



THE
PATH-
WAY
TO
HEALTH

LEVENS



1632





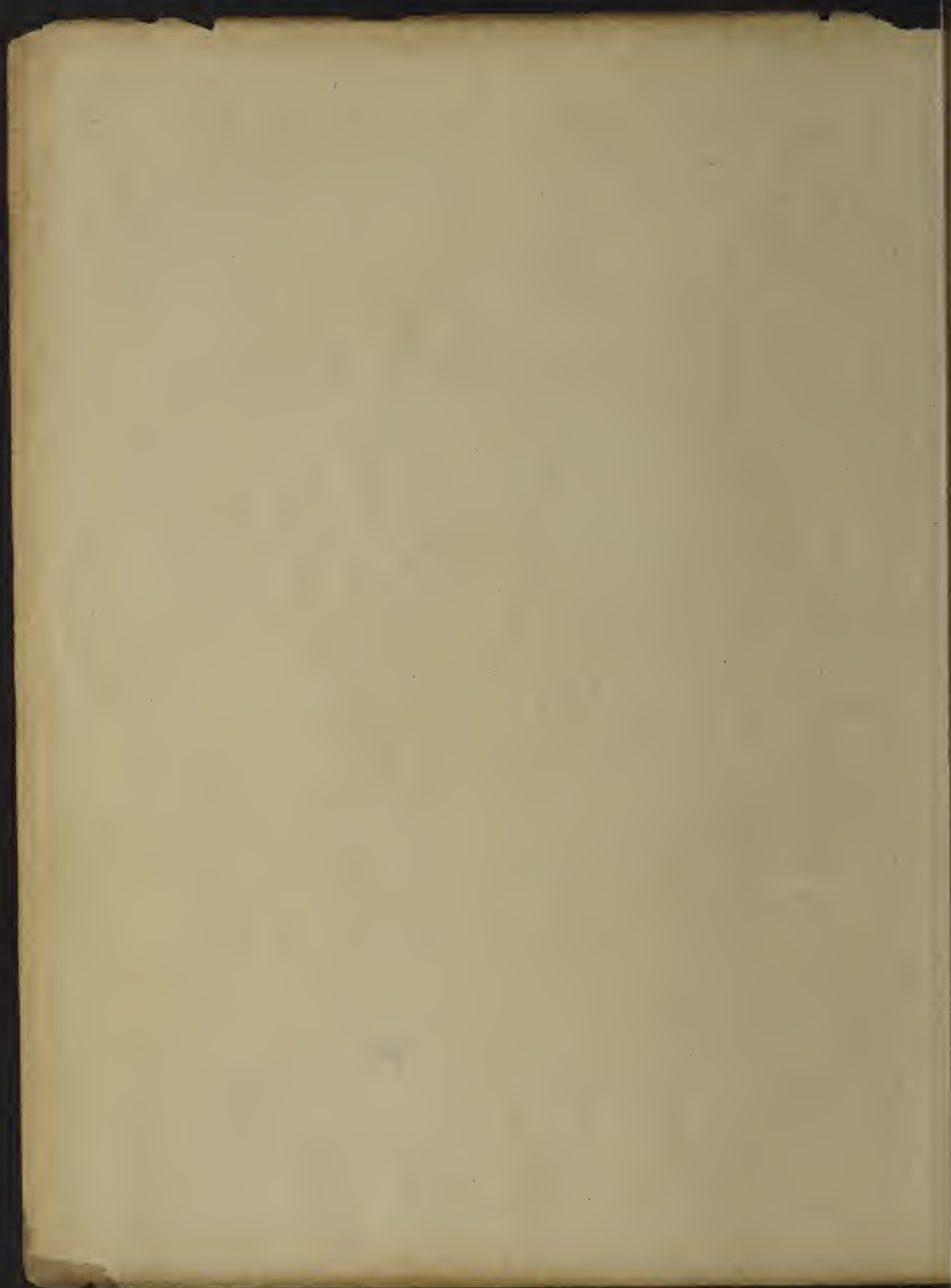


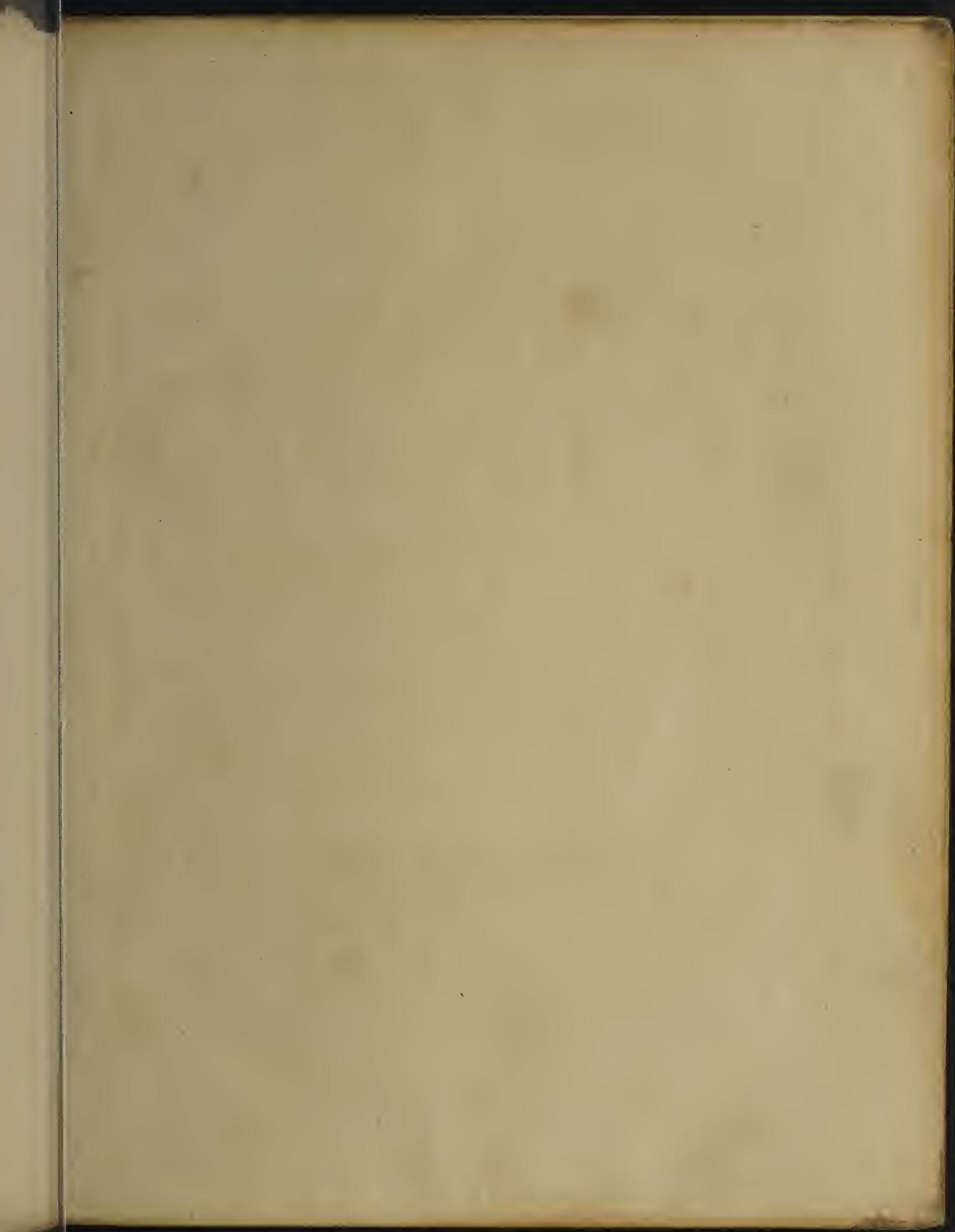
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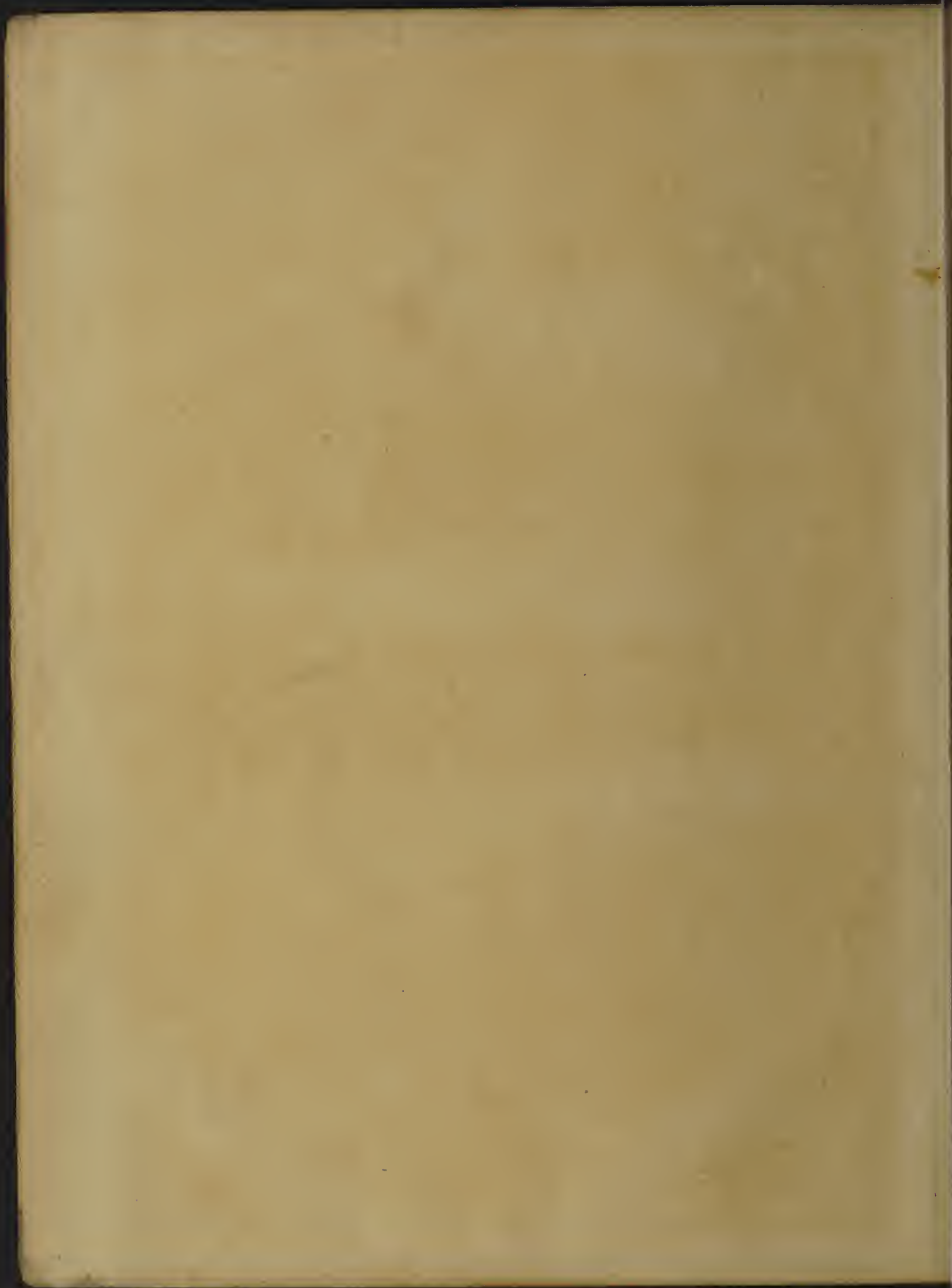
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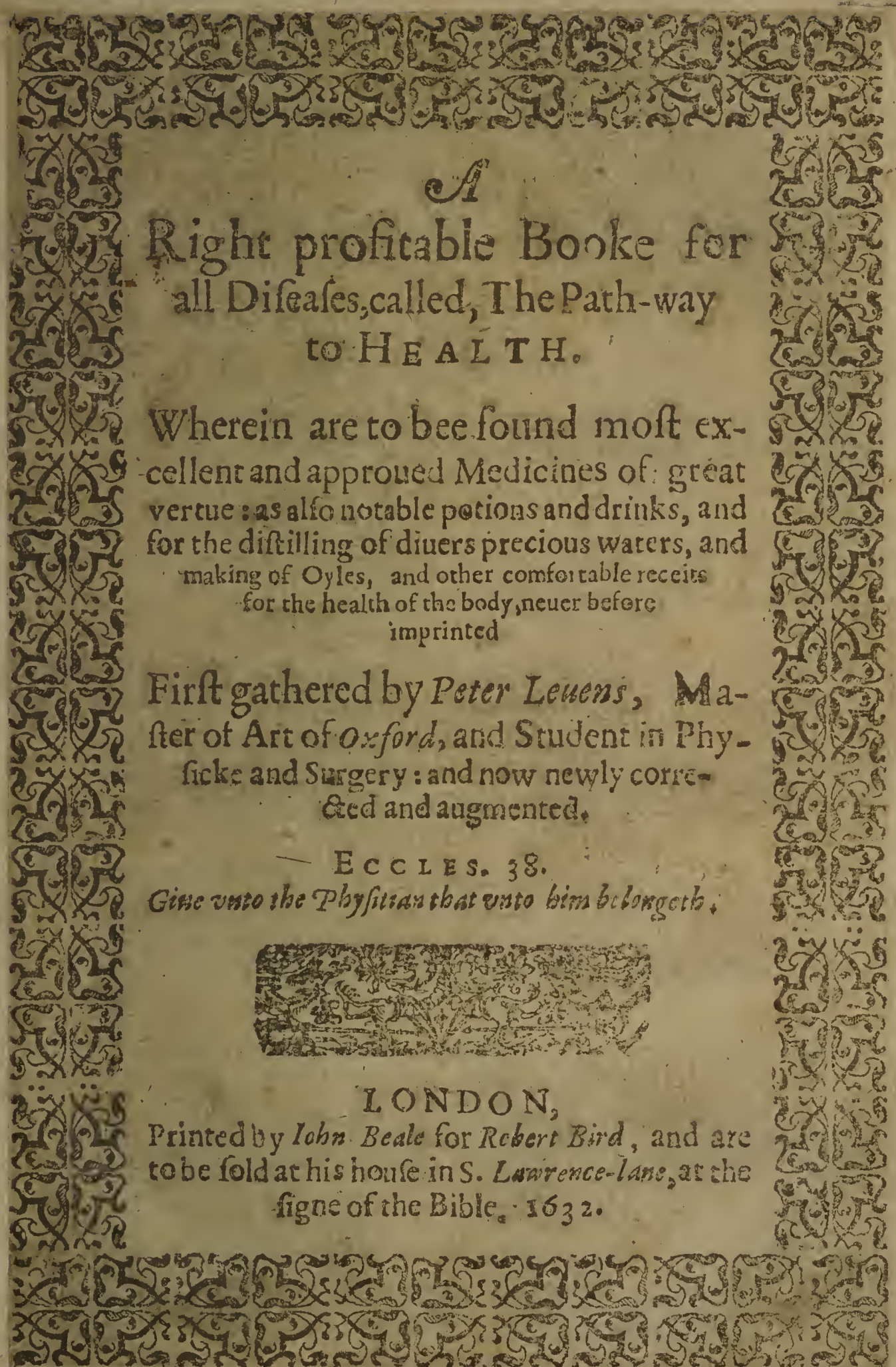
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A
Right profitable Booke for
all Diseases, called, The Path-way
TO HEALTH.

Wherein are to bee found most ex-
cellent and approued Medicines of: great
vertue: as also notable potions and drinks, and
for the distilling of diuers precious waters, and
making of Oyles, and other comfortable receits
for the health of the body, neuer before
imprinted

First gathered by *Peter Leuens*, Ma-
ster of Art of *Oxford*, and Student in Phy-
sicke and Surgery: and now newly corre-
cted and augmented.

— ECCLES. 38.
Give vnto the Physitian that vnto him belongeth.



LONDON,
Printed by *John Beale* for *Robert Bird*, and are
to be sold at his house in *S. Lawrence-lane*, at the
signe of the Bible. 1632.

Geo. W. Winlock

My dear Sir

I have the honor to acknowledge the receipt of your letter of the 10th inst. in relation to the matter of the

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TO THE READER.

IN my opinion gentle Reader (which also is the saying & writing of all the Philosophers,) those things are most principal to be taught and maintained, which in the common wealth are most profitable and necessary, then may I say without iust cause of reproofe: it some thinke no shame to displeasure many, for the pleasuring of a few, then I neede not to blush, nor feare to profit many, by hurting of none, by the publishing of this my booke abroad: not pained without paine, nor drawne without diligence, nor ended with ease, wherein are such and so many notable, rare profitable, & precious things, as neuer were yet set forth in any volume in our English tongue, nay, diuers of them were neuer hetherto imprinted. Although I haue giuen the onset to publish in our owne natural tongue this most excellent worke for all diseases, for the which cause it should not bee the lesse esteemed, although some, more curious then wise, esteeme of nothing but that which is most rare, or in hard or vnknowne languages. Certainly, these kinde of people cannot abide that good and laudable Arts should be common to many, fearing that their name & practise should decay, or at the least should diminish: the intention truly of such persons, seemeth much like them that gape for all and would all haue, leauing nothing to any body, but that which they must needs forgoe: considering that we are not borne for our selues onely, as *Plato* sayth, but for the profite of our Country. Surely, if I did not feare to be too long in this my Praeface, I would proue, how all Arts and Sciences may be published in that tongue which is best to be vnderstood: as for example; *Galen* the Prince of this Art, being a Grecian, wrote in the Greeke, Also, King *Auscen* he wrote in the Arabian speech. Al-

To the Reader.

So *Plinie, Celsus, Serenus*, and other of the Latinists, wrote to the people in the Latine tongue. *Marcilius Ficinus*, whom all writers assent to be singularly well learned, disdained not to write in the Italian language, generally to all men. If then the intent of all that euer set forth any notable studie, haue bene to be read of as many as would, what reason is it that we should keepe secreete among a few, the thing that was made to be common to all? Christ sayth, no man lighteth a Candle to couer it with a bushel, but setteth it to serue euery mans need: and these goe about not onely to couer it when it is lighted, but to quench it before it be kindled, if they might by malice: which as it is a detestable thing in any godly Science, so me thinks in this so necessary an Arte, it is exceeding damnable and deuillish, to debar the fruition of so inestimable benefits, which our heauenly Father hath prepared for our comfort and innumerable vses, wherewith he hath armed our impotent nature, against the assaults of so many sicknesses whereby his infinite mercy and abundant goodnes, is in nothing else more aparantly confessed: by the which benefits, as it were with most sensible arguments spoken out of heauen, hee constraineth vs to thinke vpon our lowne weakenes, and to acknowledge, that in all flesh is nothing sound but misery, sickness, sorrow, sinne, affliction, & death: no, not so much strength as by our own power to releue one member of our bodies diseased. As for the knowledge of medicines, comfort of hearbs, maintenance of health, prosperitie and life, they be his benefits & proceed of him, to the end that we should in common helpe one another; and so to liue together in his Lawes and commandments: desiring all those which shall find any faule herein, that they wil friendly amend that is amisse.

THE

THE PATHWAY to Health,

* For all the parts of the head.

For to make the hayre to grow.

Take a Mollwarpe; skinnes and al, and lay it in a cloute,
& burne it to powder in an earthen pot, then take Bees
dirt, and lay it in a clout, and burne it to powder, & ming-
gle these two powders together with Honney, and an-
noynt the place where you would have haire to grow. Also take
and grind red Onions very smal, and annoynt the place therewith,
with, and the haire wil grow by quickly.

For to make hayre to grow where none is.

Take Haselnuts, with harkes and al, and burne them
to powder, then take Béch mast, and the leanes of Enula cam-
pana, and stampe the hearbe and the mast together, then seeth
them together with Honny, and annoynt the place therewith,
then strewe the powder thereon, this wil make haire grow.

Another experiment to make haire grow.

Take Gallowes, and seeth them roots and al, and wash
the place where haire wanteth, and it wil grow in smal time.
Take Honny and Beares greace, and mingle them together,
and make an oyntment thereof, and annoynt the head therewith.
Also take a good quantitie of Bees, and dry them in a sieve by the
fire, and make powder of them, and temper it with oyle Olive,
and annoynt the place where the haire should grow.

An experiment for to wash the head.

Take an ounce of Turpentine, & an ounce of white Wax,
and a pottle of Burges wine, of Storax calamita, an ounce, and
a little Cerus, and Mastick, and so make good Strong lye, and put
therein those gummies, and so wash the head therewithall. Also
take the oyle of Tartar, and warme it, and annoynt any balde
head therewith, and it wil restore the haire againe, and that in
short space, this hath bene proued true.

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Another for to wash the head, and to make the
hayre yellows.

Take the best and the strongest lye that can be made, then take a good handful of red Fennell, of Margerum as much, of Sage a handful, Violets as much, of Damaske Roses a handful, of Red Roses as much, two Nutmegs, of Cloves & Mace one ounce of each, Enula campana, as much, Orice powder, as much, Licorice two or thre sticks sliced, a handful of Lauen-der spike, and let the lye stand nine dayes, and then straine it, and seeth it one hane, and scum it, then put al the hearbs and spices therein, and so occupie it when you thinke good, with a sponge wet your haire, and then let it dry in of it selfe: this will keepe your head from aking, and make your haire as yellowe as golde.

Another to make the hayre yellow.

Take the rinde or barke of Rubarbe, and take the scrapping thereof, and keepe it in white wine, or cleere Lye, and after that you haue washed your head therewith, you shal wet your haire with a sponge, or some cloth kept for that purpose, then let your haire dry against the fire or sunne, and the oftner that you vse it, the better it wil prove, as I haue often tryed.

For to stay hayre from falling.

Take and make strong standing Lye, and take a great company of Slope rootes, and burne them to ashes, and mingle the ashes and the Lye together, and therewith wash your head, and it wil keepe the haire from falling off, and vset his often, it is wel proued. Also if you take the ashes of little Frogs being burnt, it staeth the falling of the haire; and the ashes of Goats dung, mingled with oyle, doth increase haire.

Another for the falling of hayre.

Take the ashes of Chluer-dung in lye and wash the heade therewith. Also Walnut leanes beaten with Beares suet, restoreth the haire that is plucked away. Also the leanes and middle ring of an Oke sodden in water, and the head washed therewith, is very good for this purpose.

For

For the kill Lyce in the head.

Take Frankensence, and Barrowes greace, boyle them together in a pan of earth, and with this oynment rub the head where the lyce is, and it wil kil them.

Another to kill Lyce in the head.

Take Stauesaker, and beat it to powder, and mingle it with blake Sope, and annoynt the head therewith, and it wil be quicklie cleane.

For the Nits in the head.

Take the gal of a Calfo, and smere the head therewith, and it wil kil the Nits.

For wormes in the hayre.

Take and rub Calamint on the head, and it wil slay the wormes in the haire.

For to doe away hayre.

Take the head of Pettles, and stampe them, and temper it with Cysel and annoynt the head therewith, but first haue or pul away the haire, for it is better. After this you must sweat and when that you are hote, then annoynt your head therewith, and doe this thre daies, and there wil growe no more haire in that place. Also take the gumme of Arabick, and annoynt the place where the haire groweth, and it shal quicklie fal awate.

For to take away hayre.

Take the Shells of two Egges, beate them smal and stik them with a good fire, and with that water annoynt the place. Or els take hard Cats dunge, dry it, and beate it to powder, & temper it with Strong Vineger, then wash the place with the same, where you would have no haire to grow.

An experiment for to take away haire.

Take the blood of a Snaille without a shel, and it hindereth greatly the growing by of haire. Also take Labdanu, the gum of an Iuic tree, Emmets Egges, Arsenick and Vinegar, and binde it to the place where you wil have no haire to grow

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Another for to take away hayre.

Take the iuyce of Fumitory, and mixe it with gum Arabick, then lay it on the place of the haire first plucked out by the rootes, and it wil never permit any more haire to grow in that place. Also if you annoynt your heade with the iuyce of a Gloworme stamped, it hath the same vertue.

For the scurffe in the head.

Take of the decoction of Ballow rootes, and wash your head often therewith, and it will cause the scurffe to fall away. Also the decoction of the middle rinde of an Olive, the head being washed therewith, doth mightily drive out the scurffe.

Another for the scurffe in the head.

Take Vinegar, and boyle it in wine lees a little, and annoynt al ouer the scurffe: but first cleanse it, and it will mightily heale & dry it. Also take the branch of a greene Fig tree, with the leaues, and stampe them in water, & it wil heale the scurffe being washed therewith. If the scurffe be newe, use this medicine dailly with Vinegar, and annoynt the head therewith: this hath bene proued.

For wheales or pushes in the head.

Take and wash your head with Vinegar, or with water wherein Camomell hath bene sodden. Also the leaues of Violet stamped with honny, doth lightly heale the same. Also towe Crestes stamped with Gose greace, doth speedily heale the pushes or wheales that be in the head.

For a scald head.

Take a penny-worth of Lampe oyle, and halfe a pynte of faire water, and boyle it wel together, and when it is cold, put thereto halfe a penny-worth of Quicksilver, and temper it wel together, and annoynt the head therewith.

For a scald head.

Take the liuer of a Thorne back, and seeth it by it selfe. Then take six roots of *Engula campana*, & seeth the by the space of
three

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thee bowres in cleane water, of Houslecke three handfulls, stampe them and mingle them altogether, and straine them through a linned cloth, and make an oymntment of them, and annoint the head therewith, and if the haire be gone: take a handfull of wooll and burne it to powder, and annoint therewith the head that is pilde, and the haire shall grow as thicke as ever it was before.

Another for a scald head.

Take Groundsell, and Barrowes greace, and choppe the Groundsell small, and boile it with a soft fire with the Barrowes greace, and so clip off the haire, and therewithall annoint the scald head.

For to heale a white scald in the head.

Take Houndstung and Bozage roots, of each a like quantity, wash them faire and cleane, then shred them, & chop them small in pieces, seeth them in vineger about half a pint & more, then put in a little sweet Butter neuer salted, & let them boile together till they be soft, then straine them through a cleane cloth, and it will be a pleasant salve, then take a feather and annoynt the Patients head withall, but you must vse to wash the scald head with Cow piss, or else with faire water: and this will heale the white scald head.

Another for to heale the white scald.

Take greene coperis, rosen, waxe, shepes suet, honny, and beat them small together, and boyle them well, and it will be a very faire salve, and this will heale any white scald: p[ro]u[er]d.

For the brayne an experiment.

Take the Sirope of red Roses, with the powder of Lygnum Aloes, and the bone in the Harts hart, cloues, & the leaues of red Roses, or the Cakes thereof, and seeth them all together with Sugar, and glue it, & patient thereof to drinke fasting, morning and evening.

For the brayne another

Take

Take

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Take the smoke of Lignum Aloes, and it comforteth the cold braine, and all weake parts of the braine, and the head.

For to restore the braine.

Take and make powder of Betony, and vse it in the potage, and it will restore the braine. Also take and chew Mace in your mouth. Also put into thy nose the root or the iuice of Galingall, and it is good for braine or memozy.

For the weaknes of the braine.

Take and smell to muske, and for default of Stoppings of the nose when it wringeth the hart and vpper liumes, and causeth them in a manner to sound: take of the rume of the muske beneath. Also to comfort the braine, vse both Cloues and Mace in your broths, that they be sodden in, and also in your nosthails. If the Patient haue the rume or pose: put the powder of Cardomonum, and the oyle of Muske into an Eggs-shell till it seth, and therewith annoynt the head.

For the sicame in the braine.

Take the iuice of red Dockes, with the iuice of Rue, and put a little thereof in the nosthails, and vse this in a Rue or very warme place.

For him thatt hath lost his mind.

Take the iuice of Marigolds, of Sage, of Wormwood, of each of them a spoonfull, and take as much white Wine and put it thereto, and let him drinke it at euen, and as much in the morning cold: and vse it for five dayes.

Another for him that hath lost his mind.

Take and sheare off the haire of the mold of his head, then take Archangell and stampe it, and bind it to his head where it is shaven, and let him sleepe for a while, and when he awaketh: he shall be right wicke and sober inough.

