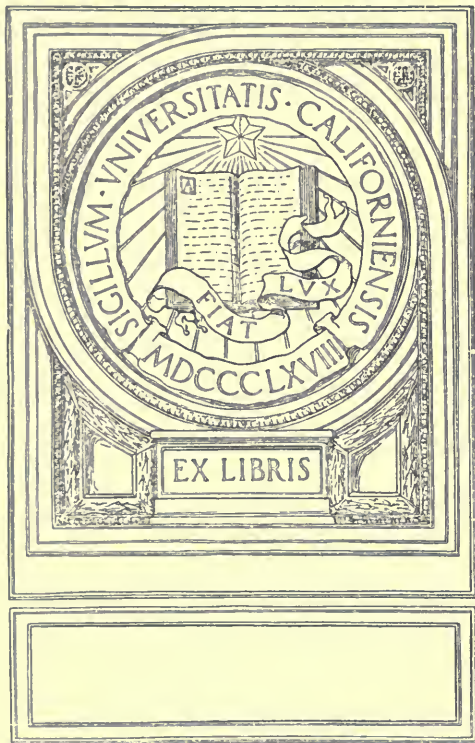


CASTEL OF HELTH

1541

ornia  
al  
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UNIVERSITY OF CALIFORNIA  
AT LOS ANGELES



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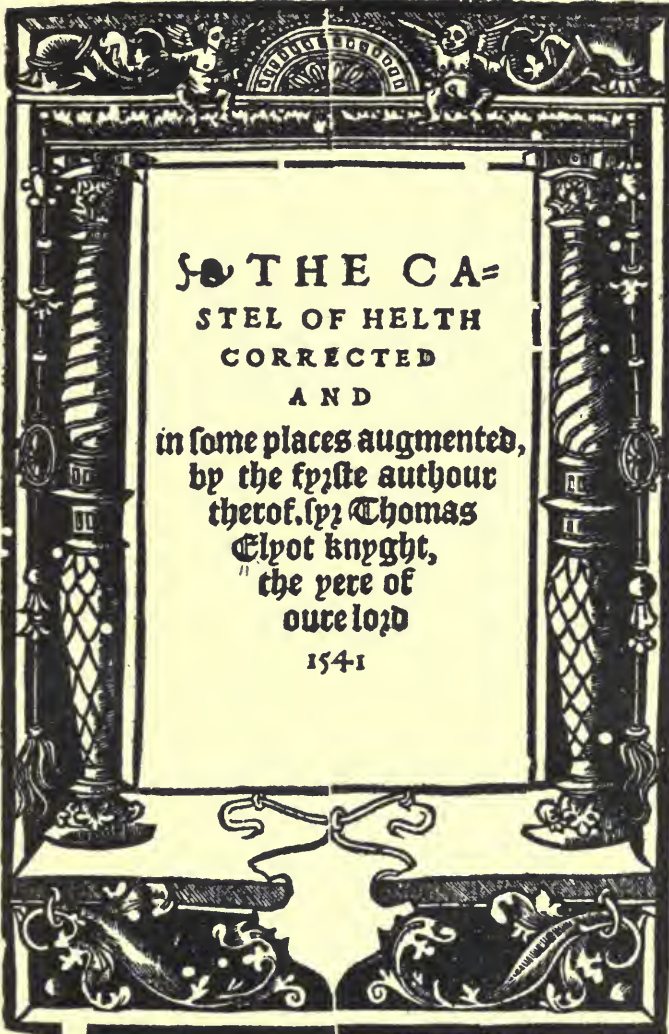
# The Castel of Helth

1541

*The Castel of Helth*  
*E. 10<sup>th</sup> - 11<sup>th</sup> Century*

This facsimile was made from the original (the first  
augmented edition) now owned by  
Dr. A. S. W. Rosenbach





So THE CA=  
STEL OF HELTH  
CORRECTED  
AND

in some places augmented,  
by the fyyste authour  
therof. by Thomas  
Elyot knyght,  
" the yere of  
oure lord

1541





# THE PROHEME OF

SIR THOMAS ELIOT KNYGHT

in to his boke, callyd the Castel  
of helthe.

RA  
775  
E52c  
15412



**A**LEN the most excellēt phisition  
fearyd, that in wrytynge a com-  
pendiouse doctryne for the curing  
of syckenes, he should lose all his  
laboure, for as moche as no man  
almoste dyd endeuoure hym selfe  
to the fyndynge of truthe, but that all men dyd so  
moche esteim ryches, possessions, authozity, and  
pleasures, that they supposed theym, which were  
studious in any parte of Sappence, to be madde  
or distracte of theyre wittes : for as moch as they  
demid the chife Sapience (which is in knowlege  
of thynges belongyng as wel to god as to man)  
to haue no beyng. Sens this noble wryter found  
that lacke in his tyme, whan there flourysshed in  
sundry couñtrayes a great multitude of men excel-  
lent in al kyndes of lerning, as it yet doth appere  
by some of theire warkes, why shuld I be greuyd  
with reproches, wherewith some of my countray  
do recompence me, for my labours taken without  
hope of temporall rewarde, onely for the feruent  
affectyon whiche I haue euer bozne toward the  
publike weale of my countray? A worthy matter,  
sayth one, sy Thomas Elyot is become a phisi-  
tion, and wrytethe in philik, which besemeth not  
a knyght, he mought haue ben moch better occu-  
pyed.

Methodi.  
li. i. fo. i.

A. ii.

pyed.

THE PREFACE.

pied. Truly if they wil calle him a phisition, which  
 is studiouse about the weale of his countray, I  
 witsaufe they so name me, for durynge my lyfe I  
 will in that affection alway contynue. And why,  
 I pray you, shulde men haue in disdayne or small  
 reputation the science of phisicke: whiche beinge  
 wel vnderstande, truly experienced, and discretely  
 ordered, dothe conserue helthe, without the which  
 all pleasures be pepneful, ryches vnprofytable,  
 company anoiance: strength tourned to feblenes,  
 beauty to lothelsonnes, scncis are dispersid, elo-  
 quence interrupted, remembzaunce confoundyd.  
 which hath bene considerid of wyse men not onely  
 of the pryuate estate, but also of Emperours,  
 kynges, and other great princis, who for the vni-  
 uersall necessity and incomparable vtility, which  
 they perceyuyd to be in that scyence of physycke,  
 they dyd not onely aduaunce and honour it with  
 speciall pryuyleges, but also dyuerse and many of  
 theym were therein ryght studiouse, in soo moche  
 as Iuba the kyng of Maurytania and Lybia,  
 founde oute the vertuose qualities of the herbe  
 called Euforbium. Gentius kyng of Illiria,  
 founde the vertues of Gentiane. The herbe Lyfi-  
 machia, toke his name of kinge Lysimachus. Mi-  
 thridates the greate kyng of Pontus, founde  
 fyrste the vertues of Scordion, and also inuented  
 the famousse medicine ageynst popson, callid Mi-  
 thridate. Arthemisia queene of Caria, founde the  
 vertues of motherwozte, which in latyne beareth  
 her name, whereby her noble renome hath lengar  
 continued,

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continued, than by the makynge of the famous monument ouer her dead husband, callyd Mausoleum, although it were recknyd amonge the wonderfull warkes of the woꝛlde: and yet her name with the sayd herbe stil abydethe, whyles the sayd monument a thousand yeres passid was vtterly dissoluyd. It semith, that phisicke in this realme hath ben well esteemed, sens the hole studie of Salerne, at the request of a kynge of Englande, wrote and set foꝛth a compendious and profitable treatyse, callyd the Gouvernaunce of helthe, in latyne Regimen sanitatis. And I truste in almighty god that our soueraygne loꝛd the kinges maiesty, who dayly preparith to stablyshe among vs true and vncorrupted doctrynes, wylly shortly examine also this parte of studie, in suche wyse, as thynges apte foꝛ medicine, growynge in this realme, by conference with most noble authours may be so knowen, that we shall haue lesse neede of thynges brought out of farre countreyes, by the corruption wherof innumerable people haue perished, withoute blame to be giuen to the physicians, sayynge onely, that some of them not diligent inough in beholdynge their dꝛouges oꝛ ingredients at all tymes dispensid and tried.

¶ Besydes the sayde kynges, whome I haue reherced, other honorable personagis haue writen in this excellent doctrine, and not only of the speculatyue parte, but also of the practyse therof: whose warkes doo yet remayne vnto their glory immoꝛtall, as Auicenna, Auensoar, Rasis, Cornelius

A. iii. lius



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Ipus Celsus, Serenus, and whiche I Moulde  
 haue first namid, Machaon and Podalirius, no-  
 ble dukes in Grecia whiche came to the syege of  
 Troy, and bzought with them. xxx. great shippes  
 with men of warre. This well consideryd, I take  
 it foꝛ no shame, to studie that science, oꝛ to sette  
 fourthē any bokes of the same, beyngē therto  
 pꝛouoked by the moſte noble and vertuouse ex-  
 ample of my noble mayſter kynge HENRY the.  
 viii. whose helthe I hartely pray god as longe  
 to pꝛeſerue, as god hath constitute mans lyfe to  
 contynue: foꝛ his highnes hath not dysdained to  
 be the chief authour and settar fourthē of an In-  
 troduction in to grammer, foꝛ the childerne of his  
 louing ſubiectes, wherby, hauing good maisters,  
 they ſhall moſte eaſely and in ſhoꝛte tyme appꝛe-  
 hend the vnderſtanding and fourme of ſpeaking  
 of true and eloquent latyne. O royall harte, full  
 of very nobility. O noble bzest, ſettyngē fourthē  
 vertuouse doctryne, and laudable ſtudy. But yet  
 one thynge moche greuyth me, that notwithstanding  
 I haue euer honoured, and ſpecyally fa-  
 uoyd the reuerend college of appꝛouid phiſitiōs,  
 yet ſome of them hearyng me ſpoken of, haue ſaid  
 in deriſion, that all though I were pꝛetyly ſcene  
 in hiſtoꝛyes, yct being not lernyd in phyſicke, I  
 haue putte in my boke dyuerſe errours, in pꝛeſu-  
 myngē to wyꝛte of herbes and medicines. Firſte  
 as concernyngē hiſtoꝛyes, as I haue plantyd  
 them in my warkes, beyngē wel vnderſtand, they  
 be not ſoo lyght of importaunce as they done  
 eſtyme

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esteeme theym, but may moze surely cure mennes  
 affectiones, than diuerse phisitions doo cure mala-  
 dyes. For whan I wrote fyrste this boke, I was  
 not all ignozante in phisycke. foze befoze that I  
 was. xx. yeres olde, a woꝛshipfull phisition, and  
 one of the mooste renouined at that tyme in Eng-  
 land, perceyuyng me by nature inclined to know-  
 ledge, rad vnto me the woꝛkes of Galene of tem-  
 peramentes, natural faculties, the Introduction  
 of Iohānicus, with some of þe Aphorismes of Hip-  
 pocrates. And afterwarde by mine owne study,  
 I radde ouer in oꝛder the moze parte of the woꝛ-  
 kes of Hippocrates, Galen<sup>o</sup>, Orbasius, Paulus  
 Celius, Alexander Trallianus, Celsus, Plinius þe  
 one and the other, with Dioscorides. For I dyd  
 omit to reade the longe Canones of Auicena, þe  
 Cominentaries of Auerrois, þe practisis of Asake,  
 Halyabbas, Rasys, Mesue, and also of the moze  
 part of them which were their aggregatours and  
 folowers. And all thoughe I haue neuer ben at  
 Mōtpellier, Padua, noꝛ Salern, yet haue I found  
 some thyng in phisycke, whereby I haue taken  
 no litle pꝛofyte concernyng myne owne helthe.  
 Mozeouer I wote not why phisitions should be  
 angry with me, sens I wrote and dyd set fourth  
 the Castell of helthe foꝛ their commodity, that the  
 vncertayne tokens of bꝛynes and other excre-  
 mentes should not deceyue them, but that by the  
 true infoꝛmation of the sycke man, by me instru-  
 ctid, they mought be the moze sure to pꝛepare me-  
 dici nes conuenient foꝛ the disseasis. Also to the  
 intent that men obseruyng a good oꝛder in diete,  
 and

THE PREFACE.

and preventing the great causys of sickenes, they shoulde of those maladyes the soner be curyd . But if phisitians be angry, that I haue wyten phisike in englyshe, let theym remembze, that the grekes wyte in greke, the Romanes in latyne. Auicena, and the other in Arabike, whiche were their owne pꝛopze and maternal tonges . And if they had bene as moche attached with enuy and couaytise, as some nowe seeme to be, they wolde haue deuyled somme particuler language, with a strange syphze oꝛ fourme of lettres, wherin they wold haue wyten their science, which lāguage oꝛ lettres no man shoulde haue knowen that hadde not pꝛofessyd and pꝛactised phisycke: but those, although they were painimes and Jewes, in this parte of charitye they farre surmountid vs Chꝛistianes, that they wolde not haue soo necessary a knowledge as phisicke is, to be hyd frome them, whych wolde be studiouse aboute it.

Finally god is my Iuge, I wyte neyther foꝛ gloꝛy, rewarde, noꝛ pꝛomotion, only I desyze men to deme wel myne intent, sens I dare assure them that all that I haue wyten in this boke, I haue gathered of the mooste pꝛyncypall wyrtars in phisicke . whiche beinge thꝛoughly studied and well remembꝛid, shalbe pꝛofitable (I doubt not) vnto the reder, and nothyngge noyouse to honeste physytyons, that doo measure theyꝛ study, with moderate lꝛuinge and Chꝛistian Charity.

# THE TABLE



IT MVSTE BE REMEMBRED,  
that the number in the Table, dothe  
sygnify the leaf, and the letter A, doth  
sygnifie the fyrst page oꝝ syde, the let-  
ter B, the seconde page oꝝ syde.

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to

b

to



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Stomake syk.	lxxxvi. b.	fol. xi. a.
Slepe and watch.	xl. a.	Thynges good for the hart.
Sauery.	fol. xxxi. b.	ibidem.
Saffron.	fol. xxx. b.	Thynges good for the lyuer.
Swynes flesh.	fol. xix. a.	fol. xi. b.
Sparowes.	fol. xxi. a.	Thynges good for the lunges.
Shoueler.	fol. xxi. a.	ibidem.
Souper.	fol. xli. b.	Thynges good for the eyes.
Sugar.	fol. xxxvi. a.	ibidem.
Sirupe acetose.	xxxvi. b.	Thynges good for the stomake.
Spzing tyme.	xxxvii. a.	ibidem.
Sommer.	eodem.	Temperature of meates.
Scarifienge.	fol. lx. b.	fol. xvii. b.
Sickenesses appropyed to sundry seasons & ages.	fol. lxxxiii. b.	Turnyppes.
Significatyons of sicknesses.	fol. lxxxvi. a.	fol. xxx. b.
Substance of brynes.	fol. lxxxviii. a.	Tyme.
		fol. xxxi. b.
		Townecresses.
		xxxii. a.
		Trypes.
		fol. xxii. a.
		Tung of beastes.
		xxii. b.
		Tyme.
		fol. xxxvi. b.
		and. xxxvii. b.
		Tymes in the day concerning meales.
		xl. b.
		Tymes appropyed to euery humour.
		lxviii. b.

C

**T**hynges naturall.  
i. a.  
Thynges not naturall,

U

**V**lyndes. fol. xliiii. a.  
Walnuttes. xxvi. b.  
Weale,

THE TABLE.

Beale.	fol.xix.b.	Vociferation.	fol.l.b.
Benyson.	ibidem.	Vompte.	fol.liiii.b
Woodcockes.	fol.xxi.a.	Urines.	fol.lxxxvii.a
Wdder.	fol.xxii.a.	Vertue of meates.	fol.
Water.	fol.i.b.&.xxxi.a.		xcii.b
Wynter.	fol.xxvii.b	Y	
Wyne.	fol.xxvii.a	Yonge men.	xxxix.a.
Whaye.	fol.xxviii.b.		

Thus endeth the Table.





OF THE CONSERVATION  
of the body of mankynde, within  
the limitation of helth (whiche as  
Galene saythe) is the state of the  
body, wherein we be neyther gre-  
ued with peyne, noꝝ lette from do-

De tuenda  
da familia  
te lib. 1.

inge our necessary busynesse, doth belonge the di-  
lygent consyderation of thye soztes of thynges,  
that is to say,

{ Thynges Naturall,  
{ Thynges not naturall, and  
{ Thynges ageinst nature.

¶ Thynges Naturall be. vii. in number.

{ Elementes.	{ Powers.
{ Complexions,	{ Operations and
{ Humours.	{ Spiritites.
{ Members.	

¶ These be necessary to the beinge of helth, ac-  
cordyng to the order of their kynde: and be al-  
way in the naturall body.

¶ Thynges not naturall be syxe in number.

{ Ayre.	{ Emptinesse and re-
{ Meate and drinke.	{ pletion, and
{ Slepe and watche.	{ Affections of the
{ Meuinge and rest.	{ mynde.

¶ Thynges ageinst nature be thye.

{ Syckenesse.  
{ Cause of syckenesse.  
{ Accident, whiche foloweth sickenes.

**C**annexed to thynges naturall.

{ Age. { fygure, and  
{ Colour. { Dyuersitie of kindes.

**T**H**E** Elementes be those originall thynges vnmixt and vncompounde, of whose temperance and mixture all other thynges, haupuge corporall substance, be compacte: Of them be foure, that is to saye,

{ Erthe. { Ayre and  
{ water. { fyre.

**E**R**T**H**E**, is the mooste grosse and ponderouse element, and of her proper nature is colde and drye.

**W**A**T**E**R**, is moze subtyll and lyght thanne erthe, but in repecte of Ayre and fyre, it is grosse and heuie, and of her proper nature is colde and moiste.

**A**I**R**E, is moze lyghte and subtyll than the other two, and beinge not altered with any exteriour cause, is properly hote and moiste.

**F**Y**R**E, is absolutely lyght and cleare, and is the clarifier of other elementes, if they be bycycate or out of their naturall temperaunce, and is properly hote and drye.

**I**T IS to be remembred, that none of the sayd elementes be comonly sene or felt of mortal men, as they are in their originall being: but they, whiche by our senses be perceyued, be corrupted with mutual mixture, and be rather erthy, watry, airy, and fyry, than absolutely erth, water, ayre, & fyre.



## Of the complexion of Man. Cap. 2.

**C**OMPLEXION is a combination of two dyuers qualities of the foure elementes in one bodye, as hotte and drye of the fyre: hotte and moyste of the Ayre, colde and moyste of the water, colde and dry of the Erth. But although all these complexions be assembled in euery body of man and woman, yet the body taketh his denomination of those qualyties, whiche abounde in hym, moze thanne in the other, as hereafter in feweth.

**T**he Bodye, where heate and moysture haue souerayntie, is called *Sanguine*, wherein the Ayre hath preeminence, and it is perceyued and known by these sygnes, whiche do folowe,

<i>Sanguine.</i>	}	Carnositie or fleshy nesse.
		The baynes and arteries large.
		Heare plentie and redde.
		The visage white and ruddy.
		Sleape moche.
		Dreames of blouddy thynges, or thynges pleasaunt.
		Pulse great and full.
		Digestion perfecte.
		Angry shortly.
		Siege, brine, and swete abundaunt.
Fallynge shortly in to bledynge.		
The brine redde and thicke.		

The bryne  
exceeding in  
heate hath

The heade and visage berpe redde  
and hote.  
The heare growinge faste blacke  
and courled.  
The baines in the eyen apparant.  
Superfluouse matter in the nose=  
thylles, eyen, and eares.  
The head annoyed with hote mea=  
tes, drynkes, and sauours.  
Slepe shorpe and not sounde.

The bryne exce=  
ding in cold hath

Moche superfluttie running  
oute of the nose, mouthe, ea=  
res, and eyen.  
Heare streight and fyne, gro=  
wynge slowly, and flauen.  
The head disposed by smalle  
occasion to peofes and  
mures.  
It is sone annoyed with cold  
It is cold in touchinge,  
Waynes of the eyen not sene.  
Sleapy somwhat,

Moyste in ex=  
celle hath

Hearcs plaine.  
Seldome oz neuer balde.  
Wytte dulle.  
Moche superflutties.  
Slepe moche and vepe.

The braine  
dye hath

{ No superfluities runnyng.  
Wyttes good and redy.  
Watchfull.  
Heares blacke harde and fast growyng.  
Balde shortly.

## Complexions compounded.

Brayne hot and  
moyste distempe  
red hath

{ The head akynge and heuye.  
Fulle of superfluities in the  
nose.  
The southern wind greuous.  
The Northern wind holosome.  
Slepe deepe, but vnquyete,  
with often wakynge, and  
straunge dreames.  
The senses and wytte vnper-  
fecte.

Brayne hot and  
dye dystempe-  
red hath

{ None aboundaunce of super-  
fluities, whyche maye be  
expelled.  
Senses perfecte.  
Moche watche.  
Sooner balde than other.  
Moche heare in chyldhooode  
and blacke oz browne, and  
courtyd.  
The head hot and ruddyc.

The

Bayne colde and moist di- stēpered hath	{	The senses and wytte dulle.
		Moche sleape.
		The head sone replenysshed with su- peruouse moysture.
		Distillations and poses oꝝ murrees.
		Not shortly balde.
	}	Soone hurte with colde.

Bayne cold and dry distē- ped hath	{	The head colde in felynge and with out colour.
		The baynes not appareynge.
		Soone hurte with colde.
		Often discrased.
		Wyttē perfecte in chyldehode, but in age dulle.
	}	Aged shortly and balde.

Of the Harte.

The hart hote distē- ped hath	{	Moche blowinge and puffinge.
		Dulse swifte and busye.
		Hardynesse and manhode moche.
		Promptnes actiuitie and quickenes in doinge of thinges.
		Fury and boldnesse.
		The brest hearty toward the lyft side.
		The brest byode, with the head lytle.
	}	The body hote, except the A yuer do lette it.

The

The hart cold di-  
stempered hath

The pulse very lyttell.  
The b:reth lyttell and slowe.  
The b:reste narowe.  
The body all colde, except the  
lyuer dothe inflame it.  
Fearefulnesse.  
Scrupulosite, & moche care,  
Curiositie.  
Slownesse in actes.  
The b:reste cleane withoute  
heates.

The harte moiste  
distempered hath

The pulse softe.  
Sone angry & sone pacified.  
The body all moist, except the  
lyuer disposeth contrary.

The harte dry di-  
stempered hath

The pulse harde.  
Not lyghtly angry, but being  
angry, not sone pacified.  
The body dry, except the liuer  
doth dispose contrary.

The harte hotte  
and moyste

The b:rest and stomake heary.  
Promptnes in actes.  
Soone angrye.  
Fiercnesse but not so moche as  
in hotte and drye.  
Pulse softe, swifte, and busy.  
B:reth oꝝ wynd accordinge.  
Shortly falleth in to diseases  
caused of putrifaction.

THE FYRSTE

The harte hotte  
and drye hath

The harte poulse greatte and  
swifte.  
The bꝛeth oꝝ wind accoꝝdinge.  
The bꝛeaste and stomake all  
heary.  
Quicke in his doinges.  
Boldnes and hardinesse.  
Swyft and hasty in mouinge.  
Soone styꝛed to anger, and ty-  
rannous in maners.  
The bꝛeaste bꝛode, and all the  
body hotte and drye.

The harte colde  
and moyste hath

The pulse softe.  
fearefull and timoꝝous.  
Slowe.  
The bꝛest cleue without heare,  
Not hastylye angrye, noꝝ re-  
tayninge angre.  
The bꝛeast narowe.  
All the body colde and moyste.

The harte colde  
and drye hath

The pulse harde and lyttel.  
The wynde moderate.  
Seldome angrye, but whan  
it hapneth, it dureth longe.  
The bꝛeaste cleane withoute  
heare and lyttell.  
All the body colde and drye.

## Of the Lyuer.

The lyuer in hete  
distempered hath

The baynes large and hard.  
The bloud thicke by reason of  
beheement heate consuminge  
the suttel partes of moisture.  
The bealy heary.  
All the body hotte excedynge  
temperance.  
Hoche red choler and bytter  
in youth.  
Hoche blacke choler toward  
age by adustio of red choler.

The lyuer colde di-  
stempered hath

The baynes smalle.  
Abundance of fleume.  
The bloud thinne and fleu-  
matyke.  
All the body cold in feling, &  
The bealy without heare.

The liuer moist di-  
stempered hath

The baynes softe.  
Hoche bloude and thinne.  
All the body moist in feling  
excent the harte disposeth  
it contrary.

The lyuer drye di-  
stempered hath

The baynes harde  
The bloud lytel and thicke.  
All the body drye.



Galenus  
in arte par  
ua. lib. 2.

**T**H E complexions compoude, maye be de-  
cerned by the sayde simple qualytties. And here  
it is to be noted, that the heate of the harte maye  
vanquyſhe the colde in the lyuer. For heate is in  
the harte, as in the fountayne or ſpyng, and in  
the Lyuer, as in the Ryuer.

Of the stomacke.

The stomake hot  
diſtempered,

He digeſteth welle, ſpecialllye  
harde meates, and that wyl  
not be ſhortly altered.

Lyght meates, and ſoone al-  
tered, be therein corrupted.

The appetite lyttell and ſlow.  
He delytethe in Meates and  
drynkes, whyche be hotte, for  
euery natural complexion de  
lyteth in his ſemblable.

The stomak cold  
diſtempered

He hath good appetite,  
He dygeſteth yll and ſlowely,  
ſpeciallly groſſe meates and  
harde.

Cold meates doth ware ſoure  
beinge in him vndigeſted.

He delytethe in Meates and  
drynkes, which be Cold, and  
yet of them he is indamma-  
ged,

He



The stomake  
moist discampyd

He thyrsteth but seldome, yet  
he desyzeeth to drynke.  
With superfluous drynke  
he is hurte.  
He delyteth in moist meates.

The stomake dry  
distempered,

He is soone thyrsty.  
Content with a lyttel drynke.  
Diseased with moche drynke.  
He delyteth in dry meates.

¶ IT IS TO be noted, that the dyspositions of the stomake naturall, doo desyre that whiche is of lyke qualities. The dispositions vnnatural do desyre thinges of contrary qualities.

Galenus  
in arte  
parua

¶ Also not the stomacke onely causeth a man to thyrste or not thyrste, but also the lyuer, the lunges, and the harte.

¶ Of the genytories or stonnes of generation.

The Genytories  
hot distempered

Greatte appetyte to the act of  
generation.  
Ingendrynge men chyldren.  
Heare soone growen aboute  
the members.

The Genytories  
cold distempered

Smalle appetyte to the acte  
of generation.  
Ingedrynge women chyldren,  
Slowe growthe of heare aboute  
the members.

T H E F Y R S T E

The genitoztes { Sede abundaunt but thynne  
moist distempyd } and watry.

The genitoztes { Sede lyttell but metely thypcke  
dye distempyd } in substance.

The genytoztes { Lasse appetite to lechery, than  
hote and moiste } in them, whiche be hot & dye.  
Moze puissaunce to doo it, and  
with lasse damage.  
Hurt by abstepnyng from it.  
Lesse herines than in hot & dye.

The genitoztes { The sede thicke.  
hoche frutefulnesse of Ge-  
neration.  
Greate appetie and redynesse  
hote and dye } to the acte,  
Hear about the members sone  
grogen.  
Swiftnes in spedig of the act.  
Sone therwith satisfied.  
Damage by blyng therof.

The genytoztes { The sede watry and thinne.  
colde and moyst } Lyttell desyre to the acte, but  
moze puissance than in them  
whiche be colde and dye.  
Lyttell heares oz none aboute  
the members.

Heares

The genitoꝛics  
colde and drye

Beates none oꝛ fewe.  
A litle apeteite oꝛ none to lechery.  
A yttell puiffance to doo it.  
Augendynge moze females  
than men chylderne.  
That yttell fede that is, is thicke  
ker than in colde and moyfte.

### Of humours.

**I**N THE body of Man be foure pꝛincipall humours, whiche contynuinge in the pꝛoportion, that nature hath lymyted, the body is free from all syckenesse. Contrary wise, by the increase oꝛ diminution of any of them in quantitie oꝛ qualitie, ouer oꝛ vnder their natural assignement, inequall temperature commeth in to the body, whiche syckenesse, foloweth moze oꝛ lasse, accoꝛdyng to the lapse oꝛ decaye of the temperatures of the sayd humours, whiche be these folowinge.

{ Bloudde,      { Choler,  
{ Fleume,        { Melancoly.

**B**loudde hath pꝛeeminence ouer all other humours in susteynyng of all lyuyng creatures, foꝛ it hath moze confoꝛmitie with the oꝛiginalle cause of lyuyng, by reason of temperatenes in heate and moysture, alsoo reueryffeth moze the body, and restoyeth that whiche is decayed, beinge the very treasure of lyfe, by lesse wherof, death immediatly foloweth. The dystemperature of bloud hapneth by one of the other thye humours by the inoꝛdinate oꝛ supfluous mixture of them.

Of fleume.

Fleume is of two sortes, { Naturall and  
 { Unnaturall.

**N**aturall fleume is a humour cold and moyft, white & swete, or without tast, ingendred by insufficient decoctiō in the second digestiō of þ wattry or raw partes of the matter decoct called Chilus, by þ last digestiō made apt to be cōuerted into bloud, in this humour, water hath dominio most p̄ncipal.

**F**leume unnaturall is that, whych is myrte with other humours, or is altered in his qualy- tie: And therof is. viii. sondry kyndes,

Wattry, whych is founde in spettyll of great drinkers, or of them, whiche digeste yll,

Slymy or rawe.

Glaspy, lyke to whyte glasse, thycke, viscouse lyke byrde lyme and heuy.

Plastry, whiche is very grosse, & as it were chalky, such is found in the ioyntes of them, which haue the gowte.

**F**leume. { Salt, whiche is myngled with coler, Sower, myrte with melancoy, which commeth of corrupt digestion.

Harsh, thycke and grosse, whiche is seldome cōunden, whiche tasteth lyke grene crabbes or sloes.

Stiptyke or bindinge, is not so grosse nor cold, as harsh, and hath the taste lyke to greene redde wyne, or other like, Traininge the tunge.

Choler

**C**holer doth particypate with naturall heate as longe as it is in good temperaunce, and therof is also two kyndes.

{ Naturall and  
{ Unnaturall.

**C**holer natural,

Naturall coler is the some of bloud, the coloꝝ wherof is redde and clere, oꝝ moze lyke to an oꝝe ge colour, and is hot and drye, wherin the fire hath dominion, and is lyght and sharpe, and is ingendꝛed of the most subtyll parte of matter decocte, oꝝ boyled in the stomacke, whose beginninge is in the lyuer.

**C**Unnaturall choler is that whiche is myrte oꝝ corrupted with other humours, wherof be foure kyndes.

**C**holer vn natural

{ Citrine oꝝ yelowe choler, which is of the mixture of natural choler & watry fleume, & therfoze hath lesse heat than pure choler.

{ Yelky, like to yelkes of egges, which is of y mixture of fleume congeled, & choler natural, and is yet lasse hote than the other.

{ Grene like to 'ekes, whose begining is rather of y stomak, than of y lyuer.

{ Grene like to grene caker of mettal, & bourneth like venim, & is of exceeding adustio of choler oꝝ fleum: & by these two kydes nature is mortified.



**M**elancoly oꝝ blacke cholcr is  
deuyded in to two kyndes.

Naturall, whyche is the dregges of pure  
bleud, and is knowen by the blacknes, whā  
it issueth either downewarde oꝝ bpwarde,  
and is verily colde and drye.

Unnaturalle, whyche procedeth of the ad-  
uſtion of colerik mixture, and is hotter and  
lighter, hauynge in it violence to kyl, with  
a daungerous disposition.

Meates ingendrynge  
cholcr.

Garlyke.  
Onyons,  
Rokat,  
Karses.  
Lekes,  
Muſtarde,  
Pepper,  
Honye,  
Wyne moche dronken.  
Swete meates

Inwardes of beaſtes.

Lambes fleſſhe.  
The ſynewe partes of  
fleſſhe.  
Skynnes.  
Byaynes.  
Lunges,  
Rapes,  
Cucumbers,  
Replecion,  
Lacke of exerciſe.

Meates ingendrynge  
fleume.

**A**ll ſlympe and clea-  
uyng meates.  
Theſe newe.  
All fyſhe, ſpecyally in a  
fleumatike ſtomake.

Meates ingendrynge  
melancoly.

**B**iefe.  
Gotes fleſſhe.  
Hares fleſſhe.  
Bozes fleſſhe.  
Salte fleſſhe.  
Salte fyſhe.

Colewortes.	Blacke wyne,
All pulse, excepte whyte peason.	Olde chese.
Browne breadde course.	Olde fleshe.
Thycke wyne.	Great fishes of the sea.

## ¶ Of the members.

¶ There be diuersities of mēbers, that is to saye,

Principall members,	}	The bzaïne,
		The harte,
		The lyuer,
		The stones of generation.

Officiale members.	}	Synewes, whiche doo serue to the bzaïne.
		Arteries, oꝝ pulses, whiche do serue to the harte.
		Vaynes, which do serue to the lyuer.
		Vessels spermatike, wherin mannes seede lyeth, whyche doo serue to the stones.

Partes called si- milares, foꝝ beinge deuyded, they re- main in them self like as they were.	}	Bones.
		Gristell.
		Calles betwixt the vttermoste skinne and the fleshe.
		Muske:s oꝝ fylets.
		Fatte. Fleshe.

D ii

Mem-

T H E F Y R S T E

Members in-  
strumentall. } The stomake.  
                  } The raines.  
                  } The bowelles.  
                  } All the great synewes.

These of their vertue do appetite meate & alter it.

Meates whiche do hurte  
the tethe.

**V**ery hotte meates.  
Puttes,  
Swete metes & dzikes  
Kadythe rootes,  
Harde meates.  
Aplke,  
Bytter meates.  
Hoche vomyte.  
Leekes,  
fyshe fatte.  
Lymones.  
Colewoztes.

Garlyke,  
Dnyons.

Colewoztes,  
Kadythe.  
Reedyngge after supper  
immediatly.

Makyngge great oppi-  
lations.

**T**hycke mylke.  
All swete thinges.  
Rye bzeadde.  
Sweete wynges.

Thynges which do hurt  
the eyes.

**D**zunkennesse.  
Lecterye.  
Muste,  
All pulse.  
Sweete wynges, and  
thycke wynges,  
Hempe sede.  
Very salte meates

Meates inflatyngge or  
wyndye

**B**eanes.  
Lupines.  
Cicer,  
Hille,  
Cucumbers.  
All iuyce of herbes,  
fpygges dype,  
Rapes,  
Hauewes rawe.

Aplke



Mylke.

Hony not well clarified.

Swete wyne,

Muste.

Camomylle.

Mellylote.

Kewe,

Frankincense.

Things good for a colde  
head.

C Cubebes.

Galingale.

Lignum aloes.

Maiozam,

Baulme myntes.

Claden.

