

The Syrup of this herb doth wonderfully & a goodly
 ease in asthmae long coughs & long of coughs
 coughs & long of coughs the also doth saffron
 burning breath againe when one is overat
 cold doth if taken in twenty grains at the most
 (for some is curfull) be given in new or sweet
 wine saffron is hot in the 2^d degree & dry in the
 third first.

Sylvestris is a herb hot & dry in the third degree
 whose therio virtues are briefly comprised
 in these few verses

The sylvestris is a herb to purge the
 new fleumes & curfull humours from the breast
 also saffron with the fungus greates comfort
 with honey boyled: but for a goodly
 it gives good colour & rayclions wounds.
 And is therefore with women is request.

1st The syrreth softned in the verses of it thus
 1st The syrreth of sylvestris made with figs & gargarid
 in the mouth or care at upon the breast
 the humours & impurities of the mouth throat
 also washeth the difficulty of swallowing coming
 by cold rheumes.

2nd The same made with figgs honey water &
 wine & drinke to take the inflammation of the

Obstructions or bleedings of the breast.

3rd The Syrup or Juice taken with the Syrup of
 Oringer & swigeth long & stony fleume by
 stool, & driveth for the worms, if it be eaten
 with figgs

4th & the water saithic is also good for the
 aforonames diseases, but nothing is goodly
 & for the

Water: broths are of nature cold & dry, they are
 made of the green sithic, & some their
 an improved lively colour againe in the
 land, if they take them thus viz. they shall
 & boyl them in the broth of flesh, & of
 eat such broth for a month together at
 morning noon & night also boyl them
 in the same manner they provoke urine
 wash the stone & drive it out. Good pag. 201

Stethorwood is cold & dry in the end of third
 degree

It is said the oildes of burnt sulfur & ironwood
 to powder, & boyled with the Oyl of Radish, or some
 other thin Oyl is the pulling of the hair from
 the head & cause the beard to grow quickly, the
 same doth also the Juice of this herb mixed with
 the Oyl of Sill.

Which will be with you may be done as you shall see

good
 the
 the

good
 the
 good

a Crust of this herb laid under the Gillow of a
Boo doth greatly diminish the fire to the wewall out
of of fowes agt all starrus that hath been to
hindor it *Plin: lib. 21: cap. 21*

Berry Thow is an herbe called *Herba Paris* One *Berry* or *Herbe*
istany *hu lowe*; so called because at the top of the stalk in beareth
4 leaves like unto a true *tover* tree. this herb is good for such as
suffer with phisick foolish for they know not what let them
drinke halfe a spoonfull of the powder, or of the berries
at more ease.

my It is called in *Latine* *Dittany* is an herbe that dry flowers
are two kinds of it *Dittany of Croote* & *Dittany of*
Dittany.

That which is the true *Dittany* is of wonderful operation *Plin*
saith that it groweth only in *Crete* or *Candye*, & is bound all
to the wounds & sores for the wild *Gotes* & *Sores* in *Candye*
where they be wounded with arrows or darts do shake them
out by salting of this herb, it also health their wounds
The *Barbary* *Dittany* hath verie hard seeds which like to his
but not of such great force.

in *Cumin* in *Latine* is called *Cuminum* is hot & dry in the third
degree

The seeds of this herb soden in water if they have be washed
with the same, do cause it to be cold & fan, yet so it not to
flow; for when it be doth be cold, it is good therefore for such
as be high coloured & have to much blood in their bodies

More over *Caw* this seed in your mouth after the eating
of Onions *Garlick* or *pot* it is to be away then *Sweet*

The seeds of this herb driveth away Quacks
also it stoppeth the bleeding at the nose being tempered
with *Viniger* & *Succlor* to be

to be
of
Quack
to be
of

Must *Pliny* affirmeth that the seeds of it
strengthen the mind, & must those for to good
Hudok; good also agt the biting of *Scorpions* &
Staves, wounding they the *torment*, & *sores* &
in *Candore* strengthen the *Stomack* & *digest*

Good
to be

But let the good wife never use to rub
milk bowls with Must. For *Milke* in milk
will not suffer the milk to curd, although the *Amor*
or *burning* as they call it, be put in it. This herb is
hot & dry in the 3^d degree, and as *beats* *Salome*
but notwithstanding it is good agt *wormes*

good to
be

The worms that gnaw the wood & wood
and killed our grapes down away by Must.

