truth, as both my eyes are witness. The rest are Vertues something likely, only if it be in Winter when you cannot get the leaves, you may safely use the Bark instead of them. The Keys you may easily keep all the year, gathering theps when they are ripe.

### *Avens, called also Clovewort, and Herb Benet.*

**Descript.** *T*HIS ordinary Avens hath many long, rough, dark green, winged,

Leaves rising from the Root, every one made of many Leaves, set on each side of the middle Rib, the largest three wherof grow at the end, and are sharp'd or dented round about the edges: the other being small pieces, sometimes two, and sometimes four, standing on each side of the middle Rib underneath them. Among which do rise up divers rough or hairy stalks about two foot high, branching forth with Leaves at every joyn, not so long as those below, but almost as much cut in on the edges, some into three parts, some into more. On the tops of the branches stand small, pale yellow Flowers, consisting of five Leaves, like the flowers of Cyankoy, but large in the middle, wherof standeth a small green Head, which when the flower is fallen, groweth to be rough and round, being made of many long greenish purple Seeds (like grains) which will stick upon your Cloths. The Root consists of many brownish strings or fibres, smelling somewhat like unto Cloves, especially those which grow in the higher, hotter, and drier grounds, and in the freer and clear Air.

**Place.** They grow wild in many places under Hedg-sides, & by the Path waies in fields: yet they rather delight to grow in shadowy than sunny places.

**Time.** They flower in May and June for the most part, and their Seed is ripe in July at the furthest.

**Government and Virtues.** It is governed by Jupiter, and that gives hopes of a wholsom healthful Herb. It is good for the Diseases of the Chest or Breast, for pains and stiches in Breasts, Stitches, the sides, and to expel crude and raw humors from Wind, Belly, Stomach, the belly and stomach by the sweet flavor and warming quality. It dissolveth the inward congealed blood cold Brain, Obstructing by falls or bruises, and the spitting of blood on, Colick, Fluxes, if the Roots either green or dried, be boyled in Wine Ruptures, spots and Scurff, as also all manner of inward wounds or outward marks in the Face, ward, if they be washed or bathed therwith. The Decay of the Plague, Poyson, Infection also being drunk, conforteth the Heart, and digestion. Strengtheneth the Stomach, and a cold Brain, and therefore is good in the Spring time to open Obstructions of the Liver.

helpeth the wind Colick : it also helps those that have Fluxes, or are burſten, or have a Rupture : it taketh away spots and marks in the Face, being washed therewith. The Juyce of the fresh Root or Pouder of the dried Root hath the same effect with the Decoction. The Root in the Spring time steeped in Wine, doth give it a delicate flavor and taste, and being drunk fasting every morning comforteth the Heart, and is a good Preservative against the Plague, or any other Poyson. It helpeth Digestion, and warmeth a cold Stomach, and openeth Obſtructions of the Liver and Spleen.

It is very ſafe, you need have no Dofe preſcribed; and is very fit to be kept in every bodieſ house.

### *L. apiaſtrum, Meliſa* Balm.

**T**HIS HERB is ſo well known to be an Inhabitant almost in every Garden, that I ſhall not need to write any Description thereof, although the Vertues thereof which are many, may not be omitted.

**Goverment and Vertues.** It is an Herb of Jupiter, and under Cancer, and strengthens Nature much in all its actions. Let a Syrup made with the Juyce of it and Sugar (as you ſhall be taught at the later end of the Book) be kept in every Gentlewomanſ house, to relieve the weak Stomachs and ſick bodies of their poor ſickly Neighbors, as also the Herb kept dry in the house that ſo with other convenient Simples, you may make it into an Electuary

Mind, with Honey according as the disease is, and you ſhall be taught at the later end of my Book. The Arabian Physicians have extolled the Vertues hereof to the Skies, although the Greeks thought it not worth mentioning. Serapio ſaith, It cauſeth the Heart, Faintings, to become merry, and reviveth the heart fainting into Swoonings, especially of ſuch who are overtaken in their ſleeps, and diueth away all troublous cares & thoughts Faintings, Swoonings, Melancholy, Indigestion, Obſtruction of the Brain, Heart Arteries, re- which Avicen also confirmeth. It is very good to help digestion, and open Obſtructions of the Brain: and hath ſo much purging quality in it (ſaith Avicen) as to expell those melancholy vapors from the Spirits and blood which are in the Heart and Arteries, although it cannot do ſo in other parts of the body. Dioscorides ſaith, That the Leaves ſteeped in Wine, and the Wine drunk, and the Leaves externally applied, is a Remedy Beasts, mad Dogs, and the bitings of mad Dogs, and commendaþ the decoction thereof for Women to bath or ſit in to procure their Courses: it is good to wash aking teeth therewith, and profitable for thoſe that have the bloody Flux. The bloody Flux, Leaves also with a little Nitre taken in drink, are good againſt a ſurfeſt of Mushroms, helps the griping pains of the Belly, and being made into an Electuary, it is good for them that cannot fetch their breath: uſed with Salt, it takes away Wens, Kernels, or hard Swellings in the flesh or throat: it cleaſeth foul Sores, Gout, Li- and cauſeth pains of the Gout. It is as good for the Liver and Spleen,

**Spleen.** A Tansie or Caudel made with Eggs, and the Juyce *women* in thereof while it is yong, putting to it some Sugar and Rose water *Child-bed*, is good for Women in *Child-bed*, when the After-birth is not *Fainting* throughly avoided, and for their Faintings upon, or after their *in Travel*, *for Travel*. The Herb bruised and boyled in a little Wine and *Boyls*, Oyl, and laid warm on a *Boyl*, will ripen and break it.

### *Barberis, oxyacantha* Barberry.

**T**he Shrub is so well known to every Boy and Girl that hath but attained to the age of seven years, that it needs no Description.

*Government and Vertues.* Mars owns the Shrub, and presents it to the use of my Country-men to purge their bodies of Choler.

The inner Rind of the Barberry-tree boyled in white Wine, Choler, and a quarter of a pint drunk each morning, is an excellent *Scabs*, *Itch*, Remedy to cleanse the body of choleric humors, and free it *Tetters*, from such diseases as Choler cansteli, such be *Scabs*, *Itch*, *Ring-worm*, *Tetters*, *Ringwormis*, yell. *Jayndice*, *Boyls*, &c. It is excellē *yll*. *Jayndice* lent for hot Agues, Burnings, Scaldings, heat of the blood, *Boyls*, *Ague*, heat of the Liver, bloody Flux: for the Berries are as good as *burning*, the Bark, and more pleasing, they get a man a good stomach *Scaldings*, to his *Victuals*, by strengthening the attractive faculey, which *Appetite* is under *Mars*, as you may see more at large in the later end *lost Hair* of my *Ephemeris* for the year 1651. The hair washed with the Lie made of the ashes of the Tree and water, twill make it turn yellow, viz. of *Mars* his own colour. The Fruit and Rind of the Shrub, the flowers of Broom and of Heath, or Furz, cleanse the body of Choler by *Sympathy*, as the flowers, leaves and bark of the Peach-tree do by *Antipathy*: because these are under *Mars*, that under *Venus*.

### *Hordeum*, Barley.

**T**he continual usefulness hereof hath made all in general so acquainted therewith, that it is altogether needless to describe its several kinds hereof plentifully growing, being yearly sown in this Land. The Vertues whereof take as followeth.

*Government and Vertues.* It is a notable Plant of *Saturn*, if you view diligently its effects by *Sympathy* and *Antipathy*, you may easily perceve a Reason of them, as also why Barley Bread is so unwholsom for Melancholy people. **B A R L E Y** in all the parts and Compositions thereof (except *Malt*) is more cooling then *Wheat*; and a little clensing: and all the Preparations thereof, as Barley water, and other things made therof, do give great nourishment to persons troubled with *Feavers*, *Feavers*, *Agues*, and heats in the stomach. A Pultis made of Barly meal *Agues*, or flour boyled in *Vinegar* and *Honey*, and a few dry *Fgs*. put *Stomach*, into them, dissolveth all hard *Impostums*, and alswageth *Inflammations* being thereto applied. And being boyled with *Melilot*, *Chamomil* flowers, and some *Lincleed*, *Fenugreek*, and *Onions*, *Spl* Rue

Ears,  
Sbreast,  
Neck,  
Kings E-  
vil, Lepro-  
sie, Flur,  
Gout, Itch,  
Eyes.

Rue in Powder, and applied warm, it easeth pains in the side and Stomach, and windiness of the Spleen. The Meal of Barley and Fleawort boyled in Water, and made into a Pultis with Honey and Oyl of Lillies applied warm, cureth Swellings under the Ears, Throat, Neck, and such like: and a Plaister made thereof with Tar, Wax, and Oyl, helpeth the Kings-Evil in the Throat: boyled with shartp Vinegar into a Pultis, and laid on hot, helpeth the Leprosie: being boyled in red Wine with

Pomegranate Rinds and Mirtles, stayeth the Lask or other Flux of the Belly: boyled with Vinegar and a Quinet, it easeth the pains of the Gout. Barley flour, white Salt, Honey and Vinegar mingled together, taketh away the Itch speedily and certainly. The Water distilled from the green Barley in the end of May, is very good for those that have Defluxions of humors fallen into their Eyes, & easeth the pains being dropped into them; or white Bread steeped therewith, and bound on to the Eyes, doth the same.

## Loregium, Garden Bazil, or Sweet Bazil.

**Descript.** The greater ordinary Bazil riseth up usually with one upright stalk diversly branching forth on all sides, with two Leaves at every joint, which are somewhat broad and round, yet pointed, of a pale green colour, but fresh, a little saipt above the edges, and of a strong heady scent. The Flowers are small and white, standing at the tops of the branches, with two small Leaves at the joints, in some places green, in others brown, after which come black seed. The Root perisbeeth at the approach of Winter, and therefore must be new sown every year.

**Place.** It only groweth in Gardens.

**Time.** It must be sowed late, and flowers in the heat of Summer, being a very tender Plant.

**Government and Vertues.** This is the Herb which all Authors are together by the Ears about, and rail at one another like Lawyers. Galen and Dioscorides hold it not fitting to be taken inwardly: and Crysippus rails at it with down-right Billings-gate Rhetorick. Pliny and the Arabian Physicians defend it.

For mine own part I presently found that Speech true;

*Non nostrum inter nos tantas euangelere lites.*

And away to Dr. Reason went I, who told me it was an Herb of Mars, and under the Scorpion, and perhaps therefore called Basilicon, and then no marvel if it carry a kind of virulent quality with it. Being venomous plied to the place bitten by a venomous Beast, or stung by a Beast, Wasp or Hornet, it speedily draws the poyon to it: Every like Bee, draws his like. Miraldus affirms, That it being laid to rot in Horse-dung, it will breed venomous Beasts. And Hollerius a Horsest. French Physician, affirms upon his own knowledg, That an acquaintance of his by common studding wot, had a Scorpion bred in his Brain. Something is the matter this Herb and Rue will not grow together.

gether, no, nor peer one another: And we know Rue is as great an enemy to poyon, as any grows.

To conclude: It expelleth both Birth and After-birth: and as it helps the deficiency of *Venus* in one kind, so it spoils all her actions in another. I dare write no more of it.

## Laurus, Laurus, The Bay-Tree.

This is so well known, that it needs no Description; I shall therefore only write the Vertues therof, which are many.

*Government and Vertues.*] I shall but onely add a word or two to what my Friend hath written, viz. That it is a Tree of the Sun, and under the Celestial Sign *Leo*, and resisteth Witchcraft very potently, as also all the evill old *Satyr* can do to the Body of Man, and they are not a few; for it is the speech of one, and I am mistaken if it were not *Miroldus*, That neither Witch nor Devil, Thunder nor Lightning, will hurt a Man in the place where a Bay-tree is. Gates saith, That the Leaves, or Bark do dry and heal very much, and the Berries more than the Leaves. The Bark of the Root is lesse sharp and hot, but more bitter, and hath some astriction withal, whereby it is effectual to break the stone, and good to open obstructions of the Liver, Spleen, and other inward parts; which bring the Dropsie, Jaundice, &c. The Berries are very effectual against all poyon of venomous Creatures, and the stings of Wasps and Bees, as also against the Pestilence, or other infectious Diseases, and therefore is put into sundry Treacles for that purpose: they likewise procure Womens Courses; and seven of them given to a Woman in sore Travel of Child-birth, do cause a speedy delivery, and expel the After-birth, and therefore not to be taken by such as have not gone out their time, lest they procure Abortion, or cause Labor too soon: they wonderfully help all cold head-rhumatick Distillations from the Brain to the Eyes, Lungs, or other parts: And being made into an Electuary with Honey, do help the Consumption, old Coughs, Shortness of Breath, and thin Rheums; as also the Megrim: they mightily expel wind, and provoke Urin; help the Mother, and kill the Worms: the Leaves also work the like effects. A Bath of the Decoction of the Leaves and Berries, is singular good for Women to sit in that are troubled with the Mother, or the Diseases thereof, or the stoppings of their Courses, or for the diseases of the Bladder, pains in the bowels by wind and stoppings of urin. A decoction likewise of equal parts of Bay-berries, Cumin-seed, Hyllop, Organum, and Euphorbium, with some Honey, and the Head bathed therewith, doth wonderfull y help Distillations and Rheums, and setteth the Pallat of the Mouth into its place. The Oyl made of the Berries is very comfortable in all cold Griets of the Joyns, Nerves, Arteries, Stomach, Belly, or Womb, and helpeth Palpites,

Stone, Ob-

structions

of the Li-

ver and

Spleen,

Dropsie,

Poison,

Jaundice,

Bees;

Wasps,

Hornets,

Terms pro-

vokes,

Causes De-

livery,

After-birth

Eyes,

Lungs,

Coughs,

Shortness

of breath,

Megrim,

Wind,

Tigo,

Disse-

ry,

Mother,

Worms,

Joynts,

Pal-

pates,

*Nerves,  
Arteries,  
Stomach,  
Belly,  
Womb,  
Ears,  
Marks in  
the Skin,  
Itch,  
Scabs.*

*gies, Convulsions, Cramps, Aches, trembling and numness in  
any part, wearines also, and pains that come by sore travellings; All grief and pains likewise proceeding from wind, either  
in the Head, Stomach, Back, Belly, or Womb, by anointing the  
parts affected therewith: And pains in the Ears are also cured  
by dropping in some of the Oyl, or by receiving into the Ears  
the warm fume of the Decoction of the Berries through a Fun-  
nel. The Oyl takes away marks of the skin and flesh by bruises,  
falls, &c. and dissolvesth the congealed blood in them: It help-  
eth also the Itch, Scabs, and Wheals in the Skin.*

## *1. fabas*

### *Beans.*

**B**OTH the Garden and Field Beans are so well known, that it saveth me  
labour of writing any Description of them: Their Vertues follow.

*Gouvernment and Vertues.] They are Plants of Venus; and the distil-  
led Water of the flowers of Garden Beans, is good to cleanse the  
Face and Skin from spots and wrinkles, and the meal or flour  
of them, or the small Bean, doth the same. The water distilled  
from the green Husks, is held to be very effectual against the  
stone, and to provoke Urin. Bean flour is used in Pultises to  
allwage Inflammations rising upon wounds, and the swelling of  
Womens Breasts caused by the curdling of their milk, and re-  
presseth their Milk: The flour of Beans and Fenugreek mixed  
with honey, and applied to Felons, Boyls, Bruises, or blue marks  
by blows, or the Imposthumes in the Kernels of the Ears, help-  
eth them all: And with Rose Leaves, Frankincense, and the  
white of an Egg being applied to the Eyes, helpeth them that  
are swoln; or do water, or have received any blow upon them, if  
used with Wine. If a Bean be parred in two, the skin being ta-  
ken away, and laid on the place where a Leech hath been let that  
bleedeth too much, it stayeth the bleeding. Bean flour boyled  
to a Pultis with Wine and Vinegar, and some Oyl put thereto,  
tealst both pain and swelling of the Cods, The Husks boyled  
in Water to a consumption of a third part thereof, stayeth a  
Lask: and the ashes of the Husks made up with old Hogs  
Grease, helpeth the old pains, Contusions and wounds of the si-  
news, the Sciatica, and Gout. The Field Beans have all thea-  
forementioned Vertues as the Garden Beans.*

Beans eaten are extream windy meat; but if after the Dutch  
fashion, when they are half boyled you husk them, and then stew them (I  
cannot tell you how, for I never was Cook in all my life) they are wholsome-  
er Food.

## *2. Phaseolus*

### *French Beans.*

*Descript.] This French or Kidney Bean, ariseth up at first but with one  
stalk; which afterwards divideth it self into many arms*

or Branches, but also weak, that if they be not sustained with sticks or poles, they will lie fruitless upon the ground: at several places of these Branches grow forth long foot-stalks, with every one of them three broad round and pointed green Leaves at the end of them, towards the top whereof come forth divers flowers made like unto Peas-Blossoms, of the same colour for the most part that the fruit will be of, that is to say, white, yellow, red, blackish, or of a deep purple, but white is most usual; after which come long and slender flat Cods, some crooked, some straight, with a string as it were running down the back thereof, wherein are contained flattish round fruit made to the fashion of a Kidney: the Root is long, spreadeth, with many strings annexed to it, and perisheth every year.

There is also another sort of French Beans commonly growing with us in this Land, which is called the Scarlet flowered Bean.

This ariseth up with sundry branches as the other, but runs up higher to the length of Hop-poles, about which they grow twining, but turning contrary to the Sun, having foot-stalks with three Leaves on each, as on the other: The flowers also are in fashion like the other, but many more set together, and of a most Orient Scarlet colour. The Beans are larger than the ordinary kind, of a deep purple colour, turning black when it is ripe and dry: The Root perisheth also in winter.

*Government, and Vertues.* ] These also belong to Dame Venus, and being dried and beat to powder, are as great strengtheners of the Kidneys as any are, neither is there a better Remedy than it, a dram at a time taken in white Wine to prevent the stone, or to cleanse the Kidneys of Gravel or stoppage. The ordinary French Beans are of an *Disury*, ease digestion, they move the Belly, provoke Urin, enlarge Shortness of Breath that is straightned with shortness of Breath, engender Sperm, and incite to Venery. *Incite to*

And the Scarlet coloured Beans, in regard of the glorious Venery. beauty of their colour, being set neer a Quick-set Hedge, will bravely adorn the same by climing up thereon, so that they may be discerned a great way, not without admiration of the beholder at a distance. But they will go neer to kill the Quick-sets by cloathing them in Scarlet. *Gallium*

### Ladies Bed-straw.

**B**esides the common name above-written, it is called Chese-Rennet, because it performs the same office; as also Gallion, Pettinugget, and Maids-hair, and by some wild Rosemary.

*Description.* ] This riseth up with divers small, brown, and square upright stalks, a yard high, or more, sometimes branched forth into divers parts, full of Joints, and with divers very fine small Leaves at every one of them, little or nothing rough at all: At the tops of the Branches grow many long tufts or branches of yellow flowers very thick set together, from the several Joints which consist of four Leaves apiece, which smell somewhat strong, but not unpleasant: The seed is small and black like Poppy seed,

for the most part joyned together: The Root is reddish, with many small thrids fastened unto it, which take strong hold of the ground, and creepeth a little: And the branches leaning a little down to the ground, take Root at the joynts thereof, whereby it is easily increased.

There is also another sort of Ladies Bedstraw growing frequently in England, which beareth white flowers as the other doth yellow; but the branches of this are so weak; that unless it be sustained by the Hedges, or other things near which it groweth, it will lie down to the ground; the Leaves a little bigger than the former, and the flowers not so plentiful as thise; and the Root hereof is also thridy, and abiding.

*Place.]* They grow in Meadows and Pastures both wet and dry, and by the Hedges.

*Time.]* They flower in May for the most part, and the seed is ripe in July and August.

*Governances and Vertues.]* They are both Herbs of *Venus*, and therefore strengthen the parts both internal and external which she rules. The Decoction of the former of these being drunk, is good to fret and Stone, break the stone, provokes Urin, stayeth inward bleedings, and healeth inward Wounds: The Herb or flower bruised and put up into the Nostrils, stayeth their bleeding likewise: The Flowers and Herbs being made into an Oyl, by being set in the Sun, and changed after it hath stood ten or twelve dayes; or into an Oyntment, being boyled in *Azuris* or *Sallet Oyl*, with some Wax melted therein, after it is strained; either the Oyl made thereof, or the Oyntment, do help burnings with Stiffness of fire, or scaldings with water: The same also, or the Decoction of the Herb and Flower, is good to bath the feet of Travellers Scabs, Itch, and Lacquies, whose long running, causeth weariness and stiffness in their sinews and joynts: If the Decoction be used warm, and the joynts afterwards anointed with the Oyntment, it helpeth the dry scabs, and the Itch in Children: and the Herb with the white flower, is also very good for the Sintews, Arteries, and Joynts, to comfort and strengthen them after travel, cold, and pains. To cure all Diseases, read my *Riverius*, *Riolanus*, *Jobston*, *Vestigium*, &c.

### *Beets.*

*Decription.]* **O** F Beets there are two sorts, which are best known generally, and wherof I shall principally treat at this time, viz. The White, and Red Beets; and their Vertues.

The common White Beet hath many great Leaves next the ground somewhat large, and of a whitish green colour: The stalk is great, strong, and ribbed, bearing great store of Leaves upon it, almost to the very top of it: The flowers grow in very long tufts, small at the ends, and turning down their heads, which are small, pale, greenish, yellow Buds, giving cornered pickled seed. The Root is great, long, and hard, and when it hath given seed, is of no use at all.

The Common Red Beet differeth not from the white, but only it is lesser, and the Leaves and the Roots are somewhat red: The Leaves are differently red, in some only with red strakes or veins, some of a fresh red, and others of a dark red. The Root hereof is red, spungy, and not used to be eaten.

*Goverment and Vertues.]* The Government of these two sorts of Beets are far different; the red Beet being under *Saturn*, and the white under *Jupiter*; therefore take the Vertues of them apart, each by himself. The white Beet doth much loosen the *Cleanser*, *digest*, *Disury*, *Belly*, and is of a cleansing digesting quality; and *obstructions* of the Liver provoketh *Urin*: The Juyce of it openeth obstru-*ver* and *Spleen*, *Vertigo*, *ftions* both of the Liver and Spleen, and is good *Venemous* *beats*, *burn* for the Head-ach and *swimmings* therein, *and* *ings*, *St. Anthonies* *fire*, *turnings* of the *Brain*; and is effectual also against all *Wheals*, *Blisters*, *Chil*-*venemous* *Creatures*: and applied upon the Temples, *blains*, *Kibes*, *Itch*, stayeth *Inflammations* in the Eyes; it helpeth burn-*Dandriff*, *Scabs*, *ulcers*, *ings*, *being used without Oyl*, and with a little *Allum* *Canker*, *Baldness*. put to it, it is good for *St. Anthonies* *fire*. It is also good for all *Wheals*, *Pusches*, *Blisters*, and *Blains* in the *Skin*: The herb boyled and laid upon *Chilblains* or *Kibes*, helpeth them: The Decoction thereof in Water and some *Vinegar*, healeth the *Itch*, if bathed therewith, and cleanserth the Head of *Dandriff*, *Scurf*, and dry *Scabs*, and doth much good for fretting and running *Sores*, *Ulcers*, and *Cankers* in the *Heads*, *Legs*, or other parts, and is much commended against *Baldness* and *shedding* of *Hair*.

The red Beet is good to stay the bloody flux, *wombe* *Flux*, *Termes* *stops*, *Courses*, and the *Whites*, and to help the yellow *Jaun*-*whites*, *stinking* *dice*. The juyce of the Root put into the *Nostrils*, *breath*, *noise* in the *purgeth* the *Head*, helpeth the *noise* in the *Ears*, and *Ears*, *Smell* *lost*. *the* *Tooth-ach*; the Juyce snuffed up the *Nose*, helps a *stinking* *breath*, if the cause lies in the *Nose*, as many times it doth, if any *bruise* have been there, as also want of *smell* coming that way. To cure all *Diseases*, read my *Riverius*, &c.

### *Betonica aquatica Water-Betony. Catonica*

*Allied also Broom-Wort, and in York-shire, Bishops Leaves.*

*Descript.* First of the Water-Betony, which riseth up with square, hard, greenish stalks, sometimes brown, set with broad, dark green Leaves, dented about the edges with notches, somewhat resembling the Leaves of the Wood-Betony, but much larger, two for the most part set at a joint. The Flowers are many, set at the tops of the stalks and branches, being round bellied, and open at the brims, and divided into two parts, the uppermost being like a hood, and the lowest like a lip hanging down, of a dark red-colour, which passing away, there comes in their places small round heads, with small point's in the ends, wherein lie small and brownish seeds: The Root is a thick bulb of strings and threads growing from the Head.

**Place.** ] It groweth by Ditch-sides, Brooks, and other Water-courses generally through this Land, and is seldom found far from the Waters sides.

**Time.** ] It flowreth about *July*, and the seed is ripe in *August*.

**Government and Vertues.** ] Water-Betony is an Herb of *Jupiter* in *Cancer*, and is appropriated more to Wounds and Hurts in the Breast than Wood-Betony which follows. It is an excellent Remedy for sick Hogs.

**Leers,** It is of a cleansing quality; the Leaves bruised and applied, are effectual for all cold and filthy Ulcers; and especially if the Juyce of the Leaves be boyled with a little Honey, and then dipped therein, and the Sores dressed therewith: as also for **Bruises,** Bruises or Hurts whether inward or outward. The distilled Water of the Leaves is used for the same purposes: as also to **Sun-bur-** bathe the Face or Hands spotted or blemished, or discoloured by **ying.** Sun-burning.

I confess I do not much fancy distilled Waters, I mean such Waters as are distilled cold; some Vertue of the Herb they may happily have (it were a strange thing else) but this I am confident of, that being distilled in a Pewter Still, as the vulgar and apish fashion is, both Chymical Oyl and Salt is left behind, unless you burn them, and then all is spoiled, Water and all, which was good for as little as can be by such a Distillation. You have the best way of Distillation in my *Translation of the London Dispensatory*. The Colledg of Physicians having as much skill in Distillations as an Ass hath in reading Hebrew.

## *L. betonica silvestris* Wood-Betony.

**Descript.** ] Common or Wood-Betony hath many Leaves rising from the Root, which are somewhat broad and round at the end, roundly dented about the edges, standing upon long Foot-stalks, from among which rise up small, square, slender, but yet upright hairy stalks, with some Leaves theron, two apiece at the Joyns, smaller than the lower, whereon are set several spiked Heads of flowers like Lavender, but thicker and shorter for the most part, and of a reddish or purple colour, spotted with white spots both in the upper and lower part. The Seeds being contained within the Husks that hold the flowers, are blackish, somewhat long and uneven. The Roots are many white thriddy strings, the stalk perisbeth, but the Roots with some Leaves theron, abide all the Winter. The whole Plant is somewhat small.

**Place.** ] It groweth frequently in Woods, and delighteth in shady places.

**Time.** ] And it flowreth in *July*, after which the Seed is quickly ripe yet in its prime in *May*.

**Government and Vertues.** ] The Herb is appropriated to **Epidemical Diseases,** the Planet *Jupiter*, and the Sign *Aries*. *Antonius Musa*, Physician to the Emperor *Augustus Cesar*, wrote a pecu-craft, Appetite, liar Book of the Vertues of this Herb; and amongst other indigestion, Sto- Vertues, saith of it, That it preserveth the Liver and Bo-

dies of men from the danger of Epidemical Diseases, mack, Belching, and from Witchcrafts also: It is found by daily experience Jaundice, Fal-  
lōbe good for many Diseases; It helpeth those that loath, ling-sickness, or cannot digest their meat, those that have weak stomachs, Palsie, Convulſ- or sour belchings, or continual rising in their stomach, u- on, Shrinking of ſing it familiarly either green or dry; either the Herb, or the ſinewſ, Roots, or the flowers in Broth drunk, or Meat, or made in- Gout, Dropſie, ſo Conſerve, Syrup, Water, Electuary, or Powder, as every Frenſie, Caugh, one may beſt frame themſelves unto, or as the time or ſea- Cold, Shortneſſ ſon requireth, taken any of the aforesaid wayes, it helpeth of breath, A- the Jaundice, Fallingſickness, the Palsie, Convulſions, or gues of all ſorts, shrinking of the ſinewſ, the Gout, and those that are incli- Sore Eyes, ned to Dropſies, thoſe that have continual Pains in their Wamſ, Obſtruc- Head, although it turn to Phrenſie. The Powder mixed Elions of the with pure Honey is no leſs avilable for all ſorts of Caugh Liver and or Colds. Wheeſing, or ſhortneſſ of Breath, Distillations Spleen, Stitches of thin Rhewm upon the Lungs, which cauſeth Conſumptions. The Decoction made with Mead and a little Peny- Back and Belly, royal, is good for thoſe that are troubled with putrid A- Terms pro- gues, whether Quotidian, Tertiæ, or Quartan, and to draw vokes, Mother, down and evacuate the blood and humours. that by falling Child-birth, into the Eyes, doth hinder the ſight: The Decoction thereof Stone, Toothach, made in Wine, and taken, killeth the Worms in the Belly, Venemous openeth obſtructions both of the Spleen and Liver, cureth Beaufs, Mad- ſitches and pains in the back, or ſides, the torment and Dogs, Wearineſſ, griping pains of the bowels, and the wind Cholliek: and Bleeding at mixed with Honey purgeth the belly, helpeth to bring Mouth & Nose, down Womens Courses, and is of eſpecial uſe for thoſe that Piffing, & Spit- are troubled with the falling down of the Mother, and pains thereof, and cauſeth an eaſie and ſpeedy delivery of Womaen Ruptures, Brui- in Child-birth: it helpeth alſo to break and expel the ſtone ſes, Wounds, either in the Bladdeſ or Kidneys. The Decoction with Veins and Si- Wine, gargled in the Mouth, eaſeth the Tooth-ach. It is newſcut, ul- commended againſt the ſtinging or biting of Venemous cers, Fiftulae, Serpents or Mad-Dogs, being uſed inwardly, and applied Boyls, Ears, outwardly to the piece. A dram of the Powder of Betony, taken with a little Honey in ſome Vinegar, doth wonderfullly refresh thoſe that are over-wearied by Travel; it ſtayeth bleeding at the Mouth or Nose, and helpeth thoſe that pifſ or ſpit blood, and thoſe that are burſten or have a Rupture, and is good for ſuch as are bruised by any fall, or otherwife. The green Herb bruised, or the Juyce applied to any inward hurt, or out- ward green Wound in the Head or Body, will quickly heal and close it up: as alſo any Veins or ſinewſ that are cut; and will draw forth any broken Bone, or Splinter, Thorn, or other thing gotten into the flesh: It is no- leſs profitable for old ſores, or filthy Ulcers, yea, though they be fistulouſ and hollow, but ſome do aduife to put a little ſalt to this purpoſe: Be- ADD

applied with a little Hogs Lard, it helpeth a Plague-sore, and other Boyle and Pusnes: The fumes of the Decoction while it is warm, received by a funnel into the Ears, easeth the pains of them, destroyeth the worms, and cureth the running sores in them: The Juyce dropped into them, doth the same. The Root of Betony is displeasing both to the tast, and stomach, wheras the Leaves and Flowers by their sweet and spicy tast, are comfortable both in Meat and Medicine.

These are some of the many Vertues *Antony Musa* an expert Physician, (for it was not the practice of *Ottavius Cæsar* to keep Fools about him) appropriate to Betony; It is a very precious Herb, that's certain, and most fitting to be kept in a mans house both in Syrup, Conserve, Oyl, Oynement, and Plaister. The Flowers are usually conserved.

### *4. fagus, The Beech-Tree. haya*

**I**N treating of this Tree, you must understand that I mean the great Mast Beech; which is by way of distinction from that other small rough sort, called in *Suffolk*, the small Beech; but in *Essex*, Hornbeam.

I suppose it needes to describe it, being already so well known to any Country men.

**Place.**] It groweth in Woods amongst Oaks and other Trees; and in Parks, Forrests, and Chases, to feed Deer; and in other places to fatten Swine.

**Time.**] It bloometh in the end of April, or beginning of May for the most part, and the fruit is ripe in September.

**Government and Vertues.**] It is a Plant of *Saturn*, and therefore performes his qualities and properties in these operations: The Leaves of the Beech-Tree are cooling and binding and therefore good to be applied to hot swellings to distens them: The Nuts do much nourish such beasts that feed thereon. The Water that is found in the hollow places of decaying Beeches, will cure both Man and Beast of any Scurf, Scab, or running Tetter, if they be washed therewith. You may boyl the Leaves into a Pultie, or make an Oynement of them, when time of year serves.

### *Bilberries; called also by some, Whorts, Vetch, Vites, and Whortle Berries. ~~black~~*

**Descrip-  
tion.** **O**f these, I shall only speak of two sorts, which are commonly known in England, viz. The Black, and Red Bilberries. And first of the Black.

This small Bush crepeth along upon the ground; scarce rising half a yard high, with divers small dark green Leaves set on the green bratches; not alwayes one against another, and a little denting about the edges: At the Foot of the Leaves come forth small, hollow, pale, blusht coloured flowers; the brims ending in five points, with a reddish thred in the middle; which pess hid small round berries of the bigness and colour of Juniper berries, but a purple sweetish sharp tast; the Juyce of them giveth a purplish colour

to their hands and lips that eat and handle them; especially if they break them. The Root groweth a slope under ground, shooting forth in sundry places as it steepeth: This loseth its Leaves in Winter.

The Red Bilberry, or Whortle-bush, riseth up like the former having sundry harder Leaves, like the Box-tree Leaves, green and round pointed, standing on the several branches, at the tops whereof only, and not from the sides, as in the former, come forth divers round flowers, of a pale red colour; after which succeed round, reddish, fappy Berries, when they are ripe, of a sharp taste. The Root runneth in the ground, as in the former; but the Leaves of this abide all the Winter.

**Place.]** The first growth in Forests, on the Heaths, and such like barren places: The Red grows in the North parts of this Land, as Lancashire, Yorkshire, &c.

**Time.]** They flower in March and April; and the Fruit of the black is ripe in June and July.

**Government and Virtues.]** They are under the Dominion of Jupiter. It is pity they are used no more in Physick than they are. The black Bilberries are good in hot Agues, and to cool the heat of the Liver and Stomach: they do somewhat bind the Belly, and stay Vomitings and Loathings: The Juyce of the Berries made into a syrup, or Stomach, the Pulp made into a Conserye with Sugar, is good for the purples aforesaid, as also for an old Cough, or an Ulcer in the Vomiting, Lungs, or other Diseases therein. The red whorts are more Appetite binding, and stop Womens Courses, Spitting of Blood, or any left Coughs, other Flux of blood or Humours, being used as well outwardly as inwardly.

### *Libertia, Bifoyl, or Twayblade.*

**Description.]** This small Herb from a Root somewhat sweet, shooting downward many long strings, riseth up a round green stalk, bare or spik'd near the ground for an inch, two or three to the middle thereof, as it is high or growth, as also from the middle upward to the flowers, having only two broad Plantanetlike Leaves (but whiter) set at the middle of the stalk one against another, and compasseth it round at the bottom of them.

**Places.]** It is an usual Inhabitant in Woods, Copes, and in many other places in this Land.

There is another sort grows in wet grounds and Marshes, which is somewhat differing from the former: It is a smaller Plant, and greener, having sometimes three Leaves; the spike of flowers is less than the former, and the Roots of this do run or creep in the ground.

They are much and often used by many to good purpose for Wounds; Wounds both green and old, and to consolidate or knit Ruptures, Ruptures, and well it may, being a Plant of Saturn.

They that would be knowing Physicians, let them read these Books of mine, of the last Edition, *Riverius, Riolanus, Veslingus, &c.*



## L. betula, The Birch-Tree.

**Descript.** **T**his groweth a goodly tall straight Tree, fraught with many Boughs and slender Branches bending downward; the old being covered with a discoloured chapped Bark, and the yonger being browner by much: The Leaves at the first breaking out are crumpled, and afterward like the Beech Leaves, but smaller and greener, and dented about the edges. It beareth small short Catkins, somen bat like those of the Hazel Nut-tree, which abide on the branches a long time, until growing ripe, they fall on the ground, and their seed with them.

**Place.**] It usually groweth in Woods.

**Government and Vertues.**] It is a Tree of *Venus*. The Juyce of the Leaves while they are young, or the distilled water of them, or the water that comes out of the Tree, being bored with an Augur, and distilled afterwards: any of these being drank for some time together, is available to break the stone in the Kidneys and Bladder, and is good also to wash sore mouths.

## L. ornithopodium Birds-Foot.

**T**his small Herb groweth not above a span high, with many Branches spread upon the ground, set with many wings of small Leaves: The flowers grow upon the Branches, many small ones of a pale yellow colour, being set a head together, which afterwards turn into so small joyned Cods, well resembling the claws of small Birds, whence it took its name.

There is another sort of Birds-foot in all things like the former, but a little larger: the flowers of a pale whitish red colour, and the Cods distinct by joyns like the other, but a little more crooked, and the Roots do carry many small white knots or kernels amongst the strings.

**Place.**] These grow on Heaths, and many open untilled places of this land.

**Time.**] They flower and seed in the end of Summer.

**Government and Vertues.**] They belong to *Saturn*, and are of a drying, binding quality, and thereby very good to be used in Wounds, Dry, Bind, Wounds, drinks, as also to apply outwardly for the same purpose. But the later Birds-foot is found by experience to break the stones in the Back or Kidneys, and drive them forth, if the Decoction thereof be taken; and it wonderfully helpeth the Rupture, being taken inwardly, and outwardly applied to the place.

All Salts have best operation upon the stone, as Oyntments and Plaisters have upon Wounds: and therefore you may make a Salt of this for the stone; the way how to do so, may be found in my Translation of the *London Dispensatory*, and it may be I may give you again in plainer terms, at the later end of this Book.

## 24 line Bishops-weed.

**B**esides the common name Bishops-weed; it's usually known by the Greek name, *Arami*, and *Ammis*; some call it *Ethiopian Chrysanthemum*-seed, and others

ther Cummin-royal; as also Herb-William, and Bulwort.

**Descript.**] Common Bishops-weed riseth up with a round straight stalk; sometimes as high as a man, but usually three or four foot high, beset with divers small, long and somewhat broad Leaves, cut in some places, and densed about the edges; growing one against another, of a dark green colour, bearing sundry branches on them, and at the top small umbles, of white flowers, which turn into small brown seed; little bigger than Parsly seed, of a quick hot scent, and taste: The Root is white and stringy; perishing yearly after it hath seeded, and usually riseth again of its own sowing.

**Place.**] It groweth wild in many places in England and Wales, as between Greenheath and Gravesend.

**Government and Vertues.** It is hot and dry in the third degree, of a bitter taste, and something sharp withal, it provokes Lust to purpose: I suppose Venus owns it. It digesteth Humours, provo- *Disury, Terms with Ulrin and Womens Courses, dissolveth Wind: and be-* provokes, *wind-* ing taken in Wine, easeth pains and griping in the Bowels, Cholick, *Vene-* and is good against the biting of Serpents: It is used to mous Beasts, good effect in those Medicines which are given to hinder *Cantharide*, the poysonful operation of *Cantharides* upon the passage of Black and blew the Ulrin: being mixed with honey, and applied to black spots, high co- and blew marks, coming of blows or bruises, it takes them low, Mother- away: and being drunk, or outwardly applied, it abateth an high colour, and makes it pale: and the Fumes thereof taken with Rosia or Raisons, cleanseth the Mother.

### *Green Bister* ~~Root~~ *Bistort, or Snake-weed:* *Root*

**I**T is called *Snake-weed*, *English Serpentary*, *Dragon-wort*, *Oysterich*, and *Paffions*.

**Description.** This hath a thick, short, knobbed Root, blackish without, and somewhat reddish within, a little crooked or turned together, of an harsh astringent taste; with divers black threds hanging there, from whence spring up every year divers Leaves, standing upon long footstalks, being somewhat broad and long like a Dock-Leaf, and a little pointed at the ends, but that it is of a blewish green colour on the upper side, and of an Ash colour gray, and a little purplish underneath, with divers Veins therein; from among which rise up divers small and slender stalks, two foot high, and almost naked, and without Leaves, or with very few, and narrow, bearing a spiky bulb of pale flesh colour'd flowers, which being past, there abideth small seed; somewhat like unto Sorrel-seed, but greater.

There are other sorts of Bistort, growing in this Land, but smaller, both in height, root, and stalks, and especially in the Leaves. The Root blackish without, and somewhat whitish within, of an astringe binding soft, as the former.

**Place.** They grow in shadowy moist Woods, and at the foot of the Hills, but are chiefly nourished up in Gardens. The narrow leaved Bistort groweth in the North, in Lancashire, Yorkshire, and Cumberland.

**Time.** They flower about the end of May, and the seed is ripe about the beginning of July.

*Government and Vertues.*] It belongs to *Saturn*, and is in operation cold and dry. Both the Leaves and Roots have a powerful faculty to resist all poison : The Root in powder taken in drink, expelleth the Venom of the Plague, the Small Pox, Measles, Purples, or any other infectious Disease, driving it out by sweating : The Root in powder, the Decoction thereof in Wine being drunk, stayeth all manner of inward bleedings or spittings of Blood, and any fluxes in the Body of either Man or Woman, or Vomiting. It is also very available against Kupptures, or Burstings, or all Bruises of Falls, dissolving the congealed blood, and easeth the pains that happen thereupon, it alio helpeth the Jaundice. The water distilled from both Leaves and Roots, is a singular Remedy to wash any place bitten or stung by any Venemous Creature; as also for any of the purposes before spoken of. And is very good to wash any running sores or Ulcers. The Decoction of the Root in Wine being drunk, hindreth Abortion or Misearriage in Child-bearing. The Leaves also kill the Worms in Children, and is a great help for them that cannot keep their water, if the Juyce of Plantane be added thereto, and outward applied, much helpeth the Gonorrhœa, or Running of the Reins. A dram of the Powder of the Root taken in the water thereof, wherein some red hot Iron or Steel hath been quenched, is also an admirable help thereto, so as the Body be first prepared and purged from the offensive Humours. The Leaves, Seed, or Roots are all very good in Decoctions, Drinks, or Lotions, for inward or outward wounds or other sores. And the powder strewed upon any cut or wound in a Vein, stayeth the immoderate bleeding thereof : The Decoction of the Roots in Water whereupon some Pomegranate Pills and Flowers are added, injected into the Matrix, stayeth the access of humours to the Ulcers thereof, and bringeth it to its right place, being fallen down, and stayeth the immoderate flux of the Courses. The Root hereof with Pelitory of Spain, and burnt Allum of each a little quantity, beaten small and made into Paste, with some Honey, and a little piece thereof put into an hollow tooth, or held between the Teeth, if there be not hollowness in them, stayeth the destruction of rheum upon them, which causeth pains, and helps to cleanse the Head, and avoid much offensive water. The distilled water is very effectual to wash Sores or Cancers in the Nose or any other part, if the powder of the Root be applied therunto afterwards. It is good also to fasten the Gums, and to take away the Heat and Inflammations that happen in the Jaws, Almonds of the Throat or Mouth, if the Decoction of the Leaves, Roots, or Seeds be used; or the Juyce of them; but the Roots are most effectual to all the purposes aforesaid.

For cure of all Diseases, read my *Riverius*, *Pestigius*, *Riolanus*, *Johnstor*, *Vertus*, and *Physick for the Poor*.

# Monophyllum One-Blade.

**Descript.** This small Plant never beareth more than one Leaf, but onely when it riseth up it with its stalk, which then beareth another, and so on more, which are of a bluish green colour, broad at the bottom, and pointed with many ribs or veins like Plantane: At the top of the stalk grow many small flowers star-fashion, smelling something sweet: after which come small reddish Berries when they are ripe. The Root is small, of the bigness of a Rush, lying and creeping under the upper crust of the Earth, shooting forth in divers places.

**Plante.** It grows in moist, shadowy, grassie places of Woods in many places of this Realm.

**Tirre.** It flowreth about May, and the Berries, be ripe in June, and then quickly perisheth until the next year it springeth from the same again.

**Government and Vertues.** It is an Herb of the Sun, and therefore Cordial. Half a dram, or a dram at most of the Roots hereof in powder, taken in Wine and Vinegar, of each a like quantity, and the party presently laid to sweat, is held to be a sovereign Remedy for those that are infected with the plague, and have a sore upon them, by expelling the poysen, and defending the Heart and spirits from danger: It is also accounted a singular good Wound Herb, and therefore used with other Wounds, Herbs in making such Balmes as are necessary for the curing of Nerves, Wounds either green or old, and especially if the Nerves or Sinewes hurt, newes be hurt.

# The Bramble, or Black-berry-bush.

It is so well known, that it needeth no Description. The Vertues thereof are as followeth:

**Government and Vertues.** It is a Plant of Venus in Aries. You shall have some Directions at the latter end of the Book for the gathering of all Herbs and Plants &c. If any ask the reason why Venus is so prickly? Tell them, 'tis because she is in the house of Mars. The Buds, Leaves, and Branches while they are green, are of a good use in the Ulcers and putrid sores of the Mouth and Throat, and for the Quinsie; and ulcers, likewise to heal other fresh Wounds and Sores: but the flowers ~~sores~~, and fruit unripe are very binding, and so profitable for the bloody flux, Lasks, and are a fit Remedy for spitting of Blood, either the Decoction or Powder of the Root being taken, is good Flux, to break or drive forth Gravel, and the stone in the Reins and Kidneys. The Leaves and Brambles as well green as dry, are excellent good Lotions for sores in the Mouth or secret parts: The Decoction of them, and of the dried Branches, do much bind the Belly, and are good for too much flowing of Womens courses: The berries or the flowers are a powerful Remedy against the poyson of the most venomous Serpents, as well drunk as outwardly applied, helpeth the sores of the Fundament, & the Piles, to 5.

**Poyson, Venemous Beasts, Fundament, Piles, Feavers, Head, Eyes, Itch, Scabby Heads.** The juyce of the Berries mixed with the juyce of Mulberries, do bind more effectually, and help fretting and eating sores and ulcers wheresoever. The distilled water of the Branches, Leaves, and Flowers, or of the Fruit, is very pleasant in taste, and very effectual in Feavers and hot distempers of the Body, Head, Eyes, and other parts, and for all the purposes aforesaid. The Leaves boyled in Ly, and the Head washed therewith, healeth the Itch, and the running sores thereof, and maketh the Hair black. The Powder of the Leaves strewed on Cankers and running Ulcers, doth wonderfully help to heal them. Some use to condensate the Juyce of the Leaves, and some the Juyce of the Berries, to keep for their use all the year, for the purposes aforesaid.

### *Blites.*

**Descript.** Of these there are two sorts commonly known, viz. White and Red. The White hath Leaves somewhat like unto Beets, but smaller, rounder, and of a whitish green colour, every one standing upon a small long foot-stalk: the stalk riseth up two or three foot high, with such like Leaves thereon: the flowers grow at the top in long round tufts or clusters, wherein are contained small and round seed: the Root is very full of threads or Strings.

The Red Blite is in all things like the White, but that his Leaves and tufted heads, are exceeding red at first, and after turn more purplish.

There are other kind of Blites which grow wild, differing from the two former sorts but little, only the wild are smaller in every part.

**Place.** They grow in Gardens, and wild in many places of this Land.

**Time.** They seed in August and September.

**Government and Vertues.** They are all of them cooling, drying, and binding, serving to restrain the Fluxes of Blood in either man or woman, especially the Red; which also stayeth the overflowing of wemens Reds, as the White Blite stayeth the Whites in Women: it bites in It is an excellent secret, you cannot well fail in the use: they are Women. all under the Dominion of Venus.

There is one other sort of wild Blites, like the other wild kinds, but having long and spike heads of greenish seed, seeming by the thick setting together to be all seed.

This sort the Fishes are delighted with, and it is a good and usual bait; for Fishes will bite fast enough at them, if you have but wit enough to catch them when they bite.

### *Borage, and Bugloss.*

**T**hese are so well known to be Inhabitants in every Garden, that I hold it needless to describe them.

To these, I may add a third sort, which is not so common, nor yet so well known, and therefore I shall give you its Name and Description.

It is called *Langue-de-beef*; but why they should call one Herb by the

Name

Name *Bugloss*, and another by the Name *Langue-de-beef*, its to me some question, seeing one signifies *Ox-tongue* in Greek, and the other signifies the same in French.

**Description.** The Leaves thereof are smaller than those of *Bugloss*, but much rougher; the stalk rising up about a foot and half high, and is most commonly of a red colour, the flowers stand in scaly rough heads, being composed of many small yellow flowers, not much unlike to those of *Dandelyon*, and the seed flieth away in Down, as that doth: you may easily know the flowers by their taste, for they are very bitter.

**Place.** It groweth wild in many places of this Land, and may be plentifully found neer London, as between *Redriff* and *Deptford*, by the Ditch-sides. Its Vertues are held to be the same with *Borage* and *Bugloss*, only this is something hotter.

**Time.** They flower in *June* and *July*, and the seed is ripe shortly after.

**Government and Vertues.** They are all three Herbs of *Jupiter*, and under *Leo*, all great Cordials, great strengtheners of Nature. They are very Cordial. The Leaves or Roots are to very good purpose used in Putrid and Pestilential Feavers; to defend the Heart, and Feavers, help to resist and expel the poysen, or the venom of other Creatures; the seed is of the like effect; and the seed and Leaves Poysen, are good to encrease Milk in Womens Breasts: The Leaves, *Venemous Flowers*, and Seed, all, or any of them, are good to expel Beasts, Pensiveness and Melancholy, it helpeth to clarifie the Blood, Milk is and mitigate heat in Feavers. The Juyce made into a Syrup, *Nursis*, prevailth much to all the purposes aforesaid, and is put with Melancholy, other cooling, opening, cleansing Herbs, to open Obstructions, *Ill b'oo.*, and help the yellow Jaundice, and mixed with Fumitory, to cool, cleanse, and temper the blood, thereby it helpeth the Itch, Jaundice, Ringworms, and Tetterers, or other spreading Scabs or Sores. Itch, Ring- The Flowers candied, or made into a Conserve, are helping in worms, the former causes, but are chiefly used as a Cordial, and is good Tetterers, for those that are weak with long sickness, and to comfort the Scabs, Heart and Spirits of those that are in a Consumption, or trou- Weakness bled with often swoonings, or passions of the Heart: The Di- by long stilled water is no less effectual to all the purposes aforesaid, and Sicknes, helpeth the rednes and inflamation of the eyes, being washed Consum- therewith: The dried Herb is never used, but the green; yet tions, the ashes thereof boyled in Mead, or honeyed water, is available Swooning, against Inflammations and Ulcers in the Mouth or Throat, to Inflama- wash and gargle it therewith. The Roots of *Bugloss* are effectu- tions, al, being made into a licking Electuary, for the Cough, and Ulcers, Sore to condensate thin Flegm, and the Rheumattick distillations Mouths and upon the Lungs. *Throat*.

To cure all Diseases, read my *Riverius*, *Rigminus*, *Vestigius*, *Cough*, *Tabidion*, *Semeius*, and *Physick for the Poor*.

## Blue-Bottle.

IT is called, *Syanus*, I suppose from the colour of it; *Har-sickle*, because it turns the edg of the Sickles that reap the Corn; *Bl-w-blow*, *Corn-flower*, and *Blue-bottle*.

**Description.** I shall only describe that which is commonest, and in my opinion most useful: Its Leaves spread upon the ground, being of a whitish green colour, somewhat cut on the edges like those of *Corn Scabious*, amongst which riseth up a stalk divided into divers branches, beset with long Leaves of a greenish colour, either but very little indented, or not at all: The flowers are of a blue colour, from whence it took its name, consisting of an innumerable company of small flowers, set in a scaly head, not much unlike those of *Knapweed*: The seed is smooth, bright, and shining, wrapped up in a woolly mantle: The Root perishest every year.

**Place.**] They grow in Corn-fields, amongst all sorts of Corn, Pease, Beans, and Tares excepted; if you please to take them up from thence, and transplant them in your Garden, especially toward the full Moon, they will grow more double than they are, and many times change colour.

**Time.**] They flower from the beginning of May, to the end of Harvest.

**Government and Vertues.**] As they are naturally cold, dry, and binding, so are they under the Dominion of *Saturn*. The Powder or dried Leaves of the *Blue-bottle* or *Corn-flower*, is given with good success to those that are bruised by a fall, or have broken a Vein inwardly, and void much blood at the mouth: being taken in the Water of *Plantane*, *Horserail*, or the greater *Comfrey* it is a Remedy against the poyon of the Scorpion, and resisteth all Venoms and Poysons. The Seed, Leaves taken in Wine is very good against the Plague, and all infectious Diseases, and is very good in Pestilential Feavers. The Juyce put into fresh or green wounds, doth quickly solder up the lips of them together, and is very effectual to heal all Ulcers and Sores in the Mouth: The Juyce dropped into the Eyes, taketh away the heat and inflammation in them. The distilled Water of the Herb hath the same properties, and may be used for the effects aforesaid.

## *Acanthus*, *Brank-Ursine*.

**B**ESIDE the common Name *Brank-Ursine*, it is also called *Bears-breech*, and *Acanthus*, though I think our English Names to be more proper; for the Greek word *Acanthos*, signifies any Thistle whatsover.

**Description.** This Thistle shooteth forth very many large, thick, sad grey smooth Leaves upon the ground, with a very thick and jucy middle rib: The Leaves are paged with sundry deep gashes on the edg; the Leaves remain a long time before any stalk appears: afterwards riseth up a reasonable big stalk three or four foot high, and bravely deckt with flowers from the middle of the stalk upwards, for on the lower part of the stolke there is neither Branch nor Leaf; the flowers are hooded and gaping.

ing white in colour, and standing in brownish tucks, with a small long undivided L af, under each Leaf: they seldom seed in our Country. its Roots are many, great and thick, blackish without, and whitish within, full of a clammy sap: a piece of them, if you set in the Garden, and defend them from the first Winters cold, will grow and flourish.

Place. ] They are only nurfed up, in Gardens in England, where they will grow very well.

Time. ] It flowereth in June and July.

Goverment and Vertues. ] It is an excellent Plant, under the Dominion of the Moon: I could wish such as are studious would labour to keep it in their Gardens. The Leaves being boyled and used in Clysters are excellent good to mollifie the Belly, and make the passages slippery. The Decoction drunk inwardly, is excellent good for the Bloody flux. Bloody The Leaves being bruised, and rather boyled and applied like a Flux, Frapulcitis, are exceeding good to unite broken bones, and strengthen sinews, Disjoyns that have been put out. The Decoction of either Leaves siccations or Roots being drunk, and the decocted Leaves applied to the Kings-place, is excellent good for the Kings-Evil that is broken and Evil, runneth, for by the influence of the Moon it reviveth the ends of Burnings, the Veins which are relaxed: there is scarce a better Remedy Ruptures, to be applied to such places as are bursten with fire than this is, Cramp, for it fetcheth out the fire, and heals it without a Scar. This is Gout, an excellent Remedy for such as are bursten, being either taken Dysury, inwardly, or applied to the place. In like manner used, it helps Hectick the Cramp and the Gout. It is excellent good in Hectick Feaver, and restores radical Moisture to such as are in Consumptions. Radical Moisture.

*Briony, or Wild Vine. Laburnum*  
*L. tamintha critic, Brionia nigra,*

It is called Wild Vine, and Wood Vine, Tamus, our Ladies Seal. The white is called White Vine by some: and the black, Black Vine.

Description. ] The common white Briony groweth ramping upon the Hedges, sending forth many long, rough, very tender Branches at the beginning, with many very rough broad Leaves thereon, cut (for the most part) into five partitions, in form very like a Vine-leaf, but smaller, rougher, and of a whitish or hoary, green colour, spreading very far, spreading and twisting with his small claspers (that come forth at the Joyns with the Leaves) very far on whatsoever standeth next to it. At the several joyns also (especially towards the top of the branches) cometh forth a long stalk bearing many whitish flowers, together in a long tuft, consisting of five small Leaves a piece, laid open like a Star: after which come the Berries, separated one from another more than a Cluster of Grapes, green at the first, and very red when they are through ripe, of no good scent, but of a most loathsome taste, proceeding to rot. The Root groweth to be exceeding great, with many long Twines or Branches growing from it, of a pale whitish colour on the outside, and more white within, and of a sharp, bitter, loathsome taste.

Place. ] It groweth on Banks, or under Hedges, through this Land : the Roots lie very deep.

Time. ] It flowreth in July and August, some earlier, and some later than other.

*Government and Vertues.* ] They are furious Martial Plants.

The Roots of Briony purges the Belly with great violence, troubling the Stomach, and burning the Liver, and therefore not rashly to be taken ; but being corrected, is very profitable for the diseases of the Head, as Falling-sicknes, Giddiness, and Swimmings, by drawing away much Flegm and Rheumatick humors that oppress the Head, as also the Joynts and Sinews, and is therefore good for Palsies, Convulsions, Cramps, and Stitches in the sides, and the Dropse ; and in provoking Urin, it clenseth the Reins and Kidnies from Gravel and Stone, by opening the Obstructions of the Spieeh, and consumeth the hardnes and swellings thereof. The Decoction of the Root in Wine drunk once a week at going to bed, clenseth the Mother, and helpeth the rising thereof, expelleth the dead Child for fear of abortion, a dram of the Root in pouder taken in white Wine, bringeth down their Courses. An Electuary made of the Roots and Honey, doth mightily clease the Chest of rotten flegm, and wonderfully help an old strong Cough, those that are troubled with shortnes of breath, & is very good for them that are bruised inwardly, to help to expell the clotted or congealed blood. The Leaves, Fruit, & Root do clense old and filthy Sores, are good against all fretting and running Cankers, Gangrenes and Tetterers, and therefore the Berries, are by some Country people called Tetter-berries. The Root clenseth the skin wonderfully, from all black and blew Spots, Freckles, Mor-black Spots, phew, Leprosie, soyl Scars, or other deformity whatsoeuer : as also all running Scabs, and Mangines are healed by the pouder of the dried root, or the juyce therof, but especially by the fine white hardned juyce. The distilled Water of the Roots worketh the same effects, but more weakly. The Root bruised and applied of it self to any place where the bones are broken, helpeth to draw them forth, as also splinters and thorns in the flesh ; and being applied with a little Wine mixed therewith, it breaketh Boyls, and helpeth Whirlows on the Joynts.

For all these latter, beginning at Sores, Cankers, &c. apply it outwardly, and take my advice along with you : You shall find in my *Translation of the London Dispensatory*, among the Preparations at the later end, a Medicine called *Facula Brionie*, take that, and use it, you have the way there how to make it, and mix it with a little Hogs-grease, or other convenient Oyntment, and use it at your need.

As for the former Diseases, where it must be taken inwardly, it purgeth

very violently, and needs an abler hand to correct it than most Country-people have, therefore it is a better way for them (in my opinion) to let the Simple alone, and take the Compound Water of it, mentioned in my *Dispensatory*, and that is far more safe, being wisely corrected.

## *L. aquatica aquatica*

### Brooklime, or Water-Pimpernel.

**Descript.** *T*his sendeth forth from a creeping Root that shooteth forth stringes at every joyn as it runneth, divers and sundry green stalks, round and sappy, with some branches on them, somewhat broad, round, deep, green, and thick Leaves set by couples theron: from the besom whereof shoot forth long Footstalks, with sundry small blaw flowers on them, that consist of five small round pointed Leaves apiece.

There is another sort nothing differing from the former; but that it is greater, and the flowers of a paler blaw colour.

**Place.** *J* They grow in small standing Waters, and usually near Watercresses.

**Time.** *J* And flowers in June and July, giving Seed the next month after.

**Government and Vertues.** *J* It is a hot and biting Martial Plant. Brooklime and Watercresses are generally used together in Diet drinks with other things, serving to purge the body ill Humors, and help to break the Stone, and pass it away. They procure Stone, Terms, Womens Courses, and expel the dead Child. Being fryed provokes, with Butter and Vinegar, and applied warm, it helpeth all dead Child, manner of Tumors or Swellings, and Inflammations. *Blood, purgative, morbo, Scurvy, Dysentery, Stone, Terms, Womens Courses, dead Child, provokes, Swellings,*

Such Drinks ought to be made of sundry Herbs according to the Malady offending, I shall give a plain and easie Rule at the later end of this Book.

## *L. Ruscus, &c.*, Butchers-Broom.

**I**T is called Ruscus and Bruscus, Knee-holm, Knee-holly, Knee-hulver, and Pettigree.

**Description.** *J* The first shoots that sprout from the Root of Butchers-Broom are thick, whitish, and short, somewhat like those of Asparagus, but greater: these rising up to be a foot and an half high, are spread into divers branches green and somewhat crested with the roundness, tough and flexible, whereon are set somewhat broad and almost round hard Leaves, and prickly pointed at the ends, of a dark green colour, two for the most part set at a place, very close or near together; about the middle of the leaf on the back and lower side from the middle Rib, breaketh forth a small whitish green flower consisting of four small round pointed Leaves, standing upon little or no Footstalk, and in the place whereof cometh a small round Berry, green at the first, and red when it is ripe, wherein are two or three white, hard, round seeds contained. The Root is thick, white and dry, the Head, and from thence sendeth forth divers thick, white, long, to

**Place.**] It groweth in Copse, and upon Heaths and wast Grounds, and oftentimes under or near the Holly-Bushes.

**Time.**] It shooteth forth his young Buds in the Spring, and the Berries are ripe in or about September. The branches of leaves abiding green all the Winter.

**Government and Vertues.**] 'Tis a Plant of Mars, being of a gallant clensing and opening quality. The Decoction of the Roots made with Wine, openeth Obstructions, provoketh Urin, helpeth to expel Gravel and the Stone, the Strangury, and Womens Courses, as also the yellow Jaundice, and the Headach: and with some Honey or Sugar put thereunto, clenseth the Breast of flegm, and the Chest of much clammy humors gathered therein. The Decoction of the Roots drunk, and a Pultis made of the Berries and Leaves being applied, are effectual in knitting and consolidating broken bones, or parts out of joyns. The common way of using it, is to boyl the Roots of it and Parsly, and Fennel, and Smallage in white Wine, and drink the decoction, adding the like quantity of Grass-roots to them: the more of the Roots you boyl, the stronger will the Decoction be: it works no ill effects, yet I hope you have wit enough to give the strongest Decoction to the strongest bodies.

~~herb~~ <sup>L. orobanche,</sup> Broom, and Broomrape.

**T**o spend time in writing a Description hereof, is altogether needless, it being so generally used by all the good Houswives almost through this Land to sweep their Houses with, and therefore very well known to all sorts of people.

The Broomrape springeth up in many places from the roots of the Broom (but more often in Fields, as by Hedg-sides, and on Heaths). The Stalk whereof is of the bigness of a finger or thumb, above two foot high, having a shew of leaves on them, and many Flowers at the top, of a reddish yellow colour, as also the stalks and leaves are.

**Place.**] They grow in many places of this Land commonly, and as commonly spoil all the Land they grow in.

**Time.**] And flower in the Summer months, and give their Seed before Winter.

**Government and Vertues.**] The Juyce or Decoction of the young branches, or seed, or the pouder of the seed taken in drink, purgeth downwards, and draweth flegmatick and warry humors, from the Joyns, Flegm, whereby it helpeth the Dropse, Gout, Sciatica, and the pains in Joyns, the Hips and Joyns. It also provoketh strong Vomits, and helpeth the pains of the sides, and swellings of the Spleen, clenseth Dropse, also the Reins or Kidnies and Bladder of the Stone, provoketh Spleen, Ulrin abundantly, and hindereth the growing again of the Stone ther,

in the body. The continual use of the Pouder of the Leaves and Kidnies, Seed, doth cure the black Jaundice. The distilled Water of the Stone, Dy- Flowers is profitable for all the same purposes. It also helpeth ~~say~~, black Surfers, and altereth the Fits of Agues, if three or four ounces ~~Jaundice~~, thereof, with as much of the water of the lesser Century, and a little Sugar put therein, be taken a little before the fit cometh, & ~~Toothach~~, the party be laid down to sweat in his bed. The Oyl or Water ~~Wine~~, that is drawn from the ends of the green sticks heated in the ~~Stitches~~, fire, helpeth the Toothach. The Juyce of the young branches ~~Lice~~, made into an Oyntment of old Hogs-grease and anointed, or the young branches bruised and heated in Oyl or Hogs-grease, and laid to the sides pained by wind, as in Stitches, or the Spleen, easeth them in once or twice using it. The same boyled in Oyl, is the safest and surest Medicine to kill Lice in the Head or body of any: and is an especial Remedy for Joynt- aches, and swollen Knees that come by the falling down of Humors.

The *Broomrake* also is not without its Vertues.

The Decoction thereof in Wine is thought to be as effectual to avoid the Stone in the Kidnies and Bladder, and to provoke urin, as the *Broom* it self. The Juyce thereof is a singular good help to cure as well Stone, green Wounds, as old and filthy Sores, and malignant Ulcers. The *Dysury*, insolate Oyl wherein there hath been three or four repetitions of green Infusion of the top stalks with flowers strained and cleared, clenseth ~~Wounds~~ the skin from all manner of spots, marks, and Freckles ~~that~~ rise either by the heat of the Sun, or the malignity of humors. As for the *Broom*, and *Broomrake*, *Mars* owns them, and it is exceeding prejudicial to the Liver, I suppose by reason of the Antipathy between *Jupiter* and *Mars*, therefore if the Liver be disaffected, minister none of it.

### Bucks-horn Plantane.

**Descript.** *T*his being sown of seed riseth up at the first with small, long, narrow, hairy, dark green Leaves like Graft, without any division or gash in them: but those that follow, are gashed in on both sides the Leaves into three or four gashes, and pointed at the ends, resembling the horns of a Buck-horn (whereof it took the name) and being well grown round about the Root upon the ground, in order one by another, thereby resembling the form of a Star: from among which rise up divers hairy stalks, about a hand-breadth high, bearing every one a small long spiky head like to those of the common Plantane having such like bloomings and seed after them. The Root is single, long, and small, with divers strings at it.

**Place.**] They grow in dry sandy ground, as in Tuttie-fields by *Westminster*, and divers other places of this Land.

**Time.**] They flower and seed in *May*, *June* and *July*, and their green Leaves do in manner abide fresh all the Winter.

**Government and Vertues.**] It is under the Dominion of *Saturn*, and is of a gallant drying and binding quality. This boyled in Wine and drank,

*Venomous Beast, Stone, Stomach, Vomiting, Bleeding, Pissing Blood, Flux, bloody Flux, Agues, Eyes.*

some of the Leaves to the hurt place, is an excellent Remedy for the biting of the Viper or Adder, which I take to be one and the same. The same being also drunk, helpeth those that are troubled with the stone in the Reins or Kidnies by cooling the heat of the part afflicted, strengthening them: as also weak Stomachs that cannot retain but cast up their meat. It stayeth all bleeding at Mouth and Nose, bloody Urin, or the bloody Flux, and stoppeth the Lask of the Belly and Bowels. The leaves hereof bruised, and laid to their sides that have an Ague, suddenly easeth the Fit: and the Leaves and Roots beaten with some Bay-Salt, and applied to the Wrists, worketh the same effects. The Herb boyled in Ale or Wine, and given for some mornings and evenings together, stayeth the distillations of hot and sharp Rhewms falling into the Eyes from the Head, and helpeth all sorts of sore Eyes.

### Bucks-horn.

IT is called also Harts-horn, Herba-stella, and Herba-stellaria, Sanguinaria, Herb-eve, and Herb-Ivy, and Wort-cresses and Swines-cresses.

*Description.* They have many small and weak stragling branches trailing here and there upon the ground: the Leaves are many, small, and jagged; not much unlike to those of Bucks-horn Plantane, but much smaller, and not so hairy. The flowers grow amongst the Leaves in small, rough, whitish clusters; the seeds are small and brownish, of a hottish taste.

*Place.* They grow in dry, barren, and sandy grounds.

*Time.* They flower and seed when the rest of the Plantanes do.

*Governement and Vertues.* This is also under the Dominion of Saturn, the Vertues are held to be the same of Bucks-horn Plantane, and therefore by all Authors, it is joyned with it: but besides those, it is most Bleeding, certainly found out, That the leaves being bruised, and applied to the place, stop bleeding, the Herb bruised, and applied to Warts, will make them consume and wax away in a short time.

*L. Bugular*

### Bugle.

BESIDES the name Bugle, it is called Middle-conound, and Middle-Comfry, brown Bugle, and of some Sickle-wort, and Herb-carpenter, though in Sussex we call another Herb by that name.

*Description.* This hath larger Leaves than those of the Self-heal, but else of the same fashion, or rather a little longer, in some green on the upper side, and in others more brownish, dented about the edges, somewhat hairy, as the square stalk is also, which riseth up to be half a yd high sometimes, with the Leaves set by couples: from the middle almost whereof upwards stand the Flowers together, with many smaller and brownier Leaves than the rest on this stalk below, set at distances, and the stalk bare between them, among which Flowers are also small ones of a bluish, and sometimes of an Ash-colour, fashioned like the flowers of the Ground-Ivy, after which come small, round, blackish

seed. The Root is composed of many strings, and spreadeth upon the ground in divers parts round about.

The White-flowered Bugle differeth not in form or greatness from the former, saving that the Leaves and stalks are alwaies green, and never brown, like the other, and the flowers thereof are white.

Place. They grow in Woods, and Copse, and Fields generally throughout England: but the white-flowered Bugle is not so plentiful as the former.

Time. They flower from May until July, and in the mean time perfect their seed. The Roots and Leaves next thereunto upon the ground abiding all Winter.

*Government and Virtues.* This Herb is belonging to Dame Venus, if the Virtues of it make you in love with it (as they will if you be wife) keep a Syrup of it to take inwardly, and an Oyntment and Plaister of it to use outwardly alwaies by you.

The Decoctions of the Leaves and Flowers made in Wine Bruise, and taken, dissolveth the congealed blood in thos that are bruise, fed inwardly by a fall or otherwise, and is very effectual for any Wounds, inward Wounds, Thrusts, or Stabs into the body or bowels, and Stabs, is an especial help in all Wound-drinks, and for those that are Ulcers, Liver-grown (as they call it) It is wonderful in curing all Liver-manner of Ulcers and Sores whether new and fresh, or old and grown, invertebrate, yea, Gangrenes and Fistulaes also, if the leaves bruise, fed and applied, or their Juyce used to wash and bathe the pla- Gangrenes, Fistulaes, Sores, and applied, or their Juyce used to wash and bathe the pla- Sores, and effectually for such Ulcers and Sores as happen in the se- Sores in cre parts of Men or Women. Being also taken inwardly, or out- the Secrets, wardly applied, it helpeth those that have broken any bone, or broken have any Member out of Joyn. An Oyntment made with the Bones. Leaves of Bugle, Scabious, and Sanicle bruised and boyled in Hogs-grease, until the Herbs be dry, and then strained forth into a pot, for such occasions as shall require it, is so singular good for all sorts of hurts in the body, that none that know its usefulness will be without it.

The truth is, I have known this Herb cure some Diseases of Saturn, of which I thought good to quote one. Many times such as give themselves much to drinking, are troubled with strange Fancies, strange Sights in the night time, and some with Voices, as also with the Mares, Disease Ephialtes or the Mare, I take the Reason of this to be strange (according to Fernelius) a melanchely Vapor made thin by ex- Sights in cessive drinking strong Liquor, and so flies up and disturbs the Fancy, and breeds Imaginations like it self, viz. fearful and troublesome. These I have known cured by taking only two spoonfuls of the Syrup of this Herb after supper two hours, when you go to bed. But whether this do it by Sympathy or Antipathy is some question: all that know any thing in Astrology, know that there is a great Antipathy betwix Saturn

and *Venus* in matter of Procreation, yea, such an one, that the barrenness of *Saturn* can be removed by none but *Venus*, nor the lust of *Venus* be repelled by none but *Saturn*; but I am not of opinion this is done this way, and my reason is, Because these vapours, though in quality Melancholy, yet by their flying upward, seem to be something *Aerial*; therefore I rather think it is done by sympathy, *Saturn* being exalted in *Libra* in the House of *Venus*.

### Burnet.

IT is also called *Sanguiferba*, *Pimpernel*, *Bipula*, *Selbastrella*, &c. The common Garden Burnet is so well known, that it needeth no Description. There is another sort which is wild; the description wherof taketh as followeth.

**Descript.**] The great Wild Burnet hath winged Leaves rising from the Roots like the Garden Burnet, but not so many, yet each of these Leaves are at the least twice as large as the other, and nicked in the same manner about the edges, of a grayish colour on the under side: the stalks are greater, and rise higher, with many such like Leaves set thereon, and greater beads at the tops of a brownish green colour, and out of them come small, dark, purple flowers, like the former, but greater. The Root is black and long like the other, but greater also: It hath almost neither scent nor taste therin, like the garden kind.

**Place.**] The first grows frequently in Gardens. The wild kind groweth in divers Countries in this Land, especially in Huntington and Northampton Shires, in the Meadows there: as also near London by Pancras-Church, and by a Causey-side, in the middle of a by Field by Paddington.

**Time.**] They flower about the end of June, and beginning of July, and their seed is ripe in August.

**Government and Vertues.**] This is an Herb the Sun challengeth Dominion over, and is a most precious Herb, little inferiour to *Betony*: The continual use of it preserves the body in health, and the spirits in vigour: for is the Sun be the preserver of Life under God, his Herba are the best in the

World to do it by. They are accounted to be both of one property, but the lesser is more effectual, because quicker, and more Aromatical: It is a friend to the Heart, Liver, and other the Melancholy, principal parts of a mans Body. Two or three of the stalks with Pestilence, Epidemical Diseases, Belching, Vomiting, Wounds, Ulcers, Cankers, Sores, &c. Stoppeth the fluxes, & from infection of the Pestilence, the juyce thereof being taken in some drink, and the party laid to sweat thereupon. They have also a drying, and an astringent quality, whereby they are available in all manner of Fluxes of Blood or Humours, to stanch bleedings inward or outward, Lask, Scarring, the bloody flux, womens too abundant flux of courses, the whites, & the Cholerick Belchings and castings of the stomach; and is a singular wound Herb for all sorts of wounds both of the head and body, either inward or outward: for all old Ulcers, or running Cankers, and moist Sores, to be used either by the juyce, or

Decoction of the Herb, or by the Pouder of the Herb or Root, or the Water of the distilled Herb, or Oyntment by it self, or with other things to be kept. The Seed is also no less effectual both to stop Fluxes, and dry up moist Sores, being taken in Pouder inwardly in Wine or steeled Water, that is, wherein hot Gads of Steel have been quenched. Or the Pouder of the Seed mixed with the Oyntments.

### *petasites* The Butter-Bur, or Petasitis.

**D**escript.] **T**his riseth up in February, with a thick stalk about a foot high, whereon are set a few small Leaves, or rather pieces; and at the tops, a long spiked head of Flowers, of a blish or deep red colour, according to the Soil wherein it groweth: and before the stalk with the flowers have abiden a monthe above ground, it will be withered and gone, blown away with the wind: and the Leaves will begin to spring, which being full grown, are very large and broad, being somewhat thin and almost round, whose thick red footstalks, about a foot long, stand towards the middle of the Leaves. The lower part being divided into two round parts, close almost one to another, and are of a pale green colour, and hoary underneath. The Root is long and spreading under ground, being in some places no bigger than ones finger, in others much bigger, blackish on the outside, and whitish within, of a bitter and unpleasant taste.

**P**lace and Time.] They grow in low and wet Grounds by Rivers and Water-sides. Their Flowers (as is said) rising and decaying in February and March, before the Leaves, which appear in April.

**G**overnment and Vertues.] It is under the Dominion of the Sun; and therfore is a great strengthener of the Heart, and cheerer of the vital Spirits. The Roots hereof are by long Experience Plague, Epidemical Diseases, al Feavers, by provoking Sweat: if the Pouder thereof be Poyson, Mother, taken in Wine, it also resisteth the force of any other Poyson. The Root hereof taken with Zedoary and Angelica, or without them, helps the rising of the Mother. The Decoction of the Root in Wine, is singular good for thosē that wheeze much, or are short-winded. It provoketh Urin also, flat and broad and Womens Courses, and killeth the flat and broad worms in the Belly. The Pouder of the Root doth wonderfully help shes of the Skin: to dry up the moisture of Sores that are hard to be cured, and taketh away all spots and blemishes of the skin. It were well if Gentlewomen would keep this Root preserved to help their poor Neighbors. **I**t is fit the Rich should help the Poor, for the Poor cannot help themselves:

### *bardney capa* The Bur-Dock:

**T**hey are also called Personata Bardana, and Lappa Major, great Bur, Bur-dock, and Clot-Bur. It is so well known, even to the little Boys, who pull off the Burs to throw and stick upon one another, that I shal not to write any Description of it.

Place. They grow plentifully by Ditches, and Water sides, and by the H.gh wayes, almost every where through this Land.

*Government and Vertues.* *Venus* challengeth this Herb for her own, and by its Leaf or Seed, you may draw the Womb which way you please, either upward by applying it to the Crown of the Head, in case it fall out; or downwards in fits of the Mother, by applying it to the soles of the Feet: Or if you would stay it in its place, apply it to the Navel, and that is one good way to stay the Child in it. See more of it in my *Guiae for women*. The Bur Leaves are cooling, moderately drying, and discissing withall, whereby it is good for old Ulcers and Sores. A dram of the Roots taken with Pine

Kernels, helpeth them that spit foul, matterly & bloody flegm: Cools, Dries, Ulcers, Sores, Flegm, Sinews, Arteries, Venemous Beasts, mad Dog, Disney, Bladder, Sciatica, Buring, Sores, Cankers, Consumption, Stor, Flux. The Leaves applied on the places troubled with the shrinking of the Sinews or Arteries, give much ease. The juice of the Leaves, or rather the Roots themselves given to drink with old Wine, doth wonderfully help the bitings of any serpents: And the root beaten with a little salt, and laid on the place, suddenly easeth the pain thereof, & helpeth those that are bit with a mad Dog. The Juice of the Leaves taken with Honey, provoketh Urin, and remedieth the pain of the Bladder. The seed being drunk in Wine forry daies together, doth wonderfully help the Sciatica. The Leaves bruised with the White of an Egg, and applied to any place burnt with fire, taketh out the fire, gives sudden ease, and heals it up afterwards. The Decoction of them fermented on any fretting sore or Canker, stayeth the corroding quality, which must be afterwards anointed with an Ointment made of the same Liquor, Hogs grease, Nitre, and Vinegar, boyled together. The Roots may be preserved with sugar, and taken fasting, or at other times for the said purposes, and for Consumptions, the stone, and the lask. The seed is much commended to break the stone, and causes it to be expelled by urin, and is often used with other seeds, and things to that purpose.

### *1. ~~herba~~ Cabbages, and Coleworts.*

I Shall spare a labor in writing a Description of these, sith almost every one that can but write at all, may describe them from his own knowldg, they being generally so well known, that Descriptions are altogether needless.

*Place.* These are generally planted in Gardens.

*Time.* Their flowring time is towards the middle or end of July, and the seed is ripe in August.

*Government and Vertues.* The Cabbages or Coleworts boyled gently in Broth, and eaten, do open the Body, but the second Decoction doth bind the Body. The juyce thereof drunk in Wine, helpeth those that are bitten by an Adder, and the Decoction of the Flowers bringeth down Womens Courses. Being taken with Honey, it recovereth Hoarsness or loss of the voyce. The often eating of them well boyled, helpeth those that are entring into a Consumption. The

Pulp of the middle Ribs of Colewort boyled in Almond milk, *Consump-*  
and made up into an *Electuary* with Honey, being taken often, *tis.*  
is very profitable for those that are pursic and short-winded. Be- *Obstructi-*  
ing boyled twice, and an old Cock boyled in the Broth, and *ozs.*  
drunk, it helpeth the pains and obstructions of the Liver and *Stone,*  
*Spleen*, and the *stone* in the *Kidneys*. The Juyce boyled with *Sight,*  
Honey, and dropped into the corner of the Eye, clearereth the sight *Canker,*  
by consuming any film or cloud beginning to dim it; it also *Surfets,*  
coniumenth the *Canker* growing therein. They are much com- *Swellings*  
mended being eaten before meat to keep one from *Surfeting*, as *Gout,*  
also from being drunk with too much *Wine*, or quickly make a *Sores,*  
man sober again that is drunk before. For (as they say) there is *Scabs,*  
such an *Antipathy* or enmity between the *Vine* and the *Cole- Wheals,*  
wort, that the one will die where the other groweth. The De- *Melancholly*  
coction of Coleworts taketh away the pain and ach, & allayeth *Wind.*  
the swellings of swoln and gouty Legs and Knees, wherin many  
gross and watry humors are fallen, the place being bathed therewith warm: It  
helpeth also old and filthy sores being bathed therewith, & healeth all small  
scabs, pushes, and wheals that break out in the skin. The ashes of Colewort  
stalks mixed with old Hogs grease, are very effectual to anoint the sides of  
those that have had long pains therein, or any other place pained with *Me-*  
*lancholly* and *windy Humors*. This was surely *Chrysippus* his God, and ther-  
fore he wrote a whole Volume of them and their *Vertues*, and that none of  
the least neither, for he would be no small Fool, he appropriates them to eve-  
ry part of the Body, and to every Disease in every part: And honest old *Ca-*  
*to* (they say) used no other *Physick*. I know not what Metals their *Bodies*  
were made of; this I am sure, Cabbages are extreme *windy*; whether you  
take them as *Meat*, or as *Medicine*, yea as *windy meat* as can be eaten, un-  
less you eat Bagpipes or Bellows, and they are but seldom eaten in our days;  
and Colewort flowers are something more tolerable, and the wholsomer food  
of the two. The *Moon* challengeth the Dominion of the *Herb*.

### The Sea Colewort.

**Descript.** *This hath divers somewhat long and broad, large, thick, wrinkled*  
*led Leaves*, somewhat crumpled upon the edges, growing each  
upon a several thick Footstalke, ~~and~~ bristles, of a grayish green color. From a-  
among which riseth up a strong thick stalk two foot high, and better, with some  
Leaves thereon to the top, where it brancheth forth much; and on every Branch  
standeth a large bush of pale whitish flowers, consisting of four Leaves a piece:  
The Root is somewhat great, and shooteth forth many branches under ground,  
keeping the green Leaves all the winter.

**Place.** They grow in many places upon the *Sea Coasts*, as well on the  
*Kentish*, as *Essex* shores; as at *Lid* in *Kent*, *Colchester* in *Essex*, and divers  
other places, and in other Countries of this Land.

**Time.** They flower and seed about the time that other kinds do.

**Government and Vertues.** The *Moon* claims the Dominion of the

also. The Broth, or first Decoction of the Sea-Colewort, doth Sores, by the sharp, nitrous, and bitter qualities therein, open the Bel-nomis, and purge the body, it cleanseth and digesteth more power- ulcers, fully than the other kind. The Seed hereof bruised and drunk, Swelling, killeth Worms. The Leaves or the Juyce of them applied to Inflama- Sores or Ulcers, cleanseth and healeth them, and dissolveth tions. Swellings, and taketh away Inflammations.

### *Calamintha* Calamint, or Mountain-Mint.

**Descript.** *T*his is a small Herb, seldom rising above a foot high, with square, hoary, and wooly stalks, and two small hairy Leaves set at a joyn, about the bigness of Marjoram, or not much bigger, a little dented about the edges, and of a very fierce or quick scent, as the whole Herb is. The Flowers stand at several spaces of the stalks, from the middle almost upwards, which are small and gaping like to those of Mints, and of a pale bluish colour: after which follow small, round, blackish seeds. The Root is small and woody, with divers small sprigs spreading within the ground, and dieh not, but abideth many years.

**Place.** It groweth on Heaths, and upland dry grounds, in many places of this Land.

**Time.** They flower in July, and their Seed is ripe quickly after.

**Government and Vertues.** It is an Herb of Mercury, and a strong one too, therefore excellent good in all afflictions of the Brain. The Decoction of the Herb being drunk, bringeth down Womens Courses, and provoketh Urin. It is profitable for those that are bursten, or troubled with Convulsions or Cramps, with shortness of Breath, or Cholerick torments and pains in their Bellies or Stomachs. It also helpeth the yellow Jaundice, and stayeth Vomiting, being taken in Wine: taken with Salt and Honey, it killeth all manner of Worms in the body. It helpeth such as have the Leprosie, either taken inwardly, drinking Whey after it, or the green Herb outwardly applied. It hindereth Conception in Women. But either burned or strewed in the Chamber, it driveth away venomous Serpents. It takes away black and blew marks in the Face, and maketh black Scars become well coloured, if the green Herb (not the dry) be boyled in Wine, and laid to the place, or the Palate wasted therewith. Being applied to the Hucklebone, by continuance of time it spendeth the humors which causeth the pain of the Sciatica. The Juyce dropped into the Ears, killeth the Worms in them. The Leaves boyled in Wine, and drunk, provoke sweat, and open Obstructions of the Liver and Spleen. It helpeth them that have a Tertain Ague (the body being first purged) by taking away the cold Fits. The Decoction hereof with some Sugar put thereto afterwards, is very profitable for those that be troubled with the over-flowing of the Gall, and that have an

old Cough, and that are scarce able to breathe by the shortness <sup>Terita</sup> of their wind. That have any cold distemper in their Bowels, and <sup>Agues</sup>, are troubled with the hardness of the Spleen, for all which pur- <sup>Gill</sup>, poses, both the Pouder called *Diacalamintis*, and the Compound *Cough*, Syrup of Calamint (which are to be had at the Apothecaries) are <sup>Bowels</sup>, most effectual. Let not Women be too busie with it, for it works *Spleen*: very violently upon the Feminine part.

### *camellium*

### Chamomel.

IT is so well known every where, that it is but lost time and labour to de-  
scribe it. The Vertues thereof are as followeth.

A Decoction made of Chamomel, and drunk, taketh away all *Stitches* in  
pains and stitches in the sides. The Flowers of Chamomel bea- <sup>the side</sup>,  
tch, and made up into Balls with Oyl, driveth away all sorts of *Agues*,  
*Agues*, if the party grieved be anointed with that Oyl taken *Liver*,  
from the Flowers, from the Crown of the Head to the Sole of *Spleen*,  
the Foot, and afterward laid to sweat in his bed, and that he *wearis*,  
sweat well. This is *Nicbessor* an Egyptians Medicine. It is *Sinews*,  
profitable for all sorts of *Agues* that come either from *Flegm* or *Swellings*,  
*Melancholy*, or from an Inflammation of the Bowels, being appli- <sup>Colick</sup>,  
ed when the humors causing them shall be concocted; and there *Stone*,  
is nothing more profitable to the sides and Region of the Liver *Belly-ick*,  
and *Spleen* than it. The bathing with a Decoction of Chamomel *Cold*, *Ach*,  
taketh away weariness, easeth pains to what part of the bo- *Faundice*,  
dy soever they be applied. It comforteth the *Sinews* that are *Dropsic*,  
over strained, mollifieth all *Swellings*: it moderately comforteth *Brain*,  
all parts that have need of warmth, digesteth and dissolveth *Cramp*,  
whatsoever hath need thereof by a wonderful speedy property. *Stitch in*  
*It easeth all the pains of the Colick and Stone, and all pains and the side*.  
*Torments of the Belly, and gently provoketh Urin. The Flowers*  
*boyled in Posset-drink provoke Swear, and help to expel Colds, Aches*  
*and Pains whatsoever, and is an excellent help to bring down Womens*  
*Courses. A Syrup made of the Juyce of Chamomel with the Flowers and*  
*white Wine, is a Remedy against the Jaundice and Dropsic. The Flowers*  
*boyled in Lie, are good to wash the Head, and comfort both it and the*  
*Brain. The Oyl made of the Flowers of Chamomel, is much used against*  
*all hard Swellings, Pains, or aches, shrinking of the Sinews, or Cramps, or*  
*pains in the Joyns, or any other part of the body. Being used in Clysters,*  
*it helps to disslove wind and pains in the Belly: anointed also, it helpeth*  
*stitches and pains in the sides.*

*Nicbessor* saith, the Egyptians dedicated it to the *Sun*, because it cured *Agues*; and they were like enough to do it, for they were the arrantest Apes in their Religion that ever I read of. *Bacchinius*, *Penit*, and *Lobil* commend the Syrup made of the Juyce of it and *Sugar* taken inwardly, to be excell for the *Spleen*. Also this is certain, that it most wonderfully bre

stone: some take it in Syrup or Decoction, others inject the juice of it into the Bladder with a Syringe; my opinion is, That the Salt of it taken half a dram in the morning, in a little White or Rhenish Wine, is better than either; that it is excellent for the stone, appears in this, which I have seen tried, viz. That a stone that hath been taken out of the Body of a Man being wrapped in Chamomel, will in time dissolve, and in a little time too.