Putmygges,

Muske,

Rosemarpe,

Roses,

Dionpe.

Hyllope,

Spyke,

yzcos.

Penroyall.

Saulge.

Elycampane.

Calamynt.

Betayne.

Sauery.

Fenell.

L abdanum.

The leues of laurell.

Ambza.

Note thinges conseruyng  
a colde Harte.

C Cynamome.

Saffron.

Cozalle.

Cloues,

Lygnum aloes.

Perles,

Macis,

Baulme myntes.

Myzabolanes,

Muske.

Putmygges,

Rosemarpe.

The bone of the harte  
of a redde deere.

Maiozam,

Buglosse.

Bozage.

Setuall.

Golde.

Ambza.

Cardamomum.

Basyll.

Been redde and whyte.

Betayne.

Thynges good for the  
Lyuor.

**C**wormewode.  
Wyth wynde.  
Agrymonye.  
Saffron.  
Cloues.  
Endyue.  
Lyuorwozte.  
Cykozie.  
Plantayne.  
Dragons,  
Raylons greatte.  
Saunders.  
Fenell.  
Violettes.  
Rosewater.  
Lettyse.

Thynges good for the  
Lunges.

**C**Elycampane.  
Hylope.  
Scabiose.  
Lykozie.  
Raylons.  
Mayden heare.  
Penidies.  
Almondcs,  
Dates,  
Pystaces.

Thynges good for the  
eyes.

**C**Eyebryght.  
Fenell.  
Ueruyt.  
Roses.  
Celandyne.  
Agrymonye.  
Cloues.  
Colde water.

Thynges makynge the sto-  
make stronge.

**C**Mirabolanes.  
Nutmygges.  
Oiganum.  
Pystaces.  
Quynces.  
Olybanum,  
wormeworde,  
Saffron,  
Cozalle,  
Agrimonye,  
funytoze,  
Galyngale.  
Cloues,  
Lignum aloes.  
Mastix.  
Mynte.  
Spodium.  
The innermost skine  
of

of a hennes gyfar.  
 Cozander prepared.  
 Olyue beries,  
 Rapfons.  
 Nuttes with fyges,

The ride of an ozege.  
 Rowghe wyne.  
 Woymwode fiped in  
 wyne oz ale.  
 Carte grapes. Aloes.

**C** Of Powers.

{ Anymall,  
 { Spirituall,  
 { Naturall.

Naturall power, { Whiche dothe mynifter.  
 { To whome is myniftred.

Whych dothe mynifter, { Appetiteth,  
 { Retaineth,  
 { Digesteth,  
 { Expelleth.

To whome is myniftred, { Ingendzeth,  
 { Nourifheth,  
 { Feedeth.

Dower spirituall { Warkynge, whych delateth  
 { the harte and arteryes, and  
 { eftesoones ftrayneth them.  
 { Wroughte, whych is ftyred  
 { by an exterior cause to worke,  
 { whereof cometh anger, indi-  
 { gnation, subtiltie, and care.  
 { That

Power animall {  
 That whyche ordeyneth, dys-  
 cerneth, and composeth.  
 That moueth by voluntarpe  
 mocyon.  
 That whyche is called sensy-  
 ble, whereof do procede the  
 fyue wyttes.

Of that which ordeyneth do prede {  
 Imagination in the fozehead,  
 Reason in the bryaine,  
 Remembzance in the nodell.

Operations. {  
 Appetite by heate and drythe.  
 Digestion by heate and moisture.  
 Retaynyng by colde and drythe.  
 Expulsion by cold and moyst.

¶ Spirit is an ayry substance subtyll, styryng  
 the powers of the body to perfourme theyz ope-  
 rations, which is dyuyded into

Spirit {  
 Naturall, whiche taketh is beginnynge  
 of the lyuer, and by the baynes, whiche  
 haue noo poulse, spreaddeth into all the  
 holle bodye.  
 Vitall, whiche procedeth from the hatte,  
 and by the arteties oz pulses is sente in-  
 to all the body.  
 Anymalle, whyche is ingendred in the  
 bryaine, and is sente by the synewes  
 thzoughout the body, and maketh sence  
 oz felynge.

¶ Annexed to thynges naturall.

Adolescency to. xv. yeres, hotte and moyst, in the whiche tyme the body groweth.

Juuentute vnto. xl. yeres, hotte and drye, wherin the body is in perfyte growthe.

Agēs be foure. { Senectute, vnto. lx. yeres, colde and drye, wherin the bodye be-  
ginmeth to decreace.

Age decrepitate, vntil the last time of lyfe, accidentally moyst, but naturally colde and dry, wherin the powers and strength of the body be moze and moze minished.

¶ Colour.

{ Of inwarde causes.

{ Of outwarde causes.

Of equaltye of humoures, as he that is redde and white.

Of inequalitye of humoures, wherof doo procede, blacke, salowe, or white onely.

Colour of inward causes.

Redde,

Blacke,

Salowe,

White, colde of fleume.

Pale, colde of melancolye.

Redde, abundaunce of bloude.

Salowe, choleric citrine,

Blacke, melancoly or coler adust.

} do betoken domy-  
nion of heate.

T H E F Y R S T E

Colour of outward causes. { Of colde or heate, as englyshe  
 mc be white, Moies be black.  
 Of thynges accydentalle, as  
 of feare, of anger, of sozowe, or  
 other lyke motions.

Colour of heate. { Blacke, either of abundaunce of co-  
 ler inflamed, or of moche incen-  
 dyng or adustion of bloudde.  
 Red heate of moche heate not adust.  
 Gray heares of abundaunce of me-  
 lancholye.  
 Whyte heares of the lacke of natu-  
 rall heate, and by occasyon of  
 fleume putrifed.

All the resydue concerninge thinges naturall, conteyned in the Introduction of Joannicius, and in the lyttell crafte of Galene, I pourposely passe ouer for this tyme, for asmoche as it dothe requyre a reder haupnge some knowlege in philosophye naturall, or els it is to harde and tedpouse to be vnderstande.

The seconde Table.

THYNGES not Naturall be soo called, by cause they be no portion of a naturall body, as they be which be called Naturall thinges: but yet by the temperance of them, the body beinge in health, is therein preseruyd, By the dystempe-  
 raunce



raunce of them, syckenesse is induced, and helth is dissolued.

¶ The fyrste of thinges not naturall is ayze, oꝝ bꝛeth which is pꝛoperly of it selfe, oꝝ of some materiall cause oꝝ occasion, good oꝝ yll.

¶ That which is of it selfe good, hath pure vapours, and is of good sauour.

¶ Also it is of it selfe swifte in alteration, from hotte to colde, wherin the body is not moche pꝛouoked to sweate foꝝ heate, ne to chylle foꝝ vehemency of colde.

¶ Ayze among al thinges not natural, is chiefly to be obserued, foꝝasmoch as it dothe both inclose vs, and also enter into our bodyes, specially the moste noble member, which is the Harte, and we can not be seperate one howze from it, foꝝ the necessitie of bꝛeathing and fetchinge of wynde.

The causes, wherby the ayze is coꝛrupted, be specially foure.

Influences of sundꝛy sterres.  
Greate standynge, waters neuer refreshed.

Carayne lꝛenge longe aboue grounde.

Moche people in smal roume lꝛing vnclenly and stuttishely.

Wyndes bꝛyngyng  
holosome ayze,

North, which pꝛolongeth  
lyfe by expoulsynge ylle  
vapours.

East is temperat & lusty.

¶ i

South

Woundes byn- } Southe corrupteth, and ma-  
 gyngē yll ayre. } keth yll vapours.  
 } Weste, is very mutable, why-  
 } che nature doth hate.

*Of meate and drinke.*

**I**n meate and drynke we muste consyder fyve thynges.

{ Substaunce,  
 { Quantitie,  
 { Qualitic,  
 { Custome.  
 { Tyme,  
 { Order.

**S**ubstaunce, somme is good, whiche maketh good iuyce, and good bloudde: some is ylle, and ingendzeth yll iuyce, and yll bloudde.

*Meates and drynkes makynge good iuyce.*

<p><b>B</b>read of pure flour          somwhat leuened,          well baked, not to olde          nor to stale.          Egges of fesautes hen          nes or partriches newe          layd, poched, meane be-          twene reere and haide.          Mylke newe mylked          drynke fastynge, wher-          in is sugat, or the l.a-</p>	<p>ues of myntes,          fesautes.          Partriches or chikens,          Capons or hennes.          Byrdes of the fieldes.          Fische of stony ryuers,          Weale suckinge,          Porke ponge.          Biese not passynge thre          yeres.          Pygeons,</p>
--	--

Uenyslon

Wenyson of redde dere.  
 Pease potage with  
 myntes,  
 fete of swine oꝝ calues.  
 fygges ripe, & befoze  
 Raysons, & meales,  
 Bozage.  
 Languedebiese.  
 Bersely.  
 Myntes.  
 Rysle with almōd mylk.  
 Letyse,  
 Cycozie.  
 Grapes rype.  
 Wynes good moderat=  
 ly taken, well fyned.  
 Ale and biere sȝx dayes  
 old, cleane bꝛewed, and  
 not stronge.  
 Mirth and gladnesse.  
 The lyuer and bzaines  
 of hennes and chykens  
 and ponge geese.

Meates and drynkes ma=  
 kyng yll iuyce.

**O**lde byefe.  
 Olde mutton.  
 Geese olde.  
 Swanne olde.  
 Duckes of the kanell.

Inwarde of beastis.  
 Blacke puddynge.  
 The hart lyuer and kyd  
 neys of all beastes.  
 The bzaynes and mary  
 of the backbone.  
 Woodde culuers.  
 Shell fysh, excepte cre=  
 uyle deau doulice.  
 Chese harde.  
 Apples and peres ma=  
 che vsed.  
 fygges and grapys not  
 rype.  
 All rawe herbes, except  
 letise, bozage, & cykoꝝ.  
 Oniōs, & cōtinuelly eatē  
 Garlik, & specially of thē  
 Lekes, & which be chole  
 rike.  
 Wine in must oꝝ soure.  
 Feare, sorowe, pen=  
 sphenesse.

Meates makynge thycke  
 iuyce.

**R**ye bꝛeadde.  
 Muste.  
 Bꝛeadde without leuen.  
 Cake bꝛeadde,  
 Sea f, the greatte.

THE SECONDE

Shelle fythe.	Fenell.
Biese,	Cheese,
The kydneys.	Egges fryed oꝝ harde.
The lyuet of a swyne,	Chesten nuttes,
The stones of beastes.	Flaues,
Mylke moche sodden.	Fygges grene.
Rapes.	Appuls not rype.
All rounde rootes,	Pepper,
Cucumbers,	Rokat.
Swite wyne.	Lekes,
Deepe redde wyne.	Onyons, moche vled.

THE SECONDE  
BOKE.

Of Quantitie. Ca. 1.



THE Quantitie of meate muste be pꝛopozioned after the substance and qualite therof, and accoꝝdinge to the complexion of hym that eateth. Fyꝛst, it ought to be remembꝛed, that meates hote and moyste, whyche are qualyties of the bloudd, are soone touned into bloudd, and therfoꝝe moche nourysseth the body. Some meates do nourishe but lyttell, haupnge lyttell confoꝝmitie with bloudd in their qualities. Of them, whiche do nourishe, some are moꝝe grosse, some lyghter in digestyon. The grosse meate ingendꝛeth grosse bloude, but  
where

where it is well concocted in the stomacke, and well digested, it maketh the fleshe moze fyne, and the officiall members moze stronge, thanne fyne meates. Wherfoze of men, which vse moch laboz oz exercise, also of them, which haue very cholericke stomackes here in Englande, grosse meates may be eaten in a great quantitie: and in a cholericke stomacke biese is better dygested than a chickens legge, forasmoch as in a hotte stomacke fyne meates be shortly aduste and corrupted.

Concocted  
or boyled

Adust or  
burned.

Contrarywise in a colde oz fleumatyke stomacke grosse meate abydeth longe vndigested, and maketh putrified matter: lyght meates therfoze be to suche a stomacke moze apte and conuenient. The temperate bodye is beste nourysshed with a lyttell quantitie of grosse meates: but of temperate meates in substance and qualytye, they maye safelye eate a good quantitie. Forseene alway, that they eate withoute gourmandyse, oz leaue with somme appetyte. And here it wolde be remembred, that the cholerycke stomacke doth not despyze soo moche as he maye dygest: the melancholye stomacke maye nat dygeste soo moche as he despyeth. For colde maketh appetite, but naturall heate concocteth oz boyleth. Not withstandinge vnnaturall oz supernaturall heate distroyeth appetite, and corrupteth dygestyon, as it appereth in feuers. Moze ouer, fruytes and herbes, specyally rawe, wolde be eaten in a small quantitie, all thoughe the persone be very cholerycke, forasmoch as they do ingender thynne,  
watrye

Gourmandyse  
or  
glouteny.



watrye bloude, apte to receyue putryfactyon, whyche all thoughe it be not thortelye perceyued of them that vse it, at lengthe they feele it by sondrye dysleases, whyche are longe in comynge, and thortelye sleeth, oz be hardely escaped. fynally, excelle of meates is to be abhorred. For as it is sayde in the booke called Ecclesiasticus, In moche meate shall be syckenesse, and inordinate appetite shall approche vnto choler. Semblable, the quantitie of dlynke wolde be moderated, that it excelle not, nor be equalle vnto the quantitie of meate, specially wyne, whiche moderately taken, aydeth nature, and comforteth her, and as the sayde authour of Ecclesiasticus sayth, wyne is a reioynginge to the soule and bodye. And Theognes saythe, in Galenes warke, A large draught of wyne, is yll. A moderate draught is not onely not yll, but also comynodious oz profytable.

Eccl. 37.

Eccl 31.

Calen. de  
men, faui,

Of qualitie of meates. Cap. 2.

**Q**ualitie is in the complexion, that is to say, it is the state therof, as Hotte oz colde, moist oz dry. Also some meates be in wynter colde in acte, and in vertue hotte. And it wolde be considered, that euerye complexyon temperate and vntemperate, is conserued in his state, by that whyche is lyke therto in fourme and degree. But that whyche excelleth moche in dystemperaunce, by that whyche is contrarye to hym in fourme oz qualitie



qualytie, but lyke in degree moderately vsed. By fourme is vnderstand grossnesse, fynnesse, thickenesse, or thynnesse, by degree, as the fyrste, the seconde, the thyrde, the fourthe, in heate, colde, moysture, or drythe.

Of Custome. Capit. 3.

**C**ustome in feedynge is not to be contemned, or lyttell regarded: for those meates, to the whiche a man hath bene of longe tyme accustomed, though they be not of substaunce commendable, yet do they somtyme lasse harme than better meates, wherunto a mā is not vsed. Also the meates and drynkes, whiche do moch delyte hym that eateth, are to be preferred befoze that, which is better, but moze vnsauerye. But yf the custome be soo pernyciouse, that hit needes muste be lefte, thanne wolde it be withdrawen by lyttelle and lyttelle in tyme of healthe, and not of syckenesse. For yf it shoulde be withdrawen in tyme of syckenesse, Nature shulde susteyne treble detriment, fyrste by the grief induced by syckenesse, seconde by recepyunge of medicines, thirde by forbearynge the thyng, wherin she deliteth.

Hippocrates aphorismo. 2.

Galenus.

THE SECONDE

¶ Of the temperature of meates to be  
receyued. Cap. 4.

**T**o kepe the body in good temper, to theym, whose naturall complexion is moyst, ought to be gyuen meates, that be moyste in vertue oz power. Contrarywise to theym, whose naturalle complexion is drye, ought to be gyuen meates drye in vertue oz power. The bodyes vntemperate, suche meates oz drynkes are to be gyuen, which be in power contrary to the distemperance, but the degrees are alwaye to be considered, as wellle of the temperaunce of the bodye, as of the meates. For where the meates doo moche excede in degree the temperature of the bodye, they annoy the body in causyng distemperance, As hot wyne, pepper, garlycke, onyons, and salte, be noyfull to theym, whyche be choleryke, bycause they be in the highest degree of heate and drythe, aboue the iuste temperaunce of mannes body in that complexion. And yet be they oftentymes hol some to them, whiche be fleumatike. Contrarye wyse, colde water, colde herbes, and colde frutes moderately vsed, be hol some to choleryke bodyes, by puttynge away the heate, exceedinge the naturall temperature: and to them, whyche be fleumatyke, they be vnhol some, and doo byynge into them distemperance of colde and moist.

what

What distemperaunce hapneth by the excesse  
of sundry qualities in meates and  
drynkes. Cap. 5.

Colde, do congele and mortifye.

Moyst, do putrifie and hasten age.

Drye, sucketh vp naturall moisture.

Clammy, stoppeth the issue of vapors  
and brine, and ingendzethe toughe  
fleume and grauell.

Fatte and oily, swimmeth longe in  
the stomake, and byngeth in lothe-  
somnesse.

Meates < Bitter, dothe not nouryshe.

Salte, do frette moche the stomake.

Harryshe, lyke the taste of wyld frui-  
tes, do constipate and restrayne.

Sweete chauffeth the bloudde, and  
causeth opilations oz stoppynges of  
the poyes and cundytes of the body.

Sower cooleth nature, and haste-  
neth age.

THE SECONDE

¶ What commoditie happeneth by the moderate  
vse of the sayd qualities of meates  
and drynkes. Cap. 6.

Meates.

Cold asswageth the burning of coler.

Moist humecteth that which is dried.

Dry, cōsumeth superfluous moisture

Clammye, thycbeth that, whyche is  
subtyll and persynge.

Bytter, clenseth and wppeth of, also  
mollifieth and expelleth fleume.

Salte, relenteth fleume clammy, and  
dzyeth it.

Fatte and vinctuous, nourisheth, and  
maketh soluble.

Stiptike oz rough on the tonge, byn-  
deth and comfozteth appetite.

Sweete, dothe clense, dissolue, and  
nouryshe.

¶ Of breadde. Cap. 7.

**B**Readde of fyne floure of wheate, hauyng  
no leupn, is slowe of digestion, and maketh  
slymy humours, but it nourysbeth moche: if it be  
leupned, it digesteth sooner: bzeade hauing moch  
bzanne, fylleth the bealy with excrementes, and  
nourysbeth lptell oz nothyng, but shoztly descen-  
deth from the stomake: The meane betwene both  
sufficiently leupned, well moulded, and moderat-  
ly baken is the mooste holsoine to euerye age, the  
greatest loues do r:ouryshe most fast, for asmoche

as

as the fyze hathe not exhausted the moysture of them. Hotte breadde, moche eaten, maketh fulnes and thyrste, and slowely passeth. Barley breadde clenseth the body, and doth not nouryshe so moche as wheate, and maketh colder iuyce in the body.

¶ Of fleshe. Cap. 8.

**B**ese of Englande to Englysshemen, whiche are in helth, byngeth stronge nourysynge, but it maketh grosse bloude, and ingendzeth melancoly: but beyng of yonge oxen, not excedynge the age of four yeres, to them, whiche haue colerike stomakes, it is moze conuenient, than chickens, and other lyke fyne meates.

Swynes fleshe,

Above all kyndes of fleshe in nourysynge the body, Galene most commendeth porke, not tzyng of an olde swyne, and that it be well digested of hym that eateth it. For it maketh beste iuyce, it is mozte conuenient for yonge persons, and them which haue susteyned moche labour, and therwith ar fatigate, and become weake, yonge pigges are not comended befoze that they be one month old, for they do byede superfluous humours.

Lambe,

Is verye moyste and fluratyke, wherfoze it is not conuenient for aged men, except that it be verye drye roasted, noz yet for theym, whiche haue in their stomake moche fleume.

Mutton,

Galene dothe not commende it, not withstan-



De alim. 2. Ding experience pꝛoueth here in this realme, that  
lib. 3. pf it be yonge, it is a right temperate meate, and  
maketh good iuyce: and therfoze it is bled moze  
than any other meate, in all diseases. And yet it  
is not lyke good in all places, noꝛ the shepe, why-  
che beareth fynest wolle, is not the swetest in ea-  
tynge, noꝛ the moſte tender. But I haue founde  
in ſome countrys mutton, whiche in whitenesse,  
tenderneſſe, and ſwetenesse of the fleſhe, mought  
be well nygh compared to kydde, and in digeſtion  
haue pꝛoued as hoſſome,

Kydde and ueale,

Of Galene is commended nexte vnto porke,  
but ſome men do ſuppoſe, that in helth and ſiknes  
they be moch better than porke, the iuyce of them  
both being moze pure. And here it is to be noted,  
tha<sup>t</sup> of all beaſtes, whiche be dꝛye of their nature,  
the yongest be mooste hoſſome: of them that are  
moꝛſte, the eldeſt are leſt hurtfull,

Hare, Cony,

Maketh groſſe bloudde, it dꝛyeth and ſtoppeth,  
but yet it pꝛouoketh a man to piſſe. Cony maketh  
better and moze pure nouryſhment, and is ſooner  
digeſted than hare. It is well pꝛoued, that there  
is noo meate moze hoſſome, oꝛ that moze cleane,  
firmely, and temperatly nouryſheth than rabbettes.

Dere redde and falowe,

Hippocrates aſſyꝛmeth the fleſhe of hartes and  
hyndes, to be of yll iuyce, harde of digeſtion and  
dꝛye, but yet it moueth vrine. Of falowe dere, he  
noꝛ any other olde wyter dothe ſpeake of, as I  
remember

Hippo. de  
ratione ui  
Etus lib. 2.  
cap. 19.  
Plin. 28.



remembred. I suppose, bycause there be not in all the world so many as be in Englande, where they consume a good parte of the beste pasture in the realme, and are in nothyng profitable, saynge that of the skynnes of them is made better lether than is of calues: the huntynge of them beyng not so pleasaunt, as the huntynge of other venery or vermyne, the fleshe moche moze vnholosome and vnpleasant, than of a redde dere, ingendring melancoly, and makinge many fearful dreames, and disposeth the bodye to a feuer, if it be moche eaten: not withstandinge the fatte therof, as some lerned men haue supposed) is better to be digested, than the leane.

Of Byrdes.

**T**he fleshe of all byrdes, is moch lighter than the fleshe of bestes in comparison, most specially of those foules, whiche truste most to theyr wynges, and do byede in high countreys.

Capons, Hennes, and Chyckens.

**T**he Capon is aboue all other foules praised, for as moche as it is easily digested, and maketh lyttell ordure, and moche good nourishment. It is commodious to the breste and stomake.

Hennes in wynter, are almooste equall vnto the capon, but they do not make so stronge nourishment. Auycen sayth, if they be roasted in the bealy of a kydde or lambe, they will be the better.

Chickens in sommer, specially if they be cocktelles are very conuenient for a weake stomake, and nourisheth

nourisheth a lytell. The fleshe of a cocke is hard of digestion, but the brothe, wherin it is boyled, louseth the bealy, and haupnge sodden in it colowoxtes, Polypodium, or Cartamus, it purgith yll humours, and is medicinable agaynste goxtes, ioynt aches, and feuers, which come by courses.

Fesaunt,

Excedeth all fowles in swetenesse and holsonesse, and is equall to a capon in nourishynge, but he is somewhat diet, and is of some men putte in cōpariso n, meane betwene a henne & a partriche.

Partryche,

Of all fowles is most sonest digested: and hath in hym moche nutriment, comforteth the Brayne, and maketh sede of generation, and receiueth lust whiche is abated.

Quayles,

Although they be of some men commended, yet experience proueth them to increace melancolye, and are of a small nourishynge.

Larkes,

Be as well the fleshe as the broth, very holson, eaten rosted, they do moche helpe against the colyke, as Dioscorides sayth.

A plouer,

Is slowe of digestion, nourisheth lytell, and increaseth melancolye.

Blacke byrdes or oufyls,

Among e wylde fowle hath the chicke prayse, for lychtnesse of digestion, and that they make good nourishment, and lyttell ordure.

Sparowes,

## Sparowes

Be harde to digest, and are very hote, and sty-  
reth by Venus, and specially the bzaynes of them.

## Woodcockes,

Are of a good temperaunce, and metely lyghte  
in digestion.

## Pygeons,

Be easily digested, and ar very holsom to them,  
whiche are fleumatike, oꝝ pite melancoly.

## Goose,

Is hard of digestion, but being yong and fatte,  
the wynges be easy to dygeste in a hole stomake,  
and nourysheth competently.

## Ducke,

Is hotter than goose, & hard to digest, & maketh  
wars iuice, sauing the bzaunes on the bzeast bone  
and the necke is better than the remnaunt.

## Crane and bustarde,

Crane is harde of digestion, and maketh ylle  
iuyce, but beinge hanged vp longe in the ayze, he  
is the lasse vnholosome. Bustarde being fatte, and  
kept without meate a day oꝝ two afoze that he be  
kylled, to expulse his ozdure, and than drawen,  
and hanged as the crane is, beinge roasted oꝝ ba-  
ken, is a good meate, and nourysheth well, if he  
be well digested.

## Hearon, Byttour, Shoueler,

Beinge yonge and fatte, be lyghtlyer dygested  
than crane: and the byttout soner than the hea-  
rone. And the Shouelar sooner than any of them:  
but all these fowles muste be eaten with moche

gynget oꝝ pepper. & haue good olde wine drunke after theym, and soo shall they be moze caslye dygested, and the iuyce commynge of theym, be the lasse noyfull.

¶ The partes and members of byrdes and beastes. Cap. 9.

**T**he wynges byawnes and necke of gese, capons, hennes, fesaunt, partriche, and smalle byrdes beinge fatte, are better than the legges in digestion, and lyghter in nourishyng. Of wylde foule and pygeons beinge fatte, the legges are better than the wynges: the byawnes of ducke, teale, and wygeon except, whiche is better to dygeste: than the residue.

The gyfar or stomake

Of a goose oꝝ henne beinge fatte with byanne and mylke, beinge well sodden oꝝ made in poulder, is good foꝝ the stomake, in makinge it strong to digest, and nouryseth competently.

The lyuer,

Of a capon, henne, fesaunte, oꝝ goose, beinge made fatte with mylke myrte with their meate, is not onely easy to digeste, but also maketh good iuyce, and nouryseth excellently. But the lyuers of beastes be yll to digest, passethe slowly, and maketh grosse bloud, but it is strong in nourishyng.

The

The inwarde of beastes, as trypes and  
chytterlynges.

**T**he fleshe of them is moze harde to dygest.  
And therfoze although they be wel digested,  
yet make they not iuyce naturallye sanguyne oz  
cleane, but rawe iuyce and colde: and requyze  
a longe tyme to be conuerted in to bloud,

The lunges or lyghtes,

Are moze easy to digest, than the lyuer, and lasse  
nourisheth, but the nourishment, that it maketh,  
is fleumatike: albeit the lunges of a fore, is me-  
dicinable foze them, which haue siknes of þe lūges.

The splene or mylte,

Is of yll iuyce, foze it is the chamber of melancoly.

The harte,

Is of harde fleshe, and therfoze is not wel dige-  
sted, noze passeth shortly, but where he is wel dige-  
sted, the iuyce þe it maketh, is not to be dyspraised.

The brayne

Is fleumatyke, of grosse iuyce, slowe in dyge-  
styng, noyouse to the stomake, but where it is wel  
digested, it nourisheth moche.

Marowe

Is moze delectable than the brayne, it is yll foze  
the stomacke, but where it is well digested, it no-  
urisheth moche.

The stones and vdders

Beinge well digested, do nouryche moche, but  
the stones are hotter with their moistnes, the vd-  
ders colde and fleumatike, they both do increase  
sede of generation, but the bloude made of the vd-



der is better than that, whiche cometh of the stones, excepte it be of calues and lambes. Also the stones of cockes, maketh comendable nourishment.

The head,

The fleshe therof nourisheth moche, and augmenteth seede: but it is slowe of digestion, and noyeth the stomake, but to them, whiche vse moche exercise, it is not discommendable.

The tounge,

Is of a spūgy and sanguine substance, but the kernelles and gristell, whiche are in the rootes, if they be wel digested, they make good nourishment: if they be not wel digested, they make fleme.

The feete

Beinge welle boyled and tender, in a holle stomake, dygesteth welle, and maketh good iuyce, and passeth forth easily. Galene commendeth the fete of swyne. But I haue proucd, that the feete of a yonge bullocke tenderly sodden, and layde in sowse two dayes or thre, and eaten colde in the eueninge, haue brought a colerike stomake into a good digestion and slepe, and therwith hath also expulsed salt fleme and coler, and this haue I found in my selfe by often experience: alway forsene, that it be eaten befoze any other meate, with out dꝛynkynge unmed'atly after it.

Of fyshe generally. Cap. 10.

**T**he beste fyshe after the opinion of Galen, is that, whiche swimmeth in the pure sea, and is tossed and lyfte vp with wyndes and sourses.

The



The moze calme that the water is, the warse is the fysh, they whiche are in muddy waters, doo make moche fleume and ordure : taken in fennes and dyches by warste, beinge in freshe ryuers, and swyfte, be sometyme commendable : all be it generally, al kyndes of fysh maketh moze thinner bloud, than fleshe, so that it dothe not moche nourysh, and it doth soner passe out by vapors : to a hotte colerike stomake, or in feuers, somtyme they be holsome, being newe, freshe, and not very harde in substance or symy. harde fysh is harde of digestion, but the nourishment therof is moze firme, than that, which is softe : those which haue moche grosse humours in them, ar best, poudzed.

¶ Of Butter. Cap. 11.

**B**utter is also nourishynge, and profiteh to them, whiche haue humours superflouise in the breaeste or lunges, and lacketh rypnge and clen synge of theym : specially if it be eaten with sugar or honye. If it be well salted, it heatethe and clenseth the moze.

¶ Of Chese. Cap. 12.

**C**hese by the hole sentence of all wyters, letteth digestion, and is enemye vnto the stomake. Also it ingendzeth yll humours, and bredeth the stone. The chese which doth leest harme, is softe chese, reasonably salted, which some men do suppose, nouryseth moche.

## ¶ Of Egges. Cap. 13.

**E**gges of fesauntes, hennes, and partryches, be of all other meates moste agreable vnto nature, specially if they be newe layde: If they be rere, they do clense the throte and brest. If they be harde, they be slowe in digestion, but beyng once digested, they vo nouryshe moche. Meane betwene rere and harde, they digest conueniently and nouryshe quykely. Egges well poched, are better than rosted. If they be fried harde, they be of yll nourysment, and do make stynkyng fumes in the stomake, and do corrupt other meates with whome they be myngled. They be most hol- some whan they be poched, and moste vnhol- some whan they be fryed. Dioscozides sayth, If they be souped warme, befoze any other meat, they do hea<sup>r</sup>: the grefes of the bladder and raynes, made with grauell: also sozenes of the chekes & throte, and spitting of bloud: and they be good ageinst catars oꝝ stilling out of the hed into the stomake.

## ¶ Of Fruites. Cap. 14.

**F**oꝝ as moche as befoze that tyllage of coꝛne was inuented, and that deuouringe of fleſhe and fyſhe was of mankynde vsed, men vndoub- tedlye lyued by fruities, and Nature was there- with contented and satisfied: but by chaunge of the dicte of our progenytours, there is caused to be in our bodyes, suche alteration frome the na- ture, whiche was in men at the begynnynge, that nowe all fruities generally are noyfull to manne,  
and

and do ingender yll humours, and be ofte tymes the cause of putrifised feuers, if they be moche and continually eaten. Not withstanding vnto them, which haue abundaunce of coler, they be somtime conuenient, to repressse the flame, which procedeth of coler. And some fruites whiche be styptike, or bynding in tast, eaten befoze meales, do bynd the bely, but eten after meales, they be rather laxatiue

### ¶ Of Gourdes.

**G**ourdes rawe be vnpleasant in eatinge, yll foze the stomake, and almost neuer digested. therfoze he that wyl nedes eat them, must boyle them, roste them, or frye them, euery waye they be without sauour or taste, and of theyze proper nature, they gyue to the body cold and moyst nozishment, and that very lyttell, but by reason of the syppernes of their substance, and bycause al meates whiche be moyste of their nature, be not byndynge, they lyghtly passe foze by the bealye. And being well ozdred, they wyl be metely concoct, if cozruption in the stomake do not pzeuent them: they be cold and moist in the seconde degree.

### ¶ Of Melones and Pepones.

**M**elones and Pepones be almooste of oone kynde, but that the melone is rounde lyke an apple, and the innermooste parte therof, where the sedes are conteyned, is vled to be eaten. The Pepon is moche greater, and somewhat longe and the inner part therof is not to be eaten: They both

bothe are very colde and moyſt, and do make yll iuyce in the body, if they be not well digeſted, but the pepon moche moze than the melon, they do leſt hurt, if they be eaten afoze meales. Albe it, if they do fynde in the ſtomake fleume, they be turned in to fleume, if they finde choler, they be turned in to choler. Not withſta. idynge there is in them the vertue to clenſe & to prouoke brine, they be colde and moyſt in the ſeconde degree.

¶ Cucumbers.

**C**ucumbers do not exceſſe ſo moche in moyſture as melons: and therfoze they be not ſo ſoone coꝛrupted in the ſtomacke: but in ſome ſtomakes, being moderatly vſed, they do digeſt wel: but if they be abundantely eaten, oꝛ moche vſed, they ingender a colde and thypcke humour in the beyneſſe, whiche neuer oꝛ ſeldome is tourned in to good bloud, and ſomtyme byngeth in feuers. Alſo they abate carnall luſt. The ſedes as wel thereof, as of melones and gourdes, beinge dꝛyed, and made cleane from the huſkes, are very medycina- ble againſt ſyckenelles procedynge of heate, alſo the difficultie oꝛ let in pyſſynge, they be colde and moiſt in the ſecond degree.

Dat. s,

**B**e harde to digeſte, therfoze beinge moche eaten, and not wel digeſted, they annoy the head and cauſe gnawynge in the ſtomacke, and make groſſe iuyce, and ſometyme cauſe obſtructyons oꝛ ſtoppyngeſ in the lyuer and ſplene. And where there

Galen. de  
alimen.  
ſa. 2.



there is inflammation or hardnesse in the bodye, they are vnholosome, but beinge well digested and temperately vsed, they nouryshe and make the fleshe firme, and also byndeth the bealy: olde dates be hotte and drye in the fyrst degree: newe gathered are hotte and moist in the first degree.

### ¶ Of Fygges.

**F**ygges eaten, do shortly passe out of the stomacke, and are soone distributed in to all the partes of the body, and haue the power to cleanse, Aetius. 5. specially grauelle, beinge in the raynes of the backe, but they make no substantial nourishment, but rather somewhat lowse and wyndye, but by their quicke passage, the wynde is sone dissolued. Therfoze if they be rype, they do least harime of any frutes, or almoste none. Dye figges are old, are moze hotte and drye than newe gathered, but beinge moche eaten, they make yll bloudd and iuyce, and as some do suppose, do ingender lycce, and also anoyeth the lyuer and the splene, if they be inflamed, but hauinge the power to attenuate or make humours currant, they make the bodye soluble, and do cleanse the raynes. Also beinge eaten afoze diner with gynger or pepper, or powder of tyme, or peny royall, theye pzoofyt moch to them, whiche haue oppilations or harde congeled matter in the inner partes of the body, or haue distillations or reumes fallng into the breste and stomake. New figges are hot and moist, olde figges are hot in the first degree, and dye in the seconde.