Mustard or *Sower* is called in *Latine* *Sinapis* or
Sinapis is hot & dry in the 4th degree & is more than
good agt *avoids* that is *tooth*; wherefore if any be
quack to *Must* & would faine have a *dear* voice
to sing, let him make *Mustard* seeds into powder &
wor to the same with *hony* into little balls of wine
let him swallowe it down with *Morru* & *honey*

Must

verriall

Powriall or Puding grass is called in Latin *Pulsatilla*
or *Pulsatilla* regalis is an herb is hot & dry in the 3^d degree
& good for such as are daily moved to Sterts: for both these
take the fresh pousonall & cut it thin in the middle
thin tongue & by often applying the fresh herb to the
shale drive away the desire of sleep.

day-mother
Growth

day-mother according to *Silvius Salerni*
is a herb that can be killed with inclining
of the pousonall & good without some
And some affirm that they have found by
that Growth greater name is said by pousonall

tryony

Tryony or the white wine as it is commonly called
is of two kinds the one white the other black the first
with one, which is *Enonia sylvestris* the second is
called in Latin *Vitis alba*. but according to *Pliny*
is the *Bryonia* or *Madon*

White *Brionic* is in all parts hot and drie, exceeding
the third degree.

It scoureth the skin; taketh away wrinkles, freckles,
sunne-burning, black marks, spots, and scarres of the
face, if the juice be tempered with the meal of vetches,
or tares, or of fennegreek: or boiled in oyl till it be consu-
med, it taketh away black and blew spots which come
of stripes.

And, as *Galen* affirmeth, it is a plant profitable for tan-
ners; to thicken their leather hides with, *Ger. ex Galen.*

Madwort, or *Moon-wort*, in Greek *ελυσιον*, in Latine
Alyssum, or *Lunaria*, is an herb of a temperature meanly
drie, and very like to *Horehound*, but rougher and more
full of prickles about the flowers; the colour of which
flowers are tending to blew: the leaves are small and
fashioned something like an heart, with a crooked line
along the same, divers tufts depending on a long tail, on
both sides: somewhat long, flat, and divided on the one
side by crooked fittings, which seem to be round holes;
the entrie whereof is raised both on the one part, and on
the other: The stalks thereof are made with hollow an-
gles, garnished with grosse branches: and the grain in
the cod, is made like a crescent with two horns; from
whence it is called *Moon-wort*, or *Lunaria*. Thus I finde
it described: and note also that the root is slender, and
about some foure fingers long.

I meet sometimes with many strange reports concern-
ing this herb: and who more highly esteem it then the
Alchymists? because it seemeth to be a thing very proper
to them, and peculiar for their use in making of silver.
The Italians call it, *Unshoe-the-horse*; because, if they
tread upon it, they lose their shoes, and are freed from
their locks and fetters.

Oh *Moon-wort* tell us where thou hid'st the smiths
Hammer and pincers thou unshoo'st them with.

Good against
scarres, spots,
freckles, &c.

An herb for tan-
ners.

Madwort.

This is an herb of
a strange proper-
tie. For it is an
herb that unshoe-
eth horses, and
the like.

De Rec.

*Alas! what lock or iron engine is't
That can thy subtil secret strength resist,
Sith the best Farrier cannot set a shoe
So sure, but thou with speed canst it undo?*

These secrets are strange, and somewhat are they strengthened by that which *Plinie* writeth of the wood-pecker, who, by the means of a certain herb, draweth the wedges out of the holes in trees, which shepherds have driven in: yea nails, or any other such like wedges, are fetched out by the vertue of this herb. Thus *Plinie* relateth, and he alledgeth one *Trebias* for his witness. See *Plin. lib. 10. cap. 18.*

M^r Gerard saith that it is sown now and then in gardens, especially for the rarenesse of it; but the seed (saith he) is brought over either from Spain or Italic. But why may it not grow in other places? I remember what a friend of mine, of good credit, once told me, that his grandfather had a close, wherein it was a common thing to finde their horses unfettered in the morning, although they were fast shackled over night: he named also the place; but I have now forgotten it. Here do I suppose might grow some of this herb, if there be any such to work these feats.