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For to keepe a good memory.

Take Bugwozt, and lay it in white Wine, and then take it and distill it, and vse to drinke of it fasting, and it shall preserve the memory. Also to take the iuice of Zipulus and drinke it fasting: causeth a good memory.

Another for memory.

Take and grind Mustersede with Vineger, and rubbe it mightily on the plants of the feet: and it doth quicken the memory of such persons as haue been long time sicke, and will stir them vp from all kind of forgetfulnesse of memory, and maketh them mindfull of such busines that they take in hand.

Against forgetfulnes.

Take Rue, red Mints, Oyle olive, and with very strong Vineger let thy nostrils be holden ouer the smoke therof. Also burne fine owne haire, and mingle it with vineger and a little pitch, and apply it to thy nostrils, for it wonderfully stirreth and quickneth the persons diseased with forgetfulnes. Also take the lytes of a Hogge layde vnto thy head being shaven: is very good.

Another for forgetfulnesse.

Take the gall of a Crane, being made warme in a leaden vessel, it doth thoroughly stirre vp the diseased body, if the nape of his necke be annoynted therewith. Also take the smoke of Galbanum, or of an Harts horne which is best of all for forgetfulnes. Also the skin of an Hare burnt, and the ashes thereof drinke with Calamint, healeth the disease of the Lvtargy.

Another for the same.

Take Sauery and beat it and seeth it in Vineger, and lay it in the form of a plaister to the hinder part of the head: it doth merely awaken those that are very heauy with sleepe, nothing doth more and better quicken forgetfulnes in men or women. Also the same of a Hidds skin doth quicken forgetfull persons, and those that be infected with the falling sicknes.

For the frensie in the head.

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Take oyle of Roses, oyle of Violets, of euery of them xx poyss, and as much of the water of a Cowturd, & put it in a new vessell of earth, and boyle it till all the water be boyled away: then put out that, and put in other: into the same vessell, as much of that water, and boyle it thus seven times, and then put thereto halfe of the fourth part of the poyss of Camphiere, and meddle it well together, and vse it on his head for the frensie when it is new shauen.

Another for the frensie of the head.

Take the iuyce of Smalage, veruyce or vineger, oyle of Violets or Roses: being put together in a vessell of glasse ouer the fire, all hot lay it to the Patients head, and so annoynt the head all ouer being shauen.

Another for the same.

Take and annoynt the head with vineger, and with oyle of Roses put thereto, and it is very good against lxtargy or frensie, and for vomit of blood, the quantity of foure Drams taken with wine profiteth much.

For the frensie in the head.

Take the hot lights of a Goat, and clap it to the head of the Patient that is vexed with the frensie: and it taketh it away presently, and so doth a sponge dipt in warme wine, and put to the left pap. Also the roote that is called Sepzoyal boyled and layd to the head, will draw forth all madness.

An experiment for the frensie in the head.

Take a red stone that is found in a Swallow, and let the Patient carry it about himself tyed in a linnen cloth, and put it vnder the left arme, and it doth heale all frensie & lunatick persons. Also a roasted mouse eaten, is very good for frensie. Also sixth Henbane in sweet wine, and therewith wash the frensies eares, temples, and nostrills, and it prouoketh sleepe.

For the meigrin in the head.

Take foure handfulls of red rose Flowers fresh in Sommer, and in Winter: three handfull of Camomell, and as much

of

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of beruen, and breake them small with your hand, and boyle them in a pottle of white wine or Gascoyne, if it may bee had, and if not: in Rochell wine, til it come to a quart, and put them in three bags, broshed flatlike a playster, and lay it where as the paines, as hot as the patient may suffer it, & change them still hot and hot, during a day and a night, and longer if need be.

Another for the meigrim.

Take halfe an ounce of Galingall, and an ounce of Ginger. Nutmegs halfe an ounce, Cloves a quarter of an ounce, Aniseeds a peny weight, Enula Campana a quarter of an ounce, Ucozis halfe an ounce, Sugar halfe an ounce, and beate all these together, and let the sick vse of this powder first & last a spoonfull at once and within foure dayes God willing he shall be whole.

Another for the meigrim in the head.

Take an ounce of Stavesaker, and beat it to powder fine. Then take the third part of the powder, and of the white of an Egge, and a Nutmeg, and a little Commin, a quantity of flax small hacked, beat them together, and lay it platster wise on his forehead, when that he goeth to bed, if he bleed: he shall be quickly whole: if not: lay it on the oftner untill he bleed.

Another for the meigrim.

Take commin, & beat it as small as ye can, that so done: sift it through a fine cloth, and take the finest thereof, & put thereto the quantity of the gall of an Ore, and beate them together till that they be thicke, and then make a plaister thereof and lay it to the nape of the necke, and it shall helpe them.

For the same a medicine.

Take Dalls roots, leaues and all, and beat them, & wring out the iuice, & put of the iuice into the nostrils of the person that is troubled with the meigrim in the forepart of the head, so that the Patient may lye, that they may holde down the iuice that descendeth from him or them.

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For to know if that the braine can be broke.

¶ If the flesh be whole aboue: take and shave the head there as the soze is, and double a linnen cloth, and spzed on the white of an Egge, and bind it to one night, and on the morrow take it away, and loke if the cloth be moist or dry, for if it be moist the panne is broken, and in the same place earse the flesh, and let the bloud out, and annoynt it with an oymntment made therefor, and thus thou shalt saue him, or else he is but dead.

For the Fistula in the head.

¶ Against the Fistula in the head, take and seeth bitter Lupines in salt-water: and put Vineger to them, and then straine it, and in the straining therof: put of the powder of Germander and wash the head therewith.

For the Fistula in the head.

¶ Against the Fistula in the head, take and gather the roots of Egrimony, and dry them in the smoke, and after that it is dry: take and hang it about the neck of the Patient, and it will helpe him.

For the megrim and for the impostume in the head.

¶ Take the foure penny waight of the root of Bellitoy of Spaine, a ob. waight of Spicknard, and boyle them in good Vineger, and when it is cold: put thereto a spoonfull of hony, and a saucer full of Muskerd, and mingle them well together, & hold therof in thy mouth a spoonfull at once, and vse this nine times, and vse soz to spit it out continually.

For an Impostume in the head.

¶ Take Galingall halfe an vnce, Putmegs a quarter of an vnce, Cloves a penny waight, the flowers of Canell, a penny waight of Spicknard, a ob. waight of Anised, a quarter of an vnce of Enula Campana, half an vnce of Licoris, of Sugar half an vnce, and beat them wel together, and vse of this powder first and last: a spoonfull at once.

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Another for the impostume in the head.

Take Betony, Sage, red Vints, red Fenell, of each \mathcal{M}° & crops, and eate them eight dayes together, or fourtēne dayes: and after take the grēne rinde of the Elder stick of one yeres growing, and put the iuce thereof into thy nose three dayes, three times a day lying vpright, the space that one may goe a myle.

For the head a. he.

Take Rose Cakes, and stamp them very small in a mortar with a litle Ale, and let them be dzyed by the fire on a Tile hard, and lay it to the nape of the necke to bedward: pꝛoued.

Another for the head ache.

Take Hemlocks, and seethe them till they bee as soft as pappe, lay it to the head where the paine is, & let it ly al night, and on the morning lay on another hot plaister of the same, and vse this soure or fīue times, and by Gods grace the patient shall be eased.

Another for the head ache.

Take a Poffet and lay it hot vpon the head, and let it offe be laid to, for so cured a Physitian diuers cares. And also take the oyle of Camomell, and annoynt the browes and the forehead, and labour it very well, and lay the Patient downe, and make him sweate, and it shall helpe him. Also mingle a Spoonfull of the iuce of Betony, with as much wine, and as much honny, and put thereto nine Pepper cornes, and dzyne it foure dayes together: pꝛoued.

For the head ache.

Take iuce of black Juy, & iuce of Rue, the oile of Roses, white wine, and Vineger, and mingle all together, and annoynt the temples therewith.

For the head ache.

Take an handfull of red Sage, a handfull of redde Rose-leaves sliced, a handfull of Camomell flowers dzyed, a handfull of Bay salt, a pæce of leauened bread, two Nutmegs, beate them all together, and make as it were a quilt, and rub ouer the
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The Path-way to health.

herbes, and then lay it over his head in the forme of a plaitter,

For the head ache, prooued.

Take white earth-bind, and make iuice thereof, and put it into thy nose, and it shall purge thy head of rume, and it doth away the headache. Also Leeks with leaues sodden in wine and emplaitred about the temples and the forehead, it doth away all the headache. Also take Musterd seede, Saffron, Rose flowers, or the leaues, and mingle them with Sope, and make a plaitter therof, & bind it to the head. Also take Insence, Doves dung, Wheat meale, and temper them with the whites of Eggs, and bind it to the forehead, and the temples, and it doth away all ashes of the head. Also wash the head with iye made of the powder of Colewoorts, of red nettles, and of white wine, and it doth away the ache without doubt, for this is a true experiment prooued.

For aking of the head.

Take and make Iye of Meruaine, or of Betony, or of Wormewood, and therewith wash thy head thrice in the weeke, and it shall doe thee very much good.

For the vanity of the head.

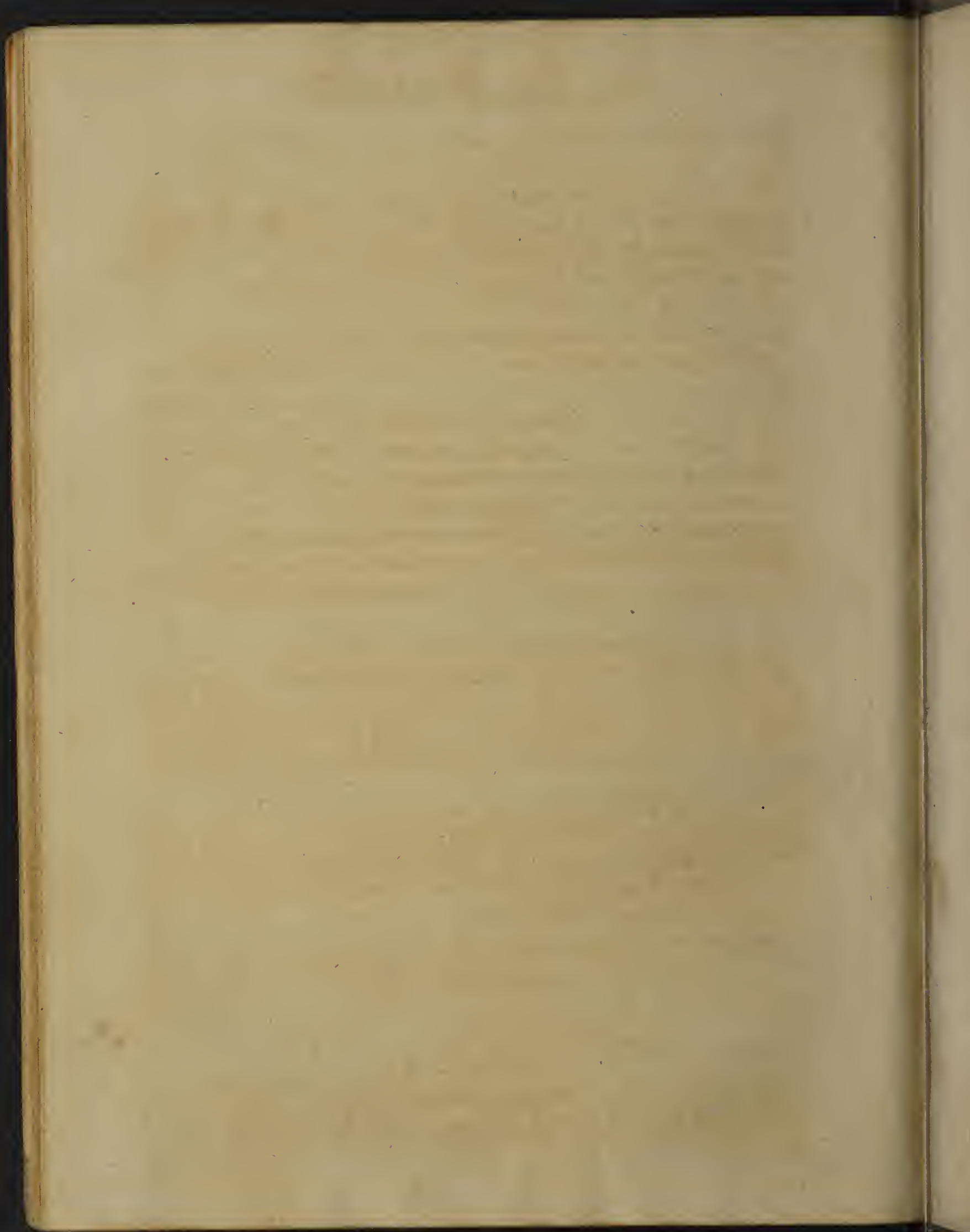
Take the iuice of wall wort, Salt, honny, ware, & Insence, boyle all them together, and therewith anoint the temples.

For the vanity of the head, and to wash the head, and to comfort the braine and memory, and for a fair face.

Take iye that is not so strong, and put two pyles of Dyringes, the pils of as many Citrons, the blossomes of Camomell, Bay leaues a handfull, of maiden-haire a handfull, of Egrimony two or thre vneces, of barley straw chopped in pieces, a dishfull of Fenegreke, a pound of Wine iyes, two or thre dishfulls of hrome blossoms, put all these into the iye, and mingle them together, and so wash the head therewith, and put a little Myrre and Cinamon: this is prooued.

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full, wash them, and chred them small, then seethe them with water in an earthen pot, and wash thy head with some of the water, then mingle the hearbs with Wheate bran, and make a plaister thereof, and lay it on the mould of his head, as hote as may be suffered: then bind it to with a Kerchiefe, and within five times dressing of the Patient, he shall be whole.

Another experiment for all manner of head ache.

Take Rue, Meruaine, Wormwood, Sage, Wallwort, Heyhoue, red Fenel, Planten, the greene of an Elder, betwixt the bark and the tree, of each a handfull, wash them, and stampe them small, put them in a new earthen pot with a pottle of red Wine, & a pottle of stale Ale, seeth it to the halfe, put therunto a quarter of an ounce of Pepper beaten, and strain it through a cloth, and drinke therof nine daies eight spoonfulls at once, at evening hot, and in the morning cold, and wash the patients head with the liquor, and it will cure all manner of head ache.

Against the turne or daseking in the head.

Let thy head be washed with the water of the decoction of three leaved Grass, and lay a playster of the hearbe to the Patients forehead. Also Mint laid to the head, taketh away the paines that come of a cold cause. Also Mistletoe laid to the head draweth out the corrupt humors: and the iuyce of Onions cast into the nostrills, cleanseth the head. Also see the Peniriall, and lay it to the temples, or poure Bawline into the eares three or foure times in the Sunne, and it will cure the Patient of daseking in the head.

Another for daseking or swimming in the head.

Take and make a plaister of Culuer dung and Wheate branne, temper them with the white of an Egge, and lay it to the contrary part of the head to that which is payned. Also the iuyce of Iute mingled with oile Lard, is good for the swimming in the head. Also the pith of bread which was baken with Co-ciander seed, laid to the head, is good.

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Against the rume in the head.

Take and make a Pomander of the powder of Cucubes, Mases, Labdanum and Greke Pitch: it doth remove from the braine all superfluous humors: Mases and Cucubes chewed in the mouth do the same. A plaister made of Garlick and Cloves stoppeth that humor which causeth the rume. Also Hop boyled in the cinbers and so laid to the head, stoppeth the rume, and a little bag full of Carvell, Salt and Anniseeds is very good.

A Gargell for the rume.

Take Vineger, Musterd, a good quantity of Pepper, and boyle them al together, then let the party so grieued put a spoon full in the mouth and walke by and downe, and when it warreth cold spit it out, and take an other: & use it for a time, and for every one spoonful, you shal void five: take it not in the frost: this hath bene proued.

For the rume an other experiment.

Take iuice of Coleworts, and draw it into the nosthills, and it purgeth the head: Sorrell beaten with the oyle of Roses, is good for the ache of the head. For the rume in the eyes, take Lime and eate it, and it driueth away the rume.

For the rume in the head, an other proued.

Against cold rume, and other passions and swimming of the head, and such other qualitties: take three Pills of Cassia, of Labdanum, and Storax Confecta, with the iuice of Wormwood whē the cause commeth of the head, this comforteth the braine: also make a Fumigation of Cassia Ligna ouer hote coales, and receiue the smoake thereof at thy mouth.

A quilt for the rume, a speedy remedie, proued often.

Take of Olibanum, Bengeum, Storax Calamita, of each of these halfe a dram, of Labdanum two drams, of Nutmegs, and Cloves

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Cloues, of each halfe a dram, of Commin a scruple, Masticke half a dram, of Maces half a scruple, of Iugula Romana a dram, of Bay berries a scruple, of the flower of Roses, of Camomell, of Violets, of each a dram: of the flowers of Betony a scruple beat all these into grasse pouders, & so let them be quilted with good red Scarlet Ascks, in a peece of black Sarcenet, and so be laid vpon the head to the nape of the necke, and let it lye there the space of twenty heures, and then turne it, and thus for the tyme it is most excellent.

An experiment for wounds in the head.

For to cease the ache and swelling wounds that be soze in the head, or in any other place, so that the bones be not broken. Take Malloves, Wormwood, Betony, Egrimony, Hillwort, of each of these a handfull, wash them and stamp them, and put thereto three vnces of wheat flower, as much Hony, & as much Barrow greace, and stamp them together, and put thereto red Wine, and fry them, and lay them warme to the soze, but lay a red Cole leafe between the plaisters & the wound, and it shall cease the ache, and take away the swelling thereof.

For all manner of euill aches in the head.

Take Betony, Meruaine, Wormwood, Maybread, Rue, Wallwort, Sage, the barke of the Elder tree, three coznes of Pepper, and temper them together in wine, and drinke thereof each day a draught, early and late, till that the Patient be well. Also take the gall of an Hare, and temper it with as much hony, and annoynt therewith the temples. Also Rue, and Cysell, and smere thy head therewith, is whollom. Also Camomell is good for the burning Feauer that holdeth a man or woman in the head. Also Fenell sodden in water, swageth the ache in man or womans head, when that the head is washed therewith.

Another for all manner of euill aches in the head.

Take the greace of an Hart, and mingle it with Barly-meale and Sorrell, bind them and temper them all together.

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and playster it to thy temples: for this hath been proued a right good medicine. Also take the iuice of Bzurose, and the milke of a Cow, and with a pen draw it vp into thy nostrills, and it shall purge the head, and shall heale the party so grieued of the headache.

For to make a man to sleepe.

Take the leaues of white Poppy and red Pettles, and stamp them together, and put to it a little Beane flower, and lay it on a cloth, and so bind it to the forehead, and he shall sleepe quietly.

To make one sleepe that slept not in a long time before.

Take white Poppy seed, Anis seed, of each a like quantity, and beat them to fine powder: then take rose-water, the white of an Egge, and womans milke, and mingle all these together: but first beate the white of an Egge very much: and take away the froth, then take flocks as many as will lye ouer your forehead, and wet them in the liquor aforesaid: then sprinkle of the powder vpon it, and then lay it in a pewter platter vpon a chafingdish of coles for to make it warme, and so lay it to the forehead, and the party shall take hys rest and quiet sleepe.

For to make a man to sleepe.

Take the leaues of Elder, and warme them betwene two tiles, and bind it to the nape of the necke, and it will make him to sleepe. Also take the leaues Scala coeli, put them in a pot, and seeth them well a good while, and at euen wash wel thy feet and legs vnto the knees with that water, and no higher, then goe to bed, and thou shalt sleepe soundly.

For to make a man to sleepe.

Take a quart of Almonds blended, and halfe a pound of Hempseed, three times washed in cleane water, and sicteene Dates, stamp them together, and put thereto good stale Ale, and take

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take an ounce of Poppy seed bruised, and lay it in Ale three or four houres, and seeth them together, and straine them, & give the sicke to eat of it, and it shall make him sleepe.

For to make a man sleepe, and for to come
to quiet rest.

Take red Roses, Violets, the water of Bellilot, Lettice, of each a like quantity a handfull: white Poppy, white Hensbane, of each halfe a dram, a little Dill seed for to comfort the braine, bray all these together: then put them in a soft linnen cloth twelve inches long, & three inches broad, quilt it and tie it to his forehead. Also take oyle of water Lillies, Poppy, Nightshade, Rose-water, Vineger, and womans milk, dip flax there in, and bind it to his temples: this hath been often proued.

For paine in the eares.

Take the iuice of wild Cowcumbers, and put it into the eares, and it allwageth the paine. Also put the wood of greene Ashe in the fire, and saue the liqour that cometh out at the end, and put it into the eares, it causeth the paine for to cease, and amendeth the hearing. Also beat the iuice of Mozwood, and drop it into thy eares: proued.

For the paine in the eares.

Take and mingle the iuice of Betony with oile of roses, and put it warme in the eares with a tent, and stop them well. Also take faire oyle Olive, and let it be blowne out of a mans mouth that is cleane and fasting into the eares of a sick man, let this be done three or four times, and let that side of the head be turned downward, that the odour of the head may run out. Also take Almonds and the kernills of Peaches, & let them be cleane pilled in hote water, and make oyle of them, and let the oyle be put into the eares of the Patient so griened.

For the paine in the eares.

Take oyle of Roses, and a little Vineger, and put it to the eare: then make a bag of Cammomell and Bellilot, and lay it
there.

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therunto. Also Goele greace being taken with a little hony, allwageeth the paine of the eares. Also oyle of Almonds is very good for the paine in the eares: Also if there bee water in the eares, take a little Goele greace, and the iuice of Onions, commixed together, and so lay it to the eares: p^{ro}uod.

For deafnes in the eare.

Take a peece of greene Ash and put it in the fire, and take the droppings of that water, and take the droppings of a fresh water Cele, the oyle of bitter Almonds, of euery one a equail portion, warme it by the fier, and let it drop two or thre drops in the eare so grieued, then take black Ewes wooll, and dip the wooll therein, and put into the same eare, and it wil helpe the Patient so grieued, by Gods grace. Also take Betony, & Horehound, Stamp them in a moztar, and toyng out the iuice, and let the Patient lye on that side, and so poure it into his eare, & let him take his rest: this hath bene p^{ro}uod.

For deafnes in the head.

Take a Hedghog and rost it, and take the droppings thereof, and put it to the Patients eares so grieued, and stop it with black wooll, & fier, Somtime there chanceeth deafnes by wind, which is in the eare, the which causeth tynkling in the head, then take a little Aloes in hot water, or in white Wine, and distill it into the Patients eare, then put a litle Eustorbium in powder into the parties nose so grieued, to make him see to seele, and to auoid as much filthy humors as you may.

Another for the deafnes in the head.

Take Secades, Bay berries, Betony, Bay leaues, of each of them a handfull, seeth them in white Wine to the halfe, and for an old man in Malasse, then put it in a vessel that hath a narrow mouth, and hold your eares ouer it being vnstopped, as hote as you may suffer it, being not too hote nor too cold, also thre drops of the oyle of Almonds, doth the same.

For wormes in the eares.

Take the iuyce of Worm-wood, Rue, Sowthistle, & put it in the patients eare, and he shall be whole: Take the iuyce of Elder, and drop it into the eare of the patient griued. Or take the iuyce of Cockle, and mingle it with the iuyce of Arsmart, and put it into the eares so griued.

For ache and wormes in the eares.

Take the iuyce of Henbane, and put it into thine eares, and it will take away the ach, and kill the wormes. Also take the powder of wild Gourds, and the iuyce of Arsmart, and put it into thine eares: Also for the wormes in the eares, take Censory and Leekes, the iuyce of the both, and put it into the eares, and stop it with black wolle of a Sheepe, that groweth between the legges, and it will help the patient.

For wormes in the eares.

Take oyle of Roses, oyle Olive, oyle of Creter, Aqua composita, of each of them a like quantity, and compound your Aqua vitæ with other oyles on the fire: then take Rue, and the egges of Ants, beat them small, and compound them altogether being well boyled, and then put it into the eares, dropping it in thre or foure times, and he shall find ease.

To cause a man to heare well.

Take and make a round loafe, and fill it full of Sage, and bake it, and when it is baked, then breake or cut the loafe in the midst, and binde it to the eares as hote as you may suffer it: let this be used thre or foure times, and it will cause the patient so griued, for to heare well.

For the running in the eares.

Take the iuyce of Elder, & drop it in the eare of the partie griued, and it clenseth the matter and the filth thereof. Also the iuyce of Wislets bled, is very good for the running of the eares.

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Also take the gall of a Weasber, and Honny, of both a like position: mingle them and put them into the eares.

For the running in the eares.

Take the gall of a Goate and woman's milk mingled with Honey and Birch, and it will help you. Also boyle the iuyce of Sengrene, and put it in a hollow Dnyon in the fire, then put of the same iuyce strained into thine eare, and lay the Onion likewise over thine eare in manner of a plaister. Also the bzine of a man child being poured into the eare, dryeth the humors, and taketh away the running of the eares.

For the impostume behind the head.

Take Beanes and mingle them with meale, and the iuyce of Fenegreke, and it helpeth the patient so grieved with the impostume behind the eare, but it must be laid plaister wise.

Another for the same.

Take Milke and Allom and make a posset, and when the Allom hath turnd the milk, lay the posset curd to the impostume and it will breake it. Also to destroy an impostume in what place soever, take the roote of Hollock and wash it cleane, then seeth it till it be tender, then put out the water, and put to the roote Linseedes and Fenegreke, and Barly-meale, mingle them well together, and sey them with Bores greace, and lay it to the impostume plaister-wise, and it will cure the same.

For all manner of sore eyes.

Take Fennell, Rue, Meruaine, Enfrance, Endive, Betony, and red Roses, lay all these a day & a night in white wine, the second day still them with a soft fire, then keep it in a glasse, this water is as good as Balsome, for all manner of entl eyes.

Another for the same.

Take Fennell, Rue, Meruaine, Enfrance, Betony, Endive, Sengrene, Hill-wozt, Veneriall, redde Roses, Maiden haire,

haire, of each a like much, also foure ounces of oyle oliue, stamp
them, and put them in a vessell of glasse, and still them in a still-
latory, and as it stilleth, part it in thre parts, the first water you
must keepe by it selfe, for it is as precious as silver, the second
as gold, the third as Bawme: all these waters, must be kept in
very cleane glasses, close stopp'd, and so vse any of them.

A precious water for the sight of the eyes, made by
King Edward the sixt.

Take Smallage, red Fennell, Rue, Veruine, Betonie,
Egremony, Dimpennell, Enfrance, Sage, Selondine, of each
a like quantity, first wash them cleane, then stampe them, and
put them in a faire brassen pan, with the powder of red Pepper
cornes, fair serced into a pint of good white wine, then put them
into the hearbes, with thre spoonfuls of honny, and five spoonfuls
of the water of a man-child that is an innocent, mingle al toge-
ther, and boile them over the fire: and when it is sad, straine it
thorough a fine linnen cloth, and put it into a glasse, and stoppe it
well and close till you will vse it, and when you need, put a litle
thereof into the sore eyes with a feather: but if it were dry, then
temper it with white wine, and it profiteth much all manner of
sore eyes: this water was used by King Edward the sixt.

For the pin and the web, and the fellon in
the eye.

Take the gall of a Hare, and Honny, of each a like much,
mingle them together, and take a feather, and put a litle into
thine eyes, and it will heale them within two or thre dayes, and
save the sight on warranthise: this hath bene often proued.

For the pin and the web in the eye.

Take a quart or a pint of Strawberries when they be
ripe, and put thereto as much white Wine as Strawberries,
then put them in a cleane vessell, and let them stand nine dayes
hote, stirre them very well every day twice or thrice, and the
tenth day put it in a bag of Cannas, and let it go thorough hote,

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you must not wꝛing it hote, let it go thꝛough of it self, then take the clere, and put it in a viall of glasse, then take Calamint, that is, a Stone, and put it in the fire, til it be red hot, and then quench it in white Wine nine severall times, and when thou hast done thus, take the same Stone and beat it to small powder in a brazen mortar: if you have a pinte of Water, then put therein one ounce of the said powder, and mingle them well together, and keepe it well, for this is a pꝛecious water for the pinne and the webbe in the eye.