## ¶ Of grapes and raisons.

Galen. de  
alimen. 2.

**G**rapes do not nouryshe so moch as fygges, but beinge ripe, they make not moche pille iuyce in the body: albeit newly gathered, they trouble the bealpe, and fylleth the stomacke with wynde. therfore if they be hanged bp a whyle, et they be eaten, they are the lasse noyfull. Sweete grapes are hottest, and do lowse somewhat, and make a man thyrsty. Sowre grapes are cold, and do also lowse, but they are hard of digestion, and yet they do not nourishe. They whiche are in tast bytter or harryshe, be lyke to them that are soure. Raisons do make the stomake firme and strong, and do pꝛouoke apeteite, and do comfozte weake bodes, beinge eaten afoze meales: they be hotte in the first degree, and moyst in the seconde.

Diosco. 5.

## ¶ Of Cheries.

**C**heries, if they be swete, they do soone slyp downe into the stomake, but if they be soure or sharpe, they be moze holsome, and do louse, if they be eaten freshe, and newly gathered. they be cold and moist in the first degree.

## ¶ Of Peaches.

**P**eaches doo lasse harme, and doo make better iuyce in the bodye, for they are not soo sone corrupted beinge eaten. Of the iuyce of them may be made a syrope, very holsome agaynst the distemperance of coler, wherof procedeth a stynkynge bꝛeathe. they be colde in the fyrste degree, and moyste in the seconde.



## ¶ Of Appules.

**A**ppules eaten sone after that they be gathered, are cold, hard to digest, and do make yll and corrupted bloude, but beinge well kepte vntyll the nexte wynter, or the yere folowinge, eaten after meales, they are right holsoine, and doo confirme the stomake, and make good digestion, specially if they be roasted or baken, most properly in a cholericke stomake. They are beste preserved in hony, so þæt one touch not an other. The roughe tasted appuls are holsoine, where the stomake is weake by distemperance of heate or moche moisture: The bytter appuls, where that grieffe is increased: The soure appuls, where the matter is congeled or made thicke with heate. In dystemperature of heate and dysythe by drynkinge moche wine, they haue ben found comodious, beir 3 eaten at nyght, goinge to bedde, without drynkinge to them: they be cold and moist in the first degree.

## ¶ Of Quynces.

**Q**uynces be cold and dry, eaten afoze meale, they bynde and restraine the stomake, that it may not digest well the mete, except that they be roasted or sodden, the coze taken out, and myrte with honye clarified, or sugar, than they cause good appetite, and preserve the hed from drunkennesse: taken after meate, it closeth and draweth the stomake togyther, and helpeth it to digeste, and mollyfieth the bealy, if it be abundantly taken, they be cold in the fyrst degree, and dry in the beginninge of the seconde.

## ¶ Of Pomegranates.

**P**omegranates be of good iuyce, and profytable to the stomake, specially they, which are swete: but in a hotte feuer, they that are sowze, be moze expedient and holosome. for than the swete do incende heate, and puffed vp the stomake.

## ¶ Of Peares.

**P**eaes are moche of the nature of apples, but they are heuyer, but taken after meate, roasted or baken, they are not vnholosome, and do restrain and knytte the stomake, beinge rype: they be cold and moyst in the first degree.

## ¶ Medlars.

**M**edlars are cold & dry, and cōstrictife or straininge the stomake, and therfoze they may be eaten after meles as a medycine, but not vsed as meate, for they ingender melancoly, they be colde and dry in the seconde degree.

## ¶ Wallnuttes.

**W**allnuttes, if they be blanched, are supposed to be good for the stomake and somewhat lousynge the bealy, myxt with sugar they do nouryche temperately. Of two drye nuttes, as many fygges, and .xx. leaues of Rewe, with a grayn of salt, is made a medicine, wherof if one doo eate fastyng, nothinge which is venomous, may that day hurte hym, and it also p̄serueth agaynst the pestilence, and this is the very ryght **A**nthydate. they be hot and dry in the second degree, after some opinions hot in the thirde degree, dry in the second.

fpl.

Fylberdes and hasyll nurtes,

They are moze stronge in substance than wall-  
nuttes, wherfoze they are not so easily oꝛ sone di-  
gested. Also they do inflate the stomak, and cause  
head ache, but they ingender fatte. And if they be  
rosted, they are good to restrayne teumes. Also  
eaten with pepper, they ar good againte tour-  
mentes of the bealy, and the stopppnge of bryne.  
they be hotte and drie in the fyrst degree.

Of Almondes.

They do extenuate and clense without any byn-  
dyng, wherfoze they pouрге the breste and lun-  
ges, specially bitter almondes. Also they do mol-  
lyfye the bealy, pꝛouoke sleape, and causeth to  
pylle well. fyue oꝛ syxe of them eaten afoze meat,  
kepeth a man from beinge drunke: they be hotte  
and moyste in the fyrst degree.

Chestyns.

They beinge rosted vnder the ymbers oꝛ hot as-  
hes, do nouryche the body strongly, & eaten with  
hony fastyng, do helpe a man of the cough.

Prunes

Of the gardeyn, and rype, do dispose a man to  
the stoole, but they do byng no maner of nou-  
ryshment. To this fruite lyke as to figges, this  
propertye remayneth, that beinge dyed they doo  
pꝛofite. The damaske pꝛune rather bindeth than  
looseth, and is moze commodious vnto the sto-  
make, they be cold and moist in the second degree.

Olyues

Condyte in salt lycour, taken at the begynnynge

T H E S E C O N D E

of a meale, dothe corroborate the stomake, stireth appetite, and louseth the bealy, beinge eaten with byneger. They whiche be rype, are temperately hote: they which be grene, are cold and dry.

Of Capers.

They nourishe nothyng after that they be salted, but yet they mak the bealy louse, and poureth fleume, whiche is therein conteyned. Also stireth appetite to meat, and openeth the obstructions or stoppyng of the lyuer and splene, beinge eaten with oximell, befoze any other meate: they be hote and dry in the second degree.

Orenge.

The ryndes taken in a lyttell quantitie, do comfort the stomake, where it digesteth, specially condite with sugar, and taken fastyng in a smalle quantitie. The iuyce of orenge haupng a taste of breadde put vnto it, with a lyttell powder of myntes, sugar, and a lyttell cynamom, maketh a very good sauce to prouoke appetite. The iuyce eaten with sugar in a hotte feuer, is nat to be discommended. The rynde is hotte in the firste degree, and drye in the seconde. The iuyce of the cym is coide in the seconde degree, and dry in the first.

Herbes vsed in potage, or to eate. Cap. 15.

**G**enerally all herbes raw, and not sodden, do giuender cold & watry iuyce, if they be eaten customably, or in abundance: albeit some herbes are moze comestible, and do lasse harme vnto nature, & moderatly vsid, maketh metely good blud.

Lettyse.

## ¶ Lettise.

**A**monge al herbes, none hath so good iuyce as lettise : for some men do suppose, that it maketh aboundance of bloudde, albeit not very pure or perfyte. It dothe sette a hotte stomake in a very good temper, and maketh good appetite, and eaten in the euenynge, it prouoketh slepe, albeit, it neither dothe losse nor bynde the bealye, of his owne propertye. It increaseth mylke in a womanz breastes, but it abateth carnall appetite, and moche vsynge therof, hurteth the eye syght. It is colde and moyst temperately.

## ¶ Colewortes and Cabages.

**B**Efoze that auarice caused marchauntes to fetch out of the easte and southe partes of the world, the traffyke of spyce and sundry drouges, to content the vnsaciableness of wantor appetites, Colewortes for the vertues supposed to be in theym, were of suche estimation, that they were iudged to be a sufficient medicine agaynste all diseases, as it may appere in the boke of wylse Cato, wherein he writeth of husbandry. But nowe I wyll no moze remember, than shalbe requyred, in that whyche shall be vsed as meate, and nat pure medicine. The iuyce thereof hath vertue to purge : the holle leaues beinge halfe sodden, and the water poured out, and they being put estelones into hot water, and sodden vntyll they be tender, so eaten, they do bynde the bealye. Some doo suppose, if they be eaten rawe with byneger, befoze meate, it shall preserue the stomake from surfetyng



fettyng, and the head from drunkenesse: Albeit moche vsynge of them dulleth the syght, excepte the eyes be very moyste. Fynally the iuyce that it maketh in the bodye is not so commendable, as that whiche is ingendred of lettysse. It is hote in the first degre, and drye in the seconde.

¶ Of Cykorie or suckorie.

**I**t is lyke in operation to lettise, and tempereth coler wonderfully, and therfoze in all colerike feuers, the decoction of this herbe, oz the water therof styllled, is ryght expedient. Semblably the herbe and rote boyled with fleshe, that is freshe, being eaten, kepeth the stomake and head in very good temper. I suppose that Southistel & Dent-delyon, be of lyke qualities, but not so conuenient to be vsed of theym, whiche are hole, bycause they are wyld of nature, and moze bitter, and therfoze causeth fastidiousnes oz lothsomnesse of the stomake. It is colde and drye in the second degre.

¶ Endyue and Scariole.

**U**se moche like in their operation to Cykorie, but they are moze conuenient to medicine than to meate. Albeit Scariole callyd whyte Endyue, haung the toppes of the leaues turned in, and layde in the erthe, at the latter ende of sommer, and couered, becometh white and crispe, lyke to the great stalkes of cabage lettysse, which take by and eten with vineger coolith the heate of the stomake. And to them that haue hote stomakes and drye, they be right holsome, but being to moch vsed, oz in very great quantitie, they ingender the  
humour,



humour, whiche maketh the colyke. they be colde and moist in the first degree.

Malowes

Are not colde in operatton, but rather somewhat warme, and haue in them a slyppernesse: wherfoze being boyled and moderatly eaten with oyle and byneger, they make n. etely good concoction in the stomake, and causeth the superfluous matter therein easily to passe, and clenseth the bealye, Galen. 2. dealimētis. It is hotte and moyst in the first degree.

white betes

Are also absteriue, and lowseth the bealye, but moche eaten, annoyeth the stomake: but they are ryght good against obstructions oꝝ stoppyng of the lyuer, if they be eaten with byneger oꝝ mustarde. lykewyse it helpeth the splene. It is colde in the first degree, and moist in the seconde.

Pourslane

Dothe mitigate the great heat in al the inward partes of the bodye, semblably of the head and eyes: also it repzesseth the rage of Venus, but yf it be pꝛeserued in salt oꝝ byne, it heateth and purgeth the stomake. It is colde in the thirde degre, and moist in the seconde.

¶ Cheruyle

Is verry pꝛofytable vnto the stomacke, but it may not sustein verry moch boiling: eten with byneger, it pꝛouoketh appetite, & also brine. The decoctiō therof dzunk with wyne, clēseth y<sup>e</sup> bladder.

¶

Sozell

## Sorell

Beinge sodden, it louseth the bealy. In a tyme of pestilence, if one beinge fastynge, doo chewe some of the leaues, and sucke downe the iuyce, it meruaylously p̄serueth from infections, as a new p̄actiser callid Guainerius doth wryte. And I my self haue proued it in my household. The sedes therof b̄rased and dzunke with wine & water, is very holosome agaynst the colyke, and frettinge of the guttes. it stoppeth fluxes, and helpeth the stomake annoyed with replecion. It is cold in the third degree, and dry in the seconde.

Dioscorid<sup>z</sup>  
des lib. 2.  
ca. 106.

## Persely

Is very conuenient to the stomak, and comfozeth appetite, and maketh the b̄reath sweete, the sedes and roote causeth vrine to passe welke, and b̄rasketh the stone, dissolueth wyndes. the rootes boyled in water, and therof oximell beinge made, it dissolueth fleume, and maketh good digestion. It is hote and dry in the third degree.

## Fenell

Beinge eten, the sede oꝝ rote maketh abundance of mylke: lykewyse dzunke with p̄tysane oꝝ ale. The sede somewhat restrayneth fluxe, prouoketh to p̄sse, and mitigateth freattynge of the stomake and guttes, specially the decoction of the roote, if the matter, causynge freattynge be colde, but if it be of a hotte cause, the vse thereof is dangerous, foꝝ inflammation oꝝ exulceration of the raynes oꝝ bladder. It is hotte in the third degree, and dry in the fyrst.

Galē. sim.  
de medi-  
camen. li.  
3. ca. 74.

Ample

## ¶ Anyse fede.

Maketh swete bꝛeth, pꝛouoketh brine, and dꝛi-  
ueth downe thinges, cleaupnge to the raynes oꝝ  
bladder, stꝛeth by courage, & causeth abundance  
of mylke. It is hote and dꝛy in the third degre.

## ¶ Beanes

They make wynde, howe so euer they be orde-  
red: the substance, whiche they do make, is spun-  
gye, and not firme, albeit they be absterliue oꝝ  
clensing the body, they tary longe oꝝ they be dy-  
gested, and make grosse iuyce in the body, but yf  
onyons be sodden with them, they be lasse noyful.

## Peasyn

Are moche of the nature of beanes, but they be  
lasse wyndy, and passeth faster out of the bodye:  
they be also absterliue oꝝ cleansing, specially white  
peason, & they also cause metely good nourishing,  
the hulkes taken awaye. And the bꝛothe, wyerin  
they be sodden, clenseth right wel the raynes and  
bladder.

*Rape rotes and Nauews, Cap. 16.*

**T**he iuyce made by them, is very grosse: And  
therfoze beinge moche eaten, if they be not  
perfytely concocte in the stomake, they doo make  
crude oꝝ rawe iuyce in the raynes. Also if they be  
not well boyled, they cause wyndes, and annoye  
the stomake, and make sometyme frettynges: If  
they be well boyled fyrst in cleane water, and that  
beinge cast awaye, the second tyme with fat fleshe,  
they nouryshe moche, and doo neyther lowse noꝝ  
bynde

bynde the bealy. But Rauens do not nouryſhe ſo moche as rapes, but they be euen as wyndye.

¶ Turnepes,

Beinge welle boyled in water, and after with fatte fleſhe, noziſheth moch, augmenteth the ſede of man, prouoketh carnall luſt. Eaten rawe, they ſtyze by appetite to eate, beinge temperatly vſed. and be conuenient vnto them, whyche haue purtrified matter in their breaſtes oꝝ lunges, cauſing them to ſpytte eaſily, but beinge moche and ofte eaten, they make rawe iuyce and wyndyneſſe.

Parſnepes and carettes.

Gal. ſimp.  
med. li. 7.

¶ They do nouryſhe with better iuyce than the other rootes, ſpecially carettes, whiche are hotte and dry, and expelleth wynd. Not withſtandinge moche vſed, they ingender yll iuyce: but carettes laſſe than parſnepes, the one and the other expelleth vrine,

¶ Radyſhe rootes

Paulus E  
gineta.  
Dioſcoris  
des.

Haue the vertu to extenuate, oꝝ make thyn, and alſo to warme. Alſo they cauſe to bꝛeake wynde, and to pyſſe: being eaten afoze meales, they lette the meate, that it may not diſcende, but beinge eaten laſte, they make good digeſtion, and louſeth the bealy, though Galenus wyte contrarꝝ. Foꝝ Lib. 7. de alimentis. ¶, amonge diuers other, by experience haue proued it: not withſtandyng they be vnholſome foꝝ them, that haue continually the goute, oꝝ peynes in the ioyntes.

Garlyke,

It dothe extenuate and cutte groſſe humours, &  
ſpyng,



Qymy, dissolueth grosse wyndes, and heateth all the body. also openeth the places, whiche are stopped, generally where it is well digested in the stomake: it is holsome to dyuers purposes, specially in the body, wherin is grosse matter, or moch cold enclosed. if it be sodden vntyll it louseth his tartnesse, it somewhat nouryseth, and yet loseth not his proprete, to extenuate grosse humours: being sodden in mylke, it profiteth moche agaynste distyllations from the head into the stomake.

## Onions

Do also extenuate, but the longe onions moze than the rounde, the red moze than the whyte, the dype moze than they whiche be grene: also rawe moze than sodden, they stire appetite to meat, and put away lothsomnes, and lowse the bealy, they quycken syght: and beinge eaten in great abundance with meat, they cause one to slepe soundly.

## Leekes,

Be of yll iuyce, and do make troublous dreames, but they do extenuate and clense the bodye, Galen. 7. cap. 139. and also make it soluble, and prouoketh brine. Moze ouer it causeth one to spytte oute easily the fleume, whiche is in the bzeaste.

## Sauge.

It heateth, and sommewhat byndeth, and therewith prouoketh brine, the decoction of the leaues and braunches beinge drunke. Also it stoppeth bledyrge of woundes, beinge layde vnto them. Moze ouer it hath ben proued, that women, whiche haue ben longe tyme without chylderne, and

haue drunke .x. ounces of the iuyce of sauge, with a grayne of salte, a quarter of an houre befoze that they haue companied with their husbandes, haue conceyued at that tyme. It is hotte and dry in the thyrde degtee, the blynge thereof is good against palseys.

Isope,

Dothe heate and extenuate, wherby it digesteth slimy fleume: beinge prepared with fygges, it pourgeth fleume downewarde, with honye and water vpwarde, boyled in byneger, it helpeth the tothe ake, if the teethe be washed therewith. It is hote and dry in the thirde degtee.

Bourage

Comforteth the harte, and maketh one merye, eaten rawe befoze meales, or layde in wyne that is drunke: Also mollifieth the bealy, and prepareth to the stoole. It is hote and moist in the myddell of the first degtee.

Saucery

Pourgeth fleume, helpeth dygestion, maketh quyck syght, prouoketh vrine, and styreth carnall appetite. It is hote and dry in the thirde degtee.

Rokat

Heateth moch, and increaseth scde of man, prouoketh courage, helpeth digestion, and somewhat louseth. It is hote and moist in the second degtee.

Tyme

Dissolueth wyndes, bzeaketh the stooone, expulseth vrine, and ceaseth freattynges. It is hotte and dry in the thirde degtee.

Denitriall



## Penyryall

Dothe extenuate, heate, and decocte, it refourmeth the stomake, oppzessed with fleume, it dothe recomfozte the faynt spirite, it expelleth melancoly by sege, and is medicinable agaynst many diseases. It is hote and dry in the third degree.

¶ Townecesss.

¶ Paulus discommendeth, sayenge, that it resisteth concoction, and hurteth the stomacke, and maketh yll iuyce in the body, taken as medicine it helpeth many diseases. It is hotte and drye in the third degree.

¶ Rosemary

Hath the vertue to heate, and therfoze it dissoluet humour congeled with colde: It helpeth agaynst palseys, fallinge sickenes, olde diseases of the bzeaste, tourmentes oꝝ frettyngge, it prouoketh brine and sweat: it helpeth the cough taken with pepper and hony, it putteth away tothe ake, the roote beinge chewed, oꝝ the iuyce therof put in to the tothe, beinge bourned, the fume therof resisteth the pestilence: the rynde thereof sodden oꝝ burned, & the fume receyued at the mouth, stoppeth the reume, whiche falleth out of the head into the chekes oꝝ throote: whiche In ny selfe haue proued, the grene leaues brypled, doo stoppe the hemoꝝroides, yf they be layde vnto theym. This herbe is hote and dry in the third degree.

Spices

T H E S E C O N D E

¶ Spices growinge out of this realme vsed in  
meate or drynke. Cap. 17.

¶ Pepper.

**B**Lacke pepper is hottest, and most dry, white  
pepper is next, longe pepper is mooste tempe-  
rate. The general pꝛopertie of all kyndes of pep-  
per is to heate the booy: but as Galene sayth, it  
perceth downewarde, and dothe not spreade in to  
the baynes, if it be grosse beaten. It dissolueth  
fleume and wynde, it helpeth digestion, expulseth  
brine, and it helpeth againste the diseases of the  
bꝛeaste, pꝛocedyng of colde. It is hotte in the  
first degre, and dry in the seconde.

¶ Gynger

Heateth the stomake, and helpeth digestion, but  
it heateth not so soone as pepper: but afterward  
the Meate remayneth longer, & causeth the mouth  
to be moister: Being grene, or well confectioned  
in syꝛope, it comfozteth moche the stomacke and  
head, and quyckeneth remembꝛaunce, if it be ta-  
ken in the moꝛowe fastyng. It is hotte in the se-  
cond degre, and dry in the first.

Saffron

Somewhat byndeth, heateth, and comfozteth  
the stomake and the harte specially, and maketh  
good digestion, being eaten or drynken in a small  
quantitie. It is hotte in the seconde degre, and  
dry in the fyꝛst.

Cloues,

Hath vertue to comfozt the synewes, also to con-  
sume and dissolue superfluous humours. They  
be

be hotte and dry in the thyrd degree: sodden with mylke, it comfozteth the debilitie of nature.

Maces.

Dioscorides commendeth to be drunke agaynst spitting of blod, and bluddy fluxes, & excessiue laskes. Paulus Egineta addeth to it, that it helpeth the colyke: they be hotte in the second degree and drye in the thirde degree. It is to the stomake very commodious, taken in a lyttell quantitie.

Nutmigges,

with their swete odour comfozte and dissolue, and somtyme comfozteth the power of the syght, and also the bryayn in colde discrasies, and is hote and dry in the second degree.

¶ Of drynkes, and fyrst of water. Cap. 18.

**V**ndoubtedly water hath the pzeimynence aboue all other lycoures, not onely bycause it is an elemēt, that is to say, a pure matter, wherof al other lycours haue their original substance: but also forasmoche, as it was the very naturall and fyrst drynke to all maner of creatures. wherfoze the sayeng of Pindarus the poete, was euer well allowed, whiche saythe; water is beste. And one thynge is well considered, that from the creation of the worlde, vntyl' the vniuersall deluge or floudde, duringe which tyme, men lyued eight or nyne hunderde yeres, there was none other drynke vled nor knowen, but water. Also the true folowers of Pythagoras doctrine, dranke onely water, and yet lyued longe: as Apollonius and  
k
other

other: and in the serching out of secrete and un-  
 sticall thynges, their wyttes excellyd. **M**ozeouer,  
 we haue sene men and women of great age, and  
 stronge of body, whyche neuer oz berye seldome,  
 dranke other dzyinke, than pure water: As by ex-  
 ample in Coznewall, although that the countrey  
 be in a very colde quarter, whiche proueth, that  
 if men from their infancye, were accustomed to  
 none other dzyinke, but to water onely, moderate-  
 ly vsed, it shuld be sufficient to kepe naturall moy-  
 sture, and to cause the meat that is eaten, to perce  
 and discende vnto the places of digestion, whiche  
 are the pourpoces that dzyinke serueth for. But  
 nowe to the qualities of water, after the sentence  
 of auncient philosophers and phisitions, The  
 rayne water, after the opinion of the most men, if  
 it be receyued pure and cleane, is most subtyl and  
 penetratiue of any other waters: the next is that,  
 whiche issueth out of a spring in the east, and pas-  
 seth swiftly among great stones oz rockes: The  
 thirde is of a cleane ryuer, whyche renneth on  
 great harde stones oz pebles. There be dyuerse  
 meanes to trie out, whiche is the beste water, For  
 that whiche is lightest in payse oz weight is best,  
 also that, wherof cometh leest skymme oz frothe,  
 whan it doth boyle. Also that, which wyll soonest  
 be hot. **M**ozeouer deape linnen clothes in to sun-  
 dry waters, and after lay them to dry, & that whi-  
 che is sonest dry, the water wherin it was deaped,  
 is most subtyl. After a great surfete, specially take  
 with superfluouse eatinge of bankettyng-meas-  
 tes,



tes, cold water drunken, is a general remedy. Hippocrates affermeth þ̄ in Sharp & fetuent diseases, none other remedy is to be requyred, than water. And Galen wyl not, that chyldezen shuld be let fro drinking of water: but that whan they fele the sel-  
 fes very hote, after meales, and do desire to drink water, specially of a cleane fountayne, they shuld be suffred. Also Hippocrates saith, In such siknes where as thou fearest, lest the head shuld be vehemently greued, or the mynde perished, there must thou giue eyther water, or white wyne alayd with moche water. Not withstanding there be in water causes of dyuers diseases as of swellynge of the splene, and the lyuer, it also flytteth & swimmeth, and it is longe or it perceth, in as moche as it is colde & slowe in decoction, it lowseth not the bealy nor prouoketh brine. Also in this it is byctouse, that of his proper nature, it maketh none ordure. Fynally, alway respect muste be hadde to the persone, that drynketh it. for to yong men, and them, that be hotte of complexion, it dothe lasse harme, and somtyme it prouoketh. but to them that are feble, olde, fleumatike, or melancoly, it is not coue-  
 nient.

¶ Of wyne. Cap. 19.

**P**lato, the wysest of all phylosophers, dothe affirme, that wyne moderately drunke, nouryseth and comfozteth, as well all the bodye, as the spirites of man. And therfoze god dyd ordeyn it for mankynde, as a remedy againge the incommodities of age: that therby they shulde seme to



retourne vnto youth, and foꝛgette heuynes. Undoubtedly wyne heateth and moysteth the bodye, whyche qualities chiefly conserueth Nature. And Galene of all wynes, comendeth that, whiche is yelow and clere, saying. That it is the hottest, and white wyne lesse hotte. And the coloure meane betwene both, & semblable temperature. The yelow wyne, whiche is the proper colour of very hotte wynes, to olde men dothe bynge these comodities. Fyꝛst it heateth all their members: also it purgeth by vrine, the watty substance of the bloud. Moreover, the wynes, whiche be pale oꝛ yelow, and full of substance, they do increase bloude, and nourishe the bodye: but foꝛ the moze part olde men haue nede of suche wynes, whiche do pꝛouoke vrine: foꝛasmooche as in them doo abound watty excrementes oꝛ superfluities. And they whiche do tary longe in the bealy, be not apt foꝛ aged men. Blacke oꝛ deepe redde wynes and thicke, do bind and congele that whiche they doo fynde in the body, and although some of theym do not long abyde in the bealy, yet they moue not vrine, but rather withdraueth: but yet they doo harme to olde men, foꝛasmooche as they do stoppe the cundites of the splene, the lpuer, and the raynes. Also grosse wines be best foꝛ them, which desire to be fat, but it maketh opilations: olde wyne and clere, is better foꝛ them, that be fleumatike. Galene also pꝛohibiteth chylderne to drynke any wyne, foꝛasmooche as they be of a hote and moyst temperature, and so is wyne: and therfoꝛe it heateth

teth and moysteth to moche their bodies, and fyl-  
 leth their heades with vapoures. Moze ouer he  
 wolde that ponge men Gulde Drynke lyttell wine,  
 foꝛ it shall make them prone to fury and to leche-  
 ry: and that parte of the soule, whiche is callyd  
 rationall, it shall make troublous and dulle: not  
 withstandinge, yet it is sometime profitable to mi-  
 tigate oꝛ expell oꝛ duce, made of coler oꝛ melanco-  
 ly. Also it profyteth against drythe, whiche hap-  
 neth in the substance of the body, either by to mo-  
 che labour, oꝛ by the proper temperature of age:  
 foꝛ wyne moysteth and nourisheth that, which is  
 to drie, also mitigateth and dissolueth the sharp-  
 nes of coler, & purgeth it also by brine & sweate:  
 finally (as Theognes saith) Moche drynkinge of  
 wyne is yll, but moderate drynkyng of wyne is  
 not onely not yll, but also commodious and pro-  
 fytable. whiche sentence is confyꝛmed by Iesus  
 Syrac, in the boke named Ecclesiastic<sup>s</sup> sayinge,  
 wyne moderately drunke, reioyseth both the bo-  
 dy and soule. wherfoꝛe to conclude this chapt-  
 ter, There is neyther meate noꝛ drynke, in the vse  
 wherof ought to be a moze discrete moderation,  
 than in wyne, consydeꝛyng that beinge good and  
 drunke in due tyme and measure, it not only con-  
 serueth naturall and radica'l moysture, whereby  
 lyfe indureth, but also it helpeth the princypall  
 members, whiche belonge to digestion, to do their  
 office: On the other parte, being yll oꝛ corrupt, oꝛ  
 taken out of order and measure, it dothe contrary  
 to all the pꝛemisses, besydes that it transfoꝛmeth

Eccle. 31.

a man oꝝ woman, makynge them beastly. **¶** Of the qualities of wine, shall be touched hereafter in the order of diete.

¶ Of Mylke, Cap. 20.

**M**ylke is compact of thye substances, creame, whey, & cruddes. The moſte excellent milke is of a woman. The mylke of a cowe is thickest, the mylke of a camell is moſt ſubtyll, the mylke of a goote is betwene cowe mylke, and camell mylk. Swes mylke is betwene cowe mylke and asses mylke. Also the mylk of beaſtes, fedyng in large paſtures, and out of fennes and marſhes, is better than of them, whiche be fedde in lyttell closes, oꝝ in watry groundes. In ſprynge tyme mylke is moſt ſubtyll, and mylke of yong beaſtes, is holſomer, than of olde. To chyldren, olde men, and to them, whiche be oppreſſed with melancoly, oꝝ haue the fleſhe conſumed with a feuer ethike, mylke is conuenient. And generally to all them, whiche do not fele the mylk riſe in their ſtomakes, after that they haue eaten it: and in thoſe perſons, it dothe eaſily pouрге that whiche is in the bealye ſuperfluous. And afterwarde it entreteth in to the baynes, and bringeth good nourishment. Who ſo euer hath an appetit to eate oꝝ dꝛynke mylke, to the entet that it ſhal not ariſe oꝝ abraied in the ſtomake, let hym put in to a beſſell, out of the whiche he wyll receyue it a few leaues of myntes, ſugar oꝝ pure hony. And in to that beſſell cauſe the beſt to be mylked, and ſo dꝛynke it warme from the  
b d d e r :

Actus.

adder: or els let hym do as Paulus Egineta teacheth, that is to say, boyle first the mylke with an easy fire, & sethe it after with a hotter fire, & skym it cleane, and with a sponge deaped in cold water, take that cleane away, which wolde be burned to the vessell, than put to the mylke, salt and sugar, & stere it often. Moze ouer mylke taken to purge melancoly, wold be drunke in the mozning abundantly newe mylkd as is befoze wrytten. And he that drinketh, shuld absteyn from meate, and exercise, vntyll the milke be digested, and haue somewhat purged the bealy. For with labour it becometh soure: & therfoze it requyrez rest & watch or to walke very softly. Finally, where men & womē be bled from their childhode, for the moze part, to mylke, and do eate none or lyttell other meate, but mylke and butter, they appere to be of good complexion and facion of body, & not so moche vexed with sycknes, as they whiche drynke wine or ale: not withstandinge moch vse of milke in men sanguine or coletike, doth ingender the stone.

Oribasius  
de confes-  
sione cis-  
borū li. 3.

¶ Of ale, biere, cyder, and whay.

I Can neither here nor rede, that ale is made and bled for a comon drynke in any other countrey than England, Scotlād, Ireland, & Doyle. The latyn woꝛde *Cereuicia*, is indifferent as welle to ale as to biere. If the coꝛne be good, the water hol- some and cleane, and the ale or biere welle and persytelye brewed and censed, and by the space  
of



of six dayes or moze, settled and defecate, it must nedes be a necessary & conuenient dꝛynk, as well in syknes as in helth: consyderinge that barleye cozne, wherof it is made, is commended, and bled in medicine, in all partes of the world, & accompted to be of a syngular efficacy, in reducyng the body into good temp<sup>er</sup>, specially which is in a distemperature of heate. For what auncient phisition is there, that in his woꝝkes commendeth not ptylane, whiche is none other than pure barley, bꝛaied in a moztet, and sodden in water: The same thynge is smalle and cleane ale or byere, sayunge that perchaunce, the dꝛienge of the malte, is cause of moze dꝛyth to be in the ale, than in ptylane. And the hoppes in biere maketh it colder in operation. But to say as I thynke, I suppose, y<sup>e</sup> neither ale nor biere is to be compared to wyne, consyderinge, that in them do lacke the heate and moysture which is in wyne. For that being moderately bled, is most lyke to the naturall heate and moysture of mans bodye. And also the lykour of ale & biere beinge moze grosse, do ingender moze grosse vapours, and coꝛrupt humoꝝs than wyne doth, beinge dꝛunke in like excesse of quantitie.

As for Cyder, maye nat be good in any condicion, consyderynge (as I sayde) that all frutes doo ingender yll humoꝝs, and doo coole to moche naturall heate: but to them, whiche haue abundance of red coler, moderatly bled, it somewhat pꝛofyteth in mitigation of excessyue heate. But who that wyll diligently marke in the countreys,



treys, where syder is bled foꝛ a common dꝛynke, the men and women haue the colour of their bysage pallyd, and the skynne of theyꝝ bysage ryuelled, although that they be yonge. Whay, yf it be lefte of the butter, beinge well ordꝛed, and not dꝛynke, vntyll it haue a thꝛycke curde of mylke ouer it, lyke to a hatte, is a light temperate dꝛynke foꝛ as moche as by the vnctuositie of the butter, wherof the whay retayneth som poꝛtiõ, it is both moist and nouryshynge, and clenseth the bꝛeaste: and by the subtylnes of it selfe, it dissendeth sone from the stomake, and is shortly digested. Also by reason of the affinitie, whiche it hath with mylke, it is conuertible in to bloude and fleshe, specyally in those persons, whiche do inhabyte the noꝛthe partes, in whom naturall heate is conglutinate, and therfoꝛe is of moꝛe puissance and vertue in the office of concoction. Also custome from chyldhode doth eleuate the power of meates and dꝛynkes in their disposition, not withstandynge that the foure humours; sanguine, colet, fleume, and melancoly, must also be consydered, as it shal appere in diuers places hereafter.

¶ Of Honye. Cap. 22.