### Water Caltrops.

They are called also, *Tribulus Aquaticus*, *Tribulus Lacustris*, and *Tribulus Marinus*, *Caltrops*, *Saligot*, Water Nuts, and Water Chesnaks.

**Descript.** As for the greater sort, or Water Caltrop, it is not found here, or very rarely; Two other sorts there are, which I shall here describe. The first hath a long, creeping, and jointed Root, sending forth tufts at each joint, from which joints arise long, flat, slender, knotted stalks, even to the top of the water, divided towards the top into many branches, each carrying two Leaves on both sides, being about two inches long, and half an inch broad, thin, and almost transparent, they look as though they were torn, the flowers are long, thick, and whitish, set together almost like a bunch of Grapes, which being gone, there succeed for the most part, four sharp pointed grains altogether, containing a small white Kernel in them.

The second differs not much from this, save that it delights in more clear Water; its stalks are not flat, but round; its Leaves are not so long, but more pointed: as for the place we need not determine, for their Name sheweth they grow in the water.

**Government and Virtues.** They are under the Dominion of the Moon, and being made into a Pultis, is excellent good for hot Inflammations, and swellings, cankers, sore mouths and throats, being washed with the Decoction, it cleanseth and strengtheneth the neck and throat much, and helps those swellings, which when people have, they say the Almonds of the Ears are fallen down; it is excellent good for the rankness of the Gums, a safe and present Remedy for the Kings Evil; they are excellent good for the stone and gravel, especially the Nuts being dried; they also resist poyon, and bitings of venomous Beasts.

### Campions Wild.

**Descript.** The wild white Campion hath many long, and somewhat broad dark green Leaves lying upon the ground, with divers Ribbs therein, somewhat like Plantane, but somewhat hairy, broader, and not so long: The hairy stalks rise up in the middle of them three or four foot high, and sometimes more, with divers great white joints at several places thereon, and two such like Leaves thereat up to the top, sending forth branches at several joints also, all which bear on several foot stalks white flowers at the tops of them, consisting of five broad pointed Leaves, every one ent in on the end w-

to the middle, making them seem to be two apiece, smelling somewhat sweet, and each of them standing on large green striped hairy Husks, large and round below next to the stalk: The seed is small and grayish in the hard Heads that come up afterwards: The Root is white and long, spreading divers fangs in the ground.

The Red wild Campion groweth in the same manner as the white, but his Leaves are not so plainly ribbed, somewhat shorter, rounder, and more woolly in handling. The Flowers are of the same form and bigness; but in some of a pale, in others of a bright red color, cut in at the ends more finely, which maketh the Leaves seem more in number than the other. The Seed and the Roots are alike. The Roots of both sorts abiding many years.

There are forty five kinds of Campion is more, those of them which are of Physical uses having the like vertues with those above described, which I take to be the two chiefest kinds.

**Place.** They grow commonly through this Land by Fields, Hedg sides, and Ditches.

**Time.** They flower in Summer, some earlier than others, and some abiding longer than others.

**Government and Vertues.** They belong unto Saturn, and it Bleeding is found by experience that the Decoction of the Herb, either inward or in White or Red being drunk, doth stay inward bleedings; outward, & applied outwardly it doth the like: And being drunk, helpeth Dysury, to expell the Urin being stopt, and Gravel or the Stone in the Gravel, Reins or Kidneys. Two drams of the seed drunk in Wine, pur- Cholker, geth the Body of Cholerick Humors, and helpeth those that are venomous stung by Scorpions, or other venomous Beasts; and may be as Beasts, effectual for the Plague: It is of very good use in old Sores, Plague, Ulcers, Cankers, Fistulaes, & the like, to cleanse and heal them, Sores, by consuming the moist Humors falling into them, and corre- ulcers, &ing the putrefaction of Humors offending them. To cure all Cankers, Diseases, read my *Riverius, Riglanus, Johnston, Sennertus, &c.* Fistulaes.

### Carduus Benedictus.

**I**t is called Carduus Benedictus, or Blessed Thistle, or Holy Thistle; I suppose the Name was put upon it by some that had little Holiness in themselves.

I shall spare a labor in writing a Description of this, sith almost every one that can but write at all, may describe them from his own knowledge.

**Place.** It groweth plentifully in Gardens.

**Time.** They flower in August, and seed not long after.

**Government and Vertues.** It is an Herb of Mars, and under the Sign Aries. Now in handling this Herb, I shall give you a Rational Pattern of all the rest; and if you please to view them throughout the Book, you shall to your content find it true. It helps swimmings and giddiness of the Head, or the Disease called Vertigo, because Aries is in Vertigo, the House of Mars. It is an excellent Remedy against the yell. Jan.

Attractive faculty, tetteres, Ringworms, plague-sores, Boyls, Itch, mad Doggs, venomous beasts:

low Jaundies, and other Infirmities of the Gall, because Mars governs Choler. It strengthens the attractive faculty in man, and clarifies the blood, because the one is ruled by Mars. The continual drinking the Decoction of it helps red Faces, Tetteres, and Ringworms, because Mars causeth them. It helps Plague-sores, Boyls, and Itch, the bitings of mad Dogs, and venomous Beasts, all which infirmities are under Mars. Thus you see what it doth by Sympathy.

French pox, strengthens memory, deafnes, quartan agues, adjust choller, urine.

By Antipathy to other Planets, It cures the French pox, by Antipathy to Venus who governs it. It strengthens the Memory, and cures Deafnes by Antipathy to Saturn, who hath his fall in Aries, which rules the Head. It cures Quartan Agues, and other Diseases of melancholly and adjust Choler, by Sympathy to Saturn, Mars being exalted in Capricorn. Also it provokes Urine, the stopping of which is usually caused by Mars, or the Moon.

## L. Dastinea

## Carrots. *Caranorūs*

**G**arden Carrots are so well known that they need no Description; but because they are of less Physical use than the wild kind (as indeed almost in all Herbs, the Wild are most effectual in Physick, as being more powerfull in operation than the Garden kinds) I shall therefore briefly describe the wild Carrot.

**Description.** It groweth in a manner altogether like the Tame, but that the Leaves and Stalks are somewhat whiter and rougher: The Stalks bear large tufts of white flowers, with a deep purple spot in the middle, which are contracted together when the Seed begins to ripen, that the middle part bring hollow and low, and the outer Stalks rising high, maketh the whole umbel to shew like a Birds nest. The Root is small, long, and hard, unfit for meat, being somewhat sharp and strong.

**Place.** The Wild kind groweth in divers parts of this Land plentifully by the Fields sides, and in untilled places.

**Time.** They flower and seed in the end of Summer.

**Government and Vertues.** Wild Carrots belong to Mercury, and therefore breaketh Wind, and removeth stitches in the sides, provoke Urine, and Womens Courses, and helpeth to break and expell the Stone: The seed also of the same worketh the like effect, and is good for the Dropie, and those whose Bellies are swollen with wind; helpeth the Chollick, the stone in the Kidneys, and the rising of the Mother, being taken in Wine, or boiled in Wine and taken, it helpeth conception. The Leaves being applied with Honey to running sores or Ulcers, do cleanse them.

**I** suppose the Seeds of them perform this better than the Roots; And though Galen commend Garden Carrots highly,

to break wind; yet experience teacheth, that they breed it first, and we may thank Nature for expelling it, not they: The seeds of them expel wind indeed, and so mend what the Root marreth.

## Coriander. Caraway.

**Descript.** **I**T beareth divers stalks of fine cut Leaves lying upon the ground, somewhat like to the Leaves of Carrots, but not bushing so thick, of a little quick taste in them, from among which riseth up a square stalk, not so high as the Carrot, at whose joynts are set the like Leaves, but smaller and finer, and at the top small open tufts or umbels of white flowers, which turn into small blackish seed, smaller than the Annis seed, and of a quicker and hotter taste. The Root is whitish, small, and long, somewhat like unto a Parsnip, but with more wrinkled Bark, and much less, of a little hot and quick taste, and stronger than the Parsnip, and abideth after Seed-time.

**Place.** **] It is usually sown with us in Gardens.**

**Time.** **] They flowre in June and July, and seed quickly after.**

**Government and Vertues.** **] This is also a Mercurial Plant. *wind,* *Caraway seed hath a moderate sharp quality, whereby it break-* *Disury,* *eth wind, and provoketh Urin, which also the Herb doth. The Indigesti-* *Root is better food than the Parsnip, and is pleasant and com-* *on, Head,* *fortable to the stomach, helping digestion. The seed is condu-* *Stomach,* *ting to all the cold griefs of the head and stomach, the Bowels, *Bowels,** *or Mother, as also the wind in them, and helpeth to sharpen the Mother,* *Eye-sight. The powder of the seed put into a Pukis, taketh a-* *Black and* *way black and blew spots of blows and bruises. The Herb it self, *blew spot,** *or with some of the seed bruised and fryed, laid hot in a bag or *Bruises,** *double cloth, to the lower parts of the Belly, easeth the pains of *Chollick,** *the Wind Chollick.***

The Roots of Caraways, eaten as men eat Parsnips, strengthen the stomachs of ancient people exceedingly, and they need not make a whole meal of them neither, and are fit to be planted in every Garden.

Caraway Confects, once only dipped in sugar, and half a spoonful of them eaten in the morning fasting, and as many after each meal, is a most admirable remedy for those that are troubled with wind.

## Celandine. ~~Colone~~

**Descript.** **T**HIS hath divers tender, round, whitish, green stalks, with greater joynts than ordinary in other Herbs, as it were Knees, very brittle and easie to break, from whence grow Branches with large tender long Leaves, much divided into many parts, each of them cut in on the edges, set at the joynts on both sides of the Branches, of a dark bluish green colour, on the upper side like Columbines, and of a more pale bluish green underneath, full of a yellow sap, when any part is broken, of a bitter taste, and strong scent. At the tops of the Branches which are much divided, grow Gold yellow flowers of four Leaves a piece, after which come small long

Pods with blackish seed therein. The Root is somewhat great at the head, shooting forth divers long Roots, and small strings, reddish on the outside, and yellow within, full of a yellow sap therein.

*Place.* It groweth in many places by old Walls, by the Hedges, and way sides in untilled places; and being once planted in a Garden, especially in some shady places, it will remain there.

*Time.* They flower all the Summer long, and the seed ripeneth in the mean time.

*Goverment and Virtues.* This is an Herb of the Sun, and under the Cœlestiāl Ljox, and is one of the best Cures for the Eyes that is. All that know any thing in Astrology, know as well as I can tell them, That the Eyes are subject to the Luminaries; let it then be gathered when the Sun is in *Leu*, and the Moon in *Aries* applying to his Trine: let *Leu* arise, then may you make it into an Oyl or Oyntment which you please, to apoint your sore Eyes withall: I can prove it both by my own experience, and the experience of those to whom I have taught it, That most desperate sore Eyes have been cured by this only Medicine; And then, I pray, is not this far better than endangering the Eyes by the art of the Needle? for if this do

not absolutely take away the Film, it will so facilitate the work that it may be done without danger. The Herb or Roots boyled in white Wine and drunk, a few Anniseeds being boyled therewith, openeth Obstructions of the Liver and Gall, helpeth the yellow Jaundies; and often using it, helps the Dropſie and the Itch, and those that have old ſores in their Legs, or other parts of the Body. The juyce thereof taken fasting, is held to be of singular good uſe againſt the Pestilence: The diſtilled Water with a little ſugar, and a little good Treacle ſalted therewith (the party upon the taking being laid down to ſweat a little) hath the ſame eſſect. The juyce dropped into the Eyes cleaſeth them from films & cloudiñeſſ which darken the ſight, but it is beſt to allay the ſharpenesſ of the juyce with a little Breast milk: It is good in old filthy corroding, creeping Ulcers whereſoever, to ſtay their malignity of fretting & running, and to cauſe them to heal the more ſpedily: The juyce often applied to Tetterſ, Ring-worms, or other ſuſh like ſpreađing Cancers, will quickly heal them, and rubbed often upon Warts will take them away. The Herb with the Roots bruised and heated with Oil of Chamomel, and applied to the Navel, taketh away the griping pain in the Belly and Bowels, and all the pains of the Mother: and applied to Womens breasts ſtayeth the over-much flowing of their Courses. The Juyce or Decoction of the Herb gargled between the Teeth that ake, easeth the pain: and the Powder of the dried Root, laid upon an aking, hollow, or loose Tooth, will cauſe it to fall out. The juyce mixed with ſome Powder of Brimſton, is not only good againſt the Itch, but taketh away all diſcolorings of the Skin whaſoever: And if it chance that in a tender

Obſtruc-  
tions of the  
Liver and  
Gall; Yel-  
low Jaun-  
dies, Drop-  
ſie, Peſti-  
lence,  
Eyes,  
ſcorches,  
Tetterſ,  
Ring-  
worms,  
Cancers,  
Warts,  
Belly, Bow-  
els, Mother,  
Worms,  
Termes  
ſtops,  
Tooth-ach,  
Itch, Beaſty

lost. The  
hollow, or loose Tooth, will cauſe it to fall out. The juyce mixed with ſome Powder of Brimſton, is not only good againſt the Itch, but taketh away all diſcolorings of the Skin whaſoever: And if it chance that in a tender Body

Body it causeth any Itching or Inflammation, by bathing the place with a little Vinegar it is helped.

Another ill-favor'd trick have Physicians got to use to the Eye, and that is worse than the Needle; which is, To eat away Films by corroding or gnawing Medicines. This I absolutely protest against.

1. Because the Tunicles of the Eye are very thin, and therefore soon eaten asunder,

2. The *Callus* or Film that they would eat away, is seldom of an equal thickness in every place, and then the Tunicle may be eaten asunder in one place, before the Film be consumed in another, and so be a readier way to extinguish the sight, than to restore it.

It is called *Chelidonium* from the Greek word *χελιδών*, which signifies a Swallow, because they say, That if you prick out the Eyes of yong Swallows when they are in the Nest, the old ones will recover their Eyes again with this Herb. This I am confident, for I have tried it, That if you pierce the very Apple of their Eyes with a Needle, she shall recover them again, but whether with this Herb or not, I know not.

Also I have read (and it seems to me somewhat probable) That the Herb being gathered as I shewed before, and the Elements drawn apart from it by the Art of the Alchymist, and after they are drawn apart, rectified, the earthly quality still in rectifying them, added to the *Terra damnata*, (as Alchymists call it) or *Terra sacratissima* (as some Philosophers call it.) The Elements so rectified are sufficient for the Cure of all Diseases, the humor offending being known, and the contrary Element given: It is an Experience worth the trying, and can do no harm.

## The lesser Celandine, usually known by the name of *L. ficaria* Pilewort, and Figwort.

I wonder what ailed the Ancients to give this name of *Celandine*, which resembles it neither in nature nor form: It acquired the Name of *Pilewort* from its Vertues, and it being no great matter where I set it down, so I set it down at all, I humor'd Dr. Tradition so much as to set it down here.

**Description.** This *Celandine* then, or *Pilewort* (which you please) doth spread many round pale green Leaves, set on weak and trailing branches, which lie upon the ground, and are fat, smooth, and somewhat shining, and in some places (though seldom) marked with black spots, each standing on a long Footstalk, among which rise small yellow flowers, consisting of nine or ten small narrow Leaves, upon slender Footstalks very like unto a Crows foot, whereunto the seed also is not unlike, being many small ones set together upon a head. The Root is made of many small Kernels like a grain of corn, some twice as long as others, of a whitish color with some fibres at the end of them.

**Place.** It groweth for the most part in moist corners of Fields, and places that are neer Water-sides, yet will abide in dryer grounds, if they be but a little shadowed.

**Time.** It flowreth betimes about March, or April, is quite gone in May, so as it cannot be found until it spring again.

**Government and Virtues.**] It is under the Dominion of *Mars*: and behold here another Verification of that Learning of the Ancients, *viz.* That the Virtue of an Herb may be known by its signature, as plainly appears in this; for if you dig up the Root of it, you shall perceive the perfect image, of that disease which they commonly call the Piles. It is certain by good experience, That the Decoction of the Leaves and Roots doth wonderfully help the Piles and Hemorrhoids, as also Kernels by the Ears and Throat, called the Kings-Evil, or any other Evil.

**Hemorrhoids,** Kings-Evil.

Here's another Secret for my Country Men and Women, a couple of them together: Pilewort made into an Oyl, Oyntment, or Plaister readily cures both the Piles or Hemorrhoids, and the Kings-Evil: The very Herb born about ones Body next the skin, helps in such Diseases, though it never touch the place grieved: let good people make much of it for these uses, with this I cured my own Daughter of the Kings-Evil, broke the Sore-drew out a quarter of a pint of Corruption, cured it without any Scar at all, and in one Weeks time.

*L. Cicoriu, folio*

### The Ordinary small Centaury.

**Descript.**] **T**his groweth up most usually but with one round and somewhat crested stalk, about a foot high, or better, branching forth at the top into many sprigs, and some also from the joyns of the stalks below: The Flowers that stand at the tops as it were in an umbel or tuft, are of a pale red, tending to a carnation colour, consisting of five, sometimes six small Leaves, very like those of *St. Johns wort*, opening themselves in the day time, and closing at night: after which come seed in little short Husks, in form like unto Wheat Corns: The Leaves are small and somewhat round. The Root small and hard, perishing every year. The whole Plant is of an exceeding bitter taste.

There is another sort in all things like the former, save only it beareth white Flowers.

**Place.**] They grow ordinarily in Fields, Pastures, and Woods; but that with the white Flowers, not so frequently as the other.

**Time.**] They flower in *July*, or thereabouts, and seed within a Month after.

**Government and Virtues.**] They are all under the Dominion of the *Sun*, as appears in that their flowers open and shut as the Sun either sheweth or hideth his face. This Herb boyled and drunk, purgeth Cholerick and gross Humours, and helpeth the *Sciatica*: It openeth Obstructions of the Liver, Gall, and Spleen, helping the Jaundice, and easing the pains in the sides, and hardness of the Spleen, used outwardly, and is given with very good effect in *Agues*: It helpeth those that have the *Dropsey*, or the green sickness, being much used by the *Italians* in powder for that purpose. It killeth the Worms in the Belly, as is found by experience.

rience. The Decoction thereof (viz.) the tops of the stalks with green Sick-  
the Leaves and flowers, is good against the Cholick, and to ~~re~~, Chol-  
bring down women's Courses, helpeth to avoid the dead birth, ~~lick, Terms~~,  
and easeth pains of the Mother, and is very effectual in all old ~~provoke,~~  
pains of the Joynts, as the Gout, Cramps, or Convulsions. A ~~Foynt,~~  
drain of the powder thereof taken in Wine, is a wonderfull good ~~Gout,~~  
help against the biting and poysion of an Adder. The Juyce of ~~Sciatica,~~  
the Herb with a little Honey put to it, is good to cleer the Eyes ~~Cramp,~~  
from dimness, mistes, and clouds that offend or hinder the sight: ~~Convulsi-~~  
It is singular good both for green and fresh wounds, as also for ~~o, wren-~~  
old Ulcers and Sores, to close up the one, and cleanse the other, ~~mons~~  
and perfectly to cure them both, although they be hollow or fi- ~~beasts,~~  
stulous: the green Herb especially being bruised, and laid there- ~~Eyes,~~  
to. The Decoction thereof dropped into the Ears cleanseth them ~~Wounds,~~  
from Worms, cleanseth the foul Ulcers, and spreading Scabs of ~~ulcers,~~  
the Head, and taketh away all Freckles, Spots and Marks in the ~~Ear,~~  
Skin, being washed therewith. The Herb is so safe you cannot ~~Scabby~~  
fail in the using of it, only give it inwardly for inward Diseases: ~~head s,~~  
use it outwardly for outward Diseases: 'Tis very wholsom, but ~~Freckles,~~  
not very toothsom. ~~Spots.~~

There is besides these another small Centaury, which beareth a yellow Flower, in all other respects it is like the former, save that the Leaves are bigger, and of a darker green, and the stalk passeth through the midst of them, as it doth in the Herb *Iborowax*. They are all of them, as I told you, under the Dominion of the *Sun*: yet this if you observe it, you shall find an excellent truth; In Diseases of Blood, use the red Centaury; if of Choler, use the yellow; but if of Flegm or Water, you will find the white best.

## *Cerasus* The Cherry-Tree.

I suppose there are few but know this Tree, for his Fruits sake, and therefore I shall spare writing a Description thereof.

*Place.* For the place of its growth, it is afforded room in every Orchard.

*Government and Vertues.* It is a Tree of *Venus*. Cherries, as they are of different tastes, so they are of divers qualities: The sweet pass through the stomach and belly more speedily, but are of little Nourishment. The tart or sour, are more pleasing to an hot stomach, procuring Appetite to Meat, and help to cut tough flegm, and gross ~~soft, flegm,~~ Humors: but when these are dried, they are more binding the ~~Gross bu-~~ Belly than when they are fresh, being cooling in hot Diseases, ~~mors, cool,~~ and welcom to the stomach, and provoke urine. The Gum of *Cherry-tree* dissolved in Wine, is good for a cold Cough, ~~urine,~~ and hoarsnes of the Throat, mendeth the color in the Face, ~~Cough,~~ sharpeneth the Eye-sight, provoketh Appetite, and helpeth to ~~Hoarsnes,~~ break and expell the Stone: The black Cherries bruised with the ~~Sight,~~ stones, and dissolved, the Water thereof is much used to break the ~~Gravell,~~ stone, expell Gravel and Wind.

## Winter Cherries.

**Descript.** **T**he Winter Cherry hath a running or creeping Root in the ground, of the bignesse many times of ones little finger, shooting forth at several joyns in several places, whereby it quickly spreadeth a great compass of ground: The Stalk riseth not above a yard high, whereon are set many broad, and long green Leaves, somewhat like Nightshade but larger; at the joyns whereof come forth whitish flowers made of five Leaves a piece, which after turn into green Berries, enclosed with thin skins, which change to be reddish, when they grow ripe, the Berry likewise being reddish and as large as a Cherry, wherein are contained many flat and yellowish seeds lying within the pulp, which being gathered and strung up, are kept all the year, to be used upon occasion.

**Place.** They grow not naturally in this Land, but are cherished in Gardens for their Vertues.

**Time.** They flower not untill the middle or later end of July, and the Fruit is ripe about the end of August, or beginning of September.

**Government and Vertues.** This also is a Plant of *Venus*. They are of great use in Physick: The Leaves being cooling may be used in Indamations,

but not opening as the Berries and Fruit are, which by Inflammation, drawing down the Urin, provokes it to be voided plentifully when it is stopped, or grown hot, sharp, and painfull in the passage: it is good also to expell the Stone and Gravel out of the Reins, Kidneys, and Bladder, helping to dissolve the Stone, and voiding it by Creet or Gravel sent forth in the Urin: it also helpeth much to cleanse inward Impostumes or Ulcers in the Reins or Bladder, or in those that void a bloody or foul Urin.

The distilled Water of the Fruit, or the Leaves together with them, or the Berries green or dry, distilled with a little Milk, and drunk morning and evening with a little Sugar, is effectual to all the purposes aforespecified, & especially against the heat

and sharpnesse of the Urin. I shall only mention one way amongst many others, which might be used for ordering the Berries to be

helpfull for the Urin and the Stone, which is thus: Take three or four good handfuls of the Berries, either green and fresh, or dried, and having bruised them, put them into so many Gallons of Beer or Ale, when it is new tunned up: This Drink taken daily, hath been found to do much good to many: both to ease the pains, and expell Urin, and the Stone, & to cause the Stone not to engender. The Decoction of the Berries in Wine and Water, is the most usual way; but the Powder of them taken in Drink, is more effectual. For cure of all Diseases, read my *Riverius*, *Riolanus*, *Johnston*, &c.

## Chervill.

It is called Cerefolium, Mirhis, and Mirras, Chervil, sweet Chervil, and sweet Cicely.

**Descript.** The Garden Chervil doth at first somewhat resemble parsy, but after

after it is better grown, the Leaves are much cut in and jagged, resembling Hemlocks, being a little hairy, and of a whitish green colour, sometimes turning reddish in the Summer with the Stalks also: It riseth a little above half a foot high, bearing white Flowers in spiked tufts, which turn into long and round seed pointed at the ends, and blackish when they are ripe, of a sweet taste, but no smell, though the Herb itself smelleth reasonable well: The Root is small and long, and perisheth every year, and must be sown anew in the spring for seed, and after July for Autumn Sallet.

The Wild Chervil groweth two or three foot high, with yellow stalks and jointes, set with broader and more hairy Leaves, divided into fudry parts, nicked about the edges, and of a dark green colour; which likewise grow reddish with the Stalks; at the tops whereof stand small white tufts of Flowers, and afterwards smallet and longer seed: The Root is white, hard, and enduring long. This hath little or no scent.

**Place.**] The first is sown in Gardens for a Sallet Herb: The second groweth wild in many of the Meadows of this Land, and by the Hedgesides, and on Heaths.

**Time.**] They flower and seed early, and thereupon are sown again in the end of Summer.

**Government and Vertues.**] The Garden Chervil being eaten, doth moderately warm the stomach, and is a certain Remedy Stomach, (saith Tragus) to dissolve congealed or clotted blood in the Clotted Body, or that which is clotted by Bruises, Falls, &c. The juyce Blood, or distilled Water thereof being drunk, and the bruised Leaves Bruises, laid to the place, being taken either in meat or drink, it is held Falls, Disease to provoke Urin, or expel the stone in the Kidney's; to sury, Stone, send down Womens Courses, and to help the Pleurifick and Pleurificks, prickings of the sides. Sides,

The Wild Chervil bruised and applied, dissolveth Swellings in any part of the Body, and taketh away the spots and marks of Black and congealed blood by bruises or blows; in a little space. Elew spots.

### Sweet Chervel, or Sweet Cicely.

**Descript.**] **T**HIS groweth very like the greater Hemlock, having large spread Leaves cut into divers parts, but of a fresher green colour than the Hemlock, tasting as sweet as the Anniseed. The stalk riseth up a yard high or better, being crested or hollow, having the Leaves at the jointes, but lesser; and at the tops of the branched stalks, umbels or tufts of white Flowers; after which come large and long crested black shining seed, pointed at both ends, tasting quick, yet sweet and pleasant. The Root is great and white, growing deep in the ground, and spreading sundry long branchis therein, in taste and smell stronger than the Leaves or seed, and continuing many years.

**Place.** This groweth in Gardens.

**Government and Vertues.**] These are all three of them of the Nature of Flixier, and under his Dominion. This whole Plant, be-

**old, Stomach,** sides its pleasantnes in Sallets, hath also his **Physical Vertues.** The Root boyled and eaten with Oyl and Vinegar, (or without Oyl) doth much please and warm an old and cold stomach, oppressed with wind or flegm, or those that have the Phtisick or Consumption of the Lungs. The same drunk with Wine, is a preservative from the Plague ; it provoketh Womens Courses, and expelleth the After-birth, procureth an appetite to meat, and expelleth wind. The **cer, Epidemical Diseases.** Juyce is good to heal the Ulcers of the Head and Face. The candied Roots hereof are held as effectual as *Angelica* to preserve from infection in the time of a Plague, and to warm and comfort a cold weak stomach : It is so harmless, you cannot use it amiss.

They that think the use of these Medicines is too brief (it's so only for cheapnes of the Book) let them read these Books of mine, of the last Edition, viz. *Rivervis, Veſtingus, Riotanu, Johnſon, Sennertus, and Physick for the Poor.*

### *L. castanæa*

### Chestnut-Tree.

IT were as needless to describe a Tree so commonly known, as to tell a man he had gotten a Mouth ; therefore take the Government and Vertues of them thus.

The Tree is absolutely under the Dominion of *Jupiter*, and therefore the Fruit must needs breed good blood, and yield commendable nourishment to the Body ; yet if eaten over much, they make the blood thick, procure head-ach, and bind the Body : the inner skin that covereth the Nut, is

**Flux,** of so binding a quality, that a scruple of it being taken by a man, or ten grains by a Child, soon stops any flux whatsoever : The **Terms,** whole Nut being dried and beaten into powder, & a dran taken **stops,** at a time, is a good remedy to stop the Terms in Women. If you **Cough,** dry Chestnuts, and beat them into Powder (only the kernel I **Spitting** mean) both the Barks being taken away, beat them into powder, and make the powder up into an Electuary with Honey, so have **Blood.** you an admirable Remedy for the Cough, and spitting blood.

### *L. glans* *terreæ*, Earth-Chestnuts.

THEY are called *Earth-Nuts*, *Earth-Chestnuts*, *Ground-Nuts*, *Cipper-Nuts*, and we in *Sussex* call them *Pig-Nuts*. A Description of them were needless, for every Child know's them.

**Lust** **provokes,** **Disury,** **Spitting** **Blood,** **Pis-** **ting Blood.** **Gouvernement and Vertues.** They are something hot and dry in quality, under the Dominion of *Venus*, they provoke Lust exceedingly, and stir up to those Sports she is Mistress of ; the Seed is excellent good to provoke Urin, and so also is the Root, but it doth not perform it so forcibly as the Seed doth. The Root being dried, and beaten into Powder, and the Powder made into an Electuary is as singular a Remedy for spitting, and pissing blood, as this former Chestnuts was for Coughs.

## L. alone,

## Chickweed.

It is so generally known to most people, I shall not therefore trouble you with the Description thereof, nor my self with setting forth the several kinds, sith but only two or three are considerable for their usefulness.

*Place.*] They are usually found in moist and watry places, by Woodsides, and elsewhere.

*Time.*] They flower about June; and their seed is ripe in July.

*Government and Vertues.*] It is a fine soft pleasing Herb, under the Dominion of the Moon. It is found to be as effectual as Purslain to all the purposes whereunto it serveth, except for meat only. The Herb bruised, or the Juyce applied (with cloaths or sponges dipped therein) to the Region of the Liver, and as they dry to have fresh applied; *Hot Liver*, doth wonderfully temper the heat of the Liver, and is effectual *Apostums*, for all Imposthumus and Swellings wheresoever; for all red Swellings, nols in the Face, Wheals, Pusches, Itch, Scabs, the Juyce either red Face, ther simply used, or boyled with Hogs-grease and applied; the *Wheals*, same helpeth Cramps, Convulsions, and Palsies. The Juyce or Pusches, distilled Water is of much good use for all heat and redness in *Itch*, *Scabs*, the Eyes to drop some thereof into them: as also into the Ears *Cramps* to ease pains in them; and is of good effect to ease pains, the *Convulsions*, heat and sharpnes of blood in the Piles, and genetally all pains on; *Palsies*, in the body that arise of heat. It is used also in *Hot* and *virulent red Eyes*, Ulcers and Sore in the privy parts of Men or Women, or on *Hemorrhoids*, the Legs, or elsewhere. The Leaves boyled with Marsh-mallow, and made into a Pultis with Fenugreek, and Linseed, applied to Swellings or Imposthumus, ripen and break them, or swage the Swellings, and ease the pains. It helpeth the *Sinews* when they are shrunk by Cramps, or otherwise, and to *Sinews*, extend and make them pliable again by this Medicine; Boyl an handful of Chickweed, and a handful of red Rose-leaves dried, but not distilled, in a quart of Muscadine until a fourth part be consumed, then put to them a pint of Oyl of Trotters, or Sheeps feet; let them boyl a good while, still stirring them well, which being strained, anoint the grieved place therewith warm against the fire, rubbing it well with ones hand, and bind also some of the Herb (if you will) to the place, and with Gods blessing it will help in three times dressing.

## Cicer

## Cich-Pease, or Cicers.

*Descript.*] **T**He Garden sorts, whether red, black, or white, bring forth stalks a yard long, whereon do grow many small and almost round Leaves, dented about the edges, set on both sides of a middle Rib: at the Joyns come forth one or two Flowers upon sharp Footstalks, Pease-fashion, either white or whitish, or purplish red, lighter or deeper, according as the Pease that follow will be; that are contained in small, thick and short

Pods, wherein lie one or two Pease more usually, a little pointed at the lower end, and almost round at the Head, yet a little corner'd or Sharp. The Root is small, and perisheth yearly.

Place and Time. They are sown in Gardens, or the Fields, as Pease, being sown later than Pease, and gathered at the same time with them, or presently after.

Government and Vertues. They are both under the Dominion of *Venus*.

They are no less windy than Beans, but nourish more, they provoke Urin, and are thought to encrease Sperm, they have a cleansing Faculty, whereby they break the Stones in the Kidneys. To drink the Cream of them being boyled in Water, is the best way. It moveith the Belly downwards, provoketh Women's Courses, and Urin, encreaseth both Milk and Seed. One ounce of Cicers, two ounces of French Barley, and a small handful of Marsh-mallow Roots, clean washed and cut, being boyled in the Broth of a Chicken, and four ounces taken in the morning, and fasting two hours after, is a good Medicine for a pain in the sides. The white Cicers are used more for Meat than Medicine, yet have they the same effects, and are thought more powerful to encrease Milk and Seed.

The wild Cicers are so much more powerful than the Garden kinds, by how much they exceed them in heat and dryness, whereby they do more open Obstructions, break the Stone, and have all the properties of cutting, opening, digesting, and dissolving, and this more speedily and certainly than the former.

### *Quinquefolium*

## Cinquefoyl, or Five-leaved Grass;

Called in some Countries

Five-finger'd Grass.

Descript. It spreadeth and creepeth far upon the ground, with long slender strings like Strawberries, which take Root again and shoot forth many Leaves made of five parts, and sometimes of seven, dented about the edges, and somewhat hard. The stalks are slender, leaning downwards, and bear many small yellow flowers theron, with some yellow thrids in the middle, standing about a smooth green Head; which when it is ripe, is a little rough, and containeth small brownish seeds. The Root is of a blackish brown colour, seldom so big as ones little finger, but growing long with some thrids thereto, and by the small strings it quickly spreadeth over the ground.

Place. It groweth by Wood-sides, Hedg-sides, the Pathwais in Fields, and in the borders and corthers of them almost through all this Land.

Time. It flowreth in Summer, some soon, some later.

Government and Vertues. This is an Herb of *Jupiter*, and therefore strengthens the parts of the body it rules; let *Jupiter* be angular and strong when it is gathered, and if you give but a scruple (which is but

twenty grains of it) at a time, either in white Wine, or white Wine Vinegar, you shall very seldom miss the cure of an Ague, *Agues*: be it what Ague soever, in three Fits as I have often proved to the admiration both of my self and others; let no man despise it because it is plain and easie, the waies of God are all such, 'tis the ungodliness and impudency of man that made things hard, and hath (by so doing) made sport for all the Devils in Hell, and grieved the good Angels, and when you read this, your own Genius, if you be any thing at all acquainted with it, may dictate to you many as good conclusions both of this and other Herbs. It is an especial Herb used in all Inflammations *Inflammati-* and Feavers, whether infectious or pestilent; or among o<sup>ne</sup> on<sup>es</sup>, Fea-*vers, Pe-* ther Herbs to cool and temper the blood and humors in the bo-*dy*. As also for all Lotions, Oargles, Injections, and the like *stilences*, for sore Mouths, Ulcers, Cankers, Fistulaes, and other corrupt, *Sore* foul, or running Sores. The Juyce hereof drunk about four *Months* ounces at a time for certain daies together, cureth the *Quinty*, *ulcers*, and the yellow Janndice, and taken for thirty daies together, *Cankers*, cureth the Falling-sickness. The Root boyled in Milk and *Fistulies*, drunk, is a most effectual Remedy for all Fluxes in man or wo-*Quinsie*, man; whether the Whites, or Reds, as also the bloody Flux. The *Yellow* Roots boyled in Vinegar, and the Decoction thereof held in the *Faundice*, Mouth, easeth the pains of the Toothach. The Juyce or Deco-*Falling-* tion taken with a little Honey, helpeth the hoarsness of the *sicknes*, Throat, and is very good for the Cough of the Lungs. The di-*Flux*, stilled Water of both Roots and Leaves is also effectual to all *Terms* the purposes aforesaid; and if the hands be often washed there-*stops*, in, and suffered at every time to dry in of it self without wipe-*Whites*, ing: it will in short time help the Palsie, or shaking in them. *Bloody-* The Root boyled in Vinegar, helpeth *Knots*, *Kernels*, hard *Flux*, swellings, and lumps growing in any part of the flesh, being *Toothachs*, thereto applied, as also all Inflammations, and St. Anthonies fire, *Hoarsness*, all Impostumes, and painful Sores, with heat and putrefaction, *Cough*, the Shingles also, and all other sorts of running, & foul Scabs, *Palsie of* Sores, and Itch. The same also boyled in Wine, and applied the *Hands*, to any Joynts full of pain, Ach, or the Gout in the Hands or *Knots in* Feet, or the Hip-gout called the *Sciatica*, and the Decoction the *Flesh*, thereof drunk the while, doth cure them, and easeth much pains St. *Anthonies fire*, in the Bowels. The Roots are likewise effectual to help Rup-*Scabes*, tures or Burstings, being used with other things available to Shingles, that purpose, taken either inwardly or outwardly, or both: as *Scabs*, *Itch* also for bruises, or hures by blows, falls, or the like, & to stay Joynts pa-*ned, Sciati-* the bleeding of Wounds in any part inward or outward.

Some hold that one Leaf cures a Quoridian, three a Tertian, *ca, Ruptures* and four a Quartan Ague, and an hundred to one if it be not *Gout*, *Dioscorides*, for he is full of such whimsies. The truth is, I never *Bruises*, stood so much upon the number of the Leaves, nor whether I *Falls*, *gave Bleedi-*

gave it in Powder or Decoction. If Jupiter were strong, and the Moon applying to him, or his good Aspect at the gathering of it, I never knew it miss the desired effects.

## L. *cepina, cedula* Cives.

Called also Rush-Leeks, Chives, Civer, and Sweth.

*Temperature and Vertues.*] I confess I had not added these, had it not been for a Letter I received of a Country Gentleman, who certified me, That amongst other Herbs I had left these out; they are indeed a kind of Leeks, hot and dry in the fourth degree as they are, and also under the Dominion of Mars: if they be eaten raw ( I do not mean raw opposite to roasted or boyled, but raw opposite to a Chymical Preparation ) they send up very hurtful Vapors to the Brain, causing troublsom sleep, and spoiling the

Eye-sight, yet of them prepared by the Art of the Alchymist, may Dify. be made an excellent Remedy for the stoppage of Urin.

## L. *horminatum*

### Clary, or more properly Cleer-Eye.

*Descript.*] Our ordinary Garden Clary bath four square stalks, with broad, rough, wrinkled, whitish, or hairy-green Leaves, somewhat evenly cut in on the edges, and of a strong sweet scent, growing some near the ground, and some by couples upon stalks. The flowers grow at certain distances with two small Leaves at the Jynks under them, somewhat like unto the flowers of Sage, but smaller, and of a whitish blew colour. The seed is brownish, and somewhat flat, or not so round as the wild. The Roots are blackish, and spread not far, and perish after the seed time. It is usually sown, for it seldom riseth of its own sowing.

*Place.*] This groweth in Gardens.

*Time.*] It flowreth in June and July, some a little later than others; and their Seed is ripe in August, or thereabouts.

*Government and Vertues.*] It is under the Dominion of the Moon. The Seed is used to be put into the Eyes to clear them from Moles, or other such like things gotten within the Lids Swellings, to offend them; as also to clear them from white or red spots Splinters, in them. The Mucilage of the Seed made with Water, Thorns, and applied to Tumors or Swellings, disperseth and taketh them away; as also draweth forth Splinters, Thorns, or other things gotten into the flesh. The Leaves used with Vinegar either by Felons, it self, or with a little Honey, doth help hot Inflammations, as also Boyls, Felons, and the hot Inflammations that are gathered by their pains, if it be applied before they be grown too great. The Pouder of the dried Root put into the Nose, provoketh Sneezing, and thereby purgeth the Head and Brain of much Rheum and Corruption. The Seed or Leaves taken in Wine, provoketh to Vomity. It is of much use both for Men and Women that have weak Backs, to help to strengthen the Reins, used either by it self, or with other Herbs conduced to the same effect,

effect, and in Tanries often. The fresh Leaves dipped in a Batter of Flower, Eggs, and a little Milk, and fryed in Butter, and served to the Table, is not unpleasant to any, but exceeding profitable for those that are troubled with weak Backs, and the effects thereof. The Juyce of the Herb put into Ale or Beer, and drunk, bringeth down Womens Courses, and expelleth the Afterbirth.

*Afterbirth.*

It is an usual course with many men when they have gotten the running of the Reins, or women the Whites, then run to the Bush of Clary, Maid, bring hither the frying Pan, fetch me some Butter quickly, then to eating fryed Clary, just as Hogs eat Acorns, and this they think will cure their Disease (forsooth) whereas when they have devoured as much Clary as will grow upon an Acre of ground, their Backs are as much the better as though they had piss'd in their shooes, nay, perhaps much worse.

We will grant that Clary strengthens the Back, but this we deny, That the cause of the Running of the Reins in Men, or the Whites in Women lies in the Back ( though the Back may sometimes be weakened by them ) and therefore the Medicine is as proper, as for sic when my Toe is sore to lay a Plaster to my Nose.

### *Wild Clary.*

**W**ild Clary is most blasphemously called Christ's Eye, because it cures Diseases of the Eyes. I could wish from my very Soul, Blasphemy, Ignorance, and Tyranny were ceased amongst Physicians, that they might be happy, and I joyful.

**D**escription. ] It is like the other Clary, but lesser, with many stalks about a foot and an half high. The stalks are square, and something hairy. The Flowers of a bluish colour. He that knows the common Clary, cannot be ignorant of this.

**P**lace. ] It grows commonly in this Nation, in barren places; you may find it plentifully if you look in the Fields near Grayes-Inn, and the Fields near Chelsey.

**T**ime. ] They flower from the beginning of June, to the later end of August.

**G**overnment and Vertues. ] It is something hotter and drier than the Garden-Clary is: yet nevertheless under the Dominion of the Moon, as well as that: the seeds of it being beaten to Powder, and drunk with Wine, is an admirable help to provoke Lust. A Decoction Lust pro-  
of the Leaves being drunk, warms the Stomach, and 'tis a won-  
der if it should not, the Stomach being Cancer, the House of the congealed Moon. Also it helps digestion, scatters congealed blood in any Blood, Cold part of the body, and helps dimness of sight. The distilled Stomach; Water thereof cleanseth the Eyes of redness, waterishnes, and sore Eyes; heat, 'tis a gallant Remedy for dimness of sight, to take one of Films in the Seeds of it, and put into the Eye, and there let it remain the Eyes, while it drops out of it self, the rain of it will be nothing to Indigesti-  
speak on; it will cleanse the Eyes of all Githy and purfied on-  
matters,

matters, ; and in often repeating of it , will take off a Film which covereth the sight , a handsomer, safer, and easier Remedy a great deal than to tear it off with a Needle.

*L. aparina*

## Cleavers.

**I**T is also called Aparine, Goof-share, Goof-graſs, and Clavers.

**D**escript. ] The common Cleavers bath divers very rough square stalks, not so big as the Tag of a Point, but rising up to be two or three yds high sometimes, if it meet with any tall Bushes or Trees whereto it may climb(yet without any claspers) or else much lower, and lying upon the ground full of Joynts, and at every one of them shooteth forth a branch, besides the Leaves thereat, which are usually six, set in a round compaſſ like a Star, or the Rowel of a Spur: from between the Leaves at the Joynts towards the tops of the brāches, come forth very small white Flowers at every end upon small thredy footstalks, which after they are fallen, there do shew two small, round, rough ſeeds, joyned together like two Testicles, which when they are ripe, grow hard and whitish, having a little hole on the ſide ſomewhat like unto a Navel. Both Stalks, Leaves, and Seeds are ſo rough, that they will cleave to any thing that dieth every year.

**P**lace. It groweth by the Hedg and Ditch-sides in many places of this Land, and is ſo troublous an Inhabitant in Gardens, that it rampeth upon, and is ready to choak whatever grows next it.

**T**ime. It flowreth in June and July, and the Seed is ripe, and falleth again in the end of July or August, from whence it springeth up again, and not from the old Roots.

**G**overnment and Virtues. It is under the Dominion of the Moon. The Juyce of the Herb, and the Seed together taken in Wine, helpeth thoſe that are bitten with an Adder, by preserving the Heart from the Venom. It is familiarly taken in Broth to keep them lean and lank that are apt to grow fat. The diſtilled Water drunk twice a day, helpeth the yellow Jaundice, and the Decoction of the Herb in Experience is found to do the ſame, and stayeth Lasks and bloody Fluxes. The Juyce of the Leaves, or they a little bruised, and applied to any bleeding Wound, stayeth the bleeding. The Juyce is alſo very good to cloſe up the lips of green Wounds; and the Pouder of the dried Herb ſrewed thereupon, doth the ſame, and likewiſe helpeth old Ulcers. Being boyled with Hogs greaſe, it healeth all ſorts of hard Swellings or Kernels in the Throat, being anointed therewith. The Juyce dropped into the Ears, taketh away the pains of them.

It is a good Remedy in the Spring, eaten (being first chopped ſmall, and boyled well) in Water-gruel, to cleanse the blood, and strengthen the Liver, thereby keeping the body in health, and fitting it for change of Seafon that is coming.

## Clowns Woundwort.

**Descript.** IT groweth up sometimes to three or four foot high, but usually about two foot, with square, green, rough stalks, but slender, joyned somewhat far asunder, and two very long, and so somewhat narrow, dark, green Leaves blightly dented about the edges, thereat, ending in a long point. The Flowers stand toward the tops compassing the stalks at the Joyns with the Leaves, and end likewise in a spiked top, having long and much open gaping hoods of a purplish red color, with whitish spots in them standing in somewhat rough Husks, wherein afterwards stand blackish round Seeds. The Root is composed of many long strings, with some tuberous long knobs growing among them, of a pale yellowish or whitish color, yet at sometimes of the year these knobby Roots in many places are not seen in the Plant: The whole Plant smelleth somewhat strongly.

**Place.** It groweth in sunry Countries of this Land, both North and West, and frequently by Path sides in the Fields near about London, and within three or four miles distance about it, yet usually growes in or near Ditches.

**Time.** It flowreth in June and July, and the Seed is ripe soon after.

**Government and Vertues.** It is under the Dominion of the Planet Saturn. It is singularly effectual in all fresh and green Wounds, Wounds, and therefore beareth not this name for naught. And Ulcers, is very available in stanching of Blood, and to dry up the fluxes Blood, of Humors in old fletching Ulcers, Cancers, &c. that hinder the Cancers, healing of them. Bloody

A Syrup made of the Juyce of it is inferior to none for inward Wounds, Ruptures of Veins, Bloody Flux, Vessels broken, ken, spitting, pissing, or vomiting Blood: Ruptures are excellently and speedily, even to admiration, cured by taking now and then a little of the Syrup, and applying an Oyntment or Plaster of the Herb to the Place. Also if any Vein be swelled, or Muscle cut, apply a plaster of this Herb to it, and if you add a little Comfry to it, it will not do amiss: I assure thee the Herb Veins deserves Commendations though it have gotten but a Clownish swelled, Name, and whoever reads this (if he try it as I have done) will commend it as well as I. I have done, only take notice, That cut. it is of a dry Earthy quality.

To cure all Diseases, read my Riverius, Riolanus, Johnston, Semperitus, &c.

*l. cajut* **Cocks-Head, Red Fitchling, or**  
*golfracuum* **Medick Fitch. - onobrycis**

**Description.** This hath divers weak, but rough stalks, half a yard long, leaning downwards, beset with winged Leaves, longer and more pointed than those of Lentiles, and whitish underneath, from the tops of these Stalks spring other slender Stalks, naked without Leaves unto the tops, where there grow many small Flowers in manner of a

Spike of a pale reddish color, with some bluish among them: after which rise up in their places, round, rough, and somewhat flat heads. The Root is tough and so newhwoody, yet liveth, and shooteth anew every year.

Place. It groweth under Hedges, and sometimes in the open Fields, in divers places of this Land.

Time. They flower all the Moneths of July and August, and the Seed ripeneth in the mean while.

*Government and Vertues.* It is under the Dominion of Venus. It hath power to ratifie and digest, and therefore the green Kernels in Leaves bruised and laid as a Plaister disperseth Knots, Notes, or the Flesh. Kernels in the flesh; and if when it is dry, it be taken in Wine, it helpeth the strangury; and being anointed with Oyl, it provoketh sweat. It is a singular food for Cattel, to cause them to give store of Milk, and why then may it not do the like being boyked in ordinary drink of Nurses.

## *L. aquilegiae* Colombines.

These are so well known, growing almost in every Garden, that I think I may save the expence of time in writing a Description of them.

Time. They flower in May, and abide not for the most part when June is past, perfecting their seed in the mean time.

*Government and Vertues.* It is also an Herb of Venus. The Leaves of Columbines are commonly used in Lotions with good successe for sore Mouths and Throats: Tragis saith, That a dram of the seed taken in Wine with a little Saffron, openeth obstructions of the Liver, and is good for the yellow Jaundies if the party after the taking thereof be laid to sweat well in the bed: The seed also taken in Wine causeth a speedy Delivery of Women in Child-birth, if one draught suffice not, let her drink a second, and it is effectual. The Spaniards use to eat a piece of the Root hereof in a morning fasting, many daies together to help them being troubled with the stone in the Reins or kidneys. To cure all Diseases, read my *Riverius*, *Riolanus*, *Sennertus*, &c.

## *L. tenuiflora*, *Geckinii* Coltsfoot.

Called also Cough-work, False-foot, Horse-hoof, and Bulls-foot.

*Descript.* This shooteth up a slender stalk with small yellowish Flowers somewhat early, which fall away quickly: and after they are fallen come up somewhat round Leaves, sometimes dented a little about the edges, much lesser, thicker, and greener, than those of Butter-bier, with a little Down or freeze over the green Leaf on the upper side, which may be rubbed away, and whitish, or meatly underneath. The Root is small and white, spreading much under ground, so that where it taketh it will hardly be driven away again, if any little piece be abiding thereon, and from thence springeth fresh Leaves.

Place. It groweth as well in wet ground, as in drier places.

Time. And flowereth in the end of February, the Leaves beginning to appear in March.

*Govern-*

*Government and Vertues.* The Plant is under *Venus*. The Cough, fresh Leaves or juice, or a syrup made thereof, is good for a hot Wheezing, dry Cough, for wheezings and shortness of breath. The dry shortness of Leaves are best for those that have thin Rheums, and Distilled breath; Actions upon their Lungs, causing a Cough, for which also the gues, Infused Leaves taken as Tobacco, or the Root, is very good. The mations, distilled Water therent simply, or with Elder Flowers and Swelling, Nightshade, is a singular Remedy against all hot Agues, to St. Antho- drink two ounces at a time, and apply cloaths wet, therein to nies fire, the head and stomach; which also doth much good being ap- *Burnings*, plied to any hot Swellings or Inflammations; it helpeth St. An- *Cholerick* thonies fire, and Burnings, and is singular good to take away pushes, piles, Wheals, and small Pushes that arise through heat: as also the Inflammat- burning heat of the Pides, or privy parts, cloaths wet therein ons in the being thereunto applied.

## 1. ~~consuetudine~~ Comfry.

*Descript.* **T**He common great Comfry hath divers very large and hairy green Leaves lying on the ground, so hairy or prickly that if they touch any tender part of the Hands, Face, or Body, it will cause it to itch; the Stalk that riseth up from among them being two or three foot high, hollow and cornered, is very hairy also, having many such like Leaves as grow below, but lesser and lesser up to the top. At the joints of the Stalks, it is divided into many Branches with some Leaves thereon, and at the ends stand many flowers in order one above another, which are somewhat long and hollow like the finger of a Glove, of a pale whitish color, after which come small black seed. The Roots are great and long, spreading great thick branches under ground, black on the outside, and whitish within, short or easie to break, and full of a glutinous or clammy juice of little or no taste at all.

There is another sort in all things like this, save only it is somewhat less, and beareth flowers of a pale purple color.

*Place.* They grow by Ditches, and Water-sides, and in divers Fieldes that are moist, for therem they chiefly delight to grow. The first generally through all the Land, and the other but in some several places.

By the leave of my Authors, I know the first grow often in dry places.

*Time.* They flower in June and July, and give their seed in August.

*Government and Vertues.* This is also an Herb of *Saturn*, and I suppose under the Sign *Capricorn*, cold, dry, and earthly in quality.

What was spoken of Clowns Woundwort, may be said of this. Spitting The great Comfry helpeth those that spit blood, or make a & pissing bloody Urin: The Root boyled in Water and Wine, and the Blood, Decoction drunk, helpeth all inward hurts, bruises, and wounds, inward and alicers of the Lungs, causing the flegm that oppresseth them wounds & to be easily spit forth: It stayeth the fluxions of Rheum bruises, from the Head upon the Lungs, the fluxes of blood or Humors phisick.

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by the Belly, Womans immoderate Courses, as well the Reds as the Whites ; and the Running of the Reins hapning by what cause soever. A Syrup made therof is very effectual for all those inward Griefs and Hurts ; and the distilled Water for the same purpose also, and for outward Wounds and Sores in the Fleshy or Sinewy part of the Body whatsoever ; as also to take away the fits of Agues, and to allay the sharpness of Humors. A Decoction of the Leaves hereof is available to all the purposes, though not so effectual as the Roots. The Roots being outwardly applied, helpeth fresh wounds or cuts immediatly, being bruised and laid thereunto ; and is especially good for Ruptures and broken bones : yea, it is said to be so powerfull to consolidate and knit together ; that if they be boiled with dissevered pieces of flesh in a pot, it will joyn them together again. It is good to be applied to Womans Breasts that grow sore by the abundance of Milk coming into them. As also to repress the overmuch bleeding of the Hemorrhoids, to cool the Inflammation of the parts thereabouts, and to give ease of pains. The Roots of Comfry taken fresh, beaten small, and spread upon Leather, and laid upon any place troubled with the Gout, doth presently give ease of the pains ; and applied in the same manner, giveth ease to pained joyns, and profiteth very much for running and moist Ulcers, Gangrenes, Mortifications, and the like, for which it hath by often experience been found helpful.

## Dentaria Coralwort.

IT is also called by some, Toothwort, Toothed Violet, Dog-teeth Violet, and Dentaria.

Descript. Of the many sorts of this Herb, two of them may be found growing in this Nation : The first of which shooteth forth one or two winged Leaves upon long brownish Footstalks, which are doubled down at their first comming out of the ground : when they are fully opened they consist of seven Leaves, most commonly of a sad green color, dented about the edges, set on both sides the middle Rib one against another as the Leaves of the Ash-tree : the stalk beareth no Leaves on the lower half of it, the upper half beareth sometimes thrce or four, each consisting of five Leaves, sometimes but of three : on the top stand four or five flowers upon short Footstalks, with long Husks : the flowers are very like the flowers of Stock Gilliflowers, of a pale purplish color consisting of four Leaves apiece, after which come small Caps which contain the seed, the Root is very smooth, white, and shining ; it doth not grow downwards, but creeping along under the upper crust of the ground, and consisteth of divers small round knobs, set together : toward the top of the stalk there grow some single Leaves, by each of which commeth a small round cloven Bulb, which when it is ripe, if it be set in the ground, it will grow to be a Root.

As for the other Coralwort which groweth in this Nation, 'tis more

scarcey than this, being a very small Plant, not much unlike Crowfoot, therefore some think it to be one of the sorts of Crowfoot: I know not where to direct you to it, and therefore I shall forbear the Description.

**P**lace. The first growtheth neer Mayfield in Sufex, in a Wood called High-reed, and in another Wood there also, called Fox-holes.

**T**ime. They flower from the later end of April to the middle of May, and before the middle of July they are gone, and not to be found.

**G**overnment and Vertues. It is under the Dominion of the Moon. It cleanseth the Bladder, and provoketh Urin, *Disury, Gravel,* expels Gravel and the Stone, it easeth pains in the sides *Stone, Sides,* and Bowels; it is excellent good for inward wounds, *especi- Bowels,* ally such as are made in the Breast or Lungs, by taking a *Wounds in the* dram of the powder of the Root every morning in Wine; *Breast and* the same is excellent good for Ruptures, as also to stop flu- *Lungs, Rupture,* zes: an Oyntment made of it, is excellent good for wounds *Fluxes, Wounds* and ulcers; for it soon dries up the watry Humour which *and ulcers.* hinders the Cure. *Mercuria grecorum*

### Costmary, or Alecost, or Balsom Herb.

**T**HIS is so frequently known to be an Inhabitant in almost every Garden, that I suppose it needless to write a Description thereof.

**T**ime. It flowreth in *June and July.*

**G**overnment and Vertues. It is under the Dominion of Jupiter. The ordinary Costmary as well as Maudlin, provoketh Urin abundantly, and moistneth the hardness of the Mother; it gently purgeth Choler and Flegm, extenuating that which is gross, and cutting that which is tough and glutinous, cleanseth that which is foul, and hindreth putrefaction and corruption, it dissolveth without Attraction, openeth Obstructions, and healeth their evill effects, and is a wonderful help to all sorts of Day Agues. It is astringent to the stomach, and strengtheneth the Liver, and all the other inward parts, and taken in Whey, worketh the more effectually. Taken fasting in the morning, it is very profitable for the pains of the Head that are continual, and to stay, dry up, and consume all thin Rheums, or Distillations from the Head into the stomach, and helpeth much to digest raw humours that are gathered therein. It is very profitable for thole that are fallen into a continual evil disposition of the whole body called Cachexia, being taken especially in the beginning of the Disease: It is an especial friend and help to evill, weak, and cold Livers. The seed is familiarly given to Children for the Worms, and so is the Infusion of the Flowers in White Wine, given them to the quantity of two ounces at a time: it maketh an excellent Salve to cleanse and heat old Ulcers, being boyled with Oyl Olive, and Adders Tongue with it, and after it is strained, to put a little Wax, Rosin, and Turpentine, to bring it into a convenient Body.

# Graphalium Cudweed, or Cottonweed.

**B**esides Cudweed and Cottonweed, it is also called Chafweed, Dwarf Cotton, and Petty Cotton.

**D**escription. The common Cudweed riseth up but with one Stalk sometime, and sometimes with two or three, thick set on all sides with small, long, and narrow whitish or woody Leaves, from the middle of the stalk almost up to the top; with every Leaf standeth a small Flower, of a dun or brownish yellow colour, or not so yellow as others; in which Herbs, after the Flowers are fallen, come small seed wrapped up with the down therein, and is carried away with the wind. The Root is small and threddy.

There are other sorts hereof, which are somewhat lesser than the former, not much different, save only that the stalk and leaves are shorter, so the flowers are paler, and more open.

**P**lace.] They grow in dry, barren, sandy, and gravelly Grounds, in most places of this Land.

**T**ime.] They flower about July, some earlier, some later, and their seed is ripe in August.

**G**overnment and Vertues.] *Venus* is Lady of it. The Plants are all astringent, or binding and drying, and therefore profitable for defluxions of Rheum from the Head, and to stay fluxes of Blood wheresoever. The Decoction being made into red Wine and drunk, or the Powder taken therein; it also helpeth the Bloody Flux, and easeth the torments that cometherby, stayeth the immoderate Courses of Women, and is also good for inward or outward Wounds, Hurts, and Bruises, and helpeth Children both of Burkings and the Worms; and the Disease called *Terasmus*, which is an often provocation to the stool, and doing nothing, being either drunk or injected: The green leaves bruised and laid to any green wound, stayeth the bleeding, and healeth it up quickly: The Decoction or Juyce thereof doth the same, and helpeth all old and filthy Ulcers quickly; The Juyce of the Herb taken in Wine and Milk is (as *Pliny* saith) a sovereign Remedy against the Mumps and Quinsie; and further saith, That whosoever shall so take it, shall never be troubled with that Disease again.

# Herbparalytic Cowslips, or Peagles. 1

**B**oth the Wild and Garden Cowslips are so well known, that I will neither trouble my self nor the Reader with any Description of them.

**T**ime.) They flower in April and May.

**G**overnment and Vertues.] *Venus* layes claim to the Herb as her own, and it is under the Sign *Aries*, and our City Dames know well enough the Oyntment or distilled Water of it, adds Beauty, or at least restores it when Spots, wrinkles, leaves, and the roots, little use. An Oyntment being made with them, taketh away spots, and wrinkles of the Skin, Sun-burnt, with them, taketh away spots, and wrinkles of the Skin, Sun-

ning and Freckles, and adds Beauty exceedingly : they remedy Head, all infirmitiess of the Head-coming of Heat and Wind, as Verti- Heat, Wind, ge, Ephialtes, False Apparitions, Freckles, Falling-sickness, Pal- Beauty sics, Convulsions, Cramps, Pains in the Nerves. The Roots adds, Verti- ease pains in the Back and Bladder, and open the passages of U- go, Ephial- tin : The Leaves are good in Wounds, and the Flowers take a- tes, Cough- way trembling : If the Flowers be not well dried and kept in a warm place, they will soon putrifie and look green, have a spe- Cramp, cial Eye over them : If you let them see the Sun once a Month, Back, it will do neither the Sun nor them harm. Bladder.

Because they strengthen the Brain and Nerves, and remedy Wounds, Palsies, the Greeks gave them the name Paralysis; The Flowers Trembling, preserved or conserved, and the quantity of a Nutmeg eaten every morning, is a sufficient Dose for inward Diseases; but for Falling-Wounds, Spots, Wrinkles, and Sun-buring, an Oyament is sicknes, made of the Leaves and Hogs-grease. Palsie.

## L. militaris aixoides Crabs-Claws.

Called also Water Sengreen, Knights Pondwort, Water Housleek, Wading Pondweed, and Fresh Water Souldier.

Description. It hath sundry long narrow Leaves with sharp prickles on the edges of them, also very sharp pointed; the stalks which bear flowers seldom grow so high as the Leaves, bearing a forked head like a Crabs Claw, out of which comes a white flower, consisting of three Leaves, with divers yellowish hairy threds in the middle: it taketh Root in the mud in the bottoms of the Water.

Place.] It groweth plentifully in the Fens in Lincolnshire.

Time.] It flowers in June, and usually from thence till August.

*Government and Vertues.* J. 'Tis a Plant under the Dominion of Venus, and therefore a great strengthener of the Reins; it is excellent good in that Inflammation which is commonly called Reins, St. Anthonyes fire, it asswageth all Inflammations and Swellings in Wounds, and an Oyntment made of it is excellent good to heal them: there is scarce a better Remedy and swellings growing than this is, for such as have bruised their Kidneys, and upon that account pissing blood: a dram of the powder of the Herb taken every morning is a very good Remedy to stop the Terms. In Wounds, Terms stops.

## Back-Cresses.'

Descript.] It hath long Leaves deeply cut and jagged on both sides, not much unlike wild Mustard; the stalks be small, very limber, though very tough, you may twist them round, as you may a willow before they break: The flowers be very small and yellow, after which come small Caps, which contain the Seed.

Place.] It is a common Herb, grows usually by the way sides, and some-

times upon mud Walls about London, but it delights most to grow amongst stones and rubbish.

Time. It flowers in June and July, and the Seed is ripe in August and September.

**Government and Vertues.** 'Tis under the Dominion of Mars, and is a Plant of a hot and biting nature: the truth is, the Seed of Bank-Cresses strengthens the Brain exceedingly, lungs, cough, being in performing that office little inferior to Mustard Seed, Tell. Jaund. if at all: they are excellent good to stay those Rheums which Sciatica, fall down from the Head upon the Lungs: You may beat the Inflammations in the Breast and Testicles. The Seed into powder if you please, and make it up into an Electuary with Honey, so have you an excellent Remedy by you, not only for the premises, but also for the Cough, yellow Jaundies & Sciatica. The Herb boyled into a Pultis, is an excellent Remedy for Inflammations, both in Womens Breasts, and Mens Testicles. For cure of all Diseases, read my Rivetius, Riolatus, Johnston, Veflingus, &c.

### 2. Rasturine Cresses

**Descript.** These are of two kinds: The first riseth up with a round stalk about two foot high, spread into divers Branches, whose lower Leaves are somewhat larger than the upper, yet all of them cut, or torn on the edges, somewhat like Garden-Cresses, but smaller: The flowers are small and white, growing at the tops of the Branches, where afterwards grow Husks, with small brownish Seed therein, very strong and sharp in taste, more than the Cresses of the Garden: The Root is long, white, and woody.

The other hath the lower Leaves white, somewhat long and broad, not torn at all, but only somewhat deeply veined about the edges towards the ends, but those that grow up higher are lesser. The Flowers and seed are like the former, and so is the Root likewise: and both Root and seed as sharp as it.

**Place.** These grow by the way sides in un-tilled places, and by the sides of old Walls.

Time. They flower in the end of June, and their seed is ripe in July.

**Government and Vertues.** It is a Saturnine Plant. The Leaves, but especially the Root taken fresh in the Summer time, beaten and made into

**Sciatica,**  
**Gout,**  
**Head-ach,**  
**Rheums,**  
**Spleens,**  
**Scars, &c-**  
**profis,**  
**Scurf,**  
**Tubs,**

a Pultis or Salve, with old Hogs Grease, and applied to the place pained with the Sciatica, to continue thereon four hours if it be on a Man, and two hours on a Woman; the place afterwards bathed with Wine and Oil mixed together, and then wrapped with wool or skins after they have sweat a little, will assuredly cure not only the same Disease in the Hips, Hucklebone, or other of the Joyns, as the Gout in the Hands or Feet; but all other old Grievs of the Head (as inyeterate Rhewms) and other parts of the Body that is hard to be cured: And if of the former Grievs any part remain; the same Medicine after twenty

dayes is to be applied again. The same is also effectual in the Diseases of the Spleen: and applied to the Skin, it taketh away the blemishes thereof, whether they be Scars, Leprosie, Scabs, or Scurf, which although it exulcerate the part, yet that is to be helped afterwards with a Salve made of Oyl and Wax. Esteem of this as another Secret.

## *2. Masturgium aquatum* Water-Cresses.

**Descript.**] *O* U R ordinary Water-Cresses spread forth with many weak, hollow, sappy stalks, shooting out Fibres at the joyns, and upwards, long winged Leaves, made of sundry broad, sappy, and almost round Leaves, of a brownish green colour. The Flowers are many and white, standing on long Foot-stalks, after which come small yellow Seed, contained in small long pods like Horns. The whole plant abideth green in the winter, and tasteth somewhat hot and sharp.

**Place.**] They grow (for the most part) in the small standing Waters, yet sometimes in small Rivulets of running Water.

**Time.**] They flower and seed in the beginning of Summer.

**Gouvernement and Vertues.**] It is an Herb under the Dominion of the Moon. They are more powerful against the Scurvy, and to cleanse the Blood and Humours than Brooklime is, and serve Scurvy, in all the other uses in which Brooklime is available, as to break Blood, Hooke the Stone, and provoke Urin, and Womens Courses. The Decoction thereof cleanseth Ulcers by washing them therewith: Disney, The Leaves bruised, or the Juyce, is good to be applied to the Terms pro-Face, or other parts troubled with Freckles, Pimples. Spots, or vokes, ul-the like, at night, and washed away in the morning. The Juyce cures, If mixed with Vinegar, and the fore part of the Head bathed there- kles, Pim-with, is very good for those that are dull and drowsie, or have the ples, Spots, Lethargy.

Water-Cress Pottage is a good Remedy to cleanse the Blood Lethargy. in the Spring, and help Head-aches, and consume the gross hu-mours Winter hath left behind; those that would live in health may use it if they please, if they will not, I cannot help it: If any fancy not Pottage, they may eat the Herb as a Sallet.

## *3. crucifera* **Croswort.**

**Descript.**] *C* OMME Cross-wort groweth up with square, hairy, brown Stalks, little above a foot high, having four small broad and pointed hairy, yet smooth green Leaves, growing at every joyn, each against other cross-wayes, which hath caused the Name: Toward the tops of the stalks at the Joyns with the Leaves in three or four rows onwards, stand small, pale, yellow Flowers; after which come small, blackish, round Seed, four for the most part set in every Husk. The Root is very small and full of fibres, or threds, taking good hold of the ground, and spreading with the Branches a great deal of ground, which perish not in Winter, although the Leaves die every year, and spring again a-new.

Place.] It groweth in many moist grounds, as well Meadows, as untilled places about London : in Hasted Church-yard, at Hythe in Kent, and sundry other places.

Time.] It flowereth from May all the Summer long in one place or other, as they are more open to the Sun; the Seed ripeareth soon after.

Government and Vertues.] It is under the Dominion of Saturn. This is a singular good Wound Herb, and is used inwardly, not only to stay bleeding of Wounds, but to consolidate them, as it doth outwardly any green Wounds, which it quickly fodereth up and healeth. The Decoction of the Herb in Wine, helpeth to expectorate flegm out of the Chest, and is good for Obstructions in the Breast, Stomach, or Bowels, and helpeth a decayed Appetite : It is also good to wash any Wound or Sore Rupture, with, to cleanse and heal it : The Herb bruised, and then boyled and applied outwardly for certain dayes together, renewing it often, and in the meantime, the Decoction of the Herb in the Wine taken inwardly every day, doth certainly cure the Rupture, in any, so as it be not too invertebrate : but very speedily if it be fresh and lately taken.

## Batrachodes

## Crowfoot.

Many are the Names this furious biting Herb hath obtained, almost enough to make up a Welchmans Pedegree, if he fetch it no further than John of Gaunt, or William the Conqueror, for it is called Frogs-foot, from the Greek Name *Batrachion*, Crowfoot, Gold Knobs, Gold Cups, King Cob, Bassiners, Trot-flower, Pults, Locker Gouloos, and Butter-flowers.

Abundance are the Sorts of this Herb, that to describe them all, would tire the patience even of Socrates himself; but because I have not yet attained to the Spirit of Socrates, I shall but describe the most usual.

Descript.] The most common Crowfoot hath many dark green Leaves cut into divers parts, in fast biting and sharp, biting and blistering the Tongue; it bears many flowers, and those of a bright resplendent yellow colour. I do not remember that ever I saw any thing yellower; *Virgins* in *Ancient* time used to make Powder of them to strew Bridal-Beds: after which Flowers come small Heads of Seeds, round, but rugged like a Pine-Apple.

Place. They grow very common every where, unless you run your Head into a Hedge, you cannot but see them as you walk.

Time. They flower in May and June, even till September.

Government and Vertues.] This fiery and hot spited Herb of Mars is no way fit to be given inwardly, but an Oyntment of the Leaves or Flowers will draw a Blister, and may so be fitting applied to the nape of the Neck to draw back Rheum from the Eyes: The Herb being bruised and mixed with a little Mustard, draws a Blister as well and as perfectly as *Cantharides*, and with far less danger to the Vessels of *Urin*, which *Cantharides* delights to wrong: I knew the Herb once applied to a Pestilential

lential rising that was falling down, and it saveth life even beyond hope; it were good keeping an Oyntment and Plaister of it, if it were but for that:

## Cuckowpint.

IT is called *Aron*, *Jars*, and *Barba-zion*, *Calves-foot*, *Ramp*; *Starchwort*, *Cuckow-pintle*, *Priest-pintle*, and *Wake-Robin*.

*Descript.*] This shooteth forth three, four, or five Leaves at the most, from one Root, every one whereof is somewhat large and long, broad at the bottom, next the stalk, and forked, but ending in a point, without cut on the edges, of a full green colour, each standing upon a thick round Stalk, of a hande breadth long, or more: among which after two or three months that they begin to wither, riseth up a bare, round, whitish green Stalk, spotted and straked with purple, somewhat higher than the Leaves: at the top whereof standeth a long hollow hose or husk, close at the bottom, but open from the middle upwards, ending in a point; in the middle whereof standeth a small long pebble or clapper, smaller at the bottom than at the top, of a dark purple colour as the Husk is on the inside, though green without; which after it hath so abidden for some time, the Husk with the clapper decayeth, and the foot or bottom thereof groweth to be a small long bunch of Berries, green at the first, and of a yellowish red colour when they are ripe, of the bigness of an Hazel Nut Kernel; which abideth thereon almost until winter: The Root is round and somewhat long, for the most part lying along, the Leaves shooting forth at the bigger end, which when it beareth his Berries, is somewhat wrinkled and loose, another growing under it, which is solid and firm with many small thrids hanging thereto: The whole Plant is of a very sharp biting taste, pricking the Tongue as Nettles do the Hands, and so abideth for a great while without alteration: The Root hereof was anciently used instead of Starch, to starch Linnen withal.

There is another sort of Cuckowpint, with lesser Leaves than the former, and somewhat harder, having blackish spots upon them, which for the most part are biue longer green in Summer than the former; and both Leaves and Roots are more sharp and fierce than it: In all things else it is like the former.

*Place.* These two sorts grow frequently almost under every Hedge side in many places of this Land.

*Time.*] They shoot forth Leaves in the Spring, and continue but until the middle of Summer, or somewhat later, their Husks appearing before they fall away; and their fruit shewing in April.

*Government and Vertues.*] It is under the Dominion of Mars: *Tragus* reporteth that a dram weight, or more if need be, of the spotted *Wake-Robin*, either fresh and green, or dried, being beaten and taken, is a most present and sure Remedy for Poyson and the Plague. *Poyson*, The juyce of the Herb taken to the quantity of a spoonful hath Plague, the same effect. But if there be a little Vinegar added thereto, to as well as unto the Root aforesaid, it somewhat allayeth the ~~sharp~~ <sup>Boyl</sup> biting Tast thereof upon the Tongue. The green Leaves of *Boyl* bruised, and laid upon any Boyl or Plague soze, doth wonderfully

ly help to draw forth the Poyson : A dram of the powder of the dried Root taken with twice so much Sugar in the form of a Licking Electuary, or the green Root doth wonderfully help those that are pursic and short-winded, as also those that have a Cough ; it breaketh, digesteth, and rideth away Flegm from the Stomach, Chest, and Lungs. The Milk wherein the Root hath been boyled, is effectual also for the same purpose. The said powder taken in Wine or other Drink, or the Juyce of the Berries, or the Powder of them, or the Wine wherein they have been boyled, provoketh Urin, and bringeth down Womens Courses, and purgeth them effectually after Child-bearing to bring away the After-birth. Taken with Sheeps Milk, it healeth the inward Ulcers of the Bowels. The distilled water hereof is effectual to all the purposes aforesaid : A spoonful taken at a time healeth the Itch ; and an ounce or more taken at a time for some dayes together, doth help the Rupture : The leaves either green or dry, or the juyce of them, doth cleanse all manner of rotten and filthy Ulcers in what parts of the Body soever, and healeth the stinking sores in the Nose called *Polipus*. The water wherein the Root hath been boyled dropped into the Eyes, cleanseth them from any film or skin, Clouds or Mists which begin to hinder the sight, and helpeth the watering or redness of them ; or when by some chance they become black and blew. The Root mixed with Bean Floure, and applied to the Throat or Jaws that are inflamed, helpeth them. The Juyce of the Berries, boyled in Oyl of Roses, or beaten into Powder mixed with the Oyl, and dropped into the Ears, easeth pains in them. The Berries, or the Roots beaten with hot Ox Dung, and applied, easeth the pains of the Gout. The Leaves and Roots boyled in Wine with a little Oyl, and applied to the Piles, or the falling down of the Fundament, easeth them ; and so doth sitting over the hot fumes thereof. The fresh Roots bruised, and distilled with a little Milk, yieldeth a most Sovereign Water to cleanse the Skin from Scurf, Freckles, Spots or Blemishes whatsoevert therein.

Authors have left large Commendation of this Herb you see, but for my part I have neither spoken with Dr. Reason, nor Dr. Experience about it.

*Cucumis*      **Cucumers, Or *Fructus Cucumis***  
(according to the pronunciation of the Vulgar).  
Cowcumbers.

Government  
and Vertues.

Stomach hot,  
Liver hot,  
70475 raw,

**T**here is no Dispute to be made, but that they are under the Dominion of the Moon, and though they are so much crye' out against for their coldnes, and that if they were but one degree colder they would be poyson. The best of Galenists hold them but to be cold and moist in the Second degree, and then not so hot as either Lettice or Purslain :

slain: They are excellent good for hot stomachs, and hot ~~skin cleaneing~~ Livers; the unmeasurable use of them fills the Body ful of ~~Hot Rheums~~ raw Humours; and so indeed the unmeasurable use of any ~~in the Eyes,~~ thing else doth harm. The juyce of Cucumers, the Face being washed with it, cleanseth the skin, and is excellent good ~~and cleane~~ the for hot Rheums in the Eyes: the seed is excellent to pro- ~~provokes~~ Passages, voke Urin, and cleanse the passages thereof when they are ~~Ulcers in the~~ stopped; neither do I think there is a better Remedy for Bladder, Ulcers in the Bladder growing, than Cucumers are: The Red Face, usual course is to use the seeds in Emulsions, as they make Sun-buring; Almond Milk; but a better way far (in my opinion) is Freckles, this, when the season of the year is; To take the Cucumers Morphew. and bruise them well, and distill the Water from them, and let such as are troubled with Ulcers in their Bladders, drink no other drink: The Face being washed with the same Water, cureth the reddest face that is; it is also excellent good for Sun-buring, Freckles, and Morphew.

### Daisies. May

These are also so well known to almost every Child, that I suppose it is altogether needless to write any Description of them: Take therefore the Vertues of them, as followeth.

*Gouverment and Vertues.* ] The Herb is under the sign Cancer, and under the Dominion of Venus, and therefore excellent good for wounds in the Breast, and very fitting to be kept both in Oyls, Oyntments, and Plasters, as also in Syrup. The greater wild Daisie is a Wound-Herb of good respect, often used in those Drinks or Salves that are for Wounds, either inward or outward. The Juyce or distilled Water of these, or the small Daisies, doth much temper the heat inward and of Choler, and refresheth the Liver, and other inward parts. ~~outward~~ A Decoction made of them and drunk, helpeth to cure the Choler, Wounds made in the hollowness of the Breast: The same also Liver, cureth all Ulcets and Pustles in the Mouth or Tongue, or in Breast, the secret parts. The Leaves bruised and applied to the Cods, ulcers, or to any other parts that are swollen and hot, doth dissolve it, Swelling, and temper the heat. A Decoction made hereof with Walwort Kernels, and Agrimony, and the places fomented or bathed therewith Bruises, warm, giveth great ease to them that are troubled with the Pal- Falls, sic, Sciatica, or the Gout: The same also disperseth and dissol- Ruptures, eth the Knots or Kernels that grow in the Flesh of any part Erring, of the Body, and the bruises and hurts that come of Falls and Inflama- blows: They are also used for Ruptures, and other inward tious: Burnings, with very good success. An Oyntment made hereof doth wonderfully help all Wounds that have Inflammations about them, or by reason of moist Humours having access unto them, are kept long from healing, and such are those for the most part that happen to the Joints the Arms or Legs. The Juyce of them dropped into the running

*Dans donis, coronophorus,*  
*Dandelyon, vulgarly called Piss-a-Beds.*

**Descript.]** *I*t is so well known to have many long, and deeply gashed Leaves lying on the ground round about the Head of the Root; the ends of each gash or jag on both sides, looking downwards towards the Root, the middle Rib being white, which broken, yieldeth abundance of bitter Milk, but the Root much more: from among the Leaves, which always abide green, arise many slender, weak, naked foot-stalks, every one of them bearing at the top one large yellow flower, so setting of many rows of yellow Leaves, broad at the points, and nicked in, with a deep spot of yellow in the middle, which growing ripe, the green huske wherein the flower stood, turneth it self down to the stalk, and the head of Down becometh as round as a ball, with long reddish seed underneath, bearing a part of the Down on the Head of every one, which together is blown away with the wind, or may be at once blown away with ones mouth. The Root growing downwards exceeding deep, which being broken off within the ground, will notwithstanding shoot forth again; and will hardly be destroyed where it hath once taken deep Root in the ground.

**Place.]** It groweth frequent in all Meadows, and Pasture Grounds.

**Time.** It flowereth in one place or other almost all the year long.

**Governm. nt and Vertues.]** It is under the Dominion of Jupiter. It is of an opening and cleansing quality, and therefore very effectual for the Obstructions of the Liver, Gall, and Spleen, and the Diseases that arise from them, as the Jaundice, and Hypochondriacal passion: It wonderfully openeth the passages of the urine both in young and old: It powerfully cleanseth Apostumes, and inward Ulcers in the Urinary Passages, and by the drying and temperate quality, doth afterwards heal them; for which purpose the Decoction of the Roots or Leaves in White Wine, or the Leaves chopped as Pot-herbs with a few Alisanders, and boyled in their broth, is very effectual. And who so is drawing towards Consumption, or an evil disposition of the whole Body, called Cachexia, by the use hereof for some time together, shall find a wonderful help. It helpeth also to procure Rest and Sleep to Bodies distempered by the heat of Ague Fits, or otherwise. The distilled Water is effectual to drink in Pestilential Feavers, and to wash the Sores.

You see here what Vertues this common Herb hath; and that's the reason the French and Dutch so often eat them in the spring: and now if you look a little further, you may see plainly without a pair of Spectacles, that Foreign Physicians are not so selfish as ours are, but more communicative of the Vertues of Plants to People.

*L. coluum,*  
*Darnel.*

called Fury and Wray; in Sussex they call it Crop, it being a Deseride.

an Enemy amongst Corn.

Descript. This bath all the Winter long, sundry, long, fat, and rough Leaves which when the Stalk riseth, which is slender and joyned, are narrower, but rough still; on the top groweth a long spike, composed of many Heads, set one above another, containing two or three Husks with sharp, but shore Beards or Awis at the ends; the seed is easily shaped out of the Ear, the Husk it self being somewhat tough.

Place.] The Country Husbandmen do know this too well to grow among their Corn ; or in the Borders and Pathwayes of other Fields that are fallow.

*Government and Vertues.*] It is a malicious Plant of full <sup>the</sup> *Saturn*. As it is not without some Vices, so hath it also many Vertues. The Meal of *Darnel* is very good to stay Gangrenes, and other Gangrenes, such like fretting and eating Cankers, and putrid sores: It also Cancers, cleanseth the skin of all Leprosies, Morphews, Ringworms, and Leprosie, the like, if it be used with Salt and Raddish Roots. And being Morphew, used with quick Brimstone, and Vinegar, it dissolveth knots Ring- and kernels, and breakerh those that are hard to be dissolved, worms, being boyled in Wine with Pidgeons Dung and Linseed: A De- coction thereof made with Water and Honey, and the place ba- Sciatica, therewith, is profitable for the Sciatica. Darnel Meal ap- Thoras, plied in a Pultiss, draweth forth Splinters and broken Bones in Splinters, the Flesh: The red Darnel boyled in red Wine and taken, stay- Broke Bones, eth the Lask and all other fluxes, and Womens bloody Issues, and restraineth Urin that passeth away too suddenly. Diabets.

Dilk.

**Descript.]** **T**he common Dill groweth up with seldom more than one stalk, either so high, nor so great usually as Fenn l, being round, and with flower joynts thereon, whose Leaves are sadder, and somewhat long, and so like Fenn l, that it deceiveth many, but harder in handling, and somewhat thicker, and of a stronger unpleasanter scent; the tops of the stalks have four Branches and smaller umbels of yellow flowers, which turn into small seed somewhat flatter and thinner than Fennel seed. The Root is somewhat small and woody, perishing every year after it hath born seed; and is also unprofitable, being never put to any use.

*Place.* It is most usually sown in Gardens, and grounds for the purpose, and is also found wild with us in some places.

*Government and Virtues.*] *Mercury* hath the Dominion of the Plant, and therefore to be sure it strengthens the Brain. The Dill being boyled and drunk, is good to ease Swellings and pains, it also stayeth the Belly, and Stomach from casting: The Decoction thereof helpeth Women that are troubled with the pains and windiness of the Mother, if they sit therein. It stayeth the Hiccough, being boyled in Wine, and but smelld unto, being tied in a cloth. The seed is of more use than the Leaves, and more effectual to digest raw and viscous humours, and is used in Me-  
Swellings, Pains, Loafness, Vomiting, Mother, Hiccough, Raw bi-

**Wind, Apositums, Ulcers, Terms provokes.** dicines that serve to expel wind and the pains proceeding therefrom. The seed being toasted or fryed, and used in Oyls or Plaisters, dissolveth the Imposthumes in the Fundament, and dryeth up all moist Ulcers. (especially in the secret parts. The Oyl made of Dil is effectual to warm, or resolve Humours and Imposthumes, to eale pains, and to procure rest. The Decoction of Dill, be it Herb or Seed (only if you boyl the seed, you must bruise it) in white Wine, being drunk, is a gallant expeller of Wind, and provoker of the Terms.

Terms.  
*L. miror us diabolus*

## Devils-bit.

Descript.] **T**his riseth up with a round, green, smooth stalk, about two foot high, set with divers long, and somewhat narrow, smooth, dark, green Leaves, somewhat snip'd about the edges, for the most part, being else all whole and not divided at all, or but very seldom, even to the tops of the Branches, which yet are smaller than those below, with one Rib only in the middle: At the end of each Branch standeth a round Head of many Flowers set together in the same manner or more neatly than the Scabious, and of a more blemish purple colour; which being past, there followeth seed that falleth away. The Root is somewhat thick, but short and blackish with many strings, abiding after seed time many years. This Root was longer, until the Devil (as the Fryars say) bit away the rest of it for spight, envying its usefulness unto Mankind: For sure he was not troubled with a sease for which it is proper.

There are two other sorts hereof in nothing unlike the former, save that the one beareth white, and the other blush-coloured flowers.

Place.] The first groweth as well in dry Meadows and Fields, as moist, in many places of this Land: But the other two are more rare and hard to meet with, yet they are both found growing wild about Appledore, neer Rye in Kent.

Time. ] They flower not usually until August.

**Government and Vertues.]** The Plant is Venereal, pleasing and harmless.

**Pestilence, Feavers, Poyson, Venemous Beasts, Bruises, Falls, Clotted Blood, Swellings of the Throat, Mother, Wind, Worms, Wounds, &c.** The Herb or Root (all that the Devil hath left of it) being boyled in Wine and drunk, is very powerful against the Plague, and all Pestilential Diseases or Feavers, Poysons also, and the bitings of Venemous Beasts: It also helpeth those that are inwardly bruised by any casualty, or outwardly by falls or blows, dissolving the clotted blood, and the Herb or Root beaten and outwardly applied, taketh away the black and blew Marks that remain in the Skin. The Decoction of the Herb, with Honey of Roses put therin, is very effectual to help the inveterate tumors and swellings of the Almonds and Throat, by often gargling the Mouth therewith. It helpeth also to procure Womens Courses, and

and easeth all pains of the Mother, and to break and discuss *Dandriff*, *Pim* Winds therein, and in the Bowels. The Powder of the Root *pls.*, *Freckles*, taken in Drink, driveth forth the Worms in the body. The *Morphew*, *Juyce* or distilled Water of the Herb is effectual for green Wounds, or old Sores, and cleanseth the body inwardly, and the Seed outwardly from Sores, Scurf, Itches, Pimples, *Freckles*, *Morphew*, or other deformities thierof, but especially if a little *Vitriol* be dissolved therein.