But to omit these strange narrations, let me acquaint you with that excellent propertie which *Galen* mentioneth; namely, that if it be given to such as are enraged by the biting of a mad dog, it doth perfectly cure them. *Ger. Herb. pag. 380.* It is therefore also called *Madwort*.

Parsley is an herb hot and drie; hot in the second degree, and drie almost in the third. There be many kindes of *Parsley*; and every one of them, according to the Greek, are called *σάλινον*; and in Latine, *Apium*, *Petrapium*, and the like. But know that there is *Apium hortense*, garden *Parsley*; and *Apium palustre*, water *Parsley* (which is *Smallage*) and *Apium montanum*, mountain *Parsley*.

Good against the biting of a mad dog.

Parsley.

Parsley; and *Petrapium*, or *Petroselinum Macedonicum*, which we in England call *stone Parsley*. Moreover, some say that *Alifanders* are called the great *Parsley*: and again, there is *Apium sylvestre*, wilde *Parsley*.

Elianus reporteth, in the 13 book of his variable historie, that when the Harts stand in need of a remedie against any dangerous disease, they then use to eat wilde *Parsley*.

There be generally two sorts of *Thyme*; the wilde and the garden *Thyme*: and both are hot and drie in the third degree.

The wilde is called in Greek *ἐρύλλος*, in Latine *Serpilium*, a *serpendo*, from creeping: for so it grows, and creeps upon the ground from place to place.

The garden *Thyme* is called *Thymum durius*, and in Greek *θύμος*, which is a generall name for all kinde of *Thyme*.

Bees are greatly delighted with this herb: and for such as are subject to the falling sicknesse, let them use to smell unto it. Also, it being made into powder, is good for such as be fearfull, melancholy, and troubled in minde, if it be taken in Mead, or a honied vineger which is called *Oximel. Ger.*

Arsmart, or water *Pepper*, groweth almost in every waterish plash, or neare unto the brims of rivers, ditches, and running brooks. In Greek it is *ὑδροπίπερος*, in Latine *Hydropiper*, or *Piper aquaticum*. It is hot and drie of temper.

The leaves of this herb rubbed upon a tired jades back, and a good handfull or two laid under the saddle, doth wonderfully refresh the wearied horse, and causeth him to travell much the better: and note that this is to be done as soon as he beginneth to tire.

Peonie, in Greek *παονία*, in Latine *Peonia*, and *Dulcifida*, is an herb meanly hot and drie.

How sick Hares cure themselves.

Thyme.

Good against the falling sicknesse, and troubled minde.

Water *Pepper.*

An herb which will help the tiring of a jade.

Peonie.

A medicine for
the Mare, melan-
choly dreams,
falling sicknesse,
&c.

The black grains or seeds of the male *Peonie* bruised, and given to drink in mead or wine, help melancholy dreams, cure the disease called *Ephialtes*, or *Night mare*. A syrupe made of the flowers doth greatly help the falling sicknesse. And, as *Galen* hath found by sure and evident experience, (saith *M^r Gerard*) the fresh root tied about the necks of children, doth the like cure: but unto those that are grown, the said root must be administered in some syrupe or decoction, and taken inwardly, or else it helpeth not.

*Spear-
wort.*

Spear-wort or *Bane-wort*, is an herb which if it be taken inwardly, is deadly. It groweth by ditches and rivers sides, and waterish places:

An herb which
beggars use to
blister their arms
and legs withall.

Cunning beggars do use to stamp the leaves of this herb and lay them to their legs and arms, which cause such filthy ulcers as we daily see among such wicked vagabonds (for they will raise blains and blisters) and by this practise they hope to move the people to the more pitie: But let not the abuse extirpate the right use: for the learned affirm that it prevaieth much towards the drawing of a plague-fore from the heart and inward parts. In Greek it is called *πλετύφυλλος*, and in Latine *Ranunculus longifolius*. Moreover, it hath also the name of *Bane-wort*, because when sheep feed on it, they have their livers enflamed, their guts and entrails fretted and blistered by it. It is hot and drie in the fourth degree.