Another for the same.

Take Estras a good quantity, and stampe it well, and wꝛing out the iuyce thꝛough a cloth, and vse it. Or take Bores greace, Capons greace, Wole greace, and melt them together in a pan, stir them well with a staffe till it be well boyled, then let it soale, and put in a bore, and at night vse to put a little thereof in the eye when thou goest to bed, lying by right.

Another for the pin and web in the eye.

Take an Egge and roste it hard, and in the white thereof put as much Copozas as v pease, then being hote, wꝛing it thꝛow a cloth, and let it drop in the eye one good drop, this hath often been pꝛoued good both for old and young.

For to cleere the eye sight.

Take and chase the greace of any m mer of fresh fish water against the Sun, till that you have the slime thereof, mingle it with Honny, and therewith annoint thine eyes.

For to cleare the eye-sight.

Take and drinke the iuyce of Kew, and it will so cleer the eye-sight, that if the Sun do shine, ye shall see the stars at noone day. Also take the gall of a Swine, or els the gall of a white Cock, and put it in a glasse, and annoynt the eyes therewith nine daies, and thy sight shall be as clere and perfect as ever it was, this hath bene pꝛoued.

For

For the pearle in the eye.

Take white Ginger, and rub it on a whetstone of Norway, into a pewter sawcer, and doe thereto white Wine, and then take a feather and wash the eyes therewith: proued.

A precious water for the pearle in the eye, and for red bleered eyes, and for to keepe a man young.

Take Lummell of Gold, of Siluer, of Laten, of Lead, of Iron, of Steele, of Vitargie, of Aloer and gold, with a little Camomill, and as much Colombine, put these into the brine of a male child, and let it stand a day and a night, the second day, in warme white Wine, the third day in the iuyce of Fennell, the fourth day in the iuyce of Egges, the fifth day in womans milk, the sixe day in red Wine, the senenth day in the white of Eggs, the eight day put them together and still them, then put the water very close in glasses for your vse. This water destroyeth all euill in the eyes. Also if it be drunke, it keepeth a man young, and is of wonderfull greas vertue.

For bleered eyes.

Take the iuyce of Cowslips, and the water thereof distilled being taken, and the eyes annoynted therewith, helpeth all blered eyes, and taketh away the rednesse.

For heate and swelling in the eyes.

Take white bread, and Southernwood sodden in water, and therewith bathe the eyes, and it will draw away the heate and swelling of the eyes without any pain. Also for swelling or running of bloody eyes, take and seeke red Snailles, and gather the greace thereof, and annoynt thy eyes therewith, and they will be whole by Gods grace.

For smarting of the eyes.

Take Womans milk, and the iuyce of Centory, & mingle them together, and wash well the eyes therewith. Also the iuyce of Betony is very good with white wine: proued.

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For a mans eye that is blew or blacke, with a
blow or a bruse.

Take the white of an Egge and Parsly, and beat them to-
gether, and make it as thick as an oymnt, and lay it to the
eye. lids all cold. Also take the gall of a Hare, & temper it with
Hony, and annoynt the eyes therewith. Also take red Snails
in water with Capons grease, and annoynt the eyes therewith.

For running or watery eyes.

Take of Betony and Hony, a like quantity, fry them, and
straine them through a cloth, and annoynt the eyes therewith.
Take also Colombine and wring out the iuice and annoynt the
eyes therewith. Also take a read Colwort leafe, and the white of
an Egge, and annoynt therewith the watery eyes when thou
goest to bed. Also to make the eyes cleare and bright, take the
blood of small Birds and Hony, and annoynt the eyes there-
with, and thou shalt cleerely see.

For blood-shotten eyes.

Take the tops of white Worme woode, and the leanes of
Kiladane, stamp them and mire them with the white of an
Egge and Rose water, and make thereof a plaister, then binde
the same to your eyes at night when you goe to bed, and it will
helpe you.

For to driue blood from the eyes.

Take the powder of Cornish, of Warming, and the white
of an Egge, make a plaister hereof upon hard Flax, & lay it to
the eyes. Also for to cleere the eyes, take Wall-wort, Rue, red
Fennell, stamp them together, and temper them well with
white Wine, and straine it through a linnen cloth, and so drop
it at night into thine eyes, lying upright in thy bed.

For bloody or watery eyes.

Take a quart of white Wine, and put thereto the fatte of
vnt. peeces of Bacon, the breadth and thickness of a goat, and a

god saluete full of Honny, and put them in a Latin bason clean scowred, and stir them well together, and cover them with another bason the space of nine dayes: then take of the bason, & ye shall find a creame, bzeake the creame a little, and poure out the water that is vnderneath softly into a glasse, and that water will helpe all manner of red eyes and watering, vse it dailly and put one drop into thine eyes twice a day.

Another for bloody eyes.

Take the ioyce of Rue, and powder of Commin, mingte them together, then take Cotten and dip it well therein, and lay it to the eyes, and also annoynt the temples, the browes, and the lids of the eyes therewith. Take also the roots of red Fenel,ampe them and wring out the ioyce, then temper it with starified Honny, and make therof an oymnt, and annoynt thy eyes therewith, and it will take away the rednes.

For the eyes that are blasted.

Take Tully and Calamint, and wash them with white Wine nine times, then grinde them byon a stone with some of white Wine, and with Goose greace, and Capons greace, put hereof in the eyes early and late: this hath been proued.

A medicine for a mans eye that is broken with a staffe, or brused with any stroke: this hath beene often proued.

Take a pint of white Wine, and a handfull of red Rose-leaves, and as much Commin as thou canst hold in thy hand, and cut all together, then seeth it well till most part be consumed, then take that licor and put it into a glasse, and put thereof into thine eyes, do thus five or six dayes, also wash the sore eyes therewith: and at night make a plaitter of the same leaues that be sod, and lay them likewise vpon the sore eyes, and this will certainly heale the eye, though the ball thereof be cutte or hurt with a rod or staffe, or any other kind of bzuise in the coming of what cause speuer. proued.

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For the itching of the eye.

Take the oyle of Tully, and annoint the eyes therewith. Also Sumace is good for the itching of the eyes caused of hote humors, and wash them with that water before expressed.

A precious medicine proued, for man, woman, or child, that hath any sore eyes. And this medicine neuer fayleth, but restoreth the sight.

Take a stone called Calamint, and make it red hote nine times, and quench it foure times in Rose water, and five times in white Wine, then take this stone that is thus quenched, and make of it small powder in a bzasen mortar, then take Frankensence, as much as of the powder of the stone, and make it also to powder, & loke that you haue of them two even portions, as much as you will, then take Rose water, and water of Rue, and water of Fennell, of each of these thzee two portions of the water of Strawberries, and the water of Mername, and the water of Cintras, of each of these thzee, thzee portions, and put all these waters together in a cleane vessell, and then loke how many unces thou hast of thy powder, to unces of the aforesaid waters that be mingled. Grinde the powder of Calamint and of Frankensence on a Marble stone, as you would grinde Vermillion, but you must grinde each one by it selfe, then take fresh Swines greace of a Barrow-hog, & wring the same verie well thzough a cleane cloth, and loke that you haue as much weight of cold greace, as of the mingled waters: take then the powder of Calament, and boyle it with the greace, and with the mingled waters, ouer a soft fire of Char-coles, without anie smoake. And when thou hast boyled these wel together, put vnto the same the powder of Frankensence, and then boile them all together, till the smoake of the boylings cease, and then take them from the fire and let it coole: but fram the time that you set it to the fire for to seeth be alwaies stirring it very busily, till it be cold and thicke. Then take Camphire, & pare it in small peeces,

pieces, then take of the cyntment euen as much, and grind them together by parcels on a Marble Stone, and when they be well mingled together, then put it in a bore, with one ounce of Calamint, and one ounce of Frankensence, Cinfrance three pennyworth, and three penny worth of Camphire, and he that hath any grieuance or sicknes in his eyes, at night sitting on his bed, let him take of this oymnt with his finger, as much as a wheat corne, and hold it in his eye vntill it be relented, and then dip his finger with the oymnt softly between the lids of his eyes and then let him lye downe and sleepe, and on the morrow when he riseth, wash the eye with Rose-water, or with Cinfrance-water, or with Fennell water, or with Rue water: these waters be good therfore, but ere thou wash the eyes therewith, heate the water a little ouer the fire, but loke that you wash not with fasting spittle, nor with no other thing, but with one of these waters before said, and thou shalt be whole: this hath bene surely proued.

For the Impostumes in the head.

¶ Against the Impostume of the eyes, and web of the same, put the iuice of Hony suckle often therein, or mingle it with pure hony and straine it, and it wasteth the Impostume and the web maruailously, and it was thus proued. One tooke a Cock and a Whelp, and pricked their eyes with a crooked Iron or needle, so that they seemed that their eyes were out, and then hee brused this hearbe, and put it in their eyes, and they became faire and cleare, as they were before, at the which he did maruaille: and proued it many times vpon diuers persons.

For wormes in the eye lids.

¶ Take Salt and burne it in a cleute, and temper it with hony, and with a feather annoynt the eye lids, when the party doeth to bed.

For wormes in the eye lids.

¶ Take Bay-salt and burne it in the fire, and then stampe it: and doe thereto clarified hony, and the water of Allom, and

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a little Copperas, and annoint the eye lids when thou goest to bed, and this medicine shall kill the wormes that be in the eye lids: p^roued.

For stinking at the nose.

Take Cloues, Ginger, and Calamint, of each a like much, and see the them in white Wine, and therewith wash thy nose. After that put in the powder Piricram to p^rouoke one to nose, if there be repletion steam in head one: first you must purge the head with Pills of Colchie, or of Hiera picra. Also if the stinking of the nose come from the stomacke: first purge the stomacke, & fier.

For the polix of the nose.

Against the polix of the nose, make a supposito^ry or tent of a plaster called Apostolicon, and put powder of Copperas thereon, and put it into thy nose, or make that tent of cotton, and wet it in Salt-water, and lay of the said powder thereon, and put it in thy nose. The said powder is also good to fret the proud flesh of superfluitie of blood of the nose, but first burne it, then put it in old parchment and make powder ther of, and take Masticke, and then make a tent of Bursa pastoris, with part of a stone called Emachitas, and put it in thy nose.

For the polix of the nose.

To take and put the iuice of Jay into thy nostrils, is very good. The gum of Jay made in an oyntment called Dialthera, hath power to chase and to consume. Also against the polix make a tent of Apostolicon, and the powder of burnt brasse, and lay it to the nose, et fier.

For the pose in the head.

Against the rume or pose, mingle the powder of Comin-seede, and Bay berres, and put them all hote in a bag, and lay them so to the head for the pose.

For

For the noſthrill a medicine.

¶ For the hignnes of the noſthzils, and rednes caused in flux of humors: take the broth that Olibanum is ſodden in, but firſt in the morning Pills of Olibanum, and at night to bedward the ſaid broth: theſe Pills comforteth digeſtion, and purgeth the Tomacke.

For bleeding at the noſe.

¶ Take and mingle the powder of Metony, with as much ſalt, and put as much as you can take betwene two fingers and a thumb in the noſthzils, and the blond will ſtaunch: alſo take and wet cotten in the iuice of Bursa paſtoris, and caſt powder of Antimonium vpon it, and the bléding will ſtent.

For bleeding at the noſe.

¶ Take a dram of Bolæ armoniacke waſhed, and mixe it in Roſe-water, and Planten water, and drinke it, then bind the extreame parts as hard as you may, and after make a tent of gréne Nettles, and put into his noſe. Moreover it ſo be that the Patient doe hold in his hand Egrimony the roſe and all, and drinke the iuice of Knotgraffe, the blood will ſtaunch.

For bleeding at the noſe.

¶ Agaiſt the bléding of the noſe that cometh by ebullition or boiling of the blood in the luyer and vaines: in Sommer make Beanes wet in the iuice of Roſe-water, and lay them to the forehead, or temples: it hath been proued.

Another for the ſame.

¶ Take peruinckle and chewe it in the mouſh, and it will ſtaunch the blood.

Agaiſt the bleeding at the noſe.

¶ Take and wet the pith of an Elder in the iuice of Bursa paſtoris, and caſt powder of Sumac thereon, & put to it thy noſe. Alſo take and wet cotten in the iuice of Bloodwort, and put it into thy noſe, and it ſtauncheth blood. Alſo take the iuice of nettles, and rub well thy forehead therewith, and it will ſtaunch it.

The Path-way to health.

Take the seede that hangeth vpon a Hasell bowe and burne it, make powder and blow it into thy nose, with a Goose quill, or drinke the iuice of Planten, and the blood will stanch presently.

An experiment for the tooth-ache.

Take Betony and wild Gourds, and put them in wine, or in Uineger, and then put it into thy mouth as hote as thou maist suffer it, and hold it a good while in thy mouth, and it will take away the paine. Also take Henbane and bruse it, and hold it betwene thy teeth a good while, or lay it also vpon the tooth that aketh, and it will asswage the paine. Take three or foure rases of Ginger, and bruse them with halfe a pint of Ale, being sodden therein till it be waisted to a quarter, and put it into the parties mouth as hot as he may suffer it, and it will take away the tooth-ache.

For the tooth-ache.

Take strong Ale, and Musterd of the best, and gumme Elder, and put it in a porrenger and set it ouer the fire, and stir it, and when it is thicke, take it and hold it on that side that the paine is. Also take Henbane seede, and seede of Leeks, and Frankensence, of each alike much, and lay these three on a glowing hot tilestone, then take a pipe of Laten that is wide at the lower end, and small above, then set the wide end to the stone, and the small upward, and let the smoke goe into thy mouth: for this will kill all the wormes: it hath bene proued.

For the tooth-ache.

Take the root of Henbane, and seeth it in Uineger till the third part be sodden away, and with the same wash thy mouth, and hold it in thy mouth a good while, & it will kill the ach. Also take the root of Henbane, and hold it betwene thy aking teeth, and it will doe away the paine thereof.

For hollow teeth.

Take Assaferida, and put it in the hollow tooth, and it shall helpe them. Also take Rue and lay it to the hollow teeth; and
ch 3 m

chew it in your mouth, and lay thereof into the hole, and it shall
allwaie the paine thereof.

For hollow teeth.

Take Ameger and Musterd, powder of Pepper, and Belli-
troy of Spaine, and the curnell of a Nutgall, and boile them
all together, and put it in the hollow teeth, or els about the gums
hot, and thou shalt be whole. Also take the seeds of Henbane,
and beat it to small powder, and mingle it with ware, and make
a litle pellet that it may be full of powder, and put it in the hole
of the tooth that aketh, and it will kill the tooth-ache that is
hollow: this hath beene proued.

For wormes in the teeth.

Take Pepper and stamp it, and temper it with good wine,
and sup thereof warme, and hold it in thy mouth till it be cold,
and then spit it out, and thou shalt be deliuered of all anguish of
the tooth-ache. Also take the seed of Henbane, and cast it on a
chafingdish of coles of Charcole fire, and hold thy mouth over
the fire that the smoke may enter into thy mouth over a basin
of faire cleane water, and thou shalt see vpon the water as it
were small woymes, that shall come forth at thy mouth. Also
take Canse, bray it, and stop the hollow tooth therewith, and it
will kill the woymes, and take away the paines thereof.

Another for the same.

Take the roote of Bellitroy of Spaine, and wash it cleane,
and stampe it, and make thereof thzee small balls in thy hand,
every ball the greatnes of a plum, and lay the first ball between
the cheeke and the tooth that aketh, by the space that one may
goe a mile, and euer as the water gathereth, spit it out, and
when thou thinkest it hath beene there so long, put it out, and
put in another; and so doe till thou haue spent all thzee, & then
lay you vpon your bed, and ceev you warme, and when you
haue slept you will be whole: this hath beene oftentimes pro-
ued true.

The Path-way to health.

To make teeth to fall out of themselves.

Take ground Wormes, and a red hote Tile-stone, and burne them to powder, and put the ashes, into the hollow tooth, and couer it with wax, and they will fall out themselves. Also take the root of Henbane, and make it in powder, and touch the tooth, and it will fall out, take heed that thou touch not any but that which is sore. Also burne to powder a Harts horne, and rub thy teeth therewith, and they will fall out. Also make dowe of Wheat flower, with the milke of spurge, and lay it about the tooth that is pained, and it shall fall out. Also take a waterfrog, and a greene Frog, and seeth them together, and gather the greace, and smere therewith thy gums about the teeth, and they will fall out quickly.

For yellow stinking teeth.

Take Sage a quantity, and do as much Salt thereto, and then coffin it, as thou wouldest make a Pasty, and bake it in an Oven all to coales, and thereof make powder, and therewith rub thy teeth. Also take greene bzaiches of bzoome, and burn them, and make powder thereof, and doe thereto as much of the powder of Allam burnt, then mingle them together, and temper them with water, and therewith rub well thy teeth, and that will doe away the yelownes and blacknes, and the stinking of the teeth. Also take a handfull of Comin, and stamp it small, and seeth it in Wine, and giue the party so grieued to drinke twenty daies, & it shall help them. Also Mastick chewed within a mans mouth, taketh away the tooth ache.

To make teeth white that be yellow or blacke.

Take flower of Rye, and Salt, and Honey, and mingle them well together, and therewith rub well thy teeth every day two or three times, and after wash thy mouth with water, this will doe away the yelownes, and make the teeth white. Also take white Marble, Cattle bone, white Corall, Salgeme, Bay salt, Mastick, and the Pills of Citeron, of each of these alike much, make them in very fine powder, & rub the teeth therewith every

every morning, and afterward wash your mouth with white wine, wherein Dill or Camomell hath bene sodden. Also take Vineger of Squills, and dip a little peece of cloth therein, & rub thy teeth and gums withal, the said vineger fastneth the gums, and comforteth the roots of the teeth. Also scurvy grasse doth the same. Also distill a water in a Limbeck of two part of sal-geme, and the third part of allom, and rub the teeth with a cloth dipped in the same, and it maketh the teeth white, and clenseth the gums.

To make the teeth cleane.

Take Rosemary, Sage, and a quarter of Allom and Hony, and boile them together in faire running water, and when it hath been well boyled, straine out the faire water, & keep it in a glasse, and vse it sometime to wash your mouth & the teeth therewith, and it will make them cleane. Also wash the teeth with the decoction of our Lady thistle root, & thy teeth shall be fastened, and also kept cleane, and thy gums being sore about the teeth shall be made whole. Also the root of Horehound drunk or chewed of a man fasting, doth quickly heale the gummes, and maketh the teeth cleane. Also Strawbury leaves taketh and clenseth the teeth and gums: a sure and tried experiment.

For the gummes.

Against swelling of the gums, wash them first with Vineger and allom confect together, but first set Mentoles, or bores: with scarification on the necke or shoulder, or set the Mentoles in the hinder part of the head, and scarifie it three dayes, then lay Horeleeches to the gums, and wash the gums with vineger wherein Allom, Potgalls and Roses hath bene sodden in, and with the same vineger wash thy mouth three or foure dayes twice or thrice a day, and it will ease thee. Also against the rottennes of the gums: take Cingule and rub the cheek there-with, and it taketh away the rotting of the gums.

For the gummes that bleed.

Against the bleeding of the gums, take powder of Corall, and of Anthero that is in the middell of the Rose, and lay it
upon

The Path-way to health.

Upon the gummes : or confect it with Honey, and annoynt the gums therewith. The powder of Cozal put to the gums, healeth them. Also for the gums that rotteth : rub them with Myrrh, and it will he'p them. Also the fume of Myrrh received at the mouth, comforteth and purgeth the same.

For the gummes that are gnawne.

Take and seethe Cloves in water of Roses, and then dry them, and make thereof powder, then temper the powder with Rose-water, or with Roses, and that is best, and then dry it againe in the Sunne, and doe so three or four times, and then temper the powder againe with Rose-water, or with the iuice of Roses, and annoynt the gummes therewith, and lay the powder on them.

For blisters in the mouth, and swelling of the lips.

Against the blisters in the mouth, and swelling of the lips: take and seeth the leaues of Mastick in bneger, and with the same make a Gargarisme thereof. Also against feaing or rawnesse of the mouth comming of seauers, and against small blisters and swelling: seeth yolks of Egges in water, and then fry them till oyle come out of them, and with the oyle confect the powder of Penters, of Dragagant and Amidon, and annoynt the greese: this powder Confect with sirup of roses or Violets, is also very good therfore.

For chapping of the lips.

For the chapping of the lippes: take Pennets and delap them in water of Dragagant, and annoynt the lips therewith. Also for lippes that bee broken with the wind, take the oyle of Almonds and Propolio, boyle them ouer the fire, and let it be somewhat hard, and therewith annoynt the lips so chapped with wind. Also for new clifts, or chapping of the lips: lay the powder of Camell in the clifts, and keepe well thy lippes together, and bind a cloth thereto.

For

For swelling of the cheek that cometh of
the tooth-ache.

Take the iuyce of the seede of Nettles, and the white of an
Egge, Frankensence, and Wheat flower, and make thereof a
plaister, and lay it to the sore cheek, and it will do away the
swelling thereof.

For the great heat in the mouth.

Take a pint of water, and as much as a Put of white
Allom, and as much of Sage, a spoonfull of honey, and boile all
these together, and wash the mouth with it.

For the Canker in the mouth.

Take a pint of white wine, and as much running water,
and the crop of Sage, two spoonfull of life honey, and as much
Allom as an Egge, boyle all these together, and skim it well,
clarifie it till the Allom be consumed, and when it is somewhat
cold, put it in a glasse, and vse it. Also take the root of Selendine
and seeth it in white wine, and when it is well sod, take the pot
downe, and let the sick hold ouer his mouth, and let the breath
goe into the body, and it shall kill the canker.

For the Canker in the mouth.

Take the iuyce of Woodbind, & the iuyce of red Wortz,
Hony, powder of Camomell, and powder of wild Sage burnt,
also take red Wine a pint, a quarter of a pint of honey, and as
much Allom as a Doves Egge, and seeth them till the third part
thereof be wasted: proued.

Another for the same.

Take Vineger, Allom, Musterd, Rue, Quence, Flore,
hearb Robert, and seeth and straine them through a cloth as hole
as you may. Vse it, and wash your mouth oftentimes there-
with, and it will heale the canker.

The Path-way to health.

For the canker in the mouth, and for stinking breath.

Take a handfull of Woodbind, as much Planten, and bray them small, then take a pint of Cysell, and another of water, and a quantity of hony, another of Allom, keep al, these waters together in a glasse, and wash well thy mouth therewith, and hold it in thy mouth, and it shall destroy all cankers and stinking breath, and save thy teeth from rotting.

A very good medicine for a canker or sore mouth.

Take a handfull of Woodbind, as much Planten, and halfe a handfull of Lauender cotten, as much Sage, an ounce of white roch Allom, and three spoonfull of hony, bray all these in Vineger, let these be moderately warmed, and put into a still with the hearbs, and softly distilled, & after meales wash your mouth therewith three or foure times a day. Proved.

Against clifts and sores in the mouth, steepe Dragagant in Rose-water, and tying it in a cloth, & with a glewy substance that cometh out, mingle the powder of Amidum, and with a feather wet therein, annoynt the sore mouth therewith, and it will heale quickly.

Also for a man that cannot well eate, take Ambrose, Penitall, Anise, Ach, Organum, Rue, still these together with water, and drinke the water morning and evening til thou be whole. Proved.

For euill in the mouth or throe.

Take the leaues of the white Wine, and boyle them in faire water, and when it is well boyled, hold thy mouth ouer, that the ayre may goe into thy mouth, and then sup of the water, and hold it in thy mouth till it be cold, and then put it out and take no more, and do so seauenez eight times a day, and vse this two dayes together. Also doe in like maner with the fine leaved.

leaved Grasse, and ble it seauen or eight times in a day, and three daies together, but it must be sodden somewhat more then the leafe of the Vine, in faire water, and it will heale the Patient: this hath been oftentimes proued.

For vnswaery mouthes.

Take the iuice of Endiue with Sugar, and if the iuice be thicke or troubled, clarifie it, and so may all other iuices in this wise. Seeke the iuice of Endiue a litle, and let it stand, and that which is thicke will goe to the bottom, then take the thinn liquor, and straine it often through a cloth, and wring it, and with that iuice in the bottom, make Syrop with Sugar: if you will make it thinner, put the white of an Egge thereto.

For the stinke in the mouth.

Take and make Pills of Cassia lingua and eat of them, and they be good for the stinke of the mouth. Also for the stinke of the mouth caused of rottennes of the gums and teeth: take and wash the mouth with water that garden Minte be sodden in, and rub the teeth with the Minte, or else with the powder thereof. Also chew Muske, and it will do away the stinke of the mouth. Also take the iuice of Meruaine, and bruse it, and put it in thy mouth, and hold it a good while close in thy mouth, and it will take away the stinke. Proued.

To take away the stinking of the mouth.

Take and wash thy mouth with water and Almeiger, and chew Mastick a good while, and then wash thy mouth with the decoction of Aniseeds, Minte, Cloues, sodden in Wine. If the stinking of the mouth come of a rotten tooth, the best is for to haue it drawn out. Also you must wash your mouth before meat and after with warme water.

For to cleanse the mouth, and to purge the humors from the mouth, which descend out of the head, it is good every morning fasting to wash your mouth, and to rub your teeth with a Sage leafe, Pills of citron, or with powder made with Cloues or nutmegs,

The Path-way to health:

meats. You must forbear all meats of euill digestion, and rawe fruits.

For a stinking breath.

Take oyle Doret, Turpentine, Hony, oyle Olive, Virgini-
way, as much of the one as of the other, and boyle them all toge-
ther, and make an oymtment therof, and vse it every day in the
Patients nostrils, and let it be put into the nose every day
with tents made of lynth scraped of fine linnen cloath; and hee
shall be whole.

For a stinking breath.

Take the iuice of Hilwort, or else take Butter, and the
iuice of Featherloy, and temper them with Honney, and every
day give the Patient a spoonfull.

Another for the same.

Take two handfals of Comita, and stampe it to powder,
and boyle it in Wine, and drinke the Syrope thereof morning
and evening warme, the space of fiftene dayes, and thou shalt
amend: this hath been proued.

For a good breath.

Take and wash thy mouth with the water that the shells
of Citron haue bin sodden in, and thou shalt haue a good breath.
Also these confections make the breath sweet, the electuary of
Aromatiks, and the pills of Citrons. Against letting of the breath
caused of cold humors: take and drinke the hearb Dawk, or the
Liquor that dry Figs haue been sodden in, and it will make the
breath sweet and wholsom. Also take red Wints and Rue, writing
the iuice in the sick bodies nostrils when he goeth to bed.

For the tongue.

Against the sharpnes and drynesse of the tongue, put this
gum in water which is called gum Arabike, till the water bee
thymie, and with that thyme moist the tongue, or bind the gum
in a lynth cloath, and put it in water till it begin to melt, and with
the

The same cloth rub thy tongue, and it will take away the paine thereof. Also for the roughnesse of the tongue, put the seedes of Quinces, or the cornells in a fine cloth, and wash thy tongue therewith: also Phillium or the seede thereof.

For drynesse of the tongue, and for thirst.

¶ Against dzyines of the tongue of the Feauer Ague, put the seede of Fleawort, and bind it on a fine linnen cloath, and then put it in cold water, and therewith wash and rub thy tongue, and scerpe it with a knife. Also for thirst put the seede of Fleawort in a bag, and lay it on the tongue.

For thirst in the tongue.

¶ Against thirst in the tongue, giue Ptyisan or Dragagant, and it will be dissolued in a night, or make syrope with water that Barly and Dragagant is sod in, and it is conuenient for Feauer Agues, or if Dragagant be holden vnder the tongue.

For the palsie in the tongue.

¶ Take and vse great Strong ground Musterd, the powder of Piones well scalled, powder of Sage, Putnys, and Suger, doe these powders in the Musterd, and eat euey day at meales therof, and it will take away the palsie of the tongue. Also Musterd seede sodden in oyle or wine, is very good against the palsie. Also take the powder of Castorium, and hold it vnder the tongue till it be molten or dissolued.