## *L. Lapatum* Dock.

**M**any kinds of these are so well known, that I shall not trouble you with a Description of them: my Book grows big too fast.

*Government and Vertues.* All Docks are under *Jupiter*; of which the red Dock which is commonly called Blood-wort cle- cleanse the seth the blood, and strengthens the Liver: but the yellow Blood, Dock Root is best to be taken when either the blood or Liver is strengthens afflicted by Choler. All of them have a kind of cooling (but the Liver, not all alike) drying quality, the Sorrels being most cold, and the Bloodworts most drying. Of the Bur-Dock I have spoken *Flux*, already by himself. The seed of most of the other kinds, whe- Leaching ther of the Garden or Field, do stay Lasks and Fluxes of all of Meat, sorts, the loathings of the stomach through Choler, and is help- Spitting ful to those that spit blood. The Roots boyled in Vinegar, hel- Blood, peth the Itch, Scabs, and breakings out of the skin, if it be ba- Scabs, thed therewith. The distilled Water of the Herb and Roots Itch, hath the same Vertue, and cleanseth the Skin of Freckles, Mor- Freckles, phew, and all other spots and discolourings therein. *Morph.w.*

All Docks being boyled with meat, make it boyled the sooner: Besides, Bloodwort is exceeding strengthening the Liver, and procures good blood, being as wholesome a Pot-herb as any grows in a Garden: yet such is the nicety of our times forsooth, that Women will not put it in the Pot, because it makes the Pottage black, Pride and Ignorance (a couple of Mon- sters in the Creation) preferring Nicety before Health.

## Dodder of Time, or *Epithimum*, *Dem* and other Dodders.

*Descript.* **T**his first from Seeds ~~growing~~ <sup>falling</sup> on the Ground, which shoot eth forth thrids or strings, groffer or finer as the property of the Plant wherein it groweth, and the Climate doth suffer, creeping and spreading on that Plant whereon it fastmeth, be it high or low. These strings have no Leaves at all upon them, but winde and interlace themselves so thick upon a small Plant, that it taketh away all comfort of the Sun from it, and is ready to choak or strangle it. After these strings are risen up to that height, that they may draw nourishment from the Plant, they seem to be broken off from the ground, either by the strength of their rising, or withered by the heat of the Sun. upon these strings are found Chasters of small Heads or Husks, out of which start for

fish Flowers, which afterwards give small pale colour'd seed somewhat flat, and twice as big as Poppy seed. It generally participates of the Nature of the Plant which it climbeth upon: but the Dodder of Time is accounted the best, and is the only true Epithimum.

**Government and Vertues.** ] All Dodders are under Saturn. Tell not me of Physicians crying up Epithimum, or that Dodder which grows upon Time (most of which comes from *H. mettus* in Greece, or *Hibla* in *Sicilia*, because those Mountains abound with Time) he is a Physician indeed that hath wit enough to chuse his Dodder according to the Nature of the Disease and Humor peccant. We confess, Time is the hottest Herb, it usually grows upon, and therefore that which grows upon Time, is hotter than that which grows upon colder herbs, for it draws nourishment from what it grows upon as well as from the Earth where its Root is: and thus you see old *Saturn* wise enough to have two strings to his Bow. This is accounted the most effectual for melancholick Diseases, and to purge black or burnt Choler, which is the cause of many diseases of the Head and Brain, as also for the trembling of the Heart, Faintings, and Swoonings. It is helpful in all diseases and griefs of the Spleen; and that of Melancholy that ariseth from the windiness of the Hypochondria. It purgeth also the Reins or Kidneys by Urin. It openeth Obstructions of the Gall, whereby it profiteth them that have the Jaundice; as also the Liver and Spleen: purging the Veins of cholerick and flegmatick humors, and helpeth Childrens Agues, a little Wormseed being put thereto.

**Melancholy, a-  
dust Choler, Trem-  
bling, Fainting,  
Swooning, Spleen,  
Hypochondria,  
Obstrucci-  
ons, Gall, Jaundice,  
Liver, Dysury.** The other Dodders do (as I said before,) participate of the Nature of those Plants whereon they grow: As that which hath been found growing upon Nettles in the West-Country, hath by Experience been found very effectual to procure plenty of Urin, where it hath been stopped or hindered. And so of the rest.

Sympathy and Antipathy are the two Hinges upon which the whole Model of Physick turns, and that Physician which minds them not, is like a Door off from the Hooks, more likely to do a man a mischief than to secure him. Then all the Diseases *Saturn* causeth, this helps by Sympathy, and strengthens all the parts of the body he rules; such as he caused by *Sol*, it helps by Antipathy. What those diseases are, see my Judgment of Diseases by Astrology, and if you be pleased to look the Herb Wormwood, you shall find a Rational way for it.

*L. Graemeus*

## Dogs-Grafs, Quich-Grafs, or Couch-Grafs.

**Descript.** ] It is well known, that this Graß creepeth far about under ground with long white joynted Roots, and small fibres almost at every oynt very sweet in tast, as the rest of the Herb is, and interlacing other, from whence shoot forth many larg fair grasse Leaves, a small at the

*The English & wyvern - mercury.*  
the ends, and cutting or sharp on the edges. The stalks are joyned like Corn with the like Leaves on them, and a long spik'd Head with a long Huske on them, and hard rough seed in them. If you know it not by this Description, watch the Dogs when they are sick, and they will quickly lead you to it.

**Place.**] It groweth commonly through this Land in divers ploughed Grounds, to the no small trouble of the Husbandman, as also of the Gardeners in Gardens to weed it out if they can: for it is a constant Customer to the place it gets footing in.

**Government and Vertues.**] 'Tis a gentle Remedy under the Dominion of Jupiter. This is most medicinable of all the ~~Quicke~~ grasses: Being boyled and drunk, it openeth Obstructions of the Liver and Gall, and the stopping of the Urin, and easeth the griping pains Liver, of the Belly, and Inflammations, wasteth the matter of the Stone Gall, in the Bladder, and the Ulcers thereof also. The Roots bruised Disury, and applied, do consolidate Wounds. The Seed doth more powerfully expel Urin, and stayeth the Lask, and Vomiting. The Inflammati- distilled Water alone, or with a little Wormseed, killeth the ~~on~~ulcers, Worms in Children. in the

The way of use is to bruise the Roots, and having well boyled Bladder, them in white Wine; drink the Decoction; 'tis opening, but Wounds, not purging very safe; 'tis a Remedy against all diseases coming Vomiting, of stopping, and such are half those which are incident to the body of man; and although a Gardiner be of another opinion, yet Stopping. a Physician holds half an Acre of them to be worth five Acres of Carrots twice told over.

### *D. Genitum* Dovesfoot, or Cranesbil.

**Descript.** *T*his hath divers small, round, pale green Leaves, cut in about the edges, much like Mallows, standing upon long reddish hairy stalks lying in a round compass upon the ground; among which rise up two or three, or more, reddish, joyned, slender, weak, and hairy stalks, with some such like Leaves thereon, but smaller, and more cut in up to the tops, where grow many very small, bright red Flowers of five Leaves apiece: after which follow small Heads, with small short beaks pointing forth, as all other sorts of these Herbs do.

**Place.**] It groweth in Pasture Gounds, and by the Path-sides in many places, and will also be in Gardens.

**Time.**] It flowereth in June, July, and August, some earlier, and some later, and the Seed is ripe quickly after.

**Government and Vertues.**] It is a very gentle, though Martial Plant. It is found by Experience to be singular good for the Wind-Colick, and pains thereof; as also to expel the Stone and Gra- Colick, vel in the Kidnies. The Decoction thereof in Wine; is an ex- Stone, cellent good Wound-drink for those that have inward Wounds, Gravel, Hurts, or Bruises, both to stay the bleeding, to dissolve and ex- Wounds,

Congealed  
Blood,  
Sores,  
Ulcers,  
Fistulæ,  
Gout,  
Sinews,  
Ruptures.

pel the congealed Blood, and to heal the parts, as also to cleanse and heal outward Sores, Ulcers, and Fistulæ; and for green Wounds many do but bruise the Herb, & apply it to the place, and it healeth them quickly. The same Decoction in Wine fo- mented to any place pained with the Gout, or to Joynt-aches, or pain of the Sinews, giveth much ease. The Powder, or Deco- ction of the Herb taken for some time together, is found by experience to be singular good for Ruptures, and Burstings in people, either yong or oide.

## *L. canadensis* Ducks-meat.

**T**HIS is so well known to swim on the top of standing Waters, as Ponds, Pools, and Ditches, that it is needless further to describe it.

**Governement and Virtues.** Cancer claimes the Herb, and the Moon will be Lady of it; a word is enough to a wise man. It is es- fectual to help Inflammations, and St. Anthomies fire, as also St. Anchomies the Gout, either applied by it self, or in a Pultis with fire, pestilence, Barley Meal. The distilled Water hereof is by some high- ly esteemed, against all inward Inflammations, and pestilent Feavers; as also to help the rednes of the Eyes, the Swel- lings of the Cods, and of the Breasts before they be grown too much. The fresh Herb applied to the Forehead, easeth the pains of the Head-ach coming of heat.

## *L. apetalorum* Down, or Cotton-Thistle.

**Description.** **T**HIS hath many large Leaves lying on the ground, somewhat cut in, and as it were crumpled on the edges, of a green colour on the upper side, but covered with long hairy wooll or Cottony Down, set with most sharp and cruel prickes; from the middle of whose Heads of Flowers, thrust forth many purplish, crimson thrids, and sometimes ( al- though more seldom) white ones. The seed that followeth in the heads, lying in a great deal of fine white Down, is somewhat large, long, and round, like the seed of Ladies Thistle, but somewhat paler. The Root is great and thick, spreading much, y. t. it usually dieth after seed time.

**Place.** It groweth on divers Ditches, Banks, and in the Corn Fields, and High-waies generally every where throughout the Land.

**Time.** It doth refresh and beareth Seed about the end of Summer, when other Thistles do flower and seed.

**Governement and Virtues.** Mars owns the Plant, and manifesteth to the World, That though it may hurt your Fingers, it will help your Body, for I fancie it much for these ensuing Virtues. Pliny and Dioclorides write,

That the Leaves and Roots hereof taken in Drink, help those Wry Neck, that have a Crick in their Neck, whereby they cannot turn their Neck but their whole Body must turn also ( sure they do not mean those that have got a Crick in their Neck, by being under the Englands hands) Galen saith that the Root and Leaves hereof are of an heating.

heating quality, and good for such persons as have their Bodies drawn together by some *Spasm* or *Convulsion*; as it is with *Spasmus*, Children that have the *Rickers*, or rather (as the Colledge of *Convulsion*, Phyficians will have it) the *Rachites*, for which name for the *Ricketts*. Disease, they have (in a particular Treatise lately set forth by them) Learnedly disputed, and put forth to publick view, that the World may see they took much pains to little purpose.

### *L. Serpentina* Dragons.

They are so well known to every one that plants them in their Gardens; they need no Description; if not, let them look down towards the lower end of the stalk, and see how like a Snake they look.

*Government and Vertues.* The Plant is under the Dominion of *Mars*, and therefore it would be a wonder if it should want some obnoxious quality or other: in all Herbs of that quality, the safest way is either to distill the Herb in an Alembick, in what Vehicle you please, or else to press out the Juice, and Distill that in a Glass Still in Sand, it scou-  
reth and cleanseth the internal parts of the Body mightily, *Scoureth*, and so it doth the external parts also being externally ap- *Cleanseth*, fre-  
plied, from Freckles, Morphew, and Sunburning: your *ckles*, *Morphew*, best way to use it externally, is to mix it with *Vinegar*: *Sun-burning*, an Ointment of it is held to be good in Wounds and Ul- *wounds, ulcers*, cers, it consumes Cankers, and that flesh growing in the Cankers, Poli-  
Nostrils, which they call *Polipus*. Also the distilled Water pac, spots in being dropped into the Eyes, takes away spots there, as al- the Eyes, *Pin* to *Pin* and *Web*, and mends the dimness of sight; it is *and Web*, sight excellent good against the Pestilence and Poyson. *Pliny* helpeth, *Pestilence* and *Dioscorides* affirm, That no Serpent will meddle with *lence, poyson*, him that carries this Herb about him.

*Venemous  
Beasts.*

### *L. Sambucus* *Sabuco* The Elder Tree.

I hold it needless to write any Description of this, sith every Boy that plaies with a Poyson, will not mistake another Tree instead of Elder. I shall therefore in this place only describe the Dwarf Elder, called also Danc-  
wort, and Wallwort.

### *L. Ebulea* The Dwarf-Elder.

*Description.* This is but an Herb, every year dying with his stalks to the ground, and rising again afresh every Spring, and is like unto the Elders both in form and quality, rising up with a four square rough bony stalk, four foot high, or more sometime. The winged Leaves are somewhat narrower than the Elder, but else very like them. The Flowers are white with a dash of purple, standing in tembets, very like the Elder also, but more sweet in scent, after which come small blackish berries, full of juice while they are fresh, wherein there lie small hard Kernels or Seed. The Root

doth creep under the upper crust of the ground, springing afresh in divers places being of the bigness of ones finger or thumb sometimes.

**Place.** The Elder Tree groweth in Hedges, being planted there to strengthen the Fences, and Partitions of Grounds, and to hold up the Banks by Ditches, and Water-courses.

The Dwarf-Elder groweth wild in many places of *England*, where being once gotten into a ground, it is not easily gotten forth again.

**Time.** Most of the Elder Trees Flower in *June*, and their Fruit is ripe for the most part in *August*.

But the Dwarf-Elder, or Wallwort flowreth somewhat later, and his Fruit is not ripe until *September*.

**Government and Vertues.** Both Elder and Dwarf-Elder are under the Dominion of *Venus*. The first Shoots of the common Elder boyled like

*Flegm,*  
*Choller,*  
*Dropsie,*  
*Venemous*  
*Beasts,*  
*mad dogs,*  
*Terms*  
*provokes,*  
*Inflama-*  
*tion.*  
*Brain,*  
*Ears,*  
*Urin pro-*  
*vothes,*  
*Sunburn-*  
*ning, Fre-*  
*ckles, Mor-*  
*pheu,*  
*Head-ach,*  
*ulcer,*  
*Palsey.*

Asparagus, and the yong Leaves and stalks boyled in fat Broth, doth mightily carry forth Flegm and Choler. The middle or inward Bark boyled in Water, and given to drink, worketh much more violently; and the Berries either green or dry, expell the same Humors, and is often given with good success to help the Dropsie. The Bark of the Root boyled in Wine, or the Juice therof drunk, worketh the same Effects, but more powerfully than either the Leaves or Fruit. The juice of the Root taken doth mightily provoke Vomit, and purgeth the warty humors of the Dropsie. The Decoction of the Root taken, cutreth the biting of the Adder, and biting of mad dogs; it mollifieth the hardness of the Mother, if women sit thereon, and copeneth the Veins, and bringeth down their Courses: The Berries boyled in Wine performeth the same effect; and the hair of the Head washed therewith is made black. The juice of the green Leaves applied to the hot Inflammations of the Eyes alswageth them. The Juyce of the Leaves snuffed up into the Nose, purgeth the Tunicles of the Brain. The juice of the Berries boyled with a little Honey, and dropped into the Ear, helpeth the pains of them. The Decoction of the Berries in Wine being drunk, provoketh Urin. The distilled Water of the Flowers is of much use to cleer the skin from Sunburning, Freckles, Morpheu, or the like; and taketh away Headaches coming of a cold cause, the Head being bathed therewith. The Leaves or Flowers distilled in the Month of *May*, and the Legs often washed with the said distilled Water, it taketh away the Ulcers and Sores of them. The Eyes washed therewith, it taketh away the redness and Bloodshot. And the Hands washed morning and evening therewith, helpeth the Palsey, and shaking of them.

*Gout, In-*  
*flammation,*  
*ing,*

The Dwarf-Elder is more powerful than the common Elder, in opening and purging Choler, Flegm, and Water, in helping the Gout, Piles, and Womens Diseases, coloureth the Hair black, helpeth inflammation in the Eyes, and pains in the Ears;

**Ears**, the biting of Serpents, or a mad Dog, Burnings and Scal- **Scalding**,  
dings, the wind Chollick, Chollick and Stone, the difficulty of **Chollick**,  
**Urine**, the cure of old Sores, and Fistulous Ulcers. **Stone**,

Either Leaves or Bark of Elder stripped upwards as you ga- **Disury**.  
ther it, causeth Vomiting; but stripped downward, it purgeth  
downwards. Also Dr. Butler in a Manuscript of his, commends Dwarf-  
Elder to the Sky for Dropsies, *viz.* To drink it being boyled in white-  
Wine, to drink the Decoction I mean, not the Elder.

For cure of all Diseases, read my *Ricinus*, *Riolanus*, *Johnston*, *Veslingus*,  
*Seuerinus*, and *Physick for the Poor*.

## *Ulmus* The Elm-Tree. *Ulmus*

**T**HIS Tree is so well known, growing generally in all Countries of this  
Land, that it is needless to describe it.

**Governement and Vertues.** It is a cold and Saturnine Plant. The Leaves  
hereof bruised and applied, healeth green wounds being bound  
thereon with its own Bark. The Leaves or the Bark used with **Wounds**,  
Vinegar, cureth Scurf and Leprosie very effectually: The De- **Scurf**,  
coction of the Leaves, Bark or Root, being bathed, healeth bro- **Leprosie**,  
ken Bones. The Water that is found in the Bladders on the **Beau'y**,  
Leaves, while it is fresh, it is very effectual to cleanse the Skin, **Ruptures**,  
and make it fair; and if cloaths be often wet therein, and applied **Swellings**,  
to the Ruptures of Children, it helpeth them, if they be after **Baldness**,  
well bound up with a Truss. The said Water put into a Glas, **Gout**,  
and set into the Ground, or else in Dung for twenty five daies, the **burning**.  
mouth thereof being close stopped, and the bottom set upon a  
lay of ordinary Salt, that the Feces may settle, & Water become very cleer,  
is a singular and **Sovereign Balm** for green Wounds, being used with soft  
tents: The Decoction of the Bark of the Root fomented, mollifieth hard  
Tumors, and the shrinking of the Sinews. The Roots of the Elm boyled for  
a long time in Water, and the fat rising on the top thereof being clean  
scummed off, and the place anointed therewith that is grown bald, and the  
Hair fallen away, will quickly restore them again. The said Bark ground  
with Brine and Pickle, until it cometh to the form of a Pultis, and laid on  
the place pained with the Gout, giveth great ease. The Decoction of the  
Bark in Water, is excellent to bath such places as have been burned with  
fire.

## *L. Endive, Sotyacum, Endive.* *Endive*

**Description.** Common Garden Endive beareth a longer and larger Leaf  
than Succory, and abideth but one year, quickly running up  
to stalk and seed, and then perisheth: It bath blew Flowers, and the seed  
of the ordinary Endive is so like Succory seed, that it is hard to distinguish  
them.

**Governement and Vertues.** It is a fine cooling, cleansing Jovial Plant.  
The Decoction of the Leaves, or the Juice, or the distilled Waters of Endive  
fives

*Liver, Stomach, Agues, Sharpness of wine, and Excoriations thereby, passion of the heart, Ulcers, swelling,*

serveth well to cool the excessive heat in the Liver & Stomach; and in the hot fits of Agues, and all other Inflammation in any part of the Body, it cooleth the heat and sharpness of the Urine, the Excoriations in the Urinary parts; The Seed is of the same propertie, or rather more powerful, and besides is available for the fainting, swoonings, and passions of the Heart. Outwardly applied they serve to temper the sharp Humors of Fretting Ulcers, hot Tumors and Swellings, and Pestilential Sores; and wonderfully help not only the redness and inflammation in the Eyes, but the dimness of the sight also: They are also used to allay the pains of the Gout.

You cannot use it amiss; a Syrup of it is a fine cooling Medicine for Feavers. See the end of this Book, and the Eng. Disp.

## *L Helenium, Elecampane.*

*Description.* It shooteth forth many large Leaves, long and broad, lying near the grounds, small at both ends, somewhat soft in handling, of a whitish green on the upper side, and gray underneath, each set upon a short footstalk; from among which rise up divers great, and strong hairy stalks three or four foot high, with some Leaves therupon compassing them about at the lower ends, and are branched toward the tops, bearing divers great and large Flowers like those of the Corn Marigold, both the border of Leaves and the middle thrum being yellow, which turn into Down with long, small, brownish seed among it, and is carried away with the wind. The Root is great and thick, branched forth divers ways, blackish on the outside, and white within, of a very bitter taste, and strong, but good scent, especially when they are dried, no part else of the Plant having any smell.

*Place.* It groweth in the moist Grounds, and shadowy places, oftner than in the dry and open Borders of Fields and Lines, and in other waste places, almost in every Country of this Land.

*Time.* It flowereth in the end of June and July, and the seed is ripe in August: The Roots are gathered for use, as well in the Spring before the Leaves come forth, as in Autumn or Winter.

*Government and Vertues.* It is a Plant under the Dominion of Mercury. The fresh Roots of Elecampane preserved with sugar, or made into a syrup or Conserve, are very effectual to warm a cold and wintry stomach, or the prickling therein, and stitches in the sides caused by the spleen; and to help the Cough, shormels of breath, and wheezing in the Lungs. The dried Root made into Powder, and mixed with sugar and taken, serveth to the same purposes, and is also profitable for those that have their Urine stopped, or the stopping of Womens Courses, the pains of the Mother, and of the stone in the Reins, Kidneys, or Bladder: It resisteth poysen, and stayeth the spreading of the Venom of Serpents, as also of putrid and Pestilential Feavers, and the Plague it self. The Roots and Herb beaten, and put into new

Ale or Beer, and daily drunk, cleereth, strengtheneth and quick-  
neth the sight of the Eyes wonderfully. The Decoction of the *Stane*,  
Roots in Wine, or the Juice taken therein, killeth and driveth *Poyson*,  
forth all manner of Worms in the Belly, Stomach, and Maw; *Venemous*,  
and gargled in the Mouth, or the Root chewed, fastneth loose *Beasts*,  
Teeth, and helpeth to keep them from putrefaction: And be-  
ing drunk, is good for those that spit blood, helpeth to remove *Eyes*,  
*Cramps*, or *Convulsions*, & the pains of the *Gout*, the *Sciatica*, *Worms*,  
the looseness and pains in the *Joyns*, or those Members that are *loose* *Teeth*,  
out of *joyns*, by cold or moisture hapning to them, applied out-  
wardly as well as inwardly, and is good for those that are *bur-  
sten*, or have any inward bruise. The Roots boiled well in Vi-  
negar, beaten afterwards, and made into an *Oyntment* with *Convulsi-*  
*Hogs Suet*, or *Oyl of Trotters* is an excellent Remedy for *scabs* *ons*, *Gout*,  
or *Itch* in *yong* or *old*: The places also bathed or washed with *Joyns*,  
the Decoction, doth the same: it also helpeth all sorts of *filthy*, *Itch*,  
*old putrid Sores* or *Cankers* whatsoever. In the Roots of this *Cankers*,  
Herb lieth the chief effect for all the Remedies aforesaid. The *Freckles*,  
distilled *Water* of the *Leaves* and *Roots* together, is very profita-  
ble to cleanse the *Skin* of the *Face*, or other *Parts*, from any *Spots*.  
*Morphew*, *Spots*, or *Blemishes* therein, and maketh it *clear*.

### *Leyngacium* *Eringo*, or *Sea-Holly*.

*Description.* **T**He first *Leaves* of our ordinary *Sea-Holly*, are nothing so  
hard and prickly as when they grow old, being almost  
round, and deeply dented about the edges; hard, and sharp-pointed, and a  
little crumpled, of a *blew*ish *green* *color*, every one upon a long *Foot* *stalk*:  
but those that grow up higher with the *Stalk*, do as it were compass it about.  
The *Stalk* it self is round and strong, yet somewhat crested with *joyns*, and  
*Leaves* set thereat, but more divided, sharp, and prickly; and branches ri-  
sing from thence, which have likewise other smaller branches, each of them  
bearing several *blew*ish round prickly *Heads*, with many small jagged, prickly  
*Leaves* under them, standing like a *Star*, and are sometimes found *greenish* or  
*whitish*: The *Root* groweth wonderfull long, even to eight or ten foot in length,  
set with *Rings* or *Circles*, toward the upper part, but smooth and without *joyns*  
down lower, brownish on the outside, and very white within, with a *pith* in  
the middle, of a pleasant *tast*, but much more being artificially preserved, and  
candied with *Sugar*.

*Place.* It is found about the *Sea Coasts*, in almost every *Country* of this  
*Land* which bordereth upon the *Sea*.

*Time.* It flowereth in the end of *Summer*, and giveth ripe *Seed* within  
a *Month* after.

*Government and Vertues.* The *Plant* is *Venercal*, and *Seed* breedeth  
breedeth *Seed* exceedingly, and strengthens the *Spirit* *Pro-eth*, *Obstru-*  
*creative*; it is hot and moist, and under the *Coelesti* *Actions*,  
*Ballance*. The Decoction of the *Root* hereof in *Wine*, is *Spleen*,  
*over* *Tinier*.

**Yellow Jaund.** very effectual to open the Obstructions of the Spleen and Liver, and helpeth the Yellow Jaundies, the Dropsic, the **Lick, Disury, Stratgury, Reins, French Pox, Kings evil, venomous Beasts, Thorns, broken bones, Splinters, Aposthumes, Melancholly, Quartan and Quotidian A- ghes, wry necks.** pains of the Loins, and wind Chollick, provoketh Urine, and expelleth the Stone, and procureth Womens Courses. The continued use of the Decoction for fifteen daies, taken fasting, and next to bedward, doth help the Strangury, the pissing by drops, the stopping of urine, and stone, and all defects of the Reins or Kidneys; and if the said drink be continued longer, it is said that it perfectly cureth the stone, and that experience hath found it so: It is found good against the French Pox. The Roots bruised and applied outwardly, helpeth the Kernels of the Throat, commonly called the Kings Evil; or taken inwardly, and applied to the place stung or bitten by any Serpent, healeth it speedily. If the Roots be bruised and boiled in old Hogs Grease, or salted Lard, and applied to broken-Bones, Thorns, &c. remaining in the Flesh, doth not only draw them forth, but healeth up the place again, gathering new flesh where it was consumed: The Juyce of the Leaves dropped into the Ears, helpeth Imposthumes therein: The distilled Water of the whole Herb when the Leaves and stalks are yong, is profitably drunk for all the purposes aforesaid, and helpeth the Melancholly of the Heart, and is available in Quartan & Quotidian Agues, as also for them that have their Necks drawn awry, & cannot turn them without turning their whole Body. For cure of all Diseases, read my *Riverius, Senecetus, Veslingius, Johnston, &c.*

## *L euphrasia* . . . Eyebright.

**Description** Common Eyebright is a small low Herb, rising up usually but with one blackish green stalk, a span high, or not much more, spread from the bottom into sundry branches, whereon are set small and almost round, yet pointed, dark green Leaves, finely snipp'd about the edges, two alwayes set together, and very thick: At the Joynts with the Leaves from the middle upward, come forth small white Flowers striped with purple and yellow spots or stripes; after which follow small round Heads with very small seed therein. The Root is long, small, and threddy at the end.

**Place.** It groweth in many Medows, and grassie places in this Land.

**Gouvernement and Vertues.** It is under the Sign of the Lyon, and Sol claims Dominion over it. If this Herb were but as much used as it is neglected, it would halfe spoil the Spectacle-makers Trade; and a man would think that Reason shoulde teach people to prefer the preservation of their Natural, before Artificial Spectacles: which that they may be instructed how to do, take the Vertues of Eyebright as followeth.

**Eyes.** The Juyce or distilled Water of Eyebright taken inwardly in white Wine or Broth, or dropped into the Eyes for divers daies together, helpeth all infirmities of the Eys that cause dimness of sight: Some make a Cousevre of the flowers to the same effect. **Memory.** Being used any of these waies, it also helpeth a weak Brain or

Memory.









and Bladder, and helps to expel the stone in them. The Powder *Choler* of the Herb taken in Wine, with some Oxymel, purgeth both *Flegm*, *Choler* and *Flegm*, and is available for those that are short winded, and are troubled with *Melancholy*, and heaviness or sadness, of Spirits. It is very effectual for all pains in the Head co-*Sadness*, fitting of a cold cause, the herb being bruised, and applied to the *Headach*, *Crown* of the head: as also for the *Vertigo*, that is, a turning *Ague*, or swimming of the Head. The Decoction thereof drunk warmly, Deformity and the herb bruised with a few corns of Bay-salt, and applied of the Skin, to the wrists before the coming of the *Ague* fits, doth take them away. The distilled water taketh away Freckles, and other spots *Colicks*, and deformities in the Face. The herb bruised and heated on a *Opium*-*Tyle*, with some Wine to moisten it, or fryed with a little Wine and Oyl in a Frying-pan, and applied warm outwardly to the places, helpeth the wind and *Colick* in the lower part of the Belly. It is an especial Remedy against *Opium* taken too liberally:

### *L. fennicum* Fennel.

**E**very Garden affordeth this so plentifully, that it needeth no Description. *Government and Vertues.* One good old fashion is not yet left off, viz. To boyl Fennel with Fish, for it consumes that flegmick humor which fish most plentifully affords and annoys the body by, therefore it is a most fit herb for that purpose, though few that use it, know why or wherefore they do it. I suppose the reason of its benefit this way is, because it is an herb of *Mercury*, and under *Virgo*, and therefore bears Antipatly to *Pisces*. *Fennel* is good to break wind, to provoke Urin, and Wind, *Dysury*, ease the pains of the Stone, and help to break it. The leaves, *Stone*, increase or seeds boyled in Barley-water and drunk, are good for Nurses, to increase their Milk, and make it more wholesome for amends Milk, the Child. The Leaves or rather the Seed boyled in water, Hiccough, Loastayeth the Hiccough, and taketh away the loathing which thing of Meat, oftentimes hapneth to the Stomachs of sick and feaverish venomous Beasts persons, and allayeth the heat thereof. The seed boyled in *Poyson*, *Mushroms*, Wine and drunk, is good for those that are bitten with Serpents, or have eaten poysonful Herbs, or Mushroms. The *oas* in the Liver, Seed and the Root much more helpeth to open Obstructions of the Liver, Spleen, and Gall, and thereby helpeth the Gall, yellow painful and windy Swellings of the Spleen, and the yellow *Fauzdice*, *Gout*, *Jaundice*; as also the *Gout* and *Cramps*. The Seed is of Cramp, whee- good use in Medicines to help shortness of breath and whee- sing, Terms sing by stopping of the Lungs. It helpeth also to bring provokes, after- down the Courses, and to clese the parts after delivery. The delivery, cleanses, Roots are of most use in Physick Drinks and Broaths that open, Fatness, are taken to cleanse the blood, to open Obstructions of the Eyes. Liver, to provoke Urin, and amend the ill colour in the face after sickness, and to cause a good habit through the body. Both

Seeds, and Roots thereof are much used in Drinks or Broths, to make people more spare and lean that are too fat. The distilled Water of the whole Herb, or the condensate Juyce dissolved, but especially the natural Juyce that in hot Countries issued out thereof of its own accord, dropped into the Eyes, cleaseth them from mists and films that hinder the sight. The sweet Fennel is much weaker in Physical uses than the common Fennel. The wild Fennel is stronger and hotter than the tame, and therefore most powerful against the Stone, but not so effectual to encrease Milk, because of its drynes.

### *Apicedatum* SOW-Fennel, or Hogs-Fennel.

**B**EIDES the common Name in English, Hogs-Fennel, and the Latin name *Peucedanum*, it is called Hoar-strong, and Hoar-strong, Sulphur-wort, and Brimstone-wort.

**Descripti.** [The common Sow-Fennel bath divers branched stalks of thick and somewhat long Leaves, three for the most part joyned together at a place, among which riseth a crested straight stalk, less than Fennel, with some jointes theron, and Leaves growing therat, and towards the top some branches issuing from thence: likewise on the tops of the stalk and branches, stand divers tufts of yellow flowers, where after grow somewhat flat, thin, and yellowish seed, bigger than Fennel's seed. The Root groweth great and deep, with many other parts and fibres about them, of a strong stink like hot Brimstone, and yielding forth a yellowish milk, or clammy juyce, almost like a Gum.

**Place.** [It groweth plentifully in the salt low Marshes, near by Peasestram in Kent.

**Tine.** [It flowreth and seedeth in July and August.

**Government and Virtues.** [This also is an Herb of Mercury. The Juyce of Sow-Fennel ( saith Diocorides and Galen ) used with Vinegar and Rose-water, or the juyce with a little Euphorbium put to the nose Lethargy, Fren- helpeth those that are troubled with the Lethargy, the zie, Vertigo, Frenzy, the turning or giddiness of the Head, the Falling- Falling-sicknes, sickness, long and inverterate Headach, the Palsie, Sciatice, Headach, Pal- and the Cramp, and generally all the diseases of the sinews, sies, Sciatice, used with Oyl and Vinegar. The Juyce dissolved in Wine, Cramp, Sinews, or put into an Egg, is good for the Cotigh, or shortness of Cough, shortnes Breath, and for those that are troubled with wind in the of Breath, wind, body. It purgeth the Belly gently, helpeth the hardness Spleen, Child- of the Spleen, giveth ease to women that have sore travell in birth, Reins, Childbirth, and easeth the pains of the Reins and Bladder, Bladder, womb, and also the Womb. A little of the Juyce dissolved in Ears, hollow Wine, and dropped into the Ears, easeth much of the pains Teeth, Ulcers, in them; and put into an hollow tooth, easeth the pains broken Bones, thereof. The Root is less effectual in all the aforesaid dis- Thorns, Wounds, easeth: yet the Powder of the Root cleaseth foul Ulcers being put into them, and triketh out Splinters of broken bones, other things in the flesh, and healeth them up perfectly: as also it drieth and inverterate running Sores, and is of admirable Virtue in all green

## Figwort, or Throatwort.

**Descript.** **C**ommone great Figwort sendeth forth divers neat, strong, hard, square, brown stalks, three or four foot high, wherein grow large, hard, and dark green Leaves, two at a joint, which are larger and harder than Nettle Leaves, but not stinging: At the tops of the stalks stand many purple Flowers, set in bunches, which are somewhat gaping and open, somewhat like those of water Lettay: after which come hard round Heads, with a small point in the middle, wherein lyt small brownish seeds. The Root is great, white and thick, with many branches at it, growing a-slope under the upper crust of the ground, which abideth many years, but keepeth not his green Leaves in winter.

**Place.** It groweth frequently in moist and shadowy Woods, and in the lower parts of the Fields and Meadows.

**Time.** It flowreth about July, and the Seed will be ripe about a Moneth after the flowers are fallen.

**Government and Vertues.** Some Latin Authors call it *Cervisia*, because 'tis appropriated to the Neck; and we *Throatwort*, because 'tis appropriated to the Throat. *Jesus* owns the Herb, and the *Codfis* will not deny it, therefore a better Remedy cannot be for the Kings Evil, because the Moon that rules the disease, is exalted there, nor for any Disease in the Neck, the rest of the Diseases specified, you may (if you look) see a very good reason for their Cure by this Herb. The Decoction of the Herb taken inwardly, and the bruised Herb applied outwardly, congealed blood dissolveth clored and congealed Blood within the body, ~~by wound~~, bruising by any Wound, Bruise, or Fall; and is no less este-~~on~~ or fall, Kings-~~st~~ for the Kings Evil, or any other Knots, Kernels, Evil, wens, H-~~u~~ Bunches, or Wens growing in the flesh wheresover; and for myriads, fum-~~u~~ the Hemorrhoids, or Piles, or other Knobs, Kernels, which diment, ulcers, sometimes grow about the Fundament. An Ointment scurf, spots, made hereof, may be used at all times when the fresh Herb freckles, defor-~~is~~ is not to be had. The distilled Water of the whole Plant Roots and all, is used for the same purposes, and drieth up the superfluous virulent moisture of hollow and corroding Ulcers: It keth away all redness, spots, and freckles in the Face, and to the Scurf, or any foul Deformity therein, and the Leprosie likewise.

## Filipendula, or Dropwort.

**Descript.** **T**his sendeth forth many Leaves, some bigger, some lesser, set on each side of a middle Rib, and each of them divided about the edges, somewhat resembling wild Parise or rather Agrimony, but harder in handling; among which rise up one or more stalks, two or three foot high, with the Leaves growing thereon, and sometimes also divided into other branches spreading at the top into many white sweet smelling flowers, consisting of five Leaves apiece, with some stolers in the middle of them standing together in a stiff or umbel, each upon a small footstalk, which after they have be-

open and blown a good while, do fall away, and in their places appear small round chaffie Heads, like Buttons, wherein are the chaffie seed set and placed. The Root consists of many small, black, tuberous pieces, fastened together by many small long blackish strings, which run from one to another.

**Place.** [It groweth in many places of this Land, in the Corners of dry Fields and Meadows, and their Hedg-sides.

**Time.** [They flower in June and July, and their seed is ripe in August.

**Government and Vertues.** [It is under the Dominion of Venus, and is very effectual to open the Passages of the Urin, and helpeth the **Disury**, **Strangury**, and all other pains of the Bladder and Reins, helping **Strangury**, mightily to expel the Stone in the Kidnies or Bladder, and the Reins, **Gravel** also, and these are done by taking the Roots in Powder, **Bladder**, or a Decoction of them in white Wine, whereunto a little **Honey** is added. The same also helpeth to expel the Afterbirth. The **Gravel**, Roots made into Powder, and mixed with Honey into the form **Wind**, of an Electuary, doth much help them whose Stomachs are swol- **Lungs**, len, dissolving and breaking the wind which was the cause there- **is bee-sing**, of, and is also very effectual for all diseases of the Lungs, as short- **Hoarsesse**, nes of breath, wheezing, hoarsenes of the throat, & the Cough, **Cough**, and to expectorate tough flegm, or any other parts thereabouts. **Flegm**. It is called **Dropwort**, because it helps such as pills by drops.

### The Fig-Tree.

**F**OR to give a Description of a Tree so well known to every body that keeps it in their Garden, were needless. They prosper very well in our English Gardens: yet are better for Medicine than for any other profit which is gotten by the fruit of them.

**Government and Vertues.** [The Tree is under the Dominion of Jupiter. The Milk that issueth out from the Leaves or Branches when they are broken off being dropped upon Warts, takes them away. The **Warts**, **Head-sore**, **Leprosie**, **Morphew**, **Scurf**, **Scabs**, **Sores**, **Ulcers**, **Blood congealed caused by Bruises or Falls**, **Bloody-flux**, **Kibes**, **Chilblains**, **Toothach**, **noise in the Ears**, **Deafnes**, **biting of mad Dogs**, **venemous Beasts**, **Cough**, **Hoarseness**, **shortness of** mad

Decoction of the Leaves of a Fig-tree is excellent good to wash sore heads withal; neither is there scarcely a better Remedy for the Leprosie than it is. It clears the face also of Morphew, and the body of white Scurf, moist Scabs, and running Sores, if it be dropped into old fretting Ulcers, it clenmeth out the moisture, & bringeth up the flesh: because you cannot have the Leaves green all the year, you may make an Oyntment of them whilst you may. A decoction of the leaves being drunk inwardly, or rather a Syrup made of them, dissolves congealed blood caused by Bruises or Falls, and helps the bloody-flux. The ashes of the wood made into an Oyntment with Hogs-grease, helps Kibes and chilblains. The Juyce being put into a hollow tooth, easeth pain, as also pain and noise in the Ears being dropped into them, and deafnes. An Oyntment made of the Juyce and Hogs-grease, is as excellent a Remedy for the biting of a

mad Dog, or other Venemous Beasts as most is. A Syrup made. Breath, of the Leaves or green Fruit, is excellent good for Coughs, Breast, Hoarsness, or Shortnes of Breath, and all Diseases of the Breast, Lungs, and Lungs: It is also excellent good for the Dropsie, and Falling-  
tree is never hurt by Lightning; as also that a Bull if he be sickness, never so mad, if you tie him to a Fig-tree will quickly become tame and gentle. As for such Figs as come from beyond Sea, I have little to say to them, because I write not of Igloticks; yet some Authors say the eating of them makes people Lousic.

## The yellow Water-flag, or Flowerdeluce.

**Descript.**] This groweth like the Flower-de-luces, but it hath much longer and narrower sad green Leaves joyned together in that fashion; the Stalk also growing often times as high, bearing small yellow Flowers shaped like the Flower-de-luce with three falling Leaves, and other three arched that cover their bottoms; but instead of the three upright Leaves as the Flower-de-luce hath, this hath onely three short pieces standing in their places, after which succeed thick and long three square Heads, containing in each part somewhat big and flat seed, like to those of the Flower-de-luces. The Root is long and slender, of a pale brownish colour on the outside, and of a hoary flesh colour on the inside, with many hard fibres thereat, and very harsh in taste.

**Place.**] It usually grows in watery Ditches, Ponds, Lakes, and Moorsides, which are alwayes overflowed with Water.

**Time.**] It flowreth in July, and the seed is ripe in August.

**Government and Vertues.**] It is under the Dominion of the Moon. The Root of this Water-flag is very astringent, cooling, and drying, and thereby helpeth all Lasks and Fluxes, whether of Binds, cools, blood or humors, as bleeding at Mouth, Nose, or other parts, Dries, Flux, bloody fluxes, and the immoderate flux of Womens Courses. Bloody flux, The distilled Water of the whole Herb, Flowers, and Roots, is a Bleeding, Sovereign good Remedy for watring Eyes, both to be dropped into them, and to have cloaths or sponges wetted therein and Eyes, Spots, applied to the Forehead: It also helpeth the spots or blemishes that happen in or about the Eyes, or in any other parts: The Inflammated Water fomented on swellings and hot inflammations of Womans, Sore mens sore Breasts, upon Cankers also, and those spreading Ulcers, called *Noli me tangere*, doth much good: It helpeth also Cankers, foul Ulcers in the privy parts of man or woman, or elsewhere. An Oyntment made of the Flowers, is better for these external *Noli me tangere* applications.

## Linaria, or Flaxweed, or Toadflax.

**Descript.**] Our common Flaxweed hath divers Stalks full fraught with long and narrow blaw or also colour'd Leaves, and

from the middle of them almost upright, stored with a number of pale yellow Flowers, of a strong unpleasant scent, with deeper yellow mantles, and blackish flat seed in round Heads. The Root is somewhat woody and white, especially the main downright one, with many fibres, abiding many years, shooting forth Roots every way round about, and new branches every year.

Place. This groweth throughout this Land, both by the way sides in Meadows, as also by Hedg-sides, and upon the sides of Banks, and borders of Fields.

Time. It flowreth in Summer, and the Seed is ripe usually before the end of August.

*Governess and Vertues.* ] Mars owns the Herb. In Sussex we call it Gall-wort, and lay it in our Chickens water to cure them of the Gall, I think; I am sure it relieves them when they are drooping. This is frequently used to provoke Urin being stopped, and to spend the abundance of those watery humours by Urin, which cause the Dropse. The Decoction of the Herb both Leaves and Flowers in Wine, taken and drank, doth somewhat move the Belly downwards, openeth obstructions of the Liver, and helpeth the yellow Jaundice, expelleth poysen, provoketh Women's Courses, driveth forth the dead Child, and afterbirth. The distilled Water of the Herb and Flowers, is effectual for all the same purposes, especially being drunk with a dram of the Powder of the seeds, or Bark of the Root of Walwort, and a little Cinnamon for certain dayes together, is held a singular Remedy for the Dropse: The Juyce of the Herb, or the distilled Water, dropped into the Eyes, is a certain Remedy for all heat, inflammations and redness in them. The Juyce or water put into foul Ulcers whether they be Cancerous or Fistulous, with rents rouled there in, or parts washed or injected therewith, cleanseth them throughly from the bottom, and healeth them up safely. The same Juyce or Water also cleanseth the skin wonderfully of all sorts of deformity thereof, as Leprosie, Morphew, Scurf, Wheals, Pimplas, or any other spots or marks in the skin, applied of it self, or used with some Powder of Lupines.

## *L. psyllium, Fleawort.*

*Descript.* **O**rdinary Fleawort riseth up with a stalk two foot high, & more, full of joints and branches on every side up to the top, and at every joint two small, long, and narrow whitish green Leaves, somewhat hairy: At the tops of every Branch stand divers small black, scaly or chaffy Heads, out of which come forth small whitish yellow threds, like to those of the Plantane Herb, which are the bloomings or flowers. The seed inclosed in these heads, is small and shining white when it is fresh, very like unto Fleas both for colour and bigness, but turning black when it groweth old. The Root is not long, but white, hard, and woody, perishing every year, and rising again of its own seed for divers years; if it be suffered to stand: The whole Plant is somewhat whitish and hairy, smelling somewhat like Roxin.

There is another sort hereof differing not from the former in the manner of growing, but only that his stalk and branches being somewhat greater, do a little more bow down to the ground: The Leaves are somewhat larger, the heads somewhat lesser, the seed alike; and the Root and Leaves abide all the Winter, and perish not as the former.

**Place.** The first groweth onely in Gardens; the second plentifully in Fields that are neer the Sea.

**Time.** They flower in July, or thereabouts.

**Government and Vertues.** The Herb is cold and dry, Saturnine. I suppose it obtained the name Fleawort, because the seeds are so like Fleas. The seed fryed, and so taken, stayeth the flux or *Flux*, Corrolask of the Belly, and the corruptions that come by reason of sion, Cholehot chollerick or sharp and malignant humours, or by the too rick humors, much purging of any violent Medicine, as Scammony, or the *Agues*, *Fever* like. The *Muscilage* of the Seed made with Rose Water, and *vers*, *Inflam* a little Sugar Candy put thereto, is very good in all hot *Agues* *mation*, and burning *Feavers*, and other *Inflammations* to cool the *Thirst*, *thirst*, and lenifie the drynes and roughnes of the *Tongue* *Hoarsenes*, and *Throat*. It helpeth also hoarsenes of the *voece*, and diff-Salt humors, *ates* of the *Breast* and *Lungs* caused by heat, or sharp salt *Pleurisie*. humours, and the *Pleurisie* also. The *Muscilage* of the Seed *Hemor*-  
*Image* in *Plantane Water*, whereunto the *Yolk* of an *Egg* or two, *rhoids*, and a little *Populeon* is put, is a most safe and sure Remedy to *Headach*, ease the sharpnes, prickings, and pains of the *Hemorroidis* *Megrin*, or *Piles*, if it be laid on a cloth and bound thereto. It helpeth *Apothumes*, also all *Inflammations* in any part of the *Body*, and the pains *Blains*, that come thereby, as the *Headach* and *Megrin*, and all hot *wheals*, *Imposthumes* or *Swellings*, or breakings out of the skin, as *Pusbes*, *Blains*, *Wheals*, *Pusches*, *Purples*, and the like; as alfo the *Purples*, *pains* of the *Joyns*, and of those that are out of *joyns*; the *Gout*, *pains* of the *Gout* and *Sciatica*, the bursting of young *Chil*-  
*Joyns*, *Sciatica*, *dren*, and the swelling of the *Navel*, applied with *Oyl* of *Ro*-  
*ses* and *Vinegar*. It is also very good to heal the *Nipples* and *Nipples*, *sore* *Breasts* of *Women*, being often applied thereunto. The *Sorebreasts*, *Juyce* of the *Herb* with a little *Honey* put into the *Ears*, help-  
*Ears*, *eth* the running of them, and the *Worms* breeding in them: *Worms*. The same also mixed with *Hogs Grease*, and applied to *cor*-  
*rupt* and *filthy* *Ulcers* and *Sores*, cleanseth and healeth them.

## *Sophia* Flixweed.

**Descript.** It riseth up with a round upright hard stalk, four or five foot high, spread into sundry branches, whereon grow many grayish green Leaves very finely cut and severed into a number of short and almost round parts. The Flowers are very small and yellow growing spike fashion, after which come very small long Pods, with very small yellowish seed in

them. The Root is long and woody, perishing every year.

There is another sort differing in nothing, save onely it hath somewhat broader Leaves: They have a strong evil savor being smelt unto, and are of a dry ing taste.

*Place.]* They grow wild in the Fields by Hedg sides, and High-wayes, and among rubbish, and many other places.

*Time.* They flower and seed quickly after, namely in June and July.

*Government and Vertues.]* This Herb is Saturniae also. Both the *Flux, Bleeding, Bloody Flux, Terms stops, Broken Bores, Members disjointed, Worms, Sores, Ulcers.* *Herb and seed of Flixweed*, is of excellent use to stay the Flux or Lask of the Belly, being drunken in Water wherein gads of Steel heated have been often quenched; and is no less effectual for the said purpose than Plantane or Comfrey, and to restrain any other flux of Blood in Man or Woman, as also consolidate Bones broken, or out of joynct. The juyce thereof drunk in Wine, or the Decoction of the Herb drunk, doth kill the Worms in the Stomach or Belly, or the Worms that grow in putrid and filthy Ulcers: And made into a Salve, doth quickly heal all old Sores, how foul or malignant soever they be. The distilled Water of the Herb worketh the same effects, although somewhat weaker, yet is a fair Medicine, and more acceptable to be taken.

It is called *Flixweed*, because it cures the flux, and for its uniting broken Bones, &c. Paracelsus extols it to the Skies. It is fitting Syrups, Ointments, and Plasters of it, were kept in your Houses.

## Flower-de-luce.

*I* T is so well known, being nursed up in most Gardens, that I shall not need to spend time in writing a Description thereof.

*Time.]* The flaggy kinds thereof have the most Physical uses; the dwarf kinds thereof flower in April, the greater sorts in May.

*Government and Vertues.]* The Herb is Lunar. The Juyce or Decoction of the green Roots of the flaggy kind of *Flower-de-luce*, with a little Hony drunk, doth purge and cleanse the stomach of grets and toug'g i flegm and choler therein; it helpeth the Jaundice, and the Dropsic, by evacuating those humours both upwards and downwards, and because it somewhat hurteth the stomach, is not to be taken but with Honey and Spicknard. The same being drunk, doth ease the pains and torments of the Belly and Sides, the shaking of Agues, the Diseases of the Liver and Spleen, the Worms in the Belly, the Stone in the Reins, Convulsions or Cramps that come of cold humors; it also helpeth those whose seed passeth from them unawares: It is a Remedy against the bitings and stingings of venomous Creatures, being boyled in Water and Vinegar, and drunk: Being boyled in Wine and drunk, it provoketh Urin, helpeth

the Cholick, bringeth down Womens Courses ; and made up into a Pessary with Honey , and put up into the Body, draweth forth the dead Child. It is much commended against the Cough to expectorate tough Flegm : It much easeth pains in the Head, and procureth sleep : Being put into the Nostrils, it procureth sneezing , and thereby purgeth the Head of Flegm : The Juyce of the Root applied to the Piles or Hemorrhoids, giveth much ease. The Decoction of the Roots gargled in the Mouth, easeth the Tooth-ach, and helpeth a stinking breath. The Oyl called *Oleum Irinum* , if it be rightly made of the great broad flag *Flower-de-luce* ( and not of the great bulbous blew *Flower-de-luce*, as is used by some Apothecaries) and Roots of the same of the flaggy kinds , is very effectual to warm and comfort all cold joyns and sinews , as also the Gout and Sciatica, and mollifieth, dissolveth, and consumeth tumors or swellings in any part of the Body , as also of the Matrix : It helpeth the Cramp or Convulsion of the sinews : The Head and Temples anointed therewith , helpeth the Catarrh or thin Rheum distilling from thence ; and used upon the Breast or Stomach, helpeth to extenuate the cold tough Flegm. It helpeth also the pains and noise in the Ears, and the stench of the Nostrils. The Root it self either green, or in powder, helpeth to cleanse, heal, and incarnate Wounds, and to cover the naked bones with Flesh again, that Ulcers have made bare ; and is also very good to cleanse and heal up Fistulaes and Cankers.

### *Veronica* Fluellin , or Lluellin.

**Description.** It shooteth forth many long Branches , partly lying upon the Ground , and part standing upright , set with almost round Leaves , yet a little pointed ; and sometimes more long than round , without order thereon, somewhat hoary, and of an evil greenish-white colour ; at the joyns all along the Stalks , and with the Leaves come forth small Flowers , one at a place, upon a very small short Foot-stalk, gaping somewhat like Snapdragons, or rather like Toad-flax , with the upper jaw of a yellow colour , and the lower of a purplish, with a small heel or spur behind ; after which come forth small round heads, containing small black seed. The Root is small and threddy , dying every year , and raiseth it self again of its own sowing.

There is another sort of Lluellin which hath longer Branches , wholly trailing upon the ground , two or three foot long , and sometimes more thinner set with Leaves thereon, upon small Footstalks. The Leaves are a little larger and somewhat round , and cornered sometimes in some places on the edges ; but the lower part of them being the broadest, hath on each side a small point , making it seem as if they were Ears, somewhat hairy, but not hoary, and of a better green colour than the former: The flowers come forth like the former , but the colours therein are more white than yellow , and the purple not so fair : It is a larger flower, and so are the seed , and fixed vessels. The Root is like the other , and perisheth

Cholick

Terms

provokes,

Cough, sneez-

ing, Hemor-

rhoids,

Toothach;

Joyns, Si-

news, Gout,

Sciatica,

Womb;

Rheum,

Breast,

Wounds,

Ulcers,

Fistulaes,

Cankers.

Place. They grow in divers Corn Fields, and in Borders about them, and in other fertile grounds, about Southfleet in Kent abundantly, at Buckworth, Hamerton, and Richever's worth in Huntington-shire, and in divers other places.

Time. They are in flower about June and July, and the whole Plant is dry and withered before August be done.

*Government and Virtues.* It is a Lunar Herb. The Leaves bruised and applied with Barly Meal to watering Eyes that are hot and inflamed, Flux, stopt by defluxions from the Head, do very much help them; as also the fluxes of Blood or Humours, as the Leak, Bloody flux, Womens Courses, and stayeth all manner of bleeding at Nose, Mouth, or any other place, or that cometh by any bruise or hurt, or bursting a Vein; and wonderfully it helpeth all those inward parts that need consolidating or strengthening; and is no less effectual both to heal and close green wounds, as to cleanse or heal all foul or old Ulcers, scrotting or spreading Cankers, or the like.

Bees are industrious, and go abroad to gather Honey from each Plant and Flower; but Drongos lie at home, and eat up what the Bees have taken pains for: Just so do the Colledg of Physicians lie at home, and domineer, and suck out the sweetnes of other Mens Labours and Studies, themselves being as ignorant in the knowledg of Herbs as a Child of four years old, as I can make appear to any Rational Man by their last Dispensatory. Now then to hide their Ignorance, there is no readier way in the World, than to hide Knowledg from their Country men, that so no body might be able so much as to smell out their Ignorance. When Simples were more in use, mens Bodies were better in health by far than now they are, or shall be if the Colledg can help it. The truthe is, this Herb is of a fine cooling, drying quality, and an Oynement or Plaister of it, might do a man a Courtesie that bath any hot virulent Sores: 'tis admirable for the Ulcers of the French Pox, if taken inwardly, may cure the Disease. It was at first called Female Speedwel, but a Gentleman of Wales, whose Nose was almost eaten off with the Pox, and so near the matter, that the Doctors commanded it to be cut off, being cured by onely the use of this Herb, to honour the Herb for saving her Nose whole, gave it one of her Country Names, Lluellin.

## Foxglove.

*Descript.* I have many long and broad Leaves lying upon the ground, panted about the edges, a little soft or woolly, and of a hoary green colour, among which riseth up sometimes sundry Stalks, but one very often bearing such Leaves thereon from the bottom to the middle, from whence to the top it is stord with large and long hollow reddish purple flowers, a little more long and eminent at the lower edge, with some white spots within them, one above another, with small green Leaves at everyone, but all of them turning their Heads one way, and hanging downwards, having some thredes also in the middle, from whence rise round heads pointed sharp at the

ends, wherein small brown seed lieth. The Roots are so many small Fibres, and some greater strings among them: The flower hath no scent, but the Leaves have a bitter hot taste.

**Place.** It groweth on the dry sandy grounds for the most part, and as well on the higher as lower places under Hedge sides in almost every Country of this Land.

**Time.** It seldom flowereth before July, and the seed is ripe in August.

**Government and Vertues.** The Plant is under the Dominion of *Venus* being of a gentle cleansing Nature; and withall very friendly to Nature. The Herb is familiarly and frequently used by the *Wounds*, *Italians* to heal any fresh or green Wound, the Leaves being but *Cleanse*, *dry*, bruised and bound thereon; and the Juice thereof is also used *Heat*, in old Sores, to cleanse, dry, and heal them. The Decoction *Obstructi-* herof made up with some *Sugar*, or *Honey* is available to cleanse on of the and purge the Body both upwards and downwards, sometimes of *Liver* and tough *flegm*, and clammy *Humors*, and to open obstructions of *Spleen*, the *Liver* and *Spleen*. It hath been found by experience to be *Kings-* available for the Kings evil, the Herb bruised and applied, or *Evil*, an *Ointment* made with the Juice thereof, and so used: And a *Falling-* Decoction of two handfuls therof with four Ounces of *Polipo-* sicknes, dy in Ale, hath been found by late experience to cure divers of *Scabby* the *Falling-sickness*, that have been troubled with it above *Head*. twenty years.

My self am confident that an *Ointment* of it is one of the best Remedies for a *Scabby Head* that is. To cure all Diseases, read my *Riverius*, *Rolanus*, *Veslingus*, *Johnston*, &c.

### *Fumaria palomilla*

**Description.**

OUR common *Fumitory* is a tender sappy Herb, sending forth from one square, slender, weak stalk, and leaning down-wards on all sides many Branches two or three foot long, with finely cut and jagged Leaves of whitish, or rather bluish, seagreen color: At the tops of the Branches stand many small flowers, as it were in a long spike one above another, made like little Birds of a reddish purple color with whitish bellies: After which come small round busks containing small black seed. The Root is yellow, small, and not very long, full of juice while it is green, but quickly perish with the ripe Seed: In the Corn Fields in Cornwall this beareth white flowers.

**Place.** It groweth in Corn Fields almost every where as well as in Gardens.

**Time.** It Flowereth in May, for the most part, and the seed ripeneth shortly after.

**Government and Vertues.** *Saturn* owns the Herb, and presents it to the World as a Cure for his own Diseases, any strengtheher of the parts of the Body he rules: If by thy Astrological judgement of Diseases, from the Decumbiture, you find *Saturn* Author of the Disease, or if by direction from a Nativitie you fear a *Saturnine* Disease approaching.

this Herb prevent it in the one, and cure it in the other: and therefore fit you keep a Syrup of it alwaies by you. The Juice or Syrup made theron, or the Decoction made in whey by it self, with some other purging or opening Herbs and Roots to cause it to work the better, (it self being but weak) is very effectual for the Liver and Spleen, opening the Obstructions thereof, and clarifying the Blood from saltish, Cholericke, and Aduſt humors, which cause Leprosie, Scabs, Tetteres, and Itches, and ſuch like breakings out of the Skin, and after the purging, doth ſtrengthen all the inward parts: It is good alio againſt the yellow Jaundies, and ſpendeth it by Urin, which it procureth in abundance. The Powder of the dried Herb given for ſome time together, cureth Melancholly, but the Seed is ſtrongeſt in operation for all the former Diseases. The diſtilled water of the Herb is alſo of good effect in the former Diseases, and conduceſt much againſt the Plague and Pestilence, being taken with good Treacle. The diſtilled water alſo, with a little water and Honey of Roſes, helpeſt all the ſores of the Mouth or throat, being gargled often therewith. The Juice dropped into the Eyes, cleareth the ſight, and taketh away redneſs, and other defects in them, although it procure ſome pain for the preſent, and cauſe Tears. *Dioscorides* ſaith, It hindreth any fresh ſpringing of Hairs on the Eye-lids (after they be pulled away) if the Eye-lids be anointed with the juice hereof with Gum Arabick diſſolved thereina. The juice of Fumitory and Docks mingled with Vinegar, and the places gently washed or wet therewith, cureth all ſorts of Scabs, Pimples, Botches, Wheals, Pusheſ, which arife on the Face or Hands, or any other part of the Body.

For the Cure of all Diseases, read my *Riverius*, *Veslingus*, *Riolanuſſ*, *John Ron*, *Sennertus*, and *Physick for the Poor*, &c.

### The Furſ-Buſh.

IT is ſo well known, as well by this Name, as in ſome Countries by the Name of *Gors* or *Whins*, that I ſhall not need to write any Description thereof, my intent being to teach my Countrymen what they know not, rather then to tell them again of that which is generally known before.

*Place.* They are known to grow on dry barren Heaths, and other waste gravelly or sandy Grounds in all Countries of this Land.

*Time.* They alſo flower in Summer Months.

*Goverment and Vertues.* Mars owns the Herb. They are hot and dry, good to open Obstructions of the Liver and Spleen. A Decoction made with the flowers thereof, hath been found effectual againſt the Jaundies, as alſo to provoke Urin, and Tell. Jaundice, cleanse the Kidneys from gravel, or ſtones, ingendred in Dify, Gravel, them. Mars doth all this by Sympathy. ſtones.

*allium* Garlick.

**T**He offensiveness of the breath of him that hath eaten Garlick will lead you by the Nose to the knowledge hereof, and (instead of a Description) direct you to the place whence it groweth in Gardens, which kinds are the best, and most Physical.

**G**overnment and Vertues. Mars owns this Herb. This was anciently accounted the Poor-mans Treacle, it being a remedy for all Diseases or hurts (except those which it self breeds) It provoketh Urin and Womens Coughs, helpeth the biting of Mad-dogs, and other Venemous Creatures : killeth Worms in Children, cutteth, and avoideth tough flegm, purgeth the Head, helpeth the Lethargy, is a good preservative against, and a remedy for any Plague-sore, or foul Ulcer : taketh away spots and blemishes in the Skin, easeth pains of the ears, ripeneth and breaketh Impethumes or other swelling : And for all those Diseases, the Onions are also effectual. But the Garlick hath some more peculiar Vertues besides the former, viz. It hath a special quality to discuss inconveniences coming by corrupt Air, or Mineral vapors, or by drinking corrupt and stinking Waters; as also by taking of Wolf-bane, Hen-bane, Hemlock, or other poisonfull and dangerous Herbs. It is also held good in Hydropick Diseases, the Jaundice, Falling-sickness, Cramps, Convulsions, the Piles or Hemorrhoids, or other cold Diseases.

*urine, Terms prookes, mad-Dogs, venemous Beasts, Worms, Lethargy, Flegm, Pestilence, Apo-Waters, Henbane Hemlock, Wolf-bane, Dropes, Cramps, Con- vulsions, Fal- ling-sickness.*

Many Authors quote many Diseases this is good for, but conceal its Vices : Its heat is very vehement, and all vehement hot things send up but ill-favor'd vapors to the Brain : in Cholerick men 'twill add Fuel to the fire, in men oppressed by Melancholly, 'twill attenuate the Humor, and send up strong Fancies, and as many strange Visions to the Head: therefore let it be taken inwardly with great moderation, outwardly you may make more bold with it. For cure of all Diseases, read my *Riverius, Riolanus, Jobiston, &c.*

*L. gentian* Gentian, Felwort, or Baldmony.

**I**t is confessed that Gentian which is most used amongst us, is brought over from beyond Sea : yet have we two sorts of it growing frequently in our Nation, which besides the Reasons so frequently alleged, Why English Herbs should be fittest for English Bodies ? hath been proved by the experience of divers Physicians to be not a whit inferior in Vertue to that which cometh from beyond Sea : therefore be pleased to take the Description of them as followeth.

**D**escript. The greater of the two hath many small long Roots thrust down deep in the ground, and abiding all the Winter. The Stalks are sometimes more, sometimes fewer, of a brownish green color, which is sometimes two foot high, if the ground be fruitfull, having many long, narrow, dark green Leaves set by couples up to the top : the flowers are long and hollow, of a purple color, ending in five corners.

The smaller sort which is to be found in our Land, groweth up with sundry stalks not a foot high, parted into several small branches, whereon grow divers small Leaves together, very like those of the lesser Centaury or whitish green color; on the top of the stalks grow divers perfect blw flowers, standing in long husks, but not so big as the other: The Root is very small, and full of thred.

**Place.** The first groweth in divers places of both the East and West Countries, and as well in wet as in dry Grounds, as neer Longfield by Grav send, near Cobham in Kent, near Lullingstone in Kent, also in a Chalky pit hard by a Paper-mill not far from Dartford in Kent.

The Second groweth also in divers places in Kent, as about Southfleet, and Longfield upon Barron hills in Bedfordshire: also not far from St. Albans upon a piece of West Chalky ground as you go out of Dunstable way toward Gorhambury.

**Time.** They flower in August.

**Government and Vertues.** They are under the Dominion of Mars, and is one of the principallest Herbs he is Ruler of. They resist Putrefaction,

**Poyson, Pestilence, Stomach, Indigestion, Heart preser- veth, Fainting, Swooning, Bit- ting of mad dogs, venomous Beasts, Liver, Appetite, Wea- riness, Joynts, Stitches, Sides, Bruises, Urine provoked, Cramp Convulsion, Stone, Ruptures, tough Flegm, scabs, itch, sores, Ulcers, Worms, Kings-Evil, Agues, Yellow Jaundies, Bots Venem, Beasts.** neither can a more sure Remedy be found to prevent the Pestilence than it is. It strengthens the Stomach exceedingly, and helps Digestion, it preserves the Heart, and preserves it against fainting and swooning; The Powder of the dry Roots helps the biting of Mad Dogs, and Venemous Beasts, opens Obstructions of the Liver, and restoreth an Appetite of their Meat to such as have lost it: The Herb steeped in Wine, and the Wine drunk, refresheth such as be over-weary with Travel, and are grown lame in their Joyns either by cold or evill lodgings: It helps stiches and griping pains in the Sides: and is an excellent Remedy for such as are bruised by Falls: It provokes Urine, and the Terms exceedingly, therfore let it not be given to women with Child: The same is very profitable for such as are troubled with Cramps and Convulsions to drink the Decoction: Also they say it breaks the Stone, and helps Ruptures most certainly: It is very excellent in all cold Diseases, and for such as are troubled with tough Flegm, Scabs, Ich, or any fretting Sores and Ulcers: It is an admirable Remedy to kill the Worms by taking half a dram of the Powder in the morning in any convenient Liquor, the same is excellent good to be taken inwardly for the Kings-Evil. It helps Agues of all sorts, and the yellow Jaundies, as also the Bots in Cattel: when Kine are bitten on the Udder by any venomous Beast, do but stroak the place with the Decoction of any of these, and it will instantly help them.

They that think the use of these Medicines is too brief ( it's so only for cheapness of the Book ) let them read these Books of mine, of the last Edition, viz. *Riverius, Pestilus, Violanus, Fabritius, Semirivius, and Physick Poor.*

CLOVE.

## *L. canophilla* Clove Gilli-flowers.

IT is in vain to describe an Herb so well known.

*Gouvernement and Vertues.* They are gallant fine temperate Flowers, of the Nature, and under the Dominion of Jupiter: yea, so temperate, that no excess, neither in heat, cold, dryness, nor moisture can be perceived in them: they are great Strengthners both of the Brain and Heart, and will therefore serve either for Cordials, or Cephalicks as *Brain*, your occasion will serve. There is both a Syrup and a Conserve Heart, *Conserve* made of them, and of them alone, commonly to be had at every *sumptuous*, Apothecaries, to take now and then a little of either, strengthens *strengthens* Nature much in such as are in *Consumptions*. They are also excellent good in hot Pestilent Feavers, and expel Poyson.

## *U. canadensis aqua* Germanander.

*Descript.* Common Germanander shooteth forth sundry stalks with small and somewhat round Leaves, dented about the edges. The flowers stand at the tops, of a deep purple colour. The Root is composed of divers sprigges which shoot forth a great way round about, quickly overspreading a ground.

*Place.* It groweth usually with us in Gardens.

*Time.* And flowreth in *June* or *July*.

*Gouvernement and Vertues.* It is a most prevalent Herbs of Mercury, and strengthens the Brain and Apprehension exceedingly: (you may see what humane Vertues are under Mercury in the later end of my *Ephemeris* for 1652.) strengthens them when weak; relieves them, when drooping, by this Herb. This taken with Honey ( saith *Diiscorides* ) is a Remedy for Coughs, for hardness of the Spleen, and difficulty of Urin, and helpeth those that are fallen into a Dropsey, especially at the beginning of the disease; a Decoction being made thereof when *Distury*, *Dropsey*, it is green and drunk. It also bringeth down Womens Terms provokes, Courses, and expelleth the dead Child. It is most effectual *Dead Child*, against the poyson of all Serpents, being drunk in Wine, *Poyson*, *Ulcers*, and the bruised Herb outwardly applied, used with Honey, *Cramps*, *Agues*, it cleanseth old and foul Ulcers, and made into an Oyl, and *Falling-sicks* *of* the Eyes anointed therewith, taketh away their dimness & *Headach*, *Melancholy*, *Dul-Cramps*. The Decoction thereof taken for some daies together, driveth away; and cureth both *Tertian* and *Quartan Convulsion*, *Agues*. It is also good against all diseases of the Brain, as *Palsie*, *yellow continual Headach*, *Falling-sickness*, *Melancholy*, *Drowsiness* and *Dulness* of the Spirits, *Convulsions* and *Palsies*. A dram of the Seed taken in Powder, purgeth by Urin, and is good against the yellow Jaundice. The Juyce of the Leaves dropped into the Ears, killeth the Worms in them. The tops thereof when they are in flower, steeped twenty four hours in a draught of white Wine and drunk, killeth worms in the Belly.

# Skinking Gladwin.

**Descript.**] **T**his is one of the kinds of Flower-de-luces, having divers Leaves rising from the Roots very like a Flower-de-luce, but that they are sharp edged on both sides, and thicker in the middle, of a deeper green colour, narrower and sharper pointed, and of a strong ill scent if they be bruised between the fingers. In the middle riseth up a reasonable strong stalk a yard high at least, bearing three or four flowers at the top, made somewhat like the flowers of the Flower-de-luce, with three upright Leaves, of a dead purplish Ash-colour, with some veins discoloured in them, the other three do not fall down, nor the three other small ones are so arched, nor cover the lower Leaves as the Flower-de-luce doth, but stand loose, or cunder from them. After they are past, there come up three square hard Husks opening wide into three parts when they are ripe, wherein lie readie seed, turning black when it hath abidden long. The Root is like that of the Flower-de-luce, but reddish on the outside, and whitish within, very sharp and hot in taste, of an evil scent as the Leaves.

**Place.**] This groweth as well in up-land grounds, as also in moist places, in Woods, and shadowy places by the Sea-side in many places of this Land, and is usually nurseth up in Gardens.

**Time.**] It flowereth not until July, and the Seed is ripe in August or September: yet the Husks after they are ripe, opening themselves, will hold their seeds within them for two or three months, and not shed them.

**Government and Vertues.**] It is supposed to be under the Dominion of **Saturn**. It is used by many Country-people to purge corrupt **Flegm**, **Flegm** and **Choler**, which they do by drinking the Decoction of the Roots, and some to make it work more gently, do but **Head**, infuse the sliced Roots in Ale, and some take the Leaves which **Cramp**, serve well for the weaker Stomachs. The Juyce hereof put up, **Conulsion**, or snuffed up the Nose, causeth Sneezing, and draweth from the **Gout**, Head much corruption: and the Powder thereof doth the same: **Sciatica**, The Powder thereof drunk in Wine, helpeth those that are troubled with Cramps and Convulsions, or with the Gout or Sciatica, and giveth ease to those that have any gripping pains in their **Belly-ach**, body or Belly, and helpeth those that have the **Strangury**. It is **Strangury**, given with much profit to those that have had long Fluxes by the sharp and evil quality of humors, which it stayeth, having **Fluxes**, first clesned and purged them by the drying and binding property therein. The Root boyled in Wine and drunk, doth effectually **Termis**, procure Womens Courses, and used as a Pessary, worketh the **Provokes**, same effect, but causeth Abortion in Women with Child. Half **Dissey**, a dram of the Seed beaten to Powder, and taken in Wine, doth **Spleen**, speedily cause one to piss which otherwife cannot. The same **Wounds**, taken with **Vipecar**, dissolveth the hardnes and swellings of the **Splinters**, Spleen. The Root is very effectual in all wounds, and especially **Thorns**, of the Head: as also to draw forth any Splinters, Thorns, broken **broken** bones, **Kings-~~Evil~~**, Itch, **Scabs**, or any other thing sticking in the flesh, without caus-

ring pains, being used with a little Verdigrisce and Honey, and Bleuishes the great Centaury Root. The same boyled in Vinegar, and in the laid upon any tumor or swelling, doth very effectually dissolve Skin, and consume them, yea even the swellings of the Throat called the Kings-Evil. The Juyce of the Leaves and Roots healeth the Itch, and all running or spreading Scabs and Sores, or Blemishes, or Scars in the skin wheresoever they be:

### *Urga aurea* Golden-Rod.

**Descript.**] This riseth up with brownish small round stalks, two foot high and sometimes more, having thereon many narrow and long dark green Leaves, very seldom with any dents about the edges, or any strakes or white spots therein, yet they are sometimes so found, divided at the tops into many small braches, with divers small yellow flowers on every one of them, all which are turned one way, and being ripe, do turn into Dotton, and are carried away with the wind: The Root consists of many small fibres which grow not deep in the ground, but abideth all the Winter therein, shooting forth new braches every year, the old one dying down to the ground.

**Place.**] It groweth in the open places of Woods, and Copes both moist and dry Grounds in many places of this Land.

**Time.**] It flowereth about the month of July.

**Government and Vertues.**] Venus claims the Herb, and therefore to be sure, it restores Beauty lost. *Arnoldus de villa nova* commenches it much against the Stone in the Reins and Kidnies, and to provoke Urin in abundance, whereby also the Gravel or Stone may Beauty lost, be avoided. The decoction of the herb green or dry, or the Stone, Gravel, distilled water thereof is very effectual for inward Bruises: Distury, wounds, as also to be outwardly applied, it stayeth bleeding in any Flux, Bloody-part of the body, and of wounds also, the fluxes of humors, Flux, Terms the Bloody-flux, and Womens Courses: and is no less stopp, Ruptures, prevalent in all Ruptures or burstings, being drunk inwardly, and outwardly applied. It is a Soveraigne Wound-Mouth and Herb, inferior to none, both for inward and outward hurts, Throat, Teeth, green Wounds, and old Sores, and Ulcers are quickly cured loose. therewith. It is also of especial use in all Lotions for Sores, Ulcers in the Mouth, Throat, or Privy-parts of Man or Woman. The Decoction also helpeth to fasten the teeth that are loose in the Gums.

### *Ha dasarias* Gout-wort, or Herb-Gerrard.

**Descript.**] This is a low Herb seldome rising half a yard high, having sundry Leaves standing on brownish green stalks by threes, snipped about, and of a strong unpleasant savor. The umbels of Flowers are white, and the Seed blackish, the Root runneth in the ground, quickly taking up a great deal of room.

**Place.**] It groweth by Hedg and Wall-sides, and often in the Borders of Corners of Fields, and in Gardens also.

**Time.** It flowreth and seedeth about the end of July.

**Government and Vertues.** Saturn rules it; neither is it to be supposed Goutwort had his name for nothing, but upon Experience to heal Gout, the cold Gout, and Sciatica; as also Joyn-aches, and other cold Sciatica, Griefs. The very bearing of it about one, easeth the pains of the Joyns. Gout, and defends him that bears it from the disease.

### *Milium solis Gromel.*

**O**f this I shall briefly describe three kinds, which are principally used in Physick, the Vertues whereof are alike, though somewhat different in their manner and form of growing.

**Description.** The greater Gromel groweth up with slender hard and hairy stalks trailing and taking Root in the ground as it lieth thereon, and parted into many other smaller branches with hairy dark green Leaves thereon. At the Joyns with the Leaves come forth very small blew Flowers, and after them hard stony roundish seed. The Root is long and woody, abiding the Winter, and shooting forth fresh stalks in the Spring.

The small wild Gromel sending forth divers upright hard branched stalks two or three foot high, full of Joyns, at every of which groweth small, long, hard, and rough Leaves like the former, but lesser: among which Leaves come forth small white flowers, and after them grayish round seed like the former: the Root is not very big, but with many strings thereat.

The Garden Gromel hath divers upright, slender, woody, hairy stalks brown and crested, very little branched, with Leaves like the former, and white Flowers, after which in rough brown husks is contained a white hard round seed, shining like Pearls, and greater than either of the former: the Root is like the first described with divers branches and strings thereat, which continueth (as the first doth) all Winter.

**Place.** The two first grow wild in barren or untilled places, and by the Way-sides in many places of this Land. The last is a Nursling in the Gardens of the Curious.

**Time.** They all flower from Midsummer unto September sometimes, and in the mean time the seed ripeneth.

**Government and Vertues.** The Herb belongs to Dame *Venus*, and therefore if *Mars* cause the Colick or Stone, as usually he doth; if in *Virgo*, this is your Cure. These are accounted to be of as singular force as Stone, any other Herb or Seed whatsoever to break the stone, and to Gravel, avoid it and the Gravel either in the Reins or Bladder: as also to Strangury, provoke Utrin being stopped, and to help the Strangury. The Travel in Seed is of greatest use, being bruised and boyled in white Wine, Women. or in Broth, or the like, or the Powder of the Seed taken therein: two drams of the Seed in Powder taken with VVomens Breast-Milk, is very effectual to procure a speedy delivery to such women as have sore pains in their travel, and cannot be delivered. The Herb it self (when the seed is not to be had) either boyled, or the Juyce thereof drunk is equal to all the purposes aforesaid, but not so powerful or speedy in opera-

# Goosberry Bush. *Uva espin*

**C**alled also Feap-berry, and in *Suffex* Dew-berry Bush, and in some Countries, Wine-berry.

*Government and Vertues.*] They are under the Dominion of *Venus*. The Berries whilst they are unripe, being scalded or baked, are good to stir up a fainting or decaying Appetite, mache, wemens especially such whose stomachs are afflicted by Cholerick humors. They are excellent good to stay the Longings of Women with Child. They may easily keep them preserved with Sugar all the year long. The Decoction of the Leaves of the *St. Anthonies Tree*, cools hot Swellings and Inflammations; as also *St. Anthonies fire*. The ripe Goosberries being eaten, are an excellent Remedy to allay the violent heat both of the Stomach and Liver. The young and tender Leaves break the Stone, and expel Gravel both from the Kidnies and Bladder. All the evils they do to the Body of Man is, they are supposed to breed Crudities, and by Crudities, Worms.

## *myrobal.* Winter-Green.

*Descript.* **T**his sendeth forth seven, eight, or nine Leaves from a small brownish creeping Root, every one standing upon a long Foot-stalk, which are almost as broad as long, round pointed, of a sad green colour, and hard in handling, and like the Leaf of a Pear-tree; from whence ariseth a slender weak stalk, yet standing upright, bearing at the top many small, white, and sweet smelling flowers, laid open like a Star, consisting of five round pointed Leaves, with many yellowish thrids standing in the middle, about a green head, and a long stile with them, which in time groweth to be the Seed-vessel, which being ripe, is found five square with a small point at it, wherein is contained seed as small as dust.

*Place.*] It groweth seldom in Fields, but frequent in the Woods North-wards, viz. in *Yorkshire*, *Lancashire*, and *Scotland*.

*Time.*] It flowreth about *June* or *July*.

*Government and Vertues.*] Winter-green is under the Dominion of *Saturn*, and is a singular good Wound Herb, and an especial Remedy for to heal green Wounds speedily, the green Leaves being bruised and applied, or the Juyce of them. A Salve made of *ulcers*, the green Herbs stamped, or the Juyce boyled with Hogs-lard, Kidnies, or with Sallet Oyl and Wax, and some Turpentine added unto Bladder, it, is a sovereign Salve, and highly extolled by the Germans, who Flux, much use it to heal all manner of Wounds and Sores. The Herb Bloody-boyled in wine and water, and given to drink to them that have Flux, any inward Ulcers in their Kidnies, or Neck of the Bladder, doth wonderfully help them. It stayeth also all Fluxes, whether Stoops, of Blood or Humors, as the Lask, Bloody-fluxes, Womens Inflammation Courses, and bleeding of Wounds, and taketh away any Inflammation.

Cankers, mation rising upon pains of the Heart. It is no less helpful for Fistulae, foul Ulcers hard to be cured: as also for Cankers or Fistulae.

The distilled Water of the Herb doth effectually perform the same things. To cure all Diseases, read my *Riverius, Riolanus, Johnston, &c.*

## *Succowia* Groundsel.

**Descript.** Our common Groundsel hath a round, green, and somewhat brownish stalk, spread toward the top into branches, set with long, and somewhat narrow green Leaves cut in on the edges, somewhat like the Oak-leaves, but lesser, and round at the ends: at the tops of the branches stand many smal green heads, out of which grow smal yellow thrids or thrums, which are the flowers, and containe many daies blown in that manner before it putt away into Down, and with the seed is carried away in the wind. The Root is small and thriddly, and soon perisheth, and as soon riseth again of its own sowing, so that it may be seen many monlhs in the year, both green, and in flower and seed, for it will spring and seed twice in a year at least, if it be suffered in a Garden.

**Place.** This growtheth almost every where, as well on tops of Walls, as at the foot among Rubbish, and unthilled Grounds, but especially in Gardens.

**Time.** It flowereth as is said before, almost in every month through the year.

**Government and Vertues.** This Herb is Venus her Mistris piece, and is as gallant an universal Medicine for all Diseases coming of heat, whatsoever they be, or in what part of the body soever they lie, as the Sun shines upon; 'tis very safe and friendly to the body of man: yet causeth Vomiting if the Stomach be afflicted, if not purging, and it doth it with more gentleness than can be expected. 'Tis moist and something cold withal, thereby causing expulsion, and repressing the heat caused by the motion of the internal parts in Purges and Vomits. Lay by our learned Receipts, Take so much Senna, so much Scammony, so much Colocynthis, so much Infusion of Crocus Metallorum, &c. this Herb alone preserved in a Syrup, in a distilled Water, in an Oyntment, shall do the deed for you in all hot Diseases, and it shall do it, 1. Safely, 2. Speedily.

The Decoction of the Herb (saith Diocorides) made with Wine and drunk, helpeth the pains of the Stomach proceeding of Choler (which it may well do by a Vomit, as daily Experience sheweth) The Juyce thereof taken in Drinck, or the Decoction of it in Ale, gently performeth the same. It is good against the Jaundice and Falling-sickness, being taken in Wine, & is also against difficulty of making Water. It provoketh Urin, expelleth Gravel in the Reins or Kidnies; a dram thereof given in Oyymel, after some walking or stirring of the body. It helpeth also the Sciatica, griping of the Belly, and the Colick, & Sinewes.

helpeth the defects of the Liver, and provoketh Womens Courses, heated, ses. The fresh Herb boyled and made into a Pultis and applied. Kernels, to the Breasts of Women that are swoln with pain and heat, wounds as also to the privy parts of Man or Woman, the Seat, or Fum. in the dament, or the Arteries, Joynrs, and Sinews when they are inflamed and swoln, doth much ease them: and used with some salt Unflamati- helpeth to dissolve Knots or Kernels in any part of the Body. ons: in the The juyce of the Herb or (as *Diascorides* saith) the Leaves and Eyes. Flowers, with some fine Frankincense in Powder, used in Wounds of the Body, Nerves or Sinews, doth singularly help to heal them. The distilled Water of the Herb performeth well, all the aforesaid Cures, but especially for Inflammations or watering of the eyes by reason of the Defluxion of Rheum into them.

### *Facea*      Hearts-ease.

**T**HIS is that Herb which such Physicians as are licensed to blaspheme by Authority without danger, having their Tongues bored through with a hot Iron, call an Herb of the Trinity: It is also called by those that are more moderate, Three Faces in a Hood, Live in Idleness, Cubit-toe-to you; and in *Sussex* we call them Panties.

**P**lace.] Besides those which are brought up in Gardens, they grow com- monly about wild in the Fields, especially in such as are very barren; some- times you may find it on the tops of high Hills.

**T**ime.] They flower all the Spring and Summer long.

**Governement and Vertues.]** The Herb is really Saturnine, something cold, viscous, and slimy: A strong Decoction of French Pox, the Herba and Flowers (if you will you may make it into a Syr. Convulsions, rup, or distilled in an Alembick with what Vehicle you please) Falling-sick- is an excellent Cure for the French Pox, the Herb being a hefe, India gallane Antivenerians; and that Antivenerians are the best matians in Cure for that Disease, far better and safer than to torment the Breast them with the Flux, divers forreign Physicians have confessed: and Lungs, The spirit of it is excellent good for the Convulsions in Chil- Pleurise, dren, as also for the Falling-sickness, and a gallant Remedy for Scabs, Inflammations of the Lungs and Breast, Pleurise, Scabs, Itch, &c. Itch. It is under the Celestial Sign Cancer.

### *Ciceria*      Hartichokes.

**T**HE Latins call them *Ciceria*, only our Colledg calls them *Artichocus*. **Governement and Vertues.]** They are under the Dominion of Venus, and therefore it is no marvel if they provoke Lust much, as indeed they do, being something windy meat, and yet they stay the Lust pro- involuntarily course of Natural seed in Man, which is commonly taken, called Nocturnal Pollutions. And here I care not greatly if I quote a little of Galens nonsense in his Treatise of the Faculties Pollutions, of Nocturnalnesse, he saith they contain plenty of Cholerick Progesterby

Juyce (which notwithstanding I can scarcely believe) of which he saith is engendred Melancholy Juyce, and of that Melancholy Juyce thin Cholerick Blood; but to proceed: this is certain, That the Decoction of the Root boyled in Wine, or the Root bruised and distilled in Wine in an Alembick, and being drunk purgeth by Urin exceedingly.

## *phyllitis*

## Harts-Tongue.

**Descript.**] **T**his hath divers Leaves rising from the Root, every one severally which fold themselves in their first springing and spreading; when they are full grown are about a foot long, smooth and green above, but hard and with little sap in them, and staked on the back abwart on both sides of the middle rib with small and somewhat long and brownish marks; the bottoms of the Leaves are a little bowed on each side of the middle Rib, somewhat narrow with the length, and somewhat small at the end. The Root is of many black threds, folded or interlaced together.

**Time.** It is green all the Winter, but new Leaves spring every year.

**Government and Vertues.**] Jupiter claims Dominion over this Herb, therefore it is a singular Remedy for the Liver, both to strengthen it when weak, and ease it when afflicted, 'tis no matter by what: you should do

**Spleen,**

**Liver,**

**Flux,**

**Bloody**

**Flux,**

**Hiccup,**

**Gums,**

**Venomous**

**Beasts.**

well to keep it in a Syrup all the year, for though Authors say 'tis green all the year, I scarce beleeve it. Harts-Tongue is much commended against the hardness and stoppings of the Spleen and Liver, and against the heat of the Liver and stomach, and against Lasks and the Bloody Flux: The distilled Water thereof is also very good against the Passions of the Heart, and to stay the Hiccup, to help the falling of the Pallat, and stay the bleeding of the Gums being gargled in the mouth. *Dioscorides* saith it is good against the stinging or biting of Serpents. As for the use of it, my Directions at later end will be sufficient, and enough for those that are studious in Physick, to whet their Brains upon for one year or two.

## *Corylus* The Hazel-Nut.

**H**azel Nuts are so well known to every Boy, that they need no Description.

**Government and Vertues.**] They are under the Dominion of Mercury. The parched Kernels made into an Electuary, or the Milk drawn from the Kernels with Mead or Honeyed Water, is very good to help an old Cough; and being parched, and a little Pepper put to them and drunk, digesteth the distillations of Rheum from the Head: The dried Husks and shels to the weight of two drams taken in red Wine, stayeth Lasks, and Womens Courses, and so doth the red skin that covers the Kernels which is more effectual to stay Womens Courses.