**H**onye as welle in meate as in dꝛynke, is of incomparable efficacy, foꝛ it not onely clenseth, altereth, and nourisheth, but also it long tyme preserueth that vncoꝛrupted, which is put in in to it. In so moche as Pliny sayth: Suche is the nature of hony, that it suffreth not the bodie to putrefie,

Plin. li. 22

trifite. And he affirmeth, that he dyd se an Hippo-  
 centaure (whiche is a beaste halfe man, half hoꝛse)  
 brought in honye to Claudius the emperour out  
 of Egypte, to Rome. And he telleth also of oone  
 Dollio Komulus, who was aboue a hundred ye-  
 res olde, of whome Augustus the emperour de-  
 manded, by what meanes he lyued so longe, and  
 retayned styll the vygour oꝛ liuelines of body and  
 mynd, Dollio answered, ꝑ he dyd it inwarde with  
 meade (which is dꝛinke made with hony & water)  
 outward with oyle. Whiche sayeng agreeth with  
 the sentence of Democritus, the greate philoso-  
 pher: who being demanded, how a man mought  
 lyue longe in helthe, he aunswered, If he wette  
 hym within with honye, without with oyle. The  
 same philosopher, whan he was a hundred yeres  
 olde & nd nyne, prolonged his lyfe certayne dayes  
 with the euapozation of honye, as Arestoxenus  
 writeth. Of this excellent matter, moſte wonder-  
 fully wrought and gathered by the lyttell bee, as  
 wel of the pure dewe of heuen, as of the moſt ſub-  
 tyll humoꝛ of ſwete & vertuouſ herbes & floures,  
 be made lykꝛs cōmodious to mākynd, as mead,  
 metheglyn, and oximell. Meade, whiche is made  
 with one parte of hony, and foure tymes ſo moche  
 of pure water, and boꝛled vntyll no ſkym do re-  
 mayne, is moche comended of Galene, dꝛunke in  
 ſommer, foꝛ pꝛeſeruyng of helth. The ſame au-  
 thoꝛ alway commendeth the vſynge of hony, cy-  
 ther rawe eaten with fyne breadde, ſomewhat le-  
 uened, oꝛ ſodden, and receyued as dꝛynke. Alſoo  
 meade

Galen. de  
 tuend. ſa-  
 nita. li. 4.

meade perfectly made, clenseth the bꝛeast and lunges, causeth a man to spytte easly, and to pisse abundantly, and purgeth the bely moderatly. Metheglyn, whiche is moſte vsed in wales, by reason of hotte herbes boyled with hony, is hotter than meade, and moꝛe comfozteth a colde stomake, if it be perfectly made, and not new oꝛ very ſtale. Oximell is, where to one part of byneger is put double ſo moche of honye, foure tymes as moche of water, and that being boyled vnto the thirde part, and cleane ſkymmed with a fether, is vsed to be taken, where in the stomacke is moche fleume oꝛ matter vndigested, ſo that it be nat redde choler. Loke the vse therof in Alexandꝛo Tralliano.

Many other good qualities of honye, I omitte to wꝛite of, vntyll ſome other occaſion ſhall happen, to remember them partycularly, where they ſhall ſeme to be pꝛofitable.

#### ¶ Sugar. Cap. 23.

**O**f Sugar, I do fynd none auncient authoꝛ of grekes oꝛ latynes, do wꝛite by name, but onely Paulus Aegineta, who ſayth in this wyſe, after that he hath treated of hony. Moꝛeouer ſugar, whiche they calle hony, that is bꝛought to vs from Arabia, called Felix, is not ſo ſweete as oure hony but is equall in vertue, and doth not annoy the stomake, noꝛ cauſeth thꝛyſt. Theſe be the woꝛdes of Paulus. It is nowe in dayely experyence, that Sugar is a thynge verye temperate and nouryſſynge, and where there is choler in the

Stomacke, oꝛ that the stomacke abhoꝛreth honye,  
it may be vsed foꝛ hony in all thinges, wherin ho-  
ny is required to be. With sugar and bynegret is  
made **S**irupe acetose.

Sirupe a-  
cetose.

¶ Of tyme. Cp. 24.

**I**n the consyderattion of tyme, foꝛ takynge of  
meates and dꝛynkes, it is to be remembꝛed, that  
in winter meates ought to be taken in great a-  
bundaunce, and of a moꝛe grosse substance than  
in sommer, foꝛasmoch as the exterior aꝛe, whi-  
che compasseth the body beinge colde, causeth the  
heate to withdraue into the inner partes, where  
being inclosed, and gathered nygh together in the  
stomake and entꝛayles, it is of moꝛe foꝛce to boyle  
and digeste that, whiche is receyued in to it. Also  
meates roasted, are than better than sodden, & fleshy  
and fysh powdꝛed, is than better than in somer.  
Herbes be not than commendable, specially raw,  
neither fruites, excepte quynces roasted oꝛ baked:  
Dꝛinke shuld be than taken in a lyttell quantitie.  
More ouer wynes shal nede no water, oꝛ very ly-  
tell, and that to colerike persones: redde wynes,  
and they, whtche be thicke and swete may be than  
moſte surely taken of them, whiche haue none o-  
pilations, oꝛ the stone. Alway remember, that in  
wynter fleume increaseth, by reason of rayne and  
moystnes of that season, also the length of nigh-  
tes and moche rest. And therfoꝛe in that tyme co-  
lerike persons, at best at ease, semblably are yong  
men: but to olde men wynter is enemy. It begin-  
neth

vynter.

Drinke.

Gal. in cō  
ment. in a  
pho. 2. li. 3



neth the. viii. day of Nouember, and endureth vn  
tyll the. viii. day of February.

The sprynge tyme dothe participate the fyrste Sprynge tyme.  
parte with wynter, the later parte with sommer. Hippocra tes de nas tura hu mana.  
Wherfoze if the fyrst parte be colde, than shall the  
diete be accoꝝdinge to winter. If the ende be hote,  
than shall the diete be of summer. If both partis  
be temperate, thā shuld there be also a temperāce  
in diete: alway consydeyrnge, that fleume yet re=  
maineth, and bloude than increaseth. And meate  
wolde be lasse in quantitie thanne in wynter, and  
drynke somewhat moze. Sprynge tyme begyn=  
neth the. viii. day of February, and continueth vn  
tyll the. viii. day of May.

In Sommer the inward heate is but lytel, and Sommer. Gal. com. in aphor. 18. li. i.  
the stomake doth not digest so strongly nor quik;  
ly, as in winter. Wherfoze in that season, eatinge  
often, and a lyttell at ones, is moste conueniente,  
And Damascenus sayth, that fastyng in sommer  
drieth the bodey, maketh the colour salowe, in=  
gendzeth melancolpe, and hurteth the syght. also Hipocra tes de hus moribus.  
bopled meate, bzeade steped in white bzothe, with  
sodden lettise, or cikozie, are than good to be vsed,  
also varietie in meates, but not at one meale, po=  
tages made with colde herbes, drynke in moze a=  
bundance, wyne alayde with water, to hotte com=  
plexions moche, to colde natures lasse. In this  
season blouddē increaseth, and towarde the ende  
therof, colet. And therfoze they, whiche be cold of  
nature and moyst, are than best at ease, hotte na=  
tures and drye warste. Mozeouer childerne, and



bery yong men in the beginnunge of sonuner, are  
holest, olde folke in the latter ende, and in haruest.  
Somer begynneth the. viii. day of May, and con-  
tinueth vntyll the. viii. day of August.

Autumne

Autumne begynneth the. viii. day of August,  
and endeth the. viii. day of Nouember, that sea-  
son of the yere is variable, and the ayre changea-  
ble, by occasion wherof, happen sundry sycken-  
ses, and blode decreaseth, and melancoly aboun-  
deth: wherfoze all sommer fruites wold than be  
eschewed, forasmoche as they make yll iuyce and  
wyndes in the body. In this tyme meate wold be  
moze aboundant than in sommer, but somewhat  
drier: Drynke must be lasse in quantitie, but lasse  
myxt with water. This tyme is daungerous to  
all ages, all natures, and in all countreys, but the  
natures hote and moyst, be leste indamaged.

¶ Diete concernynge sundrye tymes of the yere,  
wrytten by the olde phisition Diocles  
to kynge Antigonus.

FRom the. xii. day of December, at the whiche  
tyme the day is at the shortest, vntyll the ninth  
day of Marche, whiche do conteyne. XC. days,  
reumes and moystures do increase, than meates  
and drynkes naturally very hot, wold be moderat-  
ly vsed. Also to drynke wyne abundantly with-  
oute alaye oz with lyttell water, and to vse lybe-  
rally the company of a woman, is not vnholseome  
to the body.

FRom the nynthe day of Marche, at whyche  
tyme

tyme is *æquinoctium uerum*, vnto the .xxv. daye of Apryll, swete fleume and bloud do increase, therefore vse than thinges hauynge moche iuyce and sharpe, exercise the body dilygently, than maye ye vse safely the company of a woman.

¶ From the .xxv. day of Apryll, to the .xiiii. daye of June, Choler increaseth, than vse all thynges that are swete, and do make the bealy soluble, forbear carnall company with women.

¶ From the .xiiii. daye of June, at whiche tyme the day is at the lengest, vnto the .xii. day of September, dothe melancoly reigne, forbear carnall company or vse it moderatelp.

¶ From the .xii. daye of September, vnto the .xvii. daye of October, doo abounde fleume and thynne humours, than wolde all fluxes and distillations be prohibited, than all sharpe meates and dynkes, and of good iuyce, are to be vsed, and carnall occupation shulde than be exchewed.

¶ From the .xvii. day of October, to the .xii. daye of December, increaseth grosse fleume, vse therefore all bytter meates, swete wynges, fatte meate, and moche exercise.

#### ¶ Of Ages. Cap. 25.

Children wold be nor, shed with meates and dynkes, whiche are moderatly hotte and moyst, not withstandinge Galene doth prohibite them the vse of wyne, bycause it moysteth and hetteth to moche the body, and fylleth the heades of them, whiche are hote and moyst, with vapours.

Children.  
Galen. de  
ruen. sani.  
lib. prim.

also

also he permitteth them in hotte wether to drinke cleere water.

Children,  
Oribanius  
de uirtute  
simp. l. i.

**A** chylde growynge faste in his members towarde a man, so that he semeth well fedde in the body is than to be feared of fulnesse of humors, and if it be perceiued, that he is replete, than must be withdrawen and diminished some parte of that nutriment, and accordinge vnto his age, some euacuation wolde be deuised, otherwhile by exercise, walkynge vp and downe fastinge, and befoze that they eat any meate, let them exercise theym selves with their owne labours, and do their accustomed busynes, and eat the meates, wherunto they be most vsed, so that it be suche, that maye nat hurte theym. And this nede they not to know of phisitions, but by experience and diligent serch by their stoole, their nourices shal percepue what digesteth wel, and what doth the contrary.

**B**ut if it appere, that by excessiue fedinge, the bealy of the chylde is fuller and greater than it was wonte to be, and that whiche passeth by the bealy, is corrupted, or his sweate stynketh. These thinges knowen, if they eat strong meates, giue them not one kynde of meate, but dyuers, that the noueltie of the meate may helpe, that they may go moze easily to the stoole. For if any haue an vreasonable appetite, he is sooner recouered, if he be purged by a boyle or impostume comen forth & broken, befoze that the meate be corrupted: & after that let him eat fine meates, and being ones hole retourne by lptell and lptell to his olde custome.

Yonge

**Y**onge men, excedynge the age of. xiiii. yeres, Yong mē  
 Shall eat meates moze grosse of substaunce, col-  
 der and moyster: also salades of cold herbes, and  
 to Dzinke seldome wyne, excepte it be alayed with  
 water. Albeit all these thynges must be tempzed,  
 accoꝝdinge to their complexions, and exercise and  
 quietnesse in lyuinge, *wherof ye shall rede in their  
 proper places hereafter.*

**O**lde men, in whome naturall heate & strength Olde mē.  
 semeth to decay, shuld vse alway meates, whiche  
 are of qualitie hotte and moyste, and therwithall  
 easy to be digested, and abstayne vtterly from all  
 meates and Dzynkes, which wyll ingender thicke  
 iuyce and slymy, semblably from wyne, whiche is  
 thynke, swete, and darke redde wynes, and rather  
 vse them, which wyll make thynne humours, and  
 wyl purge wel the bloud by brine: therfoꝝe white  
 oꝝ yelow wynes, and perchance frenche claret wi-  
 nes are foꝝ them very cōmendable. Also wine pre- Paulus Es-  
 gineta. li. i  
 cap. 13.  
 pared with pure hony clarified, wherin rootes of  
 persely oꝝ fenell be steiped, specially if they suspect  
 any thing of the stone, oꝝ goute. And if they moze  
 desyre to clense their raynes and bladder: than is  
 it good to vse small white wine, as racked renishe  
 wine, oꝝ other like to it, and somtyme to stepe ouer  
 night therin a persely rote slit, and somewhat bzui-  
 sed, and a lytel lykoyce. Finally, let them beware  
 of all meates, that wyll stoppe the pores, & make Opilafide  
 what they  
 are.  
 obstructions oꝝ oppilations, that is to saye, with  
 clammy matter stoppe the places, where the na-  
 turall humours are wꝝought & digested, the whi-  
 che



che meates I haue befoze set in a table. But if it chaunce them to eate any suche meate in aboundance, let them take shortlye suche thynges, as do resyste oppilations, or resoluethem. As whyte pepper brused & myxt with their meates or drink: garylke also, or onions, if they abhorre them nat. Allway remember, that aged men shuld eate often, and but litel at euery time, for it fareth by them as it doth by a lampe, the lyght wherof is almost extincte, which by pouring in of oyle litel and litel is long kept bourninge: & with moch oyle poured in at ones, it is cleue put out. Also they must forbear all thynges, which do ingender melancoly, wherof ye shall rede in the table befoze: and breadde cleue without leuen is to them vnholosome.

¶ Moderation in diete, hauyng respect to the strenght or weakenes of the persone. Cap. 26

**N**ow here it must be considzed, that although I haue wrytten a generall diet for euery age, yet nethelesse it muste be remembzed, that somme chyldzen and yong men, eyther by debilltie of nature, or by some accidentall cause, as syckenes, or moche studye, happen to gather humours fleumatick or melancoly in the places of digestion, so that concoction or digestion is as weke in them, as in those, whyche are aged. Semblablye, some olde men fynde nature so beneficiall vnto theym, that their stomakes and lyuers are moze stronge to dygeste, than the sayde yonge men, somme perchance haue moche choler remainyng in them.

In



In these cases the sayd yonge men muste vse the diete of olde men, or nygh vnto it, vntyll the distempred be remoued, hauinge alway respect to theyr vniuersall complexion, as they, which are naturally colerike, to vse hotte thynges in a moze temperance than they, whiche be fleumatyke, or melancoly by nature. The same obseruation shall to be olde men, sauinge that age, of his owne proportion is colde and drye, therefore the olde man, that is cholerycke, shall haue moze regarde to moysture in meates, than the yonge man, beinge of the same complexion. Forseene alwaye, that where nature is offended or greued, she is cured by that, whiche is contrary to that, whiche offendeth or greueth, as colde by heate, heate by colde, drythe by moysture, moysture by drythe. In that wherby Nature shoulde be nourysed, in a hole and temperate body, thynges must be taken, whiche are lyke to the mannes nature in qualitie and degree. As where one hath his bodye in a good temper, thynges of the same temperaunce dothe nouryshe hym. But where he is out of temper, in heate, colde, moysture, or drythe, temperate meates or drynkes, nothyng do profyte hym. For beinge out of the meane and persfytte temperature, nature requyret to be therto reduced by contraries, remembryng not oonely, that contraries are remedye vnto their contraries, but also in euery contrary, consideration be hadde of the proportion in quantitie,

Hippocra.  
aphor.  
Galen. in  
comment.

**B**esides the tymes of the yere and ages, there be also other tymes of eatinge and drynkinge to be remembred, as the sundry tymes in the day, whiche we call meales, which are in number and distance, accoꝝdinge to the temperature of the countrey and person: As where the countrey is colde, and the person lusty, and of a strong nature, there may mo meales be vsed, oꝝ the lasse distaunce of tyme betwene thē. Contrarywise in contrary countreys and personages, the cause is afoꝝe reherfed, where I haue spoken of the diete of the tymes of the yere, not withstandinge here must be also consideration of exercise and rest, which do augment oꝝ appaite the naturall disposition of bodyes, as shalbe moꝝe declared hereafter in the chapiter of exercise. But concernynge the generall vsage of countreys, and admitting the bodies to be in profitable state of helthe, I suppose, that in Englande, yong men, vntil they come to the age of. xl. yeres, may well eat thze meales in one day, as at bzekefast, dyner, and supper, so that betwene bzekefast, and diner, be the space of foure houres at the lest, betwene diner and supper. vi. houres, & the bzekefast lasse than the diner and the dyner moderate, that is to say, lasse than sacietie oꝝ fulnesse of bealy, and the dzyinke ther vnto mesurable, accoꝝding to the dzynelle oꝝ moystnes of the meate. ffoꝝ moche abundance of dzyinke at meale, dzyowneth the meate eaten, and not only letteth conuenient concoction

coction in the stomake, but also causeth it to passe faster than nature requireth, and therfoze ingendzeth moche fleume, and consequently reuines, & crudenes in the baynes, debilitie and slyppernes of the stomacke, continuall fluxe, and many o-ther inconueniences to the body and members.

But to retourne to meale, I thynke breakfa- Breakfast  
stes necessary in this realme, as well foꝛ the causes befoze reherſed, as also foꝛasmoch as coler beinge feruent in the stomacke, sendeth vp fumosities vnto the bzayne, and causeth head ache, and sometyme becommeth aduste, and smouldzeth in the stomake, wherby happeneth peryllous syckenes, and somtyme sodayne death, if the heate inclosed in the stomake haue nat other conueniente matter to woꝛk on: this dayly experience pzoueth, and naturalle reason confirmeth. Therfoze men and women not aged, haupnge their stomackes cleane without putrifid matter, slepyng moderately and soundly in the nyght, and felinge them selfe lyght in the moꝛninge, and swete bzethed, let them on goddis name bzeake their fast: Colerike men with grosse meate, men of other complexiõs with lyghter meate. Foꝛeseene, that they labour somewhat befoze: semblably their diner and supper, as I haue befoze wꝛitten, so that they sleape not incõtinent after their meales. And here I wyl not recyte the sentences of authoꝛs, whyche had neuer experience of Englyshe mens natures, oꝛ of the iuste temperature of this realme of Englande, onely this counsaile of Hipocrates shall

Hipoc. 2<sup>e</sup>  
 phor. 18.  
 li. 1.  
 Galen. de  
 ruen. sani.

be sufficient. We oughte to graunt somewhat to time, to age, & to custom: not withstanding where great wearinesse or dritth, greueth the body, their ought the dyner to be the lesse, and the longer distance betwene dyner and supper, also moche rest, excepte a lyttell softe walkynge, that by an byrghyt mouynge, the meate being styzed, may descend. This is alway to be remembred, that where one feleth hym selfe full, and greued with his dyner, or the sauoure of his meate by eructation ascendeth, or that his stomake is weke by late syknes or moche study, than is it most conuenient, to absteyne from supper, & rather prouoke him selfe to slepe moch, than to eat or drinke any thinge. also to drinke betwene meales, is not laudable, excepte very greate thirste constrayneth, for it interrupteth the offyce of the stomake in concoction, & cauleth the meate to passe faster thā it shulddo, & the drinke being cold, it rebuketh naturall heate that is workinge, and the meate remaininge raw, it corrupteth digestion, & maketh crudenes in the vaines. wherfoze he y is thirsty, let him consider the occasion. If it be of salt steme, let hym walke faire & softly, and only washe his mouth and his throte, with barley water, or with small ale, or lye downe and slepe a lyttell, and so the thirst wil passe away, or at the least be well allwaged. If it happē by extreme heat of the aire, or by pure coler, or eatinge of hotte spices, let him drinke a lyttell iulep made with cleane water and sugat, or a lytel smal biere or ale, so that he drinke not a great glut, but  
 in a



in a lytel quantity, let it styl downe softly in to his stomake, as he sitteth, & than let him not moue suddenly. If the thirst be in the eueninge, by eatinge to moche, and drinkinge of wine, than after the opinion of the best lerned phisitions, and as I my selfe haue often experienced, the best remedy is, if there be no feuer, to dꝛynk a lytell draught of cold water immediatly, or els if it be not pepnefull for hym, to vomite, to pꝛouoke him therto with a litel warm water, & after to walsh his mouth with vineger & water, and so to slepe long & sundly, if he can. And if in the moꝛnyng he fele any fumosities rylsynge, than to dꝛinke iulep of violettas, or for lacke thereof, a good draught of verpe smalle ale or biere, somewhat warmed, without eatynge any thyng after it.

¶ Of diuersitie of meates, whereby health is appayred, Cap. 28.

**N**owe let this be a generall rule, that sundry meates, being dyuers in substance and quality, eaten at one meale, is the greatestt enemy to helth, that may be, & that whiche ingendꝛeth most syknesses. for some meates being grosse and hard to digest, some fyne and easy to digest, do requyre dyuers operations of Nat'ꝛe, and dyuers temperatures of the stomake, that is to saye, moche heate, and temperate heate, whiche maye nat be togyther at one tyme, therfoꝛe whanne the fyne meate is sufficentelye boyled in the stomacke, the grosse meate is rawe, so bothe iuyces, the one  
good



good and perfite, the other grosse and crude, at one tyme digested, and sente in to the baynes and body, nedes must helthe decaye, and sycknesse be ingendred. Lykewyse in dyuers meates beinge dyuers qualities, as where some are hot & moist, some colde and moyste, some hotte and drie, some colde and dry, accoꝝdꝝnge therbnto shall the iuice be dyuers, which they make in the body. And like as betwene the sayd qualities is contrarietie, soo therby shall be in the body an vnequall tempera-  
 ture, foꝝasmooche as it is not possyble foꝝ man to esteeme so iust a pꝝoꝝcion of the qualites of that whiche he receyueth, that the one shall nat excede the other. Wherefoꝝe of the sayde vnequall myx-  
 ture, nedes muste ensue coꝝruption, and conse-  
 quently sycknes. And therfoꝝe to a hole man it were better, to fede at one meale competently on very grosse meate only, so that it be swete, and his nature do not abhoꝝre it, than on diuers fyne meates, of sundꝝy substance and qualities. I haue knowen and sene olde men and olde woꝝmen, whiche eatynge onely biese, bakon, chese, oꝝ curdes, haue continued in good health, whome I haue pꝝoued, that whan they haue eaten suidꝝye fyne meates at one meale, haue soone after felte theym selfe greued with frettynges and head ache, and after that they haue ven hole agayne, there hathc ben gyuen to them one kynde of lyght meate, they haue done as well therwith, as they were wonte to do with grosse meates, whan they ate it alone whiche pꝝoueth to be true that whiche I haue re-  
 herfed.

herfed. And it is good reſon, for after the generall opinion of philoſophers and phiſitions, the nature of mankynde is beſt contente with thynges moſte ſymple and vnmixt, all thynges tending to vnitie, wherein is the only perfection. Alſo it is a generall rule of phyſyke, that where a ſyckneſſe may be cured with ſymple, that is to ſaye, with one onely thinge that is medicinable, there ſhuld the phiſition gyue no compounde medicine mixt with many thynges. Theſe thynges conſydered it may ſeme to all men, that haue reaſon, what abuſe is here in this realme in the continual gourmandiſe, and dayly feedinge on ſundry meates, at one meale, the ſprite of gluttony, tryumphynge amonge vs in his glorioſus chariotte, callyd welfare, dyuyng vs afoze hym, as his prizoners, into his dungeon of ſurfet, where we are tourmented with catarrhes, feuers, goutes, pluresies, frettinge of the guttes; and many other ſyckenelles, and ſynally cruelly put to dethe by them, oftentimes in youth, or in the moſt pleaſant tyme of our lyfe, whan we wolde moſte gladly lyue. For the remedy wherof, how many tymes haue there ben deuysed, ordynaunces and actes of counſayle, all though perchance bodyly helth was nat the chief occaſion thereof, but rather prouiſion agaynſte bayne and ſumptuous expenſes of the meane people. For the nobilitie was exempted and had lybertie to abide ſtyl in the dongeon, if they wold, and to lyue laſſe while than other men: But whā, where, and howe longe were the ſayd good deu-

Gluttony.

ses put in due execution, for all that therof shuld succede double profit, that is to say, helth of body and increase of substance, by eschewing of superfluous expenses in sundry dishes: Alas how longe wyl men fantasy lawes and good ordynaunces, and neuer determyne them. Fantasy procedeth of wytte, determination of wisdom, witte is in the deuising & spekyng, but wisdom is in the performance, whiche resteth onely in execution. Here I had almost forgotten, that my purpose was to write of the order of diete, and not of lawes, but the feruent loue that I haue to the publike weale of my countrey, constrained me to digresse somewhat from my matter: but nowe wyl I procede forth to write of order, whyche in takynge of meates and drynkes, is not the leste parte of diete.

¶ Of Order in receyuyng of meate and drynke. Cap. 29.

**H**ERbes as well sodden as vnsodden, also frutes, whiche do mollifie and louse the bealpe, ought to be eaten befoze any other meate, excepte that sometyme for the repressynge of fumosities, rysynge in the head by moche drynkyng of wyne, rawe lettysse, or a colde apull, or the iuyce of oranges or lymons maye be taken after meales in a lyttell quantitie. Howeuer all brothes, mylke, cere egges, and meates, whiche are purposely taken to make the bely soluble, wolde be fyrst eaten. All frutes and other meates, that are stiptike or byndynge, wolde be eaten last of all other. Frutes

tes confectionate specially with hony ar not to be eaten with other meates. But here it is to be diligently noted, that where the stomake is colericke and stronge, grosse meates wolde be fyrste eaten: where the stomake is colde oꝝ weake, there wolde fyne meates be first eaten.foꝝ in a hot stomak fine meates are bourned, whyl the grosse meate is digestyng. Contrarywise in a colde stomake, the lictell heate is suffocate with grosse meate, and the fine meate left raw, foꝝ lacke of concoction, wherif the fine meate be first taken moderately, it styreth bp and comfozteth naturall heate, and maketh it moꝝe able to concoct grosse meates, if they be eaten afterward:so that it be but in smal quantite,not withstanding,as I late affirmed, one maner of meate is most sure to euery cōplexion. foꝝ sene that it be alway most cōmonly in confoꝝmitie of qualites, with the person that eateth. Moꝝe ouer take hede, that supper meates be not fyrste eaten, lest it dꝛaw with it to hastily other meates oꝝ they be digested, noꝝ that stiptik oꝝ restrainyng meates be taken at the begynnynge, as quinces, peates, and medlars, lest they may let other meates, that they descende not in to the bottom of the stomake, where they shulde be digested, not withstandinge the confection made with the iuyce of quynces called Dacyronites, taken. ii. houres afoꝝe dynner oꝝ supper, is commended of Galen, & other, foꝝ restoyꝝng appetite, & making good concoction. Also concerninge dꝛynke at meales, it wold not be afoꝝe that somewhat were eaten. And at the begin-

Drinke at  
meales.



ninge; the Drinke wold be strongest, and so toward  
 the end moze small, if it be ale oꝛ biere : and if it be  
 wyne, moze and moze alayde with water. And af-  
 ter the better opinion of physitions, the Drynke  
 wolde rather be myrte with the meate by sundꝛye  
 lyttell Draughtes, than with one greate Draughte  
 at the ende of the meale, foꝛ the myxture tempꝛeth  
 well the meate without annoyāce : a great Draught  
 with moch Drynke, Dꝛowneth the meate, rebuketh  
 naturall heate, that than woꝛketh in concoction,  
 and with his weight Dꝛyueth Downe the meate to  
 hastily. Hote wynes & swete, oꝛ confectioned with  
 spices, oꝛ very stronge ale oꝛ biere, are not conue-  
 nient at meales, foꝛ the meate is by theym rather  
 corrupted, than digested, and they make hote and  
 synkyng vapours ascend bp to the bꝛaynes, al  
 beit if the stomacke be very wyndy, oꝛ so cold and  
 feble, that it can not concocte suche a quantitie of  
 meat, as is requyred to the sufficient nourishmēt  
 of the body of hym that eateth, oꝛ hath eaten raw  
 herbes oꝛ fruites, wherby he feleth some annoy-  
 ance, than may he Drynke laste incontinent after  
 his meale a lyttell quantitie of secke, oꝛ good a-  
 qua vite in small ale: but if he haue moche coler  
 in his stomake, oꝛ a head full of vapours, it were  
 moche better, that he Dꝛd neither Drynke the one,  
 noꝛ the other, but rather eate a lyttell colyander  
 sede pꝛeparcd, oꝛ a piece of a quynce rosted, oꝛ in  
 marmelade, and after rest, to amende the lacke of  
 nature with slepe, moderate exercise, and plasters  
 pꝛouyded foꝛ confortyng of the stomacke. And  
 here



here wyll I leaue to wryte any moze of the diete in eatinge and drinkyng, sauynge that I wold, that the reders shulde haue in remembꝛance these two counsayles. Fyrst, that to a hole man, to pꝛecise a rule is not conuenient in diete: and that the diseases, whiche do happen by to moche abstinence, are wꝛars to be cured, than they whiche come by repletion. And as Cornelius Celsus saith, A man that is hole and well at ease, & is at his lybertie, ought not to bynde him selfe to rules, oꝛ nede a phisition: but yet where the stomacke is feeble, as is of the moze part of citesyns, and well nygh all they that be studyous in lernynge oꝛ weyghtye affayres, there ought to be moze circumspection, that the meate may be suche, as that eyther in qualitie oꝛ quantitie, nature being but feble, be not rebuked, oꝛ to moche oppressed.

Cor. Cel.  
li. 1. ca. 1.

Idē. cap. 2.

¶ Of sleape and watche. Cap. 30.

**T**he commoditie of moderate slepe appereth by this, that naturall heate, whiche is occupied about the matter, wherof pꝛoccedeth nourishment, is comforted in the places of digestion, and so digestiō is made better, oꝛ moze perfit by slepe, the body fatter, the mynde moze quiete and clere, the humours temperate: & by moche watche all thynges happen contrarpe. The moderation of slepe must be measured by helthe and syckenes, by age, by tyme, by emptynesse oꝛ fulnesse of the body, & by naturall complexions. Fyrst to a hole mā hauing no debilitie of nature, and digesting perfitly

fytly the meate that he eateth, a lytel slepe is sufficient: but to them, which haue weake stomakis, & do digest slowly, it requirreth that sleape be moche lengar. Semblable tēperance is required in youth and age, wynter and sommer. The body beunge full of yll humoꝝ, very lyttell slepe is sufficient, except the humoꝝ be rude oꝝ raw, foꝝ thā is slepe necessary, whiche digesteth theym better than labour. Semblably, where the body is long empty by longe syknesse oꝝ abstinence, slepe comfozteth nature, as well in the principall members, as in all the other. Also regarde must be had to the complexion, foꝝ they that are hot, & do eate lyttell & digest quickly, a lytell slepe serueth, specially to coleryke persons, foꝝ in them moche slepe augmenteth heate, moꝝe than is necessary, wherby hot fumes and inflamations ar often ingendꝛed, & som tyme the naturall coler is aduste oꝝ putrified, as experience teacheth. Fleumatike persons are naturally inclyned to slepe: and bycause they ingender moche humoꝝ, they require moꝝe sleape than sanguine oꝝ colerike. Persones haupnge natural melancoly, not procedynge of coler aduste, do requyre very moche slepe, which in them comfozteth the powers animall, vitall, and natural, which ye may finde wꝛiten in the tables pꝛecedynge. Slepe wold be taken not immediatly after meales, & before that the meate is discended from the mouthe of the stomake. Foꝝ therby is ingendꝛed peines & noyse in the bely, & digestion corrupted, & the slepe by yll vapoꝝ ascēding, made vnquiet & troublus.

Moꝝe

Moreouer immoderate slepe maketh y<sup>e</sup> body apt vnto palseis, apoplexis, falling siknes, reumes, & impostumes, also it maketh the wittes dulle, and the body slowe & vnapt to honest exercise. semblably imoderate watch dzieth to moch the body, and doth debilitate the powers animall, letteth digestion, & maketh the body apt to consüptiōs. wherfoze in these.ii.thiges, aswel as al other, a diligēt tēperance is to be vsed. the moderation is best cōiected (foz it is hard perfittly to know it) by the sensible lightnes of al the body, specially of the bzain the bzowes and the eies, the passage downe of the meat from the stomake, the wyll to make brine, & to go to the stoole. Contrarywys, heynes in the body & eies, and sauour of the meate befoze eaten signifieth that the slepe was not sufficient. They that are hole must slepe fyrst on the right syde, by cause the meate may appoche to the lyuer, wliche is to the stomake, as fyze vnder the pot, & by hym is digested. To them, which haue feble digestion, it is good to slepe prostrate on their bealies, oz to haue their bare hand on their stomakes. Lienge vpright on the backe is to be vtterly abhorred.

¶ *The commoditie of exercise, and the tyme when it shuld be vsed. Cap. 31.*

**E**Very meuyng is not an exercise, but only that whiche is vehement, thende wherof is alteration of the bzearth oz wynde of a man. Of exercise do procede two commodities, euacuation of excrementes, and also good habite of the body, foz

Euacuatiō  
Excrementes,

Exercise

Exercise beinge a vehement motion, therof nedes must ensue hardnes of the members, wherby labour shal the lesse greue, and the body be the moze stronge to labour. also therof commeth augmentation of heate, wherby hapneth the moze attraction of thynges to be digested, also moze quycke alteration, and better nourysheynge. Moze ouer, that all and syngular partes of the body, be therewith somewhat humected, wherby it hapneth, that thynges harde be mollified, moyste thynges are extenuate, and the poores of the bodye are moze opened. And by the vyolence of the breathe or wynde, the poores are clenfed, and the fylthe in the bodye naturally expelled. This thyng is soo necessary to the p̄seruation of helth, that without it, no man may be longe without syckenesse, whiche is affirmed by Cornelius Celsus, sayeng, that sluggysheenes dulleth the body, labour doth strength it, the firste byngeth the incommodities of age shortly, the last maketh a man longe tyme lusty. Not withstandynge in exercise ought to be foure thynges dilygently considered, that is to say, the tyme, the thynges p̄cedynge, the qualy- tie and the quantitic of exercise.

Cor. Cel.  
L.I.

**C**first as concernynge the tyme conuenient for exercise, that it be not whā there is in the stomake or bowels, greate quantitie of meate not sufficiently digested, or of humours crude or rawe, lest therby peryll moughte insue by conueyaunce of them in to al the members, befoze those meates or humours be concoct or boyled sufficiently. Galen sayth,



sayth, that the tyme moſte conuenient foꝛ exerciſe is, whan bothe the firſte and ſeconde digeſtion is complete, as wel in the ſtomake, as in the vaines, & that the tyme appꝛocheth to eate eſtſones. foꝛ if ye do exerciſe ſoner oꝛ later, ye ſhall eþther ſyll the body with crude humours, oꝛ elles augment ye-  
lowe coler. The knowleg<sup>r</sup> of this tyme is percey-  
ued by the colour of the vrine, foꝛ that whiche re-  
ſembleth vnto clere water, betokeneth, that the  
iuyce, whiche cometh from the ſtomake, is crude  
in the vaynes: that whiche is well coloured, not to  
high oꝛ baſe, betokeneth, that the ſecond digeſtion  
is nowe perfite: where the colour is very high oꝛ  
redde, it ſygnifyeth, that the concoction is moꝛe  
than ſufficient. woherfoꝛe whan the vryne appe-  
reth in a temperate coloz, not red noꝛ pale, but as  
it were gilt, thã ſhuld exerciſe haue his beginning.

Galen. de  
tuen ſani.  
lib. 2.

¶ Of fricaſies or rubbynges preceding  
exerciſe. Cap. 32.