For the palsie in the tongue.

¶ Against the palsie of the tongue, that is, when the tongue is full of holes, and the Patient cannot speake, because the sinewes of the tongue is full of humors, as it appeareth often in Feauer Agues, for the same, chew the seed of Cresses, and hold it vnder the tongue: proued.

For him that hath lost his speech.

¶ Take Sage, Pimpernel, stampe them well, & anoint his tong vnderneath with the iulce therof, els take the iulce of sage

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and Pimpernell, and doe it in his mouth. Also take Ach, Mintz, red Betony, and lay them into Goats milke, dzink it morning and euentng. Also take thzee unces of Betony, and sweet milke of a Goat, temper them together, and dzinke it thzee dayes together, this for the pallsie is most pfectious.

To restore speech that is lost sodenly.

Take Ventriall, and temper it with Cysell, and giue the sicke to dzinke it: lay also a playster of this to his nostrills so grieved.

For a man that sleepeth, and cannot
speake.

Take Gaibanum and set it ouer the fire with a candle, & make it smoke, and put the smoke to his nose, and thou shalt cause him for to speake. Also take the iuice of Sage and Primrose, and do it in his mouth, and he shall speake by Gods grace, Also take the iuice of green Mozrell berries, and clarifie it wel, and dzinke thereof, and thou shalt speake.

Another for the same.

Take the iuice of Sothernwood, & temper it with wine, and dzinke it when thou goest to bed.

Another for the same.

Take the crops of Rue, and the crops of Merueine, of each like much, and dzinke the iuice thereof when thou goest to bed.

For Sunne burning.

Take the iuice of Lemons, with a little bay-salt, and wash your face therewith, and let it dry in, and doe so thzee or foure times, and it will helpe you. Also take halfe a pot ful of raine water, and fill it vj with veriuice, and leet it til it be consumed away, and in the time that it is a boylng, fill it with the iuyce of Lemons, and when it is sodden, take it off and let it coole, and then take eight new laid Eggs the whites of them, and beat the fine, and put fine Suger to it, and so occupy it for Sun burning

For

Go forth

For red pimples in the face.

Take a little Roch Allom, and bzeake it in small pices, then take the white of a new laid Egge, and put it in a pan that is leaded within, set it to the fire till you see it boile, and stir it all the while with a little stick til you see it wax hard take this and wash your face therewith. Also take Rose-water, and water of wild Tansie, and mingle them together, and therewith wash thy face, and thou shalt be whole.

For pimples in the face.

Take and wash your face when you go to bed with warme water, and let it dry in: take the white of an Egge, and put it into a Saucer, and set it vpon a chafingdish of coles, and put into it a pice of Allom, beat it together with a sponne till it become thicke, then make a round ball, and therewith annoynt the parties face where the pimples be.

For heate and blaines in the face.

Take the whites of two Eggs, and beat them with an Allom Stone till they come to curd, then take it, and set it vpon a few embers, and alwayes stir it as it doth gather to a curd, then take it off, and put it vpon a Painters Stone, and put thereon Vnguentum populeon halfe the portion, and of Allom as much as your thumb, so fine beaten as may be, and this grind with al the other ingredients a long while, and put it in a glasse or pot, and therewith annoynt thy face.

For a rich face.

Take three yolks of Eggs rawe, as much in quantity of fresh butter, or Capons greace without salt, Camphire, two peny worth, red Rose-water halfe a pint, two grains of Stuet, and boile al these together in a dish, & then strain them through a clean cloth, and so set it to keele, and take the vppermost and her it. Also take Populeon, Bizimstone, and fresh butter, and a handfull of red sage, and stamp and strain them, and then melt
all

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all together, and put it in a box. Also take white Copperas one ounce, one pint of running water, and boile them altogether to the halfe, and skim it clean, and straine it, and put it in a glasse, and set it in the Sunne, then wash thy face with a feather, and anoint thy face therewith morning and evening till it be whole.

For a sauceflamed face.

¶ To annoynt it by day, take eight penny worth of Camphire, and as much of Beeres greace as a costard Aple, and mingle them together finely til you can perceiue none of the Camphire, then put it into a box, and keep it as close as yo^r can from the ayre. Also to annoynt the face by night, take a quantity of Deeres suet, and put thereto a little Beeres greace, & a quantity of Wymstone, and boile them together with a quantity of copperas, and a pint of Vineger, or clarret Wine, and after they haue been boyled, vse to annoynt thy face therewith.

To make a good oyntment for a sauceflamed face.

¶ Take an ounce of oyle of Bayes, and an ounce of Quicksiluer, and do them in a bladder together, with a spoonfull of fasting spittle, and then rub them well together, that nothing of the quicksiluer be seene, and then take of this oyntment when that it is made, and annoynt the sauceflamed face therewith, and it will heale it well and faire, on warrantise, proued true.

Another oyntment for the sauceflamed face.

¶ Take the roots of Lonach, and of Dock roots, the tops of Nettles, and Cellendine alike much, the quantity of three ounces, halfe a pound of the beanes of Parsley, and bray them well in water, and do thereto two pound of Beeres greace, and stamp them well together, and let them stand til foure daies, after set it ouer the fire till it seeth, then straine through a faire cleane cloth, and then put thereto fine Frankensence, Myrrh, and Marshick, of each an ounce, and let it boile softly with an easie fire, & stir it well with a slyce, & then let it keele, and when it is cold, put thereon two ounces of quicksiluer, and mingle them together;

ther, and therewith annoynt the saucefleame face, and this will heale the same, as it hath ben off-proved.

Another medicine for a saucefleame face.

Take the petty Myzell and still therof a quart of water, and take a quarter of a pound of Camphier, and beate the water a little, then put the Camphire therein and mingle them very well together, then put it in a glasse and stop it well, but you must buse the Myzell a little in a Morter before you still it, afterward with this water use to annoynt the saucefleame face, and it will heale the same. Also with this water you may heale any manner of saucefleame face whatsoever, as by experience hath often ben proved.

For heate and swelling in the face.

Take and boyle the leaves or the blossoms of Rosemary eyther in white wine or faire water, and use to wash thy face and hands therewith, and it will preserve thee from all inconveniences, and also make both thy hand and face very smoothe.

For wrinkles in the face.

Take white Wine, and a little B:tony, and a dry Figge that is fatte, and annoynt your face therewith, then trauell upon the same till you sweat.

For a man that sweateth too much.

Take Linseed and Lettice, and stampe them together, and lay it to the Romack of the party that useth to sweat much, and it will helpe him.

For to make the face faire.

Take the flowers of Rosemary and seeth them in white Wine, with the which wash your face: also if you drinke hereof, it will make you have a sweet breath. Also to make the face white, put the powder of Sepia for oymntment Citerium, and annoynt the face: Or make powder of the roote of Serpentine,

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and of this bone, and mingle the same with Rose-water, and let it drie: & then put it to the same water againe, and let it likewise drie, doe this foure or five times, and then vse to annoynt the face therewith.

For a child that is iaw-fallne, or moldfallne,
or rooffallne.

Take a handfull of Chickwæde, and wrap it in a red Colwort lease, or els a linnen cloth, and roost it in the hote embers in the fire, and it will become a græne salve, then lay thereof to the bone of the necke as hote as may be suffered, & take sours leaven of white Bzead, and crum it on the molde of the chldes head as a plaister, and it will raise up the bone or molde, by the grace of God within nine howres.

For shortnes of breath.

Take a gallon of Ale, & put thereto a penny worth of Lyctoris scraped, & a halfe penny-worth of Anniseed, a little Linseed, and a handfull of Slope, and as much Pennerial cleane washed: let them seeth to five pnts, and drinke hereof morning and euenting till you haue ease.

For a hoarse voyce.

Take the broth that red Colworts haue been sodden in, and mingle it with seven or eight Pennydis, and one ounce of sirrop of Maiden-haire, and giue it the patient when he goeth to bed. Take Dyairis simple, and a loosing of the same at morning, and also at night.

Another remedy for a hoarse voice.

Take great Raisons, Figges, Sugar, Cinamon, and Cloues, of each a small quantitie, seeth them in good Wine, and giue the patient to drinke thereof morning and euenting, two ounces at a time, except hee haue a Feauer. It is also good to take morning and euenting a spoonfull of the sirrop of Iniubes, mixed with a roote of Licoris in maner of a Loclanum, if with
the

The said hoarcones there discende abundance of water to the mouth. Also it is good for to make an electuary of halfe Hyairis and halfe Diadrigantum, and vse hereof first in the morning, and last at night.

A very good medicine for to open the pypes, and to make the voyce cleere.

Take a Fig, and put it in the powder of Slope, and eat every morning one at a time till you be well. This will helpe you on warantise.

For a sore throat or mouth.

Take Cuckfoile a good quantitie & stampe it, and boyle it in faire water in a posnet, then hold thy mouth open ouer the fume thereof as hote as possible thou canst suffer it, that it may enter into thy throat, and still as it cooleth in thy mouth, spit it out, and so take fresh and fresh.

A sirrop for a sore throat.

Take halfe a pinte of the ioyce of Mulberries, a pint of clarified Honny, & a quarter of a pinte of good Claret Wine, seeth them altogether till the liquor be consumed: take also sage, Sugar, Woodbine and Roses, of each a handfull, seeth them in faire water till the strength of the hearbes be sodden, then take tenn or twelue spoonfulls of the fore-said sirrop of Mulberries, and put therein, and with this vse to gargell your throat take warme oftentimes, and spit it out againe: pzoed.

For a sore throat.

Take oyle of Camomile & oyle of Violets, and the oyle of Almonds and the grease of a Hen as much as of all the others, first wash it well and picke it, then mingle all together, & annoynt the throat therewith. Take the dung of an Ase, and the dung of Swallowes, and make it in powder, and put the same in wine, and gargel it in your mouth and throat as hot as may be suffered. Take also the Swallowes in the nest, and a pound

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of the oyle of Camomile, and the oyle of almonds, as much of the one as of the other, and lay it to the place.

For the swelling in the throat.

Take the greene barkke of the Elder tree, and a little Bay salt, beat them well together till they be somewhat small, then lay the same to the swelling of the throat.

For the Quinsie in the throat.

Take Cinckfoile, and seeth the same in running Water, and put it in a pot with a narrow mouth, and let the party greued hold his mouth ouer the mouth of the pot, so that the same may passe into his throat, and when the water wares colde, wash the throat well with the same, both within and without, and the disease will banish away: proued.

Another for the same.

First let the party thus diseased, be let blood on the left arme, or in the liuer bathe three or foure ounces, and let him gargale it with Wine: vinegar and water warmed together, of each a like quantity, gargale it oftentimes, and spit it out, and let him haue Methridatum in white Wine, and let him sweat vpon it an houre or two. And if the Quinsie be swolne already in his throat, then let him vse this remedy following. Take a Swallows nest as you finde it, with Birds, or with Egges, or without either of them, and put to the same eight handfulls of Gallowes, with as much Water: cresses, boyle them all together in milke vntill they become soft, and till the milke be cleare consumed, then beate it in a bowle vntill it come to a plaister, then take as much as your fist of the same, and while it is warm spread it like a plaister, and binde it as hote as may be suffered about the place where the swelling is, and so change it often till the paine be gone.

Another for the same.

Take hote Bread and put it in Honey, and lay it to the place as hote as may be suffered, and it will drinke it vp, Take also

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also the iuyce of Planten, & gargell it vp and downe by throate and it will ease the paine thereof. Also take the berries of the Mulberry tree, and make iuice thereof, then seeth them in a little oyle and Wine, and put Vineger thereto, and so gargle it. Also an electuary made of the iuice of the same Berries, with a quantty of scummed Honny, is good for the same: and it may be kept ten yeares in seedes of Dianorum, for the Quinsse.

For the Cough.

Take Slope, great Raisons, and Figges; of each a little handfull, and one ounce of Licoris: boyle them in faire water till the third part be consumed, then giue the partie griued for to drinke thereof twice a day, in the morning two houres before meate, and at night two houres before supper: also it is good for to ease a losing of Diaris or Diapaeidon. If you will haue it stronger, put thereto the decoction of a little Coleworts, Anni-seedes, and Fennell seedes, with the seedes of Pettle, of each two drams.

Another for the cough.

Take Sage, Rue, red Fennel, Slope, Couin, and the powder of Pepper, of each like much by weight, and seeth them well together in Honny, and make thereof an electuary, and vse thereof a spoonesfull in the evening, and another in the morning till the cough be gone.

Another medicine against the cough.

Take the roote of Enula campana, Horehound, Holihock, of each of the a like much, seeth them all together in white wine with a dozen of fatte Figges, and with a little Licoris, and vse to drinke hereof a draught at a time every day twice.

For a dry Cough.

Take Anni-seedes, Anise seedes, and Violets, and beate them to powder, and stampe them with euen portion, then seeth them together in faire water till they were thicke, then put the

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same into a box and as you neede, let the sick eat first and last of the same till he be well.

For the Cough, or stoppings.

Take the powder of Slope, the powder of Anny-seed, the powder of Ginger, the powder of Licoris, and mingle the with clarified Honny, and eate dayly hereof till thou be whole. Also for the cough take a little Bizimstone, and make powder thereof, & put a little of the same upon a boorde or trencher, and take a stick or coale of fire, and put it in the Bizimstone, and let the partie greened, hold his nose over the fame of the Bizimstone, and it shall breake the force of the cough & stoppings. Also this is good for the pease and the reume in the head, as hath oft been proved.

To make a powder for the Cough.

Take Suger-candie, Enula Campana rootes dzyed, but nothing so much Enula Campana as Sugar-candy, the take two or thre crops of dzyed Slope, and one race of Ginger, and beat all these together, and after ward ble to eate of these powders till thou be whole.

To make a sirrop for the cough.

Take a pint of Slope water, halfe a pint of clipped Rosemary, a quarter of a pound of Sugar-candie, thre spoonfuls of Anniseeds bruised, thre spoonfuls of Licoris sliced, seeth al these together upon a soft fire until it cometo a sirrop, then strain it and take a spoonfull thereof morning and euenting, and let it goe softly downe by gowlpes.

For the perrilous cough.

Take white Horehound and stamp it, and wyng out the iuyes, and mingle the iuyse with Honny and seeth it, and giue the sicke to dzink hereof. Take also a Garlike head and rost it then take away the pills and eate it. Also take a Colwort leaf and strike the inner side thereof with May butter, and lay it to the sicke mans stomacke or belly euery morning and euenting, and

and giue him no Milke, Butter, nor Cheese, nor any kinde of salt meate, nor salt pottage, nor Nuts, nor Apples, but make the party pottage with leaues, and rost him an Onyon, and let him eate it with a little Pepper and Hony put therin, and vse it often, and it will helpe him.

Another for the same.

Take the iuyce of Sage, & the iuyce of Rue, of each like much, and a quantity of Commin, and as much of the powder of Pepper, and seeth them all very well in clarified Hony, and so make an electuary thereof, and let the partie greued, vse of this medicine daily, three spoonfulls at night, & three in the morning untill he be whole.

A good medicine to helpe the cough speedily.

Take two or three Garlick heads wel pilled, stamp them and put them into Hogsgreace or Suet, and stamp them wel together, and at night when thou goest to bedde warme well the soles of your feet, and annoint them with the said confection as hot as may be suffered, and also the small of your legs, and put a warme cloth about your feet, and within three nights he shall be holpen. Also take Wzinstone and put it into powder, & put a little thereof into a new layde Egge soft rosted, & mingle it wel together: then put thereto of Bengem in as much as a fitch peale lightly stamped, and drinke it in the morning at your breakfast, and at night.

A remedie for the dry cough.

Take a pound of Licoris, and scrape it cleane then stamp it in a mortar, and put it in an earthen pot, and put thereto three quartes of the best wort that may be gotten & one vnce of Sugar, and a quarter of an vnce of Ginger in powder, & a pint of clarified Hony, and seeth them all together till they bee halfe wasted, then straine it through a cleane cloth into a faire vessel, and let the party greued vse thereof first & last, at night hot, and in the morning cold, till he be whole.

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Another for the Cough.

Take Any seedes, Smallage seedes, and Violet seedes, of each a like much, beate them all together in powder, & temper them with wine as the quantity giueth, then seeth them wet till they were thicke, and so vse it. Also if you take the seedes of Nettles, and seeth them in Oyle, and afterwarde annoynt your hands and your feet therewith, it will do away the cough. Also take the succop of Violets and of Iniubes, and drinke thereof. Also it is very good to take first in the morning & last at night, a lozng of Diadragant, and afterwarde to drinke a draught of good Prisan, and this is a present remedy for the cough when it proceedeth of a hote cause.

A dyet for them that haue the cold cough.

We must abstaine from vineger, and all salt meates, from fruits and raw hearbes, from Fish, Lemmons, and all kinde of grosse meates, and too much repletion: Also we must drinke no wine betweene meales, nor sleepe in the day time, especially after meate.

For the stopping of the pypes, and for Acame:
a medicine preued.

Take a good bowle full of Barley, and put to the same a gallon of cleane Well-water, and boyle them together till the Barly be as soft as any Wheate or Formentio, then straine it through a cleane cloth, and take that water, and put thereunto as much good Wort, with a pennit-worth of Licoris bzused, but not made into powder, and a handful of good Slope, another of Sage, and boyle them altogether till one halfe of the liquoz be boyled in: then straine that liquoz through a cloth, and that that cometh through the cloth, put into a close vessell, and let it stand a day, and then let the patient drinke thereof a sponesfull or two every morning, and so much likewise every evening untill he be well. This hath beene often proued.

For straitnes in the pypes.

¶ For straitnesse in the pypes or in the breast, take drye *Sage*, rootes of *Enula campana*, of each one handfull: Sticks of *Licoris* scraped and soft bzused foure vneces, and boyle altogether in a gallon of running water, till halfe be wasted, then Straine it, and to all the aboue said liquor hote, put halfe a pint of clarified hony, and drinke therof milk warme, a good draught every day first and last.

A medicine for to stay a vomit.

¶ Take halfe a pint of running water, an vnce of *Suger*, and a good race of *Ginger*, pick it and scrape it cleane, and shred it in good hand some peeces, and so put it to the water and the *Suger*, and boile them together from halfe a pint to a quarter of a pint, and so give it to the party to drinke, for it will stay the vomit in a very little space.

For them that may not digest their meat.

¶ Take *Horshoue* and *Hilwate*, of each of these a like much, wash them cleane, and stamp them, and put thereto the powder of *Pepper*, and seeth them together in faire water, and let the Patient drinke thereof lukewarme, first and last.

For a vomit a remedy.

¶ For them that haue vomit, and for them that haue not their breath at will, and haue stopping in their breasts: take a dram and a halfe of the powder of *Betony*, with a Goblet full of water, and drinke it fasting.

Another for the same.

¶ Against the vomit caused of weaknesse, heate, or odor chollick, mingle the powder of the three leaved grasse, with the white of an Egg, and rost them on a tyle, and give it to the patient to eate. Also for the vomit caused of retentive weaknes: take the powder of gum *Arabick*, and powder of *Canell*.

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For a man that vomiteth too much.

Take Roses and boyle them with strong Vineger, and make a plaister ther of, and lay it to his stomack all hot. Also vomiting cometh sometimes without great violence, and therby one getteth health, wherfore ye need not give him any remedy, for it is a good action of the natural vertue of the stomacke, sometime vomiting cometh by a great violent moving of the vertue expulsive of the stomacke. For the euill things contained in the same, a remedy: one may well help a man to vomit, giuing him water warme with a litle oyle to drinke, or else to put his finger in his mouth very lowe, or a feather wet in oyle the better to vomit, & to mundifie the stomack, if so be the person haue a wide throate, and that vomiting doth not hurt him much, as they be that haue but small and strait throats, and long neckes and leane, for all these are euill to vomit. Sometimes vomiting cometh by weaknes of the stomacke, caused of a hot and euill complexion, ye shall cure it after this manner: take scrape of Roses, Quinces, Girtles, with water sodden and cold againe, or else water of Parslan to quench the thirst. Also it is good to annoynt the stomack before dinner and supper, with an ointment of the oyle of Roses, and Quinces, and the iuice of Mintes, and a litle wax, or els make a plaister of Mintes, Rofs, Wormwood, & oyle of Roses, and lay to his stomack as hot as ye may.

For to make a man cast and perbreake.

Take two parts of the iuice of Fenel, and one part of honny, and seeth it till it be thick, and drinke ther of morning and evening, and it will cause a man for to cast or perbreake.

Another for the same.

Take the iuice of spurge, and drinke ther of, and it will cause you to cast. Also the iuice of Stoncrop put into white wine causeth a man for to cast presently.

For to comfort the Patient after his vomiting.

Take and giue the Patient in the morning an ounce of the drop of Wormwood, or mintes, in stead of which it is conuenient

To take a losing of Aromaticum rosatum, or Diagalanga. Also take evening and morning three houres before meat two cloues in powder, with a spoonful of the iuice of Mints, or half a spoonfull of Rue dyed with a little wine. Also it is good to take powder of Cloues, and Lignum aloes the weight of a crown, two houres before meat.

For one that abhorreth his meat.

T Sometime there chaunceth in the stomack a disease called Fastidium, or abhorring of meat. wherby the person against his will taketh in hate al manner of meats that is offered vnto him, like as the whole man taketh pleasure and delight in the same. The cause of his disease is repletion of chollerick humors, or Slegmatick, grosse and viscouse which are in the stomacke: and the Patient hath great thirst, a dry tongue, the mouth bitter, and sometime doth vomit yellow choller. And if the vaines be full, let the Patient be let blood on the right arme, and giue him to eat and drinke such things as are fit for a party so grieued, also you may giue him the iuice of Pomegranets.

For to prouoke an appetite.

T Take Sage, Parsly, Pepper, and Mints, and stampe them, and temper them with Vineger, as you doe make sauce for fishes, it will cause appetite: also flesh eaten with Vineger, comforteth and giueth appetite. If Vineger be bled with a full stomacke, it vnbindeth the womb, with an emptie stomacke bindeth it. It is good for them that be weake with sickness, if it be taken in this manner: tosse bread, and wet it in vineger, and with the tosse rub the mouth and nostrils, and bind it on the pulseable vaines, for it comforteth the Patient, and the appetite. But for the appetite onely, it were better wet in the iuice of Mints. Also to them that haue lost their appetite by sickness, 2. drams of the powder of Betony, with foure Ciote rootes in drinke, taketh away both sadness and euill tast of meats. Also take and coniect Cardomomum, with the iuice of Mints, and vse for to wet your meat therein, it prouoketh appetite.

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Against the letting of the breath.

Take and lay Oypiment vpon hote embers, and let the Patient stoope downe, and receiue the smoke thereof through a pipe or funnel. Also take three drams of Oypiment, with reare Eggs, or with wine or womans milk, once or twice in the week.

Against paine of the breath called Asma, caused of cold, take the powder of Philixendula, with the powder of Gentiana, and vse it in his meat and drinke.

Another for the same.

Against the paine of the breath if it be of a long continuance: take the powder of Gentiana with Wine, and Barly water, or els with meats or with new bread. Also take two drams of Galbanum, with a reere Egge, or with Barly water. Also to take Figs and seeth them in wine, is good against the letting of the breath, and against cold rume or humors in the breast. Also Pancakes made of Docks with meat or Eggs, is very good for letting of the breath called Asma, if you eat thereof.

An oyntment for the shortnes of the breath.

Take two unces of the oyle of sweet Almonds, and one unce of May butter unsalted, a little Saffron, and new Ware, and make an oyntment therewith, and annoynt the breast morning and evening.

Also for him that lacketh wind.

Take Gallowes, Mercury, and Borage, seeth them together in a pece of Pork, and make thereof pottage, and eat and drinke of this broth with wine, or with Whey that is good.

For armes being consumed and fallen away.

Take Deare suet, and shine owne water being dissolved in a basin warme, then therewith wash thy armes every day morning and evening.

For the mary being cold and numd in the armes.

Take three sponfull of Mace, three sponfull of Aqua vite, and three sponfull of brine, and three sponfull of Capons greace,

and put them all in a Morter, and warme them on the fire, and wash your armes morning and evening. Also if that you be soze in any part of the armes, take Koch Allom, and Madder, and boyle them with Conduitt water, from a pottell to a pint, and so wash your armes.

For aking of the hands and deafnes of the fingers.

Take a handfull of red Sage, as much red Fennell, as much red Petles with a quantity of Bay leaues in powder, and long Pepper, stamp all these together in a Morter, then straine the same through a Canvas cloth with Aqua vitæ, and with this liquor, annoynt thy hands when you goe to bed.

For swelling of wounds in the hand.

Take Wormwood, stampe it, and straine it, and boyle it with vineger, and put thereto Wheat bran, and make a plaister, and lay it to the soze hands.

For wormes or heat in the hands.

Take Chickweed and bruse it a little, and seeth it in running water till the halfe be wasted, and wash your hands as hot as the party can suffer it, for the space of five daies, and it will drie away the heat or wormes in the hands.

For to make your hands white.

To make the hands white and soft, take Astodill in cleane water till it bear for k, and put thereto powder of Cantarium, and stir them together, then put thereto rawe Eggs, and stir them well together, and with this ointment annoynt your hands, and within three or foure dayes being thereof, they will be white and cleane.

For itching of the wormes in the hands.

Take and annoynt the place that itchech with the iuice of Spints, or of Rue, and it shall put away the wormes. Or else take the berries of the lesse Morrell, and therewith annoynt the wormes and the hands.

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For to make nailes to grow.

Take Wheate flower, and mingle the same with honney, and lay it to the nailes, and it will help them.

For nailes that doe fall off.

Take powder of Agrimony, and lay it there as the nayle was, and it shall put away the aking, and it will make the nailes to grow.

For clouen nailes.

Take Virgin Wax and Turpentine, and mingle them together, and lay it on the nayle, and as it waxeth or groweth, cut it away, and it will heale.

For nailes that are rent from the flesh.

Take the lesser Violet, and stamp it, and fry it with Virgin ware, and Frankensence, and make a plaister, and lay it to the naille all whole.

Also annoint thy fingers with the powder of Bizimstone, Arsenick, and Vineger, and in short time you shall find great ease.

For stinch vnder the arme holes.

First pluck away the haire of the arme holes, and wash them with white Wine, and Rose-water that Cassia ligna hath been sodden in, and vse it thre or foure times.

For to destroy the heat of the stomacke.

Take faire clere water, and boile it well, and skimme it, and put therein shivers of brown Bread, and let them lie therein an houre, till the water be almost cold, and drinke thereof two or thre dayes, the other a day, the better, and eat greene Parsley, and Galingall, and it shall helpe thee.

For to auoid steame out of the stomacke.

Take the powder of Bellitoy of Spain, and the powder of Comta, powder of long Pepper, powder of Ginger, madder, vinegar,

reger, and mingle them together, and chase them on the fire till they were thicke, and then as hot as you can suffer it, put part thereof in your mouth, gargling it in your throat by & downe but let none enter into your stomack, do this diuers times, spitting it out by the space of an houre, and this is a Gargarisme proued.

For the stomack that is hot and swolne.

Take the roote of Smallage, stamp it, and put it in swete Wine, or in other good wine all day and night, and straine it through a faire linnen clot, and put it in a cleane vessel, and use to drinke a little thereof every day fasting, take this eight or nine dayes.

For rising under the stomacke.

Take long Pepper, Graines, Saffron, Ginger, Aniseed, Licoriz, and Sugar, & seeth them all in good Ale till it be thicke, and giue it to the party to drinke, and he shall be whole.

A plaister for rising vnder the stomacke.

Take Parrow, Dilpele, red Fennell, red Wints, Rue, Bozage, Fesherfey, Closteler, Pellitory, Egrimony, of each of these a like much, and the greace of a barrow hog, that is a sow kind, and seeth them all together in good Ale, and make thereof a plaister, and lay it to the stomack as hot as may be suffered, two or thre times, and he shall be whole God willing, the hotter the better for to be taken: this hath been proued.

For the gnawing of the stomacke.