And if this be true, as it is, then why should the Vulgar so familiarly af-

firm, That eating Nuts causeth shortnes of breath, than which nothing is falser; for how can that which strengthens the Lungs, cause shortnes of breath; I confess the Opinion is far elder than I am, I knew Tradition was a Friend to Errors before, but never that he was the Father of Slanders: or are mens Tongues so given to slandering one another, that they must slander Nuts too, to keep their tongues in use? If any thing of the Hazel Nut be stopping, 'tis the Husks and Shels, and no body is so mad to eat them ugliest Physically, and the red skin which covers the Kernel, which you may easily pull off. And thus I have made an Apology for Nuts, which cannot speak for themselves.

## *accipitrius* Hawkweed.

**Descript.** *I*t hath many large Leaves lying on the ground, much rent or torn on the sides into many gashes like Dandelyon, but with greater parts more like the smooth Sow-Tistle, from among which ariseth a hollow rough flatte two or three foot high branched from the middle upward, wherin are set at every joyned longer Leaves, little or nothing rent or cut, bearing at their top sundry pale yellow Flowers, consisting of many small narrow Leaves, broad pointed, and nicked in at the ends, set in a double row or more, the outermost being larger than the inner, which from most of the Hawkweeds (for there are many kinds of them) do hold, which turn into Down, and with the small brownish seedes, is blown away with the wind: The Root is long and somewhat greater, with many small fibres thereat. The whole Plant is full of bitter milk.

**Place.** It groweth in divers places about Field sides, and the Path-wayes in dry grounds.

**Time.** It flowreth and flies away in Summer Months.

**Government and Vertues.** *Saturn* owns it. *Hawkweed* (saith *Dioscorides*) is cooling, somewhat drying and binding, and therefore good for the heat of the stomach, and grawings therein, for Inflamations, and the hot fits of Agues. The juyce thereof in Wine, helpeth digestion, discusseth wind, hindreth crudities abiding in the stomach, and helpeth the difficulty of making Water, the biting of unemous Serpents, and stinging of the Scorpion, if the Herb be also outwardly applied to the place, & is very good against all other poysons. A scruple of the dried juyce given in Wine and Vinegar, is profitable for those that have the Dropse, Flegm, Digesteth thin Flegm in the Chest or Lungs, and with Hysop helpeth the Cough. The decoction thereof, and of wild Sugaury, made with Wine and taken, helpeth the wind cholick and hardness of the Spleen, it procureth rest and sleep, hindreth Venery, and Venerious Dreams, cooleth heats, encreaseth blood, and helpeth the stomack, diseases of the Reins and Bladder. Outwardly applied it is,

Cools, Dries, Binds, graw- ing in the Sto- mach, Inflama- tions, Agues, Crudities, Dis- ry, Venemous Beasts, Poyson, Dropse, Flegm, Cholick, Spleen, Watching, Lust, Hysop, Venerious Dreams, Reins, Bladder, Eyes, Ulcers, Burnings, In- flamations, St. Anthionies fire, Angular

Heat, Salt, singular good for all the defects and diseases of the Eyes, u-  
Flegm, Convul- sed with some Womens Milk, and is used with good success  
sion, Cramp, in frettting or creeping Ulcers, especially in the beginning.  
Freckles, Spots, The green Herb bruised, and with a little Salt applyed to  
Morphew, any place burnt with fire before blisters do arise, helpeh  
wrinkles. them, as also Inflammations, Sc. Anthorius fire, and all Pu-  
ffes, and Eruptions, Heat, and salt Flegm. The same ap-  
plied with Meal and fair Water in manner of a Pultis to any place affected  
with Convulsion and the Cramp, or such as are out of Joyns, doth give help  
and ease. The distilled Water cleanseth the skin, and taketh away Freckles,  
Spots, the Morphew or Wrinkles in the face.

### *Spina alba* The Hawthorn.

**I**T is not my intent to trouble you with a Description of this Tree, which is so well known that it needeth none.

It is ordinary but a Hedge-bush, although being pruned and dressed, it groweth to be a Tree of reasonable height.

As for the Hawthorn Tree at *Giffenbury*, which is said to flower yearly on *Christmas Day*, it rather sheweth the Superstition of those who obserue it for the time of its flowering, than any great wonder, sith the like may be found in divers other places of this Land; as in *Whey-street* in *Rumney* Marsh, and neer unto *Namptwich* in *Cheshire*, by a place called *White Green*, where if the Winter be mild, they will have white Blossoms all over before and about *Christmas* and *May*; if the weather be frosty, it flowreth not until *January*, or that the hard weather be over.

*Gouverement and Vertues.* ] It is a Tree of Mars. The Berries, or the Seeds in the Berries beaten to Powder, and drunk in Wine, are held singular good against the stone, and are good for the Drop-  
Stone, ffe. The distilled Water of the Flowers stayeth the Lask. The  
Dropfie, Seeds cleared from the Down, bruised and boyled in Wine, and  
Flux, drunk, is good for inward tormenting pains: If cloaths and  
Inward  
pains, spanges be wet in the said distilled water, and applied to any  
Splinters, place wherein Thorns, Splinters, or the like, do abide in the  
Thorns. Flesh, it will notably draw them forth.

And thus you see the Thorne gives a Medicine for his own  
pricking, and so doth almost every thing else.

### *cicuta* Hemlock.

*Descript.* ] **T**HE common great Hemlock groweth up with a green stalk, four or five foot high or more, full of red spots sometimes, and at the joynts very large winged Leaves, set at them, which are divided into many other winged Leaves one set against another, dentid about the edges, of a pale green colour, branched towards the top, where it is full of umbels of white floweres, and afterwards with whitish flat seed: The Root is long, white, and sometimes crooked, and hollow within: The whole Plant, and every part hath a strong  
odour and ill favour'd scent, much offending the Senses.

Place. It groweth in all Countries of this Land by Walls and Hedges  
sides, in wast grounds, and untilled places.

Time. It flowreth and seedeth in July, or thereabouts.

*Government and Vertues.* Saturn claims Dominion over the Herb; yet I wonder why it may not be applied to the Privities in a *Priapismus*, or continual standing of the Yard, it being very beneficial for that Disease; I suppose my Authors Judgement was first upon the opposite Disposition of *Saturn* to *Venus* in those Faculties, and therefore he forbade the applying of it to those parts that it might not cause Barrennes, or spoil the Spirit Pro-creative. which if it do, yet applied to the Privities it stops lustful thoughts. *Heinlock* is exceeding cold, and very dangerous *Lechery*. rous, specially to be taken Inwardly: It may safely be applied to Inflammations, Tumors, and swelling in any part of the Body Inflammations (save the Priyy parts) as also to St. *Anthony*'s fire, Wheals, Pustules, St. *Anthony*'s, and creeping Ulcers that rise of hot sharp Humors by coo- *Anthony*'s ling and repelling the heat. The Leaves bruised and laid to the Fire, Brow or Forehead, is good for their eyes that are red & swollen; Tetter, as also to take away a Pin and Web growing in the Eye, this is Ring-a-tried Medicine: Take a small handful of the Herb, and half so worms, much Bay Salt beaten together, and applied to the contrary Eyes, Wrist of the Hand for twenty four hours, doth remove it in Piss and thrice dressing. If the Root hereof be roasted under the Timbers, web, wrapped in double wet Papers, untill it be soft and tender, and *Gout*, then applied to the *Gout* in the Hands or Fingers, it wil quickly help this evil. If any shall through mistake eat the Herb *Hemlock* instead of Parsly, or the Root instead of a Parsnip (both which it is very like) whereby hapneth a kind of Frenzie, or perturbation of the Senses, as if they were stupified or drunk, the Remedy is, as *Pliny* saith, To drink of the best and strongest pure Wine, before it strike to the Heart, or Gentian put into Wine, or a draught of good Vinegar, wherewith *Tragus* doth affirm, that he cured a Woman that had eaten the Root.

### *Canabis* Hemp.

This is so well known to every good Houswife in the Country, that I shall not need to write any Description of it.

Time. it is sown in the end of *March*, or beginning of *April*, and is ripe in *August* or *September*.

*Government and Vertues.* It is a Plant of *Saturn*, and good for som-  
thing else you see, than to make Halters only. The Seed of  
Hemp consumeth Wind, and by the much use therof disperseth Wind,  
it so much that it drieth up the Natural Seed for Procreation; Cough,  
yet being boyled in Milk and taken, helpeth such as have a hot Jaundies,  
dry Cough. The Dutch make an Emulsion out of the Seed, Gall,  
and give it with good succels to those that have the Jaundies, Choller,  
especially in the beginning of the disease, if there be no Ague ac- Flux,  
companying it, for it openeth Obstructions of the Gall, and Cholick,  
causeth

*bleeding,  
worms,  
Earwigs,  
Inflama-  
tion,  
Gout,  
Sinews  
strunk.*

causeth digestion of Choller. The Emulsion or Decoction of the Seed stayeth Lasks and continual fluxes, easeth the Colick, and allayeth the troublesom Humors in the Bowels, and stayeth bleeding at the mouth, nose, or other place, some of the Leaves being fried with the blood of them that bleed, & so given them to eat. It is held very good to kill the Worms in man or beast, &c the Juice dropped into the Ears, killeth Worms in them, and draweth forth Earwigs, or other living Creatures gotten into them. The Decoction of the Root allayeth Inflammations in the Head, or any other parts; the Herb it self, or the distilled Water thereof doth the like: The Decoction of the Roots easeth the pains of the Gout, the hard tumors or knots in the joynts, the pains and shrankings of the Sinews, and the pains of the Hips: The fresh juice mixed with a little Oil and Butter, is good for any place that hath been burnt with fire, being thereto applied. To cure all Diseases, read my *Riverius, Riolanus, Sennertus, &c.*

## *hyoscyamus* *Herbane. Veleno.*

**D**ESCRIPTION. *OUR common Henbane bath very large, thick, soft, woolly Leaves lying upon the ground, much cut in or torn on the edges, of a dark ill grayish green color, among which rise up divers thick and short stalks two or thre foot high, spread into divers smaller branches with lesser Leaves on them, and many hollow Flowers scarce appearing above the Husks, and usually torn on the one side, ending in five round points growing one above another, of a deadish yellow color, somewhat paler toward the edges, with many purplish veins therein, and of a dark yellowish purple in the bottom of the Flower, with a small pointel of the same color in the middle, each of them standing in a hard close husk, which after the Flower is past, growth very like the Husk of Asarabatcca, and somewhat sharp at the top points, wherein is contained much small seed very like Poppy seed, but of a duskie grayish color. The Root is great, white, and thick, branching forth divers waies und'r ground, so like a Parsnip Root (but that it is not so white) that it hath deceived divers. The whole Plant more thaas the Root bath a bea-  
vy ill soporiferous smell somewhat offenfrue.*

**Place.** It commonly groweth by the way sides, and under Hedge sides and Walls.

**Times.** It flowreth in *July*, and springeth again yearly of its own Seed.

I doubt my Authors mistook *July* for *June*, if not for *May*.

**Government and Vertues.** I wonder in my heart, how Astrologers could take on them to make this an Herb of *Jupiter*, and yet *Mizaldus*, a man of a penetrating brain, was also of that Opinion as well as the rest: the Herb is indeed under the Dominion of *Saturn*, and I prove it by this Argument:

All the Herbs which delight most to grow in *Saturnine* places, are *Saturnine* Herbs.

But Henbane delights most to grow in *Saturnine* places, and whole Cart Loads of it may be found near the places where they empty the common

lakes, and scarce a stinking Ditch to be found without it growing by it.  
*Ergo 'tis an Herb of Saturn.*

The Leaves of Henbane do cool all hot Inflammations in the Eyes, or any other part of the Body; and are good to asswage Inflammation, all manner of swelling of the Cods or Womens Breasts, or else where, if they be Boiled in Wine, and either applied themselves Cods, or the Fomentation warm, it also asswageth the pain of the Womens Gout, the Sciatica, and all other pains in the joints which arise from an hot cause. And applied with Vinegar to the Forehead Gout, and Temples, helpeth the Head-ake and want of sleep in hot Feavers. The juice of the Herb or seed, or the Oil drawn from the Seed doth the like. The Oil of the Seed is helpfull for the Deafnes, Noise, and Worms in the Ears, being dropped therein; the juice of the Herb or Root doth also the same. The Decoction of the Herb or Seed, or both, killeth Lice in Man and beast. The fume of the dried Herb, Stalks, and Seed burned, quickly healeth Swellings, Chilblains, or Kibes in the Hands or Feet, by holding them in the fume thereof. The Remedy to help those that have taken Henbane, is to drink Goats Milk, Honeyed Water, or Pine Kernels, with sweet Wine: or in the absence of these, Fennel seed, Nettle seed, the seed of Cresses, Mustard, or Rhadish, as also Onions or Garlick taken in Wine, do all help to free them from danger, and restore them to their due temper again.

Take notice that this Herb must never be taken inwardly; outwardly, an Oil, Ointment, or Plaster of it, is most admirable for the Gout, to cool the Venereal heat of the Reins in the French Pox, to stop the Tooth-ake being applied to the aking side, to Tooth-ake, allay all Inflammations, and to help the Diseases before premised. To cure all Diseases, read *Riolanus, Riverius, Veslingus, Johnston, &c.*

### *Gratiola* Hedge-Hyssop.

Description. *D*ivers sorts there are of this Plant, the first of which is an Italian by birth, and only nurst up here in the Gardens of the Curious. Two or three sorts are to be found commonly growing wild here; the Description of two of which I shall give you: The first is a smooth low Plant, not a foot high, very bitter in taste, with many square Stalks, diversly branched from the bottom to the top, with divers Joynts, and two small Leaves at each joynt, broader at the bottom than they are at the end, a little dented about the edges, of a sad green color, and full of Veins: The flowers stand at the joynts, being of a fair purple color, with some white spots in them, in fashion like those of dead Nettles: The Seed is small and yellow, and the Roots spread much under ground.

The second seldom groweth half a foot high, sending up many small branches, wherein growes many small Leaves set one against the other, somewhat broad, but very short: the Flowers are like the Flowers of the other in fashion, but of a pale reddish color; the Seeds are small and yellowish: the

Root spreadeth like the other, neither will it yield to its fellow one ate of bis terms.

Place. They grow in wet low grounds, and by water sides: the last may be found amongst the Bogs on Hampsted Heath.

Time. They flower in June and July, and the Seed is ripe presently after.

**Government and Vertues.** They are Herbs of Mars, and as Choller, Flegm, Drophie, Gout, Sciatica, Worms, Sclers. Chollerick and churlish as he is; being most violent purgers especially of Choller and Flegm: It is not safe taking them inwardly, unles they be well rectified by the Art of the Alchymist; and only the purity of them given; if so used, they may be very healthful both for the Drophie, Gout, and Sciatica: outwardly used in Ointments, they kill Worms, the Belly being anointed with it; and are excellent good to cleanse old and filthy Ulcers: For cure of all Diseases, read my *Riverius, Somerius, Vesslingus, Johnson;* &c.

### *Helleborus Niger* Black Hellebore.

It is called also Sotter-wort, Sotter grass, Bears-foot, Christmas Herb, and Christmas Flower.

**Descript.** It bath sundry fair green Leaves rising from the Root; each of them standing about a handfull high from the Earth; each Leaf is divided into seven, eight, or nine parts, dented from the middle of the Leaf to the point on both sides, abiding green all the winter: about Christmas time, if the weather be any thing temperate, the flowers appear upon Footstalks, also consisting of five large, round, white Leaves a pieces, which sometimes are purple towards the edges, with mary pale yellow thrums in the middle: The Seeds are divided into several Cells like those of Columbines; save only they are greater; the Seeds are in color black, and in form long and round: The Root consisteth of a number of numberles blackish strings, all united into one Head.

There is another black Hellebore which groweth up and down in the Woods very like this, but that only the Leaves are smaller and narrower, and perish in the winter when this doth not.

Place. The first is maintained in Gardens: The second is commonly found in the Woods in Northamptonshire.

Time. The first flowereth in December or January; the second in February, or March.

**Government and Vertues.** It is an Herb of Saturn and therefore no marvel if it have some sullen conditions with it, and would be far safer being purified by the Art of the Alchymist, than given raw. If any have taken any harm by taking it, the common cure is to take Goats Milk, if you cannot get Goats Milk, you must make a shift with such as you can get. The Roots are very effectual against all Melancholly Diseases, especially such as are of long standing, as Quartan Agues, and Madness; it helps the Falling sickness, and the Leprosie; both the yellow and the

the black Jaundies, the Gout, Sciatica, Convulsions: and truly this was found out by experience, That the Roots of that which growth wild in our own Country, works not so churlishly as those do which are brought from beyond Sea, as being maintained by a more temperate Air. The Root used as a Pessary provokes the Terms exceedingly; also being beaten into Powder and strewed upon foul Ulcers, it consumes the dead flesh, provokes, and instantly heals them; Nay, it will help Gangrenes in the beginning, twenty grains taken inwardly is a sufficient Dose for dead flesh, one time, and let that be corrected with half so much Cinnamon, Country people used to rowel their Cattel with it: if a Beast be troubled with the Cough, or have taken any poison, they bore Cattel a hole through his Ear, and put a piece of the Root in it; this will help him in twenty four hours time. Many other uses Barriers put it to, which I shall forbear. For cure of all Diseases, read my *Rivarius, Riolanus, Foliflor, &c.*

### *Gen. Scium Hypoxanthi* Herb-Robart.

**Description.** It riseth up with a reddish stalk two Foot high, having divers Leaves thereon upon very long and reddish Foot-stalks, divided at the ends into three or five divisions, each of them cut in at the edges, some deeper than others, and all dented likewise about the edges, which often times turn reddish: At the tops of the stalks come forth divers Flowers, made of five Leaves, much larger than the Doves Foot, and of a more reddish color, after which come beak beads as in others: The Root is small and thready and smallish as the whole Plant very strong, almost stinking.

**Place.** This growth frequently every where by Way-sides, upon Ditch banks, and wast grounds wheresoever one goeth.

**Time.** It flowereth in June and July chiefly, and the Seed is ripe shortly after.

**Government and Vertues.** It is under the Dominion of Venus. Herb Robart is commended not only against the stone, but to stay blood, where, or howsoever flowing; it speedily healeth all green Wounds, and is effectual in old Ulcers in the privy parts, or elsewhere, You may perswade your self this is true, and also conceive a good reason for it, if you do but consider 'tis an Herb of Venus, for all it hath a mans Name.

Stone, bleeding, Terms in the stopps, Wounds, Ulcers in the Privities.

### *Herb Truelove, or Oneberry.*

**Description.** Ordinary Herb Truelove hath a small creeping Root running under the upper crust of the ground, somewhat like a Couch-grass Root, but not so white, shooting forth stalks with Leaves, some whereof carry no berries, though others do, every stalk smooth without joint, and blackish green, rising about half a foot high; if it bear berries, otherwise seldom so high, bearing at the top four Leaves set directly one against another in manner of a Cross or Ribband tied (as it is called) at a True Loves Knot, which are each of them apart somewhat like unto a Nightshade Leaf.

but somewhat broader, having sometimes three Leaves, sometimes five, sometimes six, and those sometimes greater than in others. In the middle of the four leaves riseth up one small slender stalk about an inch high, bearing at the top thereof one flower spread open, like a star, consisting of four small and long narrow pointed Leaves of a yellowish green color, and four others lying between them lesser than they; in the middle whereof stands a round dark purplish button or bead, compassed about with eight small yellow mealy thrids with three colors, make it the more conspicuous, and lovely to behold: This button or head, in the middle, when the other Leaves are withered, becometh a blackish purple Berry full of juice, of the bigness of a reasonable Grape, having within it many white Seeds. The whole Plant is without any manifest taste.

**Place.** It groweth in Woods and Copses, and sometimes in the corners or borders of Fields, and wast grounds in very many places of this Land; and abundantly in the Woods, Copses, and other places about Chislehurst and Maidstone in Kent.

**Time.** They spring up in the middle of April or May, and are in Flower soon after: The Berries are ripe in the end of May, and in some places in June.

**Government and Vertues.** *Venus* owns it. The Leaves or Berries hereof are effectual to expel poison of all sorts, especially that of the **Poison,** **Pestilences,** **Feavers,** **Witchcraft,** **Cholick,** **Wounds,** **Swellings** in the **Groyn,** **Cols and Privities,** **Inflammations,** **Apost humes.** as also the Plague, and other Pestilential Diseases, Some have been holpen thereby, saith *Mathiolus* that have lyen long in a lingring sickness, and others that by Witchcraft (as it was thought) were become half foolish, by taking a dram of the Seeds or Berries hereof in powder every day for twenty daies together, they were restored to their former health. The Roots in Powder taken in Wine easeth the paine of the Cholick speedily: The Leaves are very effectual as well for green Wounds, as to cleanse and heal up old filthy Sores and Ulcers; and is very powerful to discuss all Tumors, and swelling in the Cods, privy Parts, or Groyn, or in any part of the Body, and speedily to allay all Inflamations: The Leaves or the juice applied to Felons, or those Nails of the Hands or Toes that have Impost humes or Sores gathered together at the Roots of them, healeth them in short space.

The Herb is not to be described for the Premises, but is fit to be nourished in every good Womans Garden.

### *hysopus* Hyssop.

**H**YSSOP is so well known to be an Inhabitant in every Garden, that it will save me labor in writing a Description thereof. The Vertues are as followeth.

**Temperature and Vertues.** The Herb is Jupiters, and the Cough, Sign Cancer; It strengthens all the parts of the Body under shortness of breath, Cancer and Jupiter; wh ch what they may be, is found amply discoursed of in my *Astrological Judgement of Diseases.* *Dio-*

scribes saith that Hysop boyled with Rue and Honey and drunk, wheesing, helpeth those that are troubled with Coughs, shortnes of breath, gross Wheesing, and Rhewmatick Distillations upon the Lungs: taken mors, also with Oxymel, it purgeth gross humors by the stool; and with Honey killeth worms in the Belly; and with fresh or new Figs bruised, helpeth to loosen the belly, and more forcibly if the Root of Flower-de-luce and Crestles be added thereto. It amendeth and cherisheth the native colour of the body spoiled by the yellow Jaundice, and being taken with Figs and Nitre, helpeth the Dropsey and Spleen. Being boyled with Wine, it is good to wash Inflammations: and taketh away black and blew spots and marks that come by strokes, bruises, or falls, being applied with warm water. It is an excellent Medicine for the Quinzy, or swelling in the throat, to wash and gargle it, being boyled with Figs. It helpeth the Toothach, being boyled in Vinegar, and gargled therewith. The hot Vapors of the Decoction taken by a Funnel in at the Ears, easeth the Inflammations and singing noise of them. Being bruised, and Salt, Honie, and Cummin seed put to it, it helpeth those that are stung by Serpents. The Lice, Itch-Oyl thereof (the Head being anointed) killeth Lice, and taketh away Itching of the Head. It helpeth those that have the Falling-Head, sickness which way soever it be applied. It helpeth to expectorate Falling-tough Flegma, and is effectual in all cold Griefs, or Diseases of sickness, the Chest and Lungs, being taken either in a Syrup or licking Wounds: Medicine. The green Herb bruised, and a little Sugar put thereto, doth quickly heal any cut, or green wound, being thereunto applied.

## *hysopus*      Hops. *hobson*

These are so well known, that they need no Description, I mean the manured kind, which every good Husband or Houswife is acquainted with.

The wild Hop groweth up as the other doth, ramping upon Trees or Hedges that stand next unto them, with rough branches and leaves like the former; but it giveth smaller beads, and in far less plenty than it, so that there is scarce a head or two seen in a year on divers of this wild kind, wherein consisteth the chief difference.

**Place.** They delight to grow on low moist grounds, and are found in all parts of this Land.

**Time.** They spring not up until April, and flower not until the later end of June; the heads are not gathered until the middle or later end of September.

**Government and Vertues.** It is under the Dominion of Mars. This, in Physical Operations, is to open Obstructions of the Liver and Spleen, to cleanse the Blood, to loosen the Belly, to cleanse the Reins from Gravel, and provoke Urin. The Decoction of the tops of Hops, as well of the tame as the wild, worketh the same effects. In cleansing the French Pox, it helpeth the same effects.

**Scabs, Itch,** Blood they help to cure the French Disease, and all manner of Scabs, Itch, and other breakings out of the body; as also **Titters, Ring-worms, Morphe, Poyson, Terms provokes, Di-ssey, yellow Jaundice, Liver, Stomach,** and all discolourings of the skin. The Decoction of the Flowers and tops, do help to expel Poyson that any one hath drunk. Half a dram of the Seed in Powder taken in drink, killeth Worms in the Body, bringeth down Womens Courses, and expelleth Urin. A Syrup made of the Juyce and Sugar, cureth the yellow Jaundice, easeth the Headach that comes of heat, and tempereth the heat of the Liver and Stomach, and is profitably given in long and hot Agues that rise of Choler and Blood. Both the wild and the manured are of one property, and alike effectual in all the aforesaid Diseases.

By all these testimonies, Beer appears to be better than Ale.

*Mars* owns the Plant, and then Dr. *Reason* will tell you how it performs these Actions.

## *Marrubium* Horehound. *Marrubio*

**Descript.** ] Common Horehound groweth up with square hoary stalks, half a yard or two foot high, set at the joynts, with two round crumpled rough Leaves, of a full n hoary green colour, of a reasonable good scent, but a very bitter tast. The Flowers are small, white, and gaping, set in rough, hard, prickly Husks, round about the joynts with the Leaves from the middle of the stalk upwards, wherein afterward is found small, round, blackish seed. The Root is blackish, hard, and woody, with many strings therat, and abideth many years.

**Place.** ] It is found in many parts of this Land, in dry Grounds, and wast green places.

**Time.** ] It flowreth in and about July, and the Seed is ripe in August.

**Gouvernament and Vertues.** ] It is an Herb of Mercury. A Decoction of the dried Herb with the Seed, or the Juyce of the green Herb taken with Honey, is a Remedy for those that are pursie or short-winded, or have a Cough, or are fallen into a Consumption either through long sickness, or thin Distillations of Rhewm upon the Lungs. It helpeth to expellorate tough flegm from the Chest, being taken with the Roots of Iris or Orris. It is given to Women to bring down their Courses, to expell the Afterbirth, and to them that have sore and long Travels, as also to those that have taken Poyson, or are stung or bitten by venomous Serpents. The Leaves used with Honey, purge foul Ulcers, stay running or creeping Sores, and the growing of the flesh over the Nails. It also helpeth pains of the sides. The Juyce thereof with Wine and Honey, helpeth to clear the Eyesight, and snuffed up into the Nostrils, purgeth away the yellow Jaundice, and with a little Oyl of Roses dropped into the Ears, easeth the pains of them. Galen saith it openeth Obstructions

both of the Liver and Spleen, purgeth the Breast and Lungs yell. *Faundiccs* of Flegim: and used outwardly, it both cleanseth and digesteth: A *Decoction* of *Horehound* (saith *Mathiolus*) is available for those that have bad Livers, and for such as have Itches and fanning Tetter. The Powder hereof taken, or the Decoction, killeth Worms. The green Leaves bruised and boyled in old Hogs-grease unto an Oyntment, healeth the bittings of Dogs, abateth the swellings of womens breasts, and taketh away the swellings and pains that come by any pricking of Thorns, or such like means, and used with Viner, it cleanseth and healeth Tetter. There is a Syrup made of *Horehound* to be had at the Apothecaries, very good for old Coughs to rid the tough Flegim; as also to avoid cold Rheum from the Lungs of old Folks, and for those that are Asthmatick or short-winded.

### *equisetum. Horstail.*

Of that there are many kinds; but I shall not trouble you nor my self with any large Description of them, which do to, were but as the Proverb is, *To find a knot in a Rush*. All the kinds hereof being nothing else but knotted Rushes, some with Leaves, and some without. Take the Description of the most eminent sort as followeth:

*Descript.*] The great Horstail at the first springing hath Heads somewhat like those of *Asparagus*, and after grow to be hard, rough, hollow stalks, joyned at sundry places up to the top, a foot high; so made as if the lower part were put into the upper; wherat grow on each side a bush of small long Rush, like hard Leaves, each part resembling a Horse-tail (from whence it was so called) At the tops of the stalks come forth small Catkins like those of *Tess*. The Root creepeth under ground, having joyns at sundry places.

*Place.*] This (as the most of other sorts hereof) groweth in wet Grounds.

*Time.*] They spring up in *April*, and their blooming Catkins in *July*, seedling for the most part in *August*; and then perish down to the ground, rising afresh in the Spring.

*Government and Virtues.*] The Herb is belonging to *Saturn*, yet is very harmless, and excellent good for the things following; Horstail, the smoother rather than the rough, and the leaved rather than the bare, are most Physical. It is very powerful to stanch Bleedings wheresoever, either inward or outward, the Juyce or the Decoction thereof being drunk, or the Juyce, Decoction, or distilled Water applied outwardly. Bleeding, Flux, It stayeth also all sorts of Lasks and Fluxes in man or woman, and the pissing of blood, and healeth also not only the Rissing Blood, inward Ulcers, and Excoriations of the Entrails, Bladder, inward Ulcers, &c. but all other sorts of foul, moist, and running Ulcers, Excoriations and soon sodereth together the tops of green wounds. It curreth also Ruptures in Children. The Decoction thereof in *Wine* being drunk, provoketh Urin; and helpeth the Stone Ruptures, Dis-

*ry, Stone, Strangury, Cough, Inflammations, Pimples, red Face.* and the Strangury: and the distilled Water thereof drunk two or three times in a day, and a small quantity at a time; as also easeth the Entrails or Guts, and is effectual against a Cough that comes by distillation from the Head. The Juyce or distilled water being warmed, and hot Inflammations, Pustules, or red wheals, and other breakings out in the skin, which being bathed therewith, doth help them, and doth no less ease the swellings, heat &

Inflammations of the Fundament or Privy parts in man or woma-

*sedum*

**Housleek, or Sengreen.** ~~or be punicea.~~

**B**OTH these are so well known unto my Country-men, that I shall not need to writ any Description of them.

**Place.** It groweth commonly on Walls and House sides, and flowereth in July.

**Government and Vertues.** It is an Herb of *Jupiter*, and it is reported by *Mazaldus*, to preserve what it grows upon from Fire and Lightning. Our ordinary Housleek is good for all inward heats as well as outward, and in the Eyes or other parts of the body.

A Posset made with the Juyce of Housleek is singular good in all hot Agues, for it cooleth and tempereth the blood and Spirits, and quencheth the thirst: and is also good to stay all hot defluxions of sharp & salt Rheums in the Eyes, the Juyce being dropped into them, or into the Ears, helpeth them. It helpeth also other fluxes of humors in the Bowels, and the immoderate Courses of Women. It cooleth and restraineth also all other hot Inflammations, *St. Anthonis fire*, Scaldings and Burnings, the Shingles, fretting Ulcers, Cankers, Tetterers, Ringworms, and the like, and much easeth the pain of the Gout proceeding from an hot cause. The Juyce also taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the skin and leaves being laid on them afterwards. It easeth also the Headach, and distempered heat of the Brain in Frenzies, or through want of sleep, being applied to the Temples and Forehead. The leaves bruised and laid upon the Crown or Seam of the Head, stayeth bleeding at the Nose very quickly. The distilled water of the Herb is profitable for all the purposes aforesaid.

The leaves being gently rubbed on any place stung with Nettles or Bees, doth quickly take away the pain.

*cynoglossum*

**Hounds-Tongue.**

**Descript.** **T**He great ordinary Hounds-Tongue bath many long and somewhat narrow, soft, hairy, darkish green Leaves, lying on the ground somewhat like unto Bugloss leaves, from among which riseth up a rough hairy stalk about two foot high, with some smaller Leaves thereon, and branched at the top into divers parts, with a small Leaf at the foot of every branch which is somewhat long with many flowers set along the same, which branch is crooked

or turned inwards before it overeth and openeth by degrees as the Flowers do blow, which consist of small purplish red Leaves of a dead colour, scarcely rising out of the Husk wherein they stand with some thrids in the middle. It hath sometimes a white Flower. After the Flowers are past, there cometh rough flat seed, with a small pointel in the middle, easily cleaving to any garment that it toucheth, and not so easily pulled off again. The Root is black, thick, and long, hard to break; and full of a clammy juyce, smelling somewhat strong, of an evil scent as the Leaves also do.

**Place.** It groweth in most places of this Land, in wast Grounds, and untilled places by High-way sides, Lanes, and Hedg sides.

**Time.** It flowereth about May and June, and the seed is ripe shortly after.

**Government and Vertues.** It is a Plant under the Dominion of Mercury. The Root is very effectually used in Pills, as well as in Decoctions, or otherwise, to stay all sharp and thin Defluxions of Rhewm from the Head into the Eyes or Nose, or upon the Stomach or Lungs, as Eyes, Nose, also for Coughs or shortness of breath. The leaves boyled in Stomach, wine (saith *Dioscorides*) but others do rather appoint it to be Lungs, made with water, and to add thereto Oyl and Salt, mollifieth or shortnes openeth the Belly downwards. It also helpeth to cure the biting of Breath, of a mad Dog, some of the leaves being also applied to the mad Dogs, wound: the leaves bruised, or the Juyce of them boyled in Scaldings, Hogs-lard, and applied, helpeth the falling away of the Hair *Burnings*, which cometh of hot and sharp humors; as also for any place *Hemorrhoides*, that is scalded or burnt: the leaves bruised and laid to any green *wounds*, wound, doth heal it up quickly: the Root baked under the embers, wrapped in Past, or wet Paper, or in a wet double Cloth, *Ulcers*, and thereof a Suppository made, and put up into, or applied to *French* the Fundament, doth very effectually help the painful Piles or *Pox*. *Hemorrhoids*. The distilled Water of the Herb and Roots, is very good to all the purposes aforesaid, to be used as well inwardly to drink, as outwardly to wash any sore places, for it healeth all manner of Wounds and Punctures, and those foul Ulcers that arise by the French Pox.

*M. Zildus* adds to this, That the Leaves laid under the Feet, will keep the Dogs from barking at you: *Hounds-tongue*, because it ties the tongues of Hounds, whether it be true or not, I never tried: yet I have cured the biting of a mad Dog with this only Medicine.

### *ilex* Holly, Holm, or Hulver-bush.

**F**OR to describe a Tree so well known, is needless.

**Government and Vertues.** The Tree is really *Saturnine*, The Berries expel wind, and therefore are held to be profitable in the Colick. The Berries have a strong quality with them: for if you eat a dozen of them in the morning fasting when they are ripe, and *Expel Wind*, not dried, they purge the body of gross and clammy Flegm: *Colick, Flegm*, but if you dry the Berries, and beat them into Powder, they *Fluxes, Bloody-*

Terms, Rones  
broken, Mem-  
bers out of  
Joynt, Witch-  
craft.

bind the body, and stop Fluxes, Bloody-fluxes, and the terms in Women: the Bark of the tree, and also the Leaves are excellent good being used in Fomentations for broken Bones, and such Members as are out of Joynt. Pliny saith the branches of the tree defend Houses from Lightning, and men from Witchcraft.

## *Hypericum* St. Johns-wort. *Coxaconeillo*

Descript. Common St. Johns-wort shooteth forth brownish, upright, hard, round stalks, two foot high, spreading many branches from the sides up to the tops of them, with two small Leaves set one against another at every place, which are of a deep green colour, somewhat like the Leaves of the lesser Centaury, but narrower, and full of small holes in every Leaf, which cannot be so well perceived as when they are held up to the light. At the tops of the stalks and branches stand yellow Flowers made of five Leaves apiece, with many yellow thrids in the middle, which being bruised, do yield a reddish juyce like blood, after which come small round Heads, wherein is contained small blackish seed smelling like Rose. The Root is hard and woody, with divers strings and fibres at it, and of a brownish colour, which abideth in the ground many years, shooting anew every Spring.

Place. This groweth in Woods and Copse, as well those that are shady as open to the Sun.

Time. They flower about Midsummer, and in July, and their seed is ripe in the latter end of July or August.

**Government and Vertues.** It is under the Coelestial Sign *Leo*, and under the Dominion of the Sun. It may be if you meet with a Papist that is an Astrologer, he will tell you St. John made it over to him by a Letter of Attorney, especially if withal he be a Lawyer also. St. Johns-wort is as singular a Wound-herb as any other whatsoever, either for inward wounds, hurts, or bruises, to be boyled in Wine and drunk, or prepared into Oyl or Oyntment, Bath or Lotion outwardly. It hath power to open Obstructions, to dissolve Swellings, to close up the lips of wounds, and to strengthen the parts that are weak and feeble. The Decoction of the Herb and Flowers, but of the Seed especially in Wine, being drunk; or the seed made in a Powder, and drunk with the Juyce of Knotgrass, helpeth all manner of spitting and vomiting of blood, be it by any Vein broken inwardly by Bruises, Falls, or however. The same helpeth those that are bitten or stung by any venomous Creature: and is good for those that are troubled with the stone in their Kidnies, or that cannot make water; and being applied, provoketh Womens Courses. Two drams of the seed of St. Johns-wort made into Powder, and drunk in a little Broth, doth gently expel Choler, or congealed blood in the Stomach: the decoction of the leaves and seeds being drunk somewhat warm before the fits of Agues, whether they be Tertiaries, or Quartans, doth alter the fits, and

by often using, doth take them quite away: The Seed is much commended being drunk for forty daies together, to help the Sciatica, the Falling-Sickness, and the Palsie.

## *Ivy.*

**I**T is well known to every Child almost to grow in Woods upon the Trees, and upon the Stone Walls of Churches, Houses, &c. and sometimes to grow alone of it self, though but seldom.

**Time.** It flowreth not until July, and the Berries are not ripe till Christmas, that they have felt Winter frosts.

**Government and Vertues.** It is under the Dominion of Saturn. A pugil of the Flowers, which may be about a dram (saith *Dioscorides*) drunk twice a day in red Wine, helpeth the Lask and Bloody Flux. It is an enemy to the nerves & sinews being much taken inwardly, but *Flux*, very helpfull unto them being outwardly applied. *Pliny* saith, *Bloody* That the yellow berries are good against the Jaundies, & taken *Flux*, before one be set to drink hard, preserveth from Drunkennesse, *Jaundies*, and helpeth those that spit Blood: and that the white Berries *spitting* being taken inwardly, or applied outwardly, killeth the Worms *Blood*, in the Belly. The Berries are a singular Remedy to prevent the *Worms*, *Plague*, as also to free them from it that have got it, by drink-- *Drunk-* *ing* the Berries therof made into Powder, for 2. or 3. daies toge *keness*, ther: They being taken in Wine, do certainly help to break the *Pestilence*, *Stone*, provoke Urine and Womens Courses. The fresh Leaves *Stone*, of Ivy, boiled in Vinegar, and applied warm to the sides of those *Disury*, that are troubled with the Spleen, Ach, or stitch in the sides, *Terms* doth give them much ease: the same applied with some Rose- *provok's*, water and Oil of Roses to the Temples & Forehead, easeth the *Spleen*, Headake, though it be of long continuance. The fresh Leaves *Stitch*, boiled in Wine, and old filthy Ulcers that are hard to be cured *Headake*, washed therwith, doth wonderfully help to cleanse & heal them: *Ulcers*, It also quickly healeth green Wounds, as also it is effectual to *Wounds*, heal all burnings and scaldings, and all kind of exulcerations *Burnings*, coming thereby, or by salt Flegm or Humors in other parts of *scaldings*, the Body. The Juice of the Berries or Leaves snuffed up into *salt flegm*, the Nose, purgeth the Head and Brain of thin Rhewm that ma- *Rhewm*, keth Defluxions into the Eyes and Nose, and cureth the Ulcers *sore Ears*. and stench therein: the same dropped into the Ears, helpeth the old, and running sores of them: those that are troubled with the Spleen shall find much ease by continual drinking out of a Cup made of Ivy, so as the drink may stand some small time therein before it be drunk. *Cato* saith, That Wine put into such a Cup will soak throughli it, by reason of the Antipathy that is between them.

There seems to be a very great Antipathy between Wine and Ivy, for if any have got a surfer by drinking Wine, his speediest Cure is to drink a draught of the same Wine wherein a handful of Ivy Leaves being first bro-  
ked, have been boiled.

# *juniperus* Juniper-Bush.

FOR to give a Description of a Bush so commonly known is needless. Place. They grow plentifully in divers Woods in Kent, upon *Wans*. Common near *Brentwood* in *Essex*, upon *Finchly Common* without *Highbury*, hard by the *New-found Wells* near *Dulcote*, upon a Common between *Mitcham* and *Croydon*, in the High-way near *Amersham* in *Buckinghamshire*; and in many other places.

Time. The Berries are not ripe the first year, but continue green two Summers and one Winter before they be ripe; at which time they are of a black color, and therefore you shall alwaies find upon the Bush green Berries: the Berries are ripe about the Fall of the Leaf.

*Government and Vertues.* This admirable *Solar Shrub*, is scarce to be paralel'd for his Vertues. The Berries are hot in the third degree, and dry but in the first, being a most admirable Counter-poison, and *Counter poysen*, as great a resister of the Pestilence as any grows; they are Pestilence, venomous Beasts, provoke Urin exceedingly, and therefore are very available to disuries and stranguries: it is so powerful a Remedy against the Dropsie, that the very Lye made of the Ashes of the Herb being drunk, cures the Disease: it provokes the Terms, helps the Fits of the Mother, strengthens the Stomach exceedingly, and expels Wind: indeed there is scarce a better Remedy for Wind in any part of the Body, or expels, Cholick, the Cholick, than the Chymical Oil drawed from the Berries: such Country people as know not how to draw the Chymical Oil, may content themselves by eating ten or a dozen of the ripe Berries every morning fasting, they are admirable good for the Cough, shortnes of Breath, and Consumption, pains in the Belly, Ruptures, Cramps, and Convulsions: They give safe and speedy delivery to Women with Child, they strengthen the Brain, exceedingly help the Memory, and fortifie the Sight by strengthening the optick Nerves: They are excellent good in all sorts of Agues, they help the Gout, and Sciatica, and strengthen all the Limbs of the Body. The Ashes of the Wood is a special Remedy for such as have the Scurvy to rub their Gums with: the Berries stay all fluxes, help the Hemorrhoids or Piles, and kill Worms in Children: A Lye made of the Ashes of the Wood, and the Body bathed with it, cures the Itch, Scabs, and Leprosie: The Berries break the stone, procure appetite when it is lost, and are excellent good for Palsies and Falling Sickness.

To cure all Diseases, read my *Rivervis, Riolsnus, Johnaston, Veslingus, Sennertus*, and *Physick for the Poor*.

# ~~Cotyledon~~ Kidney-wort, or Wall-Pennyroyal.

## Or, Wall-Pennywort.

**Descript.** It hath many thick, flat, and round Leaves growing from the Root, every one having a long footstalk fastned underneath about the middle of it, and a little unevenly waved sometimes about the edges, of a pale green color, and somewhat hollow on the upper side like a Sawcer; from among which rise one or more tender smooth hollow Stalks half a foot high, with two or three small Leaves thereon, usually not round as those below, but somewhat long and divided at the edges: The tops are sometimes divided into long branches, bearing a number of flowers, set round about a long spike one above another, which are hollow and like a little Bell, of a whitish green color, after which come small Heads containing very small brownish seed, which falling on the ground, will plentifully spring up before Winter, if it have moisture. The Root is round, and most usually smooth, grayish without, and white within, having small fibres at the head of the Root, and bottom of the stalk.

**Place.** It groweth very plentifully in many places of this Land, but especially in all the West parts thereof, upon stone and Mud Walls, upon Rocks also, and in stony places upon the ground, at the bottom of old Trees, and sometimes on the Bodies of them that are decayed and rotten.

**Time.** It usually flowreth in the beginning of May, and the Seed ripening quickly after, sheddeth it self: so that about the end of May usually the Leaves and stalks are withered, dry, and gone until September, that the Leaves spring up again, and so abide all Winter.

**Government and Virtues.** *Venus* challengeth the Herb under *Libra*. The Juyce or the distilled Water being drunk, is very effectual for all Inflammations, and unnatural heats, to cool a fainting hot Inflammation, Stomach, or a hot Liver, or the Bowels: The bruised Herb, or ons, Pimples the place bathed with the Juice or distilled Water thereof, and Redness, St. outwardly applied healeth Pimples, Redness, St. *Antonies fire*, *Antonies* and other outward heats and Inflammations. The said Juyce or fire, kidneys, Water helpeth much also to heal sore Kidneys, torn or fretted hurt by the Stone, or exulcerated within, and easeth the pains: stone, disury, It also provoketh Urine, and is available for the Dropsie, and stone, bloody helpeth to break the stone, cooling the inflamed parts, and Flux, Piles, other pains of the Bowels, and the Bloody Flux. It is singular good to cool the painful Piles, or Hemorrhoidal Veins, the hoids, Gout, Juyce being used as a Bath unto them, or made into an Ointment: It is no less effectual to give ease of pains to the hot Cods, Gout, the Sciatica, and the Inflammations and Swellings in the Kings Evil, Cods: It helpeth the Kernels or Knots in the Neck or Throat, Kibes, called the Kings Evil; healeth Kibes and Chilblains if they blains. be bathed with the juyce, or anointed with an Ointment made thereof, and some of the skin of the Leaf laid upon them: It is also used in green Wounds to stay the Blood, and to heal them quickly.

**Description.** The common sort hereof hath many long, and somewhat broad dark green Leaves rising from the Root, deeply dented about the edges, and sometimes a little rent or torn on both sides in two or three places, and somewhat hairy withall, among which riseth a strong round stalk four or five foot high, divided into many branches; at the tops whereof stand great scaly green Heads, and from the middle of them thrust forth a number of dark purplish red thrums or threds, which after they are withered and past, there is found divers black Seeds, lying in a great deal of Down, somewhat like unto a Thistle seed, but smaller: The Root is white, hard, and woody, with divers fibres annexed thereunto, which perisheth not, but abideth with Leaves thereon all the winter, shooting out fresh every Spring.

**Place.** It groweth in most Fields and Meadows, and about their Borders and Hedges, and in many wast grounds also, almost every where.

**Time.** It usually flowreth in June and July, and the seed is ripe shortly after.

**Gouvernement and Vertues.** Saturn challengeth the Herb for his own.

This Knapweed helpeth to stay Fluxes, both of Blood at the Mouth or Nose, or other outward parts, and those Veins that are inwardly broken, or inward Wounds, as also the Fluxes of the Belly: It stayeth the Distillations of thin and sharp Humors from the Head upon the Stomach and Lungs: It is good falls, blows, for those that are bruised by any fall, blows, or otherwise. It is very profitable for those that are bursten, and have a Rupture, Ruptures, sores, Cankers, Fistulaes, Scabby by drinking the Decoction of the Herb and Roots in Wine, and applying the same outwardly to the place. It is singular laes, Scabby good in all running sores, cankrous and fistulous, drying up the head, sore moisture, and healing them up gently, without sharpnes; it throat, doth the like to running sores or scabs of the Head, or other Uvula, parts. It is of special use for the soresesse of the Throat, swelling of the Uvula and Jaws; and excellent good to stay the Jaws.

### *Polygonum*

### Knot-grass.

It is generally so well known, that it needeth no Description.

**Place.** It groweth in every Country of this Land, by the High-way sides, and by Foot paths in Fields, as also by the sides of old Walls.

**Time.** It springeth up late in the Spring, and abideth until Winter, when all the Branches perish.

**Gouvernement and Vertues.** Saturn seems to me to own the Herb, and yet some hold the Sun; out of doubt 'tis Saturn. The Juice of the common kind of Knotgrass, is most effectual to stay bleeding, Heat, Flux. at the Mouth, being drunk in Steele or red Wine: and the bleeding at the Nose, to be applied to the Forehead and Temples.

Temples, or to be squirted up into the Nostrils. And no less Bloody effectual to cool and temper that heat of the blood and stomach, *Flux*, and to stay any Flux of the Blood or Humours, as Lask, Bloody Courses Flux, Womens Courses, and Running of the Reins. It is sin- stops, gular good to provoke Urin, help the Strangury, and allayeth the Disury, heat that cometh thereby; and it is powerful by Urin to expel Gravel, the Gravel or Stone in the Kidneys or Bladder, a dram of the Powder of the Herb being taken in Wine for many dayes toge- ther: Being boyled in Wine and drunk, it is profitable to those that are stung or bitten by venomous creatures, and very effectu- al to stay all defluxions of Rheumatick humors upon the sto- mach, and killeth Worms in the Belly or Stomach, quitteth in- ward pains that arise from the heat, sharpnesse, and corruption of blood and choler: The distilled Water hereof taken by it self, or with the Powder of the Herb or Seed is very effectual to all the purposes aforesaid, and is accounted as one of the most sove- reign remedies to cool all manner of Inflammations, breakings out through heat, hot swellings, and Impostumations, Gangrenes, &c Cankers, fistulous Cankers, or foul filthy Ulcers, being applied or put in- to them; but especially for all sorts of Ulcers, and sores happen- ing in the privy parts of Men and Women: It helpeth all fresh Ears, and green Wounds, and speedily helpeth them. The juyce drop- ped into the Ears, cleanseth them being foul, and having running matter in them.

It is very prevalent for the premises; as also for broken Joyns, and Ruptures.

### *alchemilla* Ladies-Mantle.

Descript. It hath many Leaves rising from the Root, standing upon long hairy foot-stalks, being almost round, but a little cut in on the edges, into eight or ten parts more or less, making it seem like a star, with so many corners and points, and dented round about, of a light green colour, some- what hard in handling, and as if it were foldea, or plaited at first, and then crumpled in divers places, and a little hairy as the stalk is also, which riseth up among them to the height of two or three foot, with such like Leaves thereon, but smaller, and being weak is not able to stand upright, but bendeth down to the ground, divided at the top into two or three small branches, with small yellowish green Heads, and Flowers of a whitish colour, breaking out of them; which being past, there cometh small yellow seed like Poppy seed: The Root is somewhat long and black, with many strings or fibres thereat.

Place.] It groweth Naturally in many Pastures, and Wood-edges in Hartfordshire, Wiltshire, and Kent, and other places of this Land.

Time.] It flowreth in May and June, abideth after Seed-time green all the Winter.

**Government and Vertues.**] *Venus* claims the Herb as her own. Ladies  
Inflammations, Bleeding, Vomiting, Fluxes, Bruises, Ruptures, Flagging Breasts, Barracnes, Women with Child. Mantle is very proper for those Wounds that have Inflammation, and is very effectual to stay bleedings, vomitings, Fluxes of all sorts in man or woman, and bruises by falls or otherwise, and helpeth Ruptures, and such Women or Maids as have over great flagging Breasts, causing them to grow less and hard, being both drunk, and outwardly applied: The distilled Water drunk for twenty dayes together, helpeth Conception, and to retain the Birth, if the Woman do sometimes also sit in a Bath made of the Decoction of the Herb. It is one of the most singular Wound Herbs that is, and therefore highly prized and praised by the Germans, who use in all Wounds inward and outward, to drink the Decoction thereof, and wash the Wounds therewith, or dip Tens therein, and put them into the Wounds, which wonderfully drieth up all humidity of the sores, and abateth Inflammations therein. It quickly healeth all green Wounds, not suffering any corruption to remain behind, and cureth old sores, though fistulous and hollow.

### *esp/liego* *Lavender spike*

**B**eing an Inhabitant in almost every Garden, it is so well known, that it needeth no Description.

**Time.** It flowreth about the end of *June*, and beginning of *July*.

**Government and Vertues.**] *Mercury* owns the Herb, and it carries his effects very potently. *Lavender* is of special good use for all Head; brains, the griefs and pains of the Head and Brains that proceed of a cold cause, as the Apoplexy, Falling-sickness, the drouzy or sluggish Malady, Cramps, Convulsions; Palseys, and often faintings. It strengtheneth the stomach, and freeth the Liver and Spleen from Obstructions, provoketh Womens Courses, and expelleth the dead Child and After-birth. The Flowers of *Lavender* steeped in Wine, helpeth them to make water that are stopped, or are troubled with the Wind or Cholick, if the places be bathed therewith. A Decoction made with the flowers of *Lavender*, *Horchound*, *Fennel*, and *Asparagus Roots*, and a little *Cinnamon*, is very profitably used to help the Falling-sickness, and the giddiness or turning of the Brain: To gargle the Mouth with the Decoction thereof is good against the Toothach. Two spoonfuls of the distilled Water of the Flowers taken, helpeth them that have lost their voice; as also the tremblings and passions of the Heart, and faintings and swoonings, not only being drunk, but applied to the Temples, or Nostrils to be smelt unto, but it is not safe to use it where the body is replete with Blood and humors, because of the hot and subtil spirits wherewith it is possessed. The Chymical Oyl drawn from *Lavender*, usually called Oyl of Spike, is of so fierce and piercing spi-

ries that it is cautiously to be used, some few drops being sufficient to be given with other things, either for inward or outward Griefs.

### *abrottonum, femina* Lavender Cotton.

**I** T being a common Garden Herb, I shall forbear the Description, onely take notice, That it flowereth in June and July.

**Government and Vertues.**] It is under the Dominion of **Mercury**. It resisteth Poyson, Putrefaction, and helps the Poyson, Putrefaction of Venemous Beasts: A dram of the Powder of the fation, Vene-dried Leaves taken every morning fasting in any convenient mous Beasts, Vehicle, stops the running of the Reins in Men, and Running of the Whites in Women. The Seed being beaten into Powder, Reins, Whites and taken as Wormseed, it kills the Worms, not onely in in Women, Children, but also in people of riper years: the like doth Worms, Scabs, the Herb it self being boiled in Milk, and the Milk drunk: Itch. The Body bathed with the Decoction of it, helps Scabs and Itch.

### *Cestamia*

### Ladies-Smocks, or Cuckoo-Flowers.

**Descript.**] **T**He Root is composed of many small white threds, from whence springeth up divers long stalks of winged Leaves consisting of many round tenier dark green Leaves set one against another upon a middle Rib; the greatest being at the ends, amongst which rise up divers tender weak round green stalks, somewhat straked with longer and smaller Leaves upon them; or the tops of which stand flowers almost like Stock Gilliflowers, but rounder and not so long, of a blushing white colour: The Seed is reddish, and groweth in small pouches, being of a sharp biting tast, and so bath the Herb.

**Place.** They grow in moist places, and neer to Brook-sidcs.

**Time.**] They flower in April, or May, and the lower Leaves continue green all the Winter.

**Government and Vertues.**] They are under the Dominion of the Moon and very little inferiour to Water-Cresses **Scurvy**, provoke in all their operations: They are excellent good for the Urin, Stone, Scurvy: they provoke Urin and break the Stone, and excellently warm a cold and weak stomach, restoring lost appetite, Indigestion, and helping digestion.

### *Lactuca* Lettice.

**I**T is well known, being generally used as a Sallet Herb, that it is altogether needless to write any Description thereof.

**Government and Vertues.** The Moon owns them, and that's the Reason they cool and moisten what heat and dryness Mars causeth, because Mars hath his fall in Cancer, and they cool the Heart, because the Sun rules it, between whom and the Moon is a Reception in the Generation of Man, as you may see in my Guide for Women. The Juyce of Lettice mixed or boyled

Watching,  
Head-ach,  
Indiges-  
tion,  
Thirst,  
Milk en-  
creaseth,  
Choler,  
Bowels,  
Lust,  
Venerious  
Dreams,  
Inflama-  
tions;  
Heat of  
urin.

with Oyl of Roses, and applied to the fore-head and temples, procuredly sleep, and easeth the Head-ach proceeding of an hot cause: being eaten boyled, it helpeth to loosen the Belly. It helpeth digestion, quencheth thirst, increaseth Milk in Nurses, easethly griping pains of the Stomach or Bowels, that come of Choler. It abateth Bodily Lust, represteth Venerious Decays, being outwardly applied to the Cods with a litle Cataphire: Applied in the same manner to the Region of the Heart, Liver, or Reins, or by bathing the said place with the juyc or distilled water, wherein some white sanders, or red Roses are pur also, it not only represteth the heat and Inflammation therein, but comforts and strengthens those parts, and also tempereth the heat of Urin. Galen adviseth old men to use it with Spices, and where Spices are wanting, to add Mints, Rocket, and such like hot herbs, or else Citron, Lemon, or Orange seeds, to abate the cold of one, and heat of the other. The seed and distilled water of the Lettice work the like effect in all things: but the use of Lettice is chiefly forbidden to those that are short winded, or have any imperfection in their Lungs, or spit Blood.

## *Nymphaea* The Water-Lilly.

Of these there are two principally noted kinds; viz. The white; and the yellow.

**Descript.**] The white Lilly hath very large, and thick dark green Leaves lying on the water, sustainea by long and thick Foot-stalks, that rise from a great, thick, round and long tuberous black Root, spungy or loose with many knobs theron like Eyes, and whitish within, from amidst the which rise other the like thick and great stalks, sustaineing one large white flower thereon, green on the outside, but as white as Snow within, consisting of divers rows of long and somewhat thick and narrow Leaves, smaller and thinner the more inward they be, encompassing a head within with many yellow threds or thrums in the middle, where after they are past, stand round Poppy-like Heads, full of broad, oily, and bitter seed.

The yellow kind is little different from the former, save only it hath fewer Leaves on the Flowers, greater and more shining seed, and a whitish Root, both within and without: The Roots of both being somewhat sweet in taste.

**Place.**] They are found growing in great Pools and standing waters, and sometimes in slow running Rivers and lesser Ditches of water, in sundry places of this Land.

**Time.** They flower most commonly about the end of May, and their Seed is ripe in August.

**Government and Vertues.**] The Herb is under the Dominion of the Moon, and therefore cools and moistens like the former. The Leaves and

Flowers of the Water-Lilies are cold and moist, but the Root and Seed is cold and dry: The Leaves do cool all Inflammations, and both outward and inward heats of Agues, and so doth the

Flowers also, either by the Syrup or Conserve: The Syrup help-  
eth much to procure rest, and to settle the Brains of Frantick Frenzie,  
persons, by cooling the hot distemperature of the Head. The Flux,  
Seed as well as the Root is effectual to stay Fluxes of Blood or Belly,  
Humors, either of wounds, or of the Belly: but the Roots are Run-  
ning, most used, some choosing the one, and some the other, to be more of the  
effectual to cool, bind, and restrain all Fluxes in Man or woman, Reins,  
as also the Running of the Reins, and the passing away of the Venerie,  
seed when one is asleep: but the frequent use hereof extin-  
guisheth Venerious Actions: The Root is likewise very good Spots,  
for those whose Urin is hot and sharp, to be boyled in Wine or Sunburn,  
Water, and the Decoction drunk. The distilled water of the Morphew.  
Flowers is very effectual for all the Diseases aforesaid, both in-  
wardly taken and outwardly applied, and is much commended to take away  
Freckles, Spots, Sunburn, and Morphew from the Face, or other parts of  
the Body. The Oyl made of the flowers, as Oyl of Roles is made, is pro-  
fitably used to cool hot Tumors, and the Inflammations of Ulcers and  
wounds, and to ease the pains, and help the sores.

### *Lilium convallariae.* Lilly of the Valley.

Called also Convall-Lilly, May-Lilly, and Lilly Confancy.

*Descript.* The Root is small, and creepeth far in the Ground, as Grass  
Roots do: the Leaves are many, amongst which ariseth up a stalk half a foot  
high, with many white flowers like little bells, with turned edges, of a strong,  
though pleasing smell: the Berries are red, not much unlike those of Spar-  
tagus.

*Place.* They grow plentifully upon Hamsted-heath, and in many other  
places in this Nation.

*Time.* They flower in May, and the Seed is ripe in September.

*Temperature and Vertues.* It is under the Dominion of Mercurie, and  
therefore there is no question to be made but it strengthens  
the Brain, recruits a weak Memory, and makes it strong a- Brain, Memory,  
gain: The distilled Water dropped into the Eyes, helps Inflammations in  
inflammations there, as also that infirmity which they call a the Eyes, pin &  
Pin and Web: the spirit of the flowers distilled in Wine, Web, lost speech,  
restoreth lost speech, helps the Palsie, and is exceeding Palsie, Apo-  
good in the Apoplexy, comforteth the Heart and vital plexy, Heart,  
spirits. Gerard saith, That the Flowers being close stopped Vital Spirits,  
up in a Glas put into an Ant-hil, and taken away again a Gout.  
month after, you shall find a Liquor in the Glas, which be-  
ing outwardly applied helps the Gout.

### *Lilium album.* White-Lillies. *Aluzera.*

*I*t were in vain to describe a Plant so commoaly known in every ones  
Garden, therefore I shall not tell you what they are, but what they are  
good for.

*Government and Vertues.*] They are under the Dominion of the Moon, and by Antipathy to Mars, expel poysen: they are excellent good in Pestilential Feavers: The Roots being bruised and boyled in Wine, and the

*Poyson, Pestilential Feavers, Venom, Dropsic, Scald-Heads, unites Sinews, Ulcers, After-birth Plague-sores, Swellings in the Privities Burnings, Scaldings, Hair-restorcb.* Decoction drunk, for it expels the Venom to the exteriour parts of the Body: The Juyce of it being tempered with Barly-meal baked, and so eaten for ordinary bread, is an excellent cure for the Dropsic: An Oyntment being made of the Root and Hogs grease, is excellent good for Scald-heads, and unites Sinews when they are cut; besides the Vertue that it hath to cleanse Ulcers, it being of a fine suppurating quality: The Root boyled in any convenient Decoction, gives speedy delivery to Women in Travel, and expels the After-birth: The Root roasted and mixed with a little Hogs-grease, makes a gallant Pultis to ripen and break Plague-sores: The Oyntment is excellent good for swellings in the Privities, and will cure Burnings and Scaldings without a scar, and trimly deck a bald place with Hairs.

### *Liquoriza Liquoris. Regalis.*

*Descript.*] Our English Liquoris riseth up with divers woody stalks, whereon are set at several distances, many narrow, long, green Leaves, set together on both sides of the stalks, and an od one at the end, very well resembling a young Ash-tree sprung up from the seed: This by many years continuance in a place without removing, and not else, will bring forth Flowers, many standing together spike fashion one above another upon the stalks, of the form of Peasc-blossoms, b't of a very pale blew colour, which turn into long, somewhat flat, and smooth Cods, wherein is contained small, round, hard seed: The Root runneth down exceeding deep into the ground, with divers other smaller Roots and Fibres growing with them, and shoot out Suckers from the main Roots all about, whereby it is much increased, of a brownish colour on the outside, and yellow within.

*Place.* It is planted in Fields and Gardens in divers places of this Land, and thereof good profit is made.

*Government and Vertues.*] It is under the Dominion of Mercury. Liquoris boyled in fair Water with some Maiden-hair and Figs, maketh a good Drink for those that have a dry Cough or Hoarseness, Wheesing, Shortness of Breath, and for all the griefs of the Breast and Lungs, Phtisick or Consumptions caused by the Distillation of Salt Humors on them. It is also good in all pains of the Reins, the Strangury, and heat of Urin: The fine powder of Liquoris blown through a quill into the Eyes that have a Pin and Web (as they call it) or Rheumatick Distillations into them, doth cleanse and help them: The Juyce of Liquoris is as effectual in all the Diseases of the Breast and Lungs, the Reins and Bladder, as the Decoction. The Juyce dissolved in Rose-water, with some Gum-Tragacanth, is a fine Licking Medicine for Hoarseness, Wheesings, &c.

# Hepatica Liverwort.

Description. Common Liverwort groweth close, and spreadeth much upon the ground in moist and shadowy places, with many sad green Leaves, or rather (as it were) sticking flat one to another, very unevenly cut in on the edges, and, *crumpled*, from among which arise small slender stalks an inch or two high at most, bearing small starlike flowers at the tops. The Roots are very fine and small.

Government and Vertues. It is under the Command of the Liver, piter, and under the sign Cancer. It is a singular good Herb for Inflammation all the Diseases of the Liver, both to cool & cleanse it, and hel- on, Yellow peth the Inflammations in any part, and the yellow Jaundice like- Jaundies, wise: being bruised and boiled in small Beer and drunk, it coo- Spleen, leth the heat of the Liver and Kidnies, and helpeth the running Running of the Reins in Men, and the Whites in Women: It is a singular Remedy to stay the spreading of Tetter, Ring-worms, Reins, and other fretting and running Sores and Scabs, and is an excellent Remedy for such whose Livers are corrupted by Surfers, Tetter, which causeth their bodies to break out, for it fortifies the Liver ringworms; exceedingly, and makes it impregnable. For cure of all Diseases, Surfers, read my Riverius, Riolarus, Johnston, *V. sanguis*, &c. *Lisiachia*

## Loof-strife, or Willow Herb.

Description. Common yellow Loof-strife groweth to be four or five foot high, or more, with great round Stalks a little crested, diversly branched from the middle of them to the tops into great and long branches, on all which at the Joynts there grow long and narrow Leaves, but broader below, and usually two at a Joynt, yet sometimes three or four somewhat like willow-Leaves, smooth on the edges, and of a fair green color from the upper joynts of the branches, and at the tops of them also stand many yellow flowers of five Leaves a piece, with divers yellow thydes in the middle, which turn into small round heads, containing small cornered seeds: The Root creepeth under ground, almost like Couch-grass, but greater, and shooteth up every spring, brownish heads, which afterwards grow up into Stalks: It bath no scent nor taste but only astringent.

Place. It groweth in many places of this Land in moist Meadows, and by Water-sides.

Time. It flowereth from June to August.

Government and Vertues. This Herb is good for all manner of bleeding at Mouth, or Nose, or Wounds, and all Fluxes of the Belly, and the Bloody Flux, given either to drink, or taken by Bleeding, Flux, Clyster, it stayeth also the abundance of womens Courses: Bloody Flux, It is a singular good Wound Herb for green wounds, to stay Terms stops, the bleeding, and quickly cloze together the Lips of the wounds, Sore wound, if the Herb be bruised; and the juice only applied: Mouth, Privy. It is often used in Gargles for sore Mouths, as also for the ties, Gnatia.

secret parts: The smoak hereof being burned, driveth away Flies and Gnats which use in the night time to molest people inhabiting near Marshes, and in the Fenny Countries.

## Loof-strife, with spiked heads of Flowers.

**Descript.** **T**is growth with many woody square stalks, full of joyns, about three foot high at least, at every one whereof, stand two long leaves, shorter, narrower, and of a larger green color than the former, and some brownish. The stalks are branched into many long stems of spiked Flowers, half a foot long, growing in Bundles one above another, out of small husks very like the spiked heads of Lavender, each of which Flowers have five round pointed Leaves of a purple Violet color, or somewhat inclining to redness, in which husks stand small round heads after the Flowers are fallen, wherein is contained small seed: The Root crepeth under ground like unto the yellow, but is greater than it; and so are the heads of the Leaves when they first appear out of the ground, and more brown than the other.

**Place.** It groweth usually by Rivers, and Ditches sides in wet Grounds, as about the Ditches at and neer Lambeth; and in many other places of this Land.

**Time.** It flowreth in the Months of June and July.

**Government and Vertues.** The Herb is an Herb of the Moon, and under the Sign Cancer: neither do I know a better Preserver of the sight when 'tis well; nor a better Cure of sore Eyes, than Eyebright taken inwardly, and this used outwardly: 'tis cold in quality. This Herb is no whit inferior unto the former, it having not only all the Vertues which the former hath, but some peculiar Vertues of its own found out by experience, as namely, The Distilled water is a present Remedy for Hurts and Blows on the Eyes, and for Blindnes, so as the Christalline Humor be not perished or hurt; and this hath been sufficiently proved true by the experience of a man of Judgment, who kept it long to himself as a great secret: It also cleereth the Eyes of dust or any other thing gotten into them, and preserveth the sight. It is also very much available against Wounds and Thrusts, being made into an Ointment on this manner, To every ounce of the Water, add two drams of May butter without salt, and of Sugar and Wax, of each as much also, let them boil gently altogether: Let tents be dipped in the Liquor that remaineth after it is cold, & put into the wounds, and the place covered with a linnen cloth doubled and anointed with the Ointment: and this is also an approved Medicine. It likewise cleanseth and healeth all foul Ulcers and sores whatsoever, & stayeth their inflamations by washing them with the water, and laying on them a green Leaf or two in the Summer, or dry Leaves in the Winter. This Water gargled warm in the Mouth, and sometimes drunk also, doth cure the Quinsie, or Kings Evil in the Throat. The said water applied warm, taketh away all spots, Marks, and Scabs in the skin: And a little of it drunk, quencheth thirst when it is extraordinary.

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# Levisticum Lovage.

**Descript.** It hath many long and great stalks, of large winged Leaves divided into many parts like Smallage, but much larger and greater; every leaf being cut about the edges, broadest forwards, and smallest at the stalk, of a sat green color, smooth and shining; - from among which rise up sundry strong hollow green stalks, five or six foot, yea sometimes seven or eight foot high, full of joints, but lesser Leaves set on them than grow below; and with them toward the tops come forth long branches, bearing at their tops large umbels of yellow flowers; and after them flat brownish seed. The Root groweth thick, great, and deep spreading much, and enduring long, of a brownish color on the out-side, and whitish within. The whole Plant, and every part of it, smelleth strong, and Aromatically, and is of an hot, sharp, biting taste.

**Place.** It is usually planted in Gardens, where if it be suffered, it groweth huge and great.

**Time.** It flowereth in the end of July, and seedeth in August.

**Government and Vertues.** It is an Herb of the Sun under the Sign Taurus, if Saturn offend the Throat (as he alwaies doth, if he be occasioner of the Malady, and in Taurus is the Genesis) this is your Cure. It openeth, cureth, and digesteth Humors, and mightily provoketh wemens Courses and Urin. Half a dram at a time of the dried Humors, Terms, Root in Powder taken in Wine, doth wonderfully warm a provoketh, Di-cold Stomach, helping digestion, and consuming all raw and sury, Cold Sto-superfluous moisture therein: easeth all inward gripings and meach, Indige-pains; dissolveth wind, and resisteth Poyson and Infection: It is a known and much practised Remedy to drink the Decoction of the Herb for any sort of Ague, and to help the Diseases, Ague, pains and torments of the Body and Bowels coming of cold. belly-ache, Quinsie. The Seed is effectual to all the purposes aforesaid (except the sic, Plurisie, last) and worketh more powerfully: The Distilled water of spots, freckles the Herb, helpeth the Quinsie in the throat, if the mouth Boyle: and throat be gargled and washed therewith, and helpeth the Pleurisie, being drunk three or four times. Being dropped into the Eyes it taketh away the redness or dimness of them; it likewise taketh away Spots or Freckles in the Face. The Leaves bruised and fried with a little Hogs Lard, and laid hot to any Borch or Boil, will quickly break it.

# Pulmonaria Lungwort.

**Descript.** This is a kind of Moss that groweth on sundry sorts of trees, especially Oakes, and Beeches, with broad, grayish tough Leaves, diversly folded, crumpled, and gashed in on the edges, and sometimes spotted also, with many small spots on the upper side; It was never seen to bear any stalk or flower at any time.

**Government and Vertues.** Jupiter seems to own this Herb. This is of great use with many Physicians to help the Diseases of the Lungs, and for Coughs, Wheelings, and shortness of Breath. Lungs, Coughs, Wheelings.

ness of breath,  
ulcers in the  
Privities and  
elsewhere.

which it cureth both in Man and Beast; It is very profitably put into Lotions that are taken to stay the moist Humors that flow to Ulcers, and hinder their healing, as also to wash all other Ulcers in the privy parts of Man or Woman.

It is an excellent Remedy boiled in Beer for broken-winded Horses.

### *Vicia tinctoria* Madder.

**Description** Garden Madder shoothe forth many very long, weak, four square, reddish stalks trailing on the ground a great way, very rough or hairy, and full of joyns; at every of those joyns come forth divers long, and somewhat narrow Leaves, standing like a star about the stalks, rough also and hairy, toward the tops whereof come forth many small pale yellow flowers: after which come small round heads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the Seed. The Root is not very great, but exceeding long, running down half a mans length into the ground, red and very cleer while it is fresh, spreading divers wayes.

**Place.** It is only manured in Gardens or larger Fields for the profit that is made thereof.

**Time.** It flowereth towards the end of Summer, and the seed is ripe quickly after.

**Government and Vertues.** It is an Herb of Mays. It hath an opening quality, and afterwards to bind and strengthen. It is an assuaged Remedy for the Yellow Jaundice, by opening the Obstructions of the Liver and Gall, and cleansing those parts: It openeth also the Obstructions of the Spleen, and diminisheth the Melancholick Humor, it is available for the Palsey and Sciatica, and effectual for bruises inward or outward, and is therefore much used in Vulnerary Drink. The Root for all those aforesaid purposes, is to be boyled in Wine, or Water, as the cause requireth, and some Honey and Sugar put therinto afterwards. The Seed hereof taken with Vinegar and Honey, helpeth the swelling and hardness of the Spleen. The Decoction of the Leaves and Branches is a good Fomentation for Women to sit over that have not their Courses: The Leaves and Roots beaten and applied to any part that is discoloured with Freckles, Morphew, the white Scurf, or any such deformity of the Skin, cleanseth them thoroughly, and taketh them away.

### *Odonanthus*

### Maiden Hair. *cuantolla de poto*

**Description.** Our common Maiden-hair, doth from a number of hard black fibres, send forth a great many blackish shining brittle stalks hardly a span long: in many not half so long, on each side set very thick with all round dark green Leaves, and spotted on the back of them like other Place.

Place. It groweth much upon old Stone Walls in the West parts, and Walls in Kent, and divers other places of this Land; it joyeth likewise to grow by Springs, Wells, and Rocky, moist and shadowy places; and is alwaies green. To cure all Diseases, read my *Riverius, Riolanus, Johnston, &c.*

## VWall-Rue, or ordinary VVhite Maiden-hair.

Description. **T**His hath very fine pale green stalks almost as fine as hairs, set confusedly with divers pale gycen Leaves on very short Foot-stalks sum. whit neer unto the color of Garden Rue, and not much differing in form, but more diversly cut in on the edges, and thicker, smooth on the upper part, and spotted finely underneath.

Place. It groweth in many places of this Land, at Dartford, and the Bridge at Ashford in Kent, at Becon-field in Buckinghamshire, at Wolley in Huntingtonshire, on Frammingham Castle in Suffolk, on the Church walls at Mayfield in Sussex, in Somersetshire, and divers other places of this Land, and is green in Winter as well as in Summer.

Government and Vertues. Both this and the former are under the Dominion of Mercury, and so is that also which follows after, and the Vertues of both these are so neer alike, that though I have described them and their places of growing severally, yet I shall in writing the Vertues of them, joyn them both together as followeth.

The Decoction of the Herb Maiden-hair being drunk, helpeth those that are troubled with the cough, shortness of breath, Cough, the yellow Jaundies, Diseases of the Spleen, stopping of Urine, shortnesse and helpeth exceedingly to break the stone in the Kidneys (in of breath, all which Diseases the Wall-Rue is also very effectual) It pro-  
voketh Womens Courses, & stayeth both Bleedings and Fluxes Jaundies,  
of the stomach and Belly, especially when the Herb is dry, for Spleen,  
being green it loosneth the Belly, and avoideth Choler and Disney,  
Flegm from the Stomach & Liver, it cleanseth the Lungs, and Stone,  
by rectifying the Blood causeth a good color to the whole Body. Terms  
The Herb boiled in Oil of Chamomel, dissolveth Knots, al- provokes,  
layeth Swellings, and drieth up moist Ulcers. The Lye made Bleeding,  
thereof is singular good to cleanse the Head from Scurf, & from Fluxes,  
dry and running Sores: stayeth the falling or shedding of the Lungs,  
Hair, and causeth it to grow thick, fair, and well colored; for Swellings,  
which purpose some boil it in Wine, putting some Smallage Ulcers,  
seed thereto, and afterwards some Oil. The Wall-Rue is as effe- Scurf,  
ctual as Maiden-Hair in all Diseases of the Head, and falling or Sores,  
recovering of the Hair again, and generally for all the afore- Baldnes.mentioned Diseases: And besides, The powder of it taken in  
drink for forty daies together, helpeth the burstings in Children.

## Golden Maiden Hair.

**T**O the two former give me leave to add this, and I shall do no more but only describe it unto you; and for the Vertues refer you to the for-

mer, sith whatsoever is said of them, may be also said of this.

Description. It hath many small brownish red Hairs to make up the forms of Leaves growing about the ground from the Root, and in the middle of them in Summer, rise small stalks of the same color, set with very fine yellowish green hairs on them, ana bearing a small gold yellow head, lesser than a Wheat Corn, standing in a great Huck. The Root is very small and threddy.

Place. It groweth on Bogs and Moorish places, and also on dry shadowy places, at Hampsted Heath, and elsewhere. ~~althea~~

### *Malva* Mallows, and Marsh-Mallows. *Malva*

Common Mallows are generally so well known that they need no Description.

Our common Marsh-Mallows have divers soft hoary white stalks rising to be three or four foot high, spreading forth many Branches, the Leaves whereof are soft and hairy, somewhat lesser than the other Mallow Leaves, but longer pointed, cut (for the most part) into some few divisions, but deep: The Flowers are many, but smaller also than the other Mallows, and white or tending to a blush color. After which come such like round cakes and seed as is the other Mallows. The Roots are many and long, shooting from one Head, of the bigness of a Thumb or Finger, very pliant, tough and bending like Liquoris, of a whitish yellow color on the outside, and more white within, full of a slimy juyce, which being laid in water, will thicken it, as if it were gelly.

Place. The common Mallow grow in every Country of this Land. The common Marsh. Mallows in most of the Salt Marshes from *n*orthwich down to the Sea, both on the Kentish and Essex Shores, and in divers other places of this Land.

Time. They flower all the Summer Months, even untill the Winter do pull them down.

Government and Vertues. *Venus* owns them both. The Leaves of either of the sorts before specified, and the Roots also boiled in Wine or Water, or in Broth with Parsly or Fennel Roots doth help to open the Body, and is very convenient in hot Agues, or other distempers of the Body; To apply the Leaves so boiled, warm to the Belly, It not only voideth hot, cholericke, and other offensive Humors, but easeth the pains and torments of the Belly coming thereby; and are therefore used in all Clisters conducing to those purposes: The same used by Nurses, procureth them store of Milk. The Decoction of the seed of any of the common Mallows, made in Milk or Wine, doth marvelously help excoriations, the Phtisick, Pleurisie, and other Diseases of the Chest, and Lungs that proceed of hot causes, if it be continued taking for some time together: The Leaves and Root work the same effects: They help much also in the excoriations of the Guts and Bowels, and hardness of the Mother, and in all hot and

sharp Diseases thereof. The Juyce drunk in Wine, or the Decoction of them therein, doth help Women to a speedy and easie Eyes, Delivery. *Pliny* saith, That whosoever shall take a spoonful of Bee:, any of the Mallows, shall that day be free from all Diseases that Wasps, &c. may come unto him; and that it is special good for the Falling- Poisons, sickness. The Syrup also, and Conserve made of the Flowers, Hard are very effectual for the same Diseases, and to open the Body Swelling. being Costive. The Leaves bruised and laid to the Eyes with a little Honey, taketh away the Impostumations of them. The Leaves bruised or rubbed upon any place stung with Bees, Liver, Wasps, or the like, presently taketh away the pains, rednes, and Splen, swellings that rise thereupon: And *Dioscorides* saith, the Deco- Roughness tion of the Leaves and Roots helpeth all sorts of poysen, so as of the Skin, the poysen be presently voided by Vomit. A Pultis made of the Leaves boiled and bruised, whereunto add some Bean or Batley- Scarf, stout, and Oyl of Roses, is an especial Remedy against all hard Dandrif, Tumors and Inflammations or Impethumes, and Swellings of the Scabby Heads, Roots and other parts, and easeth the pains of them; as also a- Scalding, gainst the hardnes of the Liver or Spleen, being applied to the Burning, places. The juyce of Mallows boiled in old Oyl, and applied, St. Antho- taketh away all roughnes of the skin, as also the Scurf, Dandrif, nies fire, or dry scabs in the Head, or other parts, if they be anointed Sore mouth therewith, or washed with the Decoction, and preserveth the Hair and Throat, from falling off. It is also effectual against Scaldings and Bur- Baldness, nings, St. Anthonies fire, and all other hot, red, and painful Thorns. Swellings in any part of the Body. The Flowers boiled in Oyl or Water (as every one is disposed) whereunto a little Honey and Allum is put, is an excellent Gargle to wash, cleanse, and heal any sore Mouth or Throat, in a shorne space. If the Feer be bathed or washed with the Decoction of the Leaves, Roots, & Flowers, it helpeth much the defluxions of rheum from the Head. If the Head be washed therewith it stayeth the falling and shedding of the Hair. The green Leaves (saith *Pliny*) beaten with Nitre and applied, drawe out Thorns or Pricks in the flesh.

The Marsh Mallows are more effectual in all the Diseases before mentioned, The Leaves are likewise used to loosen the Belly gently, and in Decoctions for Glisters to ease all pains of the body, opening the strait passages, and making them slippery, whereby the Belly, Stone, stone may descend the more easily, and without pain out of the Reins, Reins, Kidneys, and Bladder, and to ease the torturing pains Kidney, thereof: But the Roots are of more special use for those purpo- Bladder, ses, as well for Coughs, Hoarsnes, Shortnes of Breath, and Coughs, Wheesings, being boiled in Wine or Honeyed Water, and drunk. Shortnes The Roots and Seeds hercbof boiled in Wine or Water, is with of Breath, good succel used by them that have Excoriations in the Guts, Wheeze, or the Bloody flux, by qualifying the violence of sharp fretting Excoriations Humors, easing the pains, and healing the soresnes: It is of the profitably

**Guts,** profitably taken of them that are troubled with Ruptures, Cramps, or Convulsions of the Sinews; and boiled in white Wine for the Impotencies of the Throat, commonly called the Kings-Evil, and of those Kernels that rise behind the Ears, and Inflammations, or Swellings in Womens Breasts. The dried Roots boiled in Milk and drunk, is special good for the Chincough. Hippocrates used to give the Decoction of the Roots, or the Juyce thereof to drink to thole that were wounded, and ready to faint through los of Blood, and applied the same mixed with Honey and Rozin to the Wounds; As also the Roots boiled in Wine to those that had received any hurt by bruises, Falls, or Blows, or had any Bone or Member out of joyn, or any swelling pain or ach in the Muscles, Sinews; or Arteries. The Muscilage of the Roots, and of Linseed, and of Fenugreek put together, is much used in Pultisses, Oyntments, and Plasters, to mollifie and digest all hard Swellings, and the Inflammation of them, and to easeth pains in any part of the Body. The seed either green or dry, mixed with Vinegar, cleanseth the skin of the Morphew, and all other discolourings, being bathed therewith in the Sun.

You may remember that not long since, there was a raging Disease called the Bloody flux; the Colledge of Physicians not knowing what to make of it, called it, The Plague in the Guts, for their wits were at *ne plus ultra* about it. My Son was taken with the same Disease, and the Excoriation of his Bowels was exceeding great; my self being in the Country, was sent for up; the only thing I gave him, was Mallowes bruised and boiled both in his Milk and Drink, in two dayes (the blessing of God being upon it) it cured him; and I here to shew my thankfulness to God in communicating it to his Creatures, leave it to posterity.

*acry*

## Maple-Tree. *anc*

*Government and Virtues.*

**Liver the g-** **I**t is under the Dominion of Jupiter. The Decoction **thebs, open ob-** either of the Leayes or Bark, must needs strengthen the **strictons of** Liver much; and so you shall find it do, if you use it: it is **the Liver and** excellent good to open Obstructions both of the Liver and **spleen, paines in** Spleen, and easeth paines of the sides thence proceeding. **the sides.**

*organiūm* **Wild-Marjoram.**

**C**alled also Organe, Origanum, Bastard Marjoram, Wild Marjoram, and Groye Marjoram.

**Descrip.** Wild or Field Marjoram hath a Root which creepeth much under ground, which continueth a long time, sending up sundry brownish hard square stalks, with small dark green Leaves, very like those of Sweet Marjoram, but harder, and somewhat broader; at the tops of the stalks, stand tufts of Flowers, of a deep purplish red colour: the seed is small, and something blacker than that of Sweet Marjoram.

*Place.]* It groweth plentifully in the Borders of Corn Fields, and in some Copes.

*Time.* It flowreth toward the later end of Summer.

*Government and Vertues.]* This also is under the Dominion of *Mercury*. It strengthens the Stomach, Head, Head and Head much, there being scarce a better Remedy mors, Appetite, Cough, growing for such as are troubled with a sour Humor Consumption of the in their stomach; it restores Appetite being lost, Lungs, Poyson, Cholera helps the Cough, and Consumption of the Lungs, ier, Spleen, Venemous it cleanseth the Body of Choler, expelleth Poyson, and Beasts, Poyson, Urin remedieith the infirmities of the Spleen, helps the bi- provoketh, Terms pro- tings of venomous Beasts, and helps such as have vokes, Dropse, Scur- poysoned themselves by eating Hemlock, Henbane, or ivy, Stabs, Itch, Lepro- Opium; it provoketh Urin and the Terms in Wo- see, Yellow Jaundice, men, helps the Dropse, and the Scurvy, Scabs, Itch, Deafness, Noise and and the yellow Jaundice: the Juyce being dropped pains in the Ears, into the Ears, helps Deafness, Pain, and noise in the Ears. And thus much for this Herb; between which and Adders there is a deadly Antipathy.

### *Majorana Sweet Marjoram. Mayezona*

**S**weet Marjoram is so well known, being an Inhabitant in every Gardens, that it is needless to write any Description thereof, neither of the Winter sweet Marjoram, nor Pot Marjoram.

*Place.]* They grow commonly in Gardens; some sorts there are that grow wild in the Borders of Corn Fields, and Pastures, in sundry places of this Land, but it is not my purpose to insist upon them: The Garden kinds being most used and useful.

*Time.]* They flower in the end of Summer.

*Government and Vertues.]* It is an Herb of *Mercury*, and under *Aries*, and is therefore an excellent Remedy for the Brain, and other parts of the Body and Mind, under the Dominion of the same Planet. Our common Sweet Marjoram, is warming and comfortable in cold Diseases of the Head, Stomach, Sinews, and other parts, taken inwardly, Head, or outwardly applied: The Decoction thereof being drunk hel- Stomach, perh all Diseases of the Chest, which hinder the freeness of brea- Breast, thing, and is also profitable for the Obstructions of the Liver Obstru- and Spleen: It helpeth the cold griefs of the Womb, and the etions, Windiness thereof, and the loss of Speech, by resolution of the Liver, Tongue. The Decoction thereof made with some Pellitory of Spleen, Spain, and long Pepper, or with a little *Acorus* or *Origanum*, Womb, being drunk, is good for those that are beginning to fall into a *Hini*, Dropse, for those that cannot make Water, and against pains Dropse, and torments in the Belly; it provoketh Womens Courses, if it *Billyach*, be put up as a Pessary. Being made into Powder and mixed Terms with Honey, it taketh away the black marks of blows and bruises provokes,

104  
Marks of  
Blows,  
Noise in  
the Ears,  
Joynts,  
Sinews,  
Swellings,  
Ineings,  
Flegm.  
being thereto applied. It is good for the Inflammations and wa-  
tering of the Eyes, being mixed with fine flour, and layed unto  
them. The Juycc dropped into the Ears, easeth the pains and  
singing noise in them. It is profitably put into those Oynt-  
ments and Salves that are made to warm and comfort the out-  
ward parts, as the Joynts and Sinews, for Swellings also, and  
places out of joyns: The Powder thereof snuffed up into the  
Nose, provoketh sneezing, and thereby purgeth the Brain; and  
chewed in the Mouth, draweth forth much flegm. The Oyl  
made thereof is very warming and comfortable to the joynts that  
are stiff, and the Sinews that are hard, to mollifie and supple them. Marjo-  
ram is much used in all odoriferous Waters, Powders, &c. that are for or-  
nament or delight.