**A**s touching thinges preceding exerciſe, foꝛ  
as moch as it is to be feared, leſt by vehement  
exerciſe any of the excrementes of the bely oꝛ blad-  
der, ſhuld haſtily be receiued into the habit of the  
body, by the violence of hete, kendlid by exerciſe:  
alſo leſt ſome thinge, which is hole, be by heynnes  
of excrementes, oꝛ vyolent motion, broken oꝛ pul-  
lid oute of his place, oꝛ that the excrementes, by  
violence of the bꝛeth, ſhuld ſtop the pores oꝛ cun-  
dites of the body, it ſhalbe neceſſary lytell and ly-  
tell, by chaſinge the body, firſt to mollify the par-  
tes

Galenus.  
Paulus.  
Oribafius  
Actius.



Obstru-  
tion rupturē

tes consolidate, & to extenuate oꝛ make thinne the humours, and to louse and open the poores, and than shall ensue to hym that exerciseth, no peryll of obstruction oꝛ rupturē. And to byynge that to passe, it shall be expedient, after that the bodye is clenfed, to rubbe the bodye with a course linnen cloth, first softly & easily, & after to increase moze and moze, to a harde and swift rubbing, vntyl the fleshe do swelle, and be somewhat ruddy, and that not only down right, but also ouerthwart & round. Some do vse fricasies in this foꝛme. In the moꝛnyng, after that they haue ben at the stoole, with their shirte sleue oꝛ bare hande, if their fleshe be tender, they do first softly, & afterward faster, rub their bꝛeaste, and sydes downewarde, and ouerthwarte, not touching their stomake oꝛ bealy, and after cause their seruant semblably to rubbe ouerthwart their sholders and backe, begynnynge at the neckebone, and not touchynge the raynes of their backe, excepte they do fele there moche colde and wynde, and afterward their legges from the kners to the ancle: last their armes, from the elbowe to the handewꝛeste. And in this foꝛme of fricasie, I my self haue founden an excellent commoditye. Olde men, oꝛ they, whiche be very dry in their bodyes, if they put to some sweete oyles, as Yrinum, Nardinum, Chamemelinum, oꝛ other lyke, myxt with a lyttell swete oyle of roses, I suppose they do wel. I wyl not here speke of oyntementes vsed in olde tyme amonge the Romayns and Grekes, in fricasies oꝛ rubbynges. For I suppose, y they were  
were

were neuer here bled, and in the sayd places, they be also leste, onles it be in palseys, oꝛ apoplexies, oꝛ agaynst the rigour, whiche hapneth in feuers, only I wyl remember the saying of Hippocrates, *fricasye* hath power to louse, to bynde, to increase fleſhe, and to minyſhe it. foꝛ harde fricasies doo bynde oꝛ conſolydate, ſoft rubbyng dothe looſe oꝛ mollifie, moch doth minyſhe fleſhe, meane rubbyng doth augment oꝛ increase it. He that wylle knowe moze abundantly hereof, let hym rede the boke of Galen of the pꝛeſeruation of helth, called in latyn *De tuenda ſanitate*, thanlated moost truely & eloquently, out of Greke in to latyn, by doctour Linacre, late philiſition of moſt woꝛthy memoꝛy to our ſoueraigne loꝛde kynge Henry the eight. The ſame mattier is wytten moze byeſely of Paulus Aegineta, Oribasius, Aetius, and ſome other late wyters, but vnto Galene not to be compated.

¶ The diuerſities of exerciſes. Cap. 33.

**T**he qualitie of exerciſe is the diuerſitie thereof, foꝛasmoche as therein be many differences in mouyng, and alſo ſome exerciſe moueth moze one part of the body, ſome an other. In difference of mouyng, ſome is ſlow oꝛ ſofte, ſome is ſwifte oꝛ faſte: ſome is ſtronge oꝛ byolent, ſome be myxt with ſtrength & ſwiftnelle. Stronge oꝛ byolente exerciſes be theſe, deluyng (ſpecially in toughe clay and heuy, bearyng oꝛ ſuſteynyng of heuye burdeyns, clymmyng oꝛ walkyng agaynst a ſtipe bꝛyght hyl, holdyng a rope, and clymmyng by

Di

therby

therby, hangyng by the handes on any thing, & aboue a mans reach, that his fete touche not the ground: standing and holdinge vp, or spredinge the armes, with the handes fast closed, & abidinge so a longe tyme. Also to holde the armes stedfast, causinge an other man, to assay, to pull them out, and not withstandynge he kepeth his arine stedfast, in forcynge ther vnto the sinewes and muscles. Waxtlyng also with the armes and legges, if the persons be equall in strength, it dothe exercise the one and the other: if the one be stronger, than is it to the weaker a moze violent exercise. All these kyndes of exercises, and other like them, do augment strength, and therfoze they serue only for yonge men, which be inclined, or be apte to the warres. Swifte exercise without violence is, runnyng, playeng with weopons, tenise, or throwinge of the ball, trotting a space of grounde forward and backward, going on the toes, and holdynge vp the handes. Also stirring vp and downe his armes, without plummettes. Vehement exercise is compoude of byolent exercise and swifte, whan they are ioyned together at one time, as dancynge of galyardes, throwinge of the ball, and running after it, footeball play may be in the number therof, throwinge of the longe dart, and continuing it many times, runnyng in harneys and other lyke. The moderate exercise is longe walkinge or going a iourneye. The partes of the bodye haue sundry exercises appropried vnto them, as counnyng and going is the most proper for the leggis.

Mouinge of the armes vp & downe, oꝛ stretching  
 them out, & playeng with weapons, serueth most  
 foꝛ the armes and sholders, stouping and risinge  
 often tyme, oꝛ lyftinge great weightes, taking vp  
 plummets oꝛ other lyke poples on the endes of  
 staues, & in lykewise, listyng vp in euery hande a  
 speare oꝛ moꝛyspike by the endes, specialy cro-  
 ssing the handes, and to lay them downe ageine in  
 their places, these do exercise the backe & loynes.  
 Of the bulke & lunges the proper exercise is me-  
 uynge of the bꝛeath in syngyng oꝛ crieng. The en-  
 trayles, which be vnderneath the myddzeffe, be ex-  
 exercised by blowing, eyther by constraint, oꝛ play-  
 eng on shaulmes, oꝛ sackbottes, oꝛ other lyke in-  
 strumentes, which do requite moche wynde. The  
 muscules are best exercised with holding the bꝛeath  
 in, a longe tyme, so that he, whiche dothe ex-  
 ercise, hath well digested his meate, and is not troubled  
 with moche wynde in his bodye. Celsus. 1.

Spynallye lowde  
 readyng, counterfayte bactayle, tenyse, oꝛ thro-  
 winge the ball, runnyng, walkinge, adde to sho-  
 tyng, which in myne opinion excede all the other,  
 do exercise the bodye commodiously. Allway re-  
 member, that the ende of byolent exercise, is diffi-  
 cultie in fetchyng of the bꝛeath. Of moderate exer-  
 cise, alteration of bꝛeath orely, oꝛ the beginnyng  
 of sweate. Moꝛeouer in wynter, runnyng, and  
 wastlyng is conuenient. In sommer wastlyng  
 alytell, but not rünyng. In very cold wether, mo-  
 che walkinge, in hote wether, rest is moꝛe expedi-  
 ent, They which seme to haue moist bodies, & liue



in idelnes. they haue nede of violēt exercise. They which ar lean and coleryke, must walk softly, and exercise them selves bery temperatly. The plummettes, callid of Galen Alteres, whiche are nowe moch bled with gret men, being of equall weicht & accoꝝding to the strength of him that exerciseth, are bery good to be vled fastynge, a lytel befoꝝe bꝛeakefast oꝝ dynet, holdynge in euery hande one plūmet, and lystyng them on high, and bynyng them downe with moche byolence, and so he may make the exercise violent, oꝝ moderate, after the poꝝse of the plummettes, heuꝛer oꝝ lyghter, and with moche oꝝ lyttell labourynge with them.

¶ Of Gestation, that is to say, where one is carryed, and is of an other thynge meued, and not of hym selfe. Cap. 34.

Gestation.  
Paulus E  
Sina.   
Actius.

**T**here is also an nother kynde of exercise, whiche is called Gestation, and is myxt with moꝝuyng and rest. Foꝝ as moche as the body, settinge oꝝ lꝛyng, semeth to rest, and not withstandynge it is meued by that, which beareth it, as lienge in a bedde, hangynge by coꝝdes oꝝ chaynes, oꝝ in a cradell, sytting in a chaire, whiche is carryed on mens Shulders with stauꝛes, as was the vse of the aun- cient Romaynes, oꝝ sꝛtynge in a boote oꝝ barge, whiche is rowed, rydynge on a hoꝝse, whiche am- bleth bery easly, oꝝ gothe a bery softe pace. The bed, cradel, and chaire carryed, serueth foꝝ them, ¶ ar in long & continuall siknes, oꝝ be lately recou- red of a feuer. Also them, whiche haue the fransy



oꝛ letharge, oꝛ haue a lyghte terciane feuer, oꝛ a cotidiane. This exercise swetely asswageth troubles of the mynde, and pꝛouoketh slepe, as it appereth in chylderne, whiche are rocked. Also it is conuenient foꝛ them, whiche haue the palsey, the stone, oꝛ the gowte. Gestation in a charyot oꝛ wagon hath in it a shakynge of the body, but some be vehement, and some moꝛe softe. the softe serueth in diseases of the heade, and where any matter runneth downe in to the stomake and entrayles. But the vehement shakynge is to be vsed in the griefes of the breast and stomake. Also in swellynge of the body and legges in dꝛoplies, palseys, myggrimes, and scotomies, which is an imagination of darkenes, beyng returned, at the ende of his iourney, he muste sytte by and be easly moued. I haue knowen, saythe Aetius, many persones in suche wyse cured without any other helpe. Nauigation oꝛ rowynge nygh to the land, in a calme water, is expedient foꝛ them that haue dꝛoplies, lepzies, palseys, called of the vulgare people, takynge, and fransies. To be carped on a rough water, it is a byolent exercise, and induceth sundꝛe affections of the mynde, sommetyme feare, sometyme hope, nowe colwarde harte, nowe hardynesse, one whyle pleasure, an other whyle dyspleasure. These exercises, if they be wel tempꝛed, they may put out of the body, all longe durynge syckenesses. Foꝛ that whiche is myxt with rest and meuyng, if any thinge els may, it most excellently causeth the body to be well nourished.

Celsus

Celsus. 2.

lus doth prohibite gestation, where the body feeleth peyne, and in the begynnynge of feuers, but whan they ceasse, he alloweth it. Rydyngge moderately, and without grefe, it doth corroborate the spirite and body aboue other exercises, speciallpe the stomacke, it clenseth the sences, and maketh them moze quicke: a'beit to the breste, it is verpe noyfull. It ought to be remembred, that as well this, as all other kyndes of exercise, wold be vled in a hole countraye, & where the ayre is pure and vncorrupted. Forseene, that he that woll exercise, do go first to the stoole, for the causes rehersted in the laste chapter.

¶ Of vociferation. Cap. 35.

**T**he chiefe exercise of the brest & instrumentes of the voyce is vociferation, whiche is synngynge, redyngge, or crienge, wherof is the proper tie, that it purgeth naturall heate, and maketh it also subtyll and stable, and maketh the members of the body substanciall and stronge, resisting diseases. This exercise wolde be vled of persones short wynded, and them, which can nat fetch their breste, but holdinge their necke streight vpright. Also of them, whose fleshe is consumed, speciallpe about the breste and sholders. Also whiche haue had apostumes broken in their brestes: moꝝouer of them that are hooꝛse by to moch moisture. and to them, which haue quarteyn feuer, it is conueniente, it louseth the humour, that stycketh in the brest, and dꝛieth by the moystnes of the stomake,

whiche

which properly the course of the quarten is wont  
 to bring with hym, it also profiteth them, whiche  
 haue feble stomakes, or do vomite continually, or  
 do breake by sowzenes out of the stomake. it is  
 good also for griefes of the head. He that inten-  
 deth to attempte this exercise, after that he hath  
 ben at the stoole, and softly rubbed the lower par-  
 tes, and washed his handes. Let him speake with  
 as base a voyce as he can, and walkynge, begyne  
 to synge lowder & lowder, but styl in a base voyce,  
 and to take no hede of sweete tunes or armonye.  
 For that nothings doth profite vnto helthe of the  
 body. but to inforce him selfe to synge great, for  
 therby moch aire drawn in by fetching of bzeith,  
 thrusteth forth the bzeast & stomake, and openeth  
 and enlargeth the poores. By high crieng & loude  
 redinge, are expelled superfluous humours. Ther-  
 fore men and women, hauinge their bodie feble,  
 and their fleshe louse, and not firme, must reade  
 oftentimes loude, and in a base voyce, extendyng  
 out the wynd pipe, & other passages of the bzeith.  
 But not withstandinge this exercise is not vled al-  
 way, and of all persons. For they, in whome is a-  
 bundance of humours corrupted, or be moch dis-  
 eased with cruditie in the stomacke and baynes,  
 those do I counsaile, to absteyn from the exercise of  
 the voyce, lest moche corrupted iuice or vapours, may  
 therby be into al the body distributed. And here I  
 conclude to speake of exercise, which of the, that de-  
 sire to remain long in helth, is most diligently, & as  
 I mought say, most scrupulously to be obserued.

THE THIRDE  
THE THYRDE  
BOKE

Of Replecion. Cap. I.



REPLECION IS A superfluous abundaunce of humours in the body: and that is in two maner of wyse, that is to say in quantitie, and in qualitie. In quantitie, as where all the foure humours are moze in abundance, than be equall in propozcion to the body that conteyneth theym, or where one humour moche exceedeth the remenant in quantitie. In qualytie, as where the blood, or other humour, is hotter or colder, thicker, or thinner, than is conuenient vnto the body. Firste, where all the humours, beinge superfluously increased, fylleth and extendeth the receptozies of the bodye, as the stomacke, the baynes, and bowelles, and is mooste properly callyd fullness, in greke *Plethora*, in latyne *Plenitudo*. The other is, where the bodye is infarced, eyther with coler, yelow or blacke, or with fleume, or with watry humours, and is properly callid in greke *Cacoehymia*, in latyne *Viciosus succus*, in englishe it may be called corrupt supce. I wyll not here wryte, the subtyll and abundant definitions and discriptions of Galene in his bokes *de Plenitudine*, and in his comentaries vpon the aphorismes of Hippocrates,



crates. For it shall here suffice, to shewe the operations of repletion good or ill, remittinge them, which be curious, and desire a moze ample declaration, to the most excellente workes of Galene, Aph. li. 2. where he may be satisfied, if he be not determy- Apho. 15. ned to repugne against reason. Hippocrates saith, Vbi cibus præter naturā plus ingestus est hic morbus facit. where meat is receyued tr. & ch. aboue nature, that Galen. in comment. loco prædicto. maketh sycknesse. Galene declarynge that place sayth: Moze meate than accordeth with natures measure, is named Repletion. And afterwarde he expoundeth that worde aboue nature, to signifye to moche and superfluously, as who sayth, where the meate is superfluously taken, it maketh sycknesse. For meate but a lyttell excedynge temperance, may not forth with make sycknes, but may yet kepe the body within the latitude or boundes of helthe, for the meate that shall make sycknes, must nat a lyttell excede the exquisite measure. The incommoditie, whyche hapneth therby is, that moystnesse is to moche extended and naturall heate is debilitate. Also naturalle heate, resoluech sommewhat of the superfluouse meate and dzyinke. And of that, whyche is resolved of meate vndygested, procedeth fumositye, grosse and vndygested, which ascendynge vp into the head, and touchynge the ryne, wherin the bryne is wapped, causeth head ache, trembling of the members, duskyshnes of the sight, and many other sycknesse: also by the sharpnes therof, it prycketh and anoyeth the sinewes, which make sensibilitie, the rootes of whom, are in the bryne,



and from thens passeth throughe all the bodye. Finallye, the sayd fumositie, ingendred of replecion, percynge the innermooste parte of the sayd synewes, called sensible, it greuouesly annoyeth the power animall, there consistunge, by the occasion wherof, vnderstandynge and reason, as to the vse of them, are lette and troubled. And also the tongue, whiche is raysons exposytour, is depryued of his offyce, as it appereth in them, whyche are drunke, and them, whyche haue greuous peynes in theyr head, procedynge of replecion. Sygnes of replecyon be these, losse of appetite, delyte in nothyng, slouthfulnesse, dulnesse of the wytte, and sences, moze sleape, than was accustomed to be, crampes in the bodye stertyng or saltion of the members, fulnesse of the vaynes, and thyckenesse of the poulles, hozrout or shrouelyng of the body myxt with heate. The remedies are abstinence, and all euacuations, wherof I wil make mencio in the next chapitre.

Oribasius  
Euporistō  
lib. 1.

#### ¶ Of ENACRATION. Cap. 2.

**T**He meates and drynkes recepyed in to the body, if the stomake and lyuer doo their naturall office, be altered by concoction and digestiō in suche wise that the best parte therof goth in the nourishment of the body: the warst, bringe separate by the members officiall, from the residue, at made excrementes in sundrye fourmes and substances, whiche are lyke in qualitie to the natural humour, whiche than raigneth most in the body.

These

These excrementes be none other, but matter su-  
 perfluouse and vnſauery, whiche by naturall po-  
 wers may not be cōuerted in to fleſhe, but remay-  
 nyng in the body cozrupt the members, and ther-  
 foze nature abhorrynge them, deſireth to haue thē  
 expelled. These excrementes be thre in number, Excremen-  
tes.  
 ozdure, brine, humout ſup<sup>r</sup>fluouſ. Ordure.  
 Moze ouer, there be two ſortes of ozdure, that is to ſaye, one  
 digeſted, whiche paſſeth by ſiege, the other vndi-  
 geſted, whiche is expelled by vompte. Where Dygeſted.  
 ſaye digeſted, I meane, that it is paſſed the ſto-  
 make, and tourned in to an other ſygyre. Lyke  
 wyſe I calle that vndigeſted, whyche ſtyll retay-  
 neth the ſygyre of meate. Vrine.  
 Urine is the watry ſub-  
 ſtance of the bloude, lyke as whay is of mylke,  
 whiche out of the meate that is altered and con-  
 cocte oz boyled in the ſtomacke, is ſtrayned in the  
 baynes called Meſaraice, whiche procedeth vcome  
 the holowe part of the lyuer, and ſente by the ray-  
 nes in to the bladder, paſſeth by the Inſtrument,  
 the whiche is ozdeyned as well to that purpoſe, as  
 foze generation. Humoz ſup<sup>r</sup>  
perfluouſ.  
 Humoz ſuperfluouſ is in. iiii. ſor-  
 tes, either myxt with any of the foure humours,  
 callyd natural, oz els it is gathered in to the bryne  
 oz it is betwene the ſkyn and the fleſhe, oz lyeth a-  
 monge the ſinewes, muſcules, oz ioyntes. Of hu-  
 mours ſome are moze growe and colde, ſome are  
 ſubtyl and hot, and are called vapours. Now foze  
 to expell the ſayd excrementes, are. iiii. ſundry kyndes  
 of euacuation, that is to ſaye, abſtinence, vo-  
 mpte, purgation by ſiege, lettynge of bloude, ſca-  
 rificieng,

risieng callid cupping, sweating, prouocatiō of v-  
rine, spitting, bleding at y nose, oꝝ by hemoroides:  
& in womē, their natural purgatiōs. Of these eua-  
cuatiōs I wil bꝛefely declare, with y cōmodities,  
which by y dūcret vse of thē do happē vnto y body

¶ Of Abstinance. Cap. 3.

**A**bstinence is a forbearynge to receyue any  
meate oꝝ drinke. If oꝝ it be but in parte, it  
is than callyd rather temperance than abstinēce.  
It ought to be vled onely after replecion, as the  
pꝛoper remedye therfoꝝe. And than if it be mode-  
rate, it consumeth superfluities, & in consuminge  
them, it clarifieth the humours, maketh the body  
fayze coloured, and not onely kepeth out sicknes,  
but also where syckenes is entred, nothyng moze  
helpeth, if it be vled in season. To them, whyche  
haue very moyst bodies, hunger is right expediēt  
foꝝ it maketh them moze drie, not withstandynge  
there ought to be consyderatiōs, in the meate be-  
foꝝe eaten, in the age of the person, in the tyme of  
the yere, & in custom. If yst in the mete, befoꝝe eatē,  
if it be moch in excesse oꝝ very grosse, oꝝ not moch  
excedynge, oꝝ lyght of digestion, and accoꝝdinge  
therto, wolde abstinence moze oꝝ lasse be pꝛopoꝝ-  
cioned. Concernyng age, Hipocrates saith, old mē  
may susteyn fastinge easily: next vnto them, men  
of myddel age, yong men may wars beare it, chil-  
dern warst of all, specially they that be lusty: not  
withstanding here Galen coꝛrecteth Hipocrates,  
saying, that he shuld haue excepted men very old,  
who

Cels. li. 2.  
Hipoc. aꝝ  
pho. li. 7.

Consyde-  
rations in  
abstinence

Apho. li. 1.

Galen. in.  
comment

who, as experience declareth, must eate often and  
 lyttell. As touchinge tyme, it must be remembzēd,  
 that in wynter and spryng tyme, the stomakes be  
 naturally very hote, & slepe is longe, & therfoze in  
 that tyme meates wolde be moze abundant, & all  
 though moche be eaten, it wyll be soner digested.  
 wherfoze abstinence wold not be thā so moch as  
 in sommer, albeit to absteyn moch in sonner, ex-  
 cept it be after replecion, Damascene sayth, it dꝛi- Damascen  
 nus apho.  
 eth the body, it maketh the colour salowe, it ingē-  
 dꝛeth melancoly, and hurteth the sight. Mozeouer  
 custome may not be fozgotten. foz they, whiche are  
 vsed from childehode, to eate sundꝛy meales in the  
 day, wold rather be reduced to fewer meales, & li-  
 tell meate, than to be cōpelled to absteyn vtterly,  
 to thintent, that nature, which is made by custom,  
 be not rubuked, & the power digestiue therby debi-  
 litate. And note well, that by to moch abstinence,  
 the moysture of the body is withdrauen and con-  
 sequently the body dꝛieth, and wareth leane: na-  
 turall heate, by withdrauinge of moysture, is to  
 moche incended, and not fyndyng humoure to  
 warke in, tourneth his vyolence to the radycall  
 oꝝ substanciall moysture of the body, and exhau-  
 styng that humour, bꝛingeth the body into a cō-  
 sumption. wherfoze Hipocrates saythe, that to  
 scarfe and exquisite an oꝝdet in meate and dꝛinke, Aph. li. 2.  
 is foz the moze parte moze dangerous than that,  
 whiche is moze abundant. Contrarywyle mode-  
 ration in abstinence, accoꝝdinge to the sayde con-  
 siderations, is to helth a sure bulwarke.



Acti<sup>o</sup>. li. i.

**T**he meate or dꝛynke superfluous, or corrup-  
 ted in the stomak is best expelled by vomyte,  
 if it be not very greuous to hꝑm, whyche is disea-  
 sed. Also the moderate vse of it, pourgeth fleume,  
 lighteth the head, causeth that the excesse of mea-  
 tes or dꝛynkes, shall not annoy or bꝛynge syckenes.  
 More ouer, it amēdeth the affectes of the raynes,  
 the bladder, and the fundement. It also helpeth  
 against leꝛics, cankers, goutes, dꝛopsies, & also  
 dyuers syckenesses procedynge of the stomacke.  
 For if any grefe hapneth of the heade, vomite is  
 than vncommodious. It is better in winter, than  
 in sommer. Also good for them, which are replete  
 or very coleryke, if they haue not welle digested.  
 but it is yll for them that be leane, or haue weake  
 stonakes. And therfoze where one feeleth bytter  
 vapours, risynge out of his stomacke, with grieve  
 and weightynes, in the ouer partes of his bodye,  
 let him runne forth with to this remedy. It is al-  
 so good for him that is hart burned, and hath mo-  
 ch. spittel, or his stomake wambleth, and for him  
 that remeueth into sundꝛy places. yet I counsaile  
 saith Celsus, hꝑm that wyll be in helth, and wold  
 not be to soone aged, that he vse not this dayelye.  
 And I my selfe haue knowen men, whiche dayly  
 vsinge it, haue brought therby their stomakes in  
 to suche custome, that what so euer they dyd eate,  
 they coude not longe retaine it, wherby they shꝛo-  
 tenē their liues. wherfoze it wold not be vsid, but  
 onely where great surfet, or abundance of fleume

Celsi. li. x.



Do require it. He that wyll vomyte after meate, let hym dzyinke sundry dzyinkes myrte togyther, and last of all, warme water: or if that be to easy, let hym myrt therwith salt or hony. If he wyll vomite fastynge, let him dzyinke water and hony sodden togyther, or Jlope with it, or eate of a radyshe roote, and dzyinke warme water vpon it. also water, wherin radyshe is boyled, and after ward prouoke hym selfe to it. Them, that wyll haue moze violent purgations, I remytte to phisitons lerned. But yet I do estones warne them, that therein they be circumspect, and do not moche vse it.

Mozeouer in vomytes, the matter brought forth, wold be consydered, accoꝝdyng to the rules of Hippocrates, in his seconde boke of pronostications, that is to say, if it be myrt with fleme and coler, it is most profitable if it be not in very great quantity, nor thick, the lasse mixture it hath, the wars is it. If it be grene, like to leke blades, thyn or blak, it is to be iuged yll. If it haue al colours, it is extreme perillous. If it be ledy coloured, & saourith horribly, it signifieth a hoꝝt abolition, or dissolution of nature. For as Galene affirmeth there in his commente, suche maner of vomite declareth corruption with extinctinge of nature. Also euery putrified and stynkynge sauoure in vomyte is yll. These thinges be ryght necessary, to be looked for, where one doth vomyte without any difficultie: but to inforce one to vomyte which can not, is very odious, and to be abhoꝝred.

Hipocra.  
præfag. 2.  
cap. 7.

Galē. de  
locis affe-  
ctis. lib. 1.

Celf. li. 2  
Actu. li. 1.

**I**f the hed be heuy, or the eien dimme, or if there be peyne felt of the colyke, or in the lower parte of the bely, or in the hippes, or some colerike matter or fleume in the stomake. Also if the breath be hardely fetched, if the bealy of hym selfe sendeth forth nothing, or if being costue, one feleth y<sup>e</sup> sauour or bytternes in his mouth, or that which he maketh, hath an horrible sauour, or if abstinence do not, at the fyrst putte awaye the feuer, or if the strength of the body may nat susteyne lettynge of blud, or els the tyme therfoze conuenient is past, or if one haue drunk moche befoze his syckenes, or if he whiche oftentymes vnconstrayned, hath had great sieges, be sodeynly stopped: in all these cases, and where it is peynfull to vomyte, and in gnawinge or frettinges of the stomake, finally in all replecions, where a man can not or wyll not be let bloudde or vomyte, it is expedient to prouoke siege by purgations, whiche are receyued by two wayes: v<sup>p</sup>warde at the foundement by supposito<sup>r</sup>ie, or clysters. Downwarde at the mouth, by potions, electuaries, or pylles. Supposito<sup>r</sup>ies are vsed, where the patient is weake, and maye not receyue any other purgations. Sometyme fo<sup>r</sup> as moche as the strait gr<sup>o</sup>te is stopped with excrementes, which are dry and hard: sometyme where there nedeth none other pourgation, specially in bourninge feuers, wherof the matter ascendeth in to the head, than clysters may do harme, & by the benefit of supposito<sup>r</sup>ies, excrementes are brought  
fo<sup>r</sup>the

fozthe without any annoyance. And oftentymes it byingeth fozth that which clysters may nat.

Suppositoꝛies are made somtyme with hony on-ly, sodden, rolled on a bourde, and made rounde, smaller at the one ende than at the other, & of the length and greatnes, accoꝛding to the quaꝛtitie of the body that taketh it. Somtyme there is myxte with the hony salt dꝛied, oꝛ salt peter, & the pow-der of suche thinges, as do eyther purge the hu-moꝛ, which offeðeth, oꝛ dissolueth grosse windes, oꝛ other matter: they be somtyme made with ro-seyn, pitche, ware, oꝛ gūmes, somtyme of rotes, oꝛ the leaues of mercury grene, very small bꝛuised. also with figgis oꝛ reilsons, the stoness takē out, oꝛ of white sope, made ī the figure afoꝛesayd, & being made in the foꝛme afoꝛesayd, they must be put vp in at the fundement, to the great end, and the pa-cient must kepe it there the space of halfe an houre oꝛ moꝛe. Clysters are made of lycour, sommetyme symply, as water sodden, mylk, oyle, oꝛ wyne. som-tyme myxt, as water and oyle togither, oꝛ decocti-ons, as where herbes, rotes, fruites, sedes, oꝛ gū-mes, haupnge pꝛopertie to make softe, dissolue, dꝛawe foꝛthe, oꝛ expelle matter that greueth, be boyled, and the lycour therof, sometyme warme, sometyme hote, is receyued at the fundement into the body by a lyttell pipe of golde oꝛ syluer, yuo-rie oꝛ wodde, therfoꝛe ordeyned and callyd a cly-ster pipe. This is necessary, where the stomake is weake, and may not susteyn the warking of me-dicines receyued at the mouth. also in feuers, co-

lykes, and other diseases in the bowels, grieffe in the raynes of the backe or huckle bone, ventosities in the bealpe, inflammation or exulceration in the guttes or bladder. It is a cōuenient and sure medicine, and lest hurt doth ensue of it. The makinge and ordynginge therof, I wyll omytte to write in this place, partly that I wold not, that phisitons shuld to moch note in me presumption, partly that an nother place may be moze apte to that purpose.

¶ The particuler commodities of euery  
pourgation. Cap. 6.

**I**n potions, electuaries, and pylles ought to be moch moze obseruation, than in clysters or suppositoies, for as moche as these do enter no further than in to the gutte, where the ordure lieth, & by that place only, byingeth forth the matter, whiche causeth disease. But the other entringe in that way, that meates and drinckes do, cometh in to the stomacke, and there is boyled, and sente in to the places of digestion, and afterwarde is mixte with the iuyce, wherof the substance of the body is made, and expellynge the aduersary humours, somewhat therof doutlesse remaineth in the body. Wherfoze men haue nede to beware, what medicines they receyue, that in them be no venenositie, malyce, or corruption, lest for the expellinge of a superfluous humoꝝ, whiche perchance good diete, or som bꝛothes made of good herbes, or the sayde euacuation, with suppositoie or clyster,  
mought



mought bying forth at leysure. by despyringe of to hasty remedy, they receyue in medicine that, whiche shall ingender a venomous humour, and vneuitable distructiō vnto all the body. And therfoze happy is he, whiche in sycknes fyndeth a discrete and well lerned phisition, and so true a poticary, that hath alway drowges vncorrupted. & whom the phisition may surely trust. to disoenc: his thinges truely. But now to retorne to the sayd foyme of purgation, I wyll nowe set forth some counsayles, concernynge that matter, whiche I haue collected out of the chiefe authoꝝ of phisike.

Bodies hate & moyst: may easily susteyn purgation by the stoole. They, whiche be leane oꝝ thyn, hauinge the members tender, may take harme by purgations. To men that are colerike, and them, that eatte litell, purgations are greuous. In yong chyldeꝝ and olde men, it is dangerous to louse moche the bealy. To them that are not wont to it, purgation is noyfull. He that liueth in a good order of diet, nedeth neither purgation noꝝ vomite. After that the purgatiō hath wrought, thirstines and sounde slepe, be signes that the body is sufficiently purged. By dayly takynge of medicines, nature is corrupted. Whan ye wyll pouрге any thing, make first the matter flowing and soluble. Medicine to purge ought not to be mingled with meate, but to be takē foure houres at the least befoꝝe meales, oꝝ thye houres after meales, excepte certayne easy pylles made to clense and comfozte the stomake, whiche wold be taken at the begyn-

Hipocras  
aphor.



Galen. de  
fani. tuen.  
li. i.

ning of supper, oꝛ after supper, a litell befoꝛe that one goth to bed, makinge a light supper oꝛ none. After purgation taken, the pacient shuld rest, and not walke, vntyll the medicine hath wꝛought, noꝛ eate oꝛ dꝛynke in the meane space. This is a general rule cōcernyng excrementes, that yꝛ cause of retaynyng of them bꝛinge perceyued, the contraries vnto that cause wolde be gyuen, as if a lytell quantytie and dꝛythe be the cause, than to take moꝛe in quantitie, and that whiche is moyste yf dꝛythe be the cause onely, than not to increaseth the quantitie, but that whiche is moyste. If the cause be of takinge soure thynges oꝛ bytter, than to vse competently thynges sweete, oꝛ fatte. Lykewyse in oꝛder of meales, as if he whyche was wonte to eate twyse in one day eateth but ones, and thereby is discreded, he must feede not onely twyse in one day, but also oftener, hauinge respect to a conuenient quantitie. These thinges haue I remembꝛed, bycause I haue knowen right good phisitians, to haue foꝛgotten, to instruct therof their pacientes. Nowe wyll I settte foꝛthe the table of suche thinges, which of their pꝛopertie do digest oꝛ purge superfluous humoꝛs particularly, whiche I haue gathered out of the bookes of Dioscorides Galen, Paul<sup>9</sup> Egineta, Orbasius, & Aetius, and other late wꝛiters. not with standyng, I haue not wꝛiten all, foꝛ as moche as there be dyuers thinges, wherunto we haue not yet founden any names in englische.

Dige-

¶ Digestiues of  
Choler

**C**Endyue.  
 Lettyle.  
 Cykozie.  
 Scabiose.  
 Haydenheare,  
 Malowes.  
 Mercurye.  
 The iuyce of pome-  
 granades.  
 Bourselane.  
 Poppe.  
 Berberyes.  
 Roses.  
 Violettes, the leafe and  
 flowre.  
 Sozell.  
 A yuertwozte  
 Sozell de boyse.  
 Whay clarified.  
 The greate foure colde  
 sedes, that is to saye, of  
 gourdes, cucumbers,  
 melones, and citruls.  
 Psillium.  
 Vineger.  
 Saunders.  
 Barley water.  
 Pyunes.  
 Camarindes.

¶ Powrgers of  
Choler.

**C**woylde hoppes.  
 woymewode.  
 Centozie.  
 Fumitozie.  
 Whay of butter.  
 Violettes.  
 Mercurye.  
 Iuyce of roses.  
 Pyunes.  
 Agrimony.  
 Camaryndes halfe an  
 ounce in a decoction:  
 Hanna. vi. Drammes  
 at the leaste, and soo to  
 xxv. in the brothe of a  
 henne oz capon.  
 Reubarbarū by it selfe  
 from two Drammes, vn-  
 to foure, infused oz st-  
 ped in lycour, from.iiii.  
 Drammes vnto.viii.

¶ Digestiues of  
fleume.