*Sulphur-
wort.*

Sulphur-wort or *Hogs fennell*, in Greek is *πεννέδαμος*, in Latine *Pencedanus*, or *Feniculum porcinum*. It is hot in the second, and drie in the beginning of the third degree; and is used with good successe against the ruptures and burstnings of young children; being very good to be applied to their navels, if they start out over much.

Good for young
children.

Feverfew, called in Greek *παραθενιον*, or else *αμύρακος*, and in Latine *Parthenium*, is hot in the third degree, and drie in the second.

This

This herb dried and made into powder, is good against a swimming and turning in the head, if some two drammes of it be taken with hony or sweet wine. Also it is good for such as be melancholic, sad, pensive, and not desiring to speak.

Moufearre, or *Pilosella*, is hot and dry. The decoction or the juice of this herb is of such excellencie, that if steel-edged tools glowing hot be often cooled therein, it maketh them so hard that they will cut stone or iron, be it never so hard, without turning the edge or waxing dull.

Celandine, or *Swallow-wort*, in Greek is *χελιδονιον*, in Latine *Chelidonium*. This herb is hot and dry in the third degree. Some say that it was thus named because (as *Plinie* writeth) it springeth at the coming of the swallows, and withereth at their departure: which, I suppose, is false, seeing it may be found all the yeare. That therefore which he writeth in his 8 book, the 27 chapter, did rather occasion the name: For (saith he) the swallows have demonstrated unto us, that *Celandine* is good for the sight, because when the eyes of their young ones be out, they cure them again with this herb. Whereupon one writes out of *Schola Salerni*, thus,

*An herb there is takes of the Swallows name,
And by the Swallows gets no little fame;
For Plinie writes (though some thereof make doubt)
It helps young Swallows eyes when they are out.*

Also, the root being chewed is reported to be good for the tooth-ach.

Angelica is hot and dry in the third degree. It is an enemy to poysons, and cureth pestilent diseases, if it be used in time: yea the very root chewed in the mouth is good against infection.

*Contagious aire, ingendring pestilence,
Infects not those who in their mouthes have tane
Angelica, that happie counter-banc.* K k 3

Good against a
Vertige.

Good to drive
away sadnesse.

Moufearre.
Good to harden
edge tools.

Celandine.

k Lib. 25. cap. 8.

Good for the
tooth ach.

Angelica.

In Ent.

Dra-

Dragon.
Ill for women
with childe.

Dragon is an herb much like to *Angelica* in operation, if the distilled water be drunk: onely observe that the smell of *Dragon* flowers are hurtfull to women newly conceived with childe. *Ger.*

Sowbread.

Sombread, or *Swines-bread*, is an herb hot and drie in the third degree. In Greek it is *κωνδαμνος*, and in Latine *Tuber terre*.

A dangerous herb
for women with
childe.

This herb is also dangerous for women with childe either to touch, take, come neare, or stride over it: For, without controversie (as Mr *Gerard* affirmeth) it maketh them be delivered before their times. He therefore, having it growing in his garden, used to set sticks or barres, that such a danger might be shunned. And this effect he attributeth to the extraordinary naturall attractive vertue in it. *Dioscorides* and *Matthiolus* do not deny the said marvellous operation: and *Du Bartas* remembers it thus,

*If over it a childe-great woman stride,
Instant abortion often doth betide.*

Lavender.

Lavender (as is supposed) is but the female plant of that which we call *Spike*: and being sweet in smell, it is used in baths and waters to wash the hands: in which regard it is called *Lavender* or *Lavander*, from the Latine word *Lavo*, to wash.

Leeks.

Leek is hot and dry: the Greeks call it *πράσον*, the Latines *Porrum*; according to which name, *Nero* the Emperour was called. For, because he took great pleasure in this root, he was named in scorn, and called *Porrophagus*.

The discommodie
of Leeks.

Leeks are not good for hot and cholerick bodies; because if they be eaten often, they ingender naughtie blood, hurt the head, dull the sight, and make one to be troubled and affrighted with terrible dreams.