### *caltha* Marigolds *May. 21.*

**T**Hese being so plentiful in every Garden, are so well known, that they  
need no Description.

**T**ime. They flower all the Summer long, and sometimes in Winter, if  
it be mild.

**G**overnment and *Virtues.* It is an Herb of the Sun, and under Leo:  
They strengthen the Heart exceedingly, and are very expulsive,  
Heart, and little less effectual in the Small Pox and Meazles than Saffron.  
Vital The Juyce of Marigold Leaves mixed with Vinegar, and  
spirits, any hot swelling bathed with it, instantly giveth ease, and assu-  
Pestilence, geth it. The flowers either green or dried, are used much in  
Small. Pox, Possets, broths, and drinks as a comforter of the Heart and Spi-  
Meazles, rits, and to expel any malignant or pestilential quality which  
Hot swell- might annoy them. A Plaister made with the dry Flowers in  
lings, Powder, Hogs Grease, Turpentine and Rozin, applied to the  
Feavers, Breast, strengthens and succours the Heart infinitely in Feavers,  
Pestilence. whether pestilential, or not pestilential.

### *Imperatoria* Masterwort.

**D**escript. **C**ommon Masterwort hath divers stalks of winged Leaves di-  
vided into sundry parts, three for the most part standing  
together at a small foot-stalk on both sides of the greater; and three likewise at  
the end of the stalk, somewhat broad and cut in on the edges, unto three or more  
divisions, all of them dented about the brims, of a dark green colour, somewhat  
resembling the Leaves of Angelica, but that these grow lower to the ground,  
and on lesser stalks; among which rise up two or three short stalks, about two  
foot high, and slender, with such like Leaves at the joyns as grow below,  
but with lesser and fewer divisions, bearing umbels of white Flowers, and  
after them small, thin, flat, blackish seed, bigger than Dill seeds: The Root is  
somewhat greater, and groweth rather sideways than down deep into the  
ground, shooting forth sundry beads, which tast sharp, biting on the tongue,  
is the hottest and sharpest part of the Plant, and the seed next unto it,

is somewhat blackish on the outside, and smelling well.

Place. It is usually kept in Gardens with us in England.

Time. It flowreth and feedeth about the end of August.

*Government and Vertues.* It is an Herb of Mars. The

Root of Masterwort is hotter than Pepper, and very available *Cold griefs*,  
all cold griefs and Diseases both of the Stomach and body, *Stomach*,  
dissolving very powerfully upward and downward: It is also u- *Cold*  
ed in a Decoction with Wine against all cold Rheums, or Di- *Rheums*,  
tillations upon the Lungs, Shortness of Breath, to be taken mor- *Urin, Stone,*  
ning and evening; it alio provoketh Urin, and helpeth to *Gravel,*  
break the *Stone*, and expel the *Gravel* from the *Kidneys*, pro- *Womens*  
ureth *Womens Courses*, and expelleth the dead birth: is sin- *Courses,*  
pular good for strangling of the Mother, and other such like *Dead-child,*  
*feminine Diseases.* It is effectual also against the *Dropsey*, *Mother,*  
*Cramps*, and the *Falling-sickness*, for the Decoction in Wine *Dropsey,*  
being gargled in the Mouth, draweth down much Water and *Cramps, &c.*  
Flegm from the Brain, purging and easing it of what oppresseth *Falling-*  
it. It is of a rare quality against all sorts of cold poysen, to be ta- *sickness,*  
ken as there is cause; it provoketh sweat: but lest the tast here- *Cold poysen,*  
or of the seeds which worketh to the like effect, though not so soon, *Sweat,*  
powerfully) should be too offensive, the best way is to take the *Green*  
*Water* distilled both from the *Herb* and *Root*, The *Juyce* here- *wounds,*  
if dropped, or *Tents* dipped therein, and applied either to green *Rotten* *sel-*  
*Wounds*, or filthy rotten *Ulcers*, and those that come by inveno- *cers, Gout.*  
*ned Weapons*, doth soon cleanse and heal them. The same is  
also very good to help the *Gout* coming of a cold cause.

### *Aggeratum Sweet Maudlin.*

Descript.] **C**ommon Maudlin hath somewhat long, and narrow Leaves,  
strip'd about the eages: the stalks are two foot high, bearing at  
the tops many yellow Flowers set round together, and all of an equal height in  
umbel, or tufts like unto Tanzie; after which followeth small whitish seed, al-  
most as big as wormseed. The whole *Herb* is sweet and bitter.

Place and Time. It groweth in Gardens, and flowreth in June and  
July.

*Government and Vertues.*] The Vertues hereof being the same with  
Costmary, or Alecost, I shall not trouble you to make any repetition there-  
of; lest my Book grow too big: but rather refer you unto Costmary for sat-  
isfaction.

### *Meopulicem The Medlar.*

Descript. **T**He Tree groweth neir the bigness of the Quince Tree,  
spreading Branches reasonable large, with longer and nar-  
rower Leaves than either the Apple or Quince, and not dested about the ed-  
ges: At the end of the sprigs stand the Flowers made of five white, great,  
broad pointed Leaves, nicked in the middle with some white threads also:

after which cometh the fruit of a brownish green colour being ripe, bearing Crown as it were on the top, which were the five green Leaves ; and being rubbed off or fallen away, the Head of the Fruit is seen to be somewhat hollow. The fruit is very harsh before it be mellowed, and hath usually five hard kernels within it.

There is another kind hereof differing nothing from the former, but that it hath some Thorns on it in several places, which the other hath not ; and usually the Fruit is small, and not so pleasant.

**Time.** They grow in this Land, and flower in May for the most part, and bear fruit in September and October.

**Government and Vertues.** The Fruit is old Saturns, and sure a better Medicine he hardly hath to strengthen the retentive Faculty, therefore it stayes Womens longings ; the good old man cannot endure Womens minds should

run a gadding. Also a Plaister made of the Fruit dried before they be rotten, and other convenient things, and applied to the Reins of the Back, stops Miscarriage in Women with Child. They are very powerful to stay any Fluxes of Blood or humors in Man or Woman : the Leaves have also the like quality. The Fruit eaten by Women with Child, stayeth their Longings after unusual meats, and is very effectual for them that are apt to miscarry, and be deliyered before their time, to help that Malady, and make them joyful Mothers. The Decoction of them is good to gargle and wash the Mouth, Throat and Teeth when there is any defluxion of blood to stay it, or of humors, which causeth pains and swellings. It is a good Bath for Women to sit over that have their Courses flow too abundantly ; or for the Piles when they bleed too much. If a Pultis or Plaister be made with dried Medlars, beaten and mixed with the Juyce of red Roses, whereunto a few Cloves and Nutmeg may be added, and a little red Coral also, and applied to the Stomach that is given to casting or loathing of meat, it effectually helpeth. The dried Leaves in Powder strewed on fresh bleeding wounds, restraineth the blood, and healeth up the wound quickly. The Medlar stones made into Powder and drunk in Wine wherein some Parsley Roots have lien infused all night, or a little boyled, do break the stone in the Kidnies, helping to expel it.

*Metilotus*

*Melilot, or Kings Claver* *Coxon Delf*

**Descript.** **T**his hath many green stalks two or three foot high, rising from a tough long white Root which dieth not every year, set round about at the joynts with small, and somewhat long, well smelling Leaves set three together, unevenly dented about the edges. The flowers are yellow, and well smelling also, made like other Trefolys, but small, standing in long spikes, one above another, for an hand breadth long, or better, which afterwardest into long crooked Cods, wh. rein is contained flat seed, somewhat brown.

**Place.** It groweth plentifully in many places of this Land, as in the edgē of *Suffolk*, and in *Essex*, as also in *Huntingdonshire*, and in other places, but most usually in Corn-fields, in Corners of Meadows.

**Time.** It flowereth in *June* and *July*, and is ripe quickly after.

**Government and Vertues.** *Melilot* boyled in *Wine*, and applied, mollifieth all hard tumors and Inflammations that happen *Hard Tumors* in the Eyes or other parts of the body, as the Fundament, or *more & inner* privy parts of men or Women; and sometimes the yolk of a *Flamations* roasted Egg, or fine Flowers, or Poppy seed, or *Endive* is added in the Eyes unto it. It helpeth the spreading *Ulcers* in the Head, it being *or elsewhere*, washed with a *Lye* made thereof. It helpeth the pains of the *Ulcers in the Head*, stomach being applied fresh, or boyled with any of the afore-mentioned things. It helpeth also the pains of the *Ears*, being *Stomach* dropped into them: and steeped in *Vinegar Rose-water*, it ministreth *pained*, tigateth the *Headach*. The flowers of *Melilot* and *Chamomel* *Headach*, are much used to be put together in *Clysters* to expel *wind*, *wind*, *Spleen*, and to ease pains; also into *Pultisces* for the same purpose, *Dimiss* of and to asswage swellings or tumors in the *Spleen* or other *Sight*, *Stomach* parts; and helpeth Inflammations in any part of the body. The *pidity* of *Juyce* dropped into the Eyes, is a singular good Medicine to *Senses*, take away any *Film* or skin that *cloudeth* or *dimeth* the *Eye*- *strength* *ight*. The head often washed with the distilled Water of the *Memory*, *Herb* and *Flowers*, or a *Lye* made therewith, is effectual for *Apoplexy*. those that have suddenly lost their *Senses*; as also to strengthen the *Memory*, to comfort the Head and Brains, and to preserve them from pains and the *Apoplexy*.

### *Mercurialis*, French, and Dogs Mercury. *Mercurialis galica*

**Descript.** *T*his riseth up with a square green stalk full of joyns, two foot high or thereabouts, with two Leaves at every joyn, and branches likewise from both sides of the stalk, set with fresh green Leaves somewhat broad and long, about the bigness of the Leaves of *Bassel* finely dented about the edges: towards the tops of the stalks and branches come forth at every joyn in the *Male Mercury* two small round green Heads standing together upon a short footstalk, which growing ripe, are Seeds, not having any Flowers. In the *Female* the stalk is longer, spike-fashion, set round about with small green Husks, which are the flowers made like small branches of *Grapes* which give no seed, but abide long upon the stalk without shedding. The Root is composed of many small fibres, which perisheth every year at the first approach of winter, and riseth again of its own sowing, and if once it is suffered to sow it self, the ground will never want afterwards, even both sorts of it.

### *Dogs-Mercury. Cynoglossum*

**H**aving described unto you that which is called *French Mercury*, I come now to shew you in a Description this kind also.

**Description.** This is likewise of two kinds, *Male* and *Female*, having many stalks

Balks, slenderer and lower than Mercury, and without any branches at all upon them. The Root is set with two Leaves at every joint, somewhat greater than the Female, but more pointed and full of Veins, and somewhat larger in handling, of a darker green colour, and less dented, or snip'd about the edges. At the joints with the Leaves come forth longer stalks than the former, with two hairy round Seeds upon them, twice as big as those of the former Mercury. The taste hereof is herbly, and the smell somewhat strong and virulent. The Female bath much larger Leaves standing upon longer footstalks, and the stalks are also longer: from the joints come forth spikes of Flowers, like the French Female Mercury. The Roots of them both are many, and full of small fibres, which run under ground, and make themselves very much, not perishing as the former Mercuries do: but abiding the winter, and shoot forth new branches every year for the old die down to the ground.

*Place.*] The Male and Female French Mercury are found wild in divers places of this Land; as by a Village called Brookland in Rumay Marsh in Kent.

The Dogs-Mercury in sundry places of Kent also, and elsewhere: but the Female more seldom than the Male.

*Time.*] They flourish in the Summer Months, and therein give their Seed.

*Government and Vertues.*] Mercury they say owns this Herb, but I rather think 'tis Venus, and am partly confident of it too: for I never read that Mercury ever minded Womens busines so much. I believe he minds his Study more. The Decoction of the Leaves of Mercury, or the Juyce thereof

*Purgeth*  
*Cholerick*  
*Humors,*  
*Womens*  
*sicknes,*  
*Mother,*  
*Womens*  
*Courses,*  
*Strangury,*  
*sore Eyes,*  
*Agues,*  
*Flegm,*  
*Rheums*  
*and*  
*Catarrhs,*  
*Melan-*  
*choly-*  
*Humors,*  
*Yellow*  
*Furunce,*

in Broth, or drunk with a little Sugar put to it, purgeth Cholerick and waterish humors, Hippocrates commended it wonderfully for Womens Diseases; and applied to the secret parts to ease the pains of the Mother; and used the Decoction of it, both to procure Womens Courses, and to expell the Afterbirth: And gave the Decoction thereof with Mirrh or Pepper, or used to apply the Leaves outwardly against the Strangury, & diseases of the Reins and Bladder. He used it also for sore and watering Eyes, and for the Deafnes and pain in the Ears, by dropping the Juyce thereof into them, and bathing them afterwards in white Wine. The Decoction thereof made with water, and a Cock Chicken, is a most safe Medicine against the hot fits of Agues. It also cleanseth the Breast and Lungs of Flegm, but a little offendeth the stomach. The Juyce of distilled water smitfed up into the Nostrils, purgeth the Head and Eyes of Catarrhs and Rheums. Some use to drink two or three ounces of the distilled Water, with a little Sugar put to it, in the morning fasting, to open and purge the Body of gross, viscous and melancholy humors. It is wonderful ( if it be not fabulous ) that *Dioscorides* and *Theophrastus* do relate of it, viz. That if Women use these Herbs either inwardly or outwardly for three daies together after Conception, and their Courses be past, they shall bring

bring forth Male or Female Children, according to that kind of *Seabs*, *Herb* they use. *Mathiolus* saith, that the seed both of the Male and Female Mercury boyled with Wormwood and drunk, cureth the *Ring-yellow Jaundice* in a speedy manner. The Leaves or the *Juyce worms*, rubbed upon Warts, taketh them away. The *Juyce* mingled with *Swellings*, some *Vinegar*, helpeth all running *Scabs*, *Tetters*, *Ringworms*, *Inflammations*, and the *Itch*. *Galen* saith, that being applied in manner of a *Clyster*, *Pultis* to any *Swelling* or *Inflammation*, it digesteth the *swelling*, *waterish* and *allayeth* the *Inflammation*, and is therfore given in *Clysters* to *and Me- evacuate* from the *Belly* offensive *humors*. The *Dogs Mercury*, *laucholy*, although it be less used, yet may serve in the same manner to *Humors*. the same purpose to purge *waterish* and *melancholy humors*.

*Mentha**Mint. Yerba Vona*

*Descript.* Of all the kinds of *Mints*, the *Spear-Mint*, or *Hart-Mint* being most useful, I shall only describe it as followeth. *Spear-Mint* hath divers round stalks and long, but narrowish Leaves set thereon, of a dark green colour. The flowers stand in spiked beads at the tops of the branches, being of a pale bl'w colour. The smell or scent hereof is somewhat near unto *Basil*, it increaseth by the Root under ground, as all the others do.

*Place.*] It is an usual Inhabitant in Gardens, and because it seldom giveth any good seed, the effect is recompensed by the plentiful increase of the Root, which being once planted in a Garden, will hardly be rid out again.

*Time.*] It flowereth not until the beginning of *August*, for the most part.

*Government and Vertues.*] It is an *Herb* of *Venus*. *Dioscorides* saith, It hath a heating, binding and drying quality, and therfore the *Juyce* taken with *Vinegar*, stayeth bleeding: it stirreth up *Venerie*, or bodily Lust. Two or three branches thereof taken with the *Juyce* of four *Pomegranates*, stayeth the *Hiccough*, *Vomiting*, and *allayeth* the *Choler*. It dissolveth *Imposthumies* being laid to with *Barley meal*. It is good to repress the milk in *womens breasts*, and for such as have *swoln*, *flagging* or *great brefts*. Applied with salt, it helpeth the biting of a *mad Dog*; with *Mead* or *honyed water*, it easeth the pains of the *Ears*, & taketh away the roughness of the tongue, being rubbed thereupon. It suffereth not milk to curdle in the *stomach* if the leaves hereof be steeped or boyled in it before you drink it. Briefly, it is very profitable to the *stomach*. The often use hereof is a very powerful *Medicine* to stay *womens courses*, & the *Whites*. Applied to the *Forehead* and *Temples*, it easeth pains of the *Head*; and is good to wash the heads of young *Children* therewith, against all manner of breakings out, *sores* or *scabs* therein, and healeth the *chops* of the *Fundament*. It is also profitable against the *poison* of *venemous creatures*. The *distill-*

*Provokes Venerie*,

*stays Vomiting*,

*allayeth Choler*,

*Imposthumies*,

*great Breasts*,

*mad Dogs bi-*

*ting*, *pains of*

*the Ears*, *good*

*for the Stomach*,

*pains of the*

*Heads*, *Sores and*

*Scabs*, *Chops of*

*the Fundament*,

*Poison*, *helpeth*

*Liver and Sto-*

*mach*, *stayeth*

*Vomiting*, *and*

*Hiccough*, *pro-*

*vokest Lust*.

*Spleen, Gravel, Stone and Stran-* distilled Water of Mints is available to all the purposes  
*gu y5 comforts the Head, sore Mouth, ill Breath, Palate down.* aforesaid, yet more weakly. But if a Spirit thereof be rightly and Chymically drawn, it is much more powerful than the Herb it self. *Simon Sethi* saith it helpeth a cold Liver, strengtheneth the Belly and Stomach, causeth digestion, stayeth Vomits and the Hiccough, is good against the gnawings of the Heart, provoketh Appetite, taketh away Obstructions of the Liver, and stirreth up bodily

Lust: but therefore too much must not be taken, because it maketh the blood thin and wheyish, and turneth it into Choler, and therefore Cholerick persons must abstain from it. It is a safe Medicine for the biting of a mad Dog, being bruised with Salt, and laid thereon. The Powder of it being dried, and taken after Meat, helpeth digestion, and those that are Splenetic: taken with Wine, it helpeth Women in their sore Travel in Child-bearing. It is good against the Gravel and Stone in the Kidnies, and the Strangury. Being smelled unto, it is comfortable for the Head and Memory. The Decoction thereof gargled in the Mouth, cureth the Gums and Mouth that is sore, and mendeth an ill favored Breath: as also with Rue and Coriander, causeth the Palate of the Mouth that is down to return to his place, the Decoction being gargled and held in the Mouth.

The Vertues of the wild or Hors-Mint, such as grow in Ditches (whose Description I purposely omitted, in regard they are well enough known) are especially to dissolve wind in the Stomach, to help the Colick, and those that are short-winded, and are an especial Remedy for those that have Venerial Dreams and Pollutions in the night, being outwardly applied to the Testicles or Cods. The Juyce dropped into the Ears, easeth the pains of them, and destroyeth the Worms that breed therein. They are good against the venomous biting of Serpents. The Juyce laid on warm, helpeth the Kings-Evil, or Kelnels in the Throat. The Decoction or distilled Water helpeth a stinking Breath proceeding from the corruption of the Teeth; and snuffed up into the Nose, purgeth the Head. Pliny saith, that eating of the Leaves hath been found by Experience to cure the Leprosie, and applying some of them to the Face, and to help the Scurf or Dandriff of the Head, used with Vinegar.

They are extream bad for wounded people, and they say a wounded man that eats Mints, his wound will never be cured; and that's a long day.

## *Verinus*

## *Mistletoe.*

*Descript.* **T**his riseth up from the Branch or Arm of the Tree wheron it groweth, with a woody stem, parting it self into sundry Branches, and they again diuided into many other smaller twigs, interlacing themselves one within another, very much covered with a grayish green bark, having two Leaves set at every joyn, and at the end likewise, which are

somewhat long and narrow, small at the bottom, but broader towards the end. At the knots or joynts of the boughs and branches grow small yellowish Flowers, which turn into small, round, white, transparent Berries, three or four together, full of glutinous moisture, with a blackish seed in every of them, which was never yet known to spring, being put into the ground or any where else to grow.

*Place.*] It groweth very rarely on Oaks with us, but upon sundry other, as well Timber as Fruit-trees, plentifully in Woods, Groves, and the like; through all this Land.

*Time.*] It flowreth in the Spring time, but the Berries be not ripe until October, and abide on the branches all the Winter, unless the Black-birds and other Birds do devour them.

*Government and Vertues.*] That it is under the Dominion of the Sun, I do not question; and can also take for granted, That that which grows upon Oaks participates something of the Nature of Jupiter, because an Oak is one of his Trees; as also that which grows upon Pear-trees & Apple-trees participates something of his Nature, because he rules the Trees it grows upon, having no Root of its own. But why that should have most Vertues that grows upon Oaks, I know not, unless because 'tis rarest, and hardest to come by; and our Colledges Opinion is in this contrary to Scripture, which saith, *Gods tender mercies are over all his works*, and so 'tis, let the Colledg of Physicians walk as contrary to him as they please, and that's as contrary as the East is to the West. *Clusius* affirms that which grows upon Pear-trees to be as prevalent, and gives order that it should not touch the ground after it is gathered, and also saith, That being hung about the Neck, it remedies Witchcraft. Both the Leaves *witchcraft*, and Berries of Mistleto do heat and dry, and are of subtil parts, the Birdlime doth mollifie hard Knots, Tumors, and *Imposthume* <sup>ss</sup>, *Imposthumes*, ripeneth and discusseth them; and draweth *Spleen* forth thick as well as thin humors from the remote parts of *Ulcers*, the body, digesting and separating them. And being mixed *Falling-sicknes*, with equal parts of Rozin and Wax, doth mollifie the hard- *sicknes*, of the *Spleen*, and healeth old *Ulcers* and *Sores*. Being *Apoplexy*, mixed with Sandarack and Ortment, it helpeth to draw off *Palsie*, foul Nails; and if Quicklime and Wine Lees be added there- *Imposthume* <sup>ss</sup>, unto, it worketh the stronger. The Mistleto it self of the Oak (as the best) made into Powder, and given in drink to those that have the *Falling-sickness*, doth assuredly heal them, as *Mathiolus* saith, but it is fit to use it forty daies together. Sonne have so highly esteemed of the Vertues hereof, that they have called it *Lignum Sancte Crucis*, Wood of the Holy Cross, believing it to help the *Falling-sickness*, *Apoplexy*, and *Palsie* very speedily, not only to be inwardly taken, but to be hung at their Necks. *Tragus* saith, that the fresh Wood of any Mistleto bruised, and the Juyce drawn forth, and dropped into the Ears that have *Imposthumes* in them, doth helpe and easeth them within a few daies.

*Glumularia*

## Money-wort, or Herb. Twopence.

**Descript.**] **T**he common Money-wort sendeth forth from a small thriddie Root, divers long, weak, and slender branches tyng and running upon the ground, two or three foot long or more, set with Leaves two at a joyn one against another at equal distances, which are almost round, but pointed at the ends, smooth, and of a good green colour. At the joyns with the leaves from the middle forward come forth at every joyn sometimes one yellow Flower, and sometimes two, standing each on a small footstalk, and made of five Leaves, narrow and pointed at the ends, with some yellow thrids in the middle: which being past, there stand in their places small round Heads of Seed.

**Place.**] It groweth plentifully in almost all places of this Land, commonly in moist grounds by Hedg sides, and in the middle of grassie Fields.

**Time.**] They flower in June and July, and their Seed is ripe quickly after.

**Government and Vertues.**] *Venus* owns it. Money-wort is singular good to stay all Fluxes in man or woman, whether they be Lasks, Fluxess, Bloody-flus, the flowing of Womens Courses, Bleedings inwardly or outwardly, and the weakness of the Stomach that is given to casting. It is very good also for all Ulcers or Excoriations of the Lungs or other inward parts. It is exceeding good old ulcers. for all Wounds, either fresh or green, to heal them speedily, and for old Ulcers that are of spreading Natures. For all which purposes, the Juyce of the Herb, or the Powder drunk in Water wherein hot Steel hath been often quenched; or the Decoction of the green Herb in Wine or Water drunk; or the Seed, Juyce, or Decoction used to the outward places to wash or bathe them; or to have Tents dipped therein, and put into them, are effectual.

*lunaria*

## Moon-wort

**Descript.**] **I**t riseth up usually but with one dark green thick and flat Leaf standing upon a short footstalk, not above two fingers breadth; but when it will flower, it may be said to bear a small slender stalk, about four or five inches high, having but one Leaf set in the middle thercof, which is much divided on both sides into sometimes five or seven parts on a side, sometimes more, each of which parts is small next the middle Rib, but broad forwards, and round pointed, resembling therein a half Moon, from whence it took the name, the uppermost parts or divisions being less than the lowest. The stalk riseth above this Leaf two or three inches, bearing many branches of small long Tongues, every one like the spikie Head of Adders-tongue, of a brownish colour, which whether I shall call them Flowers or the Seed, I well know not: which after they have continued a while, resolve into a mealy dust. The Root is small and fibrous. This hath sometimes divers such like Leaves as are before described, with so many inches or tops rising from one stalk, each divided from the other by a

Place.

*Place.*] It groweth on Hills and Heaths; yet where there is much Grass, for therein it delighteth to grow:

*Time.*] It is to be found only in April and May, for in June when any hot weather cometh, for the most part it is withered and gone.

*Government and Vertues.*] The Moon owns the Herb. Moon-wort is cold and drying more than Adders-Tongue; and is therfore held to be more available for all wounds both inward and outward. The Leaves boyled in red Wine and drunk, stayeth the immoderate Flux of Womens Courses, and the Whites. It also stayeth Bleeding, Vomiting, and Womens other Fluxes. It helpeth all blows and bruises, and to consol- date all Fractures and Dislocations. It is good for Ruptures: but it is chiefly used by most with other herbs to make Oyls or Bal- sams to heal fresh or green Wounds as I said before ) either in- ward or outward; for which it is excellent good.

Moon-wort is an herb which they say will open Locks, and disjoyned unshoo such Horses as tread upon it: this some laugh to scorn, and those no small Fools neither, but Country people that I know call it [~~unshoo the Horse~~] Besides, I have heard Commanders say, that on White-Down in Devonshire near Tiverton, there was found thirty Horse-shoos pulled off from the Feet of the Earl of Essex his Horses, being there drawn up into a Body, many of them being but newly shod, and no reason known, which caused much admiration: and the herb described usually grows upon Heaths.

### *Muscos*

### *Mosses. Moon*

I shall not trouble the Reader with any Description of these, with my intent is to speak only of two kinds as the most principal, viz. Ground-moss, and Tree-Moss, both which are very well known.

*Place.*] The Ground-Moss groweth in our moist Woods, and the bottoms of Hills, in boggy Grounds, and in shadowy Ditches, and many other such like places.

The Tree-Moss groweth only on Trees.

*Government and Vertues.*] All sorts of Mosses are under the Dominion of Saturn. The Ground-Moss is held to be singular good to break the Stone, and to expel and drive it forth by Urin, being boyled in Wine and drunk. The herb bruised and boyled in Water and applied, easeth all Inflammations and pains coming of an hot cause, and is therefore used to ease the pains of the hot Gout.

The Tree-Mosses are cooling and binding, and partake of a digesting and mollifying quality withal, as Galen saith. But each Moss doth partake of the Nature of the Tree from whence it is taken: therefore that of the Oak is more binding, and is of good effect to stay Fluxes, Fluxes in man or Woman; as also Vomiting or Bleedings, the Powder thereof being taken in Wine. The Decoctions thereof in Wine are very good for Women to be bathed with, or to sit in

hat are troubled with the overflowing of their Courses. The same being  
trunk, stayeth the stomach that is troubled with casting, or the Hiccup ;  
and as *Avicenna* saith, it comforteth the Heart. The Powder thereof taken  
in drink for some time together, is thought available for the  
Dropsey, Dropsey. The Oyl of Roles that have had fresh Moss steeped  
Headach. therein for a time, and after boyled, and applied to the Temples  
Sinews. and Forehead, doth marvelously ease the Headach coming of a  
hot Cause ; as also the Distillations of hot Rhewm or Humors to  
the Eyes or other parts. The Ancients much used it in their Oyntments  
and other Medicines against Lassitude, and to strengthen and comfort the  
sinews. For which, if it was good then, I know no reason but it may be found  
so still.

*cordiaca*

### Mother-wort.

**Descript.**] **T**his hath a hard, square, brownish, rough, strong stalk, rising  
three or four foot high at least, spreading into many, branches,  
whereon grow Leaves on each side with long footstalks, two at every joint, which  
are somewhat broad & long, as it were rough or crumpled, with many great Veins  
therein, of a sad green colour, and deeply dented about the edges, and almost  
divided. From the middle of the branches up to the tops of them (which are very  
long and small) grow the flowers round about them at distances, in sharp, pointed,  
rough, hard Husks, of a more red or purple colour than Balm or Horehound, but  
in the same manner or form as the Horehounds : after which come small round  
blackish seeds in great plenty. The Root sendeth forth a number of long strings  
and small fibres, taking strong hold in the ground, of a dark yellowish or brown-  
ish colour, and abideth as the Horebound doth, the smell of this being not much  
different from it.

**Place.** It groweth only in Gardens with us in England.

**Gouvernment and Vertues.** *Venus* owns the Herb, and it is under *Leo*.

**Melan-** There is no better Herb to drive melancholy Vapors from the  
**choly** Heart, to strengthen it, and make a merry, cheerful, blithe  
**Vapors,** Soul, than this Herb. It may be kept in a Syrup or Conserve,  
**Swoonings,** therefore the Latins called it *Cordiaca*. Besides, it makes Wo-  
**sore Trav-** men joyful Mothers of Children, and settles their Wombs as  
**Mother,** they should be ; therefore we call it *Motherwort*. It is held to  
**Urin,** be of much use for the trembling of the Heart, and in Faintings  
**Womens** and Swoonings, from whence it took the name *Cordiaca*. The  
**Couf.,** Powder thereof to the quantity of a spoonful drunk in Wine, is  
**Flegm,** a wonderful help to Women in their sore Travel, as also for the  
**Cold** suffocations or risings of the Mother ; and for these effects it  
**Flegm,** is likely it took the name of *Mother-wort* with us. It also pro-  
**Cramps,** voketh Urin and Womens Courses, cleanseth the Chest of cold  
**Convulsi-** Flegm oppressing it, and killeth Worms in the Belly. It is  
**ons.** of good use to warm and dry up the cold humors, to digest and  
disperse them that are settled in the Veins, Joyns and Sinews of  
the Body, and to help Cramps and Convulsions.

**Descript.** **M**ouse-Ear is a low Herb creeping upon the ground by small strings like the Strawberry Plant, whereby it shooteth forth small Roots, whereat grow upon the ground many small and somewhat short Leaves set in a round form together, and very hairy, which being broken, do give a white Milk: from among these Leaves spring up two or three small hoary Stalks about a span high, with a few smaller Leaves thereon; At the tops whereof standeth usually but one Flower, consisting of many paler yellow Leaves, broad at the points, and a little dented in, set in three or four rows, the greater outermost, very like a Dandelyon Flower, and a little reddish underneath about the edges, especially if it grow in a dry ground: which after they have stood long in Flower, do turn into down, which with the seed is carried away with the wind.

**Place.**] It groweth on Ditch Banks, and sometimes in Ditches if they be dry, and in sandy grounds.

**Time.**] It flowreth about June and July, and abideth green all the Winter.

**Government and Virtues.**] The Moon owns the Herb also, and though Authors cry out upon Alchymists for attempting to fix Quick-silver by this Herb and Moonwort: A Roman would not have judged a thing by the success; if it be to be fixed at all, 'tis by Lunar Influence. The Juyce hereof taken in Wine, or the Decoction thereof drunk, doth help the Jaundice although of long continuance, to drink thereof morning Jaundice, and evening, and abstain from other drink two or three hours Stone, after: It is a special Remedy against the stone, and the torment Bellyach, ting pains thereof; as also other Tortures and griping pains Dropse, of the Bowels. The Decoction thereof, with Succory and Cen- Flux, taurie, is held very effectual to help the Dropse, and them that wounds, are inclining thereunto, and the Diseases of the spleen. It stay- Bloody- eth the fluxes of Blood, either at the Mouth or Nose, and inward Flux, bleedings also, for it is a singular Wound herb for Wounds Terms: both inward and outward: It helpeth the Bloody flux, and help- stops, eth the abundance of Womens Courses. There is a Syrup Cough, made of the Juyce hereof and Sugar by the Apothecaries of Italy, Phtisick, and other places, which is of much account with them, to be gi- Rupture, ven to those that are troubled with the Cough or Phtisick: The Canker, same also is singular good for ruptures or burstings. The green Ulcers, Herb bruised and presently bound to any fresh Cut or Wound, Spreading doth quickly soder the lips thereof. And the Juyce, Decoction, Sores, or Powder of the dried Herb, is most singular to stay the malign- ity of spreading and fretting Cankers and Ulcers whatsoever, yea, in the Mouth, or secret parts: The distilled Water of the Plant is available in all the Diseases aforesaid, and to wash outward Wounds and Sores, and to ap- plie rents, or cloaths wet therein.

artemiso

## Mugwort.

**Descript.** ] **C**ominon Mugwort hath divers Leaves lying upon the ground, very much divided, or cut deeply in about the brims, somewhat like Wormwood, but much larger, of a dark green colour on the upper side, and very hoary white underneath. The stalks rise to be four or five foot high, having in it such like Leaves as those below, but somewhat smaller, branching forth very much towards the top, whereon are set very small pale yellowish Flowers like Buttons, which fall away; and after them come small seed inclosed in round Heads. The Root is long and hard, with many small fibres growing from it, whereby it aketh strong hold in the ground, but both stalk and leaf do die down every year, and the Root shooteth anew in the Spring. The whole Plant is of a reasonable good scent, and is more easily propagated by the slips than by the seed.

**Place.** It groweth plentifully in many places of this Land, by the Way sides; as also by small Water-Courses, and in divers other places.

**Time.** It flowreth and seedeth in the end of Summer.

**Government and Virtues.** This is an Herb of *Venus*, therefore maintaineth the parts of the body she rules, remedies the Diseases of the **Terms** - **riuokes**, **parts** that are under her Signs, *Taurus* and *Libra*. Mugwort is **Birth**, with good success put among other Herbs that are boyled for **Afterbirib**, to help the Delivery of the Birth, and expel the Afterbirth; **vomb** as also for the Obstructions and Inflammations of the Mother. It **inflamed**, breaketh the Stone, and causeth one to make water where it is **sens.** stopped. The Juyce thereof made up with Murih, and put **Kings-Evil**, under as a Pessary, worketh the same effects, and so doth the **ains in the Neck**, Root also, being made up with Hogs-grease into an Oyntment, it taketh away Wens and hard Knots and Kernels that grow about **Opium**, the Neck and Throat, and easeth the pains about the Neck **Sciatica**, more effectually, if some Field-Daisies be put with it. The herb **in me**, it self being fresh, or the Juyce thereof taken, is a special Remedy upon the over-much taking of Opium. Three drams of **avied**, the Powder of the dried Leaves taken in Wine, is a speedy and **ramp.** the best certain help for the Sciatica. A Decoction thereof made with Chamomel and Agrimony, and the place bathed therewith while it is warm, taketh away the pains of the Sinews and the Cramp.

**Morus**

## The Mulberry-Tree:

**This** is so well known where it groweth, that it needeth no description. **Time.** It beareth fruit in the months of *July* and *August*.

**Government and Virtues.** ] **Mercy** rules the Tree, therefore are its effects variable as his are. The Mulberry is of different parts: the ripe Berries by reason of their sweetness and slippery moisture, opening the body, and the unripe binding it, especially when they are dried, and

then they are good to stay Fluxes, Lasks, and the abundance of Bleeding, Womens Courses. The Bark of the Root killeth the broad Fluxes, Worms in the Body. The juyce, or the Syrup made of the Lasks, juyce of the Berries, helpeth all Inflammations or Sores in the Mouth or Throat, and the Palace of the Mouth, when it is fallen down. The Juyce of the Leaves is a Remedy against the biting of Serpents, and for those that have taken Aconite: The Leaves beaten with Vinegar, are good to lay on any place that is burnt with fire. A Decoction made of the Bark and Leaves, is good to wash the Mouth and Teeth when they ake. If the Root be a little slit or cut, and a small hole made in the ground next thereunto, in the Harvest time, it will give out a certain juyce, which being hardened, the next day is of good use to help the Toothach. to dissolve knots, and purge the Belly: The Leaves of Mulberries are said to stay bleeding at Mouth or Nose, or the bleeding of the Piles, or of a Wound, being bound unto the places. A Branch of the Tree taken when the Moon is at the full, and bound to the Wrist of a Womans Arm, whose Courses come down too much, doth stay them in short space.

## *Verbascum*      *Mullein.*

**Descript.** Common white Mullein, hath many fair, large, woolly, white Leaves lying next the ground, somewhat longer than broad, pointed at the ends, and as it were dented about the edges: The Stalk riseth up to be four or five foot high, covered over with such like Leaves, but lesser, so that no Stalk can be seen for the multitude of Leaves thereon up to the Flowers, which come forth on all sides of the Stalk, without any Branches for the most part, and are many set together in a long spike, in some of a gold yellow colour, in others more pale, consisting of five round pointed Leaves, which afterward have small round Heads, wherein is small brownish seed contained: The Root is long, white, and woody, perishing after it hath born seed.

**Place.**] It groweth by way sides, and lanes, in many places of this Land.

**Time.**] It flowreth in July, or thereabouts.

**Government and Vertues.**] It is under the Dominion of Saturn. A small quantity of the Root given in Wine, is commended by Dioscorides against Lasks and Fluxes of the Belly: The Decoction thereof drunk is profitable for those that are bursten, Ruptures, and for Cramps and Convulsions, and for those that are troubled with an old Cough. The Decoction thereof gargled, easeth the pains of the Toothach. An Oyl made by the often infusion of the Flowers, is of very good effect for the Piles. The Decoction of the Root in red Wine, or in Water (if there be an Ague) wherein red hot steel hath been often quenched, doth stay the bloody flux: The same also openeth Obstructions of the Bladder and Reins when one cannot make water. A Decoction Flux,

Obstru-  
cti-  
ans,  
Reins,  
Bladd r,  
Sinews,  
Gout,  
Wat.,  
Belly-ach,  
Cholick,  
Inflama-  
tion,  
Thro.,  
Splinters,  
Boyls,  
Groin,  
Disjun-  
ctures.

coction of the Leaves hereof, and of Sage, Marjoram and Camomel Flowers, and the places bathed therewith that have Sineus stark with cold, or Cramps, doth bring them much ease, and comfort. Three ounces of the distilled Water of the Flowers drunk morning and evening for some dayes together, is laid to be the most excellent Remedy for the Gout. The Juyce of the Leaves and Flowers being laid upon rough Warts, as also the Powder of the dried roots rubbed on, doth easily take them away; but doth no good to smooth Warts. The Powder of the dried Flowers is an especial Remedy for those that are troubled with Belly-aches, or the pains of the Cholick. The Decoction of the Root, and so likewise of the Leaves, is of great effect to dissolve the Tumors, Swellings, or Inflammation of the Throat. The Seed and Leaves boiled in Wine, and applied, draw forth speedily Thorns, or Splinters gotten into the Flesh, ease the pains, and heal them also. The Leaves bruised and wrapped in double Papers, and covered with hot ashes and embers to bake a while, and then taken forth and laid warm on any Borch or Boyl hapning in the Groyne or Share, doth dissolve and heal them. The Seed bruised, and boyled in Wine, and laid on any Member that hath been out of Joyn, and is newly set again, taketh away all swellings and pain thereof.

### Synaposis

### Mustard.

**Descript.** [*O*ur common Mustard hath large and broad rough Leaves very much jagged with uneven and unorderly gashes, somewhat like Turnip Leaves, but lesser and rougher: The stalk riseth to be more than a foot high, and sometimes two foot high, being round, rough, and branched at the top, bearing such like Leaves thereon as grow below, but lesser, and less divided, and divers yellow Flowers one above another at the tops, after which come small rough Pods, with small lank flat ends, wherein is contain'd round yellowish seed, sharp, hot, and biting upon the Tongue. The Roots small, long, and woody, when it beareth stalk, and perisheth every year.

**Place.** This growth with us in Gardens only, and other manured places.

**Time.** It is an annual Plant, flowing in July, and their seed is ripe in August.

**Governing and Vertues.** [*I*t is an excellent Sawce for such whose Blood wants clarifying, and for weak stomachs, being an Herb of *Mars* but naught for Cholerick People, though as good for such as are aged or troubled with cold Diseases: *Aries* claims something to do with it, therefore it strengthens the heart and resisteth Poyson: let such whose stomachs are so weak they cannot digest their meat, or appetite it, take of Mustard seed a dram, Cinnamon as much, and having beated them to Powder, and half as much Mastich in Powder, and with Gum Arabick dissolved in Rose water, make it up into Troches, of which they may take one of about half a dram.

a dram weight an hour or two before meals, let old men and women make much of this Medicine, and they will either give me thanks or manifest ingratitude. Mustard seed hath the Vertue of heating, discussing, rarifying, and drawing out splinters of Bones, and other things *Heats*, out of the flesh. It is of good effect to bring down Womens *Dries*, Courses, for the Falling-sickness or Lethargy, Drousie forgetful *Splinters*, evil, to use it both inwardly and outwardly to rub the Nostrils, *Thorns*, Forehead and Temples, to warm and quicken the spirits, for *Terms* by the fierce sharpnes it purgeth the Brain by sneezing, and provokes, drawing down Rheum and other viscous Humours, which by *Falling*-their distillations upon the *Lungs* and *Chest* procure *Cough-sicknes*, ing, and therefore with some Honey added thereto doth much *Lethargy*, good therein. The Decoction of the seed made in Wine and *Sneezing*, drunk, provoketh Urin, resisteth the force of Poyson, the *Distay*, malignity of Mushrooms, and the Venom of Scorpions, or other *Poyson*, Venemous Creatures, if it be taken in time: and taken before *Mushrooms*, the cold fits of Agues, altereth, lessenneth, and cureth them. The *Venemous* seed taken either by it self or with other things, either in an E- *Beasts*, lectuary or Drink, doth mightily stir up bodily Lust, and help- *Agues*, eth the spleen and pains in the sides, and gnawing in the Bow- *Lust pre*-els. And used as a Gargle, draweth up the Palate of the Mouth *vakes*, being fallen down, and also it dissolveth the Swellings about *Spleen*, the Throat, if it be outwardly applied. Being chewed in the *Uvula*, Mouth, it oftentimes helpeth the Toothach. The outward ap- *Sciatica*, plication hereof upon the pained places of the *Sciatica*, discusseth *Toothach*, the Humors, and easeth the pains, as also of the Gout, and other *Pains*, Joynt-aches, and is much and often used to ease pains in the *Hair*, Sides or Loyns, the Shoulders or other parts of the Body, upon *Bruises*, the applying thereof to raise Blisters, and cureth the Disease by *Black and* drawing it to the outward parts of the Body: It is also used to *blue spots*, help the falling of the Hair: The Seed bruised, mixed with *Roughness*, Honey and applied, or made up with Wax, taketh away the *Leprosie*, Marks, and black and blue spots of *bruises*, or the like, the rough- *Louse E-*ness or scabbiness of the skin, as also the *Leprosie* and *Lousie vil*, *Mor-*evil: It helpeth also the crick in the Neck. The distilled water *phew*, of the Herb when it is in flower, is much used to drink inward- *Freckles*, ly to help in any of the Diseases aforesaid, or to wash the Mouth *wry Necks*, when the Palate is down, and for the Diseases of the Throat to gargle, but outwardly also for Scabs, Itch, or other the like infirmities, and cleanseth the Face from *Morpheu*, *Spots*, *Freckles*, and other *Deformities*,

### Hedg-Mustard.

**Descript.** *T*his groweth up usually but with one blackish green stalk, tough, easie to bend, but not break, branched into divers parts, and sometimes with divers stalks full of branches, whercon grow long, rough, or hard rugg'd Leaves, very much torn or cut on the edges into

many parts, some bigger, and some lesser, of a dirty green colour: The Flowers are small and yellow, that grow at the tops of the Branches in long spikes, flowering by degrees, so that continuing long in flower, the stalks will have small round Cods at the bottom growing upright, and close to the stalk, while the top flowers yet shew themselves; in which are contained small yellow seed sharp and strong, as the Herb is also. The Root groweth down slender and woody, yet abiding, and springing again every year.

**Place.]** This groweth frequently in this Land, by the Wayes and Hedges, and sometimes in the open Fields.

**Time.** It flowreth most usually about July.

**Government and Vertues.]** Mars owns this Herb also. It is singular good in all the Diseases of the Chest and Lungs, Hoarsness of voyce, and by the use of the Decoction thereof for a little space, those have been recovered who had utterly lost their Cough, Shortness of Breath, Jaundice, Pleurisie, Back, Loyns, Belly, Cholick, Poyson, Sciatica, Gout, Joyns, Fistulæ, Ulcers, Cankers, Testicles, wemens Breasts. of voyce, and by the use of the Decoction thereof for a little space, those have been recovered who had utterly lost their Cough, Shortness of Breath, Jaundice, Pleurisie, pains in the Back and Loyns, and for torments in the Belly, or the Cholick, being also used in Clysters. The seed is held to be a special Remedy against Poyson and Venom: It is singular good for the Sciatica, the Gout, and all Joyns-aches, Sores, and Cankers in the Mouth, Throat, or behind the Ears; and no less for the hardnes and swelling of the Testicles, or of Womens Breasts.

### *Paronychia* Nailwort, or Whitlow-graſs.

**Descript.]** **T**his very small and common Herb hath no Roots, save only a few strings; neither doth it ever grow to be above a hand breadth high: The Leaves are very small, and something long, not much unlike those of Chickweed; amongst which rise up divers slender stalks, bearing many white Flowers one above another, which are exceeding small: After which come small flat Pouches containing the seed, which is very small, but of a sharp taſt.

**Place.]** It grows commonly upon old stone and brick Walls, and sometimes in dry gravelly Grounds, especially if there be Grass or Mols near, to shadow it.

**Time.]** They flower very early in the year, sometimes in January, and in February, for before the end of April they are not to be found.

**Government and Vertues.** It is held to be exceeding good Imposthumes, for those Imposthumes in the Joyns, and under the Nails, whelors, Feulors, Andicoms, and Nailwheels. Such as would be knowing Physitians, let them read these Books of mine of the last Edition a viz. *Riverius*, *Riolanus*, *Jonston*, *Veslingus*, *Sennertus*.

## peperita Nep, or Catmint. Calaminto

**Description.** Common Garden Nep shooteth forth hard foursquare stalks with a hoariness on them, a yard high or more, full of branches, bearing at every joint two broad Leaves, somewhat like Balm, but longer pointed, softer, whiter, and more hoary, nicked about the edges, and of a strong sweet scent. The Flowers grow in large tufts at the tops of the branches, and underneath them likewise on the stalks many together, of a whitish purple color. The Roots are composed of many long strings or fibres fastning themselves stronger in the ground, and abide with green Leaves thereon all the winter.

**Place.** It is only nursed up in our Gardens.

**Time.** And it flowreth in July, or thereabouts.

**Government and Vertues.** It is an Herb of Venus. Nep is Terms generally used for Women to procure their Courses, being taken provoker, inwardly or outwardly, either alone, or with other convenient Barrenness, Herbs in a Decoction to bath them, or sit over the hot fumes womb, thereof, & by the frequent use thereof, it takes away barrenness, wind, and the wind and pains of the Mother. It is also used in pain Mother, of the Head coming of any cold cause, as Cataracts, Rhewms, Cough, and for swimming and giddiness thereof, and is of especial use Rhewms, for the windiness of the Stomach and Belly. It is effectual for Vertigo, any Cramp or cold aches, to dissolve the cold and wind that af- Cramp, flieth the place, and is used for Colds, Coughs, and shortness Cold aches, of breath. The Juyce thereof drunk in Wine, is profitable for Difficulty those that are bruised by any accident. The green Herb bruised of breath, and applied to the Fundament, and lying there two or three Bruises, hours, easeth the pains of the Piles. The Juice also being made Hemor- up into an Ointment, is effectual for the same purpose: The rhoids, Head washed with a Decoction thereof, it taketh away scabs, Scabby and may be effectual for other parts of the Body also. Heads.

## ortiga Nettles. ortigas

**N**ettles are so well known that they need no Description at all, they may be found by feeling in the darkest night.

**Government and Vertues.** This also is an Herb Mars claims Domini- on over. You know Mars is hot and dry, and you know as well that Win- ter is cold and moist; then you may know as well the reason why Nettle tops eaten in Spring consume the Flegmatick superfluities in the Body of Man, that the coldness and moisture of Winter hath left behind.

The Roots or Leaves boiled, or the juice of either of them, or Lungs, both, made into an Electuary with Honey or Sugar, is a safe and wheezing, sure medicin to open the pipes & passages of the lungs, which is shortness the cause of wheezing & shortness of breath, and helpeth to ex- of breath, pectorat tough flegm, as also to raise the impostumated Pleurisie, Pleurisie and spend it by spitting; the same helpeth the swelling of the Almonds Almonds of the ear.

**Ears, Throat,** Almonds of the Throat, the mouth and throat being gargled therewith. The juice is also effectual to settle the Palate of terms provokes, the Mouth in its place, and to heal and temper the infla-  
**Mother, dysury,** mations and soreness of the Mouth and Throat. The De-  
**gravel, worms,** coction of the Leaves in Wine, being drunk, is singular good  
**spleen, bleeding,** to provoke Womens Courses, and settle the suffocation,  
**venom. Beasts,** strangling of the Mother, and all other diseases thereof, as  
**mad dogs, hem- lock, Henbane,** also applied outwardly with a little Mirth. The same also,  
**Nightshade,** or the seed, provoketh Urine, and expelleth the Gravel and  
**Mandrakes, Le- thargie, Mor- phew, Leprosy,** stone in the Reins or Bladder, often proved to be effectual in  
**Bleeding, Pol- pug, sculcers, Fi- stulaes, Gan- grene, scabs, Itch, wounds,** many that have taken it. The same killeth the Worms in  
**Children, easeth pains in the sides, and dissolveth the windi- ness in the spleen, as also in the Body, although others**  
**think it only powerful to provoke venery.** The juice of the  
**Leaves taken two or three daies together, stayeth bleeding at the Mouth.** The seed being drunk, is a Remedy against  
**the stinging of Venemous Creatures, the biting of mad Dogs, the poysongfull qualities of Hemlock, Henbane,**  
**Wearines, Dis- Nightshade, Mandrake, or other such like Herbs that stu- jectures, Gout, pifie or dull the Senes;** as also the Lethargie, especially to  
**Sciatica, joyns** use it outwardly to rub the Forehead, or Temples in the Le-  
thargy, and the places bitten or stung with Beasts, with a lit-  
tle Salt. The Distilled Water of the Herb is also effectual (although not so  
powerful) for the Diseases aforesaid, as for outward Wounds and sores to  
wash them, and to cleanse the skin from Morphew, Leprosie, and other dis-  
colorings thereof: The Seed or Leaves bruised, and put into the Nostrils,  
stayeth the bleeding of them, and taketh away the Flesh growing in them,  
called *Polipus*. The Juice of the Leaves, or the Decoction of them, or of the  
Roots, is singular good to wash either old, rotten, or stinking sores, or Fi-  
stulaes and Gangrenes, and such as are fretting, eating, or corroding scabs,  
Manginess and Itch in any part of the Body, as also green Wounds, by wa-  
shing them therewith, or applying the green Herb bruised thereunto, yea, al-  
though the Flesh were separated from the Bones: The same applied to our  
wearyed members, refresheth them, or to places that have been out of joyn-  
being first set up again, strengtheneth, drieth, and comforteth them, as also  
those places troubled with Aches and Gouts, and the Desluxion of Humors  
upon the joyns or sinews, it easeth the pains, and drieth or dissolveth the De-  
fluxions. An Qintiment made of the juice, Oil, and a little Wax, is sin-  
gular good to rub cold and benummed members. An handfull of the Leaves  
of green Nettles, and another of Wal-wort, or Dane-wort, bruised and ap-  
plied simply of themselves to the Gout, Sciatica, or Joyns-aches in any part,  
hath been found to be an admirable help thereunto.

### *Solanum*

### *Nightshade.*

**Description.** Common Night-shade hath an upright, round, green, hollow  
Stalk, about a foot or half a yard high, bushing forth in-

to many Branches, whereto grow many green Leaves, somewhat broad and pointed at the ends, soft and full of Juyce, somewhat like unto Bazil, but larger, and a little unevenly dent'd about the edges: at the tops of the stalks and Branches, come forth three or four more white flowers made of five small pointed Leaves a piece, standing on a stalk together, one above another with yellow pointes in the middle, composed of four or five yellow threds set together, which afterwards run into so many pendulous green berries of the bigness of small Pease, full of green Juyce, and small whitish round flat Seed lying within it. The Root is white and a little woody when it hath given flower and fruit with many small Fibres at it: The whole Plant is of a waterish insipide taste, but the Juyce within the Berries is somewhat viscous, and of a cooling and binding quality.

*Place.* It groweth wild with us, under old Walls, and in Rubbish, the common paths, and sides of Hedges and Fields, as also in our Gardens here in England without any planting.

*Time.* It dieth down every year, and ariseth again of its own sowing, but springeth not until the later end of April at the soonest.

*Government and Vertues.* It is a cold Saturnine Plant. This common Nightshade is wholly used to cool hot Inflammations either inwardly or outwardly, being no way dangerous to any that shall use it, as most of the rest of the Nightshades are; yet it must be used moderately *Inflammation*. The distilled water only of the whole Herb is fittest and safest *inflammations*, to be taken inwardly: The juice also clarified and taken, being *inflammation* mingled with a little Vinegar, is good to wash the Mouth and *Throat* that is inflamed: But outwardly the juice of the Herb in the *or Berries with Oil of Roses, and a little Vinegar & Ceruſſ la-* *Eyes*, *bored together in a leaden morter, is very good to anoint all hot Shingles,* *Inflammations in the Eyes: It doth also much good for the Shin-* *Ring-* *gles, Ring-worms, and in all running, fretting, and corroding Worms,* *Ulcers, and in moist Fistulae, and if the Juice be made up with Terms* *some Hens dung and applied thereunto: A Pefſary dipped in the stops,* *juice, and put up into the Matrix, stayeth the immoderate Flux Testicles,* *of Womens Courses: A Cloth wet therein, and applied to the Gout,* *Testicles or Cods, upon any swelling therein, giveth much Ease,* *as also to the Gout that cometh of hot and sharp Humors.* The Juice dropped into the Ears, easeth pains thereof that arise of heat of inflammation. And *Pliny* saith, It is good for hot swellings under the Throat, Have a care you mistake not the *Deadly Nightshade* for this; if you know it not you may let them both alone and take no harm, having other Medicins sufficient in the Book.

### *Yerber* The Oak.

IT is so well known (the timber thereof being the Glory and Safety of this Nation by Sea) that it needeth no Description.

*Government and Vertues.* *Jupiter* owns the Tree. The Leaves and Bark of the Oak, and the Acorn Cups, do bind and dry very

**Dry, Bind, spit-** much : The inner Bark of the Tree, and the thin skin that **ting Blood, Flux** covereth the Acorn, are most used to stay the spitting of **Vomiting, Vt-** Blood, and the Bloody Flux : The Decoction of that bark, **ereous Atts,** and the Powder of the Cups, do stay vomitings, spitting of **Dissey, Poysen,** Blood, bleeding at the Mouth, or other Flux of Blood in **venen. Beasts,** Men or Women, Lasks also, and the involuntary Flux of natural **Cantharides,** Seed. The Acorns in powder taken in Wine provoketh Urine, and resisteth the Poison of Venemous Creatures. The **Ulcers of the Bladder.**

as also the Virulency of Cantharides, when one by eating them, hath his Bladder exulcerated, and pisseth blood. *Hippocrates* saith, He used the fumes of Oak Leaves to women that were troubled with the strangling of the Mother ; and *Galen* applied them being bruised, to eure green Wounds. The

Distilled Water of the Oaken Buds before they break out **Mother, wounds** into Leaves, is good to be used either inwardly or outwardly to asswage Inflammations, and stop all manner of Fluxes in **Inflammation,** Flux, pestilen- man or woman : The same is singular good in Pestilential feves, Epidemical and hot burning Feavers, for it resisteth the force of the in- **Diseases, Liver,** fection, and allayeth the Heat: it cooleth the heat of the Li- **Stone, Terms** ver, breaketh the stone in the Kidneys, and stayeth wemens flops, Scabs. Courses. The Decoction of the Leaves worketh the same ef- fects.

The water that is found in the hollow places of old Oaks, is very effectual against any foul or spreading Scab: The Distilled Water (or Decoction which is better) of the Leaves is one of the best Remedies that I know for the Whites in Women. For cure of all Diseases, read my *Rivarius, Riolanus, &c.*

### Oats. *avena*

These are also so well known that they need no Description.

**Government and Vertues.** Oats fried with Bay salt, and ap- **plied to the Sides,** take away the pains of Stitches and Wind in **Wind, Itch,** the sides or belly. A puluis made of the Meal of Oats, and **Leprosie,** some Oil of Bays put thereto helpeth the Itch, and the Lepro- **Fistulae,** as also the Fistulae of the Fundament, and dissolveth hard **Apothumes,** Imposthumes. The Meal of Oats boiled with Vinegar and ap- **Freckles.** lied, taketh away Freckles and spots in the Face, or other parts of the Body.

### One Blade. *monostachyon*

**Description.** **T**his small Plant never beareth more than one Leaf, but only when it riseth up with his stalk, which thereon beareth another, and seldom more, which are of a bl. wth green color, pointed, with many ribs, or veins therein, like Plantane: At the top of the stalk, grow many small white flowers, Starf. shion, smelling som: what sweet ; after which come small reddish Berries when they are ripe. The Root is small, of the bigness of a Rush, and creeping under the upper crust of the Earth, shooting forth in, *Digitized by Google* *Place*

**Place.** It groweth in moist, shadowy, and grassie places of Woods, in many places of this Land.

**Time.** It flowereth about *May*, and the Berries be ripe in *June*, and then quickly perisheth, untill the next year, it springeth from the same Root again.

**Government and Vertues.** It is a precious Herb of the Sun. Half a dram or a dram at most in powder of the Roots hereof taken in Wine and Vinegar, of each equal parts, and the party laid presently to *Pestilence*, sweat thereupon is held to be a sovereign Remedy for those that *Poyson*, are infected with the Plague, and have a sore upon them, by expelling the Poison and Infection, and defending the Heart and *cal diseases*, Spirits from danger. It is a singular good Wound Herb, and is *Wounds*, therupon used with other the like effects in making Compound *Sinews* Balsms for Curing of Wounds, be they fresh and green, or old *cut*, and Malignant, and especially if the Sinews be burnt.

### *Satirion Orchis.*

**I**T hath gotten almost as many several names attributed to the several sorts of it, as would almost fill a sheet of Paper; as Dogs-stones, Goat-stones; Fools-stones, Fox-stones, Satirian, Cullians, together with many others, too tedious to rehearse.

**Description.** To describe all the several sorts of it were an endless piece of work; therefore I shall only describe the Roots, because they are to be used with some discretion. They have each of them a double Root within, some of them are round, in others like a band; these Roots alter every year by course, when the one riseth and waxeth full, the other waxeth blank and perisheth: Now it is that which is full which is to be used in Medicine, the other being either of no use at all, or else according to the Humor of some, It destroyes and disannulls the Virtue of the other, quite undoing what that doth.

**Time.** One or other of them may be found in Flower, from the beginning of *April*, to the later end of *August*.

**Temperature and Vertues.** They are hot and moist in operation, under the Dominion of Dame *Venus*, and provoke Lust exceedingly, which they say the dry or withered Root restrains Lust provoketh again; they are held to kill the Worms in Children: as also *Worms*, *Kings-evil* being bruised and applied to the place, to help the *Kings-evil*. For cure of all Diseases, read my *Riverius*, *Veslingus*, *Riolanus*, *Jehnston*, *Sennertus*, &c.

### *cypa Onions.*

**T**HEY are so well known, that I need not spend time about writing a Description of them.

**Government and Vertues.** Mars owns them, and they have gotten this quality, to draw any corruption to them, for if you pill one, lay him upon a *Dunghil*, you shall find him rotten in half a day, by drawing putrefaction to it, then being bruised and applied to a Plague-sore 'tis very probable 'twill do the like.

Onions are Flatulent or windy, yet they do somewhat provoke appetite, encrease thirst, ease the belly & bowels; provoke womens courses, help the biting of a mad Dog, and of other venomous creatures to be used with Honey and Rue, and encrease Sperm, especially the Seed of them; They also kill the worms in Children if they drink the water fasting wherein they have been steeped all night. Being roasted under the Embers and eaten with Honey or Sugar and Oil they much conduce to help an inveterate Cough, and expectorate the tough Flegm. The Juice being shuffled up into the Nostrils, purgeth the Head, and helpeth the Lethargy, (yet the often eating them is said to procure pains in the Head) It hath been held by divers Country people a good preservative against infection to eat Onions fasting with Bread and Salt: as also to make a great Onion hollow, filling the place with good Treacle, and after to roast it well under the Embers, which after taking away of the outermost skin thereof, being beaten together, is a Sovereign Salve for either Plague-sore, or any other putrid Ulcer. The Juice of Onions is good for either scalding, or burning by fire, water, or Gunpowder, and used with Vinegar, taketh away all blemishes, Spots and Marks in the Skin, and dropped into the Ears, easeth the pains and noise of them. Applied also with Figs beaten together, helpeth to ripen and break Impostumes and other sores.

Leeks are as like them in quality, as a Pomewater is like an Apple: they are a Remedy against a Surfeit of Mushrooms, being baked under the Embers and taken; and being boiled and applied warm help the Piles: In other things they have the same property as the Onions, although not so effectual.

### *telephium* Orpine.

**Descriptiōn.** Common Orpine riseth up with divers round brittle stalks thick set with fat and fleshy Leaves without any order, and little or nothing dented about the edges, of a green color; the flowers are white or whitish growing in tufts, after which come small chaffy Husks, with seed like dust in them. The Roots are divers, thick, round, white tuberous clogs; and the Plant groweth so big in some places as in others where it is found.

**Place.** It is frequent almost in every County of this Land, and is cherished in Gardens with us, where it groweth greater than that which is wild and groweth in shadowy sides of Fields and Woods.

**Time.** It flowereth about July, and the Seed is ripe in August.

**Government and Virtue.** The Moon owns the Herb, and he that knows but her Exaltation, knows what I say is true.

Orpine is seldom used in inward Medicines with us, although *Tragus* saith from experience in Germany that the distilled water thereof is profitable for gnawings or excoriations in the Bowels, Ptifick, stomach or Bowels, and for Ulcers in the Lungs, Liver, womb, Bloody or other inward parts, as also in the Matrix, and helpeth all Flux, Wounds, those Diseases, being drunk for certain daies together. And

that it stayeth the sharpnes of humors in the bloody Flux *Inflammation*, and other Fluxes in the Body, or in Wounds. The Root *Scalding, Burn* thereof also performeth the same effect. It is used outward-*nings, Quinzie*, to cool any heat or *Inflammation* upon any hurt or wound, *Ruptures*, and easeth the pains of them: as also to heal *Scaldings* or *Burnings*. The Juyce thereof beaten with some green *Sallet Oyl*, and anointed. The Leaf bruised, and laid to any green wound in the Hands or Legs, doth heal them quickly; and being bound to the Throat, much helpeth the *Quinzy*: it helpeth also *Ruptures* and *Burstness*.

If you please to make the Juyce thereof into a Syrup with Honey or Sugar, you may safely take a spoonful or two at at time (let my Author say what he will) for a Quinzy, and you shall find the Medicine more pleasant, and the Cure more speedy, than if you took a Dogs turd, which is the learned Colledges vulgar Cure.

Cure.  
*spicium* Parsley. *perenial*

This is so well known; that it needeth no Description.

**Government and Vertues.** It is under the Dominion of *Mercyly*, and is very comfortable to the Stomach, and helpeth to provoke to Urin and Womens Courses, and to break wind both in *Stomach*, *Digestion*, the Stomach and Bowels, and doth a little open the body, *sury*, *Terms*, but the Root much more, and openeth Obstructions both provokes, *Liquors* of the Liver and Spleen, and is therefore accounted one of *ver*, *Spleen*, *Fall*, the five opening Roots. *Galen* commendeth it against the *ling-sicknes*, *Falling-sicknes*, and to provoke Urin mightily, especially *Stone*, *Wind*, if the Roots be boyled and eaten like Parsnips. The seed *Venemous* is effectual to provoke Urin and Womens Courses, to expell *Beasts*, *Cough*, wind, to break the *Stone*, and ease the pains and torments thereof, or of any other part in the body occasioned *dren*, *Eyes*, *wo*-by wind. It is also effectual against the Venome of any *mens Breasts*, *poysontful Creature*, and the danger that cometh to them *curdled Milk*, that have taken *Litharge*; and is good against the *Cough*, *black and blew*. The distilled Water of Parsley is a familiar Medicine with *Marks*, *Fauns*, *Nurses* to give their Children when they are troubled *dices*, *Falling-with wind* in the *Stomach* or *Belly*, which they call the *sicknes*, *Dropfit*. *Frets*, and is ~~so~~ much available to them that are of greater years. The Leaves of Parsley laid to the *Eyes* that are inflammatred with heat, or swoln, doth much help them, if it be used with *Bread* or *Meal*; and being fryed with *Butter*, and applied to Womens Breasts that are hard through the curdling of their Milk, it abateth the hardness quickly, and also it taketh away black and blew marks coming of Bruises or Falls. The Juyce thereof dropped into the *Ears* with a little *Wine*, easeth the pains. *Tingus* setteth down an excellent Medicine to help the *Jaundice* and *Falling-sicknes*, the *Dropsies*, and *stone* in the *Kidnies* in this manner. Take of the seeds of *Parsley*, *Fennel*, *Anise*, and *Caraways*; of each one ounce; of the Roots of *Parsley*, *Burnet*, *Saxifrage*, and *Caraways*; of each one ounce and an half; let the Seeds be bruised, and the Roots washed and cut small. Les them

all night in steep in a potte of white Wine, and in the morning be boyld in a close earthen Vessel until a third part or more be wasted, which being strained and cleared, take four ounces thereof morning and evening first and last, abstaining from drink after it for three hours. This obstructions of openeth Obstructions of the Liver and Spleen, and expelleth Liver & Spleen. Ieth the Dropsic and Jaundice by Urin.

### *Siccon Parsley-Piert, or Parsley Break-stone.*

**Descript.** The Root, although it be very small and thridy, yet it continues many years, from whence arise many Leaves lying along upon the ground, each standing upon a long small Footstalk, the Leaves as broad as a mans nail, very deeply indented on the edges, somewhat like a Parsley leaf, but of a very dusky green colour. The stalks are very weak and tender, about three or four fingers in length, set so full of Leaves, that they can hardly be seen, either having no footstalk at all, or but very short. The Flowers are so small, they can hardly be seen; and the seed as small as small may be.

**Place.** It is a common Herb throughout the Nation, and rejoiceth in barren, sandy, moist places. It may be found plentifullly about Hampsted Heath, in Hide-Park, and in Tuttle-fields.

**Time.** It may be found all the Summer time, even from the beginning of April to the end of October.

**Government and Vertues.** Its operation is very prevalent to provoke urin, and to break the Stone. It is a very good Sallet-herb. It were good the Gentry would pickle it up as they pickle up Sampire & Stoe, for their use all the Winter. I cannot teach them how to do it: yet this I can tell them, it is a very wholesome Herb. They may also keep the Herb dry, or in a Syrup, if they please. You may take a dram of the Powder of it in white Wine, it would bring away Gravel from the Kidnies insensibly and without pain. It also helps the Strangury.

### *pastinaca Parsnip.*

**T**he Garden kind thereof is so well known (the Root being commonly eaten) that I shall not trouble you with any Description of it. But the wild kind being of more Physical use, I shall in this place describe unto you.

**Descript.** The wild Parsnip differeth little from the Garden, but groweth not so fair and large, nor hath so many Leaves; and the Root is shorter, more woody, and not so fit to be eaten, and therefore the more medicinable.

**Place.** The name of the first sheweth the place of its growth.

The other groweth wild in divers places, as in the Marshes by Rochester, and elsewhere, and flowreth in July: the seed being ripe about the beginning of August, the second year after the sowing: for if they do flower the first year, the Country-people call them Madneps.

**Government and Vertues.** The Garden Parsnips are under Venus. The Garden

Garden Parsnip nourisheth much, and is good and whole- Lust provokes, some Nourishment, but a little windy, whereby it is thought to disty, cleanse, to procure bodily lust: but it fatneth the body much, if Open, vene- much used. It is conducible to the Stomach and Reins, and mous Beasts, provoketh Urin. But the wild Parsnip hath a cutting, attenu- Colick, Di- ating, cleansing and opening quality therein. It resisteth and stay- helpeth the bitings of Serpents, easeth pains and Stitches in the sides, and dissolveth wind both in the Stomach and Bowels, which is the Colick, and provoketh Urin. The Root is often used, but the Seed much more.

The wild being better than the tame, shewt Dame Nature to be the best Physician.

### *syphondylium* Cow-parsnip.

**Descript.** **T**his groweth with three or four large, spread, winged, rough Leaves, lying often on the Ground, or else raised a little from it, with long, round, hairy footstalks under them, parted usually into five divisions, the two couples standing each against other, and one at the end, and each Leaf being almost round, yet somewhat deeply cut in on the edges, in some Leaves, and not so deep in others, of a whitish green colour, smelling somewhat strongly: among which ariseth up a round crusted hairy stalk, two or three foot high, with a few Joynts and Leaves thereon, and branched at the top, where stand large umbels of white, and sometimes reddish flowers, and after them flat, whitish, thin, winged seed, two altaries joyned together. The Root is long and white, with two or three long strings growing down into the ground, smelling likewise strongly, and unpleasent.

**Place.** It groweth in moist Meadows, and the borders and corners of Fields, and near Ditches, generally through this Land.

**Time.** It flowereth in July, and seedeth in August.

**Government and Vertues.** Mercury hath the Dominion over them. The Seed thereof, as Galen saith, is of a sharp and cutting quality, and is therefore a fit Medicine for the Cough and shortness of Breath, the Falling-sickness, and the Jaundice. The Root is available to all the purposes aforesaid, and is also of great use to cutly of breath, take away the hard skin that groweth on a Fistula, if it be Falling-sick- but scraped upon it. The Seed hereof being drunk, clean- neß, Jaundice, seth the Belly from tough flegmatick matter therein, easeth Fistula, Flegm, them that are Liver-grown, Womens passions of the Mother Liver, Mo- as well being drunk as the smoke thereof received under- ther, Lethargie, neath, and likewise raiseth such as are fallen into a deep sleep, Frenzy, Head- or have the Lethargy, by burning it under their Nose. The ach, Scabs, Seed and Root boyled in Oyl, and the Head rubbed there- Shringles. with, helpeth not only those that are fallen into a Frenzy, but also the Lethargy or drowsie Evil, and those that have been long trou- bled with the Headach, if it be likewise used with Rue. It helpeth also the running Scab and the Shringles. The Joyce of the Flowers dropped into Ears that run and are full of matter, it cleanseth and healeth them.

# *Malus persica* The Peach-Tree.

**Descript.** [A] Peach-Tree groweth not so great as the Apricock-Tree, yet spreadeth his branches reasonable well from whence spring smaller reddish twigs, whercon are set long and narrow green Leaves dented about the edges. The blossoms are greater than the Plum, and of a light purple colour. The fruit round, and sometimes as big as a reasonable Pippin, others smaller, as also differing in colours and tastes, as russet, red, or yellow, waterish or firm, with a frize or Cotton all over, with a cleft therein like an Apricock, and a rugged furrowed great stone within it, and a bitter Kernel within the stone. It sooner waxeth old, and decayeth than the Apricock by much.

**Place.** [They are nursed up in Gardens and Orchards through this Land, Time.] They flower in the Spring, and fructifie in Autumn.

**Government and Vertues.** [Lady Venus owns this Tree, and by it opposeth the ill effects of Mars, and indeed for Children and young people, nothing is better to purge Choler and the Jaundice, than the Leaves and Flowers of this Tree being made into a Syrup or Conserve, let such as delight to please their lust regard the fruit: but such as love their health and their Childrens, let them regard what I say, they may safely give two spoonfuls of the Syrup at a time, 'tis as gentle as Venus her self. The Leaves of Peaches bruised and laid on the Belly, killeth Worms; and so Worms, Belly they do also being boyled in Ale and drunk, and open the opens Humors, Belly likewise; and being dried is a safe Medicine to discuss Wounds.

Wounds, staying their bleeding, and cloleth them up. The Flowers steeped all night in a little Wine standing warm strained forth in the morning and drunk fasting, doth gently open the Belly, and move it downwards. A Syrup made of them as the Syrup of Roses is made, worketh more forcibly than that of Roses, for it provoketh Vomiting, and spendeth waterish and hydroick humors by the continuance thereof. The Flowers made into a Conserve, worketh the same effect. The Liquor that dropped from the Tree being wounded, is given in the Decoction of ~~Dropse, Cough, shortness of Breath, Vomiting and Spitting of Blood, Stone, Wind, Colick.~~ Coktsfoot, to those that are troubled with the Cough or shortness of Breath, by adding thereto some sweet Wine, and putting some Saffron also therein, it is good for those that are hoarfe, or have lost their Voice: helpeth all defects of the Lungs, and those that vomit or spit blood. Two drams thereof given in the Juyce of Lemmons or of Rhadish, is good for them that are troubled with the Stone.

The Kernels of the stones do wonderfully ease the pains and wringings of the Belly through wind or sharp humors, and help to make an excellent Medicine for the Stomach upon all occasions, on this manner. Take fifty Kernels of Peach stones, and one hundred of the Kernels of Cherry stones, a handful of Elderflowers, fresh or dried, and three Muscadels, set them in a close por into a bed of Horse-dung for

ten daies, which after distil in a Glass with a gentle fire, and keep it for your use: you may drink upon occasion three or four ounces at a time. The Milk or Cream of these Kernels being drawn forth with some Veryain water, and applied to the Forehead and Temples, doth much help to procure rest and sleep to sick persons wanting it. The Oyl drawn *watching* from the Kernels, the Temples being therewith anointed, doth the Ears, like. The said Oyl put into Clysters, easeth the pains of the Baldnes<sup>s</sup> wind Colick; and anointed on the lower part of the Belly, doth the like; and dropped into the Ears, easeth the pains of them: the Juyce of the Leaves doth the like. Being also anointed on the Forehead and Temples, it helpeth the Megrin, and all other pains in the Head. If the Kernels be bruised and boyled in Vinegar until they become thick, and applied to the Head, it marvelously procures the Hair to grow again upon bald places, or where it is too thin.

### *pyrus* The Pear-Tree.

**P**ear-trees are so well-known, that they need no Description.

*Government and Vertues.* The Tree belongs to *Venus*, and so doth the Apple-tree. For their Physical use, they are best discerned by their tastes. All the sweet or luscious sorts, whether manured or wild, do help to move the Belly downwards more or less. Those that are hard and sour, do on the contrary bind the Belly as much, and the Leaves do so also. Those that are moist do in some sort cool, but harsh or wild sorts much more, and are very good in repelling Medicines: as if the wild sorts be boyled with Mushroms, it maketh them the less dangerous. The said Pears *Mushroms*, boyled with a little Honey, helpeth much the oppressed stomach, *Stomach*, as all sorts of them do, some more, some less: but the harsher *Inflamm-* sorts do more cool and bind, serving well to be bound to green *tions*, Wounds, to cool and stay the blood, & heal up the Wound without *Cool*, further trouble or Inflammation, as *Galen* saith he hath found by *Biad*, Experience. And wild Pears do sooner close up the lips of green *wounds*, Wounds than the others.

*Schola Salerni* adviseth to drink much Wine after Pears, or else (say they) they are as bad as poysen, nay; and they curse the Tree for it too: but if a poor man find his stomach oppressed by eating Pears, 'tis but working hard, and it will do as well as drinking Wine.

### *phytoprum hispanicum* Pellitory of Spain, *paxietaria*

**C**ommon Pellitory of Spain, if it be planted in our Gardens, it will prosper very well, yet is there one sort growing ordinary here wild which I esteem to be little inferior to the other, if at all. I shall not deny you the Description of them both.

*Descript.* Common Pellitory is a very common Plant, and will not be kept in our Gardens without diligent looking to. The Root goes down right into the ground, bearing leaves being long and finely cut upon the stalks lying upon the ground, much larger than the leaves of *Chamomile*. At the

it bears one single large Flower at a place, having a border of many Leaves white on the upper side, and reddish underneath, with a yellow thrum in the middle, not standing so close as that of Chamomel doth.

The other common Pellitory which growtheth here, it hath a root of a sharp biting taste, scarce discernable by the taste from that before described, from whence arise divers brittle stalks, a yard high and more, with narrow long leaves finely dented about the edges, standing one above another up to the top. The Flowers are many and white, standing in tufts like those of Yarrow, with a small yellowish thrum in the middle. The seed is very small.  
Place. The last growtheth in Fields by the Hedge sides and Paths, almost everywhere.

Time. It flowereth at the later end of June and July.

Government and Virtues. It is under the Government of Mercury, and I am perswaded that 'tis one of the best purgers of the Brain that grows. An ounce of the Juyce taken in a draught of Muskadell an hour before the fit of the Ague comes, will assuredly drive away the Ague at the second or third time taking at the furthest. Either the Herb or Root dried and chewed in the mouth, purgeth the Brain of flegmatick Humors, thereby not only easing pains in the Head and Eyes, Coughs, Phtisicks, Consumptions, Apoplexy, and Falling-sickness, It is an excellent approved Remedy in the Lethargie, Snee-  
sing, Headach, black and blew Spots, Gout, Sciatica.

### *scaritaria*

### Pellitory of the Wall.

Descript. It riseth up with many brownish, red, tender, weak, clear, and almost transparent stalks, about two foot high, upon which grow at the several joynts two Leaves somewhat broad and long, of a dark green colour, which afterwards turn brownish, smooth on the edges, but rough and hairy as the stalks are also. At the joynts with the Leaves from the middle of the stalks upward, where it spreadeth into some branches, stand many small, pale, purplish Flowers in hairy rough Heads or Husks: after which come small, black and rough seed, which will stick to any Cloth or Garment that shall touch it. The Root is somewhat long, with many small fibres thereat, of a dark reddish colour, which abideth the winter, although the stalks and Leaves perish and spring fresh every year.

Place. It growtheth wild generally through this Land, about the borders of Fields, and by the sides of Walls, and among Rubbish. It will endure all being brought up into Gardens, and planted on the shady side, where it bring of its own sowing.

*Time.* It flowreth in June and July, and the seed is ripe soon after.

*Government and Vertues.* It is under the Dominion of Mercury. The dried Herb Pellitory made up into an Electuary with Honey, or the Juice of the Herb, or the Decoction thereof made up with <sup>old or dry</sup> Sugar or Honey, is a singular remedy for any old or dry Cough, Cough, shortness of breath, and wheezing in the Throat. Three ounces of the juice thereof taken at a time, doth wonderfully help the shortness of breath, and wheezing in the Throat. Three ounces of the juice thereof taken at a time, doth wonderfully help stopping of the Urin, and to expel the Stone or Gravel in the Kidneys or Bladder, and is therefore usually put among other Herbs, used in Clysters to mitigate pains in the Back, Sides, or Bowels proceeding of wind; stopping of Urin, the Gravel or stone as aforesaid. If the bruised Herb sprinkled with some Muskadel be warmed upon a tile, or in a dish upon a few quick Coals in a Chasing-dish, and applied to the Belly, it worketh the latne effect. The Decoction of the Herb being drunk, easeth pains of the Mother, and bringeth down Womens Courses; it also easeth those Griefs that arise from Obstructions of the Liver, Spleen, and Reins: The same Decoction with a little Honey added thereto, is good to gargle a sore Throat. The juice held a while in the Mouth, easeth pains in the Teeth. The distilled Water of the Herb drunk with some Sugar, worketh the same effects, and cleanseth the skin from spots, Freckles, Pimples, Wheals, Sunburn, Morphew, &c. The juice dropped into the Ears, easeth the noise in them, and taketh away the prickling and shooting pains therein: The same, or the distilled Water, affwageth hot and swelling Impostumes, Burnings and scalldings by fire or water, as also all other hot Tumors and Inflammations, or breakings out of heat, being bathed often with wet Cloaths dipped therein. The said juice made into a Liniment with Ceruſ and Oil of Roses and anointed therewith, cleanseth foul rotten Ulcers, and stayeth spreading or creeping Ulcers, and running Scabs or Sores in Childrens Heads: and helpeth to stay falling of the Hair from off the Head. The said Ointment or the Herb applied to the Fundament, openeth the Piles, and easeth their pains; and being mixed with Goats Tallow helpeth the Gout. The juice is very effectual to cleanse Fistulaes, & to heal them up safely; or the Herb it self bruised, & applied with a little Salt. It is likewise so effectual to heal any green wound, that if it be bruised and bound thereto for three daies, you shall need no other Medicine to heal it further. A Pultis made hereof with Mallow, and boiled in Wine with Wheat Bran, and Bean Flower, and some Oil put thereto, and applied warm to any bruised Sinew, Tendon, or Muscle, doth in a very short time restore them to their strength, taking away the pains of the Bruises; and dissolveth the congealed Blood coming of Blows or Fals from high places.

The juice of Pellitory of the Wall clarified and boiled into a Syrup w

Honey, and a spoonful of it drunk every morning by such as are subject to the Dropſie; if continuing that course, though but once a week, if ever they haue the Dropſie, let them come hither to me, and I will cure them gratis.

*pulegium*

Peny-royal. *holer*

Peny-royal is so well known unto all (I mean the common kind) that it needeth no Description.

There is a greater kind than the ordinary sort found wild with us, which so abideth being brought into Gardens, and differeth not from it, but only in the largeness of the Leaves and stalks, in rising higher, and not creeping upon the ground so much. The Flowers whereof are purple, growing in Rundles about the stalk like the other.

*Place.* The first, which is common in Gardens, groweth also in many moist and watry places of this Land,

The ſecond is found wild in *Esſex* in divers places by the Highway from *London* to *Colch-ſter*, and thereabouts more abundantly than in other Countries, and is also planted in their Gardens in *Esſex*.

*Time.* They flower in the later end of Summertime, about *August*.

*Government and Vertues.* The Herb is under *Venus*. *Dioscorides* saith, That Peny-royal maketh thin tough Flegm, warmeth the coldneſſe of any part whereto it is applied, and digesteth raw or corrupt matter: Being boyled and drunk, it provoketh Womenſ Courses, and expelleth the dead Child and After-birth, and stayeth the diſpoſition to Vomit, being taken in Water and Vinegar mingled together. And being mingled with Honey and Salt it avoideth Flegm out of the Lungs, and purgeth Melancholly by the ſtool. Drunk with Wine it helpeth ſuch as are bitten or ſtung with Venemous Beasts: and applied to the Noſtrils with Vinegar, reviveth thofe that are fainting and swooning. Being dried and burnt, it strengtheneth the Gums: It is helpfull to thofe that are troubled with the Gout, being applied of it ſelfe to the place until it wax red; and applied in a Plaifer, it taketh away ſpots or marks in the Face: Applied with Salt it profiteth thofe that are ſplenetic or Liver-grown. The Decoction doth help the Itch, if washed therewith: Being put into Baths for Women to ſit therein, it helpeth the ſwelling and hardneſſe of the Mother. The green Herb bruifed and put into Vinegar cleaſeth foul Ulcers, and taketh away the marks of bruifes and blowes about the Eyes, and all diſcolorings of the Face by fire, yea and the Leproſie, being drunk and outwardly applied: Boiled in Wine with Honey and Salt, it helpeth the Toothache. It helpeth the cold griefs of the Joynts, taking away the pains, and warming the cold parts, being fast bound to the place after a batſhing, or sweating in an Hot-house. *Pliny* addeth,

That Penny-royal and Mints together help fainting or swoonings, being put into Vinegar, and put to the Nostrils to ease the Head-ache, and the pains of the Breast and Belly, stayeth the gnawing of the Stomach, and inward pains of the Bowels: Being drunk in Wine it provoketh Womens Courses, and expelleth the dead Child and After-birth: Being given in Wine it helpeth the Falling sickness: Put into unwholesome or stinking Water that men must drink (as at Sea, or where other cannot be had) it maketh them the less hurtful: It helpeth Cramps or Convolusions of the sinews being applied with Honey, Salt, and Vinegar. It is very effectual for the Cough, being boiled in Milk and drunk, and for Ulcers and sores in the Mouth. *Mathiolus* saith, The Decoction thereof being drunk, helpeth the Jaundice and Dropsey, and all pains of the Head and sinews that come of a cold cause, and that it helpeth to cheer and quicken the Eye-sight. Applied to the Nostrils of those that have the Falling-sickness or the Lethargy, or put into the Mouth, it helpeth them much, being bruised and with Vinegar applied. And applied with Barly Meal, it helpeth burnings by fire, and put into the Ears easeth the pains of them.

### *Peonia* Peony, Masc. & *Fœmina*.

**D**escription. **M**ale Peony riseth up with many brownish Stalks, whereon grow many fair green, and sometimes reddish leaves, one set against another, upon a Stalk without any particular division in the Leaf at all. The Flowers stand at the tops of the Stalks, consisting of five or six broad Leaves, of a fair purplish red color, with many yellow threeds in the middle standing about the Head, which after riseth to be the seed Vessels, divided into two, three, or four rough crooked Pods like Horns, which being full ripe, open and turn themselves down one edge to another backward, shewing within them divers round, black, shining Seeds, having also many red or crimson grains, intermixed with the black, whereby it maketh a very pretty shew. The Roots are great, thick, and long, spreading and running down reasonable deep in the ground.

The ordinary Female Peony hath many Stalks, and more Leaves on them than the Male; the Leaves not so large, but nicked diversly on the edges, some with great and deep, others with smaller cuts and divisions, of a dark or dead green color. The Flowers are of a strong heady scent, most usually smaller, and of a more purple color than the Male, with yellow threums about the Head as the Male hath. The seed Vessels are like Horns as in the Male, but smaller; the seed also is black, but lesse shining. The Roots consist of many thick and short tuberous clogs, fastned at the ends of long strings, and all from the head of the Root which is thick and short, and of the like scent with the Male.

**P**lace and Time. They grow in Gardens; and flower usually about May.

**G**overnment and Virtues. It is an Herb of the Sun, and under the Lyon. Physicians say Male Peony Roots are best, but Dr. Reafur told me, Male

Peony was best for Men, and Female Peony for Women, and sic desires to be judged by his Brother Dr. Experience. The Roots are held to be of most Virtue; then the Seeds, next the Flowers, and last of all the Leaves. The Root of the Male Peony fresh gathered, hath been found by experience to cure the Falling sickness; but the surest way is (bisidos hanging it about the Neck, by which Children have been cured) to take the Root of the Male Peony washed clean & stamped somewhat small, and laid to infuse in Sack for 24. hours at the least, after strain it, and take it first and last, morning and evening a good draught for sundry daies together before and after a full Moon; and this will also cure older persons, if the disease be not grown too old and past cure; especially if there be a due and orderly preparation of the Body, with Posset-drink made of Beeron, &c. The Root is also effectual for Women that are not sufficiently cleansed after Childbirth, and such as are troubled with the Mother; for which likewise the black seed beaten to Powder and given in Wine, is also available. The black seed also taken before bed-time, and in the morning, is very effectual for such as in their sleep are troubled with the Disease called *Ephialtes* or *Incubus*, but we do commonly call it the Night-Mare, a Disease which Melancholy persons are subject unto. It is also good against Melancholick Dreams. The Distilled Water, or syrup made of the Flowers, worketh the same effects that the Root and the Seed do, although more weakly. The Female is often used for the purposes aforesaid, by reason the Male is so scarce a Plant that it is possessed by few, and these great Lovers of Rarities in this kind.