**C**fenell. } the rotes.  
 Persely, }  
 Smallage.  
 Capers.  
 Lawzell.

Synuy

Synuſe.  
 Pulſ.  
 Maiozam.  
 Penſtopall.  
 Wylde parſnyp ſede.  
 Mynt.  
 Dymptnell.  
 Hoſemput.  
 Gladen.  
 Agrymonſe.  
 Calampnt.  
 Nep.  
 Betayne.  
 Sauge.  
 Kadythe.  
 Mugwozte.  
 Juniper.  
 Hyloſe.  
 Dyonye.  
 Baulme.  
 Honye.  
 Gynger.  
 Squilla.  
 Ariſtolochia.  
 Cynamome.  
 Pepper.  
 Cumyne.

Purgers of ſcumme.

Centoſe.  
 Actypyl.

Agrimonſe.  
 Alder.  
 Polypodiū of the oke.  
 Myzobalanī kebuli, in-  
 fuſed from half an ounce  
 to an ounce, and .ii. Dꝛā-  
 mes. In ſubſtāce, from  
 two Dꝛammes to halfe  
 an ounce.  
 Agaricus frō a Dꝛāme  
 to two Dꝛāmes infuſed,  
 from .ii. Dꝛāmes to fiue.  
 Yreos.  
 Maydenheare.  
 Sticados.

Purgers of melan-  
 colye.

The bꝛothe of cole-  
 woꝛtes lyght boyled.  
 Baulme mynte.  
 Sticados.  
 Tyme.  
 Seene, boyled in white  
 wine oꝛ in the bꝛothe of  
 a henne.  
 Laſed ſauery.  
 Erithumus.  
 Unwꝛought ſylke.  
 Organum.  
 Calampnt.

Bourage

Sourage.

wyth wynde.

Hartis tongue.

Dulvall mountayne.

Quickbeme.

Honye.

Mayndenheare.

Sugar.

¶ Melancolpe for the thynnesse and subtylnesse of the humour, nedeth no digestiue.

¶ They whiche wyl take sharper purgations, or compound with dyuers thinges, let them take the counsaile of an honest and perfite phisition, & not aduenture to myrte thynge together, without knowing the temperance of them in degrees, and that he can proporcion them to the body, that shall receyue them in symples, as they be wryten. And so he may vse them without peryll, ageynste the humours, wherunto they serue.

Lettynge of bloude. Cap. 7.

**T**he parte of Euacuation by lettynge of blude is incision or cuttynge of the bayne, wherby the bloud, whiche is cause of syckenes or grieve to the hole body, or any particular part therof, soth most aptly passe. The commodities wherof, be- Arnoldus de uilla noua.  
 inge in a moderate quanttie, and in a due tyme taken, be these that folowe, it clarifieth the wytte, and maketh good memoꝝ, it clenseth the bladder, it drieth the bayne, it warmeth the marowe, be- inge in the bones, it openeth the herynge, it stop- peth teares or droppynge of the eycn, it taketh away lothsonnes, and confirmeth the stomake, it noyseth that which is prop<sup>e</sup> to nature, and the



Orbafius  
fug medici  
ne com  
pendio.

contrary expelleth. It is thought, that therby life is prolonged, and the matter makynge syckenesse shortly consumed. Wherfoze lettynge of bloude is not only expedient foꝛ them, whiche are full of bloud, oꝛ haue abundance of strength, but also foꝛ them, in whom, without plenitude, callyd fulnes, inflammations begyn, to be in their bodies, oꝛ by some outwarde stroke, the bloude being gathered within by collection therof, do fele griefe oꝛ disease. Also where there is moche peyne felte, oꝛ debilitie of some member, wherof is supposed to be ingendꝛed some greuous disease. Moreouer they whiche vse excesse of meates and drynkes, maye be cured by lettynge of bloude. But those, whiche be temperate, kepyng good diete, be holpen without lettynge of bloude: as by fricasies, vsing of bathes, exercise, walkynge, and rydyng moderately. Also vnctions with oyles and oylmentes, callyd Diaphoretic, which by euapozation, do shortly euacuate the fulnesse. All be it, if the fulnesse be of melancolye bloud, than alwaye nedes myste be lettynge of bloude. Aboundaunce of melancolye bloude is knowen by these sygnes. There is felt in the entrayles, oꝛ within the bulke of a man oꝛ woman, a weyghtynesse with tension oꝛ thurstynge outwarde: and all that part, whiche is aboue the nauell, is moze heuy, than it was wont to be. Also moch vrin and fatty, the residue oꝛ bottom thicke, troublous, and fatte. Sometyme blacke pouches oꝛ boyles, with inflamation and moch peyne. These must be shortly let bloud, and  
the



The melancoly humoꝝ also purged by siegē. They  
 whiche haue crude oꝝ raw humoꝝs, must be ware-  
 ly let blouddē, befoze that syknesse ingender, but  
 haupnge the feuer, in no wyse. Concernynge let- Acti<sup>9</sup>. li. 3  
 tynge of bloud, these thinges folowinge wold be  
 hadde in continuall remembꝛaunce, and be afoze  
 thought on. In abundancē of the bloud, the qua-  
 litie and quantitie, the greatnesse of the syknesse,  
 and if it be pꝛesent, oꝝ lokēd foꝝ. also the diete pꝛe-  
 cedynge, the age and strength of the persone, the  
 naturall fourme of his body, the time of the yere,  
 the region oꝝ countrey, the pꝛesēt state of the aire,  
 the disble of accustomed exercise, the lessinge of e-  
 uacuatiōs bled befoze. In qualitie consyder, of  
 what humour the fulnesse pꝛocedeth. In quanti-  
 tie the abundance of that, whiche is to be purged.  
 In siknesse, if it be dangerous oꝝ tollerable: yf the  
 siknesse be pꝛesent, it requirēth the moze diligēce: if  
 it be lokēd foꝝ, it may be the better pꝛopoztioned.  
 In diet, the custome in eating & dꝛinking must be  
 specially noted. In yong men & womē, lettynge of  
 bloud wold be moze liberall. In old men & yonge  
 chyldꝛen, it wold be scarset: stronge men may su-  
 fferne bledynge, they whiche are feble, may not en-  
 dure it: Large bodies haue greater vessels, than  
 they, whiche be litell. leane men haue moze bloud,  
 cozpozate men haue moze fleshe. The tyme of the Cor. Cels  
sus. li. 3.  
 yere must be specially marked. Foꝝ in the begyn-  
 ninge of sprynge tyme is the best lettynge of bloud,  
 as Orbasius saythe, and so dothe continue, after  
 the opinion of Arnolde, vnto the eighte calendes

Oribz. su.  
Arnoldus  
de uilla  
noua de  
flobortio-  
mia.  
Io. Dama-  
scenus in  
arte med.

of June. Aetius affirmeth, that in wynter, or in a colde countrey, or where the person is of a very colde nature, the baynes shulde not be opened. And Damascene saythe, They whiche in youthe haue vsed to be moche let blond, after they be thre scoze yeres olde, their nature waxeth colde, and naturall heate is in th<sup>m</sup> suffocate, specyallye yf they were of a colde complexion. but that is to be vnderstande, where they that are in helth, are often let blond. For in the lapsle from helth, and in dyuers diseases, wherein the bloude is corrupted, or where it ingedzeth impostumes, or resozteth to any place, where it ought not to be, or passeth by any other cundyte, than nature hath ordeyned, or where it is furious or inflamed, or by any other meanes byedeth greuous diseases, in all these cases, it ought to be practised, y<sup>e</sup> sometyme in aged persons, women with childe, and yonge infantes. For in extreme necessitie it were better experience some remedy, than to do nothyng. All other thinges concernyng this matter, pertain to the part curatiue, whiche treateth of healyng of sycknes, wherof I wyll not nowe speake, but remytte the reders to the counsaile of discrete physitions.

Of scarifyeng called boxyng or cuppyng. Cap. 8.

Galenus.

Acri<sup>9</sup> li. 3.

For as moche as it is not conuenient, to be let blond oftentimes in the yere, bycause moche of the bytall spirite, passeth forth with the bloude, whiche being exhaust, the body waxeth colde, and naturall operations becom the moze feble, I therfore

foze do counsaile (sayth Galen) that the base partes of the body, as the legges, be scarified, which is the moſte ſure remedy; as well in conſeruyng helthe, as in repayng therof, beinge decayed. For it cureth the eyen being annoyed with longe dyſtillations. It profiteth alſo to the head, and ouer parte of the body againſt ſundry diſeaſes. In what member the blood is gathered, thz body being fyrſt purged by ſcarification, the greſe maye be cured. Alſo Oribaſius affirmeth the ſame, and alſo addeth therto, that it helpeth ſquynances, or quynaces in the throte, and diſſolueth the conſtipations or ſtoppings made of all places, if the places be ſcarified: not withſtanding application of bores about the ſtomake, in hot feuers, where reſon is troubled, as to be eſchewed, for feare of ſuffocation. Lykewiſe put to the head vndiſcretely, it hurteth both the head and the eyes. The laſt authors do affirme, that ſcarifieng is in the ſtede of lettynge bloude, where for age, debilitie, or tyme of the yere, or other lyke conſyderation, a manne may not ſuſteyn blood lettynge, and it byngethe forth the thyn blod, which is next to the ſkynne.

Oribaſius  
in medici  
ne com-  
pendio.

Actius.

Of blood ſuckers or leaches. Cap: 9.

**T**here is alſo an other fourme of euacuation by woꝝmes, founde in waters called bloude ſuckers, or leaches, whiche being put vnto the body or member, doo drawe out bloude. And their drawynge is moze conuenient for fulneſſe of blood thanne ſcarifieng is; for as moche as they fetch

R u.

bloude

bloude moze deper, and is moze of the substance of bloude. yet the opinion of somme men is, that they do drawe no bloude but that, whiche is corrupted, and not propozcionable vnto our body.

And therfore in griefes, whiche happen bettwene the skynne and the flesshe of bloude corrupted, these are moze conuerient than scarifienge. But befoze that they be put vnto any part of the body they must be fyrst kept all one day befoze, giuinge vnto them a lyttell bloude in freshe flesshe. And than put them in a clene water, somewhat warme, and with a sponge wpe away the Oyme, whiche is about them, and than lay a lyttell blood on the place greued, and put them than to it, and lay on theym a sponge, that whan they be fulle, they may falle awaye, or if ye wpll sooner haue theym of, putte a horse heare bytwene theyr mouthes, and tye place, and drawe theym awaye, or putte to their mouthes salte or allhes, or byneger, and forthwith they shall falle, and than washe the place with a sponge: and if there doo yssue moche bloude, laye on the place the poulder of a sponge, and pytche bourned, or linnen clothe bourned, or galles bourned, or the herbe callyd *Bursa pastoris* bryyled. And this suffyseth conuerpyng blood suckers.

Oribasius  
in medici  
ne com  
pendio.

¶ Of hemoroides or pylles. Cap. 10.

**H**emorrhoides be baynes in the foundement, of whome do happen sundry passions. sometyme swellng, without bledynge, sometyme superfluous



perfluous bloud by the puiffance of nature, is by them expelled, and than be they very conuenient. for by them a man shall escape many great sycknesfes, whiche be ingendred of corrupted bloude, or of melancoly. Semblably, if they be hastilye stopped frome the course, whiche they haue bene vsed to, therby do increase the said sycknesfes, whiche by them were expelled, as dꝛopfies, cōsumptions, inadnes, fransies, and diuers diseases of the head, and other sycknesfes, palenes of the vifage, grieffe in the raines of the backe, and thies. And if they flow to moch, there insueth feblenes, leanenes of the body, alteration of colour, great peynes in the lower partes of the bodye. And yf the fluxe be vnmoderate, it ingendꝛeth myscheuous diseases. wherfoꝛe it wolde be dyligently taken hede, that they runne in mesure, or els to vse some thinges moderately, whiche may restrayn them.

¶ Concerninge other euacuatiōs, I do purpose-ly omytte to wyꝛte of theym in this place, for as moche as in this realme, it hath bene accompted not honest, to declare them in the bulgat tongue, but onely secretely.

*Of affectes of the mynde. Cap. 11.*

**T**he last of thynges callid not naturall, is not the least parte to be consydered, the whyche is of affectes and passions of the mynde. For yf they be immoderate, they do not onely annoyne the body, & shorten the lyfe, but also they do appaire, and somtyme lose vtterly a mans estimation. And that



that moche moze is, they brynge a man from the vse of reason, and sometyme in the displeasure of almighty god. wherfoze they do not only requite the helpe of physyke cozpozall, but also the counsell of a man wyse and well lerned in moꝝall philosophy. wherfoze after that I haue recyted. what they be, I wyll bryefely declare suche counsayles, as I haue gathered. And as concernynge remedies of physyke sauynge a few symples, which do comfort the harte & spirites, the residue I wyl remytte to the counsayle of phisitions, lyke as I haue done in euacuation. Affectes of the mynde, wherby the body is annoyed, and do bryng in sickness, be these. yꝛe oꝝ wyꝛath, heuyenes oꝝ sorow, gladnes, oꝝ reioycynge.

¶ Of Ire. Cap. ii.

**I**Re is kendlyd in the harte, moꝝdynately chaunge the spirites there, and than is sent foꝛthe in to the members, and doth superfluously heate them, and disturbeth reason, where the bodyes be hoꝛte afoze. where naturall heate is feeble, the heate may nat be disperfed vnto the extreme partes, and than dothe the extreme members, that is to say, whiche are farre frome the harte, remayne colde, and tremblyng°. Of this affection cometh sometyme feuers, sometyme apoplexies, oꝝ priuation of sencis, tremblynge, palseys, madnes, fantasies, defoꝛmitie of visage, and that warke is. outrageous swearynge, blasphemꝝ, desyre of vengeance, losse of charitie, amitie, credence, also foꝛgetfulness

fulnes of benefyfte precedynge, and of obedyence, duetie, and reuerence. There also do succede contention, chargeable suite, vnquietnes of mynde, lacke of appetite, lacke of slepe, feeble digestion, scozne, disdayne, and hatrede of other, with peryll of losynge of all good reputation. These incommodities of Ire, perfytely had in remembraunce, & at the fyrst motion therof one of them thought on, may happen to bynge in his felowes, & thereby the flame may be quenched. ¶ Let hym that is angry, euen at the fyrst conlyder one of these thynges, that lyke as he is a man, so is also the other, with whom he is angry, and therfoze it is as lefull foze the other to be angry, as vnto hym: and if he so be, than shall that anger be to hym displeasent, and steere hym moze to be angrye. wherby it appereth, that Ire is to hym lothsome. If the other be patient, than let hym abhorre that thyng in hym selfe, the lacke whereof, in the other contenteth hym, and asswageth his mallice. Moze ouer, let hym befoze, that occasion of Ire doth happen, accustomc hym selfe to beholde, and marke well them that be angry, with the successe of that anger, & ruminatc it in his mynde, a good space after. And in that tyme, let hym remember, how Christe, the sonne of God and God, who (as he hym selfe sayd) mought haue had of God his father, if he wolde haue asked them, legions of angels to haue defended hym, ye with lasse than a wyngc, mought haue slayne all his aduersaries: yet he not withstandinge rebuked, scozned, falsely

S

accused

T H E T H I R D E

accused, plucked hyther & thither, strypped, bounden with halters, whypped, spytte on, buffeted, crowned with sharpe thorne, laded with a heupe piece of tymber, his owne pꝛoper toꝛment, halvd, & dꝛiuen foꝛth lyke a calfe to the slaughteꝛ house, effsones beaten and ouerthꝛowen, retched foꝛ the with ropes, armes and legges layd on the crosse, and ther vnto with long pꝛon nayles thꝛough the handes and fete nayled, with many stokes of hammers, with many pꝛickynges, oꝛ euet the nayles mought perce by his tender & most blessed fleshe, and synewes, quyte thꝛoughe the harde tymber, vp to the heades of the nayles, and all this being done foꝛ the offence of mankynd, and not his, yet with the men, whiche dyd it, his mooste vnkynde countrey men, his most vnnaturall kynnesmen, whom he fꝛyste made of nothynge, pꝛeserued by myꝛacles, delꝛueded from perꝛples, and cured of dyseases, in all his vexation and trouble, he was neuer sene oꝛ perceyued angry. If one wꝛll saye, that Anger is naturall, lette hym also consyder, that 'n Chꝛistis manhoode were all naturall powers. If he wꝛll saye, that Ire is token of courage, and in Chꝛiste it lacked not, whome both angels and deuyls trembled and feared. The pꝛemysles often reuolued, and boꝛne in the mynde, I wꝛll not say, shall vtterly extincte all motions of wyath, whiche is not possible, but it shall, whan it kyndleth lyghtly reꝛesse it, and lette that it shall not growe into flame. And in speakynge here of wyathe, I do not meane that, whiche good menne haue

haue against vices: oꝛ wylse and discrete gouernours, and maisters, agaynst the defautes oꝛ negligences of their subiectes oꝛ seruauntes, vled in rebukynge them, oꝛ moderately punysshynge them. Foꝛ that is not properly pꝛe, but rather to be callyd displeasure, and is that wherof god speaketh, by his pꝛophete Dauid, sayenge, Be you angry, and do not synne. And that maner of anger, hath ben in dyuers holy men, pꝛophetes, and other. And it appered in Chyste, whan he dꝛaue oute theym, whyche made their markette, in the holy temple of god, where there oughte to be nothyng but pꝛayer. And in lykewylse whan he rebuked the hypocrates. But yf none of these thynges may come so shortly to his remembraunce, that is meued with anger, at the leaste, lette hym thynke on the lesson, that Apollodoꝛus the philosopher, taught to the emperour Octavian, that befoze he speake oꝛ do any thyng in anger, he do recite in oꝛder, all the letters of the A, B, C, and remoue somwhat out of the place, that he is in, and seke occasion to be otherwylse occupied. This shal foꝛ this tyme suffice, foꝛ the remedies of Ire. And he that wyl knowe moze of this matter, lette him rede in my warke, callyd the Gouvernour, where I therof do wꝛite moze abundantly.

¶ Of dolour or heuynesse of mynde.

Capitulo. 12.

**T**here is nothyng moze ennemye to lyfe, thā sorow, callyd also heuynes, foꝛ it exhausteth



6.17. bothe naturall heate and moyſture of the bodye, and dothe extenuate oꝛ make the body leane, dul- leth the wytte, and darkeneth the ſpirtes, letteth the vſe and iudgement of reaſon, and oppreſſeth memoꝛye. And Salomon ſayth, that ſozowe dzi- eth by the bones. And alſo, lyke as the mothe in the garment, and the rourme in the tree, ſo dothe heuynelle annoyne the harte of a manne. Alſo in the booke callyd Eccleſiaſticus, Soꝛowe hath kyled many, and in it ſelfe is founde no commoditie.

Eccleſiaſ  
Rl. 25. 28.

Alſo by heuynelle deth is haſtened, it hydeth ver- tue oꝛ ſtrength, and heuynelle of harte boweth downe the necke. This is ſo puilliant an ennemye to nature and bodily helth, that to reſiſte the ma- lyce and violence therof, are required remedies, as well of the hollſome counſayles founde in holy ſcripture, and in the bookes of moꝛall doctrine, as alſo of certayne herbes, fruites, and ſpyces, ha- uyng the pꝛopꝛtie to expelle melancolyke hu- mours, and to comfoꝛt and kepe lyuely the ſpirt- es, whyche haue their pꝛoper habytation in the harte of man, and moderate nouryſhyng of the naturall heate and humour callyd radical, which is the baſe oꝛ foũdation, wherbyon the lyfe of mā ſtandeth, and that ſayling, lyfe falleth in ruine, & the body is diſſolued. Nowe fyrſte I wyll declare ſome remedies a geynſt ſozowfulneſſe of harte, cõ- cernyng neceſſary counſayle.

Sometyme this affecte hapneth of Ingraty- tude, epyther where foꝛ benefyte, oꝛ ſpecial loue em- ployde, one receyueth damage, oꝛ is abandoned in his



In his necessitie, oꝛ is deceyued of hym, whome he trusted, oꝛ spyndeth hym, of whom he hath greate expectation, foꝛgetfull oꝛ negly gent in his cōmoditie, oꝛ perceyueth the personc, whome of longe tyme he hath loued, to be estraunged from him, oꝛ to haue one of later acquayntaunce in moze estimation. This affection nꝛppeth the harte, ye of moſte wyse men, foꝛ they loue moſte hartily, not pꝛouoked by carnal affection, but rather by good opinion, ingēdyed by similitude of honest studyes and vertuouſ maners of longe tyme mutuallpe experienced. And it is not only vnto mā greuous, but also vnto god moſt displeaſant and odious, as it is abundantly declared in scripture. Wherfoꝛe the personc, whiche feleth hym ſelfe touched with this affecte, befoꝛe that it growe into a paſſion, and wareth a ſyckneſſe, lette hym call to remembꝛance theſe articles ſollowinge, oꝛ at tye leſt wayſ ſome of them, foꝛ eueryche of theym maye eaſe hym, though perchaunce they can nat foꝛthe with perfitely cure hym.

**C**Conſyder, that the cozꝛuption of mans nature is not ſo moche declared in any thing, as in ingratitude, wherby a man is made warſe, thā dyuers brute beaſtes. The lyttell ant oꝛ emote helpeth by his ſollow, whom he ſeeth ouerthrowen with burdeyn, oꝛ by other occaſion. Alſo whan olyphantes do paſſe ouer any great wāter, the gretteſt & moſt puiſſant of them deuide them ſelfes, and ſettyng the weakeſt in the myddell, part go befoꝛe, trieng the depenes and peryls, parte come after, ſuccou-

*Loiſaite  
ageinſt inſ  
gratitudo.*

*Appianus  
in varia hi  
ſtoria.*

ringe the weakest oꝛ least, with there longe noses.  
 whan they se them in danger. The same beastes  
 haue ben sene not onely byꝑnge men out of deser-  
 tes, which haue lost their ways, but also reuenge  
 the displeasures done to theym, the whiche gaue  
 them meate, as one that slewe him, which hade cō-  
 mytted aduoutrie wiꝑ his maysters wyfe. The  
 terrible Lyons and Panthers, haue ben seene in  
 their maner, to render thankes to their benefac-  
 tours, ye and to obiecte their owne bodyes and  
 lyues foꝛ their defence. The same we maye dayly  
 beholde in our owne dogges. Thā in whom thou  
 fyndest the detestable vyce of Ingratitude, repu-  
 tyng hym amonge the warst soꝛte of creatures,  
 thinke not that thou hast lost a frende, but thinke  
 that thou arte deliuered from a monster of na-  
 ture, that deuoured thy loue, & that thou art now  
 at libertie, and hast won experience to chese the a  
 better. But if this may not suffice, than estones  
 consyder, that if thou loke well on thy selfe, per-  
 chance thou mayst fynde the faute, wherof thou  
 complaynest, within thyn owne bosome. Calle to  
 thy remembꝛance, if thou hast alway rendꝛed vi-  
 to euery man condigne thankes oꝛ benefitte, of  
 whom thou hast kyndnes receyued, oꝛ if thou hast  
 alway remembꝛed, euery one of theym, that haue  
 doone to the any com. noditie oꝛ pleasure. Thou  
 shalt well perceyue, that what thyng thou re-  
 ceyuedst in childehode, thou forgattest oꝛ diddest  
 litel esteeme, whan thou camist to the state of a mā.  
 And what thou dyddest remember in youthe, in  
 age

Seneca de  
 benefi. 7.

Age thou dyddeſt lyttell thynke on: thy nouryces pappe, her rockynges, her watchynges, thou haſt not alway remembred, or equally recompensed.

Thy ſchole mayſters ſtudy, his labour, his dety<sup>r</sup> gēce, in a like degre, thou haſt not requited. What greter frēdes haſt thou had, of whom thou couldeſt receyue any greater benefites, than thy noyſſyng and p<sup>r</sup>eferyng of thy lyfe, in thy moſt feblenes, or thyne erudiciō, wherby thy nature was made moze excellent. Remembryng this, leaue to be angry or ſorrowfull for ſo cōmon a vyce, yet if it ceſſe not to greue the, cōferre the ingratitude that doth bere the, with that ingratitude, whiche was ſhewed by the Iſraelites, whome god chaſe for his owne people, delyuered from ſeruage, ſhewed for them wōders, p<sup>r</sup>eferyed them forty yeres in deſert, deſtroyd for them kynges, gaue to them the countrey, whiche flowed mylke and hony, defended them ageynſt all outwarde hoſtilitie, ſente vnto them ſuch abundance of ryches, that ſyluer was in Hieruſalē, as ſtones in the ſtete, had his tabernacle, and afterwarde his moſte holye temple amonge them, whiche he dyd dayly v<sup>i</sup>ſit with his diuine maiestie, made their kynges to reigne gloriouſely, and ſpake with their prophetes ſamylarlye, and cōrected they<sup>r</sup> errours mooste gentilly: and yet for all this, they imbracyng the paynyng idolatrie, they left ſo gracious and louyng a lozde, and luyng god, and to his greatte diſp<sup>r</sup>ite, gaue diuine honours, to calues of b<sup>r</sup>aſſe, and other monſtrous images, and at the laſte,  
put



put to moſte cruell Dethe, the onely ſonne of god, that had done ſo moch for them.

And if we chriſten men, do loke well on our ſelues, reuoluyng the incomparable benefite, whiche we haue receyued by Chriſtis paſſion, and conſyder the circumſtance of his moſte excellent patience, and moſte feruēt loue towarde vs, without forgetfulneſſe, and the dayly breach of our promyſe, whiche we made at our baptyſme, conferringe our mutuall vnkyndnes ther vnto, there ſhall appere none ingratitude that ſhulde offende vs. Finally for a concluſion, beholde well about the, and thou ſhalt all day fynde the chylderne ingrate to their parentes, and wyues to their husbandes. And wylte thou loke that thy benefite or bayne expectation, ſhuld make the moze fre from ingratitude of thy frende, whome chaunce hath ſent the, than nature maye the parentes towarde their childzen, or the coniuiction of bodies by lefull marriage, take vnkyndenefſe from the wyues toward their husbandes? This vice therfore of Ingratitude, being ſo common a chance, maketh no worldly friendſhpy ſo pꝛecious, that lyfe or helthe therfore ſhulde be ſpent or conſumed. I haue bene the lengar in this place, bycauſe I haue hadde in this grieſe ſufficient experience.

**D**eathe of chylderne be cauſe of thy heyneneſſe, call to thy remembꝛance ſome chylderne (of whome there is no lyttell number) whoſe lyues either for vncorrigible vices, or infortunate chances, haue ben moze greuous vnto theyꝝ parentes, than

than the death of thy childzen, oughteto be vnto the: consideringe that deth is the discharger of al griefes and myseries, and to them that dye well, the fyyst entrie in to lyfe euerlastyng.

¶ The losse of goodes oꝝ authozitie doo greue Losse of goodes. none but fooles, which do not marke diligently, that lyke as neyther the one noꝝ the other doth alway happen to them that are woꝝthy, so we haue in dayly experieuce, that they falle from hym so deynly, who in increasyng oꝝ kepyng theym semeth mooste busye.

¶ Oftentymes the repulse frome pꝛomotion is Lacke of pꝛomotion. cause of discomfoꝝte. but than consyder, whether in the opionion of good men, thou art demed woꝝthy to haue such aduancement, oꝝ in thyne owne expectation and fantasie. If good men so iudge the, thanke thou god of that felicitie, and lꝛughe at the blyndnesse of them, that soo haue refused the. If it pꝛocede of thyne owne folye, abhoꝝre al arrogance, and infoꝝce thy selfe to be aduanced in mens estimatton, befoꝝe thou canst fynde thy selfe woꝝthy in thy pꝛoper opionion.

¶ All other chaunces of foꝝtune, esteime as noo- Chaunces of foꝝtune. thyng, & that longe befoꝝe they do happen. The ofte recoꝝdyng of myserie, pꝛepareth the mynde to fele lesse aduersitie. And the cōtempt of foꝝtune is sure quietnesse and most perfite felicitie.

¶ This nowe shall suffice concerninge remedies of moꝝall philosophie. Nowe wyll I write somewhat touchyng the counsaile of phisicke, as in relieuyng the bodye, whiche eyther by the sayde  
 ¶ occasi-



occasions, or by the humoure of melancolye is brought out of temper.

The fyrste counsaile is, that durynge the tyme of that passion, eschewe to be angry, studyous, or solytarie, and reioyse the with melody, or els be al way in suche company, as beste may content the.

Auoyd<sup>r</sup> all thynges that be noyous in syghte, smellyng, and herpyng, and imbrace al thinge that is dilectable.

Flee darknes, moche watche, and busynesse of mynde, moche companieng with women, the vse of thinges very hote and drie: often purgations, immoderate exercise, thirst, moche abstinence, dry wyndes and colde.

Absteyne from dayly eatinge of moche olde bieffe or olde mutton, harde chese, hare fleshe, boozes fleshe, venyson, saltfyshe, colewoytes, beanes, and peason, very course breadde, greatte fyses of the see, as thurlepole, porpyse, and sturgeon, & other of lyke natures, wyne redde and thypcke, meates beinge very salte or sowre, olde, burned, or fried, garlycke, onyons, and lekes.

Vse meates, whiche are temperately hotte, and therewith somewhat moyste, boyled rather than roasted, lyght of digestion, and ingerdying bloude clere and fine. As mylke hot from the bdder, or at the lest newe milked, ruen chese, sweete almondes, the yelkes of tere egges, litel byrdes of y<sup>e</sup> busshes, chyckens, & hennes. Wyne white or clarette, clere or fragraunte. Sweete sauours, in winter hot, in sommer colde, in th<sup>e</sup> meane tyme temperate.

¶ Confortatiues of the  
Harte hotte.

**B**ourage, the floure  
Boz leafe.  
Buglosse.  
Baulme mynte.  
Elycampane.  
Cloues.  
Cardamomum.  
Rosemarpe.  
Lignum aloes.  
Muske.  
Ambergrise.  
Saffron.  
The bone of the harte  
of a redde dere.  
Myntes.  
The rynde of Cytron.  
Ben.  
Cububes.  
Basyle.

¶ Confortatiues of the  
Harte colde.

**V**iolettes.  
Berles.  
Cozalle.  
The vnicoznes hozne.  
Olde appulles whiche  
be good.  
Roses.  
Saunders.  
The olyphant's tothe.  
Water lylies.  
Cozander prepared.

¶ Confortatiues tem-  
perate.

**C**iacincte.  
Saphire.  
Emerauldes.  
Myzabolanes, callyd  
kebuli.  
Buglosse.  
Golde, syluer.

¶ Of Ioye.

**I**oye or gladnesse of harte dothe pꝛolonge the  
lyfe, it fatterh the body chat is leane with trou-  
bles, byinginge the humours to an equall tem-  
perance, and drawinge naturall heate outwarde.  
But if it be sodayne and feruznte, it oftentymes  
fleeth, foꝛ as moche as it draweth to sodeynly and

¶ Ci.

excessiue.

excessiuely naturall heate outwarde. And therfoze dyuers men and women haue ben sene to falle in a sounde, whan they haue sodeynly beholden the persones, whom they feruently loued.

Ti. Liuius. As a woman in Rome, herynge sƳste, that her sonne was slayne in battayle. After whan he cam to her, she seinge hym a lyue, imbracynge eche o-ther, she dyed in his armes. This well consydyed ageynst suche inozdinate gladnes, the beste p̄seruatiue is to remember, that the extreme pattes of mundayne ioye is sozowe and heuynesse: And that nothinge of this world, may so moche reioyce vs: but occasion maye cause it to be displeasent vnto vs.

¶ The domynion of sundry complexions. Cap. 13.

I T smeth to me not inconuenient, that I doo declare as well the counsayles of ancient and approued authoꝝ, as also myne owne opynion gathered by diligent marking in dayly experiēce, concernynge as well the necessary diete of euerye complexion, age, and declination of helth, as also the meane to resyste discrastes of the body, befoze syckenes be therein confirmed, leauynge the residue vnto the substāciall lernynge and circumspect practyse of good phisittens, whiche shall the moze easily cure the patientes, if their patientes do not disdayne to beare away and folowe my counsell.

And sƳst it ought to be consydyed, that none of the foure complexions, haue soolye suche dominion in one man oꝝ wcmans body, that no parte of any

any other complexion is therewith myxt. For whā we call a man sanguine, colerike, fleumatike, or melancolye, we do not meane, that he hath bloud only without any of the other humours, or coler without bloude, or fleume without bloude or melancoly, or melancoly without blod or coler. And therfoze the man, whiche is sanguyne, the moze that he draweth into age. wherby naturall moysture decayeth, the moze is he colerike, by reason that heate, surmountynge moysture, nedes must remayne heate and drythe. semblably the colerike man, the moze that he waxeth into aeye, the moze naturall heate in hym is abated, and drythe surmountynge naturall moysture, he becometh melancolyke: but some sanguyne man hath in the propozcion of temperatures, a greater myxture with coler, than an other hath. Likewise the colerike or fleumatike man with the humour of sanguine or melancoly. And therfoze late practisers of phisike are wont to call men, accoꝝdyng to the myxture of their complexions, whiche man receyueh in his generation, the humours, wherof the same complexions do consyst, beinge augmented superfluously in the body or members by any of the sayd thinges callid not natural. euery of them do semblably augment the complexion, whiche is proper vnto hym, and byrygeth vnequall temperature vnto the bodye. And for these causes, the sanguine or fleumatike man or woman, felynge any discrasie by choler hapned to them by the sayd thynges called not Naturalle, they shall vse the



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Dyete described hereafter to hym, whyche is naturally coleryke. Semblably the coleryke or melancolyke man or woman, hauynge any discraspe by fleume, to vse the diete of hym, which is naturally fleumatike, alway remembrynge, that sanguyne and fleumaticke men haue moze respecte vnto drythe, coleryke and melancolyke vnto moisture, and that alway as the accidētall complexiō decayeth, to resoꝛt by lyttell and lytel to the diete, pertayninge to his naturall complexion.

¶ The tymes appropried to euery naturall humour. Cap. 14.

**B**Ut fyꝛste it muste be consydered, that where the foure humours, be alway in manne, and in somme man commonly one humoure is moze aboundant than an nother naturally, that is to saye, from his generation. The sayde humours haue also peculypar tymes assygned to euery oone of theym, wherin eche of them is in his most power and foꝛce, as after ensueth, after the description of Soranus.

Soranus  
Ephesius.

**F**leume hath moste puissance in wynter, from the. viii. Idus of Nouember, vnto the. viii. Idus of Febꝛuarye, whereby are ingendꝛed Catarres or reumes, the buula. the cough, and the styche. This humour is part in the head, part in the stomake. It hath dominyon from the thꝛyde houre of nyghte, vntyll the nynthe houre of the same nyghte.

**B**loundde increaseth in Spꝛynge tyme, frome the  
the



the. viii. Idus of February, vnto the. viii. Idus of May, wherof are ingendred, feuers, and swete humours, whyche do shortly putrispe, the power of this humour is about the hart, and hath dominion from the. ix. houre of night, vntyll the thirde houre of the moonyng.

¶ Redde cholcr hath power in sommer from the viii. Idus of May, vntyll the. viii. Idus of August, whereby are ingendred hotte and Charpe feuers, this humoure is specially in the lyuer, and hath dominion from the thirde houre of day, vntyll the. ix. houre of the same day.