Onions.
Good against
barrenesse and
bleeding.

The like may be said of *Onions*. And yet (according to some) the water of the distilled roots, being done in

June,

June, and drunk often by women that are barren, helpeth them: As also the same water helpeth the bleeding at the nose, if fine cotten be dipped in it, and put up into the nostrils.

And of *Onions* it is likewise written, that if they be bruised, and mixed with salt and hony, they will then destroy warts, and make them fall off by the very roots.

Also there is another propertie in *Onions*, which (when I had little else to do) I observed in this following Epigram,

*He that a bad wife follows to the grave,
And knows not how, for joy, a teare to crave,
May Onions use to make him weep in shew;
For who can weep indeed to lose a shrew?*

Garlick, called in Greek *σκόροδος*, and in Latine *Allium*, is hot and dry (as *Galen* writeth) even unto the fourth degree. It is called the country mans Triacle, and hath many good properties: And amongst other things, one thing very strange I finde recorded of it; viz. that though the often eating of it do harm the whole and perfect sight, yet the moisture or juice infused into the eyes, doth comfort a dull sight. It is said that the strong smell of *Garlick* is put away by chewing of *Cummin*-seed, or by eating a green bean or two after it.

Also I finde that if a woman doubt of her being with childe, let there be set all night by her bed side some *Garlick*, and if she smell it not, then she may conclude that she hath conceived, or is with childe.

Sleep not presently after the eating of *Radish*, for that will cause a stinking breath.

And withall let this be noted, that the *Parsnep* and *Carret* are hot and dry about the third degree. The *Turnep* is hot and moist: This is a root which is eaten

Good against
warts.

A medicine to
be used at the
death of a shrew.

Garlick.

Good for the
eye.

How when a wo-
man doubteth, she
may know whe-
ther she be with
childe.

Parsnep.

Carret.

Turnep.

Swine eat no
Turneps.

of

Skirret.
Artichoke.
Elecampane.

of men, but loathed of swine. The *Skirret* is moderately hot and moist. The *Artichoke* is hot and dry unto the second degree. The *Elecampane* is hot in the third, but dry in the second degree: and the chief vertues of it are to open the breast, or to help shortness of winde caused by tough flegme, which stoppeth the lungs. Also it openeth oppilations of the liver and splene, and comforteth the stomack, as saith *Schola Salerni*,

Enula campana, hæc reddit præcordia sana, &c.

Elecampane strengthens each inward part, Asswageth grief of minde, and cheers the heart. A little looseness is thereby provoken,

It quelleth wrath, and makes a man fair-spoken.

The vertues of
Elecampane.

Rape.
Tarragon.
Red Darnell.

The *Rape* is also of an hot temper. And *Tarragon* is hot and dry to the third degree. The *Red Darnell* is hot also, and good to be drunk for pissing the bed.

Of *Tabaco*, or (as it is commonly called) *Tobacco*, there be principally two kindes, saith *M^r Gerard*: one greater, the other lesse. The greater was first found in those provinces of *America* which we call the *West Indies*. The lesse comes from *Trinidad*, an island neare unto the continent of the said *Indies*. To which some have added a third sort. And since the first discovery, there have been plantations made in other places.

Tobacco.
The kindes of
Tobacco, and
where it was
first found.

The people of *America* call it *Petum*. Others, *Sacra herba*, *Santa herba*, and *Sana sancta Indorum*. The reason being (as I take it) because when the *Moors* and *Indians* have fainted, either for want of food or rest, this hath been a present remedie unto them to supply the one, and help them to the other. And some have called it *Elyoscyamus Peruvianus*, or *Henbane of Peru*; which also *M^r Gerard* assenteth unto, verily thinking that it is a *Species Elyoscyami*, (for there be more kindes of *Henbane* then one) chiefly in regard of the qualitie; because it bringeth drowsiness, troubleth the senses, and maketh a man, as
it

The names of
Tobacco.

it were, drunk, by taking of the fume onely. Of some it is named *Nicotiana exotica*: and by *Nicholas Monardis* it is named *Tabaco*. Which said *Monardis* witnesseth that it is hot and drie in the second degree.