## *Lepidium* Pepper-wort, or Dittander.

**D**escription. *O*ur common Pepper-wort sendeth forth somewhat long, and broad Leaves, of a light blenish green color, finely dented about the edges, and pointed at the ends, standing upon round hard stalks, three or four foot high, spreading many branches on all sides, and having many small white Flowers at the tops of them, after which follow small seed in small Heads: The Root is slender, running much under ground, and shooting up again in many places: and both Leaves and Roots, are very hot and sharp of taste like Pepper, for which cause it took the name.

**P**lace. It groweth naturally in many places of this Land, as at Clare in Essex; also near unto Exeter in Devonshire; upon Rochester Common in Kent; in Lancashire, and divers other places: but is usually kept in Gardens.

**T**ime. It flowreth in the end of June, and in July.

**G**overnment and *Virtues*. Here's another Martial Herb for you, make much of it. *Pliny* and *Paulus Aegineta* say, That Pepper-Sciatica, Gout, wort is very effectual for the Sciatica, or any other Gout, Joynts pained, or pain in the joynts, or any other invertebrate grief: The Leaves hereof to be bruised and mixed with old Hogs grease

nd applied to the place, and to continue thereon four hours the skin marks in Men, and two hours in Women, the place being after- and scars by- wards bathed with Wine and Oyl mixed together, and burning, speedy then wrapped with Wool or Skins after they have sweat delivery. a little. It also amendeth the deformities or discolorings of the Skin, and helpeth to take away marks, scars, and scabs; or the foul marks of burning with fire or iron. The Juyce hereof is in some places used to be given in Ale to drink to Women with Child, to procure them a speedy Delivery in Travel.

### *peruviana*

### Perwinkle.

**Descript.**] **T**He common sort hereof hath many branches trailing, or running upon the ground, shooting out small fibres at the joynts as it runneth, taking thereby hold in the ground, and rooteth in divers places: At the joynts of these Branches stand two small dark, green, shining Leaves, somewhat like Bay leaves, but smaller, and with them come forth also the flowers (one at a joynt, standing upon a tender Foot-stalk) being somewhat long and hollow, parted at the brims, sometimes into four, somtimes into five Leaves; the most ordinary sort are of a pale blew colour, some are pure white, and some of a dark reddish purple colour. The Root is little bigger than a Rush, bushing in the ground, and creeping with his branches far about, whereby it quickly possesseth a great compass, and is therefore most usually planted under Hedges, where it may have room to run.

**Place.** Those with the pale blew, and those with the white flowers, grow in Woods, and Orchards, by the Hedg-sides, in divers places of this Land: but those with the purple flowers, in Gardens onely.

**Time.** They flower in March and April.

**Temperature and Vertues.** *Venus* owns this Herb, and saith, *Stanch* That the Leaves eaten by Man and Wife together, causeth Love Bleeding between them. The *Perwinkle* is a great binder, staying bleeding both at Mouth and Nose, if some of the Leaves be chewed: *Courses*, The French use it to stay Womens Courses. *Dioscorides*, *Galen*, *Flux* of and *ægineta*, commend it against the Lask, and Fluxes of the the Belly. Belly, to be drunk in Wine.

### *Ascyrum* - St. Peters-wort.

**I**F Superstition had not been the Father of Tradition, as well as Ignorance the Mother of Devotion, this Herb (as well as St. Johns-wort) had found some other name to be known by: but we may say of our Fore-fathers, as St. Paul of the Athenians, I perceive that in many things you are too superstitious; Yet seeing it is come to pass, That Custom having gotten possession, pleads Prescription for the name; I shall let it to pass, and come to the Description of the Herb, which take as followeth:

**Descript.**] It riseth up with square upright stalks for the most part somewhat greater and higher than St. Johns-wort (and good reason too, St. Peter being the greater Apostle (ask the Pope else) for though God would have the

Saints equal, the Pope is of another Opinion) but brown in the same manner, having two Leaves at every joyst, somewhat like, but larger than St. Johns-wort. and a little rounder pointed, with few or no holes to be seen therein, and sometimes some smaller Leaves rising from the bosom of the greater, and sometimes a little hairy also: At the tops of the stalks stand many star-like flowers, with yellow threds in the middle, very like those of St. Johns-wort, insomuch that this is hardly discerned from it, but only by the largenes and height, the seed being alike also in both. The Root abideth long, sending forth new shoots every year.

Place. It groweth in many Groves and small low Woods, in divers places of this Land, as in Kent, Huntington, Cambridge, and Northampton-shires, as also near Water-courses in other places.

Time. ] It flowreth in June and July, and the seed is ripen in August.

Government and Vertues. ] There is not a straw to chuse between this and St. Johns-wort, onely St. Peter must have it lest he should want Potherbs. It is of the same property with St. Johns-wort, but somewhat weak, and therefore more seldom used. Two drams of the seed taken at a time in honeyed water, purgeth Cholerick Humors, Sciatica, Burnings, those that are troubled with the Sciatica: The Leaves are used as St. Johns-wort, to help those places of the Body that have been burnt with fire.

## Pimpernel

## Pimpernel.

Descript. Common Pimpernel hath divers weak, square stalks lying on the ground, beset all along with two small, and almost round Leaves at every joyst, one against another, very like Chickweed, but hath no Foot-stalks, for the Leaves as it were compass the stalk: The Flowers stand singly each by themselves at them and the stalks, consisting of five round small pointed Leaves of a fine pilered colour, tending to an Orange, with so many threds in the middle, in whose places succeed smooth round Heads, wherein is contained small seed. The Root is small and fibrous, perishing every year.

Place. It groweth every where almost, as well in the Meadows and Corn fields, as by the way sides, and in Gardens arising of it self.

Time. ] It flowreth from May unto August, and the seed ripeneth in the mean time, and falleth.

Government and Vertues. ] It is a gallant Solar Herb. This is of a cleansing and attractive quality, whereby it draweth forth Thorns or splinters, purgeth the Head, and put up into the Nostrils, purgeth the Head; and Galen saith also they have a drying faculty, whereby they are good to soder the Lips of Wounds, and to cleanse Wounds and ulcers, clearseth Face, Plague, and Pestilential Fevers, and discolouring thereof; Being boyled in Wine,

Wine, and given to drink, it is a good Remedy against the *Venemous-Plague*, and other Pestilential Feavers, if the Party, after *Beasts*, *Mad-* taking it lie, warm in his bed and sweat for two hours after, *Dogs biting*, and use the same twice at least. It helpeth also all stingings *Obstructions*, and bitings of *Venemous Beasts* or *Mad Dogs*, being used *Urin*, *Stone* and inwardly, and applied outwardly: The same also openeth *Gravel*, *Wounds* the *Obstructions* of the *Liver*, and is very available against *and Ulcers*, the *Infirmities* of the *Reins*, it provoketh *Urin*, and help- *Clouds or Mists* eth to expel the *Stone* and *Gravel* out of the *Kidneys* and *in the Eyes*, *Bladder*, and helpeth much in all inward *Wounds* and *Ul-* *Toothach*, *He-* *cers*. The Decoction or distilled Water is no less effectu- *morrhoids*.  
al to be applied to all *Wounds* that are fresh and green, or old filthy fretting and running *Ulcers*, which it very effectually cureth in short space. A little Honey mixed with the *Juyce*, and dropped into the *Eyes*, cleanseth them from cloudy mists, or thick films which grow over them and hinder the sight. It helpeth the *Toothach* being dropped into the *Ear* on the contrary side of the pain. It is also effectual to ease the pains of the *Hemorrhoids* or *Piles*.

*chamepytis.**Ground-pine, or Chamepitys.*

*Descript.]* Our common *Ground-Pine* groweth low, seldom rising above an hand breadth high, shooting forth divers small *Brauches*, set with slender, small, long, narrow, grayish or whitish *Leaves* somewhat hairy and divided into three parts, many times many bushing together at a joyn, and sometimes some growing scatteredly upon the stalks, smelling somewhat strong, like unto *Rozin*; the *Flowers* are somewhat small and of a pale yellow colour growing from the joyns of the stalks all along among the *Leaves*, after which come small, and round *Hawks*: The *Root* is small and woody, perishing every year.

*Place.* It groweth more plentifully in Kent than in any other County of this Land, as namely in many places on this side *Dartford* along to *Southfleet*, *Cobham*, and *Rochester*, and upon *Chattam Down*, hard by the *Beacon*, and half a mile from *Rochester* in a field nigh a House called *Selsby*.

*Time.* It flowreth and giveth Seed in the Summer Months.

*Government and Vertues.* Mars owns the Herb. The Decoction of *Ground-Pine* drunk, doth wonderfully prevail against the *strangury*, or any inward pains arising from the Diseases of the *Reins* *Strangury*, and *Urin*, and is especial good for all *Obstructions* of the *Li-* *Obstracti-* *ver* and *Spleen*, and gently openeth the *Body*, for which purpose ons, they were wont in former times to make *Pills* with the *Powder Mother*, thereof, and the *purple Figs*. It marvelously helpeth all the *Di-* *Womens* *seases* of the *Mother* used inwardly, or applied outwardly, procu- *Courses*, ring *Womens Courses*, and expelling the dead *Child* and *Af-* *Dead* *ter-birth*, yea, it is so powerful upon those Feminine parts that *Child and* it is utterly forbidden for *Women* with *Child*, in that it will *After-birth* *cause*.

cause abortion or delivery before the time: It is as effectual also in all Pains and Diseases of the Joynts, as Gouts, Cramps, Pal-Gouts, Cramps, feys, Sciatica, and Aches: either the Decoction of the Pal-Gouts, Cramps, feys, Sciatica, and Aches, &c. both for some time together, for which purpose the Pills Dropse, Poyson made with Powder of Ground Pine, and of Hermoda- of the Aconites, Pills with Venice Turpentine are very effectual. These Pills Venemous also are special good for those that have the Dropse, to be Creatures, Cold, continued for some time. The same is a special good help Cough, Palsie, for the Jaundice, and for griping pains of the Joynts, Bel-Hard Breasts, ly, or inward parts: It helpeth also all Diseases of the Brain And hard Swellings, proceeding of cold and Flegmatick Humors and Distillati- lings, Ulcers and ons, as also for the Falling-sicknes. It is an especial Re-old Sores, remedy for the poyson of the Aconites of all sorts, and Green Wounds, other poysonful Herbs, as also against the stinging of any Venemous Creatures: It is a good Remedy for a cold Cough, especially in the beginning. For all the purposes aforesaid, the Herb being tunned up in new drink and drunk, is almost as effectual, but far more acceptable to weak and dainty stomachs. The Distilled Water of the Herb hath the same effects, but more weakly. The Conserve of the Flowers doth the like, which *Mathiolus* much commendeth against the Palsie. The green Herb, or the Decoction thereof being applied, dissolveth the hardness of Womens Breasts, and all other hard Swellings in any other part of the Body. The green Herb also applied, or the juyce thereof with some Honey, not onely cleaseth putrid, stinking, foul and Malignant Ulcers and Sores of all sorts, but healeth and fodereth up the lips of green Wounds in any part also.

Let Women forbear it if they be with Child, for it works violently upon the Feminine part.

*Plantago*

Plantane. *Planten*

**T**HIS groweth so familiarly in Meadows and Fields, and by Pathwayes, and is so well known that it needeth no Description.

**T**ime.] It is in its beauty about June, and the Seed ripeneth shortly after.

**G**overnment and **V**irtues.] Its true *Mizaldus* and others; yea almost all Astrologo-Physitians hold this to be an Herb of *Mars*, and they give a very simile of a truth for it too, viz. Because it cures Diseases of the Head and privities which are under the Houses of *Mars*; *Aries* and *Scorpio*: All Diseases of the Head coming of heat are caused by *Mars*; for *Venus* is made of no such hot metal, or at least deals in inferior parts. The truth is, it is under the command of *Venus*, and cures the Head by Antipathy to *Mars*, and the Privities by Sympathy to *Venus*; neither is there hardly a Martial Disease but it cures: If I were to fortifie my Body against a Martial Disease, I would do it by this Herb as soon as by any, and may do it (as may be) when time shall serve.

The Juyce of Plantane clarified and drunk for divers days together, either of himself or in other drink, prevaileth wonderfully against all torment or Excoriations in the Guts or Bowels, helpeth the Distillations of Rheum from the Head, and stayeth all manner of Fluxes, even Womens Courses when they flow too abundantly: It is good to stay spitting of Blood, and other Bleedings at the Mouth or the making of foul or bloody water by reason of any Ulcer in the Reins or Bladder, and also stayeth the too free bleeding of Wounds. It is held an especial remedy for those that are troubled with the Ptisick, or Consumption of the Lungs, or Ulcers in the Lungs, or Coughs that come of heat. The Decoction or Powder of the Roots or Seed, is much more binding for all the purposes aforesaid than the Leaves. *Dioscorides* saith, That three Roots boiled in Wine and taken, helpeth the Tertian Ague, and four the Quartan Ague: But (letting pass the numbers as fabuous) I conceive the Decoction of divers Roots may be effectual. The Herb (but especially the seed) is held to be profitable against the Dropie, the Falling-sickness, the yellow Jaundice, and stoppings of the Liver and Reins. The Roots of Plantane and Pellitory of Spain beaten to Powder, and put into hollow Teeth, taketh away the pains of them: The clarified Juyce or distilled Water dropped into the Eyes cooleth the Inflammations in them, and taketh away the Pin and Web; and dropped into the Ears easeth pains in them, and helpeth and restoreth the Hearing: The same also with juyce of Housleek is profitable against all Inflammations and breakings out of the Skin, and against Burnings and Scaldings by fire or Water. The Juyce or Decoction made either of it self, or other things of like nature is of much use and good effect for old and hollow Ulcers that are hard to be cured, and for Cankers and Sores in the Mouth or privy parts of Man or Woman; and helpeth also the pains of the Piles in the Fundament. The Juyce mixed with Oyl of Roses, and the Temples and Forehead anointed therewith, easeth the pains of the Head proceeding from heat, and helpeth Lunatick, and Phrenetick persons very much; as also the biting of Serpents or a Mad Dog: The same also is profitably applied to all hot Gouts in the Feet or Hands, especially in the beginning. It is also good to be applied where any Bone is out of joyn, to hinder Inflammations, Swellings, and Pains that presently rise thereupon. The Powder of the dried Leaves taken in drinck, killeth worms of the Belly, and boiled in Wine killeth Worms that breed in old and foul Ulcers. One part of Plantane Water, and two parts of the

Pains in the Guts, Distillation of Rheum, Fluxes, and Womens Courses, Spitting Blood, or bleeding at Mouth or Nose, or of wounds, Ptisick Consumption or Ulcers in the Lungs, Tertian Ague, Dropie, and Falling-sickness, Toothach, Pin and Web in the Eyes, Pains in the Ears, Inflammations, Burning or Scalding, Hollow Ulcers, Cankers and Sore Mouth, or Privy parts, Piles, Pains of the Head, Lunacy and Phrenesie, biting of Serpents, or Mad Dogs, Hot Gouts, Bones out of Joyn, Worms in the Belly, or in Ulcers, Scabs and Itch, Tetter, Ringworms, Shingles and fretting Sores, worms.

brine of powder'd Beef boyled together and clarified, is a most sure Remedy to heal all spreading Scabs and Itch in the Head or Body, all manner of Teters, Ringworms, the Shingles, and all other running and fretting Sores. Briefly, the Plantanes are singular good Wound Herbs to heal fresh or old Wounds or Sores either inward or outward.

### Prunus.

### Plums.

These are so well known that they need no Description.

*Governement and Vertues.* All Plums are under *Venus*, and are like Women, some better, some worse. As there is great diversity of the kinds, so is there in the operation of Plums, for some that are sweet, moisten the stomach & make the Belly soluble; those that are sour quench

*Open the Belly*, thirst more and bind the Belly; the moist and waterish do *Quench Thirst*, soothest corrupt in the stomach, but the firm do nourish and bind the more and offend less: The dried fruit sold by the Grocers *Belly*, procure under the name of *Damask Prunes*, do somewhat loosen *Appetite*, allay the Belly, and being stewed, are often used both in health *Choler*, *Cool the* and sickness, to relish the Mouth and Stomach to procure *Stomach*, *Appetite*, and a little to open the Body, allay *Choler*, and *Rheum*, *Stone*, *Tetters*, and *Ringworms*, *Piles*, *Ulcers*, *Hoarsness*, and *pains in the* *Ears*, *Stone and* *Cholick*. *Plum tree Leaves* boiled in *Wine*, are good to wash and gargle the Mouth and Throat, to dry the *Flux of Rheum* coming to the Palate, *Gums*, or *Almonds* of the *Ears*. The *Gum of the Trees* is good to break the *stone*. The *Gum or Leaves* boyled in *Vinegar* and applied, kill *Tetters* and *Ringworms*. *Matbiolus* saith, *The Oyl* pressed out of the *Kernels of the stones*, as *Oyl of Almonds* is made, is good against the inflamed *Piles*, the *Tumors or Swellings of Ulcers*, *Hoarsness of the Voice*, *roughness of the Tongue and Throat*, and likewise the *pains in the Ears*. And that five ounces of the said *Oyl* taken with one ounce of *Muscadell*, driveth forth the *stone*, and helpeth the *Cholick*.

### Polypodium Polipody of the Oak.

*Descript.* **T**his is a small Herb, consisting of nothing but Roots and Leaves: bearing neither Stalk, Flower, nor Seed, as it is thought. It hath three or four Leaves rising from the Root, every one singly by it self, of about a hand length, are winged, consisting of many small narrow Leaves, cut into the middle rib, standing on each side of the stalk, large below and smaller up to the top, not dented or notched on the edges at all, as the Male Fern hath; of a sad green colour, and smooth on the upper side, but on the under side somewhat rough, by reason of some yellowish spots set thereon. The Root is smaller than ones little finger lying aslope, or creeping along under the upper crust of the Earth, brownish on the outside, and greenish within, of a sweetish harshnes in taste, set with certain rough Knags on each side thereof, having also much Mossiness or yellow hairiness upon it, and some Fibres underneath it, whereby it is nourished.

*Place.* It groweth as well upon old rotten stumps, or trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old Mud Walls, as also in Mossie, Stony, and Gravelly places, neer unto Woods: That which grows upon Oaks is accounted the best, but the quantity thereof is scarce sufficient for the common use.

*Time.* It being alwayes green, may be gathered for use at any time.

*Government and Vertues.* And why, I pray, must Polypodium of the Oak only be used? Gentle Colledge of Physicians, can you give me but a glimpse of a Reason for it? Is it only because it is dearest? Will you never leave your covetousness till your lives leave you? The truth is, that which grows upon the Earth is best ('tis an Herb of *Saturn*, and he seldom climbs Trees) to purge Melancholy; if the Humor be otherwise, chuse your Polypodium accordingly.

*Mesue* (who is called the Physicians Evangelist for the certainty of his Medicines, and the truth of *Drieth Hu-*  
*his Opinions*) saith, That it drieth up thist Humors, digest-  
eth thick and tough, and purgeth barnt Choler, and espe-  
cially tough and thick Flegm, and thin Flegm also, even from the joynts; and is therefore good for those that are troubled with Melancholly, or quartan Agues, especially if it be taken in Whey, or Honeyed water, or in Barley water, or the Broth of a Chicken with Epithitnum, or with Beets and Mallows.

It is also good for the hardness of the spleen, and for prickings or stiches in the sides, as also for the Chollick; some use to put to it some Fennel seeds, or Annis seeds, or Ginger to correct that loathing it bringeth to the stomach, which is more than needeth, it being a safe and gentle Medicine, fit for all persons at all seasons, which daily experiance confirmeth; and an ounce of it may be given at a time in a Decoction, if there be not Sena, or some other strong purger put with it.

A dram or two of the Powder of the dried Roots, taken fasting in a cup of Honeyed Water, worketh gently, and for the purposes aforesaid. The distilled water both of Roots and Leaves is much commended for the quartan Ague, to be taken for many daies together; as also against Melancholy, or fearfull or troublesome sleeps or dreams; and with some Sugar candy dissolved therein, is good against the Cough, shortnesse of breath and wheesings, and those distillations of thin Rhewm upon the Lungs, which cause Phtisicks, and oftentimes Consumptions. The fresh Roots beaten small, or the powder of the dried Roots mixed with Honey, and applied to the Member that is out of joynt, doth much help it.

Applied also to the Nose, cureth the disease called *Polipus*, which is a piece of Flesh growing therein; which in time stoppeth the passage of breath through that Nostril; and it helpeth those clefts or chops that come between the Fingers or Toes.

For cure of all Diseases, read my *Riverius*, *Riolanus*, *Johnston*, *Veslingius*, *Semertius*; and *Physick for the Poor*.

*Populus*The Poplar Tree. *Acamo*

Description. **T**here are two sorts of Poplars, which are most familiar with us, viz. The Black, and the White, both which I shall here describe unto you.

The white Poplar groweth great and reasonable high, covered with a thick smooth white Bark, especially the Branches, having large Leaves cut into several divisions almost like a Vine Leaf, but not of so deep a green on the upper side, and boarish white underneath, of a reasonable good scent, the whole form representing the form of Coltsfoot. The Catkins, which it bringeth forth before the Leaves, are long, and of a faint reddish color, which fall away, bearing seldom good seed with them. The wood hereof is smooth, soft, and white, very finely waved, whereby it is much esteemed.

The black Poplar groweth higher and straiter than the white, with a grayish Bark bearing broad and green Leaves somewhat like Ivy Leaves, not cut in on the edges like the white, but whole and dented, ending in a point, and not white underneath, hanging by slender long footstalks, which with the Air are continually shaken like as the Aspin Leaves are: The Catkins hereof are greater than of the white, composed of many round green Berries as it were set together in a long cluster, containing much downy matter, which being ripe is blown away with the wind: The clammy Buds hereof before they spread into Leaves, are gathered to make the Unguentum Populeum, and are of a yellowish green color and small, somewhat sweet, but strong. The wood is smooth, tough, and white, and easie to be cloven: on both these Tree's groweth a sweet kind of Musk, which in former times was used to be put into sweet Ointments.

Place. They grow in moist Woods, and by Watersides in sundry places of this Land, yet the white is not so frequent as the other.

Time. Their time is likewise expressed before. The Catkins coming forth before the Leaves in the end of Summer.

Government and Vertues. Saturn hath Dominion over both. The white Poplar, saith Galen, is of a cleansing property: the weight of one ounce in powder of the Bark thereof being drunk, saith *Dioscorides*, *Scia:ica, Stratodes* is a Remedy for those that are troubled with the Sciatica, pain in the atica, or the Strangury: The Juice of the Leaves droppe into the Ears, dull sight, ped warm into the Ears, easeth the pains in them: The Gout, Falling-yong clammy Buds or Eyes before they break out into sickness, warts, Leaves, bruised, and a little Honey put to them, is a good Medicine for a dull sight. The Black Poplar is held to be more cooling than the White, and therefore the Leaves bruised with Vinegar and applied, help the Gout: The Seed drunk in Vinegar is held good against the Falling-men's Milk. The Water that droppeth from the hollow places of this Tree, taketh away Warts, Pustules, Wheals, and other the like breakings out in the Body. The yong black Poplar Buds with *Mathiolis*, are much used by Women to beautifie their hair, bruising them

them with fresh Butter, and straining them after they have been kept for some time in the Sun: The Ointment called *Populeon*, which is much of this Poplar, is singular for all Heat and inflammation in any part of the Body, and tempereth the heat of Wounds: It is much used to dry up the Milk in Womens Breasts, when they have weaned their Children.

To cure all Diseases, read my *Riverius*; *Riolanus*; *Johnston*, &c.

*Popaver*

*Poppy. Cormidea*

**O**f this I shall Describe three kinds, viz. The White and Black, of the Garden, and the Erratick, Wild Poppy, or Corn-Rose.

Description: The White Poppy bath at first four or five whitish green Leaves, lying upon the ground, which rise with the stalk, compassing it at the bottoms of them, and are very large; much cut or torn in on the edges, and dented also besides: The stalk which is usually four or five foot high, bath sometimes no branches at the top, and usually but two or three at most, bearing every one but one head, wrapped in a thin skin, which boweth down before it be ready to blow, and then rising and being broken, the flower within it spreadeth it self open, and consisteth of four very large white round Leaves, with many whitish round threads in the middle, set about a small, round, green head, having a crown, or star-like cover at the head thereof, which growing ripe, becometh as large as a great Apple, wherein are contained a great number of small round seeds in several partitions or divisions next unto the shell, the middle thereof remaining hollow and empty. All the whole Plant, both Leaves, stalks, and Heads, while they are fresh, young, and green, yield a Milk when they are broken, of an unpleasant bitter taste, almost ready to provoke casting, and of a strong heavy smell, which being condensate, is called Opium. The Root is white, and woody, perishing as soon as it bath given ripe seed.

The Black Poppy little differeth from the former, until it bareth his flower, which is somewhat less, and of a black purplish color, but without any purple spots in the bottom of the leaf, The head of the seed is much lesse than the former, and openeth it self a little round about the top, under the crown, so that the Seed which is very black, will fall out if one turn the head thereof downwards.

The Wild Poppy, or Corn-Rose, bath long and narrow Leaves, very much cut in on the edges into many divisions, of a light green color, and sometimes hairy withall: The stalk is blackish and hairy also, but not so tall as the garden kinds, having some such like Leaves thereon as grow below, parted into three or four branches sometimes, wheron grow small hairy heads bowing down before the skin break, wherem the flower is enclosed, which when it is full blown open, is of a fair yellowish red, or crimson color, and in some, much paler, without any spot in the bottom of the Leaves, having many black soft threads in the middle, compassing a small green head, which when it is ripe, is not bigger than ones little finger end, wherein is contained much black seed, smaller by half than that of the Garden. The Root perisheth every year, and springeth again of its own sowing. Of this kind, there is one lesser in all the parts therof, and differeth in nothing else.

*Place.* The Garden kinds do not naturally grow wild in any place, but are all sown in Gardens where they grow.

The *wild Poppy*, or *Corn Rose*, is plentiful enough, and many times too much in the Corn-fields of all Countries through this Land, and also upon Ditch-banks, and by Hedgesides. The smaller wild kind is also found in Cornfields, and also in some other places, but not so plentifully as the former.

*Time.* The Garden kinds are usually sown in the Spring, which then flower about the end of *May*, and somewhat earlier, if they spring of their own sowing.

The Wild kinds Flower usually from *May* untill *July*, and the Seed of them is ripe soon after the flowering.

*Government and Vertues.* The Herb is *Lunar*, and of the Juice of it is made *Opium*; only for lucre of money they cheat you, and tell you 'tis a kind of *Tear*, or some such like thing that drops from *Poppies* when

*Procure Sleep, Catarhs, and defluxions of Rheum, Pleyth, Hoarsnes, Flux of the belly & womeis Courses, Inflammation, & St, Aith. fire, pains in the Head, Phrenses, Goutt aub.* they weep, and that is somewhere beyond the Seas, I know not where beyond the *Moon*. The Garden Poppy heads, with seeds made into a Syrup, is frequently, and to good effect used to procure rest and sleep in the sick and weak, and to stay Catarhs and Defluxions of hot thin Rheums from the Head into the Stomach, and upon the Lungs, causing a continual Cough, the Fore-runner of a Consumption: It helpeth also Hoarsnes of the throat, and when one hath lost their voice, which the Oil of the Seed doth likewise. The black seed boyled in Wine and drunk, is said also to stay the Flux of the belly, and Womens Courses. The empty shells of the Poppy heads are usually boyled in water, & given to procure rest and sleep; so do the Leaves in the same manner, as also if the Head and Temple be bathed with the Decoction warm, or with the Oil of Poppies, the green Leaves or Heads bruised and applied with a little Vinegar, or made into a Pultis with Barly meal, or Hogs grease, it coolereth and tempereth all inflammations, as also the Disease called *S. Ath. thovics* fire. It is generally used in Treacle and Mithridate, and in all other Medicines that are made to procure rest and sleep, and to ease pains in the Head as well as in other parts: It is also used to cool Inflammations, Agues, or Phrenses, and to stay defluxions which cause a Cough or Consumption, and also other Fluxes of the Belly, or Womens Courses: It is also put into hollow teeth to ease the pain, and hath been found by experience to ease the pain of the Gout.

*The wild Poppy*, or *Corn-rose* (as *Mathiolus* saith) is good to prevent the Falling-sickness. The Syrup made with the flowers is with good effect given to those that have the Pleurisie: & the dried Flowers also, either boyled in Water, or made into Powder and drunk, either in the Distilled water of them, or in some other Drink, worketh the like effect. The distilled Water of the flowers, and ears, is held to be of much good use against Surfets, being drunk

evening

evening and morning : It is also more cooling than any of the *Inflammations*, other Poppies, and therefore cannot but be as effectual in hot Agues, Phrenses, and other Inflammations either inward or outward, the syrup or water to be used therein, or the green Leaves used outwardly, either in an Ointment, as it is in *Populeon*, a cooling Ointment, or any other wayes applied. *Galen* saith, The seed is dangerous to be used inwardly.

*portulaca* Purslane. *Verdolaga*

**G**arden Purslane ( being used as a Sallet Herb ) is so well known that it needeth no Description ; I shall therefore only speak of its Vertues as followeth :

*Government and Vertues.* 'Tis an Herb of the *Month*. It is good to cool any heat in the Liver, Blood, Reins, and stomach, and in hot Agues, nothing better : It stayeth hot and Cholerick Fluxes of the Belly, Womens Courses, the Whites, and Gonorrhœa, or *cooleth heat of running of the Reins*, the Distillations from the Head, and *blood in hot A-pains* therein proceeding of Heat, want of Sleep, or the gues, chollerick Phrensic. The Seed is more effectual than the Herb, and is Fluxes, Womens of singular good use to cool the heat and sharpnes of the *Portulaces*, the Urine, and the outragious Lust of the Body, Venereous Whites & Go-Dreams, and the like, insomuch that the over frequent use norbea, distillation of the *herb* extinguisbeth the Heat and Vertue of Natural Pro-tions, phrensic, creation. The seed bruised and boiled in Wine, and given *Heat of Urine*, to Children, expelleth the Worms. The Juice of the herb *Lust*, and *venereous* is held as effectual to all the purposes aforesaid, as also to stay *rebus Dreams*, Vomitings ; and taken with some sugar or honey, helpeth Worms, vomitan old and dry Cough, shortnes of Breath, and the Phti-ting, old, dry sick, and stayeth immoderate thirst. The distilled Water Cough, short of the *Herb* is used by many (as the more pleasing) with a breath, & phti-little sugar, to work the same effects. The Juyce also is sick, *ulcers* in singular good in the Inflammations and *Ulcers* of the secret the *secret parts*, Parts in Man or woman, as also of the Bowels and *Hemor- Reines* of the rhoids, when they are Ulcerous, or Excoriations in them : Eyes, and infla-The Herb bruised and applied to the Forehead and Tem-mations, Crick ples, allayeth excessive heat therein, hindring rest and sleep; or pain in the and applied to the Eyes, taketh away the Redness and in- Neck, blastings flaimation in them, and those other parts where Pushes, by Lightning, Wheals, Pimples, St. *Anthony's* fire, and the like, break burning by gun-forth, especially if a little Vinegar be put to it : And being powder, sore laid to the Neck with as much of Galls and Linseed toge- Breasts, Chil-cher, taketh away the pains therein and the Crick in the drens Navel, Neck. The juyce is used with Oil of Roses for the said sore monthes, & Causes, or for Blastings by Lightning, and Burnings by swollen Gums, Gunpowder, or for Womans sore Breasts, and to allay the fastneth teeth, heat in all other sores or hurts : Applied also to the Ne- toothach, bloody

urine, Gout, Cramp, & sti- vels of Children that stick forth, it helpeth them: It is also good for sore mouths, and Gum that are swollen, to fasten loose teeth. *Camerarius* saith, that the distilled Water used by some, took away the pain of their Teeth when all other Remedies failed, and that the thickned Juyce made in Pills with the Powder of Gum Tragacanth, and Arabick, being taken prevaileth much to help those that make a bloody water. Applied to the Gout it easeth pains thereof, and helpeth the hardness of Sinews, if it come not of the Cramp, or a cold cause.

### *Primula veris* Primroses.

**T**hese are so well known, that they need no Description. Of the Leaves of Primroses is made as fine a Salve to heal green Wounds as any is that I know: You shall be taught to make Salves of any Herb at the later end of the Book, make this as you are taught there, and do not (you that have any ingenuity in you) see your poor Neighbors go with wounded limbs, when a half-penny cost will heal them.

### *Ligustrum Privet. Oleina*

**D**escription. **O**UR common Privet is carried up with many slender Branches, to a reasonable height and breadth, to cover Arbors, Bowers, and Banqueting Houses, and brought, wrought, and cut into many Forms, of Men, Horses, Birds, &c. which though at first supported, groweth afterwards strong of it self: It beareth long and narrow green Leaves by couples, and sweet smelling white flowers in tufts at the ends of the branches, which turn into small black Berries that have a purplish juyce within them, and some seeds that are flat on the one side, with a hole or dent therein.

Place. It groweth in this Land in divers Woods.

Time. Our Privet Flowreth in June and July; the Berries are ripe in August and September.

**G**overnment and Vertues. The Moon is Lady of this. It is little used in Physick with us in these times, more than in Lotions to wash Sores, and sore Mouths, and to cool Inflammations and sore Mouths, dry up Fluxes. Yet *Mathiolus* saith, It serveth to all the throats, cool uses for the which *Cipres* or the East Privet is appointed by Inflammations, *Dioscorides* and *Galen*. He further saith, That the Oil that Dry fluxes, is made of the flowers of Privet infused therein, and set in flamation in the Sun, is singular good for the inflammations of Wounds, Wounds, Head- and for the Headake coming of an hot cause. There is a Head- Fluxes &c. sweet Water also distilled from the Flowers that is good for Womens courses, and those Diseases that need cooling and drying, and therefore Voiding blood, helpeth all Fluxes of the Belly or stomach. Bloody Fluxes, Rheum in the Eyes. and Womens Courses being either drunk or applied, as also for those that void Blood at their Mouth, or at any other place; and for Distillations of Rheum in the Eyes, especially if it be used with *Tutie*.

## Queen of the Meadows, Meadow-sweet, Or, Mead-sweet.

**Descript.**] **T**he stalks of this are reddish, rising to be thre foot high, sometimes four or five foot, having at the joynts thereof large winged Leaves, standing one above another at distances, consisting of many and somewhat broad Leaves, set on each side of a middle rib, being hard, rough, or rugged, crumpled much like unto Elm Leaves, having also some smaller Leaves with them (as Agrimony hath) somewhat deeply dented about the edges, of a sad green colour on the upper side, and grayish underneath, of a pretty sharp scent and taste, somewhat like unto Burnet, and a Leaf hereof put into a cup of Claret Wine, giveth also a fine relish to it: At the tops of the stalks and Branches stand many tufts of small white Flowers, thrust thick together, which smell much sweeter than the Leaves: and in their places being fallen, come crooked and cornred seed. The Root is somewhat woody, and blackish on the out-side, and brownish within, with divers greater strings, and lesser fibres set thereat, of a strong scent, but nothing so pleasant as the Floweres and Leaves, and perisheth not, but abideth many years, shooting forth anew every spring.

**Place.** It groweth in moist Meadowes, that lie much wet, or neer the Courses of Water.

**Time.** It flowereth in some place or other all the three Summer Months, that is, June, July, and August, and their seed is ripe quickly after.

**Governing and Vertues.**] **Venus** claims dominion over the Herb. It is used to stay all manner of Bleedings, Fluxes, Vomitings, and Womens Courses, as also their whites: It is said to aler and takeaway the fits of quartan Agues, and to make a merry Heart, for which purpose some use the Floweres, Womens Courses and some the Leaves. It helpeth speedily those that are troubled with the Cholick, being boyled in Wine; and with a little Honey taken warm, it openeth the Belly: but boyled in red Wine and drunk, it stayeth the flux of the Belly. Being outwardly applied, it healeth old Ulcers that are Cancerous or eaten, or hollow and fistulous, for which it is by sore mouthes or many mouch comindred, as also for the sores in the mouth, secrets, raise in secret Parts. The Leaves, when they are full grown, being laid upon the skin, will in a short time raise Blisters thereon, as *Tragus* saith. The Water thereof helpeth the Heat and Inflammation in the Eyes.

## Cydonia. The Quince-Tree. *Mein Früchte*

**Descript.**] **T**he ordinary Quince-tree groweth often to the height and bigness of a reasonable Apple-tree, but more usually lower and crooked, with a rough Bark, spreading Arms and Branches far abroad. The Leaves are somewhat like those of the Apple-tree, but thicker, broader, and fuller of Veins, and whiter on the under side, not dented at all about

edges. The Flowers are large and white, sometimes dash'd over with a blusht. The fruit that followeth is yellow, being neer ripe, and covered with a white Fuzz or Cotton. thick set on the younger, and growing less as they grow to be through ripe, bunch'd out often times in some places, some being liker an Apple, and some a Pear, of a strong heady scent, and not durable to keep, and is sour, harsh, and of an unpleasant tast, to eat fresh; but being scalded, roasted, baked, or preserved, becometh more pleasant.

*Place and Time.* It best likes to grow neer Ponds and water-sides, and is frequent through this Land; and flowreth not until the Leaves be come forth. The Fruit is ripe in September or October.

*Government and Vertues.* Old Saturn owns the Tree. Quinces when they are green, helps all sorts of Fluxes in Man or Woman, and Fluxes, Laskes, &c. Cholerick Laskes, Castings, and whatsoever needeth abstraction more than any way prepared by fire: yet the Syrup of the Provoketh Juyce, or the Conserve, are much conduicible, much of the binding quality being consumed by the fire: If a little Vinegar be Appetite, added, it stirreth up the languishing appetite, and the stomach given to casting: Some Spices being added, it comforteth and stayeth Vomiting, strengtheneth the decayed and fainting spirits, and helpeth the Fainting Liver opprested, that it cannot perfect the digestion; and correcteth Choler, and Flegm: If you would have them Purging, put Honey to them instead of Sugar; and if more Laxative, for Choler, Rhubarb; for Flegm, Turbith, for watry Humors, Scammony: but if more forcibly to bind, use the unripe Quinces with Roses, and Acacia, or Hypocistis, and some torrefied Rhubarb. To take the crude Juyce of Quinces, is held a preservative against the force of deadly poysion; for it hath been found most certain true, That the very smell of a Quince hath taken away all the strength of the poysion of white Hellebore. If there be need of any outward binding and cooling of any hot Fluxes, the Oyl of Quinces, or other Medicines that may be made therof, are very availeable to anoint the Belly, or other parts therewith: It likewise strengtheneth the Stomach and Belly, and the sinews that are loosned by sharp Humors falling on them, and restraineth immoderate sweatings. The Muscilage taken from the seeds of Quinces and boiled in a little Water, is very good to cool the heat, and heal the sore Breasts of Women. The same with a little Sugar is good to lenifie the harshnes and hoarsnes of the Throat, and roughnes of the Tongue. The Cotton or Down of Quinces boyled and applied to Plague-sores, healeth them up; and laid as a Plaister made up with Wax, it bringeth Hair to them that are bald, and keepeth it from falling if it be ready to shed.

### *raphanus Rhadish, and Hors-Rhadish.*

*He* Garden Rhadish is so well known, that it needeth no Description.

*Descript.* The Hors-Rhadish hath his first Leaves that rise before

or, about a foot and a half long, very much cut in or torn on the edges into

many parts of a dark green colour, with a great Rib in the middle, after these have been up a while, others follow which are greater, rougher, broader, and longer, whole, and not divided as the first, but only somewhat roundly dented about the edges: The stalk when it beareth Flowers (which is but seldom) is great, rising up with some few lesser Leaves thereto to three or four foot high spreading at the top many small branches of whitish Flowers, made of four Leaves apiece; after which come small pods like those of Shepheards-purse, but seldom with any seed in them. The Root is great, long, white, and rugged, shooting up divers Heads of Leaves, which may be parted for increase, but it both not creep within ground, nor run above ground, and is of a strong, sharp, and bitter taste, almost like Mustard.

**Place.]** It is found wild in some places of this Land, but is chiefly planted in Gardens where it joyeth in moist and shadowy places.

**Time.]** It flowreth but seldom, but when it doth, it is in July.

**Government and Vertues.]** They are both under Mars. The Juyce of Horf-Rhadish given to drink, is held to be very effectual for the Scurvy. It killeth the Worms in Children being drunk, and Scurvy, also laid upon the Belly. The Root bruised and laid to the place Worms, grieved with the Sciatica, Joynt-ach, or the hard swellings of Sciatica, the Liver and Spleen, doth wonderfully help them all. The distilled water of the Herb and Roots, is more familiar to be taken for the Liver and Spleen, with a little sugar for all the purposes aforesaid.

Garden Rhadishes are in wantonnes by the Gentry eaten as Sallet, but they breed but scurvy humors in the stomach, and corrupt the Blood, and then send for a Physician as fast as you can, this is one cause, makes the Owners of such nice Palates so unhealthful, yet for such as are troubled with the Gravel, Stone, or Stoppage of Urin, they are good. See Physick if the Body be strong that takes them: You may make Drayes the Juyce of the Roots into a Syrup if you please for that use. They purge by Urin exceedingly.

## *Jacobea* Ragwort. *Latyrax*

It is called also St. James-wort, Staggs-wort, and Stammer-wort, and Seggrum.

**Descript.** The greater common Ragwort hath many large, and long dark green Leaves lying on the ground, very much rent and torn on the sides into many pieces; from among which rise up som times but one, and sometimes two or three square or crested blackish or brownish Stalks three or four foot high, sometimes branched, bearing divers such like Leaves upon them at several distances unto the tops, where it brancheth forth into many stalks bearing yellow Flowers, consisting of divers Leaves set as a Pale or border, with a dark yellow thium in the middle, which do abide a great while, but at last are turned into Down, and with the small blackish gray seed are carried away with the wind. The Root is made of many Fibres, whereby it is firmly fastned into the ground, and abideth many years.

There is another sort. hereof different from the former onely in this, That

it riseth not so high ; the Leaves are not so finely jagged, nor of so dark a green colour, but rather somewhat whitish, soft, and woolly, and the Flowers usually paler.

Place.] They grow both of them wild in Pastures, and untilled grounds, in many places, and often times both in one Field.

Time. They flower in June and July, and the seed is ripe in August.

Government and Vertues.] Ragwort is under the command of Dame

Venus, and cleanseth, digesteth, and discusseth. The Decoction of the Herb to wash the Mouth or Throat that hath Ulcers or Sores therein ; and for Swellings, hardness, or Impostumations, for it throughly cleanseth and healeth them ; as also the Quinsie, and the Kings Evil : It helpeth to stay Catarrhs, thin Rheums, and Defluxions from the Head into the Eyes, Nose, or Lungs. The Juyce is found and defluxions, by experiance to be singular good to heal green Wounds, Green wounds, and to cleanse and heal all old and filthy Ulcers in the Privities, and in other parts of the Body ; as also inward Wounds and Ulcers, stayeth the malignity of fretting or running Cankers, and hollow Fistulae, not suffering them to spread further. It is also much commended to help Aches and pains, either in the fleshy parts, or in the Nerves and Sinews ; as also the Sciatica, or pain of the Hips or Huckle-bone, to bath the places with the Decoction of the

Herb, or to appoint them with an Oyntment made of the Herb bruised and boyled in old Hogs suet, with some Mastich and Olibanum in Powder added unto it after it is strained forth.

In Sussex we call it *Ragweed*.

### Rattle-graſſ.

**O**F this there are two kinds which I shall speak of, viz. The Red, and Yellow.

Descript. The common Red Rattle, hath sundry reddish hollow stalks, and sometimes green, rising from the Root, lying for the most part on the ground, some growing more upright, with many small reddish or greenish Leaves set both sides of a middle Rib finely dented about the edges : The Flowers stand at the tops of the Stalks and Branches, of a fine purplish red colour, like small gaping hoods ; after which come flat blackish seed in small husks, which lying loose therein, will rattle with shaking. The Root consists of two or three small whitish strings with some fibres thereat.

The common Yellow Rattle hath seldom above one round green Stalk, rising from the Root, about half a yard or two foot high, and but few Branches thereon, having two long, and somewhat broad Leaves set at a Joynt, deeply cut in at the edges, resembling the Comb of a Cock, broadest next to the Stalk, and smaller to the end : The Flowers grow at the tops of the Stalks with some shorter Leaves with them, hooded after the same manner the others are, but of a fair yellow colour in most, or in some paler ; and

in some more white. The seed is contained in large Husks, and being ripe will rattle, or make a noise with lying loose in them. The Root is small and slender, perishing every year.

Place.] They grow in our Meadows, and Woods, generally through this Land.

Time.] They are in Flower from Mid-summer until August be past sometimes.

Government and Vertues. They are both of them under the Dominion of the Moon. The Red Rattle is accounted profitable to heal up Fistulaes, and hollow Ulcers, and to stay the flux Fistulaes, and of Humors to them, as also the abundance of Womens hollow Ulcers, Courses, or any other Flux of Blood, being boyled in red Womens Cour-  
Wine and drunk, ses, Fluxes.

The Yellow Rattle, or Cocks Comb, is held to be good for those that are troubled with a Cough, or dimness of Cough, Dim-  
sight, if the Herb being boyled with beans, and some Honey sight. put thereto, be drunk, or dropped into the Eyes. The whole Seed being put into the Eyes, draweth forth any skin, dimness, or film from the sight without trouble or pain. *anomia pupillae*

### Rest-Harrow, or Cammoak.

Descript. Common Rest-harrow riseth up with divers rough woody twigs, half a yard, or a yard high, set at the joyns without order, with a little roundish Leaves sometimes more than two or three at a place, of a dark green colour, without thorns while they are young, but afterwards armed in sundry places with short and sharp Thorns. The Flowers come forth at the tops of the twigs and branches, whereof it is full, fashioned like Pease, or Bloom Blooms, but lesser, flatter, and somewhat close, of a faint purplish colour: after which come small Pods, containing small, flat, and round seed: The Root is blackish on the outside, and whitish within, very rough and hard to break, when it is fresh and green, and as hard as an Horn when it is dried, thrusting down deep into the ground, and spreading likewise, every piece being apt to grow again if it be left in the ground.

Place.] It groweth in many places of this Land, as well in the Arable as waste ground.

Time.] It flowreth about the beginning or middle of July, and the seed is ripe in August.

Government and Vertues. It is under the Dominion of Mars. It is singular good to provoke Urin when it is stopped, and to break and dr. ve forth the stone, whiche the Powder of the Bark of the *urin* Root taken in Wine performeth effectually. *Mathiolus* saith, stoppe, The same helpeth the Disease called *Hiernia Carnosa*, the fleshy Stone, Rupture, by taking the said Powder for some months together *Fleky*, constantly, and that it hath cured some which seemed incurable *Rupture*, by any other means than by cutting or burning. The Decoc-  
tions, on thereof made with some Vinegar and gargled in the Mouth, *Footback*, Liver and *caesth*

Spleen easeth the Toothach, especially when it comes of Rheum; and obstructed, the said Decoction is very powerful to open obstructions of the Ulcers. Liver and spleen, and other parts. A distilled Water made in *Balneo Mariae* with four pound of the Root hereof first sliced small, and afterward steeped in a gallon of Canary Wine, is singular good for all the purposes aforesaid, and to cleanse the passages of the Urin. The Powder of the said Root made into an Electuary or Lozenges with Sugar: as also the Bark of the fresh Roots boyled tender, and afterwards beaten into a Conserve with Sugar, worketh the like effect. The Powder of the Roots strewed upon the brims of Ulcers, or mixed with any other convenient thing and applied, consumeth the hardness, and causeth them to heal the better.

*Eruca*

*Rocket. Xanthogaea nigra*

**I**N regard the Garden Rocket is rather used as a Sallet Herb than to any Physical purposes, I shall omit it, and onely speak of the common wild Rocket: The Description whereof, take as followeth;

**D**escript. ] The common wild Rocket, hath longer and narrower Leaves, much more diuided into slender cuts and jaggs on both sides of the middle Rib than the Garden kinds have, of a sad overworn green colour, from among which riseth up divers stalks two or three foot high, sometimes set with the like Leaves, but smaller and smaller upwards; branched from the middle into divers stiff stalks, bearing sundry yellow flowers on them made of four Leaves apiece, as the others are, which afterwards yield them small reddish seed, in small long Pods, of a more bitter and hot biting tast than the Garden kinds, as Leaves are also.

**P**lace. ] It is found wild in divers places of this Land.

**T**ime. It flowreth about June and July, and the Seed is ripe in August.

**G**overnment and Vertues. The wild Rockets are forbidden to be used alone in regard their sharpnes fumeth into the Head, causing achi and pain therein: and are no lesse hurtful to hot and cholericke persons; for fear of inflaming their blood, and therefore for such we may say, a little doth but a little harm, for angry Mars rules them, and he sometimes will be testy when

**I**crease sperm and venery, helps digestion, provokes Urin, Biting of Serpents, &c. Cough in children, encreaseth Milk, cleanseth the face, scars, way the ill scent of the Arm-pits, encreaseth Milk in Nurses, and wasteth the Spleen. The seed mixed with Honey,

ney, and used on the Face, cleanseth the Skin from Spots, Mor- Marks of  
phew, and other discolourings therein ; and used with Vinegar, small Pox: taketh away Freckles and redness in the Face or other parts, and with the gall of an Ox, it amendeth foul Scars, black and blew spots, and the marks of the small Pox. *Nasturtium*

## Winter Rocket, or Cresses.

**Descript.** *W*inter Rocket, or Winter Cresses, have divers somewhat large, sad green Leaves, lying upon the ground, torn or cut into divers parts, somewhat like unto Rocket or Turnip leaves, with smaller pieces next the bottom, and broad at the ends, which so abide all Winter (if it spring up in Autumn, when it is used to be eaten) from among which riseth up divers small round stalks full of branches, bearing many small yellow flowers of four Leaves apiece, after which come small pods with reddish Seed in them. The Root is somewhat stringie, and perisheth every year after the Seed is ripe.

**Place.**] It groweth of its own accord in Gardens, and Fields by the way-sides in divers places, and particularly in the next Pasture to the Conduit-head behind *Grays-Inn* that brings Water to *Mr. Lambs Conduit* in *Holborn*.

**Time.**] It flowreth in *May*, and seedeth in *June*, and then perisheth.

**Government and Virtues.**] This is profitable to provoke Urin, and helpeth the Strangury, and to expel Gravel and the Stone. It is also of good effect in the Scurvy. It is found by Experience *Strangury*, *Gravel* to be a singular good Wound-herb, to cleane inward wounds: *urin and Stone*, the Juyce or Decoction being drunk, or outwardly applied *Scurvy*, *wounds*, to wash foul Ulcers and Sores, cleansing them by sharpnes, *Ulcers and Sores*, and hindering or abating the dead flesh from growing ther-in, and healing them by the drying quality.

## Yosa Roses.

**I** hold it altogether needless to trouble the Reader with a Description of any of these, sith both the Garden *Roses*, and the Wild *Roses* of the Bryars are well enough known; take therefore the Vertues of them as followeth: And first I shall begin with the Garden kinds.

**Government and Vertues.**] What a Quarter have Authors made with *Roses*? What a Racket have they kept? I shall add, red *Roses* are under *Jupiter*, *Damask* under *Venus*, and white under the *Moon*, and *Provence* under the King of *France*. The white and the red *Roses* are cooling and drying, and yet the white is taken to exceed the red in both the properties, but is seldom used inwardly in any Medicine. The bitterness in the *Roses* when they are fresh, especially the *Choler*, and *Juyce*, purgeth *Choler*, and werry Humors: but being ~~watry~~ *dried*, and that heat which caused the bitterness being consumed, they have then a binding and astringent quality: *ach*, *pains in* *I hole also that are not full blown*, do both cool and bind the *Ears*, *F*

*Throat and Gums, Fundament, Bowels, and Matrix, St. Anthomies fire, Stomach, Womens Courses, Defluxions, fastneth Teeth, Lask and Spitting of Blood, Heat and Inflammations, Rest & Sleep, Whites, & Reds. in women, Choler, and Flegm, Redness and watering in the Eyes.*

more than these that are full blown, and the white Roses more than the red. The Decoction of red Roses made with Wine and used, is very good for the Headach, and pains in the Eyes, Ears, Throat and Gums, as also for the Fundament, the lower parts of the Belly, and the Matrix, being bathed, or put into them. The same Decoction with the Roses remaining in it, is profitably applied to the Region of the Heart to ease the Inflammation therein; as also St. Anthomies fire, and other diseases of the stomach. Being dried and beaten to Powder, and taken into steeled wine or water, it helpeth to stay womens courses. The yellow thrids in the middle of the red Roses (which are erroneously called the Rose seed) being powdered, and drunk in the distilled Water of Quinces, stayeth the overflowing of Womens Courses; and doth wonderfully stay the Defluxions of Rheums upon the Gums and Teeth, preserving them from corruption, and fastning theru if they be loose, being washed and gargled therewith, and some Vinegar of Squils added thereto. The heads with the seed being used in Powder, or in a Decoction, stayeth the Lask and spitting of blood. Red Roses do strengthen the Heart, the Stomach, and the Liver, and the retentive Faculty: they mitigate the pains that arise from heat, allwage Inflammations, procure rest and sleep, stay both Whites and Reds in Women, the Gonorrhœa or running of the Reins, and the fluxes of the Belly: the Juyce of them doth purge and cleanse the body from Choler and Flegm. The Husks of the Roses with the Beards and Nails of the Roses are binding and cooling; and the distilled Water of either of them, is good for the heat and redness in the Eyes, and to stay and dry up the Rheums and watering of them. Of the red Roses are usually made many Compositions; all serving to sundry good uses, viz. Electuary of Roses, Conserve, both moist and dry, which is more usually called Sugar of Roses, Syrup of dried Roses, and Honey of Roses. The Cordial Powder called *Diaphodon Abbatis*, and *Aromatica Rosarum*. The distilled Water of Roses, Vinegar of Roses, Oyntment and Oyl of Roses, and the Rose Leaves dried, which although no Composition: yet of very great use and effect. To write at large of every one of these, wculd make my Book swell too big, it being sufficient for a Volume of it self to speak fully of them. But briefly, the Electuary is purging, whereof two or three drams taken by it self in some convenient

Liquor, is a Purge sufficient for a weak Constitution: but may be encreased to six drams according to the strength of the Patient. It purgeth Choler without trouble, and is good in hot Feavers, and pains of the Head arising from hot Choleric Humors, and heat in the Eyes, the Jaundice also, and Joyn-aches proceeding of hot Humors. The moist Conserve is of much use, both binding and aches, Cordial, for until it be about two years old, it is more binding.

*A Purge for Choler, hot Feavers, pains of the Head, Jaundice, & aches,*

*for until it be about two years old, it is more binding.*

binding than Cordial, and after that, more Cordial than binding. Some of the younger Conserve taken with *Metthridatum* mixed together, is good for those that are troubled with Distillations of Rhewm from the Brain to the Nose, and Defluxions of Rhewm into the Eyes; as also for Fluxes and Lasks of the Belly: and being mixed with the Powder of Mastich, is very good for the running of the Reins, and for the loothiness of Humors in the Body. The old Conserve mixed with *Aromaticum rosatum*, is a very good Cordial against Faintings, Swoonings, Weakness, and tremblings of the Heart, strengthening both it and a weak Stomach, helpeth Digestion, stayeth Casting, and is a very good Preservative in the time of Infection. The dry Conserve which is called Sugar of Roses, is a very good Cordial to strengthen the Heart and Spirits; as also to stay Defluxions. The Syrup of dried red Roses strengtheneth a Stomach given to Casting, cooleth an overheated Liver, and the blood in Agues, comforteth the Heart, and resisteth putrefaction and infection, and helpeth to stay Lasks and Fluxes. Honey of Roses is much used in Gargles and Lotions to wash Sores, either in the Mouth, Throat, or other parts, both to cleanse and heal them, and to stay the Fluxes of humors falling upon them. It is also used in Clysters both to cool and cleanse. The Cordial Powders called *Diarrhodon Abbatis* and *Aromatico Rosarum*, do comfort and strengthen the Heart and Stomach, procure an Appetite, help Digestion, stay Vomiting; and is very good for those that have slippery Bowels to strengthen them, and to dry up their moisture. Red Rose water is of well known, and familiar use in all occasions (and better than Damask Rose water) being cooling and Cordial, refreshing, quickning the weak and faint Spirits, used either in meats, or broths, to wash the Temples, to smel to at the Nose, or to smel the sweet vapors thereof out of a perfuming pot, or cast into a hot Fire-shovel. It is also of much good use against the redness and inflammations of the Eyes to bath them therewith, and the Temples of the Head, also against pain and ach, for which purpose also Vinegar of Roses is of much good use, and to procure rest and sleep, if some thereof and Rose water together be used to smell unto, or the Nose and Temples moistned therewith, but more usually to moisten a piece of a red Rose Cake cut fit for the purpose, and heated between a double folded Cloth, with a little beaten Nutmeg, and Poppy seed strewed on the side that must lie next to the Fore-head and Temples, and bound so thereto for all night. The Ointment of Roses is much used against heat and Inflammations in the Head, to anoint the Fore-head and Temples, Liver, Back & and being mixed with *Urgentum Populorum*, to procure Reins, Pish rest; as also it is used for the heat of the Liver, of the Back, and

bles, Fluxes of and Reins, and to cool and heal Pusles, Wheals, and other red Pimples rising in the Face or other parts. Oil of

Humors. Roses is not only used by it self to cool any hot Swellings or Inflammations, and to bind and stay Fluxes of Humors unto Sores, but is also put into Ointments and Plasters that are cooling and binding, and restraining the Flux of Humors. The dried Leaves of the Red Roses are used both inwardly and outwardly, both cooling, binding, and Cordial, for

with them are made both *Aromaticum Kosarum*, *Diarrhodon* *Weak Stomach*, *Abbatis*, and *Saccharum Rosarum*, each of whose Properties are before declared. Rose Leaves and Mints heated and

applied outwardly to the stomach, stay castings, and very much strengthen a weak Stomach; and applied as a Fomentation to the Region of the Liver and Heart, do much cool and temper them, and also serve instead of a Rose Cake (as is said before) to quiet the over hot spirits and cause rest and sleep. The Syrup of Damask Roses is both

*Purgeth Choller.* Simple and Compound, and made with Agarick. The simple solutive Syrup, is a familiar, safe, gentle, and easie Medicine, purging Choler, taken from one ounce to three or

*Bind the Belly*, four; yet this is remarkable herein that the Distilled Water of this Syrup should notably bind the Belly; The Syrup *Melancholick* with Agarick is more strong and effectual, for one ounce *humors, & proisse*, thereof by it self will open the Body more than the other, *Itch, Tetterers*, and worketh as much on Flegm, as Choler. The Compound Syrup is more forcible in working on Melancholick

humors, and available against the Leprosie, Itch, tetterers, &c. and the French Disease: Also Honey of Roses Solutive is made of the same Infusions that the Syrup is made of, and therefore worketh the same effect both opening and purging, but is oftener given to Flegm-

*Open the Belly*, tick than Cholerick persons and is more used in Clisters than in Potions as the Syrup made with Sugar is. The Conserve and Preserved Leaves of these Roses are also operative, in gently opening the Belly.

The simple Water of the Damask Roses is chiefly used for Fumes to sweeten things, as the dried Leaves thereof to make sweet Powders, and fill sweet Bags, and little use they are put to in Physick, although they have some purging quality; The wild Roses also are few or none of them used in Physick, but yet are generally held to come neer the Nature of the manured Ro-

ses. The Fruit of the *wild Bryar*, which are called *Hops*, being Bind the Belly, and stay De- fluvions, whites in Women, Stones, &c. throughly ripe, and made into a Conserve with Sugar, besides the pleasantnes of the taste, doth gently bind the belly, and stay Defluxions from the Head upon the stomach, drying up the moisture thereof, and helpeth digestion. The Pulp of the Hops dried into a hard Consistence, like to the Juice of Liquoris, or so dried that it may be made into powder & taken in drink stayeth speedily the Whites in Women. The Briar ball is often used being made into Powder and drunk to break the stone, to pro-

voke Urin when it is stopped; and to ease and help the Colick; some *Urin*, appoint it to be burnt, and then taken for the same purpose. In the *Colick*, middle of the Balls are often found certain white Worms, which *Worms*, being dried, and made into Powder, and some of it drunk, is found by Experience of many, to kill and drive forth the Worms of the Belly.

*Open*

### Rosa Solis, or Sun-dew.

*Descript.* **I**T hath divers small, round, hollow Leaves, somewhat greenish, but full of certain red hairs, which make them seem red, every one standing upon his own footstalks, reddish hairy likewise. The Leaves are continually moist in the hottest day, yea, the hotter the Sun shines on them, the moister they are, with a certain sliminess that will rope (as we say) the small hairs al-ways holding this moisture. Among these Leaves rise up small slender stalks, reddish also, three or four fingers high, bearing divers small white knobs one above another, which are the Flowers; after which, in the Heads are contained small seeds. The Root is a few small hairs.

*Place.* **I**t growtheth usually in Bogs, and in wet places, and sometimes in moist Woods.

*Time.* **I**t flowereth in *June*, and then the Leaves are fittest to be gathered.

*Government and Vertues.* **I**The Sun rules it, and 'tis under the Sign *Cancer*. *Rosa Solis* is accounted good to help those that have salt Rheum distilling on the Lungs, which breedeth a Consumption, and therefore the distilled Water thereof in Wine, is held fit and profitable for such to drink, which Water will be of a Gold yellow colour. The same Water is held to be good for all other diseases of the lungs, *Distillations of* as Phtisicks, Wheesings, shortness of breath, or the Cough; *Rheum*, Phti-as also to heal the Ulcers that happen in the Lungs, and it sick. Wheesings, comforteth the Heart and fainting Spirits. The Leaves out- shortness of wardly applied to the skin, will raise Blisters, which hath Breath, Cough, caused some to think it dangerous to be taken inward: but ulcers in the there are other things which will also draw Blisters, yet no- Lungs, comfort- thing dangerous to be taken inwardly. There is an usual the Heart, raise drink made thereof with *Aqua vitæ* and Spices frequently, Blisters, Passions and without any offence or danger, but to good purpose of the Heart. used in qualms and passions of the Heart.

*Rosmarinum*

### Rosemary.

**Q**UR Garden Rosemary is so well known, that I need not describe it.

*Time.* It flowereth in *April* and *May* with us, and sometimes again in *August*.

*Government and Vertues.* The Sun claims priviledg in it, and 'tis under the Celestial Ram. It is an Herb of as great use with us in these daies, as any whatsoever, not only for Physical, but Civil purposes. The Physical

use of it ( being my present Task ) is very much both for inward and outward Diseases : for by the warming and comforting heat thereof, it helpeth all cold Diseases, both of the Head, Stomach, Liver, and Belly. The Decoction thereof in Wine, helpeth the cold Distillations of

**Cold Diseases.**

**Rheums, Swimming of the Head, Drowsines,**  
**Stupidity, dumb Palsie, Lethargie and Falling-sick-**  
**ness, Tooth-itch, Stinking Breath, weak Memory,**  
**Stomach, reten-**  
**tion of Meat, Wind, Liver-**  
**grown, dim Sight, yellow Jaundice, Pe-**  
**stilence, whites in women,**  
**Cough, Phtisick, or Consumption,**  
**benum'd Joynts, Spots and Scars,**  
**in the Skin.**

Rheum into the Eyes, and all other cold diseases of the Head and Brain, as the Giddiness or Swimming therein, Drowsiness, or dulness of the Mind and Senses, like a stupidnes, the dumb Palsie, or loss of Speech, the Lethargy, and Falling-sickness, to be both drunk, and the Temples bathed therewith. It helpeth the pains in the Gums and Teeth, by Rheum falling into them, or by putrefaction, causing an evil smell from them, or a stinking breath. It helpeth a weak Memory, and quickneth the Senses. It is very comfortable to the stomach in all the cold griefs thereof, helping both retention of meat, and digestion, the decoction or powder being taken in Wine. It is a Remedy for the windiness in the stomach or Bowels, and expelleth it powerfully, as also wind in the Spleen. It helpeth those that are Liver-grown, by opening the obstructions thereof. It helpeth dim Eyes, and procureth a clear sight, the flowers thereof being taken all the while it is flowing, every morning fasting with bread and salt. Both *Dioscorides* and *Galen* say, That if a Decoction be made thereof with water, and they that have the yellow Jaundice do exercise their bodies presently after the taking thereof, it will certainly cure them. The flowers and the Conserve made of them, is singular good to comfort the Heart, and to expel the contagion of the Pestilence : to burn the Herb in Houses and Chambers, correcteth the Air in them. Both the Flowers and the Leaves are very profitable for Women that are troubled with the Whites, if they be daily taken. The dried Leaves shred small, and taken in a Pipe like as Tobacco is taken, helpeth those that have any Cough or Phtisick or Consumption, by warming and drying the thin Distillations which cause those Diseases. The leaves are much used in bathings, and made into Oynments or Oyls, is singular good to help cold benummed Joynts, Sinews, or Members. The Chymical Oyl drawn from the leaves and flowers, is a sovereign help for all diseases aforesaid, to touch the Temples and Nostrils with two or three drops, for all the diseases of the Head and Brain spoken of before, as also to take a drop, two, or three, as the cause requireth, for the inward Griefs : yet must it be done with discretion : for it is very quick and piercing, and therefore but a very little must be taken at a time. There is also another Oyl made by Insolation, in this manner : Take what quantity you will of the Flowers, and put them into a strong Glass close stopped, ty a fine linnen Cloth over the Mouth, and turn the Mouth down into another strong Glass, which being set in the Sun, an Oyl will distil down into the

er Glass, to be preserved as precious, or divers uses, both inward and outward.

ward as a sovereign Balsom to heal the diseases before mentioned, to clear a dim sight, and take away Spots, Marks, and Scars in the Skin.

## *Rheubarbum* Rhubarb, or Rhapontick.

DO not start, and say this grows you know not how far off; and then ask me; How it comes to pass that I bring it among our English Simples? For though the Name may speak it Forraign, yet it grows with us in England, and that frequent enough in our Gardens; and when you have throughly perused its Vertues, you will conclude it nothing inferior to that which is brought us out of China, and by that time this hath been as much used as that hath been, the name which the other hath gotten will be eclipsed by the fame of this: take therefore a Description at large of it, as followeth.

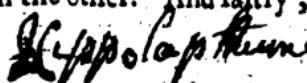
**Description.** At the first appearing out of the Ground, when the winter is past, it hath a great round brownish Head, rising from the middle or sides of the Root, which openeth it self into sundry Leaves one after another, very much crumpled or folded together at the first; and brownish: but afterwards it spreadeth it self, and becometh smooth, very large, and almost round; every one standing on a brownish stalk, of the thicknes of a mans thumb, when they are grown to their fulnes, and most of them two foot and more in length, especially when they grow in any moist or good ground: And the stalk of the leaf also from the bottom thereof to the leaf it self, being also two foot: the breadth thereof from edge to edge in the broadest place, being also two foot; of a sad or dark green colour, of a fine tart or sourish taste, much more pleasant than the Garden or wood-sorrel. From among these riseth up some, but not every year, strong thick stalks, not growing so high as the Patience, or Garden Dock, with such round Leaves as grow below, but smaller at every joyn up to the top, and among the flowers which are white, spreading forth into many branches, and consisting of five or six small white Leaves apiece, hardly to be discerned from the white thrids in the middle, and seeming to be all thrids, after which come brownish thret square seed, like unto other Docks; but larger; whereby it may be plainly known to be a Dock. The Root groweth in time to be very great, with divers and sundry great spreading branches from it, of a dark, brownish, or reddish colour on the outside; with a pale yellow skin under it, which covereth the inner substance or Root, which rind and skin being pared away, the Root appeareth of so fresh and lively a colour, with fresh coloured Veins running through it, that the choicest of that Rhubarb that is brought us from beyond the Seas cannot excel it: which Root, if it be dried carefully, and as it ought (which must be in our Country by the gentle heat of a fire, or regard the Sun is not hot enough here to do it, and every piece kept from touching one another) will hold his colour almost as well as when it is fresh; and hath been approved of, and commended by those who have often times used them.

**Place.** It groweth in Gardens, and flowereth about the beginning or middle of June, and the Seed is ripe in July.

**Time.** The Roots that are to be dried and kept all the year follow

are not to be taken up before the stalk and leaves be quite withered and gone, and that is not until the middle or end of October; and if they be taken a little before the leaves do spring, or when they are sprung up, the Roots will not have half so good a colour in them.

I have given the precedence unto this, because in Vertues also it hath the preheminence; I come now to describe unto you that which is called *Patient*, or *Monks Rhubarb*; and next unto that, the great round leav'd Dock, or *Bastard Rhubarb*: for the one of these may happily supply in the absence of the other, being not much unlike in their Vertues, only one more powerful and efficacious than the other. And lastly, shall shew you the Vertues of all the three sorts.



### Garden Patience, or Monks Rhubarb.

**Descript.** **T**HIS is a Dock bearing the name of Rhubarb, for some purging quality therin, and groweth up with large tall stalks, set with somewhat broad and long fair green Leaves, not dented at all. The tops of the stalks being divided into many small branches, bear reddish or purplish Flowers, and three-square seed like unto other Docks. The Root is long, great, and yellow, like unto the wild Docks, but a little redder, and if it be a little arid, sheweth less store of discoloured veins, than the next doth when it is dry.

### Great round leav'd Dock, or Bastard Rhubarb.

**Descript.** **T**HIS hath divers large, round, thin, yellowish green Leaves, rising from the Root, a little waved about the edges, every one standing on a reasonable thick, and long brownish footstalk; from among which, riseth up a pretty big stalk, about two foot high, with some such like Leaves growing thereon, but smaller. At the top whereof stand in a long spike many small brownish flowers which turn into hard three-square shining brown seed, like the *Garden Patience* before described. The Root groweth greater than that, with many branches of great fibres therat, yellow on the outside, and somewhat pale yellow within, with some discoloured veins like to the Rhubarb which is first described, but much less than it, especially when it is dry.

**Place and Time.** These also grow in Gardens, and flower and seed at or near the same time that our true Rhubarb doth, viz. they flower in June, and the seed is ripe in July.

**Government and Vertues.** Mars claims predominancy over all these wholesome Herbs: you cry out upon him for an Infortage, when God created him for your good (only he is angry with Fools). What dishonor is this, not to Mars, but to God himself? A dram of the dried Root of Monks

Rhubarb, with a scruple of Ginger made into Powder, and ~~one~~ Choler taken fasting in a draught or mess of warm Broth, purgeth ~~one~~ <sup>gm</sup>, stay Choler and Flegm downwards very gently and safely with ~~one~~ <sup>one</sup> Blew out danger. The seed thereof contrarily doth bind the

Belly, and helpeth to stay any sort of Lask or Bloody flux. The distilled Water thereof is very profitably used to heal ~~and ulcerous~~ <sup>dy flux, scabs</sup> Scabs, as also foul Ulcerous sores, and to allay the infla- <sup>sores, running</sup> mation of them: The Juyce of the Leaves or Roots, or ~~sores,~~ the Decoction of them in Vinegar, is used as a most effe- ~~sores,~~ <sup>sores,</sup> ctual Remedy to heal scabs and running sores.

The Bastard Rhubarb hath all the properties of the Monks Rhubarb, but more effectual for both inward and outward Diseases. The Decoction thereof with Vinegar dropped into the Ears, taketh away the pains; gargled in the mouth, taketh away ~~the~~ <sup>the</sup> ~~Tooth-ache~~ <sup>Rage</sup> of the ach, and being drunk, healeth the Jaundice. The seed Ears, Toothache, thereof taken, easeth the gnawing and griping pains of the Jaundice, Pains of the Stomach, and taketh away the loathing thereof unto meat. The Root thereof helpeth the ruggedness of the Nails, and ~~and loathing of~~ being boyled in Wine, helpeth the swelling of the Throat, meat, Kings ~~E~~ commonly called the Kings Evil, as also the swellings of ~~vil~~, Stone, Urin, the Kernels of the Ears. It helpeth them that are troubled ~~Dim~~ <sup>Light</sup>, ~~sight~~, <sup>ver and Blood.</sup> with the stone, provoketh Urin, and helpeth the dim- ness of the sight. The Roots of this Bastard Rhubarb are used in opening and purging Diet Drinks with other things to open the Liver, and to cleanse and cool the blood.

The properties of that which is called the English Rhubarb, are the same with the former, but much more effectual, and hath all the properties of the true Indian Rhubarb, except the force in purging, wherein it is but of half the strength thereof, and thereof a double quantity must be used; it likewise hath not that bitterness and astric- <sup>Choler, and</sup> on, in other things it worketh almost in an equal quality, Flegm, Obstru- which are these; It purgeth the Body of Choler and ~~etions~~, Jaun- flegm, being either taken of it self, made into powder and dice, Dropsic, drunk in a draught of white Wine, or steeped therein all Spleen, Agues, night, and taken fasting, or put among other Purges, as Pains of the shall be thought convenient, cleansing the Stomach, Liver, Sides and Spit- and Blood, opening Obstructions, and helping those <sup>ting</sup> of Blood, griefs that come thereof; as the Jaundice, Dropsic, Swel- <sup>Running of the</sup> ling of the Spleen, Tertian and Day Agues, and pricking Reins, Swelling pain of the sides, and also it stayeth spitting of Blood. in the Head, The Powder taken with *Cassa* dissolved, and a little wa- <sup>Sciatica, Gout,</sup> shed *Venice Turpentine*, cleanseth the Reins, and streng- <sup>Cramp, Clotted</sup> theneth them afterwards, and is very effectual to stay the Blood, <sup>Running of the</sup> Ulcers, Reins or Gonorrhœa. It is also given in the Eyes, or for the pains and swellings in the Head, for those that are Eye-lids, Swel- troubled with Melancholy, and helpeth the Sciatica, the lings and Infla- Gout, and the Cramp. The Powder of Rhubarb taken <sup>mations, b'ack</sup> with a little *Mummia*, and *Madder Roots* in some red and blue spots, Wine, dissolveth clotted blood in the Body, hapning by a- <sup>purge the Liver</sup> ny fall or bruise, and healeth burstings and broken parts as <sup>and Stomach,</sup>

well inward as outward: The Oyl likewise wherein it hath been boyled, worketh the like effects, being anointed. It is used to heal those Ulcers that happen in the Eyes and Eye-lids, being steeped and strained; as also to asswage the swellings and inflamations; and applied with Honey, or boyled in Wine, it taketh away all black and blue spots or marks that happen therein. Whey, or White Wine are the best Liquors to steep it in, and thereby it worketh more effectually in opening obstructions, and purging the Stomach and Liver. Many do use a little Indian Spicknard as the best Corrector thereof.

*Urtica pratensis*

### Meadow Rue.

**D**escript. **M**eadow Rue riseth up with a yellow stringy Root, much spreading in the ground, and shooting forth new sprouts round about, with many Herby green Stalks two foot high, crested all the length of them, at with joynts here and there, and many large Leaves on them above as well as below, being divided into smaller Leaves, nicked or dented in the fore part of them of a sad green colour on the upper side, and pale green underneath: Toward the top of the Stalk there shooteth forth divers short branches; on every one whereof there stand two, three, or four small round Heads or Buttons, which breaking, the skin that incloseth them sheweth forth a rust of pale greenish yellow thrids, which falling away, there comes in their places small three cornered Cods, wherein is contained small, long, and round seed. The whole Plant bath a strong unpleasint scent.

**P**lace. It growtheth in many places of this Land, in the borders of moist Meadows, and by Ditch sides.

**T**ime. It flowreth about July or the beginning of August.

**G**overnment and Vertues. **D**ioscorides saith, That this Herb bruised and applied, perfectly healeth old sores, and the distilled Water of the Herb and Flowers doth the like. It is used by some among other Pot-herbs, to open the Body and make it soluble; but the Roots washed clean, and boyled in Ale and drunk, provoketh to the stool more than the Leaves, but yet very gently. The Root boyled in Water, and the places of the Body most troubled with Vermin or Lice washed therewith while it is warm, destroyeth them utterly. In Italy it is used against the Plague, and in Saxony against the Jaundice, as Camerarius saith.

### *Ruta hortensis* Garden Rue.

**G**arden Rue is so well known, both by this name, and the name *Herb of Grace*, that I shall not need to write any further Description of it: But shall onely shew you the Vertue of it as followeth:

**G**overnment and Vertues. **I**t is an Herb of the Sun, and under Leo. It provoketh Urin and Womens Courses, being taken either in Meate or Drinke. The seed thereof taken in Wine, is an Antidote against all dangerous Medicines or deadly Poysons. The Leaves taken either by themselves, or with Figs and Walnups, is called

called *Mithridates* his Counterpoyson against the Plague, *Poison*, and causeth all Venemous things to become harmless : Being *Plague*, often taken in meat or drink it abateth *Venerie*, and destroyeth the ability to beget Children. A Decoction made thereof with some dried Dill Leaves and Flowres, easeth all pains and tor-  
 ments inwardly to be drunk, and outwardly to be applied warm to the place grieved. The same being drunk, helpeth the pains both of the Chest and sides, as also Coughs, and hardness of breathing, the Inflammations of the Lungs, and the tormenting pains of the Sciatica, and the Joyns, being anointed or laid to the places, as also the shaking fits of Agues, to take a draught before the fit come : Being boyled or infused in Oyl, it is good to help the Wind Cholick, the hardness or windines of the Mother, and freeth women from the strangling or suffocation thereof, if the share, and the parts thereabouts be anointed therewith : It killeth & driveth forth the Worms of the Belly, if it be drunk after it is boyled in Wine to the half with a little Honey : It helpeth the Gout or pains in the Joyns of Hands, Feet, or Knees, applied thereunto : and with Figs it helpeth the Dropsie, being bathed therewith : being bruised and put into the nostrils, it stayeth the bleeding thereof. It helpeth the swelling of the Cods if they be bathed with a Decoction of Rue and Bay Leaves. It taketh away wheals and Pimples if being bruised with a few Mirtle Leaves, if it be made up with Wax and applied : It cureth the Morphew, and taketh away all sorts of Warts, if boiled in Wine with some Pepper and Nitre, and the places rubbed therewith : and with Allum and Honey, helpeth the dry scab or any Tetter or Ringworm : The Juyce thereof warmed in a Pomegranate Shel or Rind, and dropped into the Ears, helpeth the pains of them. The Juyce of it and Fennel with a little Honey, and the Gall of a Cock put thereto, helpeth the dimness of the Eye-sight. An Oyntment made of the Juyce thereof with Oyl of Roses, Cerus, and a little Vinegar, and anointed, cureth St. Anthonies fire, and all foul running sores in the Head ; and the stinking Ulcers of the Nose or other parts. The Antidote used by *Mithridates* every morning fasting to secure himself from any Poyson or Infection, was this : Take twenty Leaves of Rue, a little Salt, a couple of Walnuts, and a couple of Figs beaten together into a Mals with twenty Juniper Berries, which is the quantity appointed for every day. Another Electuary is made thus : Take of Nitre, Pepper, and Cummin seed, of each equal parts ; of the Leaves of Rue clean picked, as much in weight as all the other three weighed; beat them well together, and put to as much Honey as will make it up into an Electuary ; (but you must first keep your Cummin seed in Vinegar twenty four hours, and then dry it, or rather roast it in a hot Fire,) the Chest, and Sides, the Head, Breathing, Sciatica, and Joyns, the Cholick, Agues, Wind, Worms, Dropsie, Bleeding, Swelling, Pimples, Morphew, and Warts, Scab, Tetter, and Ringworm, Pains of the Ears, Dim sight, St. Antho- nies fire, Running sores of the Head, Ulcers of the Nose, A tincture, Pains of the Stomach, Spleen, Belly, & Juyce,

Obstru-  
tions. shovel, or in an Oven) and it is a Remedy for the pains or griefs of the Chest or Stomach ; of the Spleen, Belly, or Sides, by wind or stiches ; of the Liver by Obstructions ; of the Reins and Bladder, by the stopping of Urin, and helpeth also to extenuate fat corpulent Bodies.

What an Infamy is cast upon the ashes of *Mithridates* (or *Metribrates*, as the *Augustans* read his Name) by unworthy people ; they that deserve no good report themselves, love to give none to others, viz. That renowned King of Pontus fortified his body by poyson against poyson (*He cast out Devils by Belzebub the Prince of Devils*) What a Sot is he that knows not if he had accustomed his body to cold poysons, hot poysons would have dispatch'd him ? On the contrary, if not, Corrosions would have done it : the whole World is at this very time beholding to him for his studies in Physick, and he that useth the quantity of but a Hazel-nut of that Receipt every morning, to which his Name is adjoyned, shall to adairation preserve his body in health, if he do but consider that Rue is an Herb of the Sun ; and under *Leo*, and gather it and the rest accordingly.

## Hernieries Rupture-wort.

Descript. ] **T**His spreadeth very many thridy branches round about upon the ground, about a span long, divided into many other smaller parts, full of small joynts set very thick together, whereat come forth two vry small Leaves of a French yellow, green colour branches and all, where growth forth also a number of exceeding small yellowish Flowers, scarce to be discerned from th: stalks and Leaves, which turn into seeds as small as the very dust. The Root is very long and small, thrusting down deep into the ground. This bath neither smell nor tast at first, but afterwards bath a little astringent tast, without any manifest heat, yet a little bitter and sharp withal.

Place. It groweth in dry, sandy, and rocky places.

Time. It is fresh and green all the Summer.

Government and Vertues. They say *Saturn* causeth Ruptures : if he do, he doth no more than he can cure, if you want wit, he wil teach you thought to your cost; this Herb is *Saturns* own, and is a notable Antivenerian. Rupture-wort hath not his name in vain : for it is found by Experience to cure the Rupture, not only in Children, but also in Fluxes, elder persons, if the Disease be not too inverterate, by taking a Running of dram of the Powder of the dried Herb every day in Wine for the Reins, certain daies together. Or the Decoction made in Wine, and Strangury, drunk. Or the Juyce or distilled Water of the green Herb taken Staze or in the same manner ; and helpeth all other Fluxes either in man Gravel, or Woman ; Vomitings also, and the Gonorrhœa or running Stitches, of the Reins, being taken any of the waies aforesaid. It doth also most assuredly help those that have the Strangury, or have their Urin stoppiell, or are troubled with the Stone or Gravell in the Reins or Bladder: The same also much helpeth *Stitches*

stitches in the side, all griping pains in the Stomach or Belly, Wounds, the Obstructions of the Liver, and cureth the yellow Jaundice, *Defluxion*: likewise, it killeth also the Worms in Children: being out-<sup>ons</sup>, *Foul* wardly applied it conglutinateth wounds notably, and helpeth *ulcers*. much to stay Defluxions of rheum from the Head to the Eyes, Nose, and Teeth, being bruised green and bound thereto; Or the Decoction of the dried Her<sup>b</sup>, to bath the Forehead and Temples, or the Nape of the Neck behind: It also drieth up the moisture of Fistulons Ulcers or any others that are foul and spreading.

### *Scorpius* Rushes.

**A**lthough there are many kinds of *Rushes*, yet I shall only here insist upon those which are best known, and most Medicinal: as the Bulrushes, and other of the soft and smooth kinds; which grow so commonly in almost every part of this Land, and are so generally noted, that I suppose it needless to trouble you with any Description of them: Briefly then take the Vertues of them as followeth:

*Government and Vertues.* The seeds of these soft *Rushes*, saith *Dioscorides* and *Galen*, toasted ( saith *Pliny* ) being drunke in Wine and Water, stayeth the Lask and Womens Courses, when they come down too abundantly: but it causeth Headach: It provoketh sleep likewise, but must be given with caution, lest the party that takes it wake not until the Resurrection: *Pliny* saith, The Root boyled in water to the consumption of one third, helpeth the Cough.

Thus you see that Conveniences have their Inconveniences, and Vertues seldom unaccompanied with some Vices. What I have written concerning *Rushes* is to satisfie my Countrymens Question, *Are our Rushes good for nothing?* Yes, and as good let alone as taken; There are remedies enough without them for any Disease, and therefore as the Proverb is, I care not a Rush for them, or rather they will do you as much good as if one had given you a Rush.

### *Recale*

### Rye.

**T**his is so well known in all the Countries of this Land, and especially to the Country People, who feed much thereon, that if I should describe it, they would presently say, I might well have spared that Labor. Its Vertues follow:

*Government and Vertues.* Rye is more digesting than *Impostumes*, Wheat: The Bread and the Leaven thereof ripeneth and *Boyls* & *swel-breaketh* *Impostumes*, *Boyls*, and other *Swellings*: The *ling* *pains* of Meal of Rye put between a double cloth, and moisten- the head, Chaps ed with a little *Vinegar*, and heated in a Pewter dish, set of the hands or over a Chafingdish of coals, and bound fast to the Head *Feet*. While it is hot, doth much ease the continual pains of the Head. *Matthiolus* saith, That the ashes of Rye straw put into water, and suffered therein a day and a night, and the Chops of the Hands or Feet washed therewith, doth heal them.

## Crocus

## Saffron.

**T**he Herb needs no Description, it being known generally where it grows. **Place.** It grows frequently at *Warden* in *Essex*, and in *Cambridge-shire*. **Government and Vertues.** It is an Herb of the *Sun*, and under the *Lion*, and therefore you need not demand a reason why it strengthens the Heart so exceedingly. Let not above ten grains therewith, be given at one time: for if the *Sun* which is the fountain of life, may dazzle the Eyes, and make them blind, a Cordial being taken in an immoderate quantity, may hurt the Heart instead of helping it. It quickneth the Brain, for the *Sun* is exalted in *Aries*, as well as he hath his House in *Leo*, it helps Consumption of the Lungs, helps difficulty of breathing. It is an excellent thing in Epidemical Diseases as Pestilence, Small Pox, and Measles. It is a notable expulsive Medicine, and a notable Remedy for the yellow Jaundice. My Opinion is (but I have no Author for it) That *Hermonactis* are nothing else but the Roots of Saffron dried, and my reason is, that the Roots of all *Crocus* both white and yellow, purge Flegm as *Hermonactis* do; and if you please to dry the Roots of any *Crocus*, neither your Eyes nor your taste shall distinguish from *Hermonactis*.