¶ Yelowe cholcr, wherof is ingendred the flemc of the stomake, is nourtshed in Autumne, whyche begynneth the. viii. Idus of August, and dureth vnto the. viii. Idus of Nouember, and maketh Chakynge feuers and Charpe, the blacke coler than increaseth, and than foloweth thyccknesse of the bloude in the baynes. Blacke coler oz melancoly mooste raigneth in the splene, and it raigneth from the nynthe howze of Daye, vntylle the thirde howze of nyght.

¶ Peculyar remedies against the distemperance of euerye humour.

If the distemperance be of bloude, helpe it with thynges colde, Charpe, and drye: for bloude is moyste, hotte, and swete. If it be of redde coler, gyue thynges cold, moyst, and swete, for redde coler is better and fyry. If it be of blacke coler gyue thynges hotte moyst and swete, for blacke coler is

Soranus  
in arte me  
dendi.

Charpe

Sharpe and colde. If the disease be of salt fleume, gyue thynges swete hot and drye, thus sayth Soranus. Not withstandynge where there is abundance of colde fleume not myrte with coler, there thynges very sharpe and hote be mooste conuenient, as tarte byneger with hote rotes and sedes, oꝛ wynges stronge and rough, hony beinge sodden in the one and the other, oꝛ where choleric is myrte with fleume, syzope acetose made with byneger and sugar boyled, sometyme with herbes, rootes, oꝛ sedes, which may dissolue fleume and digest it.

¶ Diete of them, whiche are of sanguyne complexion. Cap. 15.

**F**rasimoche as in sanguyne men bloud mooste raigneth, whiche is soone coꝛrupted, it shal be necessary foꝛ them, whiche are of that complexiõ, to be circumspecte in eatynge meate that shortly wylle receyue putrifaction, as the moze parte of fruites, specially not being perfittly ripe, also meates that be of yltiuyce, as fleshe of bestes to olde, oꝛ tꝛyonge, vdders of bestes, byaynes except of capons and chykens, marowe of the backe bone, moche vse of onyons, lekes, garlyke, moche vse of olde fygges, moche vse of rawe herbes, and althynges, wherin is excesse of hete, colde, oꝛ moisture, meates that be stale, fyshes of the fennes oꝛ muddye waters, and to moche slepe, as experyence sheweth.

Diete

## ¶ Dyete of cholerike persons. Cap. 16.

**T**hem, whiche be cholerike, beinge in their naturall temperature, and hauinge not from their youth vsed the contrary, grosse meates moderately taken, be moze cōuenient, than the meates that be fyne, and better shall they dygeste a piece of good biese, than a chykens legge. Choler of his pꝛopertie rather burnynge than well digestyng meates of lyght substaunce, not withstandinge some gentylmen, whiche be nyce ly bꝛought vp in theyꝛ infancꝫ, may not so well susteyne that diete as pooze men, beinge the moze parte vsed to grosse meates. wherfoze theyꝛ diete muste be in a temperance, as yonge biese, olde beale, mutton, and benyson powdꝛed, yonge geese, and suche lyke, conseruyng their complexion with meates lyke therevnto in qualitie and degree, accordinge to the counsaile of Hipocrates. And as he perceyuet choler to aboude, so to interlace meates, whiche be cold in a moderate quantite, & to alay their wyne moze oꝛ lasse with water, eschewynge hotte spices, hotte wines, and excessiue labour, wherby the bodye maye be moche chaufed. Also he maye eat oftener in the day, than any other: foze sene, that there be suche distance betwene his meales, as the meate befoze eaten be fully dygested. whiche in some person is moze, in some lasse, accordinge to the heate and strength of his stomake, no tyng al waye, that the colerike persone digesteth moze meate than his appetite desireth, the melan-

colyke person desyret by false appetite moze thā his stomacke may digest. And to a choleryke person, it is right dangerous, to vse longe abstinēce: for cholcr, fyndynge nothyng in the stomacke to concocte, it fareth than, as where a lytell potage oz mylke, beinge in a vessell ouer a great fire, it is burned to the vessell, and vsfauery fumes & vapours do issue out therof. Likewise in a choleryke stomake, by abstinence, these inconueniences do happen, humours adust, consumynge of natural moysture, fumolities and stynkyng vapours, ascendynge by to the head, wherof is ingendred, duskyng of the eyes, head aches, hotte and thyn reumes, after euery littel surfete, and many other inconueniences. Wherfoze besyde the oppynion of best lerned men, myne own peynful experience also moueth me, to exhorte them, whiche be of this complexion, to eschewe moche abstynence. And althoughe they be studious, and vse lyttell exercise, yet in the mozynge, to eate somewhat in littell quantitie, and not to study immediatly, but fyrst to lytte a whyle, and after to stand oz walke softely, whiche vsynge these two yeres, ¶ and also other, that haue longe knowen me, haue perceued in my body a greate alteration, that is to say, from ylle astate to better. Allway remember, that if any other humour do abound in the choleryke person, as fleume, oz melancoly, than vntill that humour be expelled, the diete muste be correctiue of that humour, and therfoze moze hote and fine, than the naturall diete befoze reherfed: but yet



pet there wolde be alwaye respecte had to the naturall complexion, sometyme sufferynge the person to eate oꝝ drynke that, which nature woꝝking, feruently desireth.

¶ Dyete of fleumatike persones. Cap. 17.

**I**T is to be remembꝛed, that pure fleume is properly cold and moyste, and lacketh tast. Salte fleume is myxte with choler, and therfoꝛe hath not in hym so moche colde noꝝ humiditie, as pure fleume hath: & therfoꝛe it requyꝛeth a temperance in thinges hot & dry, wherby fleume is dygested oꝝ expulsed. To fleumatike persons al meates are noyfull, which are very cold, viscosus oꝝ slymy, fat oꝝ sone putrified, eating moch and often, specially meates ingendꝛinge fleume, whiche be remembꝛed in the table pꝛecedynge. All thynges be good whiche are hotte and drye, also meates and drynkes whiche be sowꝛe: onyons also, and garlyke, moderately vsed, be very commendable, in pure fleume not myxte with choler, moche vsynge of salt, specially dried. Pepper grosse beaten and eaten with meate, ought to be with all fleumatycke persons famplyar, also gynger is ryghte conuenient, but not to be so frequently vsed as pepper, foꝛ as moche as the nature of pepper is, that being eaten, it passeth thꝛough the bodye, heatyng and comfoꝛtinge the stomake, not entrynge into the baynes, oꝝ annoyenge the lyuer, whiche vertue is not in gynger. Gynger condyte, the whiche we do call grene Gynger, specially candyd with

U ii

Sugar



Sugar, if it may be gotten, and also Myrobalanes, called kebuli, condite in India, be most excellent remedies agaynst fleume. also the herbes, which are remembred afoze in the table of digestiues of fleume, and the rootes of persely, fenell, yreos, Elycampane, and carettes be very commendable. Exercise twise in the day, the stomake beinge almost empty, so that sweate begynne to appere, is very expedient, clensinge of the body from all filthynesse, with rubbingge and wyppinge, oftentimes with washinge, specially the head and partis therabout, moderate sweatynge in hot bathes or stufes be to this complexion necessary, specially whan they haue eaten or drunke excessyuely. The head and fete to be kept from cold, & to dwel hygh and far from mozes and marshes, is a rule right necessary. also to absteyne from eatinge herbes and rotes not boyled, and generally from all meates, whiche wyll not be easily dygested.

¶ The division of melancoly, and the diete of persons melancolike. Cap. 18.

**M**elancolye is of two sortes, the one is called naturall, whiche is onelye colde and drye, the other is callyd aduste or burned. Naturall melancolye is (as Galene saythe) the resydence or dyegges of the bloud: and therfore is colder and thycher than the bloude. Melancoly aduste is in foure kyndes, eyther it is of naturall melancoly aduste, or of the moze pure parte of the bloude aduste, or of choler adust, or of salt fleume adust.

But

But of all other that melancoly is warst, whiche is ingendred of choler: fynally all aduste melancoly annoyeth the wytte and iudgement of man, foꝛ whan that humour is hotte, it maketh menne madde, and whan it is extincte, it maketh menne fooles, foꝛgetfull, and dulle. The natural melancoly kepte in his temperance, pꝛofyteth moche to true iugement of the wyt, but yet if it be to thicke, it darkeneth the spirites, maketh one timorous, and the wytte dulle. If it be myrte with fleume, it moꝛtifieth the bloude with to moche cold. Wherfoꝛe it may not be so littell, that the bloud and spirites in their feruentnes, be as it were vnbꝛidlyd, wherof do happen vnstablenesse of witte and slipper remembraunce: noꝛ yet so moche, that by the weight therof (foꝛ it is heuy, appꝛochynge nyghe to the erthe) that we seme to be alwaye in sleape, and nede a spurre to pꝛycke vs foꝛwarde. Wherfoꝛe it is ryght expediente, to kepe that humoure as thyn as nature wyll suffer it, and not to haue to moche of it. But nowe to the diete pertaynyng to them, whom this humoꝛ annoyeth. The knowledg, that melancoly reigneth, is ostentim. s heuynesse of mynde, oꝛ feare without cause, sleppnesse in the members, many crampes without replecion oꝛ emtynesse, sodayn fury, sodayn incontinencie of the tongue, i. oche sollicitude of lyght thynge, with palenesse of the bysage, and fearefull dreames of terrible bysyons, dreamyng of darkenes, depe pyttes, oꝛ death of frendes oꝛ acquyntance, and of all thinge that is blacke. The

Ex Marci  
lio ficino.  
de uita sa  
na.

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meates conuenient are they, whiche be temperate in heate, but specially they that be moyst: meates sone digested, and they rather boyled than roasted, temperately myxte with spices, mylke hotte from the vdder, oꝛ late mylked, is very conuenient foꝛ that complexion, swete almondes blaunched, and almonde mylke, the yelkes of reere egges, and fynally all thynges, whiche ingender pure bloude, and all that is wryten in the chapiter of age. All these be yll foꝛ them, wyne thycke oꝛ troublouse, specially redde wyne, meates harde, dry, very salt, oꝛ sowꝛe, bourned meate, fried meate, moche bief, hares fleshe, beanes, roket, colewoꝛtes, mustard, radyshe, garlyke, excepte there be moche wynde in the body, foꝛ than is it very holsome, onyons, lekes, fynally all thynges, whyche heateth to moche, keleth to moche, oꝛ dꝛieth to moche, also wyath, feare, compassion, sorow, moche study oꝛ care, moche ydelnesse oꝛ reste: all thynges that is greuouse to see, to sinell, oꝛ to here, but most specially darknesse. Moꝛcouer moche dꝛienge of the body, eyther with longe watche, oꝛ with moche care and tossyuge of the mynde, oꝛ with moche lecherye, oꝛ moche eatynge and dꝛynkynge of thynges that be hotte and drye, oꝛ with immoderate euacuation, labour, abstinence, thyrst, going in the aire vntemperately hotte, colde, oꝛ dꝛie, all these thynges do anoye them that be greued with any melancolpe. It is to be diligently consydered, that where melancolpe happeneth of choler aduste, these meates, whyche be hotte in warkynge,

wold

wolde be wyselye tempered, and dꝛynkyng of hotte wynes wolde be eschewed: semblable cautele wolde be in sauoures. Not withstandyng moderate vse of small wynes, clere, and well betured, is herein very commendable, the humour therby beinge clarified, and the spirites clensted, but the abuse oꝝ excelle the of doth as moche damage. Alsoo it is ryghte expedient, to putte into wyne oꝝ ale, a gadde of syluer oꝝ golde, glowinge hotte oute of the fyze, to temper hotte meates with roses, Wyolettes, Saunders, Rose water, bourage, Buglosse, haulme callyd in latyne Mellyssa, oꝝ the water of all thze dꝛunken with good wyne, whyte, oꝝ clarette, oꝝ made in a Julep with sugar, is wonderfull holsome, chewyng of lykoyse, oꝝ raisons of coꝝaunce is ryght expediente: but mooste of all other thynge, wythe, good companye, gladnesse, moderate exercyse, with moderate feedyng. And thus I leaue to speake of dyetes aptely belongyng to the foure complexions.

The



# THE FOUVRTH BOKE

What cruditie is, and remedies there-  
fore. Capitulo .i.



VVYL SOMEVVHAT wytte  
of two oiscraspes of the body, whi-  
che doo happen by the excesse oz  
lacke of thynges callyd not natu-  
rall, wherof I haue spoken befoze.  
The one is callyd cruditie, & other  
lassitude, whych e althoughe they be woꝝdes made  
of latyne, haupnge none apte englyshe woꝝde  
therefoze, yet by the desynptions and moze am-  
ple declaration of them, they shall be vnderstande  
suffycientely, and from hencefoꝝthe vled foꝝ en-  
glyssh. But fyrste it shall be necessarye, to con-  
sider, that concoction is an alteration in the sto-  
macke of meates and dꝝynkes, accoꝝdyng e to  
their qualities, wherby they are made lyke to the  
substance of the body. Cruditie is a vicious con-  
coct. on of thynges receyued, they not beinge hol-  
ly oz perfutely altered. The cause therof is, some-  
tyme the distemperature of the stomake, somtyme  
inflammations, somtyme matter congeled, oz im-  
postumes in the stomacke, otherwhile ingurgita-  
tion of meate and dꝝynke: oz foꝝ the vicious qua-  
litie of the same meates oz dꝝynkes, oz the recey-  
uyng e therof out of oꝝder, oz lacke of exercise, oz  
of conuenient euacuation. Galene sayth, that in  
crudity oz vicious concoction it must be considꝝed,

Concoctio  
what it is.

Crudity  
what it is.

The cause  
of crudity.

Galē de  
tuen. sani.  
li. 4.



as well if the iuyce be vtterly cozrupted, and may not be sufficiently concocte, as also if it be in the way of concoction, foꝛ if it be cozrupted, it must be expelled by sweate oꝛ bryne, if it be halfe concocte, than must suche thynges be minystred as maye helpe to pꝛofite concoction, hauynge regarde to the quality and temperaunce of the iuyce, that is to saye, whether it be thycke oꝛ thynne, fleumatyke oꝛ choleryke: whyche shall be percepued by the diet pꝛecedynge, and also by other thinges named not Natural, foꝛ fleumatike meates eaten in great quantity oꝛ often, maketh fleumatike iuice. Lyke wyse dothe lacke of conuenient exercise, to moche rest oꝛ ydelnesse: as choleryke meates and behemet labours do make coleryke iuyce in some and melancolyke iuice in Autume, specially where labours be contynuall oꝛ longe durynge. Also where labour is with moch sweate, there is the bryne moze grosse: where it is without sweate, there is it thynner. Mozeouer the colour and substance of the vryne, declareth the temperance of the iuice, whiche shall be hereafter declared in the tab'le of brynes. Semblably the colour of the body declarith the iuyce that is in it, foꝛ beinge whiter than it was wont to be, it sygnifieth aboundaunce of fleume: beinge moze pale & yelow, it betokeneth excesse of coler: if it be blacker, it sygnifieth melancolye, if the yll iuyce be moch in quantity and the bloudd lyttell, the yll iuyce wolde be digested and expelled with suche thynges as doo serue foꝛ that temperature: but if the bloude be moche

and the yll iuyce lytell in quantity, there wold the bayne be opened, and after sufficient bledynge, a conuenient purgation gyuen, haupnge regarde aswel of the quantitie of the iuyce, as of the kinde therof, in case that either foꝛ age oꝛ foꝛ timoꝛousnesse, a man wyll not be lette bloude, than muste he be purged by siege in moꝛe abundance: But if he in whome is lyttell good bloude, and moche yll iuyce, and feeleth a lassitude oꝛ weynesse in all his body, he schulde neither be lette bloude, noꝛ receyue purgation, noꝛ yet labour oꝛ walke moche: but abyde in moch quyete, & assay to sleape moche and receyue such meates dꝛynkes and medicines, whiche doth attenuate oꝛ make thynne, cutte, and digest grosse humours without vehement heate, wherof it is wꝛiten in the table of digestyues: in the number of whome is oximell, being wet made, oꝛ *Acetosus simplex*, where the iuyce is moche cholericke oꝛ melancolike. Semblably capers with oyle and bynegret be prayssyd of Galene. Whan there apperith in the bryne a residence light and white, that wyne white oꝛ clarette moderately taken helpeth to concoction, maketh good iuyce, and pꝛouoketh bryne: than increase fricacions and exercise by litel & litel, and than let him retourn to his naturall dyete. In whome is abundaunce of raw iuyce, and outwardly feeleth a lassitude, to them Galene counsayleth, the seconde oꝛ thirde daye, to giue Meathe, wherin Flope is boyled, and afterward to vomite. The meane to escape cruditie, is to be diligente in obseruation, of the counsels

besoꝛe



absteyne from suche meates and Drynkes, whiche do ingender suche iuyce as dothe annoyne theym: those meates and Drynkes be declared in tables pꝛeceding. Aetius also wold, that he shuld drinke a draughte of cold water, affirmynge, that therby the stomake being corroboreate, driueth out of him downe into the bely, that which cleaueth fast to it. I my self vsinge to drinke fasting, very smal biere or ale, whan I haue ben in that case, haue found ease by it. Paulus Aegineta wylleth, that at the begynnynge, the legges and armes shoulde be rubbed with a course linnen clothe, the legges downewarde to the fete, the armes to the toppes of the fyngers, and whan they be wel chaufed, thā to rubbe them agayne with some oyle, that dothe open the poores, and dyscusse the vapours, as oyle of camomyll, oyle of anete, and other lyke, he prayseth moche Husle, or the water of honye, specially yf some Flope be boyled in it. Galene, & all other, do agre, that in this case Pepper buy- sed and eaten with meate, is very expedient: And whe: there is moche wynde in the stomake, than to eate all tymes of the day of the medycine made of the thre kindes of pepper, tyme, anyse seede, and hony clarified, whiche is called Diatrion pipere- on, or that which is cal'ed Diaspoliticon, or Di- apiganon, whiche is made of cummyne, stieped one daye and a nyght, or lenger in tarte byneger and after fryed or layde on a burninge hot stone, and made in powlder, also pepper, and rewe dyed somewhat, and made into powlder, all in equall

Aeti<sup>o</sup> ser-  
mone. 9.

Paul. Egi.  
lib. 2.

Galen<sup>o</sup> de  
tuenda sa-  
ni. lib. 5.



porcions, and myxt wth clarified hony. Galene addeth therto salte peter, called in latyn Nitrum.

The confection made with the iuyce of quynces, and is called Diacytoniten, is very excellent, but it is to be diligently noted, that where cruditie is in a cholerike personne, there wolde the sayde medicines be temperatly vled, and the sayde Diacytoniten, to haue lyttell oz no spices in it. And for my parte, beinge of a cholerike humcur myrte with fleume, many yeres continually in cruditie, I neuer found any thinge better than fyne Reubarbe, chewed with raysons of cozens, whiche I toke by the counsaile of the worshypfull and well lerned phisition, maister Doctour Augustine, who in his maners declareth the gentylnesse of his auncient bloudde, whyche medicyne I do not leaue to vse dayely fastynge, whan I fele suche cruditie to begynne. Also syrope acetose, that is to say, sugar sodden in pure byneger, and lyttell water, vntyll it be thicke as a syrope, is sometyme conuenient, and that as well to choleryke personnes, as vnto fleumatycke: and yf fleume be abundant, than with rootes and sedes of fenelle and persely sodden with it. Also in that case Orxymel, that is to saye, hony and water sodden togyther, with the sayde rootes and sedes, and a quantitie of byneger put therto in the boylynge, is very commendable, yf the pacient be very costiue, than the medicine of Galene, called Hierapicra, frome halfe an ounce to an ounce, taken in water of hony oz ale, oz taken in pylles the weyght of a grote



and a halfe, or two grotes, yf the stuffe be good. wyl purge the bodye sufficently, without makinge the body weaker. Also that medicyne by clenlinge the stomake and body, deliuereth a man and woman, frome many peryllous syckenesses. If the humours in the stomake be not putrified, but that it is greued with aboundaunce of salte fleume, I haue founde that mylke newe mylked, wherin is put a quantitie of good honny or suger, and thzee leaues of good speare myntes, and a lyttell boyled, so beyng drunke warme fastyng, the quantitie of a pynse, and restyng on it, without eatyng or drynkynge any other thyng the space of thze houres after, haue abundantly putged and comforted the stomake, but where there is no fleume, but only choler, it is not so holsoime, but rather hurteth, making fumosities in the hed, wherof commeth head ache.

*¶ Of destillations called commonly Rewmes, and of some remedies agaynst them ryght necessary. Cap. 2.*

**F**Or as moche as at this present tyme in this realme of England, there is not any one moze annoyauce to the helth of mans body, than destillacions from the head alled rewines, I wyl not let to wyte somewhat of them, wherby men may take benefite, if they wyl: although some phisitons, moze consydering their market than their dutye to God and their countrey, wyl be neuer so moch offended with myne honest enterpryse.

Destillati-

**D**estillation is a droppunge downe of a liquid mater out of the head, and fallunge eyther in to the mouth, or in to the noſethilles, or in to the eyes, and ſometime into the chekes and eares, that whiche falleth in to the mouthe, is receued of the throte in to that parte whiche is the instrument of the voice, which at the first maketh hoſeneſſe, and in proceſſe of tyme maketh the voice little, and vneth to be harde. And if the reume be ſharpe, it raſeth the inner ſkyn of the throte, and ſometime it doth exulcerate the lunges. If it doth fall into the ſtomake, the reume beinge colde, it altereth the body in to a cold diſtemperance, if it be hot it maketh a hot diſtemperance, and dothe ſometyme exulcerate in proceſſe of tyme: And as the begynnynge abateth appetite, and maketh feeble concoction. The cold reume, maketh concoction ſlowe, and alſo crudytie, and ingendzeth ſowre fumes in the mouthe. If it be corrupted, it tourneth alſo nourishment vnto corruption, whiche maketh vpbzadings fumiſhe or ſharpe, or of ſom yll qualitie, whiche can not be expreſſed. If the mater do diſcende lower, it tormenteth the guttes called *Ieiunum*, and colon, and toucheth other veſſelles, from whence procedeth digeſtion. In this diſcracy two thyngeſ are to be prouyded for, fyrſt to lette that the reume do not deſtyll in to the ſayde places, or if it hath done, that it be ſhortly expelled from thence. Fyrſt to lette that it ſhall not deſtyll, it ſhal be neceſſary to eate ſome meate the ſoner in the moꝝning, if there hath not preceded repletion.

where

**W**here the temperature of all the body is cole-  
ryke, and the stomake is weak, the stomake wold  
be made stronge with suche thynges as of theyr  
property do comfort the stomake: forescene that  
they be moderately cold and moist: And that whi-  
che is all redy fallen into the stomake, must be ex-  
pelled with vomyt or slege, prouoked with worm  
wode steyd all one day and a nyght in a lyttell  
small white wyne, or small ale and scale, whiche  
hath vertue onely to wype away the filthe from  
the stomake, but if it be souked depe in to the filth  
of the stomake, than is it better to take the medy-  
cyne called Hierapicra, either in poulder with drink  
warmyd, or els in pylls, to the number of fyue or  
mo in the moynge. vi. houres befoze any other  
meate or drinke taken: afterwarde to noynt the  
mouthe of the stomacke with oyle of Mastyke or  
Rardinum temperately warme. Alway if a hotte  
reume do fall in to a hotte stomake, than meates  
and drynkes whiche be colde in vertue wold only  
be vsed. where the stomacke is distempred with  
heat, and the reume destilleth into a cold, hed there  
is the discracy harde to be cured: And they which  
be so affecte, or diseased, must take suche thynges  
as may dissolue the fleume and clense the stomak  
without heatinge therof, of the whiche vertue we  
knowe oxymell to be of.

**I**f the stomake and head be bothe distempred  
with cold, than must be vsed meates drynkes and  
oyntmentes, whiche onely be hotte, and vtterly to  
fozbeare all that is colde.

**B**y these destillatiōs oꝝ reumes hapneth many  
 other greuouse diseases, besydes those wherof I  
 haue spokē, as in the hed whyzlinges, called in la-  
 tyn Vertigines, sodayne soundynges, fallynge spe-  
 nesse, polis, stynkyng of the nose, callyd Polypus,  
 sozes in the mouth, tothe ache, pynne and webe  
 in the eyes, dulnesse of heri.ige, quynces, frettinge  
 of the bowelles with fluxes, Hoꝝtnesse of bzethe,  
 grieffe in the harte, palseyes, ache in the muscules  
 and ioyntes, wherfoze it is not to be neglected.  
 And I doo moche meruayle, that our phisitions  
 do not moze studiously pꝛouyde therfoze reme-  
 dies. I my selfe was by the space of foure yeres  
 continually in this discrasie, and was counsayled  
 by dyuers phisitions, to kepe my hed warme, and  
 to vse Diatrion piperion, & such other hot thinges as  
 I haue reherced, at the last sclyng my selfe very  
 feeble, and lackinge appetite and slepe, as I hap-  
 ned to reade tye boke of Galene De temperamentis,  
 whiche treatith De inaequali temperatura, and after-  
 warde the. vi. boke, De tuenda sanitate, I perceyued  
 that I had ben longe in an errour. wherfoze first  
 I dyd thꝛowe away my quylted cappe, and my o-  
 ther close bonettes, and onely dyd lye in a thynne  
 coffe, whiche I haue euer sens vsed both wynter  
 and somer, and ware a light bonet of veluet only,  
 than made I oxymel after the doctrine of Galen,  
 sauyng that I boyled in the byneger rootes of  
 persely and fenell, with endyue, cichoꝝy and, be-  
 tayne, and after that I hadde taken it thꝛe dayes  
 continu ally, euery day thꝛe sponesful in the moꝝ-  
 ynge



mynge warme: than toke I of the same oxymell,  
 wherin I had infused oꝝ steapid one dramme of  
 Agaryke, and halfe a dramme of fyne Reubarbe,  
 the space of.iii. dayes and.iii.nyghtes, whyche I  
 receyued in the moꝝnyng, eatynge noo meate  
 vi. houres after, and that but a lyttell bꝛothe of a  
 boyled hꝛme, wherof ensuyd. viii. stoles abun-  
 dant of choler and fleume: soone after I slepte  
 soundly, and had good appetite to eate, after sup-  
 per I wolde eyther eate a fewe colyander sedes  
 pꝛepared oꝝ swalowe downe a litel fyne mastix, &  
 foꝝbeate wyne, and dranke only ale, and that but  
 lyttell and stale, and also warmed. And sometyme  
 in the moꝝnyng woulde take a perfume of *Storax*  
*calamita*, and now and than I wolde put in to my  
 nosethꝛilles eyther a leafe of grene laurell oꝝ be-  
 taine oꝝ water of maioꝝame bꝛuised, which caused  
 the humour to distill by my nosethꝛilles. And if  
 I lacked storax, I toke foꝝ a perfume the ryndes  
 of olde rosemary and burned them, and held my  
 mouth ouer the fume closynge myne eyes, after-  
 warde to comfoꝝt my stomake and make it strong  
 sometyme I wold eate with my meat a litel white  
 pepper grosse bꝛuised, sometyme Galens electua-  
 ry made of the iuice of quinces, called *Diacyonites*,  
 somtyme marimalade of quynces, oꝝ a quynce ro-  
 sted. And by this diete I thanke almighty god  
 vnto whome onely be gyuen all gloꝝy, I was re-  
 duced to a better state in my stomacke and head,  
 than I was. xvi. yeres befoꝝe, as it maye appere  
 vnto them, whiche haue longe knowen me. And  
 this

this haue I not written for bayngloze or of presumption, but to the intent that they whiche haue their bodies in lyke temperature as myne was, that is to saye, beyng choleryke of complexion, and hauinge reumes fallynge out of a hote head, may if they liste assay myne experience, or in the stede of my sayd infusion, take Hierapicra, with ale or water to purge them, wherof shall not ensue so moche perile, as of corrupted siropes, & other confectiones called *Magistrales*, made with olde rotten drugges, though the phisitions be neuer so well lerned. In bodies of other temperature, I wold not that myne experience shulde be practised but with discretion, tempynge the medicyne, as the qualittes of the stomake and head do requyre, remembryng alway, that hote reumes by thyn and subtell, colde reumes be for the moze parte thicke. Also that they which be thyn wold be made thicke, that they perce not to fast. And that they whiche be thicke, wolde be made thynne that they maye the sooner be purged, by what tokens one maye knowe whether the stomake and head be hote or cold. Finally this dare I affirme, that the reumes which of late time haue ben moze frequent in this realm, than they were wont to be. xl. yeres passed, haue hapned of none occasion moze than of banquettinges after souper & drynking moch, specially wyne a lyttell afoze slepe. An other thinge is the keepng the head to hote or to long couered wherby the brayne whiche is naturally cold is distempred with hote vapours ascendynge from the sto-

T H E F O U R T H E

make those same vapours beinge lette to euaporate or passe forth out of the head, and therfoze be concrete or gathered into humour superfluous, whiche stilleth downe estones out of the head in to the places befoze reherfed. Yet now a dayes if a boye of. vii. yeres age, or a yonge man of. xx. yeres haue not two cappes on his hed, he and his frendes wil thynke that he may not continue in helth. And yet if the inner cappe be not of veluet or satyn, a seruinge man fearith to lose his credence. A persone vicare or parishe preste, by vsynge their veluet cappes embzowdred with laces, do make some men thynke that they be ashampd of theyr crounes that reuerend toke of the order of presthode, the whiche notable abuse, I moch metuayle that the byshoppes wyl suffer, specially they whiche he'ie hadde leasour to reade the warkes of saynt Cypziane, saynt Hierome, Chrysostomus, saynt Ambrose, & sundry decrees made by the olde fathers, cōcerninge the honest vesture of prestes, whiche althoughe it seme a lyght matter to some men, yet it augmenteth or minissheth not a lytel in prestes, the estimation of their conditions. Salomon confirming the same, sayng. The garmēt, & gate, and lawghter of a mā declarith what he is, but this mater wil I le'ie to a nother place where I intend to speake moze abundantly of it, if it be not the sooner amended. Nowe to conclude, as longe as the sayde occasions continue, so longe men shall not be without reumes, although they were all perfite phisitions,

Nowe

**C**Now to retourne to the remedies agaynst the  
 sayde anoyauce wherof hapneth so many great  
 sycknesses, I wyll be bolde to wryte a lytell out of  
 the warkes of the mooste famousse and expert phi-  
 sitions. Fyrst the cause of the reume must be di-  
 gested, after expelled, thirde diuerted, that is to  
 say, tourned from the eye, or throte, into the nose  
 from whēse it may be moze easily purged, fourth-  
 ly it may be stopped, that it shall not destyll. In  
 hote destillations the head is very hot in felinge,  
 the reume being in the mouth is thyn and warme,  
 the tongue or chekes within blistered, the face som-  
 tyme redder than it is accustomed to be, somtyme  
 a burninge within the nose. To them which haue  
 this hote reume, may be gyuen the seede of white  
 poppy, Diacodion made of the heddes of white poppy  
 and rayne water. Amylum with mylke, if there be  
 no feuer, penidees, malowes, orage, gourdes, and  
 spinage, boyled and eaten with oyle of almondes,  
 strope of violettes, nemiphar or the wine of swete  
 pomegarnates, the waters of a great Cucumber,  
 boyled with a lyttell sugar, beinge dzunke, dothe  
 mitigate coler, stoppeth the reume, and easily lou-  
 sith the bely, the sedes of melons bzayed in a moze-  
 ter with water, and strained with softe bzeade ha-  
 upnge sugar put to it, maketh an excellent good  
 meate agaynst the hot reumes, playsters made of  
 barley bzuyed, violettes, poppy, and camomyl bo-  
 led in water, wherin sponges or linen clothes be-  
 inge dept, shulde be layd on v̄ hēd, & the genitozes  
 or legges therwith washed. If the sick mā can not



fleape, than the sayde partes with the bealy and fundement shall be noynted withe the oyles of violets and Semiphar, the sauour of Camphar in rosewater with byolletes is good in that case. Galen exhorteth and I haue proucd, that in a very hote reume whiche hath stilled faste, the pow-tyng of cold water in vpon ones head hath stin-  
 ted the reume. He that is therein diseased must ex-  
 chewe goinge in the sonne, or to come nigh a gret fyre, or to stande or be longe couered, or to were moche on his hed, he must rest moch and prouoke him selfe to slepe a nyght, but not very longe and to lye on the one syde on a harde bedde, haupnge his head hygh, also rubbynge of his legges be-  
 foze meale is very holosome. Cold reumes be per-  
 cepued by coldnesse of the humour and head with palenesse of the bylage, all colde thynge increa-  
 singe the reume. These thinges are good ageinst it, the decoction of cicer with honye and raysons, sylberd nuttes tosted eaten after meales, nothing is moze holosome than abstinence, specially in the euernge, they whiche haue it must beware of  
 Nozthern wuides, the monethine by nyght, was-  
 shunge in cold water, and to be long barehedded. The sedes of Sigella a lyttell tosted and putte in to a ppece of thynne sarcenet and sinelled vnto, stoppeth the reumes.

**C**Aeesynge in the begynnynge of the reume is dispraised of Galen, but after that the matter is dygested it is very holosome that maye be made with leaues of laure' or betayne put into the nose  
 thyllis

thilles, the iuyce of colewortes, the rootes of red beetes, water of Maiorame. A pzetyp medicine for that purpose proued, The iuyce of yonge betes and Maiorame of eueriche one ounce, good whit wyne. iiii. ounces, saffrone the weight of. ii. pence, that beinge hette and taken in the mouth, shalbe drawen vp with bzyeth to the place wherby the distillation falleth out of the nose in to the mouth. And if the reume do dettill in to the cheekes and teeth, I haue proued that the iuice of ground iuy, and that herbe whiche we call House eare, taken within a quyll in to the nosethilles, oftentymes purgeth excedingely the reume and taketh away the ache of the teethe.

¶ Gargarising if it be not discretly vsed, may do moze harme than good, bynyge downe moche abundance of mater vndigested, but taken in order with water hony and pepper, or with Ifflope and fygges boyled in white wyne, and taken very hote in a gargarise is right conuenient.

¶ For compassion which I haue of them that be beryed with toothe ache caused of reumes, I wyll by the leaue of phisitions conclude this chapiter with an excellēt medicine against the said passion, whiche is wyten of an honozable phisition of late yeres, which medicine al<sup>l</sup> maketh teethe fast whiche be louse, and also stoppeth the superfluous bleding of goumes, wherwith the bzyeth is made vsaueri: Take the rindes of Capet rotes, y<sup>e</sup> rotes of bycmbles whiche do beare blacke beryes, the  
floures

floures of pomegranates callyd *Balaustia*, of euery of theym, the weyght of .ii. Ducates, pelytoze of Spayn one ducate, sede of white henbane, the rindes of mandrage of euery of the one ducate and a half, spourge of the garden one handfull, alume of the roke, .ii. Ducates, boyle all this in whit wine oz clarette, which is verry rowgh in tast, & strayne it therwit), let the pacient oftentymes washe his mouthe. **A**lbeit I will counsaile them which will take this medicine oz any other, fyrste to pouрге þ cause of þ reume as befoze is reherfed, oz in any other wyse, as they shal be counsailed by well lerned and discrete phisitions.