The Physicall & chirurgicall uses of it, are not a few; and being taken in a pipe it helpeth aches in any part of the bodie; being good also for the kidneys by expelling winde. But beware of cold after it; neither take it wantonly, nor immoderately. And know that some commend the syrupe before the smoke: yet the smoke (say they) physically taken is to be tolerated, and may do some good for rheums, and the forenamed maladies: which, whilest some might cure, they make them worse. For we see that the use is too frequently turned into an abuse, and the remedie is proved a disease; and all through a wanton and immoderate use. For *Omne nimium vertitur in vitium*.

*To quaffe, roar, swear, and drink Tobacco well,
Is fit for such as pledge sick healths in hell:
Where wanting wine, and ale, and beer to drink,
Their cups are fill'd with smoke, fire, fume, and stink;*

I remember an excellent salve which I am taught to make of green *Tobacco*: the receipt whereof is thus. Take the leaves of *Tobacco* two pounds, hogges grease one pound: stamp the herb small in a stone mortar, putting thereto a small cup full of red or claret wine: stirre them well together, cover the mortar from filth, and so let it rest untill the morning: then put it to the fire and let it boil gently, continually stirring it untill the wine be consumed; then strain it and set it to the fire again, putting thereto one pound of the juice of the herb, & of Venice turpentine 4 ounces; boil them all together to the consumption of the juice: then add thereto two ounces of round *Aristochia*, or *Birthwort*, in

L I most

The qualitie of
Tobacco.

The vertues of
Tobacco.

The use of things
is many times
turned into an
abuse.

A lesson for
swearing, & will
swaggerers.

An excellent
salve to be made
with the green
leaves of
Tobacco.

most fine powder, with wax sufficient to give it a bodie: and so thou hast made an accurate salve for wounds, or for old filthie ulcers of the legs, &c.

The women of America (as *Gerard* mentions in his Herball) do not use to take *Tobacco*, because they perswade themselves it is too strong for the constitution of their bodies: and yet some women of England use it often, as well as men. And, questionlesse, those natives amongst whom it groweth, may take more at once than any one of us. It is said that *Sir Francis Drakes* mariners brought the first of this herb into England in the yeare 1585, which was in the 28 yeare of *Q. Elizabeth*, and 3 yeares before *Tilburie* camp.

Betonie, in Greek *βέτονιον*, in Latine *Betonica* and *Vetonica*, is hot and drie in the second degree.

This herb hath an infinite number of soveraigne vertues, being very good for the head; taken by some in a pipe, as *Tobacco*, and not seldome mixed with *Tobacco*: it helpeth also the bitings of mad dogs by drinking the juice or powder of it, and by binding the green leaves to the bitten place.

Plinie relateth a strange propertie pertinent to this herb: for, saith he; if fell serpents be enclosed round about with it, they fall at such oddes that they kill each other presently. This herb is also good to help women in their travaill.

And thus hitherto I have spoken of such parcels of dame *Tellus* store, as are onely hot of temper: unto which I might adde yet thousands more; whether they be such as are pleasant in shew, sweet in smell, delicate in taste, wholesome in operation, and the like: but the earth you know is large: and because I am to see something every where, I cannot stay long any where; lest the fourth day dawn, before the third be finished.

These

The Indian women take no Tobacco.

When Tobacco came first into England.

Betonie.

1 Lib. 25. cap. 8.

These herbs following are cold and moist.

IN the next place therefore I must bring to your administrations some other parcels of another temper, wherein you may likewise see Gods wisdom flourish: for at which soever we look, there is a secret vertue that he hath infused into every one. In which regard, divine *Du Bartas* thus,

Good Lord! how many gasping souls have scapt
By th' aid of herbs, for whom the grave hath gap't;
Who even about to touch the Stygian strand,
Have yet beguil'd grim Pluto's greedie hand!
Oh sacred simples that our life sustain,
And when it flies can call it back again!
'Tis not alone your liquor, inly tane,
That oft defends us from so many a bane;
But even your savour, yea, your neighbour hood
For some diseases is exceeding good.