Take and seeth Betony in the iuice of Mozumwood, and let the party drinke it with warme water, if his stomacke be not well. And drinke wine that Ryp hath been sodden in next to the heart fasting early.

For the stomacke that aketh.

Take an heath that is called Polco, and dry leanes, and a handfull of Honsteke, and as much of this Polco, and put it

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In a vessell with faire water, and let it boile on the fire till the third part of the water be sodden away, and put thereto Stone sugar, and a little honey, and let the Patient drinke thereof five dayes fasting, and he shall be whole.

For to force the stomacke.

Take three parts of Cannell, and one part of Mastick, and one part of the partings of Pomgranets, and half a part of Galingall, and stamp all these together, and temper it with honny that hath been clarified in the fire, and well scummed, then vse as much of this as a Nut, every day during ten dayes together: This hath been proued.

For the wind chollick in the stomack.

Take a handfull of Tyme and wash it cleane, and put it into a cup of Ale or Béere, and let it stand all night, then take three sticks of Licoris brysed, and let the party so griened drinke thereof morning and evening.

Another for the same.

Take Onyons and put them into running water, and change them into foure waters seething, and when they are tender sod, take them and wring them between two trenchers, and butter them, then put theron grosse Pepper, and se eat of them morning and evening, vntill you do find your selfe eased of your stomacke.

For steame in the stomacke.

Take red Nettles a good quantity, a good quantity of clarified Butter, and seethe them in faire running water, till the hearbes be tender, then take them vp, and eate the hearbs, and drinke the liquor: proued.

For to make losings to comfort the stomack.

Take a pint of Rose-water, a quantity of Rubarb, grate it vpon a Grater, twice as much Setwell, as much Calamas aromaticus

aromaticus, as much Spiguard, a little Sinamon, as much Enu-
la campana, as much Ginger, and a little cleane water: put to
these Spices one penny-worth of Sugar, and let all seeth on the
fire till it waxe very thicke, and be well sodden, then vse here
of both morning and euenting.

For all manner of euill in the stomacke.

Take the seedes, Unseedes, Comin, of euery of them a
like much, giue these to the sick to drinke with hot Wort, or else
with faire hot water.

For the Feauer in the stomacke.

Conserue of Roles, is very good for the Feauer in the Sto-
mack: also it is good for all euils in the Stomack, that is ingen-
dered of hot humors.

For the swelling in the stomacke.

Take the rootes of Fennell, and the rootes of Smallage,
of each of them a like quantity, then stampe them and straine
out the iuyce, and temper the same with good Wine, and vse to
drinke thereof first and last, in the euenting warme, and in the
morning cold.

For impostumes in the stomacke.

Against the impostume in the stomacke and of the bow-
els, seeth Fenegreek very soft, with water that Mallows haue
bene sodden in, and lay it to the stomacke in manner of a plat-
ter, and this will ripen and breske the impostumes that be in
the stomack. Prooued.

For impostumes that be in the stomacke, or in the li-
uer, or in the bowels.

Take the iuyce of Moxrell with Praisome and Warly, and
giue it to the patient to drinke, and it wil both ripen and destroy
the impostume in the stomack. Also take the oyle of Mandrake
and anoint the grieued stomacke therewith.

For

The Path-way to health

For an impostume in the stomacke.

Take Barly, dyed Beanes, and Lycoris, and let them boyle all together, of each of these a like much, drinke thereof with Sugar every day fasting, and at night when thou goest to bedde, let the patient vse this seven or eight dayes together, and it will cast out the impostume in his stomacke.

For to cleanse the filth in the stomacke.

For the filth and dyt in the stomacke, which resteth there by reason of the impostume that hath bene in the stomack or in the bowels, take the powder of Salnatry with warme water, or else with Honey.

For a stomack ouercharged with raw meat:

Take Stoncrop that groweth on the wall, and it purgeth both upward and downward: it purgeth the stomacke of euill humors, and helpeth the Droopie, the Stone, and the Flir. Also for the Splene, for the Tussick, and for the Feauer, it is a precious medicine.

For the stomacke and head, and for a man that may not well speake.

Take and gine the sick to eate nine dates in May, Scabias, Hingwort, Smallage, Morsus diaboli, Zue, Mylfoyle, Wilmewood, and Fetherfox, stampe all these together, then seeth them, and when they be well loaden, take whites of Eggs, and purge the patient euening and morning.

For a man that cannot digest his meate in his

stomacke.

Take Centory, and seeth it in water, and drinke thereof warme every night when thou goest to bed. Also take Sage, Rue, Commin, and Pepper, seeth them together with Honey, and eate every day a spoonfull hereof. Also drinke the wine that Sep hath been seaden in. Or seeth Betony in the iuice of worme wood, and drinke it with warme water.

For winde in the stomack and bowels.

Take three unces of Scene, haife an unce of Ginger in powder, Commin, and Anniseedes, three pound weight of both, mingle all these together, and eate thereof every day a spannefull. Also take Calamint, ginger an unce made in powder, with a little Honny, and eate thereof first and last.

For vnkind heat in the stomacke.

Take Lettice, and drinke it with Wine every day, or else eate thereof, and it wil take away the heat of the stomack, also to eate Rue every morning, is good for the stomack.

For the weaknes of the stomacke.

Take Mastick and Labdanum of each one unce, take also a dramme of the powder of Wormewood, and Turpentine as much as needes to encozperate them together, make a plattter hereof and spread it vpon Leather, then lay it to the stomacke. It is good to annoynt the stomacke with the oyle of Spignard, and Mastick, or to lay vpon it hote bread steeped in good Wine, on the which bread strew the powder of Cloues and Nutmegs. Also it is wholsome to eate afoze your meate, Anniseedes, and Fennell-seedes: and when you begin to eate, take a toft dipped in sodden wine, or els in good Mallice, without drinkeing of the same Wine, except it be a very little draught after meate.

A medicine for the bulke.

Against paine of the members in the bulke, as the lungs, and other that serue to the breath, and against apilation of the liuer and Milke of the bladder, and paine of the stomack, drinke the Wine that the root of Ireos hath been sodden in.

Another for the same.

Take and make a manner of pottage with Barly & water, and put the powder of Balme-mint thereto, and giue it to the patient: and it will helpe him.

The Path-way to health.

For the bulke and the stomack.

Use to drinke the Wine that is sodden with Dragagant, it warmeth the parts of the bulke and clenseth them. Also it warmeth the stomack and the bowels, and is very good against the Collick, and to open the milt, also it is very good against the hindrance of urine, be it either Strangurie or Disflux. There be two kinds of Secadors, that is to wit, Arabick and Cytrine, and both of them approued to the sinewes and bzaine.

For spetting of blood.

For the party that bleseth to spet blood, caused in the bulke, make Pills of the powder of Dragons blood, and gumme Arabick, and pry some that Dragagant hath been molten in, and let the patient hold it on his tongue, & when it is all relicted, swallow it downe. Also for them that spet blood because of the disease in the bulke, take Pills made of the powder of Sumac, and gumme Arabick confect in Rose-water. Also for them that spet blood, take Honny and Vinegar, and it helpeth the same.

Another medicine for the spetting of blood.

Take Pills confect with the powder of Gummy, & with a little Mastic, and confect them in water that gumme Arabicke hath bene molten or laid in: and hold these Pills in thy mouth till they melt, and then swallow them downe. And if the blood come to thy mouth by reason of the nutritiue members, as the stomack, the liuer and the milt, eat this powder with a rawe Egge, and drinke it with the iuice of Plantaine.

Another for the same.

For them that vse to spet blood at the mouth, out of the belly and stomack, and against the paine thereof, take and beate the roote of Sowthistle small to powder, & drinke it with wine. Or els take two drams of the powder of Betony, with Clats of old Wine for three dayes, and it will helpe the patient that is grieved herewith.

For

For spetting of bloud.

Take Ach, Mintz, Rue, and Betony, of each a like quantity, and seeth them well in good Milke, then giue the patient thereof to drinke, and it shall helpe him.

Another for the same.

Take the iuyce of Betony, and temper the same wel with Goates milke, and let the party troubled, drinke thereof three dayes together. Also take Smallage, Mintz, Rue, and Betony, and giue thereof to the patient to drinke in Goats milk, and let him sup by a good draught at a time, as hote as he may well suffer it.

For straightnes of the breast.

Take a quart of good stale Ale, and a quart of fine wort, take a halfe penny-worth of Liver-wort, & halfe a penny-worth of Licoris sliced very fine, and scraped clean, then bruse it, take also a halfe penny-worth of Figges, and wash them clean, and half a handfull of Slope, a quantity of clarified honny, a quantity of Setwel, and three rootes of Parsly, and cut them small with halfe a roote of Fennell cut likewise very small, boyle all these together till halfe be consumed, then vse to drinke hereof morning and evening reasonable hote.

For the party that is incombred in the breast with any kind of fleame or glart.

Take the powder of Betonie, and drinke it with warme water, it baideth and purgeth the fleame wondrously, and doth away the glart or fleame.

For paine in the breast.

Take and gather a good quantity of ripe Sloves, & grind them small in a mortar, then put them in an earthen pot, and fill it full of new Ale, and so drinke thereof,

The Path-way to health.

Another for the same.

Take Slope, Parsly, and Sage, stamp them and lay them to the breast of the patient very hote. Take also the marrow of a Calfe, Fenegræke, Linsēds, bray them small in a moyster, and mingle the powder with the yolkes of Egges, then temper all these together with fresh greace or Oyle, and lay it to the sore as hote as you may suffer it.

For the breast that is incombred.

Take Slope, and seeth it in a pottle of Wine till it come to a quart, and let the patient vse thereof first in the morning cold, and last in the evening hot.

Another for the same.

Take three pottles of running Water of a Well that springs, and boyle it to a pottle, then take halfe a pint of hony, and one pound of the powder of Anniseeds, a pound of the powder of Licoris, one penny worth of Sugar, and cast all these into the liquor, and let them boyle well, then put it into a vessell and stop the mouth thereof close that the ayre goe not out, and let the patient drinke thereof in the morning, but not fasting at night, and he shall be whole.

For the breast and the lungs.

Take a quantity of clarified Hony and boile it, and when it is boyled, put thereto an ounce of the powder of Enula campana, & one ounce of the powder of Licoris, and let them boyle till they be somewhat thicke, then take it from the fire, and when it is cold, put thereto an ounce of the powder of Ginger, and stir it well together, and vse this first and last.

For a man that is stopped in his breast or pipes.

Take Enula campana, Slope, and Licoris, dry them well, then beat them in a moyster as fine as flower, then take Ginger Anniseed, Cinamon and Galingall, beate them also, and when
shou

When thou hast done, take a quantity of hony & boyle it well, and scum it cleare, then take the Cnula campana, the Slope and the Licozis, and boyle them wel together in the hony, afterward, take the Ginger, Anniseedes, Galingall, and Sinamon, put them all in Hony, and let them seeth together: then put it in a dish, then take Sugar and put vpon it while it is hot, and eate a quantity thereof moorning and euening, but dzinke not till two howres after, and it will helpe thee. Also if you take and seeth Rue in Vinegar and dzinke thereof, it will likewise helpe you.

For swelling of the breasts.

Take Mozardwood, Sage, and Galamint, of each a like much, and stampe them well, put thereto a quantity of Vinegar, and temper them well together: then take white bread, and tosse it till it be browne: and grind it small: then boyle them together, and stir it that it burne not to, and lay thereof to the patients bzeast as hote as may be suffered.

Another for the same.

Also if a plaister be made of Chestnuts with Barly meale, and Vineger or Wine, and layd to the pappes, it will allwage both the swelling and the paine thereof.

For all manner of euills and paine in the breast
or the ribbes.

Take and bruse Bugwort with Vinegar, and lay it to the bzeast, and it will be whole in thre dates. Also take the water that gum Arabick and Mirrh hath been sodden in, and wash the bzeast therewith. Also take the electuary called Diapenidion, made into pennets, it is very good for the same purpose, as hath oft been proued.

Also for drought in the breasts and the members in it, and for them that be Costiffe, so that the bzeast be not stopped, nor the bzeast hozt, lay Psilum in water a certain space, and then poure out the water, and take the same seedes with other leane water that is cold, and vse it to the patient.

Also

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Also take and make a plaister of Knotgrasse and Butter, and apply it to the sore breast, and it helpeth the same.

For vaines broken in the breast.

Take the roote of Camphire and seeth it, and when it is sodden, slice it with a knife, then hang it in the Sunne to dry, this may be kept three yeeres in goodnes and vertue, and if a vaine be broken in the breast or guttes, it will resound and knit it, and reioyne it meruailously, if that the powder thereof be taken greene with wine or water: or if you fry the roote greene like a fritture with Egges or Meale, and so eat thereof.

For impostumes in the breast.

Take and fill a bagge with meale of Fenegræk, and seeth it in water that Lymachie and Hollibock hath been sodden in, and lay it often to the impostume of the breast.

Another for the same,

Take the water that Licoris hath been sodden in, or the iuyce thereof, and it is very good being vsed, againt the impostumes of the breasts or ribbes, called the Plurisie.

For blood of the breasts.

Take two drammes of Leekes seede and Birch, it killeth the blood that cometh out of the breast by spitting, although it be grieue to the teeth and throat,

For the Canker in a womans pappes.

Take picked Garlicke and Rye-meale, or Barly-meale, and bray them together with Vinegar, till they become as thick as a plaister, then lay it to the sore till it be white, then take Pimpernell and beate it small, and put thereto Lefe, honny, and lay the plaister to the sore pappe, and it will heale it feire. Or else take the fenne of a white Goose, and the iuyce of Ellidony, and bray them well together, and lay it to the pappe, and it will kill the Canker, and heale it soundly.

Another

Another for the same.

Take Wormwood, and the white of an Egge, and skinne it, then temper it with oyle of Violets, and let her blood on the vaines about the paps.

For the fester in the breast.

Take the iuice of the roote of Fore gloues, and temper it with mans bryne, and wring it through a cloth, and wash the sore oftentimes therewith, and it will cure it.

To make a woman to haue soft breasts.

Let the party that desireth to haue soft breasts drinke in Ale, Nettle seede, and Salt, and it shall quickly help her.

For a woman that hath her breasts rancled.

Take Lint seede, and bray it with the white of an Egge, and lay it on her breasts, and then take the iuice of Ache, and of Rye meale, and lay it on her breasts, and let her drinke the iuice of Mercurie, Fenell seed, and Amber.

For to make a drinke for womens paps that are rancled, and be full of ache.

Take Groundsell, and two times as much of Broustwort, and wash them both, and stampe them, and temper them with stale Ale, and straine it through a cloth, and giue to the patient thereof first in the morning, and last at night.

For the euill swelling in a womans breast.

Take Dake apples, and stampe them in powder, and put them in oyle of Roles, and lay it to the swelling: or else take the iuice of pety Dorrel, and Dalkes, and the dregs of binger, and a hard Egge sodden with the shell, and Barly flower, and so make thereof a plaister, and lay it on the sore.

For biles on a womans breasts.

Take the iuice of Dorrell, the oyle of an Egge, and Beane flower, make thereof a plaister, and lay it cold thereto.

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For a woman that desireth to haue great plenty of milke in her breasts.

¶ Let her take the iuice of Meruaine or Fennell, and vse to drinke oftentimes therof, and she shal haue great plenty of milke. Also if she drinke the broth that Whittings haue been sodden in, it is very good for the same purpose.

For paines in the breast with ouer too much milke.

¶ Take very cleane water without any grauell in the same, and mingle it with Umeger, and the yolke of an Egge, and a little Saffron, then lay it vpon a cloth plaister wise, and lay it to the breast, and when it is dry take it away, and lay another in the place.

Another for the same.

¶ Take Umeger and honey boyled together, and spread it vpon a cloth, then lay vpon it a little powder of Cowm, it will asswage the milke.

For the milke that is curded in a womans breast.

¶ Take Wheate mingled with Rue, and sodden in water, and lay it to a womans hard breasts that be curded with milke, and it will soften them.

Another for the same.

¶ If the seeds of Lentiles be mingled with water of the sea, they be good for milke that is curded in womens breasts.

For the heart burning.

¶ Take a crop of Fennell, and chewe it in thy mouth, and suck the iuice thereof, then spit it out, and take another, vse this very often, and it will helpe him that is heart burnt.

For

For the paine at the heart.

Take Centuary & seeth it in stale Ale, and when it is well sodden, stampe it in a mortar, and seeth it againe with the same liquor, then cleanse it through a cloth with two spoonfulls of the iuice, and three spoonfulls of Honey, and then boyle it well together againe, and put it in a hore, and give it to the Patient euery day three spoonfulls fasting till he be whole, and this shall doe away the glut from him, and make him haue an appetite to his meat,

For weaknesse of the heart.

Take Rose-water, and mother of Pearle beaten smal to powder, and mingle it with Sugar, and giue it to the Patient to drinke three or foure dayes, and he shall be whole.

For faintnes at the heart.

Take the filings of Gold, and the powder of the bone of a Harts heart, and mingle them with the iuice of Waxage, and Sugar made in strop, for it is very good for soluing.

For all sicknesses about the heart.

Take Rosemary, Slope, Centory, Betony, and Iris, and seeth them in faire water, and straine the water, and the iuice of the herbs, and put thereto hony, and boile it againe, and scum it, and put thereto as much butter as hony in the seething, and mingle them together, and take it downe and couer it well, and drinke thereof at euen hot, and in the morning cold.

An EleQuary for the heart.

Diantes: this EleQuary is good for the heauines in the heart, and for seblenes of complexion in a mans stomache, for the Cardiale, and for the bad lungs, et alia causa.

For euills at the heart.

Take Hartwort, Galingall, Harts tongue, and Sautne. Stampe them, and wring out the iuice, and temper them with

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good Wine, a good quantity of Roses, and giue it to the party so grieued to drinke first in the morning, and last at night, and he shall be whole God willing.

A sirop for the paine of the heart.

Take and Stamp Betony, and hearb Venet, Dorehound, and Meruatne, seeth them in faire water, to the third part, then put thereto hony, and make thereof a sirop.

For all diseases in a mans heart.

Take Sage, & Mintes, by euen portion, seeth them in white Wine, and make a plaister thereof, and lay it to his heart till he be whole: take also the Wine that it was sodden in, and giue it to the patient to drinke euenting and morning, and he shall haue good desire to his meat within five dayes after at the furthest.

For to comfort the heart.

Take the powder of Setwall, and put in the sicke mans meat, it comforteth the heart, and is very good for them that haue weake hearts, and be disposed to solwing.

Another for the same.

Temper the Patients Wine with water that Spicknard is sodden in, and with the same water make a sirop, and let the sick drinke thereof, it is good against the disease of the heart, & for solwing. And for weakenes of the bzaine, smell it at thy nose. Also seeth the flowers of Rosemary leaues mingled with Rose-water, and giue it to the Patient to drinke.

Another for the same.

Take the iuice of Rosemary leaues mingled with Rose-water, and a litle of the iuice of Panay, and make sirop thereof: it will also be good if some of the hony in the heart of an Hart be put thereunto, and giuen to the Patient.

For

For paines in the heart.

Take the powder of Galingall, with the iuce of Bozage, and the seeds of Ireos with the milke of a Goate, and drinke it warme: it will asswage the paine of the heart.

Another for the same.

Take the powder of Cannel, with the powder of the leaues of Jelliflowers, it is very good against the passion and colwing of the heart being giuen to the party.

Against the passions of the heart:

Take and make sirop with the iuce of Bozage, and put thereto of the powder of the Harts bone in the hart of a Hart. Also take Buglosse, and eate it often either raw or sodden, it driueth out the noysome humors.

Also against the passion of the heart and colwing: take sirop made with Cassia ligna and roses, and the bone of a Harts hart, and giue it the sicke to eate.

For feeblenes of the heart.

For them that are weake in the heart, and doe take their breaths in manner of sighes: take and giue them the iuce of Buglosse with hony, and it shall help them.

Against the fainting of the heart:

Take and make pills with a dram of Amber, and an ounce of Lignum Aloes, and two drams of the bone of a Harts hart beat to powder, & beat the pills in rose-water, and giue two or thre of the said Pills to the Patient when he goeth to bed.

Also to take the quantity of foure drams of Cucubes, with the iuce of the root or the leaues of Parsneps is very good.

Also for thē that be faint at the heart or be like to colw: giue them rose-water for to drinke, and also bedew their faces therewith. Also if the faintnes come from the bzaine or liuer, or paine

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of the stomack caused of cold: take two Wheat coznes of musk
in wine, and it will help the same.

Against fowning.

Against fowning and faintnes of the heart: take rose-water,
that this hearb Bassel is sodden in, and for the same: take wine
that the hearb is laid in all night.

Also against fowning take the powder of Roses, and put it in-
to a reare Egge.

Also take the powder of Ginger in your meats, and it is good
against fowning.

Against fowning: make srop with the iuice of Borage, and
Sugar.

Also against fowning of the heart coming of cold: take and
seeth this hearb Cardomomum in sweet smelling wine, with a
little Rose-water, and ble it.

For fowning.

T For fowning and weaknes of the heart, be it in Feauers
or sicknesses, or if it come of either cause, stampe Dints with
Vineger, and a litle wine: if the Patient haue no Feauer, then
toss a shiuer till it be almost burnt, and put it therein till it bee
well steeped, then put of it in his nose, and rub his lips, his tong,
gums, teeth, and the temples, and let him chewe it, and sucke
the moistnes thereof, and swallow it.

For the paine of the lungs.

T Take Figs, and let them be sodden with Slop: they cleanse
the lungs, and heale the old cough.

Also take the root of the wild Kape, and seeth it with Licoris,
and the water that it is sodden in giuen to the patient to drink,
is very good to cleanse the lungs.

Also take this hearb Southernwood, and mingle it with Slop,
and sodden in wine or water, make it sweet with sugar, and so
drunken, is very good for al diseases of the lungs, and the breast:
when sicknes cometh of cold, annoynt the breast.

Another

Another for the same.

C If you take the broth of Creues, it is good for paine in the lungs, named Perpleumonia, or consuming of a man called Prosis, because when a man hath a swelling about the lungs: then he commeth to d;ines, and consuming of the natural moy-
sture till he dyeth.

For the liuer and lungs.

C For the lyuer and the lungs wasting with ouer vnkinde heats, take water made of Bozage, and of red fenell roots, ach, Flop, Endiue, Betony, Calamint, Lettice, nutmegs, Pace, flowers of Camomel, Cloues, aniseeds, by euen portions: one vnce of Licoris, and Aniseeds half a pound, make of all these hearbs and spices a water, and it shall restore you meruailously, and if you cannot get all these hearbs then take the more of Bozage. Also to restore his kind, make a collection of the flowers of bozage, and of red roses with the foresaid spices, and with Sugar.

For the heat of the lyuer.

C Take Spodium et eborii in rose, Corall, Barly meale, Triacendaly thre peny worth, mingle all these with the iyce of Endiue, S. Mary berry, and Houslake.

Another for the same.

S Take red Roses Sandalorum cum Iuery, and water of Lillies an unce, stamp them small, and put them to Barly meale, and the iyce of Parigolds & Vineger, and the iyce of woyme wood, and make a plaister thereof, and lay it to the liuer.

For chafing of the liuer, and of the spleene.

C Take yellow Kubarbe, Barly meale, and Vineger, and temper them together, and make therof a plaister, and lay that plaister to a mans right side, let him blood in the baine of the spleene, and giue him to d;inke in Winter Sugar coffet, and in Sommer Scabious.

For

The Path-way to health.

For the chafing of the liuer.

T For the chafing of the liuer and opilation of the milke caused of humoz: take Rubarb with warme water, but it is better to mingle it with Trifera sarazenico, and this you may vse with the iuyce of Endiue, and giue it to the Patient.

Against chafing or heat of the liuer: take and wet a cloth many times double, and lay it to the liuer.

Also take and annoynt the liuer with the oyle of Roses, for the chafing of the liuer.

Also the oyle of Violets is good against the chafing of the liuer. Prooued.

Against the chafing of the liuer, scrape the vppermost of the Gourd, stamp the said scraping and wzing out the iuice, and put Vineger thereto, wet a cloth therein, and lay it to the liuer outwardly.

Also take Endiue, and lay it in water, and vse it in your brothes for the Patient so grieued.

For the heat of the liuer.

T Take Fennell, Endiue, Succory, Planten, of each a like much, and still them with red wine or milke, and vse it every morning nine spoonfuls at a time, with a draught of Wine and Sugar, or else five spoonfuls thereof alone.

For the liuer wasting, which causeth a scabbed face.

T Take three gallons of sweet Wort, and put thereto foure handfull of Liuerwoort, and foure handfull of Violets, two handfull of Harts tongue, foure handfulls of Marigolds, foure handfulls of Matfelen, and stamp all these together, and boyle them a pretty while in the wort, then take them vp, and when they are cold, strain them, and put thereto Barly meale: vse this fasting at night, the space of a moneth, then take an oymnt that is made for a dry scab, & therewith daily annoynt thy face, and vsing this drinke aforesaid: the party shall find help.

For

For the vnkinde heate of a mans liuer, which causeth
his collour to waxe yellow.

Take the water of Chiccozie, and the water of Lettice,
and the water of the leaues & small bzanches of a Dozper tree,
take the hearbs and stampe them all together, as much of the
one as of the other, & take the iuyce thereof, and as much Sugar
as will suffice, boyle all these together till they be as thicke as
a sirrop, and put vnto the same a poys and a halfe of Rewbarbe,
and vse a quantitie of this sirrop in colde water euerie day fa-
sting, till he be whole.

For the liuer that is corrupted and wasted

Take a quantitie of Liuerwoort, and bruse it a little
then seeth it in good strong wort with a quantitie of Rewbarb,
and vse this medicine till thou be whole.

A drinke for the Splene.

Take Harts-tongue, wilde Hoppe leaues, and Borage,
with the flower of Femitozy, and Parslie rootes, seeth them
in Whey and clarifie them with the white of an Egg, & strain
it, drinke thereof morning and euening, and so continue a fortnight,
and it will helpe you many waies.

A playster for the Splene.

Take three or foure Hollihocke rootes, two handfulls of
Mallowes, and seeth them well together, then stampe the rootes
by themselves, and strain them with the same water wherein
they were sodden, then stampe the Mallowes together with the
iuyce of the Hollihock rootes, and put in eyght or nine Figges,
and two ounces of Sugar, a little leauened Breade, and halfe a
dish of sweet Butter, then lay part of the same vpon a wollen
cloth, and as hote as may bee suffered lay the same to the side,
and rowle it vnto fast with a strong rowler, and euerie day
once renew the same with a fresh plaitter vnto hote, vntill
such time as the partie be well.

The Path-way to health.

Another plaister for the Spleene.

Take Wormwood, Gallotues, Cammomile and Heliot, of each of these a good handfull, boyle them in faire water till the liquor be halfe consumed, then put vnto the same half a handfull of Wheat branne or more, and boyle it to the thiknes of a plaister, then quill it, and as hote as you may suffer it, lay it to your left side.

An aluary for the Spleene.

Take a pinte of Ale clarified, and put therein a crust of bread, then take the powder of Gentiana, Spignard, Galltngal, of each two penny-worth, let them haue a boylng or a walme, then take it off the fire, and drinke thereof morning and evening, and it will cure the Spleene.

A restoritic for the liuer, lungs, and spleene.

Take two parts of Fennell, and thre parts of Honney, seeth them together till they be as thicke as a lectuary, and let the sicke vse it morning and evening.

For the stopping of the spleene.

Take the Elder roote, and seeth the same in white wine, vntill the third part thereof, and drinke of the same, and it cureth the spleene mervailously.

Another for the same.

Take the lunges of a Foxe, and make it into powder, and vse to drinke thereof, and it will certainly cure the Spleene.

For the spleene a good experiment.

Take two pound of Bees greace, and two pound of alther made of Ashen wood, and one gallon of faire running water, and seeth them all together, til half be consumed, then straine through a cloth, and let it stand all night, and in the morning scete of the greace, and cast away the water, and mingle

For greace well together, and put it in a bore, and therewith annoynt vpon the Spléne. You must likewise giue the patient this drinke following: Take the rootes of young Ashen plants, and a good quantity of Wormwood, and seeth them well together in a gallon of Wine till the one halfe be wasted, and let the patient drinke thereof in the euenting hote, and in the morning cold: and let the patient vse this oymtment, and drinke of this drinke the space of nine dayes, and it will helpe him: proued.