¶ Of Lassitude. Cap 3.

**L**assitude is a disposition towarde sycknesse, wherein a man feleth a soozenesse, a swellinge oz an inflammation. Sozennesse hapneth of humours sharpe and gnawing, as after great exercise and labours, whyche lassitude happeneth to them, whose bodies are full of yll iuyce and excrementes. Also after cruditie in them, which are not exercised, oz doo abyde longe in the heate of the sonne. It may also be in the body, wherein is good iuyce, if he be fatigate with immoderate exercise. In them, whiche do fele this lassitude, the skinne appereth thicke and rough, & there is felt a grefe somtyme in the skynne onely, somtyme also in the fleshe, as it were of a sooze. The cure therof, is by moche and pleasant rubbingge, with sweete ozles, whiche haue not the vertue to restrayne oz close

Acti<sup>o</sup>. li. 3.

Galen<sup>o</sup> de  
tuenda sa  
ni. lib: 5.

close, and that with many handes, and afterward to exercise moderately, and to be bayned in water swete and temperate in heate. also than muste be gyuen meates of good iuyce, potage but selde, wyne is not to be foꝛboden. foꝛ vnto wyne vneth any thynge may be compared, that so well dygesteth crude humours. it also pꝛouoketh sweatte & brine, and maketh one to slepe soundly. out if this lassitude do abyde the nyght and day folowinge, oꝛ wareth moze and moze, than if the paciente be of good strength and yonge, and hath abundance of bloude, let hym be let bloud, oꝛ pꝛouoke the hemoroides oꝛ piles to blede, if they do appere. But yf it pꝛocede of the malyce of any humour, without abundance of bloud, than resoꝛt to purgatiōs apte foꝛ the humour that greeueth. The tokens wherof, shall appere as well by the colour of the skynne and diete pꝛecedynge, as by brine, oꝛ dure, sweatte, thirste, and appetite, as it is reherled befoze in the complexions. If the yll bloudd be lytell in quantitie, and the crude humours abundant, than shall he not be let bloud, noꝛ vehemently pouꝛged, neyther shall exercise oꝛ moue hym self, noꝛ be bayned. foꝛ all exercise carieth humours thꝛoughout al the body, and stoppith the powers. wherfoze these maner of persons shulde be kept in rest, and suche meates vꝛynkes and medicines shuld be gyuen to them, whiche shulde attenuate oꝛ dissolue the grossenes of the humours, without notable heate, as oxymell, barley water, & mulse. if the pacient abhoꝛre not hony. And foꝛ as moch



as in the sayde personnes, commonly there is abundance of wynde about their stomackes. therfoze pepper, specyallye longe pepper, oꝛ whyte, is very conuenient to be vsed, and the medicine before wꝛiten, called *Diaspolicum*. wꝛhan the humoꝛs are dissolued, thā is it good to Dꝛynke white wine, oꝛ small clarette wꝛn moderately.

¶ *Lassitude extensiuē. Cap. 4.*

**V**Whan one thynketh that he doth fele a swellinge oꝛ bollynge of the bodye, wher in dede there dothe not appere in syght oꝛ touchynge any swellinge, that is callyd *Lassitude extensiuē*, if it hapneth without exercise oꝛ vehement mouynge. This doth happen of excessiue multitude of humoꝛs, which do extende the muscules oꝛ fylletes. In this no soꝛenes is felt, but onely an heuynesse with extention oꝛ thꝛustinge out of the bodye. And bycause that there is abundance of bloude in the bodye, best remedy is to be letten bloude about the elbowe oꝛ ancle, after to be purged, than to vse softe fricasyes with oyles afoze reherled, afterward moche rest and temperate bathes, and meates lackyng sharpnes, and being absterliue.

¶ *Lassitude with the feelynge of inflammation. Capitulo. 5.*

**I**f withoute any mouynge, the muscules and fleshe rise vp in the bodye, as it swelled, with great peynes and excedinge heate, than sone after foloweth most hottest feuers, except it be pꝛeuent-  
ted

ted by letting of blud, and that in abundance, and almost to sownyng, but it were moze sure to be let blood twyse in one daye, the firste tyme withoute *Actius.* sownyng, at the next tyme sownyng is not to be fered. If the grefe be in the necke or hed, the bloud must be lette of the vayne called Cephalea, or the Chulder veyne. If it be in the bulke or vppermost part of the body, than must the veyne be cut, whiche is callyd Basilica, or the innermost veyne. If all the body be greued, thā cut the veyn, which is named Mediana, or the myddel veyn. If a feuer remayne after bloud letting, than order him with the diete of them that haue feuers, which ye shall fynde wrytten hereafter. If noo feuer remayne, than vse moderate fricasies, and lyttell eatyng, & that of meates haupyng good iuyce, increacyng by lyttell and lyttell to the naturall diete.

¶ Diete of them that are redy to falle into sykenesse. Capitulo. 6.

**N**owe retourne estelones to speake of diete, it is to be remembred, that they, which are redy to fall into diseases, they are prepared therunto, either by replecion of superfluous humours, or els by cruditie or malyce of humours, which are in them. As touchyng the fyrst, the generall diete must be suche, as therby the humours may be attenuate, and by conuenient euacuation, brought to a moderate quantitie. As for the seconde must be corrected with meates and drynkes of contrary qualities, hauyng alway respecte to the age of the

the person, tyme of the yere, place of habitation, and most specially the vniuersall complexion. for choleric offendynge in an olde manne, in wynter tyme, in a colde countrey, or the persone beinge of his naturall complexion fleumatike or melancoly, wolde not be so habūdantly expulsed or subdewed, as if it be in one yong and lusty, in the hot sommer, in the countreys, where the sonne feruently burneth, or the persone of his proper nature is verpe colerike. And in lykewise contrarpe. wherefore euery manne, knowynge his owne naturall complexion, with the qualitte of the humour that offendeth, lette hym make temperance his chiefe coke, and remembryng that whiche I haue before declared, or dayne to hym selfe suche diete, as may refourne the offence with none or lyttell annoyarce, to his vniuersal complexion. And yf he can so do, he shal happily escape, not only diuers sykenneses, but also the most pernicious danger, proceeding of corrupted drouges or spices, wherof som couetous poticaries do make medicines, maugre the hedes of good and well lerned phisitions.

¶ *Sickenes moste commune to particular tymes of the yere and ages. Cap. 7.*

**A**lthough I do not intende to wyte of the cure of egritudes or sykenneses confyrmēd, as well bycause it moughte be reputed in me a great presumption, as also forasmoche as it were very perillous, to dyuulgate that noble scyence, to commune people, not lerned in lyberall sciences

ces and philosophy, which be requyred to be sufficiently in a phisitton. And mozeouer, many bokes of Hipocrates and Galene ought to be radde, befoze that one do take vpon hym the generall cure of mennes bodie: yet not withstandinge, I trust I maye without any note of arrogauce wypte, what diseases do most commonly happen in sundry tymes of the yere and ages of men and women, with some significations, wherby the dyscrasy or distemperature of the body is perceyued, to the intēt that the phisitton beinge farre of, may be treuly infozmed, consideryng that brines farre caried, do often deceyue them, and lykewise lacke of the syght of the paciēt, and inquisition of thinges, whiche do pcedede or folow the sycknes. And with this I trust none honest and charitable phisitton wylle be offended, but rather gyue to me thankes foꝛ my dilygence, in the aduaucinge of their estimation, whiche by lacke of perfytte instruction hath ben appaired.

#### ¶ Syckenesses of Springe tyme.

¶ Diseases procedyng of melancolpe, as madnesse, fallynge sycknesse, bleedynge, quynces, poses, hoozlenes, coughes, lepryes, scabbes, ache in the toyntes.

#### ¶ Sycknesse of Sommer.

¶ Many of the sayde diseases, also feuers continual, hot feuers, feuers terciane, quartains, vomytes, flyxes, wattringe of eyes, peynes of the eares, blisters & sozes of the mouth & sweattinges.



## THE FOURTH

### ¶ Syckenesses of Autumne.

**C**overtures of somer sycknesse, also oppilations of the splene, dyspnoies, consumptions, stranguryons, costiuenesse, ache in the huckle bones, shortnesse of wynde, frettyng of the bowelles, fallynge sycknes, and melancolyke diseases.

### ¶ Syckenesses of wynter.

**S**titches and grefes in the sides, inflammation of the lunges, reumes, coughes, peynes in the brest, sydes, and loynes, head ache, and palseyes.

### ¶ Syckenesses happenynge to children.

**W**han they be newe bozne, there do happen to them sores of the mouth called Aphte, vomityng, coughes, watchinge, fearefulnesse, inflammations of the nauell, moysture of the eares.

**W**han they bzyde tethe, ytching of the gumes, feuers, crampes, and laskes.

**W**han they ware elder, than be they greued with kernelles, opennesse of the mould of þe head, shortnesse of wynde, the stone of the bladder, wormes of the bealy, waters, swellynge vnder the chynne, and in Englande comonly purppls, measles, and small pokes.

### ¶ Syckenesse happeninge to yonge men from, xiiii. yeres of age

**F**euers cotidiane, terciane, quarteyne, hotte feuers, spittynge or vomityng of bloude, pleuresies, diseases of the sydes, inflammation of the lunges, lethargies, fransy, hote syckenesses, cholericke passions, costiuenes or vehement laskes.

**Sycke**

## ¶ Syckenesses of age.

**D**ifficultie of bꝛeth, reumes with coughes, strangulyon, and difficultie in pꝛslynge, ache in the ioyntes, diseases of the raynes, Swymmpuges in the head, palseyes, ytchynge of all the bodye, lacke of slepe, moysture in the eyes and eares, dullnesse of syght, hardnesse o<sup>r</sup> hearynge, tūiknesse oꝝ thoztnesse of bꝛeth.

**A**lthough many of the said sycknesses do happen in euery tyme and age: yet because they be most frequent in the sayde tymes & ages. I haue wꝛitten them, to thintēt, that in the ages & tymes moſte inclyned vnto them, such thinges mought be than eschewed, which are aptte to ingendꝛe the sayde dysleases.

¶ The generall significations and tokens  
of syckenes. Cap. 8.

**Y**f the body be hotter, colder, moyster, dryer, leaner, fuller, the colour moꝛe pale, oꝝ swart, the eyes moꝛe holowe, than is accustomed to be, it signifieth that the body is disposed to sicknes, oꝝ alredy sicke.

The bꝛayn sick. { Rauynge.  
foꝛgetfulnesse.  
fantasye.  
Humours comynge frome the  
rouse of the mouthe, the eyes,  
the nose, oꝝ the eares.  
watche.  
Slepe,

Diffi-

THE FOURTH

The harte sycke. {  
 Difficultie of bzeathe.  
 Tremblynge of the hert.  
 Beatynge of the pulse.  
 Feuers.  
 Colde.  
 Diuersitie of colours.  
 Et.efe about the hart.

The lyuer sycke. {  
 Lacke oꝝ aboundaunce of hu-  
 mours.  
 The foꝝme of ȳ body altered.  
 Palenesse.  
 Concoction.  
 Digestion.  
 Alteration of excrementes ac-  
 customed.  
 Peyne in the place of ȳ lyuer.  
 Swellynge.  
 Difficultie of bꝛeth.

The stomake sick. {  
 Concoction, slow oꝝ quicke.  
 Appetite of moyst oꝝ dry, dul  
 oꝝ quycke.  
 Separation of excremen-  
 tes moist oꝝ hard with their  
 colours.  
 yerynge. Belkynge.  
 Vometynge with peyne and  
 difficultie of bꝛeth.  
 Urine moch oꝝ litel with the  
 colour and substance, to red  
 oꝝ to pale, to thicke oꝝ to thin.  
 Diffi-

The best.

Difficultie of bzeath.  
 Cowghe.  
 Spyttinge.  
 Deyne in the bzeath.

**T**his haue I wꝛitten, not to gyue iudgement therby, but onely foꝛ the pacient to haue in a redynesse, to thintent that What so euer he feleth oꝛ percepueth in euery of the sayde thynge, therof to instructe his phisition, wherunto he maye adapt his counsaile and remedies.

**O**f vrines. Cap. 9.

**F**oꝛasmuch as now a dayes the most common iudgement in syckenesse is by vrynes, whiche beyng farre caried oꝛ moche meued, oꝛ standinge longe after that it is made, the fourme therof is so altered, that the phisition shal not perspytly perceue the natural colour, noꝛ contentes, although it be neuer so well chaufed at the fyze, as Actuarius and other great lerned men do affirme. I wil therfoꝛe somewhat speake of vrynes, not so moche as a phisition knoweth, but as moche as is necessary to euery man, foꝛ to perceue the place and cause of his griefe, wherby he maye the better instructe the Phisition.

**F**yrst in vrine, foure thinges are to be considered, that is to saye, the substance, the colour, the regions oꝛ partes of the vryne, and the contentes oꝛ thynge therein contepned.

**A**lso foꝛasmuch as in the body of man be foure  
 a  
 qualities



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qualities, heate, colde, moyſture, and dryth, two of them, heate and cold, are cauſes of the colour, dryth and moyſture are cauſes of the ſubſtance.

¶ Mozeouer in brine, being in a veſſell apt ther vnto to be ſenc, are thze regiōs. The loweſt regiō in the bottome of the vrynall, conteynnge the ſpace of two ſyngers o, lyttell moze. The myddel region, from whenſe the loweſt ended, vnto the cerkle. The hyghheſt region is the cerkle.

¶ The hyghneſſe of the colour ſignifieth heate: the pale, blacke oꝛ grene, ſignifieth colde.

¶ Alſo the groſſenes oꝛ thickenelle of the bryne ſygnifyeth moyſture, the clerenes oꝛ thynnes, ſygnifyeth drythe.

¶ The colours of yvines.

¶ Colour of bygght golde. } Derfpte Di-  
 Colour of gylte. } geſtion.

Red as a red apple oꝛ chery. }  
 Baſe redde, lyke to bole ar- } Exceſſe of  
 menake, oꝛ ſaffron dry. } dygeſtion.  
 Redde glowynge lyke fyze. }

Colour of a beaſtes lyuer. }  
 Colour of darke red wine. } Aduſtion of  
 Grene lyke to colewoꝛtes. } humours.

Leaddy colour. } Feblenes oꝛ moꝛtification of  
 Blacke as ynke. } nature, excepte it be in pur-  
 Blacke as hozne. } ginge of melancoly.

white

Whyte clere as water.

Gray as a horne,

Whyte as whay.

Colour of a camels heare,

} Lacke of di-  
} gession.

Pale lyke to bꝛothe  
of fleshe sodden.

{ The begynnynge  
{ of digestion.

Citrine colour oꝝ yelow, { The myddell of  
Subcitrine oꝝ paler. { digestion.

Whyte and thynne betokeneth melancolye to  
haue dominion.

Whyte and thyncke, signifieth fleume.

Redde and thyncke betokeneth sanguine.

Redde and thynne betokenethe choler to haue  
the souerayntie.

¶ The substance of the vrine. Cap. 10.

**A**T the fyꝛst pissynge, all brines well nigh do  
appare thyn, as longe as they abide warme.  
foꝝ natural heate, during the tyme that it pꝛeua-  
leth, suffreth not that the lycour, which is the sub-  
stance of the vrine, to congele oꝝ be thyncke foꝝ any  
occasion: but after that heate is gone, some bꝛy-  
nes shortly, some a longer time after, ware thicke.  
Lykewise somtime, some ar pissed thicker, and af-  
ter ware clere, some remayne styll as they were  
made, some be metely thyncke, as they were trou-  
bled, some very thicke and grosse. They that ware  
clere, some do gather that, which is thyncke into the  
bottome of the brinal: some remayn troubled, the  
grossenes not withstandinge gathered in the bot-

tome. Semblably the diuersitie of thyn oz subtyll  
brines, must be perceyued, that is to say, that som  
are very subtyll as water, some lasse subtyll, some  
in a meane betwene thicke and thinne.

**C** Of thynge conteyned in the brine. Some doo  
discende downe to the bottome, and be called in a  
greke wo'rd *Hypostasis*, in englyshe some calle it  
the groundes, some the resydence, whiche if it be  
whyte, lyght, risynge vp from the bottome of the  
brinall, lyke a pearce, it sygnifieth helth, if it be of  
any other fygure oz colour, it betokeneth some a-  
noyance. If lyke thynge be sene in the myddell  
of the brynall, they be called sublations, yf they  
appzoche vnto the hyghest region of the bryne,  
they be named cloudes, in latin *Nebule*. The grou-  
ues oz residences not perfite, some is lyke lyttelle  
redde hatches, and is callyd in latyn *Orobea*, some  
is lyke to branne of wheat grounde, and seuered  
from the meale, and is called branney residence, in  
latyn *Furfurea*. Some be lyke vnto plates, hauynge  
bredth and length without thyccknes, and may be  
nam'd platy resydence, in latyne *Laminea*, some is  
lyke to meale, wheate, oz barley, and may be na-  
med mealy residence, in latyn *Similacea*.

**C** There is also sene in the bryne lyke to whyte  
beares, some lengar, some shorter. somtime like to  
ragges somewhat red. there is also sene in the vp-  
permoste parte of the brine, sometyme a some oz  
froth, sometyme belles oz bobles. sometyme there  
swymmeth in the brine a thynge like a copwebbe,  
otherwhile ther is about the cerkle, as it were the

rentynge of clothe, somtyme there is in the brine lyke notes of the sonne, somtyme lyke the matter of a soze, otherwhile lyke the sede of a man. also grauelle oꝛ sande. And in these thynges maye be dpuers colours, some whyte, some red, some betwene bothe, some yelow, some graye, and some blacke. All this muste be diligently marked, and therof seperatly to aduertise the Physicion, vnto whome I referre the iudgement of the syckenes, foꝛ the cause afoze rehersted, and foꝛ as moche as the iudgement of them is very subtyll.

**C** Semblably of oꝛduce, whyther it be very thin oꝛ very thicke: what other matter yssueth out with it, what colour it is of, the sauour very great, lytell oꝛ none, if it were easily expulsed, oꝛ peynefully, how oft oꝛ how seldome.

**C** Hoꝛeouer of sweat, what colour it is of, and of what sauour, if in tastinge it be salt, sowꝛe, bitter, oꝛ vnsauery.

**C** Also the vompte, yf it be of one colour oꝛ many, if it doo sinell hoꝛribly, of what humoure it had most aboundaunce, yf it were fastinge, oꝛ after meales, if it were peynefull oꝛ easy.

**C** Lykewise spettel, whether it be thycke oꝛ thin, oꝛ myxt with bloude, oꝛ matter coꝛrupt accoꝛdyn- gly of the humour issynge out at the nose, and if that be bloude, than why. yet it be red, wattyre, oꝛ blacke.

**C** Hoꝛeouer, it maye not be foꝛgotten, to aduertise the Physicion of the diete vled by the pacient, aswell afoze the syckenesse, as in the tynie of the



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tyckenesse, his age, the strength of his body, his exercyse, and place, where he lengest abode in his youth, whether it were hye or lowe, watry or dry, hotte or colde.

**T**his I trust shall be sufficient, to instructe a phisitton: he that desyrezeth to know moze particularly hereof, let him reade the bookes of Hipocrates Galene, Cornelius Cellus, Actuarius, Paulus, and dyuers other late wyters, for this lyttell treatyse maye not receyue it,

*The preceptes of the auncient phisitton Diocles  
vnto kyng Antigonus. Cap. 11.*

**V**We wyll nowe diuide the body of man in to fourc partes, the head, the bouлке, called in latyn thorax, whiche conteyneth the brest, the sides, the stomake, and entrayles. The bely, called in latyn venter, conteyneth the panche and the bowels. Also the bladder, called in latyn vesica, in the whiche name is also conteyned the cundytes, by the which vrine passeth. Whan any dysease approacheth to the head, these tokens do commonly precede, swimmyng in the head, head ache, heuines of the browes, soundyng in the eares, pryckynge in the temples, the eyes in the moornyng do water, or waxe dymme, the smellynge is dulle, & gummes do swelle. Whan thou felest suche tokens, forthwith purge the head with somewhat, not with behement medicines, but takinge Slope or Organum, and the croppes of them boyle with whyte or claret wyne halfe a pynte, and therewith  
gar=

gargarise your mouth fasting, vntyll the fleame be purged oute of youre head, this is the easpest medicine in discrasies of the head. It is also very holsome to gargarise the mouthe and best with hony water, wherinto mustarde is put and myngled, but firste the head must be rubbed with a warme clothe, that the fleame maye easly come out of the head. And if these tokens be neglected, these maner of syckenesses do folowe sone after, bleared eyes, a humour lettynge y sight, cleftes in the eares, swellinges in the neck ful of matter, called the kinges euill, corruptiō of the brain, poses, or reumes, heuynes of the hed, and tooth ache.

¶ Whan the bulke is lyke to suffer any syckenes, it is perceyued by these tokens, all the body is in a sweatte, the bulke most specially, the tunge waxeth thyrcke, the spettyll is eyther salt or bytter, or choleryke, the sydes and shoulers do ake without any occasion, the pacient gapeth often, also there dothe happen moche wakynge, suffocations or lacke of bꝛeth, thirste after slepe, the mynd is vexed with heuynesse, also the best and armes are very colde, and the handes doo tremble.

Agaynst these thynges this remedy maye be pꝛouyded. After a moderate soupper, assaye to vomite withoute any medicyne: vomite is also pꝛofytable, whiche meate dothe folowe: He that in suche wyse will vomite, let him eate hastily small radysse rootes, towkerlis, rokatte, synup, or purslane, and dꝛynke after. It a greate quantitie of warine water, and pꝛouoke hym selfe to vomite,

impte. He that setteth lyttell by the sayde tokens, lette hym feare these syckenesses folowynge, the pleurisie, the sickenes of the lunges, melancolye oꝛ madnes, sharpe feuers, the fransye, the letargie, inflammation with peringe.

If any syckenesse be towarde the bealye, they maye be espyed by these tokens, the bealy is fyrste wrapped rogether, and in it selfe is troubled, all meates and drynkes do seeme bytter in tast, he feleth heynesse in his knees, a styffenes in his loynes, a wearinesse in all his body without any occasion, a sleppynesse in his legges, with a lyttell feuer, whan thou feleste these tokens, mollyfie the bealy, not with medicyne, but with good oꝛder of diete, foꝛ it is best and most sure, to vse those thynges, wherof lyghtly may ensue none annoyance, in the number of them are bctes boyled in water of hony, garlike sodden, malowes, sozel, mercury, and all thynges condite in hony. All these do expel the oꝛdure of the bely: but if any of the said signes dothe moze & moze increase, the lyquour, wherein the seede of *Carthamus*, callyd also *Cnicus*, is boyled, is a plesant & sure medicine. smal colewoꝛtes boyled in a good quantitie of water, the licour therof in measure. ii. pintes, sauynge the thirde parte of a pint, with hony & salt being druncken, shall pꝛofite moch. *Cicer*, & the pullid in latin *cruum*, in englishe *A* supposse chittes) in water drunck fasting, hath the same effect. To them, which set lyttell by the said tokens, these diseases do sodenly happen, Fluxe of the bealy, bluddy fluxe, syppernes of the bowels

bowels, peines in the guts, ache in huckle bones, the feuer terciane, the gowte, the apoplexie oꝝ palsey in the lymmes, hemoꝝoides, akinge of ioyntes.

**¶** When the bladder is towarde any sickenes, it is perceyued by these tokens, fulnesse felt after lytell meat, bꝛekingē wynde downewarde and vpwarde, palenesse of colour in all the body, heuy oꝝ troublous sleapes, the vryne pale, and passyngē foꝝth pepnefully, swellynge about the coddēs & pꝛiuy members. When these tokens appere, than is it expediēt to haue remedy of odoꝝiferous thinges, whiche do expell vrine, whiche shall be done without any peryll with the rotes of fenell & persely steiped one oꝝ two dayes in good white wyne, and to dꝛinke therof fastinge euery moꝝning thꝛe ounces and two dꝛāmes, with the water of wilde carettes, oꝝ elycampāne, which of these is next at hande, euery of them haue lyke effect. Also water wherin the peasyn callyd in latyne Ciceres, are steiped, beyngē dꝛunke with wyne, is lyke cominodiusse: he that neglecteth the sayde tokens, let him loke foꝝ these syckenesses folowynge, the dꝛysly, the greatnes of the splene, grieue in the lyuer, the stone, ache of the backe, oꝝ peynes in the raynes, the difficultie of vrine, fulnesse of the bely. In all these thinges that we haue spokē of, we shall giue to childꝛē most easly medicines, to men, those whiche be stronger in woꝝkingē.

**¶** This diete of Diocles, although at this tyme it semeth not moꝝte pleasaunt, noꝝ accoꝝdyngē to the pꝛactise nowe vsed, yet beingē tempꝛed with



that, which I haue befoze remembꝛed, some thing may be foude in it, which being experienced, may be as commodious foꝛ the helth of mā's body, as that diete, which is moze curyous oꝛ pleasaunt.

Of them in whose stomakes meate is corrupted. Cap. 12.

**T**hey in whome cuitomably meate is cozꝛup-  
ted, let them afoze that they eat any meate,  
assay to vompte, dꝛinkyng swete wyne, absteyne  
from meate, that ingender botches, inflammati-  
ons, fumous ructuations oꝛ vapours, and take  
suche as nouryssh good iuyce, and chose them out  
which do mollify the bely, & at sundꝛy tymes take  
them. It is also good to take temperatly y<sup>e</sup> which  
lowseth the bely, as the medicine called *Picra* and  
to absteyne from suche thinges, wherby yll iuyce  
is gathered, and do ingender syckenesses, harde  
to be cured oꝛ neuer, as goutes, boneache, pep-  
nes of the raynes &c.

Of the vertue of meates. Cap. 13.

**H**e that is studyous aboute the conseruati-  
on of health, he nedeth to knowe the ver-  
tue of meates. The meate whiche hath vertue to  
extenuate, oꝛ make humours subtylle, it openeth  
the poores, and byng<sup>er</sup>th foꝛthe that whiche is  
faste in the fleshe, it maketh that whiche is  
clammpe, subtylle, and doethe extenuate, oꝛ  
relent that which is fatte, it byngeth foꝛthe that  
whiche abideth longe in the bealy, but that which  
is eaten, is a superfluitie watry and coleryke, and  
at

at length maketh melancolyke bloude. wherfoze moche vsinge of them is prohibited Spectallye to them, that are coleryke, and only serueth for them that are replete with fleume, crude, or vndigested humours, clainny or fatte. The diete of fattyngge thinges, dothe nourishe abundantly, soo that the stomake and lyuer do dygest well: meate of good iuyce, maketh good bloude, but yet it stoppeth the lyuer and splene. These do they, whiche make fat humours onely, as the poulle callyd *Lenticula*, and they that are slimy lyke malowes, some do make fat humours, & be also slimy, as fishes with hard Shelles. Fynally the diete, whiche doth extenuate and make leane, is moze sure for keppng of helth, than that whiche fatteth moch. Nozthinge meates wold be therfoze moderately vsed, whan a mā percepueth hym selfe to haue nede therof, i. maye be most surely vsed of them that be exercised temperately, and can slepe whan they lyst. They that can not slepe by reason of exercise, lette theym eschewe fattyngge meates, lette none ydelle persone attempte to vse theym. In the preseruatiō of helth, Auggardy is the greatestt mischiefe. Lyke as the temperate mouinge is good, so is the meat whiche betwene thycke and thynne, is to mannes helth most conuenent, w<sup>ch</sup> ch ingendzeth bloude, according to the competent constitution of mans body, & therfoze is it to be chiefly vsed. Meate of yll iuyce is alway noyfull, wherfoze it ought to be eschewed. Lykewyse the varietie of meates is to be obserued diligently, for it is a great thyng to

couple wel together thinges of contrary vertues, for if they be not well digested, that whiche is receyued, may brynge displeasure.

¶ A diete preservative in the tyme of pestilence. Capitulo. 14.

Marfilius  
ficinus.

**T**he bodies most apte to be infected, are specially sanguine, next colerike, thā fleumatike, laste melancolyke, for in them the humour beinge cold and drye, is most vnapt to receyue putrification, hauinge also strayte passages, by the which venim must passe. The diet conuenient for þe tyme is to absteyn frō meates, inflamig & openig þe pores also from the heat of the sonne, frō to moch heate of fire, or garmentes, from very hot herbes, & moche vse of tart thinges, except onions and cikory, or radiche with vineger. for they do resist against venim, from wine very fumishe, exercise incontinent after meales, from swetting, from al thinges that wyl cause oppilations & putrification, from thinges hot & moist, where moysture hath the dominion in degree, specially beinge not sufficiently boyled: also from milke, except it be in a litel quantite, & that with a litel sugar. Frutis & herbis cold & drye, & therwith soure or somwhat bitter, are not prohibited. If ye eate fygges, grapes, or swete cherries, eate after them of an ozenge with salt. If ye eate thinges cold & moist, as cucubers, melones, fysh soft and freshe, or damyls, eate by and by after some fenel, and ozenge with salt, drynkyng therwith a draughte of good wyne, Beware of mushe-

mulherons, moch purslane, gourdes, and al other  
 thinges, whiche wpll sone putrifie : not withstan-  
 dinge, ¶ wpll not foꝝbyd eatinge of lettysse, with a  
 fewe myntes, oꝝ myxt with cynamom. All thinges  
 sowꝛe are commended, aswel in diet conseruatiue,  
 as in that whiche is curatiue oꝝ healeth, excepte  
 where there is straytnesse vñ the bꝛeste, oꝝ weaken-  
 nes of the stomak, than ought they to be tempꝛed  
 with sugaꝛ, salt, almond milke, cinamom, pepper,  
 fenell, saffron, egges, and some thing that is fatte  
 oꝝ vnctuous. Capers ar good to be vsed with vi-  
 neger. These very fatte and salt, is not comended,  
 no moꝛe is colewoꝛtes, oꝝ any kynde of pulse, ex-  
 cept chittes : great peason, rapes, noꝝ spynache is  
 good. Also there be foꝝboden tokat and mustard,  
 moche wine and egges, except they be eaten with  
 soꝛrell sauce, byneger oꝝ iuyce of oꝛenges : yersely  
 and also parsnepes be good. newe wyne be noꝝ-  
 full, let the meate be somewhat moꝛe than dꝛynke.  
 but yet susteyn not to moch hunger noꝝ thꝛst. be  
 ware of lechery, of a clowdy wether and close, es-  
 chewe moche resoꝛte oꝝ thꝛonge of people; wynde  
 des commynge from fennes oꝝ moꝛes, from slepe  
 at none : vse with your meate this poulder, san-  
 ders redde, halfe an ounce, cynamom thꝛe dꝛam-  
 mes and a halfe, saffron halfe a dꝛamme. After  
 your meate, eate a lyttell of coꝛiander sede, welle  
 pꝛepared. In the moꝛnyng, at a temperate fyꝛe  
 kemb your hed backward, clense your body and  
 head of all superfluities : vse also moderate fri-  
 casies, with swete perfumes, and odours, washe



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oftentimes your face and handes with pure bynegger myxt with rose water. In cold wether myxt it with myntes, baulme, rue, or myxtes, and some tyne cloues. In hotte sonimer with roses or byolletes. Aboue all thynge vble to take whyte wine good, white bynegger rosette, water of roses, in equall porcions, put therinto a lyttel setuale, or of the rinde of a citron, and dypke therof a lyttell, and oftentimes washe therewith your handes and bysage. Medicines preseruatiue agaynst the pestilence, which be alway most redy, at these, a figge with rue, and a wal nutte eaten fastynge, also triakle, or mithridate, to old men a dramme weight, to yonge men halfe a dramme, or a scruple dissolved in bynegger and rose water, or in water of tomentill, scabiose, or balme, if the plague be in sonimer: if it be in wynter, putte to the waters some white wine. Also the pilles callyd comonly *Pillule Rasie*, but in dede they were invented by Rufus) are very excellent, specially if the aloë, whiche is in it, be washed, and therebnto added a lytel *Bolus armenis*, & *terra sigillata*, And if the person be of hot complexion, a quantitie of sozell sede, and red corall, this confectioned with syzope of citrons, in cold complexions, or to old men with white wyne, use them euery thynge or one pille at a time, threë houres or foure afore diner. or supper. If ye take triakle or Mithridate, absteyne from meate at the least syx houres after. A pece of the rote of setual, bozne in the moath, preserueth from infection. In likewise doth sozell chewed fasting, and the iuyce sucked

sucked downe. To pooze menne, Marsilius was wont to gyue a toste of breade steped in vineger, with a piece of an onyon oz rewe. All thinges whiche be cordiall, that is to say, which do in any wise comfort the hart, do resist pestilence, vehement anger, oz heuynesse, be very pernicious. other more exquisite and costly preseruatiues. I purposely passe ouer, which Marsilius, & other phisitions, do write of abundantly, forasmoch as I desyre to be in this warke compendious. One thing I had almost forgotten, that there is no better preseruatiue, than to fle from the place corrupted, betyme and farre of, and to let none appoche you, that hath made their abode, where the plague is feruēt. Moreouer receyue not into your hous any stuffe, that commeth out of a house, wherin any persou hath ben iufected. For it hath bene sene, that suche stuffe lyenge in a cofer fast shutte by the space of two yeres, after that the coffer hath be opened, they which haue stande nigh to it, haue ben infected, & sone after haue died. But here I alway except the power of god, which is wonderful, & also mercifull, aboue mans reason oz counsell, preseruyng oz strikig whom, whā & where it shall like his maiestie, to whom be glory & prayse euerlasting. Amen.

**T**HVS make I an ende of this treatyse, desyringe them that shall take profite therby, to defende it agaynst enuyouse dysdayne, en whome I haue set the aduenture, for the loue that I beare to my countrey: requyringe all honest phisitions to remember, that the intent of my labour was, &

meu

T H E F O V R T H E

men and women redinge this warke, and obseruinge the counsayles therin, shulde adapte thereby their bodies, to receyue moze sure remedy by the medicines pzepered by good phisitions in dangerous syckenesses, they keppynge good dyet, and infourmyng diligentely the same phisitions, of þe maner of their affectes, passions, and sensible tokens. And so shall the noble and mozte necessarye science of phisike, with the ministers thereof, escape the sclauder, which they haue of long tyme susteyned, and accozdyng to the pzecepte of the wyse man, be woꝛthely honoured, foꝛasmooche as the hyghest god dyd create the phisition, foꝛ māns necessitie, And of the earth created medicine, and þe wyse man shall not abhoꝛe it. Thus fare ye wel yentyll reders, and foꝛget me not with your good report, and pꝛaye to God that I be neuer wars occupied.

L O N D I N I in ædibus Thomæ Bertheleti typis impress.  
Cum priuilegio ad imprimendum solum.

# THE CASTEL OF HELTH

BY

*Thomas Elyot*

NEW YORK

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