## Salsvia Sage. Salvia

**O**ur ordinary Garden Sage needeth no Description.

**T. m. ]** It flowereth in or about *July*.

**Government and Vertues.** Jupiter claims this, and bid me tell you it is good for the Liver, and to breed good blood. A Decoction of the Leaves and Branches of Sage made and drunk, saith *Dioscorides*, provoketh Urin, bringeth down Womens Courses, helpeth to expel the dead Child, and causeth the Hairs to become black. It stayeth the bleeding of Wounds, and cleaneth foul Ulcers or Sores. The said Decoction made in Wine, taketh away the Itching of the Cods, if they be bathed therewith. *Agyppa* saith, that if Women that cannot conceive by reason of the moist slipperynes of their womb shall take a quantity of the Juyce of Sage with a little Salt for four daies before they company with their Husbands, it will help them not onely to conceive, but also to retain the Birth without miscarriying. *Orpheus* saith, three spoonfuls of the Juyce of Sage taken fasting with a little Honey, doth presently stay the spitting or casting up of blood of them that are in a Consumption: these Pills are much commended. Take of Spicknard, Ginger, of each two drams; of the Seed of Sage toasted at the fire, eight drams, of long Pepper twelve drams: all these being brought

into fine Powder, put thereto so much Juice of Sage as may Lethargy, Dul-  
make them into a Mass for Pills, taking a dram of them & 1/2 of spirit,  
every morning fasting, and so likewise at night, drinking Palsey, &c -  
a little pure Water after them. *Mathiolus* saith, it is very fluxions of  
profitable for all manner of pains of the Head coming of Rheum,  
cold and Rheumatick Humors, as also for all pains of the Impostume be-  
Joynts, whether inwardly or outwardly, and therefore bind the Ears,  
helpeth the Falling-sickness, the Lethargy, such as are dull Hoarsnes: and  
and heavy of spirit, the Palsey, and is of much use in all Cough, Bloody  
Defluxions of Rheum from the Head, and for the Diseases Flux, Biting of  
of the Chest or Breast. The Leaves of Sage and Nettles Serpents,  
bruised together, and laid upon the Impostume that riseth worms in the  
behind the Ears, doth asswage it much: The Juyce of Sage Ear, or sores,  
taken in warm Water, helpeth a Hoarsnes and the Cough. Quicken the  
The Leaves sodden in wine, and laid upon the place affected sens's, and help  
with the Palsey, helpeth much, if the decoction be drunk Memory, sore  
also. Sage taken with Wormwood is good for the Bloody Mouthes and  
Flux: *Pliny* saith, it procureth Womens Courses, and stay- Throats, Cough  
eth them coming down too fast, helpeth the stinging and k'rs, Palsey or  
biting of Serpents, and killeth the Worms that breed in Cramp, stitch in  
the Ears and in sores. Sage is of excellent use to help the side.  
Memory, warming and quickning the sensces, and the Con-  
serve made of the Flowers, is used to the same purpose, and also for all the  
former recited Diseases. The Juyce of Sage drunk with Vinegar hath been  
of good use in time of the Plague at all times. Gargles likewise are made  
with Sage, Rosemary, Honeysuckles, and Plantane boyled in Wine or  
Water, with some Honey or Allom put thereto, to wash sore Mouthes  
and Throats, Cankers, or the seeret parts of Man or Woman as need re-  
quireth. And with other hot and comfortable Herbs, Sage is boyled to bath  
the Body and Legs in the Summer time, especially to warm cold joints or  
sinews troubled with the Palsey or Cramp, and to comfort or strengthen  
the parts. It is much commended against the stitch or pains in the side co-  
ming of wind, if the place be fomented warm with the Decoction thereof in  
Wine, and the Herb also after the boyling, be laid warm also thereunto.

### *Salvia officinalis* Wood Sage.

Description. *Wood-Sage* riseth up with square hoary stalks two foot high  
at the least, with two Leaves set at every Joynt, some-  
what like other Sage Leaves, but smaller, softer, whiter, and rounder, and  
a little dented about the edges, and smelling somewhat stronger: At the tops  
of the stalks and Branches stand the Flowers on a slender long spike,  
turning themselves all one way when they blow, and are of a pale and  
whitish color, smaller than Sage, but hooded and gaping like unto them: The  
seed is blackish and round, four usually seen in a buak together: The  
Root is long and stringy, with divers Fibres therin, and abideth many  
yeare.

Place. It groweth in Woods, and by Wood-sides, as also in divers Fields and by-Lanes in this Land.

Time. It flowreth in June, July, and August.

*Government and Vertues.* The Herb is under *Venus*. Provokes *urin* The Decoction of Wood-sage provoketh Urine and Wom-  
& women's mens Courses: it also provoketh sweat, digesteth Humors, courses, and sweat, swell- and discusseth Swellings and Nodes in the Flesh, and is lings in the therefore thought to be good against the French Pox. The flesh, French decoction of the green Herb made with Wine is a safe and Pox, vein bro- sure Remedy for those who by falls, bruisers, or blows, doubt- ken, burstesse, some Vein to be inwardly broken, to disperse and avoid the congealed blood, and to consolidate the Veins: It is also Palsie, ulcers, good for such as are inwardly or outwardly bursten, the ex sores, green drink used inwardly, and the Herb applied outwardly: The wounds. same used in the same manner is found to be a sure Remedy for the Palsie: The Juyce of the Herb, or the Powder thereof dried, is good for moitt Ulcers and sores in the Legs or other parts to dry them, and cause them to heal more speedily: It is no lesse effectual also in green Wounds to be used upon any occasion.

### *Scyllum salomonis* Solomons-Seal.

Description. *This common Solomons Seal riseth up with a round Stalk about hylf a yard high, bearing or bending down to the ground set with single Leaves one above another, somewhat large and like the Leaves of the Lilly-Cavallary, or May Lilly, with an eye of bluish upon the green, with some ribs therein, and more yellowish underneath. At the foot of every Leaf almost from the bottom up to the top of the Stalk come forth small long white and hollow pendulous Flowers, somewhat like the flowers of May-Lilly, but ending in five long points, for the most part two together at the end of a long Foot stalk, sometimes but one, and sometimes also two stalks with flowers at the foot of a leaf, which are without any scent at all, and stand all on one side of the stalk: after they are past, come in their places small round Berries, green at the first, and blackish green tending to blueness when they are ripe, wherein be small, white, hard and stony seed: The Root is of the thicknes of ones finger or thumb, white and knobbed in some places, with a flat round circle representing a Seal, whereof it took the name, lying along under the upper crust of the Earth, and not growing downward, but with many fibres underneath.*

Place. It is frequent in divers places of this Land, as namely in a Wood two miles from Canterbury, by Fish-pool Hill; as also, in a Bushy Close belonging to the Parsonage of Alderbury near Clarendon, two miles from Salisbury, in Cheson Wood, on Cheson Hill, between Newington and Sittingbourne in Kent, and in divers other places in Essex, and other Countries.

Time. It flowreth about May: The Root abideth and shooteth anew every year.

*Government and Vertues.* *Saturn* owns the Plant, for he loves his Bones well. The Root of Solomons Seal is found by experience to be available in Wounds, Hurts, and outward Sores, to *wounds*, heal and close up the Lips of those that are green, and to dry *and sores*, up and restrain the flux of Humors to those that are old: It is *Vomiting* singular good to stay *Vomitings* and bleedings wheresoever, as *and bleed-* also all fluxes in man or woman, whether the Whites or Reds in-*ding*, Women, or the running of the Reins in Man; also to knit any *Edgess* Joint, which by weakness useth to be often out of place, or will *Running* not stay in long, when it is set: also to knit and joyn broken *Reins, knit* bones in any part of the body, the Roots being bruised and ap-*plied* to the place; yea, it hath been found by late experience, *feyns* that the Decoction of the Root in Wine, or the bruised Root *and broken* put in Wine or other Drink, and after a nights infusion strained *bones in* forth hard and drunk, hath holpen both man and beast whose *Man and* Bones have been broken by any occasion, which is the most as-*beast,* fured refuge of help to people of divers Countries of this Land, *Ruptures,* that they can have: It is no lesse effectual to help *Ruptures* and *bruises* Burstings, the Decoction in Wine, or the powder in Broth or *and falls,* Drink being inwardly taken, & outwardly applied to the place: *black and* The same is also available for inward or outward bruises, falls, *blew* or blows both to dispel the congealed Blood, and to take away *Marks,* both the pains and the black & blew marks that abide after the *Beautifie* hurt. The same also or the distilled water of the whole Plant *the Face,* used to the Face or other part of the skin, *cleanseth* it from *morpheu,* Freckles, spots, or marks whatsoever, leaving the place, *fresh, fair,* and lovely, for which purpose it is much used by the *Italian Dames.*

### *ferniculum Marinarum Sampire. ~~not expedit De mar-~~*

*Description.* **R**ock Sampire groweth up with a tender green Stalk, about half a yard or two foot high at the most, branching forth almost from the very bottom, and stured with sundry thick, and almost round, somewhat long Leaves, of a deep green color, sometimes three together, and sometimes more on a stalk, and are sappy, and of a pleasant, hot, or spicy taste: At the tops of the stalk and branches, stand umbels of white flowers, and after them comes large seed bigger than Fennel Seed, yet somewhat alike. The Root is great, white, and long, continuing many years, and is of an hot spicy taste likewise.

*Place.* It groweth on the Rocks that are often moistned, at the least, if not overflowed with the Sea-water.

*Time.* And it flowereth and seedeth in the end of July and August.

*Government and Vertues.* It is an Herb of *Jupiter*, and was in former times wont to be used more than now it is, the more is the pity; it is well known almost to every body, That ill digestion and *Help di-* obstructions, are the causes of most of the Diseases which the *gestions,* frail Nature of Man is subject to, both which might be *re- Opens,* medied.

Obstrucci-  
on, pro-  
vokes Urin,  
Expel gra-  
vel and  
the Stone.

medied by a more frequent use of this Herb. If people would have sawce to their meat, they may take some for profit as well as for pleasure. It is a safe Herb very pleasant both to the tast and stomach, helping digestion, and in some sort opening the Obstructions of the Liver and spleen, provoking Urine, and helping thereby to wash away the Gravel and Stone ingendred in the Kidneys or Bladder.

## Danicala

## Sanicle.

Description.

**O**RINARY Sanicle sendeth forth many great round Leaves standing upon long brownish stalks, every one somewhat deeply cut or diuided into five or six parts, and some of those also cut in, somewhat like the Leaf of Crows-foot or Doves-foot, and finely dented about the edges, smooth, and a dark green shirring color, and sometimes reddish about the Brims, from among which riseth up small round green stalks, without any joint or Leaf thereon, bearing at the top, where it brancheth forth, the flowers, having a Leaf divided into three or four parts at that joint with the flowers, which are small and white, starting out of small round greenish yellow beads, many standing together in a tuft; in which afterward are the seeds contained, which are small round Burs, somewhat like the seeds of Cleavers, and stick in the same manner upon any thing that they touch: The Root is composed of many black strings, or fibres set together, at a little long head, which abideth with the green Leaves all the winter, and perish not.

Place. It is found in many shadowy Woods, and other places of this Land.

Time. It flowereth in June, and the seed is ripe shortly after.

Government and Vertus. This is one of Venus her Herbs to cure either Wounds, or what other mischief Mars inflicteth upon the Body of Man. It is exceeding good to heal all green Wounds speedily, or any Ulcers, Imposthumes, or bleedings inwardly: It doth won-

derfully help those that have any Tumors in any part of their Bodies, for it represseth and dissipateth the Humors, if the Decoction or Juice thereof be taken, or the Powder in drink, and the Juice used outwardly; for there is not found any Herb that can give you such present help either to Man or Beast when the Disease falleth upon the Lungs or Throat, and to heal up all the putrid malignant Ulcers in the Mouth, Throat, and Privities, by gargling or washing with the Decoction of the Leaves and Root, made in Water, and a little Honey put thereto. It helpeth to stay Wemens Courses, and all other Fluxes of blood either by the Mouth, Urine, or stool, and Laskes of the Belly, the Rwaning of the Kidneys also, and the pains in the Bowels, Rupture, and Gonorrhœa or Running of the Reins, being boyled in Wine or Water, and drunk: The same also is no

less powerful to help any Ruptures or Burstings, used both inwardly and outwardly : and briefly, it is effectual in binding, restraining, consolidating, heating, drying, and healing ; as Comtry, Bugle, Self-heal, or any other of the Consounds, or Vulnerary Herbs whatsoever.

*herba dono scarare*

## Sarasens Gonfound, or Sarasens Wound-wort.

**Description.** *T*his growth very high sometimes with brownish stalks, and other whiles with green and hollow to a mans height, having many long and narrow green Leaves strip'd about the edges, somewhat like those of the Peach-tree, or Willow leaves, but not of such a white green color : The tops of the stalks are furnished with many pale yellow star-like flowers standing in green heads, which when they are fallen, and the seed ripe, which is somewhat long, small, and of a yellowish brown color wrapped in down, is therewith carried away with the wind : The Root is composed of many strings or fibres, set together at a bead, which perisheth not in Winter, but abideth, although the stalks dry away, and no leaf appeareth in Winter. The taste hereof is strong, and unpleasant, and so is the smell also.

**Place.** It groweth in moist and wet grounds, by Wood sides, and sometimes in the moist places of the shady Groves, as also by the Water side.

**Time.** It flowereth in July, and the seed is soon ripe and carried away with the Wind.

**Government and Vertues.** Saturn owns the Herb, and 'tis of a sober complexion like him. Among the Germans, this Wound-Herb, is preferred before all others of the same quality. Being boyled in Wine and drunk, it helpeth the indisposition of the Liver, and freeth the Gall from Obstructions, whereby it is good for the yellow Jaundice, and for the Dropsie in the beginning of it, for all inward Ulcers of the Reins, or elsewhere, and inward Wounds and Bruises ; And being steeped in Wine and then distilled, the water thereof drunk is singularly good to ease all gnawing in the stomach, or other pains of the Body, as also the pains of the Mother : And being boyled in Water it helpeth continual Agues ; and this said water, or the simple water of the Herb distilled, or the Juyce, or Decoction, are very effectual to heal any green wound, or old Sore, or Ulcer whatsoever, cleansing them from corruption, and quickly healing them up. It is no less effectual for the Ulcers in the Mouth or Throat, be they never so foul or stinking, by washing and gargling them therewith ; and likewise for such sores as happen in the privy parts of Man or Woman ; Briefly, whatsoever hath been laid of Bugle or Sanicles, may be found herein.

Such as would Cure all Diseases, let them read these Books of mine, of the last Edition, viz. *Riverius*, *Kivaius*, *Johnston*, *Westingh*, *Sennertus*, and *Physick for the Poor*,

## ~~Alisia~~ Sawce alone, or Jack by the Hedge.

**Description.** The lower Leaves of this are rounder than those that grow towards the tops of the stalks, and are set singly one at a joint, being somewhat round and broad, and pointed at the ends, dented also about the edges, somewhat resembling Nettle-leaves for the form, but of a fresher green color, and not rough or prickling: The flowers are very small and white, growing at the tops of the stalks one above another, which being past, there follow small and long round Pods, wherein are contained, small round seed; somewhat blackish. The Root is stringy and threddy, perishing every year after it hath given seed; and raiseth it self again of its own sowing. The plant, or any part therof being bruised, smelleth of Garlick; but more pleasantly, and tasteth somewhat hot and sharp, almost like unto Rocket.

*Place.* It groweth under Walls, and by Hedge sides, and pathwayes in Fields, in many places.

Time. It flowereth in June, July, and August.

*Government and Virtues.* It is an Herb of Mercury. This is eaten by many Country people as Sawee to their Salt-fish, and helpeth well to digest the Crudities and other corrupt Humors engendred thereby; it warmeth also the Stomach, and causeth digestion: The juice thereof boiled with Honey, is accounted to be as good as Hedge-mustard for the Cough to cut and expectorate the tough flegm. The seed bruised and boyled in wine, is a singular good Remedy for the Wind Cholick, or the stone, being drunk warm: It is also given to Women troubled with the Mother, both to drink, and the Seed put into a cloth and applied while it is warm, is of singular good use. The leaves also or seed boiled, is good to be used in Clysters to ease the pains of the stone. The green Leaves are held to be good to heal the Ulcers in the Legs. *Satureja*

## Winter, and Summer Savory.

Both these are so well known, (being entertained as constant inhabitants in our Gardens) that they need no Description.

*Government and Vertues.* Mercury claims the dominion over this herb, neither is there a better Remedy against the Chollick and Iliack passions than this Herb; keep it dry by you all the year if you love Chollick, Iliack your selves, and your ease, as 'tis an hundred pound to a passion, Expel-  
teth Wind, Mo-  
ther, provokes  
strains and u-  
mons Courses,  
Tough flegm,  
Lethargy, Distill. by Wind, provoketh Urine and Womens Courses, and is

much commended for Women with Child to take inwardly, and to sniell often unto. It cutteth rough Flegm in the in the Ears, and Chest and Lungs, and helpeth to expectorate it the more deafness, Sciatica easily: quickneth the dull Spirits in the Lethargy, the *ca*, and Palsie, juyce thereof being snuffed, or cast up into the Nostrils: *Stinging of bees*, The juyce dropped into the Eyes, cleareth a dull sight, if it &c. proceed of thin cold Humors distilling from the Brain.

The juyce heated witha little Oyl of Roses, and dropped into the Ears, easeth them of the Noise and singeing in them, and of Deafnes also: Outwardly applied with Wheat flour in manner of a pultiss, it giveth ease to the Scatica and Palsied Members, heating and warning them: and taketh away their pains. It also taketh away the pain that comes of stinging by Bees, Wasps, &c.

*Galena**Savini. gorriva*

**T**O describe a Plant so well known is needless, it being nurced up almost in every Garden, and abiding green all the Winter.

*Government and Vertues.*] It is under the Dominion of Mars, being hot and dry in the third degree, and being of exceeding clean parts; is of a very digesting quality. If you dry the *ulcers* *clensith*; *Herb* into Powder, and mix it with *Honey*, it is an excell-*Fistulaes*, *Car-* *lent Remedy* to cleanse old filthy *Ulcers* and *Fistulaes*: but *brancles*, *Plague*-it hinders them from healing. The same is excellent good *sores*; *Kings-* to break *Carbuncles* and *Plague-sores*; also helpeth the *Evil*, *Worms*; *Kings-Evil*, being applied to the place: being spread upon *scabs*, *Itch*, run a piece of *Leather*, and applied to the *Navel*, kils the worms *ring Sores*, *Can-* in the *Belly*; helps *Scabs* and the *Itch*, *running Sores*, *Can-kers*, *Tetters*, *kers*, *Tetters* and *Ringworms*; and being applied to the *Ringworms*, place, may happily cure *Venereal Sores*. This I thought *Venereal Sores* good to speake of, as it may safely be used outwardly: for inwardly it cannot be taken, without manifest danger.

*Saxifraga alba* *of the Common white Saxifrage. Saxifraga*

*Description.* **T**HIS hath a few small reddish *Kerncls* of *Routs*, covered with some *skins* lying among divers small blackish *Fibres*, which send forth divers round, faint, or yellowish green *Leaves*, and grayish underneath, lying above the ground, unevenly denied about, the edges, and somewhat hairy, every one upon a little *Foot* *stalk*, from whence riseth up a round brownish, hairy, green *stalk*, two or three foot high, with a few such like *Leaves* as grow below, but smaller, and somewhat branched at the top, whereon stand prettily large white flowers of five *Leaves* apiece, with some yellow th.eds in the middle, standing in a long crested brownish green *busk*: After the flowers are past, there ariseth sometimes a round bard head, forked at the top, wherin is contained small blackish seed, but usually they fall away without any seed: and it is the *Kerncls* or *Grains* of the *Root* which are usually called the *white Saxifrage seed*, and so used.

*Place.* It groweth in many places of our Land, as well in the lower

moist, as in the upper dry corners of Meadows, and grassie sandy places : It used to grow neer Lambs Conduit, on the back-side of Grays-Inn.

**Time.** ] It flowereth in May, and is then gathered as well for that which is called the seed, as to distil, for it quickly perisheth down to the ground when any hot weather comes.

**Government and Vertues.** ] It is very effectual to cleanse the reins and Bladder, and to dissolve the stone ingendered in them, and to cleanseb the Reins, expell it and the Gravel by Urin, to provoke Urin also being stop-  
ped, and to help the Strangury : for which purposes the Decoction of the Herb or Roots in white Wine, or the Powder of the small kernelly Root, which is called the Seed, taken in white Wine or in the same Decoction made with white Wine, is most usual. The distilled VVater of the whole Herb, Roots, and Flowers, is most familiar to be taken. It provoketh also Womens Courses, and freeth and cleanseth the Stomach and Lungs from thick and tough Flegm that troubles them. There are not many better Medicines to break the Stone than this.

### *Anguisorba Burnet Saxifrage.*

**Descript.** **T**he greater sort of our English Burnet Saxifrage groweth up with divers long stalks of winged Leaves, set directly opposite one to another on both sides, each being somewhat broad, and a little pointed and dented about the edges, of a sad green colour. At the tops of the stalks stand umbels of white flowers, after which comes small and blackish Seed. The Root is long and whitish, abiding long. Our lesser Burnet Saxifrage hath much finer Leaves than the former, and very small, and set one against another, deeply jagged about the edges, and of the same colour as the former. The umbels of flowers are white, and the seed very small, and so is the Root, being also somewhat hot and quick in tast.

**Place.** These grow in most Meadows of this Land, and are easie to be found, being well sought for among the grass, wherein many times they lie hid scarcely to be discerned.

**Time.** They flower about July, and their seed is ripe in August.

**Government and Vertues.** They are both of them Herbs of the Moon.

These Saxifrages are as hot as Pepper, and ~~Trag~~ saith Provoker urin, ease Wind and Colick, Mother, Womens Courses, Stone, tough Flegm, Venom, Cramps & Convulsions Wound in the Head, Freckles and Spots. by his Experience, That they are wholesome. They have the same properties that the Parsleys have, but in provoking Urin, and easing the pains thereof, or of the Wind and Colick, are much more effectual. The Roots or Seed being used either in Powder, or in Decoction, or any other way: and likewise helpeth the windy pains of the Mother, and to procure their Courses, to break and avoid the Stone in the Kidnies, to digest cold, viscous, and tough Flegm in the Stomach, and is an especial Remedy against all kind of Venom. Castoreum being boyled in the distilled Water hereof, is singular good to be given to those that are troubled

troubled with Cramps and Convulsions, some do use to make the seed into Comfits (as they do Caraway Seed) which is effectual to all the purposes aforesaid. The Juyce of the Herb dropped into the most grievous Wounds of the Head drieth up their moisture, and healeth them quickly. Some women use the distilled Water, to take away Freckles or Spots in the Skin or Face: & to drink the same sweetned with Sugar for all the purposes aforesaid.

### Scabiosa Scabious, three sorts.

**Description.** Common Field Scabious groweth up with many hairy soft whitish green Leaves, some whereof are but very little, if at all jagged on the edges, others very much rent and torn on the sides, and have threds in them, which upon the breaking may be plainly seen: from among which rise up divers hairy green stalks three or four foot high, with such like hairy green leaves on them, but more deeply and finely divided, branched forth a little: At the tops hereof, which are naked and bare of leaves for a good space, stand round Heads of flowers of a pale bluish colour, set together in a head, the uttermost whereof are larger than the inward, with many threds also in the middle, somewhat flat at the top, as the head with seed is likewise: The Root is great, white, and thick, growing down deep in the ground, and abideth many years.

There is another sort of Field Scabious different in nothing from the former, but only it is smaller in all respects.

The Corn Scabious, is different little from the first, but that it is greater in all respects, and the flowers more declining to purple: And the Root creepeth under the upper crust of the Earth, and runneth not deep in the ground as the first doth.

**Place.**] The first groweth most usually in Meadows, especially about London every where.

The second in some of the dry Fields about this City, but not so plentifully as the former.

The third, in standing Corn, or Fallow Fields, and the borders of such like Fields.

**Time.**] They flower in June and July, and some abide flowing until it be late in August, and the seed is ripe in the mean time.

There are many other sorts of Scabious, but I take these which I have here described to be most familiar with us: The Vertues both of these and the rest being much alike, take them as followeth.

**Government and Vertues.** Mercury owns the Plant: Scabious is very effectual for all sorts of Coughs, Shortnesses of Breath, and all other Diseases of the Breast and Lungs, wels of Breathing, ripening and digesting cold Flegm, and other rough Cold flegm, Head moors, voiding them forth by Coughing and spitting: It wardeneth also all sorts of inward Ulcers & Impothamies, the and Imposthomy Pleurisie also; if the Decoction of the Herb dry or green be made in Wine, and drunk for some time together: four oan-<sup>drach</sup> drach, a bunches of the clarified Juyce of Scabious taken in the morning or Blague, so

Pains or  
Stitches in  
the side,  
Scabs,  
Tetter,  
Ringworms,  
Itch, inward  
wounds, cold  
Swellings,  
shrunken Si-  
news, Freck-  
les and  
Pimples,  
Morphew  
and Lepro-  
sie, Danrif  
and Scurf,  
Green  
wounds, old  
Sores and  
Ulcers,  
Splinters,  
Thorns,  
and broken  
Bones, &c.

fasting, with a dram of Methridate, or Venice Treacle, freeth the Heart from any Infection of Pestilence, if after the taking of it, the party sweat two hours in bed, and this Medicine be again and again repeated, if need require. The green Herb bruised and applied to any Carbuncle or Plague-sore, is found by certain Experience to dissolve or break it in three hours space. The same Decoction also drunk, helpeth the pains and stitches in the sides. The Decoction of the Roots taken for forty daies together, or a dram of the Powder of them taken at a time in Whey, doth (as *Mathiolus* saith) wonderfully help those that are troubled with running or spreading Scabs, Tetter, or Ringworms, yea, though they proceed of the French Pox, which he saith he hath tried by Experience. The Juyce or Decoction drunk, helpeth also Scabs and breakings out of Itch, and the like. The Juyce also made up into an Oyntment and used, is effectual for the same purpose. The same also helpeth all inward wounds by the drying, cleansing, and healing quality therein. A Syrup made of the Juyce and Sugar, is very effectual to all the purposes aforesaid, and so is the distilled water of the Herb and Flowers made in due season; especially to be used when the green Herb is not in force to be taken. The Decoction of the Herb and Roots outwardly applied, doth wonderfully help all sorts of hard or cold Swellings in any part of the body; and is as effectual for any shrunken Sinew or Vein. The Juyce of Scabious made up with the Powder of Borax and Camphire, cleanseth the Skin of the Face or other parts of the body, not only from Freckles & Pimples, but also from Morphew and Leprosie. The Head washed with the same Decoction, cleanseth it from Dandriff, Scurf, Sores, Itch, and the like, being used warm. Tents also dipped in the Juyce or Water thereof, not only healeth all green wounds, but old Sores and Ulcers also. The Herb also bruised and applied, doth in short time loosen, and cause to be drawn forth any Splinter, broken Bone, Arrow-head, or other such like thing lying in the flesh.

### *Cochlearia*

### Scurvy-grass.

Descript. **I** *O*ur ordinary English Scurvy-grass hath many thick fat Leaves, more long than broad, and sometimes longer and narrower, sometimes also smooth on the edges, and sometimes a little waded, sometimes plain smooth, and pointed, sometimes a little hollow in the middle, and round pointed of a sad green, and sometimes a bluish colour, every one standing by it self upon a long footstalk, which is brownish or greenish also; from among which rise small slender stalks, bearing a few Leaves theron like the other, but longer and lesser for the most part. At the tops whereof grow many whitish Flowers with yellow thrids in the middle, standing about a green Head which becometh the Seed-vessels which will be somewhat flat when it is ripe, wherein is contained reddish Seed, tasting somewhat hot. The Root is made of many white strings,

which stick deeply in the mud, wherein it chiefly delighteth: yet it will well abide in the more upland and drier Grounds, and tasteth a little brackish or salt, even there, but not so much as where it bath the Salt-water to feed upon.

**Place.**] It groweth all along the *Thames* side, both on the *Essex* and *Kentish* shores, from *Woolwich* round about the Sea Coasts to *Dover*, *Portsmouth*, and even to *Bristol*, where it is had in plenty: the other with round Leaves groweth in the Marshes in *Holland* in *Lincolnshire*, and other places of *Lincolnshire* by the Sea side.

**Descript.** There is also another sort called *Dutch Scurvy-grass*, which is most known and frequent in Gardens, which hath divers fresh, green, and almost round Leaves rising from the Root, nothing so thick as the former: yet in some rich ground very large, even twice so big as in others, not dented about the edges, nor hollow in the middle, every one standing on a long footstalk: from among these rise up divers long, slender, weak stalks, higher than the former; and with more white Flowers at the tops of them, which turn into smaller pods, and smaller brownish seed than the former: The Root is white, small and shriddy. The tast of this is nothing salt at all, but hath an hot aromatical spicy tast.

**Time.**] It flowereth in *April* or *May*, and giveth seed ripe quickly after.

**Government and Vertues.**] It is an Herb of *Jupiter*. The English Scurvy-grass is more used for the salt tast it beareth, which doth somewhat open and cleanse: but the Dutch Scurvy-grass is of better effect, and chiefly used (if it may be had) by those that have the Scurvy, especially to purge and cleanse the blood, the Liver and the Spleen, for all Scurvy, which diseases it is of singular good effect, by taking the Juyce Liver and in the Spring every morning fasting in a Cup of drink. The Spleen, Decoction is good for the same purpose, and the Herb tunned up flegmatick, in new drink, either by it self or with other things: for it openeth Obstructions, evacuateth cold, clammy and flegmatick humours both from the Liver and the Spleen, wasting and consuming both the Swelling and hardness thereof, and thereby bringing to the body a more lively colour. The Juyce also helpeth Spots and all foul Ulcers and Sores in the Mouth, if it be often gargled therewith: and used outwardly, cleanseth the skin from spots, the skin marks, or scars that happen therein.

## *Consolida minor* Self-heal.

It is also called *Prunel*, *Carpenters Herb*, *Hook-heal*, and *Sicklewort*.

**Descript.**] **T**he common Self-heal is a small low creeping Herb, having many small roundish pointed Leaves, somewhat like the leaves of wild Mint, of a dark green colour, without any dents on the edges: from among which rise divers square hairy stalks, scarce a foot high, which spread sometimes into branches, with divers small Leaves set thereon, up to the

tops, where stand brown spiked Heads, of many small brownish Leaves like scales and flowers set together, almost like the Head of Cassidony, which flowers are gaping, and of a bluish purple, or more pale blew, in some places sweet, but not so in others. The Root consists of many strings or fibres downward, and spreadeth strings also whereby it increaseth. The small stalks with the Leaves creeping up on the ground, shoot forth fibres taking hold of the ground, whereby it is made a great tuft in short time.

**Place.** It is found in Woods and Fields every where,

**Time.** It flowereth in May, and sometimes in April.

**Government and Vertues.** Here is another Herb of *Venus*, Self-heal, whereby when you are hurt, you may heal your self : 'tis indeed a special Herb for inward and outward Wounds, take it inwardly in Syrups for inward Wounds ; outwardly in Unguents and Plasters for outward. As Self-heal is like Bugle in form, so also in the qualities and Vertues, serving for

Inward Wounds and Ulcers, Bruises, Flux of Blood, foul Sores, green Wounds, Head-ach, Stings in the Mouth or Throat, and Secret parts. all the purposes whereto Bugle is applied with good success either inwardly or outwardly, for inward Wounds or Ulcers wheresoever within the body, for Bruises and Falls, and such like hurts. If it be accompanied with Bugle, Sanicle, and other like Wound-herbs, it will be the more effectual, and to wash or inject into Ulcers in the parts outwardly where there is cause to repel the heat and sharpnes of humors flowing to any sore Ulcer, Inflammation, Swelling, or the like ; or to stay the Flux of blood in any Wound or Part : this is used with good success ; as also to cleanse the foulness of Sores, and cause them more speedily to be healed. It is an especial Remedy for all green Wounds to sodden the

lips of them, and so keep the place from any further inconveniences. The Juyee herof used with Oyl of Rose to anoint the Temples and Forehead, is very effectual to remove the Headach : and the same mixed with Honey of Rose, clyanfeth and healeth all Ulcers in the Mouth and Throat, and those also in the secret parts. And the Proverb of the Germans, French, and others, is verified in this, *That he needeth neither Physician nor Chirurgeon that hath Self-heal and Sanicle to help himself.*

### *Syrup* The Service-Tree.

**I**t is so well known in the places where it grows, that it needeth no Description.

**Time.** It flowereth before the end of May, and the Fruit is ripe in October.

**Government and Vertues.** Services when they are mellow, are fit to be taken to stay Fluxes, Scouring, and Casting : yet less than Medlars. If they be dried before they be mellow, and kept all the year, they may be used in Decoction for the said purpose, either to drink, or to bathe the parts requiring it : and is profitably used in that manner with Noses, to stay the bleeding of Wounds, and at the Mouth or

Nose, to be applied to the Forehead and Nape of the Neck: and is under the Dominion of *Saturn*. *Bursapastorio*

### Shepheards-Purse.

**I**T is also called Whoremans-Permacity, Shepheards-Scrip, Shepheards-Pouch, Toy-wort, Pick-purse, and Cafe-weed.

**D**escript. The Root is small, white, and perisheth every year. The Leaves are small and long, of a pale green colour, and deeply cut in on both sides: amongst which springeth up a stalk which is small and round, containing small Leaves upon it even to the top. The flowers are white, and very small: after which come the little cases which hold the seed, which are flat, almost in the form of a Heart.

**P**lace. They are frequent in this Nation, almost by every Paths side.

**T**ime. They flower all the Summer long, nay, some of them are so fruitful, that they flower twice a year.

**G**overnment and *Virtues*. It is under the Dominion of *Saturn*, and of a cold, dry, and binding Nature like to him. It helps all fluxes of blood either caused by inward or outward wounds; as also Flux of the Belly and bloody Flux, spitting and pissing of blood, stops the Terms in Women, being bound to the Wrists of the Hands, and the Soles of the Feet, it helps pissing Blood, the yellow Jaundice. The Herb being made into a Pultis helps Inflammations, and St. Anthonies fire. The Juyce being dropped into the Ears, helps the pains, noises, and mat- terings thereof. A good Oyntment may be made of it for all Wounds, especially Wounds in the Head.

Stop Fluxes,

Flux of the Belly, spitting and

the Wrists of the Hands, and the Soles of the Feet, it helps pissing Blood,

the yellow Jaundice, Terms stops,

yellow Jaundice, pains, noise, and

the Ears, mat- terings thereof. A good Oyntment may be made of it for all Wounds, especially Wounds in the Head.

*plandaprium*

*Smallage. apio*

**T**HIS is also very well known, and therefore I shall not trouble the Reader with any Description thereof.

**P**lace. It groweth naturally in wet and Marsh Grounds: but if it be sown in Gardens, it there prospereth very well.

**T**ime. It abideth green all the Winter, and seedeth in *August*.

**G**overnment and *Virtues*. It is an Herb of *Mercury*. Smallage is hotter, drier, and much more medicinable than Parsley, for it much more openeth Obstructions of the Liver and Spleen, rarifieth thick Flegm, and cleanseth it and the blood withal. It provo- Liver & Spleen, keth Urin and Womens Courses, and is singular good a- Urin and wo- gainst the yellow Jaundice. It is very effectual against mens Courses, Tertian and Quartan Agues, if the Juyce thereof be taken: yellow Jaundice, but especially made into a Syrup. The Juyce also put to Agues, sore Honey of Roses and Barley water, is very good to gargle Mouths and the Mouth and Throat of those that have Sores and Ulcers Throats, Ulcers, in them, and will quickly heal them. The same Lotion al- and Cankers, so cleanseth and healeth all other foul Ulcers and Cankers in head, Worms,

**Stinking Breath.** elsewhere if they be washed therewith. The Seed is especially used to break and expel wind, to kill VVorms, and to help a stinking breath. The Root is effectual to all the purposes aforesaid, and is held to be stronger in operation than the Herb, but especially to open Obstructions, and to rid away any Ague, if the Juyce thereof be taken in VVine, or the Decoction thereof in VVine be used.

### Sope-wort, or Bruise-wort.

Descript. ] **T**he Root creepeth under Ground far and near, with many joynts  
therein, of a brown colour on the outside, and yellowish within, shooting forth in divers places many weak round stalks, full of joynts, set with  
two Leaves apiece at every one of them on the contrary side, which are ribbed  
somewhat like unto Plantane, and fashioned like the common Field white Campion  
Leaves, seldom having any branches from the sides of the stalks, but set with  
divers Flowers at the top standing in long Husks like the wild Campions, made  
of five Leaves apiece, round at the ends, and a little dented in the middle, of a  
pale Rose colour, almost white, sometime deeper, and sometimes paler, of a rea-  
sonable good scent.

Place. ] It groweth wild in many low and wet Grounds of this Land, by the Brooks and sides of running Waters.

Time. ] It flowereth usually in *July*, and so continueth all *August*; and part of *September*, before they be quite spent.

*Cut. Fingers, proouk's Urin, expels Gravel and Stone, Dropſie, French Pox. parilla, Guijacum, or China* &c. *owns it. The Country-people in divers places do use to bruise the Leaves of Sope-wort, and lay it to their Fingers, Hands or Legs; when they are cut to heal them up again. Some make great boast thereof, that it is Diuretical to provoke Urin, and thereby to expel Gravel and the stone in the Reins or Kidnies, and do also account it singular good to avoid Hydropical Waters, thereby to cure the disease of the Dropſie. And they no less extol it to perform an absolute Cure in the French Pox, more than either Sarsaparilla, Guijacum, or China can do, which how true it is, I leave to others to judge.*

Sorrel. *Wiedera*

Our ordinary Sorrel which groweth in Gardens, and also wild in the Fields, is so well known, that it needeth no Description.

*Government and Vertus.* It is under the Dominion of *Venus*. Sorrel is prevalent in all hot Diseases, to cool any Inflammation and heat of blood in Agues Pestilential or Cholerick, or sickness and Fainting, rising from heat; and to refresh the over-spent Spirits with the violence of furious or fiery fits of Agues to quench Thirst, and procure an Appetite in fainting or decayed Stomachs: for it resisteth the putrefaction of the blood, killeth *VVorms*, and is a Cordial to the Heart; which the Seed doth more effectually, being

more drying and binding, and thereby stayeth the hot Fluxes *Courses*, of Womens Courses, or of Humors in the bloody Flux, or Flux *Fluxes*, of the Stomach. The Roots also in a Decoction, or in Powder, *Poyson*, is effectual for all the said purposes. Both Roots and Seed as *Fannace*, well as the Herb, is held powerful to resist the poyson of the *Inward Ul-Scorpion*. The Decoction of the Roots is taken to help the Jaundice, Itch, dice, and to expel Gravel and the stone in the Reins or Kidnies. Tetterers and The Decoction of the Flowers made with Wine and drunk, *Ringworms*, helpeth the black Jaundice, as also the inward Ulcers of the Kernels in Body or Bowels. A Syrup made with the Juyce of Sorrel and *the Throat*, Fumitory, is a sovereign help to kill those sharp humors that *sore Mouths*, cause the Itch. The Juyce thereof with a little Vinegar ser- *Imposthume*, veth well to be used outwardly for the same cause, and is also *Boyl* or profitable for Tetterers, Ringworms, &c. It helpeth also to dis- *Plague-sore*. cuss the Kernels in the Throat, and the Juyce gargled in the Mouth, helpeth the Sores therein. The Leaves wrapped up in a Colewort leaf, and roasted under the Embers, and applied to a hard *Imposthume*, Botch, Boyl, or *Plague-sore*, do both ripen and break it. The distilled wa- ter of the Herb is of much good use for all the purposes aforesaid.

## *Saponaria*      Wood Sorrel.

**Descript.**] *T*his groweth low upon the Ground, having a number of Leaves coming from the Root, made of three Leaves like a Trefoyl, but broad at the ends, and cut in the middle, of a faint yellowish green colour, every one standing on a long footstalk, which at their first coming up, are close folded together to the stalk, but opening themselves afterwards, and are of a fine sour relish, and yielding a juyce which will turn red when it is clarified, and maketh a moist dainty clear Syrup. Among these Leaves rise up divers slender weak footstalks, with every one of them a flower at the top, consisting of five small pointed Leaves Star fashion, of a white colour in most places, and in some dash'd over with a small shew of a yellowish on the back side only. After the flowers are past, follow small round Heads, with small yellowish seed in them. The Roots are nothing but small strings fastned to the end of a small long piece, all of them being of a yellowish colour.

**Place.**] It groweth in many places of our Land, in Woods and VVood-sides, where they be moist and shadowed, and in other places, not too much open to the Sun.

**Time.**] It flowereth in April and May.

**Grievement and Vertues.**] *Vetus* owns it. Wood-sorrel serveth to all the purposes that the other Sorrels do, & is more effectual in hindering the putrefaction of blood, and Ulcers in the Mouth and Ulcers, Inflammations, pro- Body, and in cooling and tempering heats and Inflammations, pro- ture an Appetite, to stay Vomiting, and very excellent in stay Vomiting, cure Appetite, to quench thirst, to strengthen a weak stomach, to pro-

Pestilential any contagious sickness, or Pestilential Feavers. The Syrup Feavers, hot made of the Juyce is effectual in all the cases aforesaid, and so is the distilled Water of the Herb also. Spunges or Linnen Cloaths wet in the Juyce, and applied outwardly to any hot Swellings or Inflammations, doth much cool and help them. The same Juyce taken, and gargled in the Mouth, and after it is spit forth, fresh taken, doth wonderfully help a foul stinking Canker or Ulcers therein. It is singular good in Wounds, Thrusts and Scabs in the Body, to stay bleeding, and to cleanse and heal the Wounds speedily; and helpeth to stay any hot Defluxions into the Throat or Lungs.

### Lactuca Sow-Thistles.

**S**ow-Thistles are generally so well known, that they need no Description. Place. They grow in our Gardens and manured Grounds, and sometimes by old Walls, the Path-sides of Fields and High-waies.

**G**overnment and Vertues. This and the former are under the Influence of *Venus*. Sow-Thistles are cooling and somewhat binding, and are very fit to cool an hot stomach, & to ease the gnawing pains thereof. The Herb boyled in Wine is very helpful to stay the dissoliation of the stomach; and the Milk that is taken from the stalks when they are broken, given in drink, is beneficial to those that are short winded, and have a wheezing withal, *Pliny* saith, That it hath caused the Gravel and Stones to be voided by Urin, and that the eating thereof helpeth a stinking breath. Three spoonfuls of the Juyce thereof taken in white Wine warmed, and some Oyl put thereto, causeth Women in Travel to have so easie and speedy delivery, that they may be able to walk presently after. The said Juyce taken in warm drink, helpeth the Strangury and pains in making Water. The Decoction of the leaves and stalks, causeth abundance of Milk in Nurses, and their Children to be well coloured, and is good for those whose Milk doth curdle in their Breasts. The Juyce boyled or throughly heated with a little Oyl of bitter Almonds in the Peel of a Pomegranate, and dropped into the Ears, is a sure Remedy for Deafness, singings, and all other Diseases in them. The Herb bruised, or the Juyce, is profitably applied to all hot Inflammations in the Eyes, or wherefoe~~r~~ else, and for Wheals, Blisters, or other the like Eruptions or heat in the skin; as also for the heat and itching of the Hemorrhoids, and the heat and Sharpnes of humors in the secret parts of Man or Woman. The distilled Water of the Herb is not onely effectual for all the Diseases aforesaid to be taken inwardly with a little Sugar (which Medicine the daintiest stomach wil not refuse) but outwardly, by applying Cloaths or Spunges wetted therein. It is wonderful for women to wash their Faces therewith, to clear the skin, and give a thereto.

## Southernwood.

**S**outhernwood is so well known to be an ordinary Inhabitant in our Gardens, that I shall not need to trouble you with any Description thereof. The Vertues are as followeth.

**T**ime. It flowreth for the most part in July and August.

**G**overnment and Vertues. It is a gallant Mercurial Plant, worthy of more esteem than it hath. *Dioscorides* saith, That the seed bruised, heated in warm Water and drunk, helpeth those that are Bursten, or troubled with Cramps, or Convulsions of the Si- Bursten, Cramps news, the Sciatica, or difficulty in making water, and brin- & convulsions, geth down Womens Courses, The same taken in Wine is Sciatica, stran- an Antidote, or Counterpoyson against all deadly Poyson, gury, Womens and driveth away Serpents, and other Venemous Crea- Courses, poy- tures : as also the smell of the Herb being burnt, doth the son: Agues, In- flame. The Oil thereof anointed on the Back-bone before flamed Eyes, the Fits of Agues come, taketh them away : it taketh away pimpls, pushes, way Inflammation in the Eyes, if it be put with some part and Wheals, of a roasted Quince, and boiled with a few crumbs of bread Worms, splin- and applied. Boiled with Barley Meal it taketh away ters ana thorns, Pimpls, Pushes, or Wheals, that rise in the Face or other old ulcers, sores parts of the Body. The seed as well as the dried Herb is in the privities often given to kill the Worms in Children : The Herb baldueß, French bruised and laid to, helpeth to draw forth splinters and par, stone, thorns out of the flesh. The Ashes thereof drieth up and spleen and healeth old Ulcers that are without Inflammation, although Mother. by the sharpnes thereof it biteth sore, and putteth them to sore pains : as also the sores in the privy parts of Man or Woman. The Ashes mingled with old Sallet Oil, helpeth those that have their Hair fallen, and are bald, causing the Hair to grow again either on the Head or Beard. *Durantes* saith, That the Oil made of Southernwood and put among the Ointmenes that are used against the French Disease, is very effectual, and likewise killeth Lice in the Head. The distilled water of the Herb is said to help them much that are troubled with the stone, as also for the diseases of Spleen and Mother. The Germans commend it for a singular Wound herb, and therefore call it *S'abrot*. It is held by all Writers, Ancient & Modern, to be more offensive to the stomach than wormwood. To cure all Diseases, read my *Riverius*, *Riduan*, *Johnston*, *V. flagus*, *Sennertus*.

*Melism*

*Spignell.*

**D**escription. **T**he Roots of common Spignel do spread much and deep in the ground, many strings or branches growing from one Head, which is hairy at the top, of a blackish brown colour on the outside, and white within, smelling well, and of an Aromaticall taste, from whence rise suddenly long stalks of most fine cut Leaves like hairs, smaller than Dill, set thick on both sides of the Stalks, and of a good scent. Among these Leaves

rise up round stiff stalks, with a few Joyns and Leaves at them, and at the tops an umbel of fine pure white flowers. At the edges whereof sometimes will be seen a shew of reddish bluish color, especially before they be full blown, and are succeeded by small somewhat round seed, bigger than the ordinary Fennel, and of a brown color, divided into two parts, and crested on the back, as most of the umbelliferous seeds are.

Place. It groweth wild in Lancashire, Yorkshire, and other Northern Countries, and is also planted in Gardens.

*Government and Vertues.* It is an Herb of *Venus.*

Provokes Urin, Galen saith, The Roots of Spignel are available to provoke Urinc and Womens Courses, but if too much thereof be taken it causeth Head ache: The Roots boiled in Wine or Water and drunk, helpeth the Strangury, and stoppings of the Urin, the Wind, swellings and pains in the Stomach, pains of the Mother, and all Joyn-aches. If the powder of the Roots be mixed with Honey, and the same taken as a licking Medicine, it breaketh tough Flegm, and drieth up the Rheum that falleth on the Lungs. The roots are accounted very effectual against the stinging or biting of any Venemous Creature, and is one of the Ingredients in Methridate, and other Antidotes for the same

### Spleen-wort, or Ceterach.

*Description.* **T**He smooth Spleenwort from a black, thready, and bushy root sendeth forth many long fragile Leaves, cut in on both sides into round dents, almost to the middle, which is not so hard as that of Polypody, each division being not always set opposite unto the other, but between each smooth, and of a light green, or the upper side, and a dark yellowish roughness on the back, folding or rolling it self inward at the first springing up.

Place. It groweth as well upon stone walls as moist and shadowy places about Bristol, and other the West parts plentifully; as also on Framingham Castle, on Beconsfield Church in Barkshire, at Strowde in Kent, and elsewhere, and abideth green all the Winter.

*Government and Vertues.* *Natura* owns it. It is generally used against infirmities of the spleen, it helpeth the strangury, and waster, yellow Jaundice and the Hiccough; but the use of it in Wo-  
Faundice, Run- men hindreth Conception. *Mathiolus* saith, That if a  
ning of the reins, dram of the dust that is on the back side of the Leaves, be  
Melancholy dis- mixed with haif a dram of Amber in powder and taken with  
eases. the juice of Purslane or Plantane, it helps the running of

the Reins speedily, and that the Herb or Root being boyled and taken, helpeth all Melancholick Diseases, and those especially that arise from the French Disease. *Camerarius* saith, That the Distilled Water thereof being drunk is very effectual against the stone in the Reins.

and Bladder: and that the Lie that is made of the Ashes thereof being drunk for some time together, helpeth Splenetick Persons: It is used in outward Remedies for the same purpose.

### Star-Thistle.

Description.

**A** common Star-Thistle bath divers long and narrow Leaves lying next the ground, cut or torn on the edges somewhat deeply, into many almost even parts, soft or a little woolly all over the green, among which rise up divers weak stalks parted into many Branches, all lying or leaning down to the ground, that it seemeth a pretty Bush, set with divers the like divided Leaves up to the tops, where severally do stand long and small whitish green heads, set with sharp and long white prickles (no part of the plant being else prickly) which are somewhat yellowish: out of the middle whereof riseth the Flower, composed of many small reddish purple threds; and in the Heads after the Flowers are past, come small whitish round Seed lying down as others do. The Root is small, long and woody, perishing every year, and rising again of its own sowing.

Place. It groweth wild in the fields about London in many places, as at Mile-end-Green; in Finsbury Fields beyond the Wind-Mils, and many other places.

Time. It Flowreth early, and Seedeth in July, and sometimes in August.

**Government and Vertues.** This, as almost all Thistles, are under Mars. The Seed of this Star-Thistle made in Powder and drunk in Wine, provoketh Urine, and stone, plague, helpeth to break the stone, and driye it forth. The Root Fistula, French in Powder and given in Wine and drunk, is good against the Pox, Obstructi- Plague or Pestilence, and drunk in the morning fasting for ons, Agues. some time together, is very profitable for a Fistula in any part of the Body. Baptista Sardus doth much commend the distilled Water hereof being drunk, to help the French Disease, to open Obstructions of the Liver, and cleanse the Blood from corrupted Humors, and is profitably given against Quotidian or Tertian Agues.

### Strawberries.

**T**hese are so well known thorough this Land, that they need no Description.

Time. They Flower in May ordinarily, and the Fruit is ripe shortly after.

**Government and Vertues.** Venus owns the Herb. Strawberries when they are green, are cold and dry, but when cool the Liver, they are ripe they are cold and moist: This Berries are excellent good to cool the Liver, the Blood and the Spleen, mach, Quench or an hot Cholerick stomach; to refresh and comfort the Thirst, inflanting spirits, and to quench Thirst: They are good al- mations, pro- fesse for other Inflammations, yet it is not amisse to refrain to take Wine, stay

the Bloody-  
flux, and  
Womens  
Courses,  
panting of  
the Heart,  
Yellow  
Jaundice,  
ulcers,  
sore Mouths  
or ulcers  
in the Pri-  
vities, loose  
Teeth, Ca-  
tarrhs, De-  
fluxions,  
inflamed  
Eyes,  
Pushes and  
wheals,  
red Face,  
deformities  
in the skin,  
Films over  
the Eyes.

from them in a Fever, least by their putrifying in the stomach they increase the fits. The Leaves and Roots boyled in Wine and water, and druk, do likewise cool the Liver and blood, and asswage all Inflammations in the Reins and Bladder, provoke Urin, and allay the heat and sharpness thereof. The same also being drunk, stayeth the bloody Flux, and Womens Courses, and help the swellings of the Spleen. The water of the Berries carefully distilled, is a sovereign Remedy and Cordial in the panting and beating of the Heart, and is good for the yellow Jaundice. The Juyce dropped into foul Ulcers, or they washed therewith; or the Decoction of the Herb and Root doth wonderfully cleanse and help to cure them. Lotions and Gar-gles for sore Mouths, or Ulcers therein, or in the privy Parts, or elsewhere, are made with the Leaves and Roots thereof; which is also good to fasten loose Teeth, and to heal spungy foul Gums. It helpeth also to stay Catarrhs or Defluxions of Rhewm into the Mouth, Throat, Teeth, or Eyes. The Juyce or water is singular good for hot and red inflamed Eyes, if dropped into them, or they bathed therewith. It is also of excellent property for all Pushes, Wheals, and other breakings forth of hot and sharp humors in the Face and Hands, or other parts of the body to bathe them therewith; and to take away any redness in the Face, or spots, or other deformities in the skin, and to make it clear and smooth. Some use this Medicine, Take so many Strawberries as you shall think fitting, and put them into a Distillery or Body of Glass fit for them, which being well closed; set it in a Bed of Horse-dung for twelve or fourteen daies, and afterwards distil it carefully, and keep it for your use. It is an excellent water for hot inflamed Eyes, and to take away any film or skin that beginneth to grow over them, and for such other defects in them as may be helped by any outward Medicine.

### Cichorium

### Succory.

**D**escript. **T**he Garden Succory hath longer and narrower Leaves than Endive and more cut in, or torn on the edges, and the Root abideth many years. It beareth also blew Flowers like Endive, and the seed is hardly distinguisht from the seed of the smooth or ordinary Endive.

The wild Succory hath divers long Leaves lying on the ground, & very much cut in or torn on the edges, on both sides even to the middle rib ending in a point, sometimes it hath a red rib down the middle of the Leaves, from among which riseth up a hard, round, woody stalk, spreading into many branches, set with smaller and lesser divided Leaves on them up to the tops, where stand the Flowers which are like the Garden kind as the seed is also (only take notice that the Flowers of the Garden kind are gone in one sunny day, they being so cold, that they are not able to endure the beams of the Sun, and therefore most delight in the shade) The Root is white, but more hard and woody than the Garden kind. The Plant is exceeding bitter.

Place.

Place.] This growth in many places of our Land, in wast, untill'd, and barren Fields. The other only in Gardens.

Government and Vertues.] It is an Herb of Jupiter. Garden Succory, as it is more dry, and less cold than Endive, so it openeth more. An handful of the Leaves or Roots boyled in Wine Cholerick and water, and a draught thereof drunk fast'ng, driveth forth flegmatick Humors, openeth Obstructions ~~more~~, Obstruction of the Liver, Gall and Spleen; helpeth the yellow Jaundice, the heat of the Reins, and of the Utrin; the Dropſie ~~die~~, hot Reins also, and those that have an evil disposition in their bodies, & ~~utrin~~, Dropſie by reason of long sickness, evil diet, &c. which the Greeks Agues, passions call Καρκίξια, Cachexia. A Decoction thereof made with of the Heart, wine and drunk, is very effectual against long lingering Headach, Swel-Agues; and a dram of the Seed in Powder drunk in wine, lings and Inſlations before the fit of the Ague, helpeth to drive it away. The mations, St. An- distilled water of the Herb and Flowers (if you can take thornies fire, them in time) hath the properties, and is especial good for Pushes, Wheals hot stomachs, and in Agues, either pestilential, or of long and Pimples, continuance, for Swoonings, and passions of the Heart, for inflamed Eyes, the heat and Headach in Children, and to the Blood and too much Milk. Liver. The said water, or the Juyce, or the bruised Leaves applied outwardly, allay Swellings, Inſlations, St. Anthonies fire, Pushes, Wheals and Pimples, especially used with a little Vinegar; as also to wash pestiferous Sores. The said water is very effectual for fore Eyes that are inflamed with redness, and for Nurses breasts that are pained by the abundance of Milk.

The wild Succory, as it is more bitter, so it is more strengthening to the Stomach and Liver.

## Stone-Crop, Prick-Madam, or Small Housleek.

Descript. It groweth with divers trailing branches upon the Ground, set with many thick, flat, roundish, whitish, green Leaves, pointed at the ends. The flowers stand many of them together, somewhat loosely. The Roots are small, and run creeping under ground.

Place.] It groweth upon the stone Walls, and mud Walls, upon the Tiles of Houses and Penthouses, and amongst Rubbish, and in other gravelly places.

Time.] It flowereth in June and July, and the Leaves are green all the Winter.

*Government and Vertues.*] It is under the Dominion of the Moon, cold in quality, and something binding, and therefore very good to stay Defluxions, especially such as fall upon the Eyes. It *Binds, stays* *Stops Bleeding* both inward and outward, helps Cankers, fluxions, Bleeding and

**ding strops, Canker-** and all fretting sores and Ulcers; it abates the heat of chal-  
**kers, sores, ul-** ler, thereby preventing Diseases thence arising from Chol-  
**Choller,** **Choleric Humors:** It expels poisons much, resisteth pestilential Feavers, being exceeding good also for Tertian Agues, you may drink the Decoction of it if you please for all the foregoing infirmities: It is so harmless an Herb, you can scarce use it amiss; being bruised and applied to the place  
**mors, Poysen,** **pestilent Fea-** it helps the Kings-Evil, and any other Knots, or Kernels in  
**vers, tertian A-** **gues, Kings-E-** the Flesh; as also the Piles.  
**vil, Knots and**  
**Kernels in the Flesh, Piles.**

## *petrus anglicus* English Tobacco.

**Description.** **T**his riseth up with a thick round stalk, about two foot high; whereon do grow thick fat green Leaves, nothing so large as the other Indian kinds, somewhat round pointed also, and nothing dented about the edges: The stalk brancheth forth, and beareth at the tops divers Flowers set on green Husks, like the other, but nothing so large; scarce standing above the bines of the Husks; round pointed also, and of a greenish yellow color. The seed that followeth is not so bright, but larger, contained in the like great heads. The Roots are neither so great, nor woody, and perishing every year with the hard frosts in Winter, but riseth generally of its own sowing.

**Place.** This came from some parts of Brazil, as is thought, and is more familiar in our Country than any of the other sorts; early giving ripe seed, which the other seldom do.

**Time.** It flowreth from June sometimes to the end of August, or later, and the Seed ripeneth in the mean time.

**Goverment and Vertues.** It is a Martial Plant. It is found by good experience to be available to expectorate tough Flegm from the Stomach, Chest, and Lungs. The Juice thereof made into a Syrup; or the distilled Water of the Herb drunk with some Sugar, or without if you will, or the smoke taken by a Pipe as is usual, but fasting; the same helpeth to expell Worms in the Stomach and Belly, and to ease the pains in the Head, or Megrime, and the griping pains in the Bowels: It is profitable for those that are troubled with the stone in the Kidnies both to ease pains, and by provoking Urine, to expel gravel and the stone ingendered therein, and hath been found very effectual to expel windiness and other Humors which cause the strangling of the Mother. The seed hereof is very effectual to expel the tooth-Cankers & foul sores, lice, fresh, and make the Teeth white. The Herb bruised and applied to the place grieved with the Kings-Evil helpeth it in sores, Impostums nine or ten dayes effectually. *Manardus* saith, It is a *nd hard swel-* Counter-poison against the biting of any Venemous Creature;

Creatures ; the Herb also being outwardly applied to the hurt place. The Distilled Water is often given with some Sugar before the fit of an Ague to lessen it, and take it away in three or four times using. If the distilled Fecies of the Herb having been bruised before the Distillation, and not distilled dry, be set in warm dung for fourteen daies, and afterwards hung up in a bag in a Wine Celler; that liquor that distilleth therefrom, is singular good to use for Cramps, Aches, the Gout, and Sciatica, and to heal Itches, Scabs, and running Ulcers, Cankers and foul sores whatsoever. The Juyce is also good for all the said griefs, and likewise to kil Lice in Childrens heads. The green Herb bruised and applied to any green wound, cureth any fresh wound or cut whatsoever : and the juyce put into old Sores, both cleanseth and healeth them. There is also made hereof, a singular good Salve to helg Impostumes, hard Tumors, and other swellings by blows or falls.

### *Myrica*      The Tamarisk Tree.

IT is so well known in the places where it grows, that it needeth no Description.

*Time.* It flowreth about the end of *May*, or in *June*, and the seed is ripe, and blown away in the beginning of *September*.

*Gvovernment and Vertues.* A gallant Saturnine Herb it is, If the Root Leaves, or yong Branches be boiled in Wine or Vinegar, and drunk, and applied outwardly, it is very powerful against *Spleen, Hemorrhoids, spitting* the hardness of the Spleen. The Leaves boiled in Wine and *rhoids, spitting* drunk, is good to stay the bleeding of the Hemorrhoidal Blood, *Womens Veins, the spitting of blood, and Womens too abund-* *Conyses, Jaund-* ing Courses, and helpeth the Jaundice, the Cholick, and dice & Cholick the bitings of all venomous Serpents, except the Asp. The *Ven. Serpents,* Bark is as effectual, if not more, to all the purposes aforesaid, *Toothach, pain* and both it and the Leaves boiled in Wine, and the mouth *in the Ears,* and the teeth washed therewith, helpeth the Toothach; being dropped into the Ears, easeth the pains; and is good *watering Eyes,* for the redness and watering of the Eyes. The said Deco- *Gangrenes, and* *ulcers, Nits and* *Lice, Spleen,* *burning & scal-* *tion with some Honey put thereto, is good to stay Gan-* *ding, French* *ges and fretting Ulcers, and to wash those that are sub-* *Black Jaundice.* *ject to Nits and Lice.* The wood is very effectual to con- *do affirm, That the Ægyptians do with as good success use the wood hereof* sume the Spleen, and therefore to drink out of Cups and pox, Leprosie & Cans made thereof, is good for Splenetick persons. The scabs, dropsie, Ashes of the Wood are used for all the purposes aforesaid, Melancholy, and besides, doth quickly help the Blisters raised by burn- *Black Jaundice.* ings or scaldings, by fire or water. *Alpinus and Vasingus* do affirm, That the Ægyptians do with as good success use the wood hereof to cure the French Disease, as others do *Lignum vite, or Guajacum;* and give it also to such as are possessed with Leprosie, Scabs, Pusches, Ulcers, or the like; and is available also to help the Dropsie, arising from the hardness and obstruction of the Spleen, as also for Melancholy, and the black Jaundice that ariseth thereof.

## Garden Tansie.

**G**arden Tansie is so well known that it needeth no Description.  
Time. It flowreth in June and July.

**Goverment and Vertues.** Dame *Venus* was minded to pleasure Women with Child by this Herb, for there grows not an Herb fitter for their uses than this is; it is just as though it were cut out for the purpose: The Herb bruised and applied to the Navel stayes miscarriages, I know no Herb like it for that use: Boyled in ordinary Beer, and the Decoction drunk doth the like; and if her Womb be not as she would have it, this Decoction, will make it as she would have it, or at least as she should have it: Let those Women that desire Children, love this Herb, 'tis their best Companion, their Husband excepted. Also, it consumes the Flegmatick Humors the cold and moist constitution of Winter most usually infects the Body of Man with, and that was the first Reason of eating Tansies in the Spring; at last the World being over-run with Popery, a Monster called Superstition perks up his Head, and as a just Judgement of God, obscures the bright beams of Knowledge by his dismal looks; (Physicians seeing the Pope and his Imps selfish, they began to do so too) and now forsooth Tansies must be eaten only on Palm and Easter Sundaies, and their neighbour dayes: At last Superstition being too hot to hold, and the selfishness of Physicians walking in the clouds; after the Fryers and Monks had made the people ignorant, the Superstition of the time was found out, but the Vertue of the Herb hidden; and now 'tis almost, if not altogether, left off: Surely our Physicians are beholding to none so much as they are to Monks and Fryars; for want of eating this Herb, in Spring, maketh people sickly in Summer, and that makes work for the Physician. If it be against any Man or Womans Conscience to eat a Tansie in the Spring, I am as unwilling to burden their Consciencies, as I am that they should burden mine: They may boil it in Wine, and drink the Decoction, it will work the same effect. The Decoction of the common Tansie, or the juyce drunk in Wine, is a singular Remedy for all the griefs that come by Stopping of the Urine, helpeth the Strangury, and those that have weak Reins and Kidneys: It is also very profitable to dissolve and expell Wind in the Stomach, Belly or Bowels, to procure Womens Courses, and expel windiness in the Matrix, If it be bruised and often smelled unto, as also applied to the lower part of the Belly, It is very profitable for such Women as are given to miscarry in Child-bearing, to cause them to go out their full time: It is used also against the stone in the Reins, especially to Men. The Herb fried with Eggs (as is accustomed in the Spring-time) which is called a Tansie, helpeth to digest, and carry downward those bad Humors that trouble the Stomach: The seed is very profitably given to children for the Worms, and the juyce in Drink is as effectual. Being boiled in Oil, it is good for the Spleen-shrank by Cramps, or pained with cold, if thereto applied.

*Disury,  
Strangury,  
Reins,  
Kidneys,  
Wind,  
Womb,  
Miscar-  
riage,  
Stone,  
Stomac',  
Worms,  
Cramps.*

singular Remedy for all the griefs that come by Stopping of the Urine, helpeth the Strangury, and those that have weak Reins and Kidneys: It is also very profitable to dissolve and expell Wind in the Stomach, Belly or Bowels, to procure Womens Courses, and expel windiness in the Matrix, If it be bruised and often smelled unto, as also applied to the lower part of the Belly, It is very profitable for such Women as are given to miscarry in Child-bearing, to cause them to go out their full time: It is used also against the stone in the Reins, especially to Men. The Herb fried with Eggs (as is accustomed in the Spring-time) which is called a Tansie, helpeth to digest, and carry downward those bad Humors that trouble the Stomach: The seed is very profitably given to children for the Worms, and the juyce in Drink is as effectual. Being boiled in Oil, it is good for the Spleen-shrank by Cramps, or pained with cold, if thereto applied.

## Wild Tansie, or Silver-weed.

This also is so well known that it needeth no Description.  
Place. It groweth almost in every place.

Time. It flowreth in June and July.

*Government and Vertues.* Now Dame Venus hath fitted Women with two Herbs of one Name, one to help Conception, the other to maintain Beauty; and what more can be expected of her? What now remains for you but to love your Husbands and not to be wanting to your poor Neighbors? Wild Tansie stayeth the Lask, and all the Fluxes of Blood in Men or Women, which some say it will do if the Flux; Terms; green Herb be worn in the shooes, so it be next the skin; stops vomiting and 'tis true enough that it will stop the Terms if worn so, of blood, whites, and the Whites too for ought I know. It stayeth also spit-ruptures, belly-ting or vomiting of blood. The Powder of the dried Herb *ach*, *Sciatica*, taken in some of the distilled Water, helpeth the Whites in *Joynts*, tooth-Women, but more especially if a little Corall and Ivory in *ach*, *loose teeth*; Powder be put to it: It is also much commended to help *Gums*, *Ulcers* Children that are bursten, and have a Rupture, being boyled in Water and Salt. Being boyled in Wine and drunk; it *Wounds*; sore easeth the griping pains of the Bowels, and is good for the *Legs*; *Pimples*, *Sciatica* and *Joynt-aches*. The same boyled in *Vinegar*, *Freckles*, *Sun*-with *Honey* and *Allom*, and gargled in the Mouth; easeth *burning*, the pains of the *Tooth-ach*, fasteneth *loose Teeth*, helpeth the *Guins* that are sore, and scelleth the *Palate* of the Mouth in its place when it is fallen down: It cleanseth and healeth the *Ulcers* in the Mouth or *secret Parts*, and is very good for inward *Wounds*; and to close the *Lips* of *green Wounds*: as also to heal old, moist, corrupt running sores in the *Legs*, or elsewhere; Being bruised and applied to the soles of the feet, and the *handwrists*, it wonderfully cooleth the hot fits of *Agues*; be they never so violent. The distilled Water cleanseth the skin of all discolorings therein, as *Morphew*, *Sunburnt*, &c. as also *Pimples*, *Freckles*, and the like; and dropped into the *Eyes*, or cloaths wet therein and applied; taketh away the heat, and Inflammations in them.

## Thistles.

Of these are many kinds growing here in *England*; which are so well known, that they need no Description: Their difference is easily known by the places where they grow: viz.

Place. Some grow in Fields, some in Meadows, and some among the *Corn*: others, on *Heaths*, *Greens*, and waste *Ground* in many places.

Time. They all flower in *July* and *August*, and their Seed is ripe quickly after.

*Government and Vertues.* Sure *Mars* rules it, it is such a prickly buff-  
finess. All these Thistles are good to provoke Urine, and to a-  
mend the stinking smell thereof; as also the rank smell of the *Disury*.

stinking  
breath,  
stomach.

Armpits, or the whole Body, being boyled in wine and drunk ; and are said also to help a stinking Breath, and to strengthen the Stomach. Pliny saith, That the juyce bathed on the place that wanteth Hair, it being fallen off, will cause it to grow again speedily. *Carduus melancholicus*

### The Melancholly Thistle.

Description. It riseth up with a tender single hoary green stalk, bearing thereon four or five long hoary green Leaves, dented about the edges, the points whereof are little or nothing prickly, and at the top usually but one head, yet sometimes from the bosom of the uppermost Leaf there shooteth forth another smaller head, scaly and somewhat prickly, with many reddish purple thums or threds in the middle, which being gathered fresh, will keep the color a long time, and fade not from the stalk in a long time, while it perfecteth the Seed, which is of a mean bigness lying in the Down. The Root hath many long strings fastned to the head, or upper part, which is blackish and perish not.

There is another sort little differing from the former, but that the Leaves are more green above, and more hoary underneath, and the stalk being about two foot high, beareth but one large scaly head, with threds and seeds as the former.

Place. They grow in many moist Meadows of this Land, as well in these Southern, as in the Northern Parts.

Time. They Flower about July, or August, and their Seed ripeneth quickly after.

Government and Vertues. 'Tis under Capricorn, and therefore under both Saturn and Mars; one rids Melancholy by Sympathy, the other by Antipathy. Their Vertues are but few, but those not to be despised; for

*Melan-* the Decoction of the Thistle in Wine being drunk, expels superfluous Melancholy out of the Body, and make a man as cholly. merry as a Cricket; superfluous Melancholy causeth care,

fear, sadness, despair, envy, and many evils more besides; but Religion teacheth to wait upon Gods Providence, and cast our care upon Him, who careth for us: What a fine thing were it if Men and Women could live so; and yet seven years care and fear, makes a man never the wiser, nor a farthing the richer. *Diocorides* saith, the Root born about one doth the like, and removes all Diseases of Melancholy. Modern Writers laugh at him, let them laugh that win: my opinion is, That 'tis the best Remedy against all Melancholy Diseases that grows: They that please may use it.

### *Carduus Maria*

### Our Ladies Thistle.

Description. *Our Ladies* Thistle bath divers very large and broad leaves lying on the ground, cut in, and as it were crumpled; but somewhat hairy on the edges, of a white green shining color, wherein are many lines and streaks of a milky white color running all over, and set with

many sharp and stiff prickles all about: among which rises up one or more strong, round, and prickly stalks, set full of the like Leaves up to the top, where at the end of every branch, cometh forth a great prickly Thistle-like head, strongly armed with pricks, and with bright purple thorns rising out of the middle of them; after they are past, the seed groweth in the said heads, lying in a great deal of soft white Down, which is somewhat flattish and shining, large and brown. The Root is great, spreading in the ground, with many strings, and small fibres fastned thereto. All the whole Plant is bitter in taste.

*Place.* It is frequent on the Bank of almost every Ditch.

*Time.* It flowreth and seedeth in June, July, and August.

*Government and Vertues.* Our Ladies Thistle is under Jupiter, and thought to be as effectual as *Carduus Benedictus* for Agues, and to prevent and cure the infection of the plague, as also to open obstructions of the Liver and Spleen, and thereby is good against Agues, Plague, the Jaundice: It provoketh Urin, breaketh and expelleth Obstructions, the stone, and is good for the Dropsie: It is effectual al- Liver, Spleen, so for the pains in the sides, and many other inward pains dropsie, stiches and gripings: The seed and distilled Water are held pow- in the side, Liverful to all the purposes aforesaid: and besides, it is often ver. applied both inwardly to drink, and outwardly with cloaths or sponges to the Region of the Liver to cool the distemperature thereof, and to the Region of the Heart, against swoonings and passions of it. It clean- seth the blood exceedingly, and in Spring if you please to boyl the tender Plant (but cut off the prickles, unless you have a mind to choak your self) it will change your blood as the season changes, and that's the way to be safe.

### *acacia*

## The Woolly, or Cotton Thistle.

*Descript.* **T**HIS hath many large Leaves lying on the ground, somewhat cut in, and as it were crumpled on the edges, of a green color on the upper side, but covered over with a long hairy wood, or Cottony Down, set with most sharp and cruel pricks; from the middle of whose heads of flowers come forth many purplish crimson threds, and sometimes white, although but seldom: The seed that followeth in these white Downy heads, is somewhat large, long, and round, resembling the seed of *Ladies-Thistle*, but paler: the Root is great, and thick, spreading much, yet usually dieth after seed-time.

*Place.* It groweth on divers Ditch Banks, and in the Corn-fields, and Highwayes; generally throughout the Land; and is often found growing in Gardens.

*Time.* It flowreth and beareth seed about the end of Summer, when other Thistles do flower and seed.

*Government and Vertues.* It is a Plant of Mars. *Dioscorides* and *Pliny* write, That the Leaves and Roots hereof taken in drink, helpeth those that

Crick in  
the Neck,  
Spasms,  
Convulsion,  
Rickets.

have a Crick in their Neck, that they cannot turn it unless they turn their whole Body. Gales saith, That the Roots and Leaves hereof are good for such persons that have their Bodies drawn together by some Spasm or Convulsion, or other Infirmities, as the Rickets (or as the Colledge of Physicians would have it, the Rictites, about which name they have quarrelled sufficiently) in Children; being a Disease that hindreth their growth, by binding their Nerves, Ligaments, and whole structures of their Body.

## *diuina* *Lodowic Behoris* The Fullers Thistle, or Teasel.

**I**T is so well known, that it need no Description, being used with the Clothworkers.

The wild Teasel is in all things like the former, but that the prickles are small, soft, and upright, not hooked or stiff: and the flowers of this are of a fine bluish, or pale carnation color, but of the manured kind whitish.

**P**lace. The first groweth, being sown in Gardens or Fields for the use of Clothworkers: The other neer Ditches and Cils of Water in many places of this Land.

**T**ime. They flower in July, and are ripe in the end of August.

**G**overnment and Vertues. It is an Herb of Venus. *Dioscorides* saith, That the Root bruised and boyled in Wine until it be thick, and kept in a Brazen Vessel or Pot, and after spread as a Salve and applied to the Fundament, doth heal the clefts thereof, as also Cankers and Fistulaes therein, and also taketh away warts and wens. The Juyce of the Leaves dropped into the Ears, killeth worms in them. The distilled water of the Leaves dropped into the Eyes, taketh away rednes and mists in them that hinder the sight; and is often used by Women to preserve their Beauty, and to take away rednes and inflammations, and all other heat or discolorings.

*Myagrum*

## Treacle Mustard.

**D**escription. **I**t riseth up with a hard round stalk about a foot high, parted into some Branches, having divers soft green Leaves somewhat long and narrow set thereon, waved, but not cut in on the edges, broadest towards the ends, and somewhat round pointed; the flowers are white that grow at the tops of the branches, spike fashion one above another: after which come large round pouches, parted in the middle with a furrow, having one blackish brown seed on either side, somewhat sharp in taste, and smelling of Garlick, especially in the Fields where it is natural, but not so much in Gardens; the Roots are small and threddy, perishing every year.

Give me leave here to add Methridate Mustard, although it may seem more properly by the name to belong to the Alphabet M.

## Methridate Mustard.

**Descript.** **T**his groweth higher than the former, spreading more and longer branches, whose Leaves are smaller and narrower, sometimes unexpectedly dented about the edges. The Flowers are small and white, growing on long branches, with much smaller and rounder seed vessels after them, and parted in the same manner, having smaller brown seeds than the former, and much sharper in taste. The Root perisheth after seed time, but abideth the first Winter after the springing.

**Place.** They grow in sundry places of this Land; as half a mile from Hatfield by the Rivet side under a Hedg as you go to Hatfield, and in the street of Peckham on Suny side.

**Time.** They Flower and seed from May to August.

**Government and Vertues.** Both of them are Herbs of Mars. These Mustards are said to purge the Body both upwards and downwards, and procureth Womens Courses so abundantly, that it *Purge the suffocateth the Birth.* It breaketh inward Imposthumes, being *Body, Terms* taken inwardly, and used in Clysters, helpeth the *Sciatica: provokes,* The Seed applied doth the same. It is an especial Ingredient *Imposthumes,* unto Methridate and Treacle, being of it self an Antidote *Sciatica,* *King Poyson,* *Venom,* and *Putrefaction.* It is also a available *Poyson,* in many cases for which the common Mustard is used, but *Venom,* somewhat weaker.

*Sloe*

*Putrefaction*

## The Black-Thorn, or Sloe-Bush,

**I**T is so well known, that it needeth no Description.

**Place.** It groweth in every Country, in the Hedges and Borders of Fields.

**Time.** It Flowreth in April, and sometimes in March, but ripeneth the Fruit after all other Plums whatsover, and is not fit to be eaten until the Autumn frost have mellowed them.

**Government and Vertues.** All the parts of the Sloe-bush are binding, cooling and drying, and all effectual to stay bleeding at the Nose and Mouth, of any other place; the Lask of the Belly, or Sto- *Binds,* mach, or the bloody Flux, the too much abounding of Womens *Cools,* Courses, and helpeth to ease the pains of the sides, Bowels and *dries, Bleeding,* Guts, that come by over-much scouring, to drink the Decoction *Flux,* of the Bark of the Roots, or more usually the Decoction *Gnawings,* of the Berries either fresh or dtied. The Conserve is also of *in Bowels,* very much use, & more familiarly taken for the purposes afore- and *Sto- said.* But the distilled Water of the Flowers first steeped in *mach,* Sack for a night, and drawn therefrom by the heat of a *Ralneum Sore Anglice a Bath,* is a most certain Remedy tried and approved to *Mouth and ease all manner of gnawings in the stomach, the sides and Bowels, or any gripping pains in any of them, to drink a small quantity when the extremity of pain is upon them, The Leaves also Headach,*

are good to make Lotions, to gargle and wash the Mouth and Throat, wherein are Swellings, Sores, or Kernels, and to stay the Defluxions of Rheum to the Eyes or other parts, as also to cool the heat and Inflammations of them, and to ease hot pains of the Head, to bathe the Forehead and Temples therewith. The simple distilled Water of the Flowers is very effectual for the said purposes, and the condensate juice of the Sloes. The distilled Water of the green Berries is used also for the said effects. *perfoliata*

## Thorough-wax, or Thorough-leaf.

**Descript.** *C*ommon Thoroughwax sendeth forth one straight round stalk, and sometimes more, two foot high and better, whose lower Leaves being of a bluish green colour, are smaller and narrower than those upper, and stand close thereto, not compassing it; but as they grow bigger they do more and more encompass the stalks, until it wholly (as it were) pass through them, branching toward the top into many parts, where the Leaves grow smaller again, every one standing singly, and never two at any joyn. The flowers are very small and yellow, standing in tufts at the Heads of the branches, where afterwards grow the seed, being blackish, many thick thrust together. The Root is small, long and woody, perishing every year after seed time, and rising again plentifully of its own sowing.

**Place.** It is found growing in many Corn fields, and Pasture grounds in this Land.

**Time.** It flowereth in July, and the seed is ripe in August.

**Government and Vertues.** Both this and the former are under the Influence of *Saturn*. Thorough-wax is of a singular good use for all sorts of Bruises and Wounds either inward or outward, and old Ulcers and Sores likewise, if the Decoction of the Herb with water and Wine be drunk, and the places washed therewith, or the Juice or green wounds, Herb bruised or boyled either by it self, or with other Herbs in ulcers, Oyl or Hogs grease, to be made into an Oyntment to serve all the Ruptures, year. The Decoction of the Herb, or the powder of the dried Navel Herb taken inwardly, and the lame, or the green Leaves bruised and applied outwardly, is singular good to cure Ruptures and Burstings, especially in Children, before it be too old. Being also applied with a little Flower and Wax to Childrens Navel that stick forth, it helpeth them.

*thy maw* **Time.**

**I**T is in vain to describe an Herb so commonly known.

**Government and Vertues.** It is a notable strengthener of the Lungs, as notable a one as grows; neither is there scarce a Lungs, Chin-cough, better Remedy growing for that Disease in Children Flegm, Shortness of which they commonly call the Chin-cough, than it Breath, Worms, Terms is. It purgeth the body of Flegm, and is an excellent provokes, safe and Remedy for shortness of Breath. It kills Worms in speedy Delivery to the Belly; and being a notable Herb of *Venus*, provokes

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vokes the Terms, gives safe and speedy Delivery to women in Travel, As-  
Women in travel, and brings away the Afterbirth. terbirth, hot Swell-  
It is so harmless, you need not fear the use of it. An *lings, warts, Sciatica,*  
*Oynment* made of it, takes away hot Swellings and *Sight, Spleen, Gout,*  
*Warts, helps the Sciatica, and dulness of sight, takes* *Cods swelled, Loins*  
*away the pains and hardness of the Spleen; 'tis ex-* *and Hips, Stomach,*  
*cellent good for those that are troubled with the Gout, Expels Wind.*  
as also to anoint the Cod's that are swelled. It easeth  
pains in the Loins and Hips. The Herb taken any way inwardly comforts  
the stomach much, and expels wind.

## Wild Time, or Mother of Time.

**W**ild Time also is so well known, it needs no Description.

*Place.* It may be found commonly in Commons, and other bar-  
ren places throughout the Nation.

*Government and Vertues.* This also is under the  
Dominion of *Venus*, though under the Sign of *Aries*, *Urin provokes, Terms*  
and therefore chiefly appropriated to the Head. It provokes, pain and  
provoketh *Urin* and the Terms, and easeth the griping *gripings of the Belly,*  
*pains of the Belly, Cramps, Ruptures, and Inflama-* *Cramp, Ruptures, In-*  
*tions of the Liver.* If you make a *Vinegar* of the Herb *flamations of Liver,*  
as *Vinegar of Roses* is made, you may find out the way *pains of the Head,*  
in my Translation of the *London Dispensatory*, and a- *Frenzies, Lethargies,*  
noint the Head with it, it presently stops the pains ther- *Blood, Coughing, Vo-*  
of. It is excellent good to be given either in a *Frenzy* *iting, Head streng-*  
or *Lethargy*, although they are two contrary diseases. *theneth, Stomach,*  
It helps spitting and pissing of blood, Coughing and *Reins, Womb, Wind,*  
Vomiting: it comforts and strengthens the Head, Sto- *Stone.*  
mach, Reins and Womb, expels wind, and break the  
Stone. *Tormentilla* *Thymus.*

## Tormentil or Setfoyl.

*Descript.* **T**his hath many reddish, slender, weak branches rising from the  
Root, lying upon the ground, or rather leaning than standing  
up right, with many short leaves that stand closer to the stalks than *Cinquefoyl* doth  
( which this is very like ) with the footstalk encompassing the branches in several  
places, but those that grow next to the ground are set upon long footstalks, each  
whereof are like the Leaves of *Cinquefoyl*, but somewhat long and lesser, and  
dented about the edges, many of them divided but into five Leaves, but most of  
them into sevens, whence it is also called *Setfoyl*: yet some may have six, and  
some eight, according to the fertility of the Soyl. At the tops of the branches  
stand divers small yellow Flowers consisting of five Leaves, like those of *Cinque-*  
*foyl*, but smaller. The Root is smaller than *Bistort*, somewhat thick, but blacker  
without, and not so red within, yet sometimes a little crooked, having many  
blackish fibres thereat.

*Place.* It groweth as well in Woods and shadowy places, as in the open  
country.

Champion Country, about the Borders of Fields in many places of this Land, and almost in every Broom field in *Essex*.  
It flowereth all the Summer long.

**Government and Vertues.** This is a gallant Herb of the *sun*. *Tormentil* is most excellent to stay all kinds of Fluxes of Blood or Humors in man or woman, whether at Nose, Mouth, Belly, or any wound in the Veins or elsewhere. The Juyce of the Herb or Root taken in drink, not only resisteth all Poyson and Venom of any Creature, but of the Plague it self, and pestilential Feavers, and contagious Diseases, as the *Pox*, *Measles*, *Purples*, &c. expelling the Venom and Infection from the Heart by sweating, if the green Root be not at hand to be had, the Powder of the dry Root is as effectual, a draine thereof being taken every morning. The Decoction likewise of the Herbs and Roots made in Wine and drunks, worketh the same effect; and so doth the distilled water of the Herb and Root being steeped in Wine for a night, and then distilled in *Balaed Mariae*. The water thus distilled taken with some *Venice Treacle*, and the party presently laid to sweat, will certainly (with Gods help) expel any Venom or poyson, or the Plague, Feaver, &c. for it is an Ingredient of especial respect in all Antidotes or Counterpoisons. There is not found any Root more effectual to help any Flux of the Belly, Stomach, Spleen or blood than this, to be taken inwardly, or applied outwardly. The Juyce taken, doth wonderfully open obstructions of the Liver and Lungs, and thereby in short space helpeth the yellow Jaundice: some use to make Cakes hereof as well to stay all Fluxes as to restrain all Cholerick Belchings, and much Vomitings with loathings in the stomach. The powder of the dried Root made up with the white of an Egg, and baked upon a hot Tile will do it. *Andreas Valesius* is of opinion, that the Decoction of this Root is no less effectual to cure French Pox than *Ghajacum* or *China*; and 'tis not unlikely, cause it so mightily resisteth putrefaction. *Loekl* saith, that *Plantane* used it as *Hermodactils* for Joyn-aches: the powder of the Decoction to be drunk, or to sit therein as a Bath, is an assured Remedy against Abortion in Women, if it proceed from the oyer fluxibility or weakness of the inward retentive faculty: as also a Plaister made therewith and Vinegar, applied to the Reins of the Back, doth much help, not only this, but also those that cannot hold their Water, the Powder being taken in the Juyce of *Plantane*: and it is also commended against the Worms in Children. It is very powerful in Ruptures and Burstings, as also for Bruises and Falls, to be used as well outwardly as inwardly. The Root hereof made up with *Pellitory of Spain* and *Allum*, and put into an hollow Tooth, not only asswageth pain, but stayeth the Flux of Humors which caused it. *Tormentil* is no less effectual, and powerful a Remedy for outward Wounds, Sores and Hurts, than

than for inward, and is therefore a special Ingredient meet to be used in Wound-drinks, Lotions and Injections for foul corrupt rotten Sores and Ulcers of the Mouth, Secrets, or other parts of the Body. And to put either the Juyce or Powder of the Root into such Oyntments, Plaisters, and such things that are to be applied to Wounds and Sores. It also dissolveth all Knots, Kernels, and hardness gathered about the Ears, and Throat, and Jaws, and the Kings-Evil, if the Leaves and Roots be bruised and applied thereto. The same also easeth the pains of the Sciatica or Hip Gout by restraining the sharp Humors that flow thereto. The Juyce of the Leaves and Roots used with a little Vinegar, is also a special Remedy against the running Sores of the Head or other parts, Scabs also and the Itch, or any such Eruptions in the skin proceeding of salt and sharp humors. The same also is effectual for the Piles or Hemorrhoids, if they be washed and bathed therewith, or with the distilled Water of the Herb and Roots. It is found also helpful to dry up any sharp Rhewm that distilleth from the Head into the Eyes, causing redness, pain, waterings, itching, or the like, if a little prepared *Tutia* or white *Amber* be used with the distilled Water thereof. Many Women use this Water as a secret to help themselves and others when they are troubled with too much flowing of the Whites or Reds, both to drink it, and inject it with a Syringe. And here's enough, only remember the Sun challenge h the Herb.

### Turnsole, or Heliotropium.

**Descript.** *T*he greater Turnsole riseth up with one upright stalk about a foot high, or more, dividing it self almost from the bottom into divers smaller branches, of a hoary colour; at each joyne of the stalk and branches grow two small broad Leaves, somewhat white or hoary also. At the tops of the stalks and branches stand many small white flowers, consisting of four, and sometimes five very small Leaves, set in order one above another, upon a small crooked spike, which turneth inward like a bowed finger, opening by degrees as the flowers blow open; after which, in these places come forth corner'd seed, four for the most part standing together. The Root is small and thriddy, perishing every year, and the seed shedding every year, raiseth it again the next Spring.

**Place.** It groweth in Gardens, and Flowereth and feedeth with us in England, notwithstanding it is not natural to this Land, but to Italy, Spain and France, where it groweth plentifully.

**Government and Virtues.** 'Tis an Herb of the Sun, and a good one too. *Dioscorides* saith, that a good hand-ful of this, which is called the great Turnsole, boyled in Stones, Distury, Water and drunk, purgeth both Choler and Flegm. And *Terims* provokes, boyled with Cummin and drunk, helpeth the stone in the Gouts, Warts, Reins, Kidnies or Bladder, provoketh Urin and VVounds, Disjunctiuns Courses, and causeth an easie and speedy delivery in teares.

Childbirth. The Leaves bruised and applied to places pain-ed with the Gout, or that have been out of Joyns and newly set, are full of

pain, do give much ease. The Seed and Juyce of the Leaves also being rubbed with a little Salt upon Warts, Wens, and other hard Kernels in the Face, Eye-lids, or any other part of the body, wil by often using take them away.

*Trefolium pratense*

## Meadow Trefoyl, or Honey-suckles.

IT is so well known, especially by the name of Honey-suckles, white and red, that I need not describe them.