As for example, *Yarrow* (as most men say) when the leaves are green and chewed, doth help the tooth-ach. Also the leaves being put into the nose, do make it bleed, and is a remedie for the megrim, a pain in the head. It is an herb meanly cold in temper, and called in Greek *ἀχιλλεύος*, in Latine *Achillea*, because it was first found out by *Achilles* the disciple of *Chiron*, and with it he cured his wounds. Vide *Plin. lib. 25. cap. 5.*

Sowthistle is cold: the Greeks call it *σβύχον*; the Latines, *Sonchi*. If it be given in broth, it increaseth milk in nurses breasts, causing the children nursed by them, to have a good colour and cleare complexion.

Groundsell is said to have mixt faculties: for it cooleth, and withall digesteth. The Latines call it *Senecio*, because it quickly waxeth old: some also call it *Herbutum*.

The leaves of this herb stamped and strained into milk, and drunk, are good against the Red-gum and frets in children.

L 1 2

Consfrey

Yarrow.
For the tooth-ach, head-ach, &c.

Sowthistle.
An herb for nurses.

Groundsell.

Good against the frets, &c.

Comfrey.

Comfrey is somewhat cold of qualitie, and of a clammy and gluing moisture. It is highly commended of the learned for curing of wounds, especially of the intrals and inward parts, and for burstings and ruptures; inso-much that they affirm the slimie substance of the root made in a posset of ale, and given to be drunk, cureth the pain in the back gotten by any violent motion, as wrastling, and the like; to which some adde the overmuch use of *Venus*: for in foure or five dayes they are perfectly healed, although there be an involuntarie *fluxus seminis* gotten thereby. In Greek it is called *συμφορον*, in Latine *Symphytum*, and *Solidago*, or *Consolida major*.

Good for to cure any wrinch in the back, and the like grief.

Lilies.

Good against the same infirmities.

The *Water-lilies* are also highly esteemed for their vertues in curing some of the like infirmities: for those which are skilfull do affirm that a decoction of the white or yellow *Water-lilie* made of the seeds, roots, or leaves, is singular good against nocturnall pollutions, caused by dreams, or otherwise. The same cure is also wrought by the green leaves laid upon the region of the back in the small, and two or three times a day removed, and fresh applied. *Ger.*

The Greeks call this *Water-lilie* *νυμφαία*; the Latines *Nymphaea*: because it takes such delight to grow in the water.

Lettice.

Lactuca, in Greek *βησαλα*, and in English *Lettice*, is temperately hot and moist in the second degree.

It cooleth a hot stomack called heart-burning; and, in nurses that are hot and drie, it procureth milk; otherwise not. But it must never be eaten immoderately: for ancient authours affirm, that generally it hindereth conception by wasting of sperm; and if it be not eschewed of women with childe, it is a great means to make them bring forth children either raging in minde, or foolish in wit.

Another sort in *Lettice*.

Also, the use of *Lettice* is to be avoided of all that be short-

short-winded, and spit bloud, or be flegmatick; they may not eat it often. Yet he that would live honestly unmarried, let him not refuse this medicine set forth by *Dioscorides* and *Galen* (as the authour of the haven of health affirmeth) viz. let him bruise *Lettice* seeds, and often put them in his drink, &c.

Purslain is cold in the third degree, and moist in the second. The Greeks call it *ἀνδράχων*, the Latines *Portulaca*.

The juice of this herb is good against fluxes; for it greatly stoppeth them. And note that the very herb holden under the tongue, putteth away thirst and drieffe.

Violet, in Greek *βίον*, in Latine *Viola*, is cold and moist; being cold in the first degree, and moist in the second. The leaves inwardly taken do greatly cool, moisten, and make the body loofe or soluble: or outwardly applied, do mitigate all kinde of hot inflammations.

These herbs following are cold and dry.

Madder is called in Greek *ἐρυθρόσάρον*, in Latine *Rubia*; and of its temperature the learned are not fully agreed: yet *M^r Gerard* saith it is cold and dry. It is good to give the decoction of the roots to bursten and bruised folks; which roots do also plentifully provoke urine: and (as some affirm) the very holding of the root or handling of it, dieth the handlers urine into a perfect red colour, appearing as if he pissed bloud. Whereupon saith *Du Bartas*,

*O wondrous Wood, which touching but the skaine,
Imparts his colour to the parts within!*

But note that this must be understood of the root held long in the hand, and freshly gathered: for being kept and transported, it hath not this vertue. *Plinius* attributeth more unto it: for, saith he, the onely sight of this

Good to procure chastitie.