Another for the spleene proued.

Take the inner rinde of the Ashe tree, stampe it and seeth it in Wine, and it will doubtles helpe the spleene.

For the heat of the liuer.

Take the ioyce of solwe apples, and sweet apples, of each a pint or more, and two pound of Sugar, and mingle these together, and let it boyle on a soft fire til it be as thick as a strop, and vse of this a little euery day fasting, being first made lukewarme at the fire.

To purge the liuer of a choller and salt steame.

Take the waight of a gold Noble of Rubarbe, and cut it in small peeces, and a halfe penny-worth of Spignard, and the weight of two groats of Scene in the cods, lay all these in soke in nine spoonfulls of Whey, by the space of twelue houres, and so giue it to the patient.

For the liuer that is chafed.

Take and vse Saunders in thy pottage or broth, & drinke it, and wash thy right side with cold vrine, but first boyle it and scum it, and put thereto vinegar, and lay it to thy right side, but not hote, for it will chafe the liuer.

For wasting of the liuer.

Take Water-crelles, red Fennell, and Doxrell, with a Chicken in a pot nine dayes, and vse it.

The Path-way to health.

Another for the heate of the liuer.

Take a quart of Barley, and put thereto a gallon of well water, and boyl them together till the Barley be as soft as any Wheate or Formentie, then straine it through a cleane cloth, and take the same water, and put thereto as much good woorte, with a penny-worth of Licoris beaten, but not to powder, and take a good handfull of Slope, and a good handfull of Sage, and boyle all these together, till the one halfe thereof be wasted, then straine them againe through another cleane cloth, and that which cometh forth, put it into a cleane vessell, and let it stand a day and a night, and drinke of the same first in the morning, and last at night when you goe to bed.

For stoppings in the liuer and the milt.

Take and seeth Harts-tongue in water or Wine, and drinke it: or if the herbe be eaten, it is very good for the same. Also to bristop the pypes of the liuer and of the milt, take smal- lage and seeth the same with a like quantity of Elder leaues, then straine it, and drinke the broth thereof.

Another for the same.

If you vse to drinke the iuyce of Chiccozie, it openeth the oppilation of the liuer and milt caused of heat. Or if you take the Wine that Silios hath bene sodden in, and drinke thereof fasting, it is a very good medicine against the stopping of the Liuer, Milt and Kidnes, and against the let of vaine.

Another for the same.

Take and drinke the wine that wild Time hath bene sodden in, and you shall finde it very good against the stopping of the Liuer, Milt and Kidnes, and the hinderance of vaine, as hath oft ben proued.

Also if you take the iuyce of the herbe called Witwinte with Honny, and the Wine that it hath bene sodden in, it is very good to bristop the conduit of the Milt, and the liuer & vaine.

Against

Against the opilation of the Liver, the Milke, the urine, and the bladder, use the decoction of Cassia Ligna, or the sirrop that it is made with.

To use also the iuyce of Night-Shade made in sirrop with a little Sugar, is very good for the liver and the milke.

Also if you make sirrop of the iuyce of Fenell, and the decoction of the hearbe called Dawke, it is good against the stopping of the Liver, and the Milt, and against the Droptic.

For the liver and the milt.

Against the opilation of the liver or of the milt, take Aloe Epatick, with the iuyce of Smallage warme. Or make a decoction of the rotes of Smallage, Parsley, Fenell, Bomwort, and Spurge, with two drammes of Mastick, and use this two or thre times in the weeke till you be well.

Another for the liver and the milt.

Also who so useth often to eat the hearb Chernell, it causeth the stopping of the liver and the milt to cease. Or if the patient take the seedes thereof and make them into powder, and after ward either eat or drinke of the same, it will help him.

Also if the iuyce of Wollf-bittle be drunken with Wine, it is very good for the liver.

Also to drinke the water that Louage hath been sodden in, is likewise good for the liver and the milt.

Also against the stopping of the liver and milt, take the powder of Barbaries, with the iuyce of Moxell, and drinke often of the same.

For the liver, milt, raines, and bladder.

Against the opilation of the liver, milt, and raines, and the hinderance of urine, take and seeth the hearbe Germanander and Camphithis in oyle, and lay it to the place where the party is grieved. Also take an electuary confect with Honny, and two parts of these hearbes, and so use it.

The Pathway to health.

For the liuer, the milt, and the Jaundise.

¶ Against the opilation of the liuer, milt, and Jaundise, take the iuyce of Wormewood and Strill, or else make them in sir-rop, and ble it with warme water: also against opilation of the milt, take the iuyce of wormewood, and the powder of Coste, it is also good for the same.

For all paines in the milt.

¶ Take of the drinke that Gold hath bene quenched in red hote, and it helpeth the paine in the milt.

Also an oyntment made of Asa armonia, and wax, softnes the hard milt, and it dissolues the milke curded in the paps.

Also make iuyce with Smalage, and put thereto Dyle and ware, and confect it into a sirrop.

Also for the Milt: take Armoniacke and Galbane, of each of these a like much, soften them well in Vinegar and with ware, then put thereto powder of Coste and of wormewood, and make thereof an oyntment, and ble therewith to annoynt the place against the milt, and it will helpe the same.

Also take Egrimony, and eate thereof often-times, and it healeth the paine of the milt.

Against the opilation of the milt or droppe, take the wine that Abrosiana hath bene sodden in, for being often-times drunke, it healeth the paine of the milt coming of cold.

Also against the ache of the milt, drinke the wine that Betony hath been sodden in, and it profiteth.

Also make an oyntment with the hearbe called Beares-foote beaten, and then lay it long in Dyle, and with ware make an oyntment: the leaues ought to be bled while they be greene.

Also the hearbe Amios, with the roots of Ciats in wine helpe much the paine of the milt.

Also for the milt and liuer, take the iuyce of Fennell sodden in an apple, and take the powder thereof.

Also for the paine of the milt and the liuer, take the wine that Capers hath bene sodden in.

Also.

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Also for the paine of the milt and the liuer, drinke the wine that Cassia ligna hath bene sodden in.

Also for the paine of the milke and liuer, take the electuary that Diocostum hath bin sodden in.

Also for the paine of the milt, vse a dramme of Cammomile in powder with Wine, forty dayes.

Also for the paine of the milke, vse to drinke the Wine that Honny-suckle hath ben sodden in.

Also seeth Iule in Wine, and then Straine out the iuyce, and drinke thereof, it helpeth greatly.

Also the water that the roote of Fearnie hath ben sodden in, is very good for the same.

Also you may vse the water or Wine that the rinde of Fenell rootes hath bene sodden in.

Also the Water or wine that the bough of an Ashe hath bin sodden in, is good for this purpose.

For to soften the milt that is hard.

Take the roote of the wild Vine & stampe it with Porkes greace, then melt it on the fire, and Straine it, and take meale of Linsede, and oyle, and put thereto: and this oyntment is very good for the hardnesse of the milt and liuer, and to ripen impostumes.

Another for the same.

Take the rinde of the roote of Hore-hound, and steepe the same a fortnight in Wine and Oyle, and then let it be sodden and Strained, and in the Straining, put thereto water and oyle, and make thereof an oyntment, and vse the same at your need, for this purpose.

For ache in the guttes and belly.

Take the powder of Mugwort, and let it be drunk with Wine and Hony, it easeth greatly the ache in the bowels, and is good against diuers other diseases. And for the pains in the guts, take a ciate of the iuyce of Clot leaues, & it wil ease thee.

For

The Path-way to health.

For paines in the belly.

Take and stampe Mugwort, and lay it to the belly, it helpeth the same meruallously, take also an ounce and a halfe of Martwort, with as much wine, and it will likewise asswage the paine in the belly.

For the paine in the belly.

Take and make an electuary of Honny, and seeth it with water to keepe it from cleaving to, then put to the same two ounces of Hermodates, and one ounce of Fennell seedes, and giue thereof to the party so grieved that hath the paine in his belly, and it will helpe him: proued.

For the paine in the belly.

Take wilde Time, and seeth the same with Wine and oyle, and it is very good against the paine in the belly. Also if you take the bzaine of a Hare roasted, & eate thereof, and drinke some good wine afterward, it is good for the paine in the belly.

For the paine in the belly.

Take three pynts of Maluesey, and a handfull of Oris powder, and a handfull of Commin, with a handfull of Red-rose leaues dzyed, a handfull of Cammomile flowers, and one dishfull of Wheate bzanne, seeth all these together, and put them in a bagge, and make it plaister-wise, then lay it to the belly of the patient some-what warme.

For the griping or pulling in the belly.

Take halfe a pinte of Maluesie, a big roote of Turmentile, and grinde the roote into powder with a little Treacle, and make it blood-warme, and so giue it to the party to drinke. Or els take a pennie-pot of Maluesie, and a litle Treacle, and two penny-worth of Mirrh, and grinde it to powder, and so put the Treacle and Mirrh into the Maluesie, and make it reasonable warme, and giue it to the patient.

Another

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Another for the same.

Take a little quantity of the earth that worms cast up out of the ground, (which most commonly you shall find in some soft foot-path-way, or els in some Garden-path,) and when you have gathered the same, mingle therewith a like quantity of Honey, and give the patient halfe a spoonfull in the morning, causing him to fast two houres after: this within foure mornings eating thereof, will certainly helpe the same, and hath bene by sundry persons proved.

To breake wind in the belly, and for wringing
in the same.

Take Comin seedes, Fennell seedes, Anni-seeds brused, and sceth all in wine, and drinke thereof in the morning, at noone, and at night. Also take Pellitory and boyle it in broth, and give the sicke thereof to drinke.

For women that haue very great bellies, being
not with child.

Take a handfull of Slope, a handfull of Bearbe-grace, a handfull of Arismet, and sceth all these hearbes in a quart of Ale till it come to a pint, then preserve the same in a glasse, and give the woman so griued, a quarter of a pynt at once, first in the morning, and last at night.

Another for the same.

Take Sauey and stampe it, and put thereto good Ale. With a little Jet & white Amber made into powder very small, and give the woman thereof to drinke with the Sauey: also make a plaister of Sauey, of Slope, and of Leekes fried with fresh Butter, and lay it to her belly, and to her raines, and shee shall be whole.

For a woman that her wombe is hard.

Let the party griued drinke the iuyce of Maybread with old Wine, and shee shall be eased.

¶

Another

The Path-way to health.

Another for the same.

Take Cuckfoyle, that is to say, five leaved Grass, and Stamp it, and straine it with hote Milke, and giue the woman thereof to drinke, and it will helpe her.

For a swolne or aking wombe.

Take the ioyce of Rue, and let the patient drinke thereof with Wine or Ale, and it will help her on warantise. Proued. Also take Sothernwood, Tanisie, Rew, and eat them with salt, and she shall be whole.

For to vnbinde the belly and the wombe.

Take Honny and seeth it till it waxe black, and put thereto powder of salt, and mingle them both together, poure it vpon an euen Stone, or some other euen thing, & then being made an ointment, put thereof into the parties fundament, and it will cause him to goe to stoule very well.

Sundry other medicines for to vnbind the belly.

Seeth the roote of Mulberry in water, and drinke thereof, and it will losen the wombe and the belly, and drine out the wormes that be rough and short.

Also you may vse a Gargarisme of vinegar & water, where in Assa fetid hath bene sodden, it abateth the swelling of the wombe or belly.

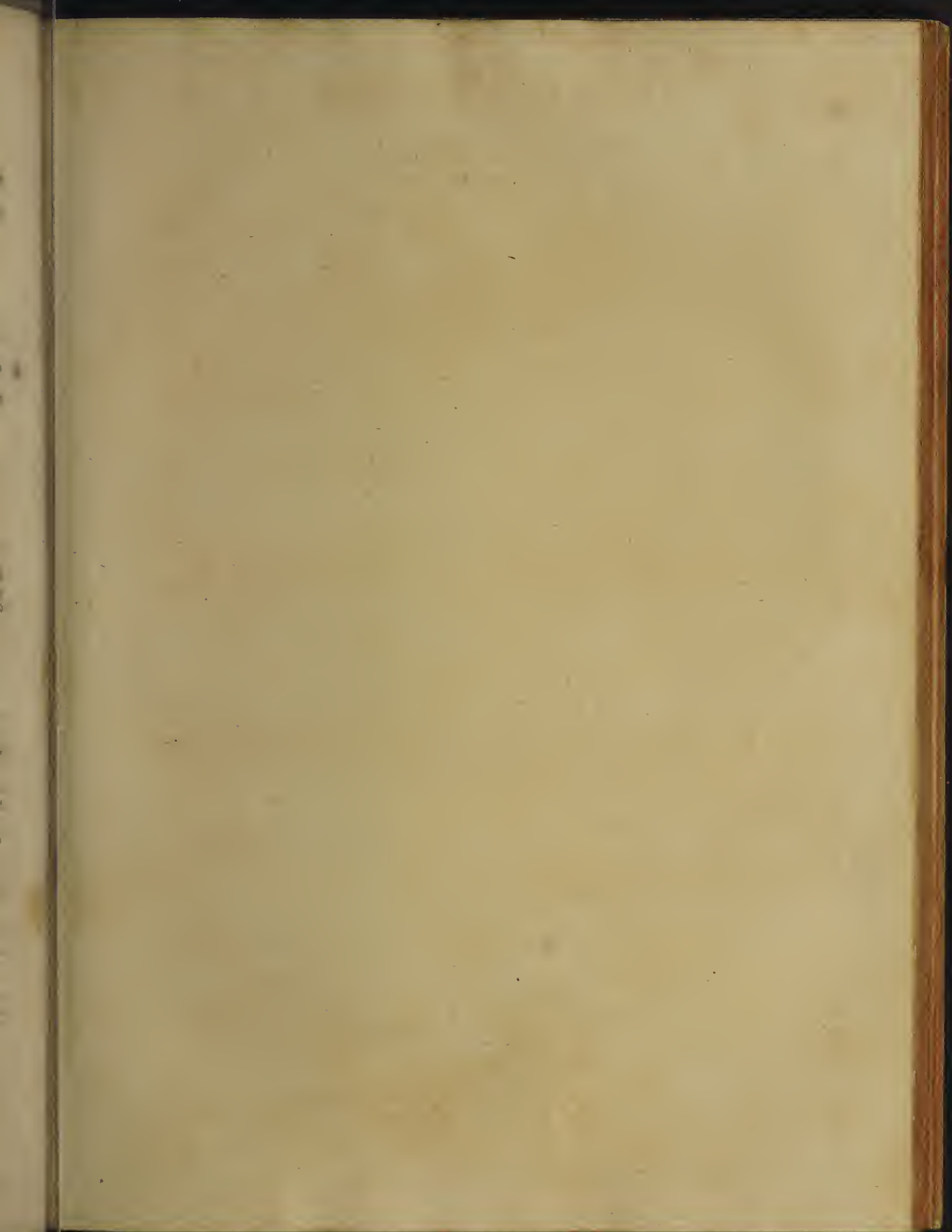
Also if you lay the leaues of Hollhocke very hote vpon the wombe, it helpeth the same.

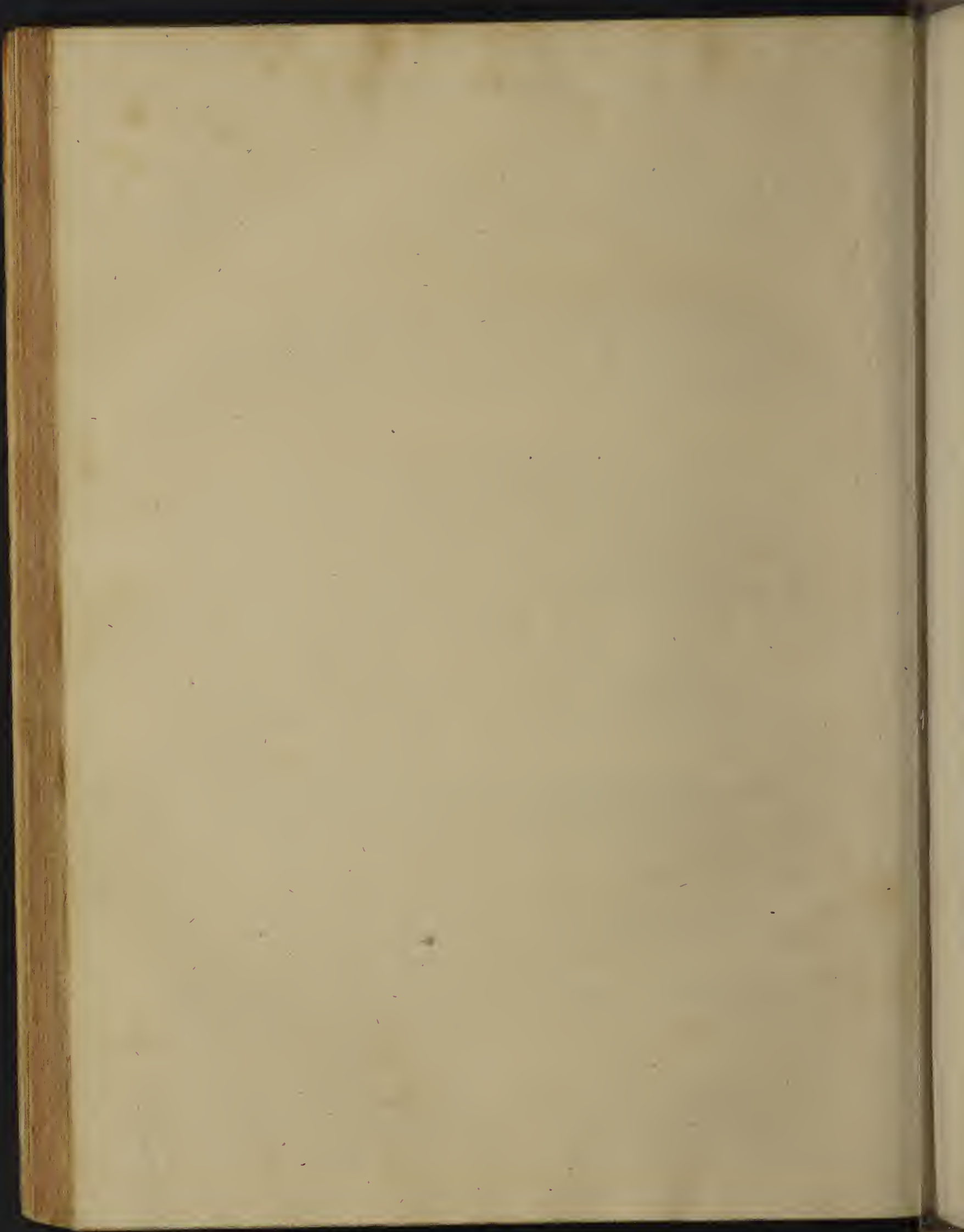
Also you may vse the wine that Rosemary and Camomile hath been sodden in, against the ache of the wombe.

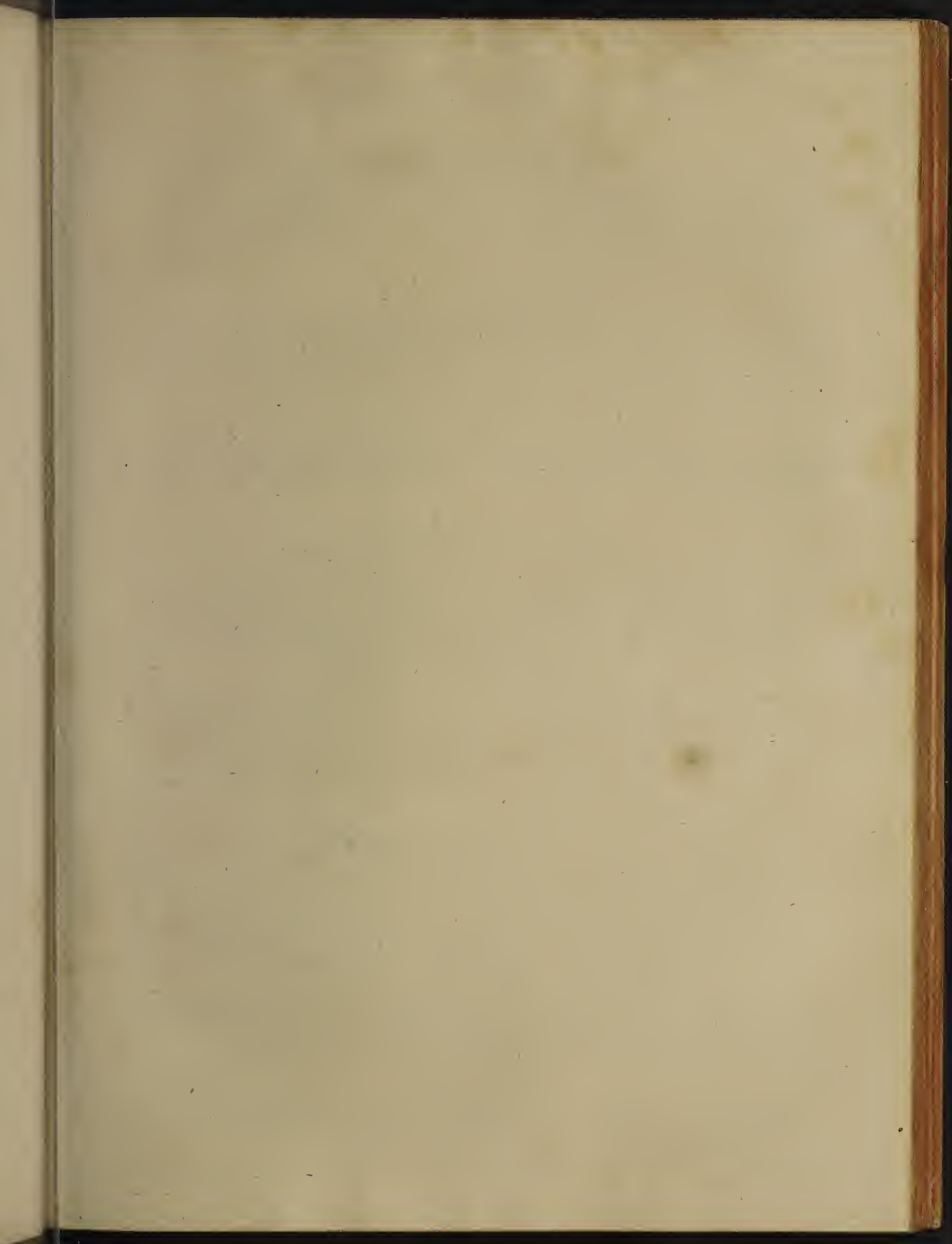
Also to take Peares and dzesse them in your meate, comforteth the wombe and vnbindeth the same.

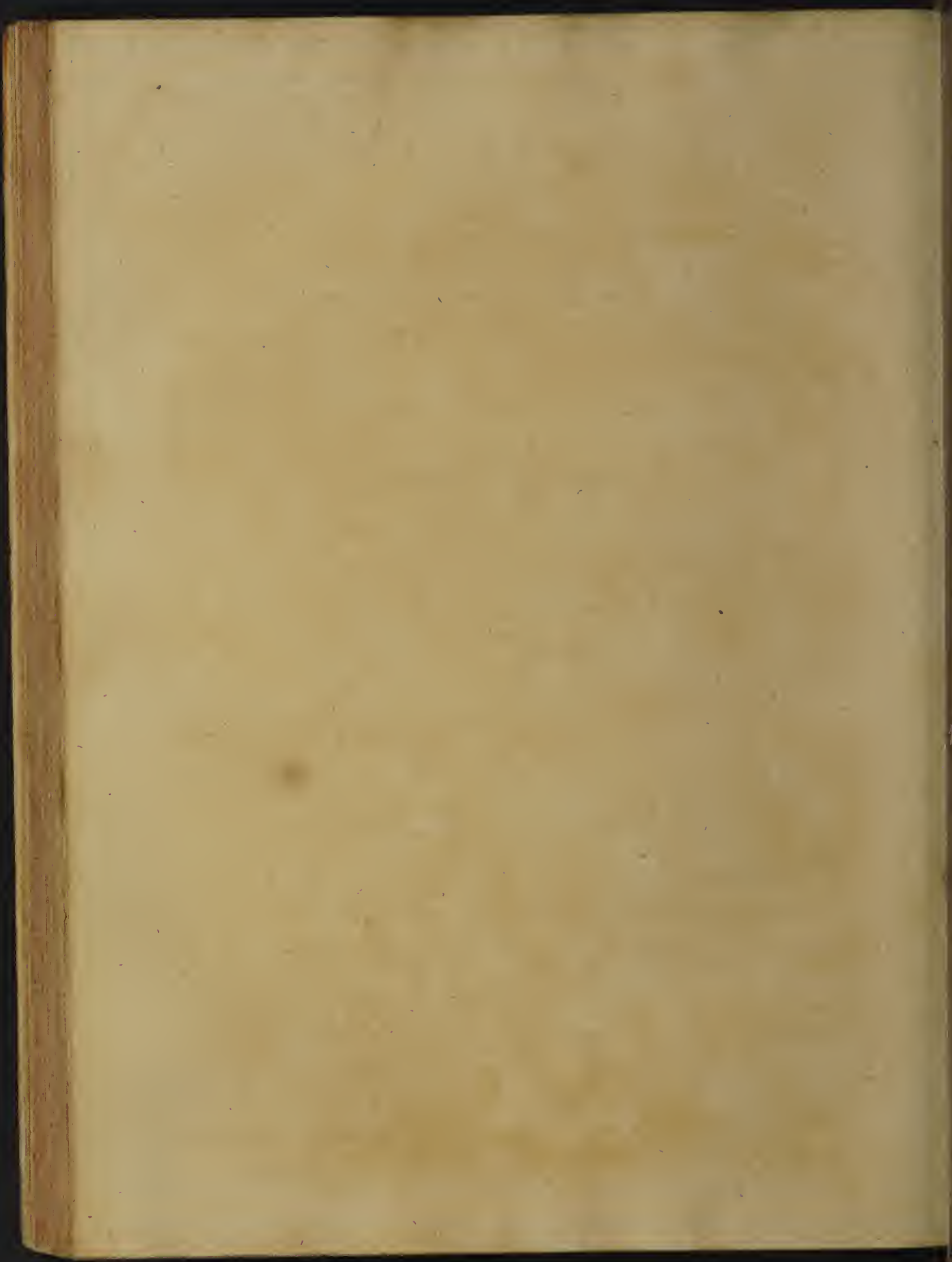
For to lose the belly and wombe.

Take the ioyce of the hearb called Britanica, as much thereof as you thinke necessary for the strength of the patient, and it will









Another for the same.

Take the iuyce of Scabious, and halfe a pound of the powder of Corall, and mingle them together, and drinke thereof a good draught, and it shall breake the impostume of the side.

Another for the same.

Take March Radish, Rue, Wormewood, Centory, Saue, stampe all these together, and drinke it fasting, and thou shalt breake the impostume inwardly, and auoid it outwardly.

For ache in the side or ribbes.

Take and annoynt the sides and ribbes with the iuyce of Knotgrasse, and with the oyle of Roses, and it will helpe them.

For ache vnder the side.

Drinke Sage with Wine a little warmed, and it will ease the ache vnder the sides, and of the wombe, and it is good for the Droopie, or the Palsie. Also Cheruile drunk with wine, easeth greatly the paine in the sides.

For all diseases in the sides.

Take Worts, and make balls thereof being sodden, and grinde them to powder, and brew them in a new earthen pot, and after that gather them together with Honey, and smere them well together, and make a plaister for the sore side.

For womens sides that be sore.

Take Bilwate, Alisander, Parsly, Louage, red Fennell, Radish, Enula campana, and seeth all these hearbs together in white Wine, from a pottle to a quart, and let the patient drinke thereof morning and euening, till the paine be gone.

For the plurisie, and for such as are vsed to be let blood, to saue them from letting of blood, and to dissolue all ill blood.