*Place.* They grow almost every where in the Land.

*Government and Vertues.* Mercury hath Dominion over the common sorts. *Dodoneus* saith, the Leaves and Flowers are good to ease the griping

pains of the Guts, the Herb being boyled and used in a Cly-  
Bellach, ster. If the Herb be made into a Pultis, and applied to In-  
Inflamations, flamations, it will ease them. The Juyce dropped into the  
Pis and Web, Eyes, is a familiar Medicine with many Country-people to  
Eyes. take away the Pin & Web (as they call it) in the Eyes: it also  
allayeth the heat and blood-shooting, of them. Country peo-

ple do also in many places drink the Juyce thereof against biting of an Adder, and having boyled the Herb in water, they first wash the place with the Decoction, and then lay some of the Herb also to the hurt place. The herb also boyled in Swines grease, and so made into an Oyntment, is good to apply to the biting of any venomous Creature. The herb also bruised and heated between two tiles, and applied hot to the share, causeth them to make

water who had it stopped before. It is held likewise to be  
*Venomous* good for Wounds, and to take away Seed. The Decoction  
*Beast, Disease,* of the herb and flowers with the Seed and Root taken for  
*Wounds, Scars,* some times, helpeth Women that are troubled with the  
*Whites, Swell-* Whites. The Seed and Flowers boyled in water, and after  
*lings, Apostums.* made into a Pultis with some Oyl and applied, helpeth  
hard Swellings and Impothumes.

## Heart Trefoyl.

BESIDES the ordinary sorts of Trefoyl, here are two more remarkable, and one of which may probably be called Heart-Trefoyl, not only because the leaf is triangular like the heart of a man, but also because each leaf contains the perfect Icon of a Heart, and that in its proper color, viz. a flesh color.

*Place.* It groweth in a Field between *Longford* and *Bow*, and also beyond *Southwark* toward *Croydon*, both in the right way and parts adjacent.

*Government and Vertues.* It is under the Dominion of  
*Heart streng-* the Sun, and if it were used, it would be found as great a  
*theneth, vital* strengthener of the Heart, and cherisher of the vital Spirit  
*Spirit, Fainting,* as grows, relieving the Body against Faintings, and  
*Swoonings,* Swoonings, fortifying it against Poysons and Pestilence,  
*Poyson, Pestilence,* and defending the Heart against the noisom Vapors of the  
*evil Vapors.* Spleen.

## Pearl-Trefoy.

It differs not from the common sort, save only in this one particular, that it hath a white spot in the Leaf like a Pearl: It is particularly under the Dominion of the Moon, and its Icon sheweth that it is of singular Vertue against the Pearl, or Pia and Web in the Pin and Web Eyes. *androsaemum virginale* in the Eyes.

## Tutsan, or Park Leaves.

**Descript.** It hath many brownish shining round stalks, crested all the length thereof, rising to be two, and sometimes three foot high, branching forth even from the bottom, bearing divers joints, and at each of them two fair large Leaves standing, of a dark bluish green colour on the upper side, and of a yellowish green underneath, turning reddish towards Autumn, but abiding on the branches all the Winter: At the tops of the stalks and branches stand large yellow flowers, and Heads with seed, which being greenish at the first, and afterwards reddish, turn to be of blackish purple colour when they are through ripe, with small brownish seed within them, and then yield a redish juice or liquor, of a reasonable good scent, somewhat resinous, and of an harsh and stiptich taste, as the Leaves also and the flowers be, although much less, but do not yield such a clear Claret Wine Liquor as some say it doth: The Root is brownish, somewhat great, hard, and woody, spreading well in the ground.

**Place.** It groweth in many Woods, Groves, and woody Grounds, as Parks and Forrests, and by Hedg sides in many places of this Land, as in Hamsted Wood, by Ratley in Essex, in the Wield of Kent, and in many other places needless to recite.

**Time.** It flowereth later than St. Johns, or St. Peters Wort.

**Government and Vertues.** It is an Herb of Saturn, and a most noble Antivenerian. Tutsan purgeth Cholerick humors as St. Peters wort is said to do, for therein it worketh the Choler, Sciatic, same effects, both to help the Sciatica and Gout, and to heal the Gout, Burnburnings by fire: It stayeth also the bleeding of wounds, if ring, Bleeding either the green Herb be bruised, or the Powder of the dry ings, wounds, be applied thereunto. It hath been accounted, and certaialy Ulcers. it is a soveraign Herb to heal any wound or sore either outwardly or inwardly, and therefore alwayes used in Drinks, Lotions, Balsms, Oyls, Oyntments for any sort of green wounds, or old Ulcers or sores, in all which the continual experience of former Ages hath confirmed the use thereof to be admirable good, though it be not so much in use now as when Physicians and Chyrurgions were so wise as to use Herbs more than now they do.

## Garden Valerian.

**Descript.** This hath a thick short grayish Root lying for the most part above ground, shooting forth on all sides, other such like r

pieces or Roots, which have all of them many long and great strings or fibres under them, in the ground, whereby it draweth nourishment. From the Heads of these Roots spring up many green Leaves, which at first are somewhat broad and long without any division at all in them, or denting on the edges; but those that rise up after are more and more divided on each side, some to the middle Rib, being nighed, as made of many Leaves together on a stalk; and those upon the stalk in like manner are more divided, but smaller towards the top than below; the stalk riseth to be a yard high or more, sometimes branched at the top, with many small whitish flowers, sometimes dashed over at the edges with a pale purplish colour, of a little scent: which passing away there followeth small brownish white seed that is easily carried away with the wind.

The Root smelleth more strong than either Leaf or Flower, and is of more use in Medicine.

Place. It is generally kept with us in our Gardens.

Time. It flowereth in June and July, and continueth flowering until the frost pulls it down.

Government and Vertues. This also is under the In-  
Distry, Stran- fluene of Mercury. Diastorides saith, That the Garden  
gury, Stitch, Valerian hath a warming Faculty, and that being dried and  
Furns provokes, given to drink, it provoketh Urin; and helpeth the Stran-  
Beast, Short gury: The Decoction thereof taken, doth the like also,  
Wind, Cough, and taketh away pains of the sides, provoketh Womens  
Flegm, Pestil- Courses, and is used in Antidotes. Pliny saith, that the  
lence, Wind. Powder of the Root given in drink, or the Decoction  
thereof taken, helpeth all stoppings and stranglings in any  
part of the Body, wheresoever they proceed of pains in the Chest or sides, and  
taketh them away. The Root of Valerian boyled with Liquoris, Raisons,  
and Annis seed, is singular good for those that are short winded, and for  
those that are troubled with the Cough, and helpeth to open the passages,  
and to expectorate Flegm easily. It is given to those that are bitten or stung  
by any Venemous Creature, being boyled in Wine, It is of special Vertue  
against the Plague, the Decoction thereof being drunk, and the Root being  
used to stue unto. It helpeth also to expel the Wind in the Belly. The green

Herb with the Root taken fresh, being bruised and applied  
Head-each, Eyes, to the Head, taketh away the pains and prickings therein;  
Pin and Web, stayeth Rheum and thin Distillations, and being boyled  
wounds, splin- in white wine, and a drop thereof put into the Eye, re-  
bers, thorns. eth away the dimness of the sight, or any Pin or Web  
therein: It is of excellent properety to heal any inward  
sores or wounds, as also for outward Harts or Wounds, and draweth any  
splinter or thorns out of the flesh.

### Verdepsa, Vervain.

Descript. The common Vervain, hath somewhat long and broad Leaves  
next the ground deeply gashed about the edges, and some  
only deeply dented, or cut all alike, of a blackish green colour on the upper sides  
and

and somewhat gray underneath: The Stalk is square, branched into several parts, rising about two foot high, especially if you reckon the long spike of Flowers at the tops of them, which are set on all sides, one above another, and sometimes two or three together, being small and gaping, of a purplish blue colour, and white intermixt, after which come small round Seed in small and somewhat long Heads: The Root is small and long, but of no use.

**Place.**] It groweth generally throughout this Land in divers places by the Hedges and way sides, and other waste grounds.

**Time.** It flowereth about July, and the seed is ripe soon after.

**Government and Virtues.**] This also is an Herb of *Venus*, and an excellent Herb for the Womb, to strengthen it, and remedy all the cold griefs of it, as *Plantain* doth the hot, the Herb bruised and hung about the Neck, helps the Head-ach. *Vervain* is hot and dry, bitter, opening Obstructions, cleansing, and healing; It helpeth the yellow Obstructions, Jaundice, the Dropsey, and the Gout, the defects of the cleansing, Heart, Reins and Lungs, and generally all inward pains and ills; Yellow torments of the Body, the Leaves being boyled and drunk. Jaundice, Vc- The same is held to be good against the bitings of Ser- venemous Beasts, pentes, and other Venemous Beasts; and against the Plague Pestilence, and both Tertian and Quartan Agues, killeth and expelleth gues, Worms, Worms in the Belly, and causeth a good colour in the Face Cough, Shortness and Body, strengtheneth as well as correcteth the Diseases of Breath, of the Liver and Spleen, is very effectual in all Diseases, Wheezing, stones, of the Stomach and Lungs, Coughs, Shortness of Breath, Gravel, Keiss, and Wheezings, and is singular good against the Dropsey, Bladder, to be drunk with some Peony Seed, bruised and putt thereto: Womb, Dropsey, and is no less prevalent for the defects of the Reins and Bladder, to cleanse them of those Humors that engender the Bleeding, Stone, and helpeth to break the Stone, and to expel Grav Wounds, ulcers, Fistulae, Head- vel: It consolidateth and healeth also all Wounds both inward and outward, and stayeth bleedings, and used with Morpheus, some Honey, healeth all old Ulcers and Fistulae in the legs Freckles, Eyes, or other parts of the Body, as also those Ulcers that happen in the Mouth; or used with old Hogs grease, it helpeth the swellings and pains of the secret parts in Man or Woman, as also for the Piles and Hemorrhoids: Applied with some Oyl of Roses and Vinegar unto the Forehead and Temples, it easeth the inveterate pains and Ach of the Head, and is good for thole that are Frantick. The Leaves bruised, or the juice of them mixed with some Vinegar doth wonderfully cleanse the Skin, and taketh away Morpheus, Freckles, Fistulae, and other such like Inflammations and deformities of the Skin in any part of the Body. The distilled Water of the Herb when it is in his full strength, dropped into the Eyes, cleanseth them from Films, Clouds, or Mist, that darken the sight, and wonderfully strengtheneth the Optick Nerves; The said Water is very powerful in all the Diseases aforesaid either inward or outwards, whether they be old corrodine Sores, or green Wounds.

## Vitis

## The Vine.

**T**He Leaves of the English Vine (I do not intend to send you to the Canaries for a Medicine) being boyled, make a good Lotion for sore Mouths, being boyled with Barley Meal into a Pultis, it cools Inflammations of Wounds, the droppings of the Vine when 'tis cut Sore Mouths, in the spring, which Country people call Tears, being boyled into a syrup with Sugar and taken inwardly, is excellent to stay Womens Longings after every thing they see, which is a Disease many Women with Child are subject to. The Decoction of Vine Leaves in white Wine doth the like: Also the Tears of the Vine drunk, two or three spoonfuls at a time, breaketh the stone in the Bladder. This is a very good Remedy, and it is discreetly done to kill a Vine to cure a man: But the salt of the Leaves is held to be better. The Ashes of the burnt branches will make teeth that are black as a coal to be as white as snow; if you do but every morning rub them with it. It is a most gallant tree of the Sun, very sympathetical with the body of man; and that's the reason spirit of wine is the greatest Cordial amongst all Vegetables.

## Violet

## Violets.

**B**oth the Tame and Wild are so well known, that they need no Description.

Time. They flower until the end of July, but are best in March and the beginning of April.

**G**overnment and Vertues. They are a fine pleasing plant of *Venus*, of a mild nature, no way harmful. All the Violets are cold and moist while they are fresh and green, and are used to cool any heat or distemperature of the Body either inwardly or outwardly, as Inflammations in the Eyes; Falling sickness, in the Matrix, or Fundament, in Impostums also, and hot swellings, to drink the Decoction of the Leaves or flowers made with water in wine, or to apply them pultis wise to the grieved place, it likewife easeth pains in the Head caused through want of sleep; or in any other place arising of heat, being applied in the same manner, or with Oyl of Roses. A dram weight of the dried Leaves or Flowers of Violets (but the Leaves more strongly) doth purge the Body of Cholerick Humors, and asswageth the heat being taken in a draught of Wine or any other drink: The powder of the purple Leaves of the Flowers only pickt and dried, and drunk in Water is said to help the Quinsie, and the Falling-sickness in Children, especially in the beginning of the Disease. The Flowers of the white Violets ripeneth and leth swellings. The Herb or Flowers while they are fresh, or the Flowers

Flowers when they are dry ; are effectual in the Pleurisie, and all Diseases of the Lungs, to lenifie the sharpness of hot Rheums, and the Hoariness of the Throat, the heat also and sharpness of Urin, and all pains of the Back or Reins, and the Bladder. It is good also for the Liver and the Jaundice, and in all hot Agues to cool the heat and quench the thirst : but the Syrup of Violets is of most use ; and of better effect, being taken in some convenient Liquor ; and if a little of the Juyce or Syrup of Lemmons be put to it, or a few drops of the Oyl of Vitriol, it is made thereby the more powerful to cool the heat, and quench the thirst, and giveth to the drink a Claret Wine color, and a fine tart relish, pleasing the tast. Violets taken, or made up with Honey, do more cleanse than cool, and with Sugar contrariwise. The dried Flowers of Violets are accounted among the Cordial Drinks ; Powders, and other Medicines, especially where cooling Cordials are necessary. The green Leaves are used with other Herbs, to make Plasters and Pultisses for Inflamations and Swellings, and to ease pains wheresoever, arising of heat, and for the Piles also, being fried with Yolks of Eggs ; and applied thereto.

*alcoracum*

## Vipers Bugloss.

**Descript.**] **T**his hath many long rough Leaves lying on the ground ; from among which rise up divers hard round stalks, very rough as if they were thick set with prickles or hairs ; whereon are set such like long rough hairy or prickly sad green Leaves, somewhat narrow ; the middle Rib for the most part being white. The Flowers stand at the top of the stalk ; branched forth into many long spikèd Leaves of Flowers, bowing or turning like the Turnsole, all of them opening for the most part on the one side, which are long and hollow, turning up the brims a little, of a purplish Violet color in them that are fully blown, but more reddish while they are in the Bud, as also upon their decay and withering : but in some places of a paler purple color, with a long pointe in the middle, feathered or pitted at the top. After the flowers are fallen, the seeds growing to be ripe, are blackish, cornered and pointed somewhat like unto the Head of a Viper. The Root is somewhat great and blackish, and woolly, when it groweth toward seed time, and perisheth in the Winter.

There is another sort little differing from the former, only in that it beareth white Flowers.

**Place.**] The first groweth wild almost every where. That with white Flowers about the Castle walls in Lewes in Suss.

**Time.**] They flower in Summer, and their Seed is ripe quickly after.

**Government and Vertues.**] It is a most gallant Herb of the Sun, it is pity it is no more in use than it is. It is an espeial Remedy against the biting of the Viper, and all other venomous Beasts or Serpents, as also against poyon and poyonful herbs. *Dioscorides* and others lay, that whosoever shall take of the Herb or Root before they be bitten, shall not be hurt by the poyon of any Serpent. The Roots or Seed *A. 4. 2. Mil.*

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Loins, are thought to be most effectual to comfort the Heart, and expell Back, sadness, or cause less Melancholy, it tempers the blood, and allayeth Kidnies. eth hot fits of Agues. The Seed diunk in Wine, procurerth abundance of Milk in Womens Breasts. The same also being taken, easeth the pains in the Loins, Back and Kidnies. The distilled Water of the Herb when it is in Flower, or his chiefest strength, is excellent to be applied either inwardly or outwardly for all the Grievs aforesaid. There is a Syrup made hereof very effectual for the comforting of the Heart, and expelling Sadness and Melancholy.

### *Ceratostigma parviflorum*

## Wall-Flowers, or Winter Gilli-Flowers.

**T**He Garden kinds are so well known, that they need no Description.

**Descript.** ] The common single Wall Flowers which grow wild abroad have sundry small, long, narrow, and dark green Leaves, set without order, upon small, round, whitish, woody stalks, which bear at the tops divers single yellow Flowers one above another, every one having four Leaves apiece, and of a very sweet scent: after which come long pods, containing reddish seed. The Root is white, hard and thridy.

**Place.** It groweth upon Church walls, and old wals of many houses and other stone walls in divers places. The other sorts in Gardens only.

**Time.** All the single kinds do flower many times in the end of Autumn, and if the Winter be mild all the winter long, but especially in the months of February, March and April, and until the heat of the Spring do spend them. But the double kinds continue not flowering in that manner all the year long, although they flower very early sometimes, and in some places very late.

**Governement and Vertues.** The Moon rules them. Galen in his seventh Book of simple Medicines, saith that the yellow Wall-flowers work more powerfully than any of the other kinds, and is therefore of more use in Phy-

**sis.** It cleanseth the blood, and freeth the Liver and Reins from Obstructions, provoketh Womens Courses, expelleth the Secundine and dead Child, helpeth the hardness and pains of the Mother, and of the Spleen also, stayeth Inflammations and Swellings, comforteth and strengtheneth any weak part, or out of Joyn: helpeth to cleanse the Eyes from mistiness and Films on them, and to cleanse foul and filthy Ulcers in the Mouth, or any other part, and is a singular Remedy for the Gout, and all Aches and pains in the Joyns and Sinews. A Conserve made of the Flowers is used for a Remedy both for the Apoplexy & Palpitation.

### *Juglans regia*, The Walnut Tree.

**I**T is so well known, that it needeth no Description.

**Time.** ] It blouseth early, before the Leaves come forth, and the fruit is ripe in September.

*Government and Vertues.*] This also is a Plant of the Sun. Let the fruit of it be gathered accordingly, which you shall find to be of most Vertue whilst they are green before they have shells. The Bark of the Tree doth bind and dry very much, and the Leaves are much of the same temperature: but the Leaves when they are older, are heating and drying in the second degree, and harder of digestion than when they are fresh, which by reason of their sweetnes, are more pleasing, and better digesting in the Stomach: and taken with sweet Wine, they move the Belly downwards: but being old, they grieve the Stomach; and in hot bodies cause Choler to abound, & the Headach, and are an enemy to those that have the Cough: but are less hurtful to those that have a colder Stomach, and are said to kill the broad worms in the Belly or Stomach. If they be taken with Onions, Salt and Honey, they help the biting of a mad Dog, or the Venom, or infectious poison of any beast, &c. *Cneus Pompeius* found in the Treasury of *Mithridates* King of Pontus, when he was overthrown, a Scrowl of his own hand writing, containing a Medicine against any Poyson and Infection, which is this: Take two dry Walnuts, and as many good Figs, and twenty Leaves of Rue bruised and beaten together with two or three corns of Salt, and twenty Juniper berries, which taken every morning fasting, preserveth from danger of poyson and infection that day it is taken. The Juyce of the other green Husks boyled with Honey, is an excellent Gargle for sore Mouths, the heat and Inflammation in the Throat and Stomach. The Kernels when they grow old, are more oyly, and therefore not so fit to be eaten, but are then used to heal the wounds of the Sinews, Gangrenes and Carbuncles. The said Kernels being burned, are then very astringent, & will then stay Lasks and Womens Courses, being taken in red Wine: and stay the falling of the Hair, and make it fair, being anointed with Oyl and Wine. The green Husks will do the like, being used in the same manner. The Kernels beaten with Rue and Wine, being applied, helpeth the Quinzy: and bruised with some Honey, and applied to the Ears, easeth the pains and Inflammations of them. A piece of the green Husk put into a hollow Tooth, easeth the pains. The Catkins hereof taken before they fall, dried, and given a dram thereof in Powder with white Wine, wonderful helpeth those that are troubled with the rising of the Mother. The Oyl that is pressed out of the Kernels, is very profitably taken inwardly like Oyl of Almonds to help the Cholick, and to expel wind very effectually, an ounce or two thereof may be taken at a time. The young green Nuts taken before they be half ripe, and preserved with Sugar, are of good use for those that have weak Stomachs, or Defluxions theron. The distilled VVater of the green Husk before they be half ripe, is of excellent use to cool the heat of Agues, being drunk an ounce or two at a time; as also to resist the infection of the Plague; if some thereof be also applied to the Sores thereof.

*Bind,*  
*Dries,*  
*Worms,*  
*Poyson,*  
*Epidemical Diseases,*  
*Inflammation in the Throat,*  
*Wounds of the Sinews,*  
*Gangrenes,*  
*Carbuncles,*  
*Flux,*  
*Temps stop,*  
*Baldness,*  
*Quinzie,*  
*Toothach,*  
*Mother,*  
*Cholick,*  
*wind,*  
*Agues,*  
*Deafn ss,*  
*Ears.*

also cooleth the heat of green Wounds and old Ulcers, and healeth them being bathed therewith. The distilled water of the green husks being ripe, when they are shelled from the Nuts, being drunk with a little Vinegar, is also found by Experience to be good for those that are infected with the Plague, so as before the taking thereof a Vein be opened. The said water is very good against the Quinzy, being gargled and bathed therewith, and wonderfully helpeth Deafness, the noise and other pains in the Ears. The distilled water of the young green Leaves in the end of May, performeth a singular Cure on foul running Ulcers and Sores, to be bathed with wet cloaths or sponges applied to them every morning. *herba lucas*

### Wold, Weld, or Dyers Weed.

**Descript.** **T**He common kind groweth bushing with many Leaves, long, narrow, and flat upon the ground, of a dark bluish green color, somewhat like unto Wold, but nothing so large, a little crumpled, and as it were round pointed, which do so abide the first year: and the next Spring, from among them rise divers round stalks two or three foot high, beset with many such like Leaves thereon, but smaller, and shooting forth some small branches, which with the stalks carry many small yellow flowers in a long spikèd head at the tops of them, where afterwards come the seed, which is small and black, inclosed in Heads that are divided at the tops into four parts. The Root is long, white, and thick, abiding the winter. The whole Herb changeth to be yellow after it hath been in flower a while.

**Place.** It groweth every where by the way sides, in moist Grounds as well as dry, in Corners of Fields and by Lanes, and sometimes all over the Field. In Sussex and Kent they call it Green weed.

**Time.** It is in Flower about June.

**Government and Vertues.** *Mathiolus* saith, That the Root Flegm, hereof cutteth tough Flegm, digesteth raw Flegm, thinneth gross Humors, dissolveth hard Tumors, and openeth Obstructions. Tumors, some do highly commend it against the bitings of venomous Creatures, to be taken inwardly, and applied outwardly to the Beasts, hurt place: as also for the Plague or Pestilence. The people in Pestilence, some Countries of this Land, do use to bruise the herb, and lay it to Cuts or Wounds in the Hands or Legs to heal them.

### *triticum* Wheat.

**A**LL the several kinds heretofore are so well known unto almost all people, that it is altogether needless to write any Description thereof.

**Government and Vertues.** It is under *Venus*. *Diſcorides* saith, That to eat the Corns of green Wheat is hurtful to the Stomach, and breedeth Worms. *Pliny* saith, That the Corns of Wheat roasted upon an Iron Pan, and eaten, is a present Remedy for those that are chilled with Cold. The Oyl pressed from Wheat between two thick plates of Iron or Copper heated, healeth all Tetter and Ring-worms; being used warm, and hereby *Galea*

faith, he hath known many to be cured. *Mathiolis* commendeth *Chops* in the same. *Oyl* to be put into hollow Ulcers to heal them up, and the *Hand* it is good for *Chops* in the *Hands* or *Feet*, and to make rugged and *Fee* *Skin* smooth. The green *Corns* of *VVheat* being chewed, and *mad* *Dv* applied to the place bitten by a *mad Dog*, healeth it. *Slices Eyes*, of *VVheat* *Bread* soaked in *red Rose-water*, and applied to the *Kings-Eyes* that are *hot*, *red*, and *inflamed*, or *blood-shotten*, helpeth *Evil*, them. *Hot Bread* applied for an hour at a time for three daies *Sinews*, together, perfectly healeth the *Kernels* in the *Throat* com- *Pestilenc* monly called the *Kings-Evil*. The flour of *VVheat* mixed *Scabs*, with the *Juyce* of *Henbane*, stayeth the *Flux* of *Humors* to the *Leprosie*, *Joynts* being laid thereon. The said *Méal* boyled in *Vinegar*, *venemou* helpeth the shrinking of the *Sinews* saith *Pliny*, and mixed with *Beasts*, *Vinegar* and *Honey* boyled together, healeth all *Freckles*, *Spots*, *Cod*, and *Pimplies* on the *Face*. *Wheat* flour mixed with the *Yolk* *Hoars* of an *Egg*, *Honey*, and *Turpentine* doth draw, cleanse and heal *re*. any *Boyl*, *Plague*-*sore*, or *fqul* *Ulcer*. The *Bran* of *Wheat* *meal* steeped in *sharp Vinegar*, and then bound in a *linnen cloth*, and rubbed those places that have the *Scurf*, *Morphew*, *Scabs* or *Leprosie*, wil take the away, the *body* being first well purged and prepared. The *Decoction* of the *Bran* of *Wheat* or *Barley*, is of good use to bath those places that are bursten by a *Rupture*: and the said *Bran* boyled in good *Vinegar*, and applied to *swoln* *Beasts*, helpeth them, and stayeth all *Inflammations*. It helpeth also the *bitings* of *Vipers*, (which I take to be no other than our *English Adder*) and all other *venemous* *Creatures*. The *Leaves* of *Wheat* *me* applied with some *Salt*, taketh away *hardnes* of the *Skin*, *Warts*, and *lars* *Knots* in the *flesh*. *Starch* moistned with *Rose water*, and laid to the *Cod* taketh away their *Itching*. *Wafers* put in *water* and *drunk*, stayeth the *Lask* and *bloody Flux*, and is profitably used both inwardly and outwardly for the *Ruptures* in *Children*. Boyled in *water* unto a thick *Jelly* and taken, it stayeth *Spitting* of *blood*: and boyled with *Mints* and *Butter*, helpeth the *Hoarsness* of the *Throat*.

## *Salic* The Willow Tree.

**T**hese are so well known, that they need no Description: I shall therefore only shew you the Vertues thereof.

*Governement and Vertues.* The *Moon* owns it. Both the *Leaves*, *Bar* and the *Seed*, are used to *stanch* *Bleeding* of *Wounds*, and at *Mouth* an *Nose*, *Spitting* of *Blood*, and other *Fluxes* of *Blood* in man or woman, and to *stay* *Vomiting*, and *provocation* *Stanch* *Bleeding* thereunto, if the *Decoction* of them in *wine* be *drunk*. It *spitting* of *blond* helpeth also to *stay* *thin*, *hot*, *sharp*, *salt* *Distillations* from *Fluxes* of *Bloo* the *Head* upon the *Lungs* causing a *Consumption*. The *Vomiting*, *Di*-*Leaves* bruised with some *Pepper*, and *drunk* in *wine*, much *stillations* on the helpeth the *wind* *Colick*. The *Leaves* bruised and boyled *Lungs*, *Wind*, in *Wine* and *drunk*, stayeth the *heat* of *Lust* in man or *Colick*, *heat* of

dimiss of Woman, and quite extinguisheth it, if it be long used : the Seed is also of the same effect. The water that is gathered from the Willow when it flowereth, the Bark being slit, and a fitting Vessel to receive it, is very good for redness and dimness of Sight, for Films that grow over the Eyes, and stay the Rheums that fall into them, to provoke Urin being stopped, if it be drunk ; and to clear the Face and Skin from spots and discolorings. Galen saith, the Flowers have an admirable faculty in drying up humors, being a Medicine without any sharpnes or corrosion. You may boyl them in white Wine, and drink as much as you will you drink not your self drunk. The Bark worketh the same effects, if used the same manner ; and the Tree hath alwaies a Bark upon it, though alwaies Flowers. The burnt ashes of the Bark being mixed with Vines, take away Warts, Corns, and superfluous flesh, being applied to the same. The Decoction of the Leaves or Bark in Wine, takes away Sturk or nadrif by washing the place with it. 'Tis a fine cool Tree, the boughs of which are very convenient to be placed in the Chamber of one sick of a fever.

## *of Lass Luon*

## Woad.

script. **I**t hath leaves large Leaves, long, and somewhat broadish, like to those of the greater Plantane, but larger, thicker, of a green colour, and somewhat bluish withal. From among which Leaves riseth up a lusty plant, three or four foot high, with divers Leaves set theron ; the higher the plant, the smaller are the Leaves : at the top it spreadeth into divers branches, the end of which appear very pretty little yellow Flowers, and after they passe away like other Flowers of the Field, come Haskes, long, and somewhat flatish ; in form they reseble a Tongue ; in colour, they are black, and they hang bobbing downwards. The seed contained within these Haskes (if it be a little powdered) gives an azure colour. The Root is white and long.

Place. It is sowed in Fields for the benefit of it, where those that sow cut it three times a year.

Time. It flowereth in June, but is long after before the Seed is ripe.

Government and Vertues. It is a cold and dry Plant of Saturn. Some people affirm the Plant to be destructive to Bees, which if it be, I cannot help it. They say it possesseth Bees with the Flux, but that I can hardly believe, unless Bees be contrary to all other Creatures, I should rather think possesseth them with the contrary Disease, the Herb being exceeding drying and binding. However if any Bees be diseased thereby, the cure is to Urin by them, but set it in such a Vessel that they cannot drown themselves, which may be remedied, if you put pieces of Cork in it. I told you before the herb was drying and binding, and so drying and binding, that it was not fit to be given inwardly. An Oyntment made thereof stancheth bleeding. A Plaster made thereof, and applied to the Region of the Spleen,

(and I pray you take notice that the spleen lies on the left *Bleeding, Spleen side*), takes away the hardness and pains thereof: The *Ulcers, Inflammation* is excellent good in such Ulcers as abound with mations, *St. Abscess*, moisture, and takes away the corroding and fretting Humours fire, mors: It cools Inflammations, quencheth St. Anthrobes *Defluxions of fire*, and stayeth Defluxions of Blood to any part of the *Body* of Blood.

*Capsifolium*  
Woodbine, or Honey-suckles.

**I**T is a Plant so common, that every one that hath Eyes, knows them, and he that hath none, cannot read a Description if I should write it. *Time.* They flower in *June*, and the Fruit is ripe in *August*.

**Governor and Vertues.** Doctor *Tradition*, that grand Introducer of Errors, that hater of Truth, that Lover of Folly, and that mortal Foe to Doctor *Reason*, hath taught the common People to use the Leaves and flowers of this Plant in Mouth waters, and by long continuance of time hath so grounded it in the Brains of the Vulgar, that you cannot beat it out with a Beetle: All Mouth water ought to be cooling and drying, but Honeysuckles are cleansing, consuming, and digesting, and therefore no wayes fit for Inflammations: Thus Doctor *Reason*. Again, If you please we will leave Doctor *Reason* a while, and come to Doctor *Experience*, a learned Gentleman, and his Brother: Take a Leaf and chew it in your Mouth, and you will quickly find it likelier to cause a sore Mouth or Throat than to cure it. Well then, if it be not good for this, What is it good for? 'Tis good for something, for God and Nature made nothing in vain: It is an *Herb of Mystery*, and appropriated to the *Lungs*; the *Cælestial Crab Lungs of*, claims Dominion over it, neither is it a Foe to the *Lyon*? If flicted, the *Lungs* be afflicted by *Figitur*, this is your Cure: It is fitting a *Conserve* made of the Flowers of it, were kept in every *Spleen*, Gentlewoman's House: I know no better Cure for an *Asthma* Provokes than this: Besides, it takes away the evil of the *Spleen*, provokes *urin* and *Urin*, procures speedy delivery to Women in *Travel*, helps *speedy delivery* of *Cramps*, *Convulsions*, and *Palsies*, and whatsoever griefs come *very* in *of cold or stopping*: If you please to make use of it in an *Oynk*-childbirth, then, it will clear your Skin of *Morphew*, *Freckles*, and *Sun-burn*, burning, or whatsoever else discolours it, and then the Maids will *convulsions* love it. I have done when I have told you what Authors say, *ons* and *and cavell'd* a little with them: they say, the Flowers are of *Palsies*, more effect than the Leaves, and that's true: but they say, the *Freckles*, seeds are least effectual of all: but Dr. *Reason* told me, that *and Sun-burn* there was a *Vital Spirit* in every seed to beget its like; and Dr. *burning*. *Experience* told me, that there was a greater heat in a seed than there was in any other part of a Plant, and withal, that Heat was the Mother of Action, and then judge it old Dr. *Tradition* (who may well be honoured for his Age, but not for his Goodness) hath not so poisoned the World with his Errors before I was born, that it was never well in its wits since, and there is great fear it will die mad,

# *absynthus* Wormwood.

Three Wormwoods are familiar with us; one I shall not describe, another I shall describe, and the third be critical at: And I care not greatly if I begin with the last first.

Sea Wormwood hath gotten as many Names as Vertues (and perhaps one more) *Seriphian*, *Santonicon*, *Balchicum*, *Narbonense*, *Xanomicon*, *Misneule*, and a matter of twenty more, which I will not blot Paper withal: A Papist got the Toy by the end, and he called it Holy Wormwood; and in truth I am of Opinion, their giving so much Holiness to Herbs, is the reason there remains so little in themselves. The seed of this Wormwood is that which usually Women giye their Children for the Worms: Of all Wormwoods that grow here, this is the weakest; but Doctors commend it, and Apothecaries sell it; the one must keep his Credit, and the other get Money, and that's the Key of the Work. The Herb is good for something, because God made nothing in vain: Will you give me leave to weigh things in the Ballance of Reason? Then thus: The seeds of the common Wormwood are far more prevalent than the seed of this to expell worms in Children, or people of ripe age: Of both, some are weak, some are strong. The *Seriphian* Wormseed is the weakest, and happily may prove to be the fittest for weak Bodies (for it is weak enough in all conscience.) Let such as are strong take the common Wormseed, for the other will do but little good. Again, near the Sea many people live, and *Seriphian* grows neer them, and therefore is more fitting for their Bodies, because nourished by the same Air; and this I had from Dr. Reason. In whose Body Dr. Reason dwells not, dwells Dr. Madness, and he brings in his Brethren, Dr. Ignorance, Dr. Folly, and Dr. Sickness, and these together make way for Dr. Death, and the later end of that man is worse than the beginning. Pride was the cause of Adam's Fall; Pride begat a Daughter, I do not know the Father of it unless the Devil, but she christned it, and call'd it *Appetite*, and sent her Daughter to taste these Wormwoods, who finding this the least bitter, made the squeamish Wench extol it to the skies, though the Vertues of it never reached to the middle Region of the Air. Its due praise is this: It is weakest, therefore fitter for weak Bodies, and fitter for those Bodies that dwell neer it, than those that live far from it: my reason is, The Sea (as those that live far from it, know when they come neer it) casteth not such a smell as the Land doth: The tender Mercies of God being over all his Works, hath by his Eternal Providence planted *Seriphian* by the Sea-side, as a fit Medicine for the Bodies of those that live neer it. Lastly, it is known to all that know any thing in the Course of Nature, that the Liver delights in sweet things, if so, it abhors bitter; then if your Liver be weak, it is none of the wisest courses to plague it with an Enemy, if the Liver be weak, a Consumption follows: Would you know the reason? 'tis this: A mans Flesh is repaired by Blood, by a third Concoction, which transmutes Blood into Flesh, ('tis well I said [Concoction] for if I had said [Boylng] every Cook would have understood me.) The Liver

makes blood, and if it be weakned that it makes nos enough, the flesh wæsteth; and why must flesh alwayes be renewed? Because the Eternal God when he made the Creation, made one part of it in continual dependancy upon another: And why did he so? Because Himself only is permanent, to teach us, That we should not fix our affections upon what is Transitory, but upon what endures for ever. The result of all is this, If the Liver be weak, and canhot make Blood enough (I would have said [Sanguific] if I had written onely to Scholars.) The Seriphian which is the weakest of Wormwoods, is better than the best. I have bee'en Critical enough, if not too much.

*Place.*] It grows familiarly in England by the Sea-side.

*Descript.* It starts up out of the earth with many round, woody, hoary stalks from one Root, its height is four foot high, or three at the least. The Leaves in Longitude are long, in Latitude narrow; in colour white, in form hoary, in similitude like Southernwood, onely broader and longer, in taste, rather salt than bitter, because it grows so neir the salt water: At the joynts with the Leaves toward the tops it bears little yellow Flowers. The Root lies deep, and is woody.

Common Wormwood I shall not describe, for every Boy that can eat an Egg knows it.

Roman Wormwood: And why Roman, seeing it grows familiarly in England? It may be it was so called because tis good for a stinking breath which the Romans cannot be very free from, maintaining so many Baudy Housies by Authority of his Holiness.

*Descript.* The Stalks are stenderer and shorter than the common Wormwood by one foot at least; the Leaves are more finely cut and divided than they are, but something smaller; both Leaves and Stalks are hoary; the Flowers of a pale yellow colour, it is altogether like the common Wormwood, save onely in bigness, for tis smaller; in taste, for tis not so bitter; in smell, for it is picy.

*Place.* It groweth upon the tops of the Mountains (it seemes tis aspiring) there tis Natural; but usually nurst up in Gardens for the use of the Apothecaries in London.

*Time.* All Wormwoods usually flower in August, a little sooner or later.

*Government and Virtues.*] Will you give me leave to be critical a little? I must take leave: Wormwood is an Herb of Mars, and if *Pontanus* say otherwise, he is beside the Bridge. I prove it thus: What delights in Martial places, is a Martial Herb; but Wormwood delights in Martial places (for about Forges and Iron Works you may gather a Cart load of it) Eign it is a Martial Herb. It is hot and dry in the first Degree, viz. Just as hot as your Blood, and no hotter; Choler, Venerie, It remedies the evils Choler can inflict on the Body of provokes Urin, Man by Sympathy. It helps the evils Venus and the Help's Surfers, wanton Girl produce by Antipathy. And it doth something Swellings, Aelse besides. It cleanseth the Body of Choler (and who petit: list, dares say *Mars* doth no good?) It provokes Urin, helps Tell. Justice, Surfers,

**Surfers, Swellings in the Belly;** It causeth an Appetite to meat, because **Mars** rules the attractive faculty in Man: The Sun never shone upon a better Herb for the yellow Jaundice than this is: Why should men cry out so much upon **Mars** for an Infirmitie (or **Saturn** either?) Did God make Creatures to do the Creation a mischief? This Herb testifies that **Mars** is willing to cure all Diseases he causes; the truth is, **Mars** loves no Cowards, nor **Saturn** Fools, nor I neither. Take of the Flowers of Wormwood, Rosemary, and Black-Thorn, of each a like quantity, half that quantity of Saffron: boil this in Rhenish Wine, but put not in the Saffron till

**Preserve Health,**

**Terms provokes,**

**Rising of Rats and**

**Mice,**

**Mushromes,**

**wheals,**

**Pusshes,**

**Black and**

**blew**

**Spots,**

**Quinsie,**

**Faws.**

it is almost boyled: This is the way to keep a Mans body in Health, appointed by *Camearius*, in his Book intituled, *Hortus Medicus*, and 'tis a good one too. Besides all this, Wormwood provokes the Terms. I would willingly teach Astrologers, and make them Physicians (if I knew how) for they are most fitting for the Calling: if you will not believe me, ask Dr. *Hippocrates*, and Dr. *Galen*, a couple of Gentlemen that our Colledge of Physicians keep to vapour with, not to follow. In this one Herb I shall give the pattern of a Rule to the Sons of Art, rough cast, yet as neer the truth as the men of *Benjamie* could throw a stone; whereby my Brethren of the Society of Astrologers may know by a penny how a shilling is coyned: (as for the Colledg of Physicians they are too stately to learn, and too proud to continue: They say a Mouse is under the Dominion of the *Moon*, and that's the reason they feed in the night: the House of the *Moon* is *Cancer*; (Rats are of the same nature with Mice, but that they are a little bigger) **Mars** receives his Fall in *Cancer*. *Ego* Wormwood being an Herb of **Mars** is a present Remedy for the biting of Rats and Mice. Mushromes (I cannot give them the title of *Herba*, *Fruter*, or *Arbor*) are under the Dominion of **Saturn** (and take one with another, they do as much harm as good:) if any have poisoned himself by eating them, Wormwood an Herb of **Mars** cures him, because **Mars** is exalted in *Capricorn* the house of **Saturn**, and this it doth by Sympathy as it did the other by Antipathy. Wheals, Pusshes, black and blew Spots, coining either by Bruises or Beatings, Wormwood an Herb of **Mars** helps, because **Mars** (as bad as you loye him, and as ill as you hate him) will not break your Head, but he'll give you a Plaister. If he do but teach you to know your selves, his Courtesie is greater than his Discourtesie. The greatest Antipathy between the Planets, is between **Mars** and **Venus**; one is hot, the other cold; one Diurnal, the other Nocturnal; one dry, the other moist; their Houses are opposite; one Masculine, the other Feminine; one publick, the other private; one is valiant, the other effeminate; one loves the light, the other hates it; one loves the Field, the other the Sheets: then the throat is under **Venus**, the Quinsie lies in the Throat, and is an Inflammation there: **Venus** rules the Throat (it being under *Taurus* her Sign) **Mars** eradicates all diseases in the Throat by his Herbs (of which Wormwood is one) and sends them to

gypt on an errand never to return more: this by Antipathy. The Eyes under the Luminaries; the right Eye of a Man, and the left Eye of a Woman, the Sun claims Dominion over: The left Eye of a Man, and the right Eye of a Woman, are the privilege of the Moon, Wormwood an herb Mars cures both; what belongs to the Sun by Sympathy, because he is exalted in his House; but what belongs to the Moon by Antipathy, because he hath his Fall in hers. Suppose a Man be bitten or stung by a Martial Creature, imagine a Wasp, a Hornet, or Scorpion, Wormwood

an Herb of Mars gives your present cure: Then Mars as Biting, or Cholerick as he is, hath learned that patience, to pass by your stinging by evil speeches of him, and tells you by my Pen, That he gives you venomous affliction, but he gives you a Cure; you need not run to *Barts*, *Apollo* nor *Esculapius*: and if he were so Cholerick as you make him to be, he would have drawn his Sword for anger to see the ill conditions of those people that can spy his Vices, and not his Vertues. The Eternal God when he made Mars, made him for a publick good, and the Sons of Men shall know it in the latter end of the World, *Et cælum Mars solus habebit*. You say Mars is a Destroyer; mix a little Wormwood an Herb of Mars with your Ink, and neither Rats nor Mice will touch the Paper is written with it, and then Mars is a Preserver. Astrologers say Mars causeth Scabs and Itch, and the Virgins are angry with him, because wanton Venus told them he deforms their skin: But quoth Mars, my only desire is, they should know themselves; my Herb Wormwood will restore them to the Beauty they formerly had, and in that I will not come an Inch behind my opposite *Venus*; for which cloth the greatest evil, he that takes away an innate Beauty, and when he hath done, knows how to restore it again? or she that teaches a company of wanton Lasses to paint their Faces? If Mars be in a Virgin, in a Nativitie, they say he causes the Cholick, ('tis well God hath set some body to pull down the pride of man) He in the Virgin troubles none with the Cholick, but them that know not themselves (for who knows himself may easily know all the world.) Wormwood an Herb of Mars is a present cure for it: and whether it be most like a Christian to love him for his good, or hate him for his evil, judge ye. I had almost forgotten that Charity thinks no evil. I was once in the Tower and viewed the Wardrobe, and there was a great many fine Cloathes (I can give them no other tide, for I was never either Linnen or Woollen Draper) yet as brave as they looked, my opinion was, the Moaths might consume them, ~~which~~ are under the Dominion of Mars, his Herb Wormwood being layd amongst Cloathes, will make a Moath scorn to meddle with the Cloath, as much as a Lyon scorns to meddle with a Mouse, or an Eagle a Fly. You say Mars is angry, and 'tis true enough, he is angry with my Countrymen for being such Fools to be led by the Noses by the Colledge of Physicians; as they lead Bears to *Paris* Garden. Melancholly Men cannot endure to be wrong'd in Point of good name, and that hath sorely troubled old *Saturn*, because they called him the greatest Infornate; In the Body of Man he rules the Spleen (and that

that makes Coyetous men so Splenetick.) The poor old man lies crooked out of his left side, Father Saturn's angry, Mars comes to him to come Brother, I confess thou art evil spoken of, and so am I, but I know I have my exaltation in my House, I'll give him an hundred of mine, Wormwood, to cure the poor man; Saturn consented, but spake but little, and so Mars cured him by sympathie. When Mars was free from War ( for he loves to be fighting, and is the best friend a Soldier hath) say, when Mars was free from War he called a Counsel of War in his own Brain, to know how he should do poor sinful man good, ( desiring to forgive his abuses in being called an Infortune) He musters up his own Forces and places them in Batalia, Oh I quoth he, why do I hurt a poor silly Man or Woman? His Angel answers him, 'Tis because they have offended their God. [Look back to Adam] Well, says Mars, though they speak evil of me, I'll do good to them; Death's cold, my Herb shall heat them. They are full of ill Humors ( else they would never have spoken ill of me) my Herb shall cleanse them and dry them; They are poor weak Creatures, my Herb shall strengthen them; they are dull witted, my Herb shall fortifie their Apprehensions; and yet amongst Astrologers, all this doth not deserve a good word; Oh the patience of Mars!

*Fasli, quis potuit rerum raga poscere causas,  
In que domus superum scandens cura fuit.*

Oh I happy he that can the Knowledge gain,  
To know th' Eternal God made nought in vain.

To this I add,  
I know the reason cause it such a Dearth  
Of Knowledge, 'tis because men love the Earth.

The other day Mars told me he met with Venus, and he asked her what the Reason was that she accused him for abusing Women, he never gave them the Pox; in the dispute they fell out, & in anger parted; and Mars told me that his brother Saturn told him, that an Antivenerian French pox. Medicine was the best against the Pox. Once a Month he meets with the Moon, Mars is quick enough of speech, and the Moon not much behind hand ( neither are most Women). The Moon looks much after Children, and children are much troubled with the worms, she desired a Medicine of him, he bid her take his own Herb Wormwood: He had no sooner parted with the Moon but he met with Venus, and she was as drunk as a Bitch, Alas poor Venus, quoth he, What, thou a Fortune and be drunk? I'll give thee an Antipathetical Cure;

Take my Herb Wormwood, and thou shalt never get Siffer, stinking Breath, Dull Brain, weak

a Surfeit by drinking. A poor silly Country-man hath got an Ague and cannot go about his busines, he wishes he had it not, and so do I, but Ile tell him a Remedy, whereby he may prevent it; Take the Herb of Mars Worm-

and, and if Infortunes will do good, what will Fortunes do? Sight. We say the Lungs are under *Jupiter*, and if the Lungs, in the breath, and yet a man sometimes gets a stinking breath, and yet *Piter* is a Fortune forsooth; up comes *Mars* to him, come brother *Jupiter*, thou knowest I sent thee a couple of Trines to thy Houses last night, one from *Aries*, and the other from *Scorpio*, give me thy Leave by Sym-  
chie to cure the poor man by drinking a draught of Wormwood Beer eve-  
ning. The *Moon* was weak the other day, and she gave a man two  
terrible Mischiefs, a dull Brain, and a weak sight, *Mars* layes by his sword  
and comes to her, Sister *Moon*, saith he, This Man hath anger'd thee, but I  
eseech thee take notice, he is but a Fool, prithee be patient, I will with my  
Herb Wormwood cure him of both infirmities by Antipathy, for thou  
knowest, thou and I cannot agree; wirth that the *Moon* began to quarrel;  
*Mars* (not delighting much in Womens songues) went away, and did it  
whether she would or no.

He that reads this, and understands what he reads, he hath a Jewel more  
worth than a Diamond: He that understands it not, is as little fit to give  
Physick. There lies a Key in these words, which will unlock (if it be  
turned by a wise hand) the *Cabinet of Physick*: I have delivered it so plain-  
ly as I durst: 'tis not only upon Wormwood that I wrote, but upon all  
Plants, Trees, and Herbs: He that understands it not, is unfit (in my Opin-  
ion) to give Physick. This shall live when I am dead; and thus I leave  
it to the world, not caring a half-penny whether they like or dislike it. The  
grave equals all men, and therefore shall equal me with Princes; untill  
which time the eternal providence is over me: then the ill Tongue of a  
pratling fellow, or of one who hath more Tongue than Wit, or more Pride  
than Honesty, shall never trouble me. Wisdom is justified of her Children.  
And so much for *Wormwood*. *Milefolium*

### Yarrow, called also Nosebleed, Milfoyl, and Thousand-Leaf.

**Description.** It hath many long Leaves spread upon the ground, and finely cut  
and divided into many small parts: Its Flowers are white,  
but not all of a whitenesse, and stayed in knots, upon divers green stalks which  
rise from among the Leaves.

**Place.** It is frequent in all pastures.

**Time.** It flowreth late, even in the later end of *August*.

**Goverment and Virtues.** It is under the influence of  
*Venus*. An Ointment of them cures wounds, and is most wounds, Infla-  
-fit for such as have Inflammations, it being an Herb of Dame nations, terms  
*Venus*; It stops the Terms in Women being boyled in Stoops, Bloody  
white Wine, and the Decoction drunk, as also the Bloody Flux, baldness,  
Flux; the Ointment of it is not only good for green Ulcers, Fistu-  
-wounds, but also for Ulcers and Fistulaes, especially such lats, retentive  
as be boand with moisture. It stayes the shedding off of Faculty, Run-  
-Hair, the head being bathed with the Decoction of it: in- ning of the

Reins, whites, wardly taken it helps the retentive faculty of the stomach,  
 Diabetes, it helps the Running of the Reins in Men, and the Whites  
 Toothach. in Women, and helps such as cannot hold their water; and  
 the Leaves chewed in the Mouth, ease the Toothach; and  
 these Vertues being put together shew the Herb to be drying and binding.  
 Achilles is supposed to be the first that left the Vertues of this Herb to posterity, having learned them of his Master Chyron the Senator, and certainly a very profitable Herb it is in the Camp, and perhaps therefore called *Militaris*.



## D I R E C T I O N S.

**H**aving in divers places of this Treatise promised you the way of making Syrups, Conerves, Oils, Ointments, &c. of Herbs, Roots, Flowers, &c. whereby you may have them ready for your use at such times when otherwise they cannot be had: I come now to perform what I promised, and you shall find me rather better, than worse than my word.

That this may be done Methodically, I shall divide my directions into two grand Sections, and each Section into several Chapters, and then you shall see it look with such a Countenance as this is.

### Sect. I.

Of gathering, drying, and keeping Simples and their Juyses.

Chap. 1. Of Leaves of Herbs, &c.

Chap. 2. Of Flowers.

Chap. 3. Of Seeds.

Chap. 4. Of Roots.

Chap. 5. Of Barks.

Chap. 6. Of Juyses.

### Sect. 2.

Of making, and keeping Compounds.

- Chap. 1. Of distilled Waters.
- Chap. 2. Of Syrups.
- Chap. 3. Of Juleps.
- Chap. 4. Of Decoctions.
- Chap. 5. Of Oils.
- Chap. 6. Of Electuaries.
- Chap. 7. Of Conerves
- Chap. 8. Of Preserves.
- Chap. 9. Of Loboachs.
- Chap. 10. Of Ointments.
- Chap. 11. Of Plaisters.
- Chap. 12. Of Pultifesses.
- Chap. 13. Of Troches.
- Chap. 14. Of Pills.
- Chap. 15. The way of fitting Medicines to Compound Diseases.

Of all these in Order.

## S E C T. I.

*The way of gathering, drying, and preserving Simples  
and their Juyces.*Chap. I. *Of Leaves of Herbs, or Trees.*

**O** F Leaves, chuse only such as are green, and full of juyce, pick them carefully, and cast away such as are any way declining, for they will putrifie the rest, so shall one handful be worth ten of those you buy in Cheapside.

2. Note in what place they most delight to grow in, and gather them there, for Betony that grows in the shadow, is far better than that which grows in the Sun, because it delights in the shadow: so also such Herbs as delight to grow near the water. let such be gathered as grow neer the water, though happily you may find some of them upon dry ground: The Treatise will inform you where every Herb delights to grow.

3. The Leaves of such Herbs as run up to seed, are not so good when they are in flower, as before (some few excepted, the Leaves of which are seldom or never used) in such cases, if through Ignorance they were not known, or through negligence forgotten, you had better take the top and the flower than the Leaf.

4. Dry them well in the Sun, and not in the shadow, as the swing of Physicians is, for if the Sun draw away the Vertues of Herbs, it must needs do the like by Hay by the same Rule, which the experience of every Country Farmer will explode it for a notable piece of non-sense.

5. Such as are Artists in Astrology (and indeed none else are fit to make Physicians) such I advise, Let the Planet that governs the Herb be Angular, and the stronger the better; if they can in Herbs of *Saturn*, let *Saturn* be in the Ascendant; in the Herbs of *Mars*, let *Mars* be in the Mid-heaven, for in those Houses they delight: let the *Moon* apply to them by good Aspect, and let her not be in the Houses of their Enemies: if you cannot well stay till she apply to them, let her apply to a Planet of the same Triplexity; if you cannot wait that time neither, let her be with a Fixed Star of their Nature.

6. Having well dried them, put them up in brown Papers, sewing the Paper up like a Sack, and press them not too hard together, and keep them in a dry place near the fire.

7. As for the duration of dried Herbs, a just time cannot be given, let Authors prate their pleasure: For,

First, Such as grow upon dry grounds will keep better than such as grow on moist.

Secondly, Such Herbs as are full of Juyce will not keep so long as such as are drier.

Thirdly, Such Herbs as are well dried; will keep longer than such as are ill dried.

Yet this I say, By this you may know when they are corrupted, *viz.* By their loss of color, or smell, or both; and if they be corrupted, reason will tell you that they must needs corrupt the Bodies of those people that take them.

8. Gather all Leaves in the hour of that Planet that governs them.

### Chap. 2. Of Flowers.

1. **T**He Flower which is the beauty of the Plant, and of none of the least use in Physick, groweth yearly, and it is to be gathered when it is in its prime.

2. As for the time of gathering them, let the planetary hour, and the plant they come of, be observed, as we shewed you in the foregoing Chapter; as for the time of the day, let it be when the Sun shines upon them that so they may be dry, for if you gather either Flowers or Herbs when they are wet or dewy, they will not keep, and this I forgot before.

3. Dry them well in the Sun, and keep them in papers near the fire, as I shewed you in the foregoing Chapter.

4. So long as they retain their color and smell, they are good; either of them being gone, so is their Vertue also.

### Chap. 3. Of Seeds.

1. **T**He seed is that part of the plant, which is endued with a natural Faculty to bring forth its like, and it contains potentially the whole plant in it.

2. As for place, let them be gathered from the places where they delight to grow.

3. Let them be full ripe when they are gathered, and forget not the Celestial Harmony before-mentioned; for I have found by experience that their Vertues are twice as great at such times as others: There is an appointed time for every thing under the Sun.

4. When you have gathered them, dry them a little, and but a little in the Sun before you lay them up.

5. You need not be so carefull of keeping them so near the fire as the other before mentioned, because they are fuller of spirit, and therefore not so subject to corrupt.

6. As for the time of their duration, 'tis palpable they will keep a good many years; yet this I say, They are the best the first year, and this I make appear by a good Argument, They will grow soonest the first year they be set, therefore then are they in their prime, and tis an easie matter to renew them yearly.

### Chap. 4. Of Roots.

1. **O**F Roots, chuse such as are neither rotten, nor worm-eaten, but proper in their tast, color, and smell; such as exceed neither in nor hardness.

2. Give me leave to be a little Critical against the vulgar received Opinion, which is, That the Sap falls down into the Root in the Autumn, and rises again in the Spring, as men go to bed at night, and rise in the morning; and this idle tale of untruth is so grounded in the heads, not only of the Vulgar, but also of the Learned, that a man cannot drive it out by Reason: I pray let such Sap-mongers answer me to this Argument: If the Sap fall into the Root in the fall of the Leaf, and lie there all the Winter, then must the Root grow only in the Winter, as Experience witnesseth: but the Root grows not at all in Winter; as the same Experience teacheth, but only in the Summer. *Ergo,*

If you set an Apple kernel in the Spring, you shal find the Root to grow to a pretty bigness in that Summer, and be not a whit bigger next Spring: What doth the Sap do in the Root all that while, pick straws? For Gods sake build not your Faith upon Tradition, 'tis as rotten as a rotten post.

The truth is, when the ~~sun~~ declines from the Tropick of *Cancer*, the sap begins to congeal both in Root and Branch, when he toucheth the Tropick of *Capricorn*, and ascends no up-ward, it begins to wax thin again, and by degrees as it congealed. But so proceed.

3. The drier time you gather your Roots in, the better they are: for they have the less excrementitious moisture in them.

4. Such Roots as are soft, your best way is to dry in the Sun, or else hang them in the Chimney corner upon a string: as for such as are hard, you may dry them any where.

5. Such Roots as are great, will keep longer than such as are small: yet most of them will keep a year.

6. Such Roots as are soft, it is your best way to keep them alwaies near the fire, and take this general Rule for it. If in Winter time you find any of your Roots, Herbs or Flowers begin to grow moist, as many times you shall especially in the winter time (for 'tis your best way to look to them once a month) dry them by a very gentle fire, or if you can with convenience keep them near the fire, you may save your self the labor.

7. It is in vain to dry such Roots as may commonly be had, as Parsley, Fennel, Plantain, &c. but gather them only for present need.

### Chap. 5. Of Barks.

1. Barks which Physicians use in Medicines, are of these sorts: Of Fruits, of Roots, of Boughs.

2. The Barks of Fruits are to be taken when the Fruit is full ripe, as Oranges, Lemmons, &c. but because I have nothing to do with Exoticks here, I shall pass them without any more words.

3. The Bark of Trees are best gathered in the Spring, if it be of great Trees, as Oaks, &c. the like; because then they come easiest off, and so you may dry them if you please: but indeed your best way is to gather all Barks only for present use.

4. As for the Bark of Roots, 'tis this, and thus to be gotten: Take the

Roots of such Herbs as have a pith in them, as Parsley, Fennel, &c. slit them in the middle; and when you have taken out the pith (which you may easily and quickly do) that which remains is called (though something improperly) the Bark, and indeed is only to be used.

## Chap. 6. Of Juices.

1. Juices are to be pressed out of Herbs when they are young and tender, and also out of some Stalks, and tender tops of Herbs and Plants, and also out of some Flowers.

2. Having gathered your Herb you would preserve the Juice of, when it is very dry (for otherwise your Juyc will not be worth a Button) bruise it very well in a stone Mortar with a wooden Pestle, then having put it into a Canvas bag (the Herb I mean, not the Mortar, for that wil yield but little Juyce) press it hard in a Press, then take the Juyce and clarifie it.

3. The manner of clarifying of it is this; Put it into a Pipkin or Skillet, or some such thing, and set it over the fire, and when the Scum riseth, take it off; let it stand over the fire till no more Scum rise, then have you your Juyce clarified: cast away the Scum as a thing of no use.

4. When you have thus clarified it, you have two ways to preserve it all the year.

First, When it is cold, put it into Glass, and put so much Oyl on it as will cover it the thickness of two fingers, the Oyl will swim at top, and so keep the air from coming to it to putrifie it; when you intend to use it, do no more but so, pour out into a Porrenger a little more than you intend to use, and if any Oyl come out with it as if the Glass be not full (tis an hundred to one if there do) you may easily scum it off with a Spoon, and put the Juyce you use not into the Glass again, it will quickly sink under the Oyl. This is the first way.

Secondly, The second way is a little more difficult, and the Juyce of Fruits is usually preserved this way: When you have clarified the Juyce as before, boil it over the fire till (being cold) it be of the thickness of Honey: this is most commonly used for Diseases of the Mouth, and is called Rob and Sapa.

And thus much for the first Section, the second follows.

## SECT II.

### The way of making and keeping all necessary Compounds.

#### Chap. 1. Of Distilled Waters.

**H**itherto we have spoken of Medicines which consist in their own Nature, which Authors vulgarly cal Simples though something improperly: for in deed and in truth, nothing is simple but pure

pure Elements ; all things else are compounded of them : Welcome now to treat of the Artificial medicines, in the front of which ( because we must begin somewhere) we shall place distilled Waters, in which consider,

1. Waters are distilled out of Herbs, Flowers, Fruits and Roots.
2. We treat not of strong Waters, but of cold, as being to act Galen's part, and not *Paracelsus*.

3. The Herbs ought to be distilled when they are in their greatest vigor, and so ought the Flowers also.

4. The vulgar way of Distillation, which people use because they know no better, is in a Pewter Still; and although distilled Waters are the weakest of all Artificial medicines, and good for little unless for mixtures of other medicines, yet this way distilled they are weaker by many degrees than they would be, were they distilled in Sand. If I thought it not impossible to teach you the way of distilling in Sand by writing, I would attempt it.

5. When you have distilled your Water, put it into a Glass, and having bound the top of it over with a paper prick'd full of holes, that so the excrementitious and fiery vapors may exhale (which indeed are they that cause that settling in distilled Waters called the Mortales; which corrupts Waters and might this way be prevented) cover it close, and keep it for your use.

6. Stopping distilled Waters with a Cork makes them musty; and so will a paper also if it do but touch the water; your best way then is to stop them with a Bladder, being first wet in water, and bound over the top of the Glass.

Such cold Waters as are distilled in a Pewter Still (if well kept) will endure a year: such as are distilled in Sand, as they are twice as strong, so will they endure twice as long.

## Chap. 2. Of Syrups.

1. **A** Syrup is a Medicine of a liquid Form, composed of Infusion, Decoction, and Juyce: And, 1. For the more grateful tast. 2. For the better keeping of it with a certain quantity of Honey or Sugar, hereafter mentioned, boiled to the thickness of new Honey.

2. You see at the first view that this Aphorism divides it self into three Branches, which deserve severally to be treated of: *Viz.*

1. Syrup made by Infusion.

2. Syrups made by Decoction.

3. Syrups made by Juyce.

Of each of these (for your Instructions sake, kind Country men and women) I speak a word, or two, or three apart.

First, Syrups made by Infusion are usually made of Flowers, and of such Flowers as soon loose their color and strength by boiling; as Roscs, Violets, Peach flowers, &c. My Translation of the *London Dispensatory* will instruct you in the rest. They are thus made: Having picked your Flowers clean, to every pound of them add three pound (or three pints, which you will, for it is all one) of Spring water made boiling hot by the fire, first put your flowers in a Pewter pot with a cover, then pour the water to them,

then straining the pot, let it stand by the fire to keep hot twelve hours, then strain it out (in such Syrups as purge, as Damask Roses, Peach flowers, &c. The usual, and indeed the best way is to repeat this Infusion, adding fresh Flowers to the same Liquor divers times, that so it may be the stronger) having strained it out, put the Infusion into a Pewter Basin, or an Earthen one well glazed, and to every pint of it, add two pound of fine Sugar, which being only melted over the fire without boiling, and scummed, will produce you the Syrup you desire.

Secondly, Syrups made by Decoction, are usually made of Compounds: yet may any simple Herb be thus converted into Syrup: Take the Herb, Root, or Flower you would make into Syrup, and bruise it a little; then boil it in a convenient quantity of Spring water, the more water you boil in it, the weaker will it be, a handful of the Herb, Root, &c. is a convenient quantity for a pint of Water; boil it till half the Water be consumed, then let it stand till it be almost cold, and strain it (being almost cold) through a woollen cloth, letting it run out at leisure without pressing: to every pint of this Decoction add one pound of Sugar, and boil it over the fire till it come to a Syrup, which you may know if you now and then cool a little of it in a spoon; scum it all the while it boils, and when it is sufficiently boiled, whilst it is hot, strain it again through a woollen cloth, but press it not: Thus have you the Syrup perfected.

Thirdly, Syrups made of Juyces are usually made of such Herbs as are full of Juyce, and indeed they are better made into a Syrup this way, than any other, the operation is thus, Having beaten the Herb in a stone Morter with a wooden Pestle, press out the Juyce, and clarifie it as you were taught before in the Juyces, then let the Juyce boil away till a quarter of it (or near upon) be consumed; to a pint of this add a pound of Sugar, & boil it to a Syrup, alwaies scumming it, and when it is boiled enough strain it through a woollen cloth, as we taught you before, and keep it for your use.

3. If you make Syrups of Roots that are any thing hard, as Parsley, Fennel, and Gras roots, &c. When you have bruised them, lay them in steep sometimes in that Water which you intend to boil them in hot, so will the Vertue the better come out.

4. Keep your Syrups either in Glasses or stone Pots, and stop them not with Cork nor Bladder, unless you would have the Glass break, and the Syrup lost; and as many Opinions as there are in this Nation, I suppose there are but few or none of this, only bind a paper about the mouth.

5. All Syrups, if well made, will continue a year with some advantage: yet of all, such as are made by Infusion keep the least while.

### Chap. 3. Of Juleps.

1. Juleps were first invented, as I suppose in Arabia, and my reason is, because the word *Julip* is an Arabick word.

2. It signifies only a pleasant Potion, and vulgarly used (by such as were sick and wanted help, or such as are in health, and wanted no money) to refresh chirst.

3. Now adies 'tis commonly used,

1. To prepare the Body for Purgation.
2. To open Obstructions, and the Ports,
3. To digest tough Humors.
4. To qualify hot Distempers, &c.

4. It is thus made ( I mean simple Juleps : for I have nothing to say to Compounds here ; all Compounds have as many severl Ideas as men have Crotchers in their Brain ) I say simple Juleps are thus made : Take a pint of such distilled Water as conduceth to the Cure of your Distemper, which this Treatise will plentifully furnish you withal , to which add two ounces of Syrup conduced to the same effect ( I shall give you Rules for it in the last Chapter) mix them together, and drink a draught of it at your pleasure, If you love tart things , add ten drops of Oyl of Vitriol to your pint , and shake it together, and it will have a fine grateful tast.

5. All Juleps are made for present use, and therefore it is in vain to speak of their duration.

#### Chap. 4. Of Decoctions.

**A**LL the difference between Decoctions and Syrups made by Decoction, is this : Syrups are made to keep , Decoctions only for present use : for you can hardly keep a Decoction a week any time , if the weather be hot, not half so long.

2. Decoctions are made of Leaves, Roots, Flowers, Seeds, Fruits or Barks, conduced to the Cure of the Disease you make them for ; in the same manner are they made, as we shewed you in Syrups.

3. Decoctions made with Wine , last longer than such as are made with water , and if you take your Decoction to cleanse the passages of Urin , or open Obstructions, your best way is to make it with white Wine instead of water, because this is most penetrating.

4. Decoctions are of most use in such Diseases as lie in the passages of the Body, as the Stomach, Bowels, Kidnies , Passages of Urin , and Bladder , because Decoctions pass quicker to those places than any other form of medicines.

5. If you will sweeten your Decoction with Sugar , or any Syrup fit for the occasion you take it for, which is better, you may, and no harm do.

6. If in a Decoction you boil both Roots, Herbs, Flowers, and Seeds together, let the Roots boil a good while first , because they retain their Virtue longest ; then the next in order by the same Rule, viz. 1. Barks, 2. The Herbs, 3. The Seeds, 4. The Flowers, 5. The Species, if you put any in, because their Virtues ekeare foonest out.

7. Such things as by boiling cause sliminess to a Decoction , as Figgs , Quince seeds, Linseed, &c. your best way is , after you have bruised them to tie them up in a linnen rag , as you tie up a Calfs Brains , and so boil them.

8. Keep all Decoctions in a Glass close stopped , and in the cooler place you keep them, the longer will they last ere they be sour.

Lastly, The usual Dose to be given at one time, is usually two, three, four or five ounces, according to the age and strength of the patient, the season of the year, the strength of the medicine, and the quality of the Disease.

## Chap. 5. Of Oyls.

1. **OYL** Oyl, which is commonly known by the name of Sallet Oyl; I suppose because it is usually eaten with Sallets by them that love it: if it be pressed out of ripe Olives, according to Galen, is temperate, and exceeds in no one quality.

2. Of Oyls, some are Simple, and some are Compound.  
3. Simple Oyls are such as are made of Fruits or Seeds by expression, as Oyl of sweet and bitter Almonds, Linseed, and Rape seed Oyl, &c. of which see my *Dispensatory*.

4. Compound Oyls are made of Oyl of Olives, and other Simples, imagine Herbs, Flowers, Roots, &c.

5. The way of making them is this: Having bruised the Herbs or Flowers you would make your Oyl of, put them in an Earthen pot, and to two or three handfuls of them pour a pint of Oyl, cover the pot with a paper, and set it in the Sun about a fortnight or less, according as the Sun is in heatnes; then having warmed it very well by the fire, press out the Herbs, &c. very hard in a press, and add as many more Herbs to the same Oyl bruise (the Herbs I mean, not the Oyl) in like manner, set them in the Sun as before, the oftner you repeat this, the stronger your Oyl wil be: at last when you conceive it strong enough, boil both Herbs and Oyl together til the Juyce be consumed, which you may know by its leaving its bubbling, and the Herbs will be crisp: then strain it whilst it is hot, and keep it in a stone or glass Vessel for your use.

6. As for Chymical Oyls, I have nothing to say in this Treatise.

7. The general use of these Oyls, is for pain in the Limbs, roughnes of the Skin, the Itch, &c. as also for Oynments and Plaisters.

8. If you have occasion to use it for Wounds or Ulcers, in two ounces of Oyl, dissolve half an ounce of Turpentine, the heat of the fire will quickly do it: for Oyl it self is offensive to Wounds, and the Turpentine qualifies it.

## Chap. 6. Of Electuaries.

Physicians make more Oyl than needs by half about Electuaries. I shall prescribe but one general way of making them up; as for the Ingred ents, you may vary them as you please, and according as you find occasion by the last Chapter.

1. That you may make Electuaries when you need them, it is requisite that you keep alwaies Herbs, Roots, Seeds, Flowers, &c. ready dried in your house, that so you may be in readines to beat them into powder when you need them.

2. Your better way is to keep them whole than beaten: for being beaten they

they are the more subject to lose their strength, because the Air soon penetrates them.

3 If they be not dry enough to beat into powder when you need them, dry them by a gentle fire till they are so.

4 Having beaten them, sift them through a fine Tiffany Searce, that so there may be no great pieces found in your Electuary.

5 To one ounce of your powder, add three ounces of clarified Honey: this quantity I hold to be sufficient: I confess Authors differ about it. If you would make more or less Electuary, vary your proportions accordingly.

6 Mix them well together in a Mortar, and take this for a truth, You cannot mix them too much.

7 The way to clarify Honey, is to set it over the fire in a convenient vessel till the scum arise, and when the scum is taken off, it is clarified.

8 The usual Dose of Cordial Electuaries, is from half a drachm to two drams; of Purging Electuaries, from half an ounce to an ounce.

9 The manner of keeping them is in a Pot.

10 The time of taking them, is either in the morning fasting, and fasting an hour after them; or at night going to bed, three or four hours after Supper.

## Chap. 7. Of Conserve.

1 The way of making Conserve is Two-fold, one of Herbs and Flowers, and the other of Fruits.

2 Conserve of Herbs and Flowers are thus made: If you make your Conserve of Herbs, as of Scurvy-graſs, Wormwood, Rue, or the like, take only the Leaves and tender tops (for you may beat your heart out before you can beat the stalks small) and having beaten them, weigh them, and to every pound of them add three pound of Sugar, beat them very well together in a Mortar, you cannot beat them too much.

3 Conserve of Fruits, as of Barberries, Sloes, and the like, is thus made: First scald the Fruit, then rub the Pulp through a thick hair Sieve made for the purpose, called a Pulping Sieve; you may do it for a need with the back of a Spoon, then take this Pulp thus drawn, and add to it its weight of Sugar and no more, put it in a Pewter Vessel, and over a Charcoal fire set it up and down till the Sugar be melted, and your Conserve is made.

4 Thus have you the way of making Conserve; the way of keeping of them, is in Earthen Pots.

5 The Dose is usually the quantity of a Nutmeg at a time morning and evening, or (unless they be purging) when you please.

6 Of Conserve, some keep many years, as Conserve of Roses: others but a year, as Conserve of Borage, Bugloss, Cowslips, and the like.

7 Have a care of the working of some Conserve presently after they are made, look to them once a day, and stir them about; Conserve of Borage, Bugloss and Wormwood have gotten an excellent faculty at that sport.

8 You may know when your Conserve are almost spoiled by this, You shall find a hard crust at top with little holes in it, as though worms had been eating there.

## Chap. 8. Of Preserves.

**O** F Preserves are sundry sorts, and the Operations of all being something different we will handle them all apart.

There are preserved with Sugar,

- 1 Flowers.
- 2 Fruits.
- 3 Roots.
- 4 Barks.

1 Flowers are but very seldom preserved, I never saw any that I remember, save onely Cowslip flowers, and that was a great fashion in *Sussex* when I was a Boy: It is thus done: First, Take a flat Glass, we call them Jar Glasses, strew in a laying of fine Sugar, on that a laying of flowers, on that another laying of Sugar, on that another laying of flowers, do so till your Glass be full; then tie it over with a paper, and in a little time you shall have very excellent and pleasant preserves.

There is another way of preserving Flowers, namely, with Vinegar and Salt, as they pickle Capers and Broom Buds, but because I have little skill in it my self, I cannot teach you.

2 Fruits, as Quinces, and the like, are preserved two wayes:

First, Boyl them well in water, and then pulp them through a sieve as we shewed you before; then with the like quantity of Sugar boyl the water they were boyled in, into a syrup, *viz.* A pound of sugar to a pint of Liquor; to every pound of this Syrup add four ounces of the pulp, then boyl it with a very gentle fire to the right consistence, which you may easily know if you drop a drop of it upon a Trencher, if it be enough it will not stick to your fingers when it is cold.

Secondly, Another way to preserve Fruits is this, First, pare off the Rind, then cut them in halves, and take out the Core; then boyl them in water till they are soft, if you know when Beef is boyled enough, you may easily know when they are; then boyl the water with its like weight of sugar into a Syrup, put the Syrup into a pot, and put the boyled Fruit as whole as you left it when you cut it into it, and let it remain till you have occasion to use it.

3 Roots are thus preserved: First scrape them very clean, and cleanse them from the pith if they have any, for some Roots have not, as Eringo, and the like; boyl them in water till they be soft, as we shewed you before in the Fruites, then boyl the water you boyled the Roots in, into a Syrup as we shewed you before, then keep the Root whole in the Syrup till you use them.

4 As for Barks we have but few come to our hands to be done, and those of those few that I can remember, are Oranges, Lemmons, Citrons, and the outer Bark of Walnuts which grows without the shell, for the shells themselves would make but scurvy Preserves: These be they I can remember, if there be any more, put them into the Number.

The way of preserving these is not all one in Authors, for some are bitter, some are not: Such as are bitter, say Authors, must be soaked in warm wa-

ter, oftentimes changed till their bitter taste be fled; but I like not this way, and my reason is this, Because I doubt when their bitterness is gone, so is the Virtue also: I shall then prescribe one common way, namely, the same with the former, viz. First boyl them whole till they be soft, then make a syrup with sugar and the Liquor you boyled them in, and keep the Barks in the syrup.

3 They are kept in Glasses, or glassest pots.

4 The preserved flowers will keep a year if you can forbear eating of them; the Roots and Barks much longer.

5 This Art was plainly and clearly at first invented for delicacy, yet came afterwards to be of excellent use in Physick: For,

First, Hereby Medicines are made pleasant for sick and queazy stomachs which else would loath them.

Secondly, Hereby they are preserved from decaying a long time.

### Chap. 9. Of Lohocks.

1 **L**oh which the Arabians call *Lohochi*, and the Greeks *Ectemna*; the Latins call *Lithus*, and in plain English signifies nothing else, but a thing to be licked up.

2 Their first invention was, to prevent and remedy afflictions of the Breast and Lungs, to cleanse the Lungs of flegm, and make it fit to be cast out.

3 They are in Body thicker than a Syrup, and not so thick as an Elixir.

4 The manner of taking them, is often to take a little with a Liquoris stick, and let it go down at leisure.

5 They are easily thus made: Make a Decoction of any pectoral Herbs, the Treatise will furnish you with enough, and when you have strained it, with twice its weight of Honey or sugar, boyl it to a Lohochi: If you are molested with tough flegm, Honey is better than sugar, and if you add a little Vinegar to it you will do well, if not, I hold sugar to be better than Honey.

6 It is kept in pots, and may be kept a year and longer.

7 It is excellent for roughness of the Windpipe, Inflammations of the Lungs, Ulcers in the Lungs, difficulty of Breath, Astmaes, Coughs, and distillation of Humors.

### Chap. 10. Of Oyntments.

1 **V**arious are the wayes of making Oyntments which Authors have left to posterity, which I shall omir, and quote one which is easiest to be made, and therefore most beneficial to people that are ignorant in Physick, for whose sakes I write this. It is thus done:

Bruile those Herbs, Flowers, or Roots you would make an Oyntment of, and to two handfuls of your bruised Herbs add a pound of Hogs Grease tried, or cleansed from the Skins, beat them very well together in a Stone Morter with a wooden pestle, then put it in a stone pot (the Herbs and Grease I

mean, nor the Mortar) cover it with a paper, and set it either in the Sun, or some other warm place, three, four, or five dayes, that it may melt; then take it out and boyl it a little, then whil'st it is hot, strain it out, pressing it out very hard in a press; to this Grease add as many more Herbs bruised as before; let them stand in like manner as long, then boyl them as you did the former; if you think your Oyntment be not strong enough, you may do it the third and fourth time; yet this I tell you, The fuller of juyce your Herbs are, the sooner will your Oyntment be strong: the last time you boyl it, boyl it so long till your Herbs be crisp, and the juyce consumed, then strain it, pressing it hard in a press, and to every pound of Oyntment add two ounces of Turpentine, and as much Wax, because Grease is offensive to Wounds as well as Oyl.

2 Oyntments are vulgarly knowne to be kept in pots, and will last above a yeer, some above two yeer.

### Chap. XI. Of Plasters.

1 **T**he Greeks made their Plasters of divers Simples, and put Metals in most of them, if not in all; for having reduced their Metals into powder, they mixed them with that fatty substance whereof the rest of the Plaster consisted, whilst it was yet hot, continually stirring it up and down lest it should sink to the bottom; so they continually stirred it till it was stiff; then they made it up in Rolls, which when they need for use they could melt by the fire again.

2 The Arabians made up theirs with Meal, Oyl, and Fat, which needed not so long boylung.

3 The Greeks Emplaisters consisted of these Ingredients: Metals, Stones, divers sorts of Earth, Feces, Juyce, Liquoris, Seeds, Roots, Herbs, Excrements of Creatures, Wax, Rozin, Gums.

### Chap. 12. Of Pultisses.

1 **P**ultisses are those kind of things which the Latins call *Cataplasma*, and our learned Fellows, that if they can read English that's all, call them *Cataplasms*, because 'tis a crabbed word few understand; it is indeed a very fine kind of Medicine to ripen sores.

2 They are made of Herbs and Roots fitted to the Disease and member afflicted, being chopped small, and boyled in Water almost to a jelly, then by adding a little Barly meal, or meal of Lupines, and a little Oyl, or tough sheep suet, which I hold to be better, spread upon a cloth and applied to the grieved place.

3 Their use is to ease pains, to break sores, to cool Inflammations, to dissolve hardness, to ease the spleen, to concoct Humors, to dissipate swellings.

4. I beseech you take this Caution along with you, Use no Pultisses (if you can help it) that are of an healing Nature, before you have first cleansed the Body, because they are subject to draw the Humors to them from every part of the Body.

## Chap. 13. Of Troches.

**T**he Latins call them *Placentulae*, or little Cakes (and you might have seen what the Greeks call them too, had not the last Edition of my *London Dispensatory* been so hellishly printed; that's all the Kingdom gets by one Stationers printing another's Copies, *viz.* To plague the Country with False Prints, and disgrace the Author.) the Greeks *τροχες*, *κυκλοντοι*, and *εγριοντοι*; they are usually little, round, flat Cakes, or you make them square if you will.

**2** Their first invention was, That Powders being so kept might resist the intromission of Air, and so endure pure the longer.

**3** Besides, They are the easier carried in the pockets of such as travell: Many a man (for example) is forced to travel whose stomach is too cold, or at least not so hot as it should be, which is most proper, for the stomach is never cold till a man be dead; in such a case 'tis better to carry Troches of Wormwood, or of Galanga, in a paper in his pocket, and more convenient behalf than to lug a Gallipot along with him.

**4** They are thus made: At night when you go to bed, Take two drachms of fine Gum Tragacanth, put it into a Galli-pot, and put half a quarter of a pint of any distilled Water fitting the purpose you would make your Troches for, to it, to cover it, and the next morning you shall find it in such jelly as Physitians call Muffilage; with this you may (with a little pains taking) make any Powder into past, and that past into little Cakes called Troches.

**5** Having made them, dry them well in the shadow, and keep them in a pot for your use.

## Chap. 14. Of Pills.

**T**hey are called *Pilule*, because they resemble little Balls; the Greeks call them *Catapora*.

**2** It is the Opinion of Modern Physitians, That this way of making up Medicines, was invented only to deceive the palate, that so by swallowing them down whole, the bitterness of the Medicine might not be perceived, or at least it might not be unufferable; and indeed most of their pills, though not all, are very bitter.

**3** I am of a cleat contrary Opinion to this: I rather think they were done up in this hard form, that so they might be the longer in digesting, and my Opinion is grounded upon Reason too, not upon Fancy nor Hearsay: The first invention of Pills was to purge the head: now as I told you before, such infirmities as lay near the passages were best removed by Decoction, because they pass to the grieved part soonest: so here: If the infirmity lie in the head or any other remote part, the best way is to use Pills, because they are longer in digestion, and therefore the better able to eall the offending humor to them.

**5** If I should tel you here a long Tale of Medicines working by Sympathy and Antipathy, you would not understand a word of it, they that are set to make Physitians may find it in the Treatise: All Modern Physitians

know not what belong to a Sympathetical Cure, no more than a Cuckoo knows what belongs to Flats and Sharps in Musick, but follow the vulgar road, and call it, a Hidden Quality, because 'tis hidden from the eyes of Dunces; and indeed none but Astrologers can give a reason of it, and Physick without Reason is like a Pudding without Fat.

5. The way to make Pils is very easie, for with the help of a Pestle and Morter, and a little diligence, you may make any Powder into Pils, either with Syrup, or the Jelly I told you of before.

### Chap. ult. The way of mixing Medicines according to the Cause of the Disease, and part of the Body afflicted.

**T**HIS being indeed the Key of the Work, I shall be somewhat the more diligent in it. I shall deliver my self thus :

1. To the Vulgar.

2. To such as study Astrology, or such as study Physick Astrologically.

First, to the Vulgar : Kind souls, I am sorry it hath been your hard mishap to have been so long trained in such Ægyptian darkness, even darkness which to your sorrows may be felt : The vulgar Road of Physick is not my Practice, and I am therefore the more unfit to give you advice;

\* Galens and I have now published a little \* Book which will fully instruct Art of you, not only in the knowledge of your own Bodies, but also in Physick, fit Medicines to Remedic each part of it when afflicted ; in the mean season take these few Rules to stay your stomachs.

1. With the Disease, regard the Cause, and part of the Body afflicted; for example, Suppose a Woman be subject to miscarry through wind, thus do :

1. Look [Abortion] in the Table of Diseases, and you shal be directed by that how many Herbs prevent Miscarriage.

2. Look [Wind] in the same Table, and you shal see how many of those Herbs expel Wind.

These are the Herbs Medicinal for your Grief.

3. In all Diseases strengthen the part of the Body afflicted.

3. In mixed Diseases there lies some difficultie, for sometimes two parts of the Bodie are afflicted with contrary Humors, as sometimes the Liver is afflicted with Choler and water, as when a man hath both a Dropsey and the yellow Jaundice, and this is usually mortal.

In the former, suppose the Brain be too cold and moist, and the Liver too hot and dry, thus do :

1. Keep your head outwardly warm.

2. Accustom your self to smell of hot Herbs.

3. Take a Pill that heats the Head at night going to Bed.

4. In the morning take a Decoction that cools the Liver, for that quickly passeth the stomach, and is at the Liver immediately.

You must not think (Courteous people) that I can spend time to give you examples of all Diseases, these are enough to let you see so much light as you without Art are able to receive : If I should set you to look upon the Sun I should dazzle your Eyes, and make you blind.

Secondly, To such as study Astrologic ( who are the only men I know that are fit to study Physick, Physick without Astrologic, being like a Lamp without Oil) You are the Men I exceedingly respect, and such Documents as my Brain can give you at present (being absent from my study) I shall give you.

- 1 Fortifie the Bodie with Herbs of the Nature of the Lord of the Ascendent, 'tis no matter whether he be a Fortune or an Infortune in this case.
- 2 Let your Medicine be somthing Antipathetical to the Lord of the Sixth
- 3 Let your Medicine be somthing of the Nature of the sign Ascending.
- 4 If the Lord of the Tenth be strong, make use of his Medicines.
- 5 If this cannot well be, make use of the Medicines of the light of time.
- 6 Be sure alwaies fortifie the grieved part of the Body by sympathetical Remedies.

7 Regard the Heart, keep that upon the Wheels, because the Sun is the Fountain of Life, and therefore those universal Remedies, *Aurum Potabile*, and the Philosophers Stone, cure all Diseases by only fortifying the Heart.

**THE**

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**FINIS.**

Here followeth the Astrological  
Cure of all Diseases as briefly as  
can conveniently be Expreſed in this  
following tract;

If the Disease be caused by Saturne, we  
may Cure by Sympathy with a planet of  
Jupiter, the Sun, or Mercury; for they are  
friends to Saturne; Or we may cure the  
said Disease by Antipathy, by a plant of  
Mars or some his enemies —

If Jupiter causes the Disease, or be Lord of  
the Sixth, or afflict the Lord of the Ascendant  
Dominante, all Medicines cure by Sympathy  
all the planets being friends to Jupiter, but  
Mars, and a plant of Mars may cure by Anti-  
=pathy; —

If Mars cause the Disease, or be Lord of  
the Sixth, that is cured by Sympathy by  
a venenous plant; By Antipathy by Medicines  
governed by any of the other planets; i.e.

Yet in this case, the Sympathy w<sup>th</sup> Venus is  
of greater force, than the Antipathy of  
Mars, with the rest of the planets,

A Disease of the Sun is best cured by  
a planet of Saturn antipathetically, for  
Saturn alone is his Enemy; but by Sympa-  
=thetically by a planet of any of the other  
planets, indifferent friends w<sup>th</sup> Sun

A sickness caused or governed by Venus,  
is best cured by Antipathy, by a planet of  
Saturn, Contraria contrarijs curantur;  
but the planets of all other planets being  
friends, if they cure it by Sympathy —  
A sickness caused by Mercury, is cured Sympa-  
=thetically by a planet of ♀, ♀, and ♂,  
being his friends. Antipathetically by —  
planets, or Drugs, or Minerals of ♂, ♂, or ♀,  
being ♀ friends —

A sickness caused by the ♀ is cured Antipa-  
=thetically by the ♂

Uniphatically by a plant of ♀, or ♂;  
Sympathetically by Medicaments under the  
government of women —

After Drawing of Schems at the Deurnbi-  
=ture or otherwise, observe that the Lord of the  
Fourth Signifies the Medicine, and the Lord of the  
Seventh the Physick; if the Lord of the tenth  
be a fortune and strong, give a plant or plant  
governed by Sun that is fit to remove the  
Distemper; but if the Lord of the tenth house  
or the house of physick be weak, afflicted, or  
in quartile aspect, or opposite to the Lord of  
the asunder or Sixth house, and be also an  
Infortune, give not a medicine that is governed  
by Sun.