Purslain.

Good against fluxes and thirst.

Violets.

Good for collicke bodies.

Madder.

Good against bruises.

A strange propertie in Madder.

herb healeth the Jaundise. But in this last propertie, let the reader use his libertie.

Willow-wort.

Willow-wort, or *Loose-strife*, is an herb cold and dry, whose first vertues were found out by *Lysimachus* the sonne of *Agathocles*, and one of *Alexanders* captains, from whom it is called *Lysimachium*, or *Lysimachia*. *Plinie* writeth of this herb that it is of such strange vertue, that when Oxen at the plough are striving and untulie, let it be put into their yokes, and presently they are appeased and quieted. This herb is contrary to *Betonie*; which, in these two verses, you may remember.

m Plin. lib. 25. cap. 7.

De Bar.

*As Betonie breaks friendships ancient bands,
So Willow-wort makes wonted hate shake hands.*

Shepherds purse.

Good against
green wounds,
fluxes of blood,
&c.

Shepherds purse, or *Bursa pastoris*, is cold and dry: the leaves bruised are good to heal green bleeding wounds: And also the decoction of it doth stop the lask, the spitting and pissing of blood, and all other bloudie fluxes.

Honsleek.

Sen-green or *Honsleek*, is alwayes green, both in summer and winter: Whereupon it is called in Greek *αειζωον*, which is as much as *Semper vivens*, or *alwayes living*. It is cold in the third degree, and somewhat drying. The juice hereof taketh away corns from the toes and feet, better then any thing that you can easily get: Let them be washed and bathed therewith, and as it were day and night emplastred with the skin of the said *Honsleek*; and you shall finde remedie.

Good against
corns.

Sorrell.

Sorrell or *soure-Dock*, in Latine *Acida*, in Greek *ἄμυγρον*, is cold and dry; being cold in the third degree, and dry in the second.

Good against the
lask, and infection.

The seeds of *Sorrell* drunk in grosse red wine, stop the lask and bloudie flux. Also if one fasting do chew some of the leaves, and suck down the juice, it marvelously preserveth from infections. *Eliots* castle of Health.

Plantain.

Plantain, called in Greek *ἀγρόγλωσσον*, which is *Lambes-tongue*, and in Latine *Plantago*, is cold and dry in the third degree.

Plantain.

The juice of *Plantain* drunk (like unto *Honsleek*) stoppeth the bloudie flux, or spitting or pissing of blood. And the leaves stamped and made into a Tanfie, with the yelks of eggs, stay the inordinate flux of terms, although it hath continued many yeares. *Ger. pag. 341.* But on the contrary, the decoction of *Cammomill* or *German-der*, made in wine, and drunk, voideth winde, and procureth them to flow.

To stay fluxes.

To provoke
fluxes.

And thus also I have given you a taste of some cool as well as hot herbs. And in most of these, as in such other things of the same nature, I must confesse, that as I have seen a description of the world set forth by such whose reading was their furthest travell; so, out of good Authours, and skilfull Herbalists, I have both learned and taught these secrets. Unto which I have yet a few more that I intend to adde; and because these are the most strange, I have reserved them unto the last place.

*These herbs which follow, are herbs of more then
ordinarie properties.*

AS first the noble *Nepenthe*, an herb which being steeped and drunk in wine, expelleth sadness.

n Plin. lib. 25. cap. 2.

2. Then is there the herb *Hippurin*, or *Hippice*; of which *Plinie* writeth that it is admirable in stenching blood, insomuch that the cure is performed by the very touch of it; being also very good to keep one from hunger and thirst, while it is kept in the mouth.

o Lib. 26. cap. 13.

3. Also, there is *Nyctilops* or *Nyctegretum*, an herb which in the night shineth a farre off: and, above all other creatures, at the first sight it scaareth Geese.

p Idem lib. 24. cap. 11.

4. *Pythagoras*