Take Rye-bread, and cut it in small shivers, & set it in the wine for to dry, and when ye shall be pained with the Splene,

The Path-way to health.

put the Bread in the strongest Vinegar that you can get, & let it steep therein foure houres, till it be well soaked, then set it on the fire and seeth it together, and make a plaister thereof, and lay it on the side whereas the griefe is, as hote as the party may suffer it, and it shall dissolve ill blood, and take away the paine in their ordure: this hath bene proued for the Plurisie.

A notable plaister for the plurisie.

Take the rootes of wilde Yallowes, the greace of a hog, the greace of a Foxe, and of a Goose or a Ducke, of each a like much, but not above an vnce of either: of fresh butter, halfe an vnce, of Terrebantiam halfe an vnce, of the fatte of Meale six drammes, of the oyle of Dill halfe an vnce, of the mary of a Deere, halfe an vnce, the powder of the seedes of Flaxe, Vinegar and Bay berries, of each three drammes, and eight Figs, beate all in a morter, then put all in a pan, putting Flax therein to binde it together, and stir it with a stick vpon the coales, then take the whole, or part thereof, and spread it vpon Leather, and cover it with silke, and batt it with threed like a quilt, and so apply the plaister to the place so grieued, as close as may be: and by Gods grace you shall find great ease. Proued.

For the ache in a mans backe.

Take Wurre rootes, and make them cleane, and stampe them, and temper them with Kale Ale, and boyle it well, and straine it, & drinke thereof in the morning cold, & at night hote.

For the paines of the backe, of either man or woman.

Take Wallwort and seeth it, and presse out the Water, and bray it in a morter, then fry it with Sheepes tallow, & put thereto cleane bran, and plaister it to the backe either of man or woman, and it shall helpe them by Gods grace.

For the raines of the backe.

Take two new layd Egges, and put away the white, and fill the shell with the ioyce of Clarte, beate it well and straine it,

It, and stir well the yaltes and the iulce together, ouer a few
coles for the time it is boiling, and then take one and cut it, and
vse this nine dayes fasting, and it shall strength your raine, and
comfort nature, although the patient be right feeble, it hath been
proued.

For a sore backe.

Take Mallowes and seeth them in faire water, and lay it
vpon a red cloth to the soze as hot as ye may suffer it.

Another for the same.

Take kernells of Hasell nuts, and the dung of the house
Widgion, and May butter, stampe them together, and it will
awake any soze for to bzeake and to heale, and for the great paine
in the back: often proued.

For the raine of the backe.

Take two gallons of strong piss, and still it, and take a
handfull of sappy Sage and Hemlocks, Mallowes, Rue, Egri-
mony, Scabions, and still all these together to a pint, and when
it is still, put thereto foure spanfulls of oyle olive: this is made
pncipally for the raine of the backe.

For the raynes a drinke.

Take the iulce of Betony, of Urtine an ounce, and of the
Betony a spanfull, and the powder of Pepper, mingle these to-
gether, and drinke it for thre dayes fasting.

For the wasting of the kidneyes, and for paines
of the back.

Take a handfull of Planten, a handfull of parly, a hand-
full of Betony, a handfull of water Betony, a handfull of Sor-
rell, a dosen crops of Rosemary, seeth these in thre ptats of ale,
till it be waisted, and strain them, and put thereto a pint of sack,
and a good peece of Sugar, and burne it well together, and so
gve it to the party all hot euening and morning: proued.

The Path-way to health.

For the whites or running in the raines.

Take white washed Turpentine, and make it by in balls like Pills, then take Cinamon & Ginger, and rowle the balls in it, and take them as you would do Pills morning and evening, Proued.

For the whites.

For the whites or weaknes in the back: take an earthen vessel, and put it in a quart pot of faire water wherin you must quenche two or thre gads of Steele being red hot, then weep therein an hnce of lettice seeds foure and twenty houres, then strain the same, and seeth it halfe a way, and scum it very cleane, and keepe it in a covered cup, and drinke this morning and evening with powder of Suory.

Another for the same.

Take Archangell and seeth it in drinke, and drinke it morning and evening, it is very good, the red for the woman, and the white for the man.

For all manner of aches in the backe.

Take Egrimony, Bugwort, both the leanes and reafes, and stamp them with Swines greace and Vineger, and seeth them, and lay it to the backe.

Another for the same.

Take a good quantity of Venetiall, and put thereto Vineger, and oyle Olive that is greene, and lay it to the back plate ther-wile.

For him that hath lost his complexion from the backe.

Take Linseed and stamp it smal, and temper it with Goats milke, and straine it all warme, and drinke it thre or foure times fasting, and thy complexion will come againe.

For

For the paines in the backe.

Take Vnguentum rosarum, and chafe your backe morning and evening, and lay to this plaister following: take Theriopy, Tanke, Honstak, of each a handfull threded and stamped fine; then fry them well together with a saucerfull of honny, and two vneces of Doves dung, of the newest you can get, when it is thicke like a plaister, put it in the end of a small skene, and so lay it to your backe all warme.

For all manner of ache in the backe

Take Smalage, Egrimony, Mouseare, and stamp them all together, but wash them well first, and temper them with Ginger, and fry them well in Bores greace, and make a plaister, and as hote as the sicke may suffer, lay it on the ache, and he shall haue ease.

Another for the same.

Take Lilly rootes, Camomell, Anniseedes, and stampe them all together, and fry them in Bores greace, and put a little Wine thereto, and in manner of a plaister lay it on a cloth, and bind it fast to the backe or ratnes all hot, and after three or foure dayes remoue it, with remouing of the plaister thereto, with more fresh.

For the running of the raines.

Take Bellitoy of the wall and stampe it and keaine it, and drinke it with Maluise or white Wine or Ale, and do this often till thou be all whole. Also if the Patient make a Tanke of Clary, and eate thereof, is very good for the same disease: as hath bene proued.

For womens termes.

Take Selondine, and let a woman put it in her hose vnder the sole of her feet, and it will helpe her.

The Path-way to health.

Also Mollet leanes, the red flowers of Hollibocks is very good for this purpose.

Also the great leanes of Burres being sodden in strong Ale, and this same after ward drunk, is very good.

For wasting of nature.

Take a pint of Malmsey, and put thereto a peny-worth of Cinamon and another of cleane Race, and boyle them over the fire with Wine, but first make powder of your spices, then take Treacle as much as a Damson, and put thereto, and stir altogether, and let the sick drinke therof hot at all times, and it shall auoid all cleame and wind in the inferioꝝ parts of man to restore his nature: proved.

For all Impostumes in the body.

Take Centory, Resemary, Wormwood, Hozehound, & make it in sicop with white Wine, and let the sick take therof, and it shall cause the Impostume to goe downe, and when it is broken: let him vse to drinke of the same sicop warme.

For to destroy all Impostumes either in man or woman.

Take the root of Hollibocke, and wash it cleane, and seeth it till it be tender, and then put the water into a vessel, and then take Linseed and Fenegreke, of each of them a like much, and see that thou haue as much of them two as the root that is sodden: then seeth them in the same water till it rope as it were Birdlime, then stamp the root, and thereto Barly meale, and mingle them well together, and fry them with Bees greace, and lay it to the sore, plaster wise, as hot as you may suffer it, and within nine daies ye shall be whole. Also take Turmentile, and let the Patient drinke often of the iuice therof, and it shall cure him: proved.

An experiment to take away the mother.

Take a great deale of Mugwort, and as you gather it, turne the leanes downeward, then wash them cleane, and boyle them

them in running water till they be soft, and when the party goeth to bed, let him or her wash themselves therewith, from the nauell downward with flanks and members, and also the mother so hote as is possibly to be suffered, remember the parties that they wash not upward at any time, and within three dayes washing, the parties eyther be or she shall be whole, God willing. Proued.

Another medicine for the mother.

Take a handfull of Goffet time, a handfull of Goffet wort, a handfull of Flop, a handfull of Sage, sett all these in a gallon of faire water untill it be halfe consumed, then mash it vpon half a peck of malt, so let it stand an houre, then take the wort of it as you do drinke, and put yea to it, and being thus made, let the party drinke it morning and evening.

A drinke for the paine of the mother.

Take a dram of Methridatum, and dissolve it in an vnce and a halfe of water of wormwood, and give it to the woman for to drinke before that she goeth to meat foure houres, and let her not drinke a good while afterward: proued.

A most excellent medicine for the mother, the chollick and stone.

Take Fenell seed, Coriander seed, Cartoways seed, Parsly seed, Galingal seed, Cromwel seed, an vnce of each of these: also an vnce of leaues and cods of Scene, a quarter of an vnce of Spignal, a quarter of an vnce of Time: take all these and make them into powder, and searce them through a searcer, and drinke them in white wine or good Ale first and last, and in all manner of sauces that you eat with your meat: and this medicine shall cure the mother, the stone, and the chollick: proued.

Another for the mother.

Take Bugwort, and hearbe Simonde, Sundry and red Wints, and straine all these iuyces with red Wine, and give it to the woman that is pained with the mother to drinke.

The Path-way to health.

A good medicine for the mother comming of what
cause soeuer.

Take the rasling of Iuery, and the rasin gol an Hartes
hozne, with the haire of a Hare dyed, and made in powder,
and as much of Goats claws burnt, and powdered if they may
be gotten, or in stead thereof, Sheeps claws: take all these and
ble to eat of them in your pottage, or otherwise in your drinke.

For the genitories.

For the paine and swelling of the genitories, seeke well
the root of Bzale, and make a plaister thereof, and put seluet to
it and bind it fast thereto with a band, and it will ease the pain
and swelling of the cods.

For the swelling of the cods.

For them that haue swolne cods with fleame, so that they
wince, stampe Doves-foote with small greene Lettice, and lay it
plaister-wise thereto.

Another for the same.

Take Barly meale, and Honey, and fry them together,
and make a plaister thereof, and let the party so grieued lay it
warme to the griefe of the cods,

For swelling of a mans cods.

Take Rue, and Wormwood, and stampe them together
and put thereto hony, and make therof a cold plaister, and lay all
about the cod, and when you will take the plaister away, then
wash the cod with vineger, and he shall be whole.

For a man that is brused, or that his cods be sore.

Take the wooll of a blacke Rams cod, and put that wooll
in oyle, and powder of Comin, and heate it hote, and thereof
make a plaister, and as hote as the party can suffer it, lay it to
his cods, and it will doe away the aking, and make it whole
within three or foure times dressing therewith.

For

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For swelling of the cods.

Take Rose leaues, Rose-water, red Wine, Camomell, Camomell flowers, and Beane flower, let them boyle together, and make a plaister of it, and lay it to the cods as hot as he may suffer it.

Another for the same.

Take the iuice of Malwort, Winiger, and Honey, put thereto Barly flower, and seeth them till they be thick, and bind it to the soze all hot.

For a mans yard that is scalded.

Take Bruise, Wort, Ueruaine, hearb Robert, Wimpernell, of each of all these a good quantity, and most of all of Wimpernell, stamp them all together as small as you may, then fry them with Butter, and straine it through a cloth, and put it in a bore, and therewith annoynt your yard cold, & of these hearbs make a plaister, then lay it all about the yard cold, dressing it every day two or thre times a day.

For a mans yard that is burnt.

Take a linnen cloth and burne it to powder, and take oyle of Eggs, and annoynt the soze, and fill the greese with the sayd powder. Also for a mans yard that is soze, & full of holes: take a good company of Dalies, and stampe them, and change them often. Also take Linced and burne it, and make powder thereof, and doe it in a cloth, and lay it to the soze.

For a sore in a mans yard.

Take Swininoze, Hocke leaues, Ambrose leaues, Ueruaine, Peritorp, Cherfaile, Pastick, bruse these hearbs together in a mortar, and mingle them together with Pastick, and Swines greace, and oyle Olive, and boyle them, and straine it through a cloth, and with this Unguent annoynt the soze yard so greued.

For

The Path-way to health.

For the swelling of a mans yard.

Take Leekes and bray them in a mortar, and fry them in fresh greace of a Boze, and make a plaister, then lay it al about the yard, and it shall allwage and heale it: pꝛoued.

Another for the same.

Take Clay and beate it to powder, and sift it, and take wine Vineger, and seth them together, and make a plaister thereof, and it will take away the swelling the rest.

For paine in the bladder.

Take foure dzams of Betony, and foure roots of Smal- lagsa sodden in water, but first seeth the root still the water be halfe wasted, then seeth the Betony therein, and drinke thereof.

A decoction for to drink with wine, for them that make bloody water by fracture of any vaine within the body, as the liuer, rains, and bladder.

Take of Knotgrasse, Bursa pastoris of each a handfull, the cups of Acornes, of Camphire one leafe, of Cinamon a dram waight, of Licoris cleane scraped and sliced, one dram waight of water a quart, of Sugar two ounces, all this must boile to the consumption of the third part, and then let it run thꝛough a fair cloth into a cleane vessel, and when it is cold, put it into a glasse, and in your drinke vse thereof, eyther in Ale or Beere, and it shall ease the bladder of paine.

For him that pisseth blood.

Take Ambrose, Bursa pastoris, Parsly seed, stamp them, and temper them with Goats milk, & giue the party to drinke, and it will quickly help him.

For a man that pisseth blood.

Take of the earth that is on the Swallowes nest, and put it into hot water, and giue the sick soꝛ to drinke, & the bleeding shall staunch within a while.

For

For a man that may not hold his water.

Take the clawes of a Goat, and burne them in the fire, and make therof powder, and let the sicke vse of this powder in potage a spoonfull at once, and he shall be whole.

For a man that may not pisse.

Take Dallowes, a good quanttity of Cromell, and seethe them in Ulmeger a good while, and then let the sick drinke therof warme: and he shall pisse soone after.

Another for the same.

Take Lanberd, and make powder therof, and then let the sicke drinke therof with white wine, and he shall quickly pisse, for this medicine hath been proued.

For a hard womb, and for to pisse.

Take Parsly seede, Arche, and Spurge, of euery of them foure vneces: Stamp them to powder, and put it either into wine or water, and drinke it morning and euening.

For to make to man to pisse well.

Take Peritorp, Stamp it, and fry it, and lay it all hot to a mans yard. Also make a plaister of the flower of Cockle, and water, and so lay it to the sickes yard. Also Ulnard being sodden well in hong, and applyed to the place, causeth the man to pisse well: proued.

For a woman that may not hold her water.

For a woman that may not keepe her water, take Certimony, and Salt, and Stamp them together very small, then seeth it in old wine, untill the third part therof be consumed, and then giue her therof to drinke.

For a man or woman that may not well pisse.

Take Galbanum, and lay it to the end of a mans yard, and for a woman lay it to her navel, and being thus applyed, it will helpe either man or woman.

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Another for the same.

Take a few of the crops of red Nettles, Sheeps-tallow, Senon of a house top, and fry it wel together, and as hot as the man may suffer it, lay it to his yard, and for the woman lay it on her nauell all hot: proued.

For one that may not well pisse.

Take a quart of white Wine, and a good peece of Stone Pitch, Anniseeds, Parsly seeds, and a peece of Sugar, let it seeth from a quart to a pint, and drinke it warme euening and morning: and it shall help the party so grieved.

For straightnes of pissing.

Take and seethe Camomell in wine or water, and often times drinke thereof, it easeth and profitech greatly for the stopping of the milt, and of the liuer, Proued.

Another for the same.

Take the leaues of Stamar ch, or Alisander, and put them on a tyle-stone being warme, and lay it all hote to the priuie members, and it will raise the straightnes of the pissing, and abate the paine therewithall: proued.

For Gomora passio.

Gomora passio is flowing of a mans seed against his will, and cometh of diuers causes, rather for feblenes of the reins, or of plenty of blood, or of a palke in man: this passion is perrious, for it maketh a man or woman vnlusty, and their ioynts as sore as a man that is weary with traouling, and hath no will into a woman.

Take the seed of Lettice, and make it in powder, and drinke it with water, for it stoppeth the flure of kind, that passeth forth in the Patients water against his will.

Also the powder of Mints dzyed in an Ouen, best restmeth kind, and restraineth the erreurs of the flur.

Also

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Also Castorium boyled in the iuce of Agnus castus that is called Tutson, and being drunk, is good for the passion.

Also Amber orientall is a pfectious thing, and Caldo platwe red and layd on the raimes of the backe.

Also temper the powder of Camphire with Mustilage or Mercurialce, or the iuce of Murrell, and therewith annoynt clothes, and lay to the yard.

For all euils in the bladder.

Take Ach, Parsly, Fenell, and Pimpernell, all by euen portions, bray them togesher, and temper it with warme water, and drinke it, for it will make the euils to passe, and for to cast out the Stone that is in the bladder. proued.

Another for the same.

Take Murets that nener was set, root and all, bray them, and temper them with Wine, or with stale Ale, and seethe it from a pottel to a quart, and take of the powder of Philopendula an vnce, and vse this nine dayes till thou feele thy selfe eased, and thus God willing will help you.

For a priuy malady that a man taketh of
a woman.

Take a dead mans bones, and burne them, and make powder of them, and lay the powder on the haire, and thou shalt be whole by Gods grace.

Also if a mans flesh rise too much, let him drinke often Mercurialce, and his flesh shall not rise, nor shall he haue any liking vnto a woman. proued.

A water for a canker in the nature of a woman, or in the
yard of a man.

Take an vnce of roch Allom, and halfe an vnce of Mercurialce, and put thereto Smiths water into a glasse, and let them boyle for the space of two houres, and wash the sore place therewith.

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To prouoke flowers in women.

¶ To prouoke the flowers in women, make a Fomentation of the decoction of the hearb called Tuffon, and of the hearbe called Centrum Galli.

Also take a gum that is called Serapini, and mingle it with powder of Centory, and lay it to the nauell,

Also let the woman bath her selfe in the water that Camomell hath been sodden in, and it will help her.

Also take the iuice of marigolds drunken or eaten with a reere Egge, and Meale made in fritters, doth the like.

Also to cause the flowers to flowe in women: take the iuice of Nettles, and her byrne, and put it in the matrice.

Also make a fume or smoake of Storax calamitæ vpon coales, and let the woman receiue the smoake with a Fonnell.

Also Wine mingled with the powder of Birch and Sothernwood causeth the flowers to flowe in women.

For the excessive flowing of womens
flowers.

¶ The woman that is troubled here with, must be bathed with the water that the hearb called Wooddip is sodden in, and it will help her.

Another for the same.

¶ Take and make a Suppository of the powder of Bole armoniacke, and the powder of Sumac, of Mastick, and the iuice of Planten, and put it into the conduit.

Another for the same.

¶ Taken leaues eaten stoppeth the lungs, and excessive flux in women, and chiesly the water drunke that the middle rind is sodden in, or the party therewith bathed.

Also to stop the flowers that flow abundantly: take and seeth the leaues of Grasse with raine water, and so let the party bathe selfe therewith.

For

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may, and doe thereto Honey, and Vinegar, and mingle them together, and doe it in a bore, first lay a plaister of Carlick vpon the soze, so boyle it in Vineger three or foure times, and it shall cease the running thereof.

For a woman that is troubled after her trauell with loosenes of her priuy members.

Take a quantity of Venice Turpentine, and roll it in Sugar, and giue it to her, and cause her to swallow it whole, not chewing it at al. After that, cause an Aleberry to be made for her, and put into it powder of Camphire, and giue it to her to eate, and the Turpentine shall cleanse, and the Camphire shall close: your Camphire must be dzyed in eye shadow, so that the wind and sunne doe not come to it.

For to deliuer a dead child forth of the Mother.

To deliuer a dead child, seeth this root of Aristologia longa in Wine and Oyle, and make therewith a fomentation. Also to deliuer a dead child out of the mothers womb, and the web that is in the woman, make an Intention or Bessaire of the iulce of this heath Dittany, and mingle the powder of the roote therewith. Also make a plaister of Hollihocks, with a little salt and Goose greace, and lay it to the matrice.

For a mans fundament that goeth out.

Take the red Nettles crops, and bray them smal in a mortar, and do them in an earthen pot. and do thereto a good portion of white Wine, and seeth them well together to the halfe, and giue therof to the sick to drinke first and last warme, and lay the substance of the hearb to the fundament, as hot as he may suffer it, till he be whole.

Another for the same.

Take March and drinke the iulce, and lay a plaister thereto for that disease. Also against the pain of the fundament, or of the matrice, and of the bowels, seeth the leaues of Hollihock in water.

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water, and make a skew of that water, & wash thee oftentimes. Also make a plaister of Scabious, and lay thereon, but the Patient must first receive the smoake thereof beneath.

For the fundament another.

¶ For the small chistes that bleedeth in the fundament, lay thereto the powder of Anthera, and annoynt them with water that Dzagagant hath been chafed in.

Another for the same.

¶ Take blacke Beanes, and grind them very small, and searce them well, and powder it on the fundament, and then put it in againe, then seeth the said meale in a panne, and mingle it with white Wine, and let it seethe till it be thicke, and then spread it on a closh plaister, wise, and lay it as hot on the fundament as may be suffered, and remove it twice or thrice a day: and renue it alwayes with fresh meale, and you shall be whole God willing.

For the Pils and the Emerods, and for the euils of the fundament.

¶ Take Chespre, Tapselbarbe, and bath the Patient in the same to the nauell, or bind the hear be hot in a closh, and let the Patient sit thereon.

Also take dry Bulbecks, and put into the fundament, and it shall be all whole.

Also heale the fundament close with a leafe of S. Mary Capper, and when one is dry, then take another, and it shall helpe you quickly by Gods grace.

For to helpe the piles.

¶ Take English hony, and the iuce of Wormwood, or the small leaues, or the rotes of Daisies puzd very small, and put them in a linnen closh, and put to the soze place, and vse it thus till thou be whole.

For the Piles and Emerodes.

Take Muskle Shelles and burne them in the fire, and then take the white of them and make it in fine powder, and put in a little English Honny, and temper them together, then lay it upon a little linnen cloth, and so lay it upon the sore Piles.

To staunch the bleeding of the Pyles.

Drinke the iuyce of Milfoyle, and it will helpe you. Proved. Or the powder of burnt Garlicke, and the Piles shall die. Also take blacke Wall & blacke Sope, and binde it to the piles, and it will helpe you.

To destroy the Pyles.

Take oyle of Roses, Frankensence & Honny, and make an oymntment of them, and put it in with thy finger into the fundament, and put Birch unto the same, and vse often to anoynt the fundament therewith, and let the same thereof goe by into the fundament.

For pyles that doe greene a man or woman.

Take the reddest and the newest Tarre that you can get, and make it in a plaister upon a new lockeram cloth, and make bolsters of some other thing, and so put two tapes to euery corner to tye about the patient, & once a day dresse the same with cleane clothes.

Another for the Pyles.

Take a great Onyon, and cut out the core thereof, and fill it full of Suger, and stoppe the hole againe, and wrappe it in a browne paper, and binde it fast with a pack-thred, and roste it as you would roste a warden: and when it is roasted, open it, and lay it to the sore place as hot as the party may suffer it.

Another for the pyles.

Take the rootes of Merueine, and the rootes of the Bar, and stamp them and seeth them, & so lay them hote to the place

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but first take a little fire, and on the same put powder of Fraxen-
sence, and let the heat goe by into the soze.

For the Pyles.

Take Mollet leaues, and seeth them in faire water till
they be soft, then take May butter, and make an oyntment of
the same, then vse thereof for the Pyles, for it is a medicine ve-
ry well and often proued.

For the Emerods.

Take Inde Sope, and make a plaister thereof, and lay it
to the pyles or emerods, or to the Fistula, till such time as they
do fall away of themselves.

For the Emerods.

Take newe Milke, and a little fine flower, and seeth them
together, and make a plaister of the same, and burne an Oyster
shell, and make it into powder, then strewe it thicke vpon the
plaister, and as hote as ye may lay it to the place. Also let the
party that hath them, blowe his nose vpon a cloth, and strewe
Soote vpon the same, and as hote as he may suffer it, lay it v-
to the place, and it will helpe the same.

For the emerods.

The Emerods be five vaines that come to the fundament,
that boide the melancholly blood, & may not be sto- ped so soone,
it is good for this disease to bleede in the liuer vaine on the arm,
and vnder the ancle, and let him drinke morning & evening the
ioyce of Milloyle, mingled with warme wine, and plaister the
hearbe to the fundament: if the matter be v'entions, then hee
must be purged before that wee close vp all, for feare of a Drop-
sie or a breaking out. Also take the roote of Flounp, and make
powder of it: and take the yolke of an Egge, and wheat meale,
and mingle the powder and them together, then fry them well
with greace or oyle, and vse the same nine or tenne times, and
the party shall be whole.

For

For the Emerodes.

Take the crops of Elders and stampe them, and lay them to the place. Also Leakes & salt is good, and if they rise again, lay them to againe. Also take the roote of wilde Pellitory, and grinde it, and put thereto the powder of Arsenick, and lay it to the place, proued. Also Vinegar, Allom, and Deeres suet, of each alike much being boyled together, is very good.

For the paine of the Emrods.

Take Housleake and Sheepes dunge, and stampe them both together in a mortar very small, then take of Sheepes se wet and chop it very small, and put it in a panne, and let it seeth vpon the fire, then put in the Housleake, and the Sheeps dunge, and boyle al together, and when it is well boyled, take it off, and straine it through a linnen cloth into a deepe dish, and then annoynt the patient therewith, as hote as hee may well endure, this hath been proued.

For the Emerodes.

Take a stoule with a seage, & let it be closed to the ground, and then take a panne with Charcole, and set it vnder the stoule, and as hote as may be suffered sit thereon, then take Frankensence beaten into powder, and cast a good quantity thereof into the fire, and sit on the stoule as close as you can, and when the smoke is gone, cast in more powder in the fire, and sit thereon in this order as long as ye may.

Another for the same.

Take an Onyon, and cutte away the top, of a reasonable breadth, then pull out the heart therof, and take powder of pepper and put thereto a good quantity, and set on the top againe, and take a great linnen cloth, and wet it in water, and wring it well with your hand, and wrap the Onyon therein, and lay it in the fire til it be soft, and then take it out, and put in another cloth, and lay it as hot as may be suffered to your fundament

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and when it is cold, lay another on the place, and so haue al-
wayes ready fire or fire to serue your turne, or as many as you
thinke needfull.

Another for the same.

Take an Egge and roste it hard, and lay it to the funda-
ment, and when it is cold, take another, as you did by the D-
nyons: and if you put Verdigreace into your Dnyons, some
thinke it better then Pepper, likewise, you may cut the Eggs in
the midst, and take out the yolkes, and put in Verdigreace, and
so lay them to the sore.

Another for the same.

Take Peates-sote Dyle, and a little Harts-suet, and
annoynt the sore well therewith, & then take a tyle-stone, and
heate it in the fire as hote as ye may well sit thereon, and if
you haue no Tile-stone, then take a scoole and heate it very
hote, and so sit thereon: and if the place bleede, take a quan-
tity of Bole armoniac, and asmuch of the Harts-suet, and so
use them both together.

Another for the same.

Take the gumme that cometh of the Iuie tree, and an-
noynt the sore well therewith, and take a Tile-stone or a Scole
as I said before, & sit vpon the same very hote: but if you bleed,
take a good quantity of Moulcare, and a little Betony, & stamp
them together, and drinke the iuce thereof with a little Ale
Ale, first, three or four mornings together, & last at night when
you goe to bed.

Another for the emereds, proued.

First take a good quantity of Shoemakers peeces, and
burne them on a Tyle-stone very small, so that powder may
be made thereof, then take a little quantity of Allom, and burne
it likewise, and make powder thereof, then mix them together,
and put thereunto the liquor of a Swines gall, and if it happen
that

that the Swines-gall be dyed by reason of long keeping, then lay it in faire water al night, and it wil returne againe into a ruddy colour: if you can get no Swines-gall, then take a little of the Dyle that Corriours vse, to dresse their Leather, and mire it with your powder, so that it may be som what thick like a plat ster and if you thinke it swart to much, take more liquor and lesse Allom, and if you thinke it bite not soze enough, then put more Allom thereto: and when this medicine is thus made, annoynt the soze therewith: and if there bee any pappes coming out of the Tuell when the soze is annoynted, take a peece of the skinne of the gall, and lay the inner side of the skin upon the paps, and it shal ease them greatlie: but if the soze be within the Tuell, take and annoynt it within with your finger as farre as you can, and it wil helpe the same.

For to destroy the emerods.

Take olde shoes and burne them to powder, then take a saucerful of Honnie, and then take as much oyle Olive that is olde, and temper them til they be thicke, and lay this medicine, to the soze place, either for the Piles or Emerods.

For the emerodes.

Take redde Wortz, and seeth them in a pot, then take the pot, and set the same vnder a close Chayze, and sitte ouer it, and wrap your clothes so close that no ayze come forth, and sit so til til it ware colde, then take of the same liquor and there-with annoynt the partie. Also take a plate of Lead, and rub thereon a quantitie of Bores-grease for a man, & Swines-grease for a woman, and wash it out with white Wine, and annoynt the Emerods, and it wil heale the same.

For all euill in the flankes.

Take nine Bay leaues and dry them, and make them into powder, and mingle them with what liquor you wil, and drinke thereof euening and morning.

The Path-way to health.

Another remedy for to helpe the flanks.

Take Capons greace, and make an oyntment thereof, and annoynt the sore flanks therewith.

Also the roote of the Flower-deince being dzyed, red roses dzyed, Galtingal and Mastick of each a like quantity, these being beaten to powder, and made into oyntment with a litle oyle of Roses or oyle of Linsēdes, easeth the paine.

Also the decoction of Plantaine, Bursa pastoris, Hozetalle, and Knotgrasse, all these are exceeding good to helpe the chafing of the skinne and flanks.

For chafing of the Flanke.

Take Beane flower, Barly flower, and the flower of Fitches, tempered with a litle oyle of Roses, it maketh a precious oyntment for the same.

Also if the chafing be very great, it is good to make a bath of Hollibocks, Dill, Violets, and Linsēdes, with a litle Bran, and then to wash the place often therewith.

For sore knees that doe swell and ake.

Take Rue and Louage, and stampe them together, and put thereto Honny, and make thereof a plaister, and lay it to the sore knees, and it shall put away the swelling and the ache within thzee or foure times vsing thereof.

For the swelling of the knees.

Take the water of the party griened, after that it hath stood thzee or foure dayes made, then seeth it and scum it very cleane, and wash the place as hote as may be suffered therewith. Also Milfoyle fried either with Deers suet or Shēps suet, and laid hote to, is very good for the same.

For the ache or swelling in the knees.

Take two handfuls of Lavender leaves, or the flowers, or both together, stampe them in a mortar very smal, and keep the

the Lauender two houres in a pint of Malmse, then straine it through a cloth, and boyle it well, and then with a Sponge all to bathe the swelling of the knees, or the ache therof, and with in sixe or eight dayes vsing, it wil helpe you God willing.

For the ache or swelling of the knees.

Take Sorrel, Vinegar, Smallage, and Sheepes suet, and melt the suet, and put in these hearbes, and make a plaitter thereof, and lay it to the soze knee.

Also against the ache and swelling therof, bruse the Flowers of Plantaine with salt, and lay it thereto. Also the leanes of Plantaine stamped and laid therto, helpeth.

Also the ioyce of an Ouyon being mingled with the greace of a Henne, and made in manner of an oymnt, and so vsed, helpeth the same.

Also bathe your knees in the water that Elder leaues haue ben sodden in, and it wil helpe you.

For him or her that is diseased in their knees, or in their ioynts, that they may not goe.

Take a blacke Sheepes head, and smite it al to peeces, wool and al, and put it into a pottle with water, and seeth it till it be as soft as pappe, and then plucke out al the bones, and set it on the fire again, and then put vnto the same a good quantity of oatmeale, and let them seeth til they be thicke, and then lay it vpon a peeces of Leather, and while it is very hot lay it to the parties ioynts, and they shal find great ease of the swelling of their ioynts. Prooued.

For a sore knee.

Take and seeth Beanes and Honney, and rawe Eggs, and make a plaitter, and lay it vpon the soze knee as hate as you may suffer the same.

For the swelling in a mans knee.

Take a blew wollen blanket of cloth, as much as wil lap about the knee, then take the white of two or thre Hennes Egges

The Path-way to health.

Egges, and beate them well in a dish, and spread it vpon the cloth, this done, put the yelkes of the Egges into a dish & beate them, and put thereto as much or more of black Sope, and beate them well together, and when they be well beaten, make therof a faire salve, and spread it thicke vpon the cloth, and the white of the Egges thereon reasonable thicke: then lay this vpon the soze knoe, and role it fast thereon for thre dayes, and it wil put away the swelling and the ach thereof. proued.

For ache and swelling of the knees.

Take a quart of Malmeie and a handfull of Time, boile them very well together, and when it is halfe boiled, put therein a good pece of Sweet Butter, & let them boile together from a quart till it come to a pint, and when you do go to bed, bathe your knees well therewith, and also wet a cloth thre or foure times double therein, and lay it also vpon them as hote as may be suffered, letting it lye on all night, and vse this sixe or seuen times, and it will helpe you by the grace of God.

For a great ache in the knees.

Take Ground-Iule, which hath leaues like Catmint, and hath a red flower, and the leaues of Penertal, and the leaues of Elder, and let them be sodden in Swines greace, and the marrow of a Mare, and annoynt the party so grieved therewith.

For the ache of the legges.

Take the leaues of the Elder tree, and Penertall, and Cinckfoyle, and make therof a plaister with Barrows greace, and lay it to the ache of the legges, and it shall helpe them.

For ache of the legges.

Take and drinke the iuyce of five-leaued Grass. Also you may vse Sow-thistle, Chickweed, Elder-leaues, Ground-sell, and Cleauers, of each of these a handfull, dry all these betwixen two Tiles, and lay them to the place that is pained, but let the hearbs be first washed ere they be dryed, and it helpeth.

For

For ache or swelling of the legges.

Take Datniale and Milke, and put thereto the iuyce of Houlke, and Sheepes tallowe, and let them boile altogether till it be thicke, and make a plaister thereof, and lay it about the sore, and that shall ease the aking, and take away the swelling of the legges, proued.

For all manner of ache in the legges.

Take Sage, Rew, Wormwood, Sorrell leauer, Hone-hound, Redde-nettles, and Stamp them all together, and mingle them with May-butter, and let it stand so tenne dayes, and ley them often, and straine them cleane, and melt therewith Incense, and this serueth for all manner of aches in the legges, if you vse thereof when you stand in need.

For blacke horrible swolne legges.

Take Selondine, Hone-hound, Hearbe bennet, and scelt these together in water till the halfe be wasted, and therewith wash the sore legges every day thre or foure times, and make as much at a time as will serue thre or seauen times.

For a hot sore legge.

Take petty Sorrell, Plantaine, Smalladge, Hearbe bennet, Sengrene, Violet leaues, and the leaues of Tutie, Marigolds, and grinde all these together, and wyng out the iuyce, and put it in a little Wheat-flower and Honny, and the white of an Egge, and meddle all these together, and lay it vpon the sore all cold.

For swelling in the legges.

Take thre spoonefuls of Rose-water, and thre spoonefuls of Fennell water, and thre spoonefulls of good White vinegar, and put them together cold, and skimme off the some of it, and then take a linnen cloth and dip it in, and lay it to the sore place.

The Path-way to health.

For a leg be it neuer so sore.

Take the most part of a cow-turd, and lay it vpon a cloth plaister-wise, and lay it to the sore place, and if there be a hole in the legge, make a tent of the same, and put it into the hole, and lay the plaister thereto, and let it lye till that it do come off it selfe, and you shall finde great ease.

For a sore legge.

Take the flowers of Cammomell, a handfull of Soften-wood, Wallowes, Groundsell, Sage, a handfull of each of these, beate them small in a mortar, and boyle them in milke, and put in the seething thereof, the seeds of Fenicercke in powder halfe an ounce, Anniseedes, Fennell seed in powder, of each an ounce, and a little May batter, boyle all these together, and when it is but warme, put into it foure or five yolks of Eggs, and wingle them all together, and lay it to the sore legge, and in the boyling, put thereto a pint of good red Wine, and it will be the better.

Another for a sore legge, proued.

Take Celondine, Sage, and Woodbind a handfull, seethe them in a gallon of running water, to a pottel, and then straine it, and seethe againe, and put thereto a vnt of honney, a handfull of the powder of Allom, a penny-worth of Grames beaten in fine powder, and skimme it till it bee very cleare, and then keepe it in a glasse, till such time as you shall haue need to vse it, then take a cloth and wet it therein, and wash the sore therewith oftentimes.

For paine in the feet.

Against the paine of the fete, if any hath bene bzused or crushed, take and eate the roote of the middle Mugwort with honney, and it will ease the paine thereof,

Also let the party annoynt his fete with the iuyce of Clary very often, and it will helpe him.

For

For the swelling of the feet.

T Against swelling, and aches of the feet, bruise the flowers of Plantaine with Salt, and lay thereto.

Also stamp the leaves of Plantaine, and lay thereon.

Also take the wyce of an Ouyon, being mingled with the greace of a Hen in manner of an oymnt, and annoynt your feete often therewith.

Also bathe your feete in the water that Elder leaues was sodden in.

For cornes in the toes.

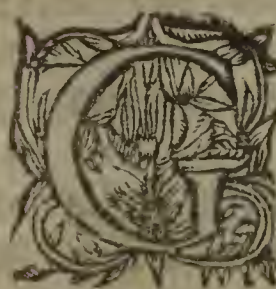
T Take of vnslaked Lime a little, and quenche it with Strong Vinegar, and when you will occupie it, pare the corne, and mingle it with Rose-water, and lay it to.

Also take the gall of a Swine being dzyed, but first wash it with hot water, and strew the powder thereon.

Also take and cut away the corne, and drop it into a drop or two of a black Snyple, and put thereto the powder of Sandfer, and it taketh away the corne.

Also take Marigolds stamped, and lay upon the soze euening and morning, and it profiteth, or else pare your corne, and lay thereto Turpentine, and red Wax boyled together, and make a plaister thereof, and it helpeth the corne of the toe.

Rules for blood-letting.



Alien, Ipocras, and Auicenna, and other Masters of Physicke, accord and say, that letting blood of the veine, and that is called Flebotomatum, or it is ventosing, caruing, or cutting, and letting blood of any of these wise, is good for mans health of body, for blood immingled with other humors that is too much, or else corrupted by the cause of much sickness: it is therefore good to know which veines in a man should be let blood, and for what sickness.

The Path-way to health

The veine in the forehead is good for the frensic, and aking of the head, and for the Meigrin, and for the Morpells, and scab in the face, for the Pockums in the eyes both hot and cold.

The veine in the heart is good for a mans minde, and for the Rume that is with in the forehead, and for the watering eyes.

The veines in the temple is good for the Meigrin, and for the head ache of the eyes, and that hath long lasted, for the sicknes of the eyes, for ache in the eyes, and for the great heate in the temples.

The veines betwixt the eares is good for the blaines and pimples of the head, for meigrin and ache of the head, it helpeth mans minde, it is good for tooth-ache, and for the gums, and for all vices in the mouth, and it purgeth the rume of the head.

The veins in the corner of the eyes next the nose, is good for the Meigrin, and for al the sicknes of the eyes, and for the sight *Cephica tum prius apta.*

The veine in the toppe of the nose, it purgeth the braine, it is good for ache, and flux of the eyes, and for the ache of the nose.

The veine in the cheekes is good for the Meigrin, and for spots or scabs in the head.

The veine in the mold is best for to bleed, and for to wash thy head with the same blood.

The veines of the over lippe, and the nether, be good for hot blaines in the mouth, and for apothums, and for hot cuts in the mouth or gums.

The veine under the tongue is good for apothums, and runnes of the head, the gums, and all manner of vice of the eyes, mouth, tongue, tooth-aking, & blaines of the nose, mouth, gums, and for the apothumes and swellings vnder the throat.

The veines vnder the chinne is good for the Kings euill, and for Sauced flame, for spots and blains in the face, and other ache of the eyes, the gums, and for ache in the nose.

The veins of the neck before, is good for the Squinancy, and for all manner of apothumes and swellings that come from the head to the eares, or to the gums, that causeth the toothach, whē
the

The breath beginneth to be short.

The veine of the liuer that is called Basilica, it is good for the Jaundise, and for chafing of the liuer, and for all manner of droppe, and it is good for all euils in the breast, and aking of the backe, shoulders, sides, and stomack, and for the Pestilence that is called Pleuris.

The head veine that is called Cephonica, it is good for the Migraine, and for head ache, and for madness of the minde, for ache, and all other vices in the eyes, teeth, tongue, the Squintacie, and other euils that come to the throat.

The heart veine that is called Cardica vt medium, it is gentle Purgations, for it draweth blood and humors of all the body but namely it is good for sickness, and purgations of the heart, breast, stomack, liuer, and lungs.

The veine about the thumb is good against all Feauers, and most Feauer quartaine, and for all euils of the gall, and for straightnes of the breast.

The veine betwene the thumb and the fore finger, let blood for the hot headache, for frensie, and madness of wit, and for sickness of the head, Cephonica, let the blood of the vein in the forehead if it be need.

The same veine of the left hand is good for Rithargy, and afterward bléde in the forehead.

The veine which is betwene the little finger and the next thereto is called Salua cella, you must let blood in the right hand for Pestilences and sickness in the stomack, and for all euill humors about the liuer.

The same vein on the left hand is to let blood for Impostumes and gathering of euill humors about the milke and spleene: it is good for the black Jaunders.

The ouer veine in the yard is good for the Crampe, and for Sciatica passio, for swelling of the wombe, for the droppe, and for the Stone.

The nether vein of the yard is good for the sides, for the rains, bladder, for swelling of the stones, and for the emerods.

The veine beneath the knee helpeth the knees: and it is good

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for aking of the thighes and the ioynts, that is called Sciatica passio.

The veines beneath the knees both within and without, is good for the liver, sides, and thighes, and for the matter that is above, and for to draw downward.

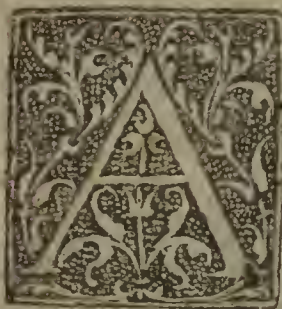
The veine in the hammes is best for with-holding of Womens purgations, for it is the next matter, as saith Auicen, and also it clenseth mans body.

The veine that is vnder the knockle which is called Sophe-na, it is good for postumes, swellings and akinges, and other evils that come to mans body from the head to the feet, it allwa- geth them, it is good for the stone & letting of vaine, it helpeth the matrice and womens purgations, it is good for the scabbe that is called Malum mortum de basilica.

The veine that is vnder the knockell without, that is called Sianca, it is good for aking that is in the thighes, & geeth down to the legs and to the feet, and for the Podagar, and for the scab, it helpeth most the aking of the thighes and ioynts, that is called Sciatica passio.

The veine that commeth to the great toe on eyther foote, it is good for the gout in the eyes, for blaines and spottedes in the face, and for postumes and evils of the stones, for the blood, for cankers, festers, and sores in the thighes and legges, and for with-holding of womens purgations.

As for the time of letting blood, to wit, that neither in hot weather, nor yet in great cold, nor in rainie weather, nor in mistie weather, nor in the weather of great tempest, nor in the old Moone, nor in the new: that is to say, foure dayes before the change, neither foure dayes after, but the thre first quar- ters be good, see that the Moone be in a good signe, and from S. Bartholomewe tide to Saint Peters tide: till February let the blood on the left arme, and in January on the right, that is to say, Ver or Sommer, from the xxv. day of July to the first of September let no blood, for then the canicular dayes be, after the teaching of Galien and Auicenna.

Rules concerning blood.letting, to
bee obserued.

Also be ye alwaies well aduised, and wary, that ye let no blood, noz open no vaine, except the Moone be either in Aries, Cancer, the first half of Libra, the last halfe of Scorpio, or in Sagittarius, Aquarius, or Pisces, remembering also that you ought not to do it in the day of the changing, noz in the day next after the same, or when the signe is in the place where the incision should be made: neither in the heat of Sommer, as from middle July vnto the middle of September, noz in the cold time of Winter, when there is much frost and snow, except vrgent necessity forcessh you therunto. Also if you choose out these signes following, appointed vnto each complexion, doubtlesse you shall do the better, so that time and occasion will suffer it, as thus.

Open a veine in the Slegmatique person, when the Moone is in Aries, sauing in the head.

In a melanchollicke man, the Moone being in the first halfe or fiftene degrees of Libra, except in the hips, or when the Moone is in Aquary, sauing in the legs.

In a cholericke body, it is best to let blood what time the Moone is in Cancer, sauing in the breast, the last half of Scorpio, sauing in the priuy members, or in Pisces, sauing in the feet.

The sanguine man may bleed in any of the fore-said Signes, so that he do it not what time the signe is in the member, or the season incommenient therofore. Beware also see Chirurgians, that you make no vnsutable incision, as to cut Ruptures, take out the Stone in the bladder, deuoyde from the body any naturall Excrecences, Wenues, or Podes, to dipart, deplozate or rotten members, to root out the Canker in the breast, let out the water collected in the belly through the disease Ascites: to be short, to make an incision or cauterization in any member, or to remoue the Catricles from the eye, or to attempt any other
like

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like thing by manuell working vpon the body of man, when the
signe governing the same is in the member in the which such
attempts are to be made for the remedy of any of these diseases
aboue-said: or when the Lord of the ascendent or first house, is
the same signe that governeth part of the body at that time, or
when there is any oppositions, conjunctions, or quartile aspects
of Saturne and Mars, or when any Planet is evil aspected un-
to another, or when the Moone is in the signe of Leo, or in the
day of the change, or full, except great necessity require it.

Moreover, I would wish no incision to be made about the
full of the Moone, whereafter any great fluxe of blood may be
feared to ensue, though the signe be neuer so meet, but rather
let it be done in the wane of the Moone.

As touching the Stone ruptures, Dropsies, to be holpen by
way of incision, I have rather mentioned them in this place,
because that the rude and ignorant Chirurgian may be brought
to the true practise and knowledge hereof. I doubt not but to
make many partakers of the benefit thereof, whose good intent
I would wish either to follow in those attempts, and so to vse it
in better refuge, when other means will take no place in that
case: it being a most assured remedy for the true and due obser-
uations of letting blood, right well allowed, and practised at al
times.

Rules for Purging.

Also it is good to take purgations when the Moone is
in Cancer, Scorpio, and Pisces, to give pills especially
when the Moone is in Pisces. Purge by drinks, electu-
aries, boles, when the Moone is in Cancer or Scorpio,
remember that you purge not in the change, nor in any unfor-
tunate aspect of the Planets vnto any other, neither in the
extreme heat or cold of the yeare.

Now if any man would know what commodity purging or
bleeding bringeth, being rightly bled, and done in such sort as
it ought to be done, or what diet and exercise should be bled
after

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after bleeding, and order observed in purging with the inconvenience and harme, which may and doth daily procede of the negligence and unskilfulnes in the contempt of the same.

For all Diseases through the Body, and for all kind of Agues:

Take Purflaine, Gentill, Bursa pastoris, and stamppe them all together, and doe thereto Vinegar, and bind it to the pulles, & it will greatly helpe you. Also take the powder of Cloues and Pepper, of each a like quantity, and eate fasting at one time as much as will lie vpon a six pence, and drinke not in one howze after.

Also let the partie so grieued with the Ague, take halfe a pint of his stone water, and a penny-worth of Pepper brused, and put thereto: and let the party so grieued, drinke thereof all, in howze before that the fitte doth come vpon him, and let him lie downe and sweat as much as he may.

Another for the Ague.

Take a pottle of thinne ale, and put thereto a handfull of Barley, as much redde Fennell, as much Centozte, as much Pimpernell, and let the Ale be halfe consumed away, and then take and drinke thereof.

Another for the Ague.

Take three Burre-roots, and wash them, and straine them, let the them with halfe a pinte of Ale, and so drinke thereof luke-warme before the fitte doth come.

Another for the same.

Take Endive, Sowthistle, Dandelion Lettice, Swartell, of each a like much, and still them altogether, and giue it to the party so grieued, it is very good against the Ague.

¶

Another

The Path-way to health.

Another experiment for the Ague.

Take foure handfuls of Groundswellie, and stampe it smal in a Morter, and put thereto thre spoonfuls of Vinegar, and thre spoonfuls of Bay-salt, grind them altogether, then put them in a pewter dish, and set them on a chafindish of coles and stirre them together til the liquor is almost dry: then lay it to the wrists as hote as the party can suffer it, every time an houre before the fitte doth come.

For the ague, another medicine.

Take a handful of redde Sage, and a handful of red netles, and a handful of Bearbe-grace, and two spoonfuls of bay-salt, and a spoonful of strong Vinegar, and a peece of leauened bread, and let al these be wel beate together: and bind it to the pulces of your wrists before that the fit doth come, and it shal helpe you by the power of God: proued.

For the hot ague, a remedy.

Take the iuyce of Sengrene and the whites of 4. Eggs, and faire flower of Wheat, and meddle it wel together, and make therof a plaister, and lay it to the patients sides, then take the water of Betony, the water of Pimpernel, Scabious water, water of Turmentil, the water of Radish, of each of these a like mach, and meddle al these together, and giue the patient to drinke al hote, before that his fitte doth come.

Another for the same, proued.

Take a pynt of the iuyce of Sorrel, and put it into a pot of Milke, when it beginneth to seeth vpon the fire, then take it off the fire, and let it stand, and it wil have a curde vpon the same like vnto a posset-curde: then take the curde off, and let the patient drinke thereof a good draught at a time, as hote as he can possible endure to drinke it, and by Gods grace it wil help him within two or thre times severally drinking. This Medicine hath bene proued.

Another

Another for the same.

Take a handful of Smallogge, a handful of Bursa pastori-
ris, and so much white Frankincense, as will couer two shil-
lings at thrice, and as much Balsalt, and Bray them in a Mortar,
and so lay them vpon a thirine cloth to the wrist, and about
the arme at night when you goe to bed, an houre or two be-
fore that your fit doth come vpon you.

For the burning ague.

Take a handful of Smallogge, a handful of Fecherfew,
a handful of Redde sage, Stamp them altogether, and take
thre or foure Spoonfulls of the parties water, and as much Vi-
negar, & boile them altogether on the fire a litle while, and take
a quantity of the same Herbes, and wringing the liquoz out
of them, lay them vpon a cloth, and bind it hot vpon your tem-
ples, and not vpon your fore-head, then take the rest, and binde
it to the parties wrists as hote as he may suffer it, before that
the fitte cometh, and within thre or foure times dressing, hee
shal finde great ease, and be helped of his Ague.

Another for the same.

Take a pottle of Water, with halfe a pint of Vinegar,
take also Endius, Suckozie, Violet-leaves, flae-leaved grasse,
and Straw-berry leaues, of each of them a good quantity, and
seth them to a quart, and put thereto halfe a pound of Sugar,
and drinke thereof morning and euenting.

For the quartaine ague.

Take Ribwort, Bet roots, and the leaues, to the quan-
tity of thre or foure handfulls, wash the hearbes cleane, then
Stamp them in a wadden dish, with a wadden pestle, and Strain
the iuyce from the hearbes, and drinke it Milke warme, and
this taketh away the humors of the Stomack, and from the hart,
within five or sixe times vsing: it cureth and helpeth the sick
party so grieued with the ague: proued.

The Path-way to health.

For the Ague comming with cold.

Take five cropps of Rosemary, and five cropps of Sage, and five cropps of Marigolds, nine Bay-leaves, and a quart of Strong Ale, seeke all these together well, and drinke it with Pezper being warme, and ble it.

For feauer Agues in children.

Take the powder of Christal, and lay it in soke in Wine, and give it to the Child to drinke, and the sucking Child shall be whole.

Also take Morlas diaboli the roote and the hearbe, and hang it about the necke of the child.

For all manner of aches, a Seare-cloth.

Take Ware, Turpentine, Rozin, hard Pitch, Bees greas, powder of Commin, powder of Bayas, Frankensence, oyle de vte de popilion, & take all these things saue the powder, and set it over the fire, and stir it fast till it be molten, and set it down and skim it not, nor straine it not at al, stir it fast til it be nye cold, and then strew in thy powder with thy hand, as thou wouldest strew flower into a Childs pappe, and when it is al in and welny cold, spread it with a slice vpon a peece of leather, and when it is spread vpon the leather, take a new linnen cloth, and lay it vpon, and couch it fast, and at your need ble it.

For a cold and ache of the limmes.

Take a handfull of Sugar, a handfull of Endiue, a handfull of the red flowers of Archangell, and a quantity of Dandelion, and seeke the same in Butten, and eat the Butten, and drinke the Broth, and you shall finde ease.

Another for the same.

Take a handfull of Balme, a handfull of Rosemary, a handfull of Malloves, a handfull of Smallage, a handfull of Mal-

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Tallflowers, and all manner of sweet herbes that ye can finde, and seeth them in a tankard of water, with halfe a pecke of wheaten branne: and when it is sodden, straine the hearbes through a cloth as you would doe a bucke, and set it on the fire and with other water straine it: and so bath you and sweate, and you shall be whole God willing.

For aking of the ioynts.

Take Marsh Mallowes, and sogete milke, Linseedes, powder of Comin, the whites of Egges, Saffron, and white greace, and fry all these together, and lay it to the aking of sje ioynt: this hath been proued.

For ache in any place, an oyntment.

Take and chase a Stere till he scummer: then take that dung and fry it with Shepes sewet, or else with Sallet oyle, and it will come to a fine oyntment, and then annoynt the place therewith: proued.

Also take the oyle of Waxe and annoynt the ache with all, and it will helpe you.

For ache in the bone or ioynt.

Take a pycked Harts skinne, sluer or drab him, and cut it in small peeces, bones, flesh and all: take that and wash it cleane that no blood be therein, then take cleane water, and set it ouer the fire, and as it seethes scum away the fat and saue it, and let it seeth till that no fat will come of him, and then cast away the flesh, and put it in a bore, and annoynt the greace where the ache is, and it shall be whole: and doe this thre or foure times.

A medicine for all aches.

Take halfe a pinte of Woll oyle, a quarter of a pinte of Peates-foote oyle, and halfe a pound of Barrowes greace, first let the Barrowes greace vpon the fire, and skum it cleane, put in your Peates foot oyle, and beat them al thre together being

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on the fire, then scum it cleane, and put it in your Wool-oyle, and beat them altogether, then boyle them together, and take them off the fire, and vse it at your need.

A medicine for all aches in the bones.

Take the gal of an Ore, and set it on the fire, and seeth it, and scumms it til it be very cleane, & put it into a glasse, and stoppe it close, then take Peates-seete oyle, and gather it very fine, and put it into a glasse also, and stop it close: then take Aqua vitæ in another glasse, and stop it close: then take of the oyle and waters aforesaid, of each even portioned, & two times so much portion of the Aqua vitæ, and put them together in one vessel, so warme it and annoynt your grieffe, and it shal helpe you God willing.

Another medicine for the ache.

Take Swans greace, Goose greace. Hens, or Capons greace, of each of these a quantity, but the more of Swans greace then of al the rest, and when they are mingled together, then take a pint of Palmesse, and a handful of Lavender-spike, Rosemary as much, and let your Palmesse seethe til it be almost waded, and then put altogether with a little Bores greace, and so boyle them, and vse them for your ache, and it shal ease you.

For him that is fallen broken.

Take a Truss and trusse the party so straight as he can, and it will very much helpe him.

Also take the iuyce of Madder, the iuyce of redde Pettles, the iuyce of Hemp, the iuyce of Bugle, the iuyce of Camphire, the iuyce of Cayle, of each of these two Sawcerfuls, of Wine foure Sawcerfuls, of Honey thzee Sawcerfuls, boyle them altogether, and skimme them wel, and then take it downe, and drinke thereof daily, first and last, sixe spoonesfuls at once, the space of fourtē dayes.

A plaister for a man that is broken.

Take of Bugle, of Cable, of each alike much, stampe them smal with a little of the haire of a Hares skin, then take an vnce of Wax, and melt it with a spoonful of water, and put to your Bugle, and Cable, and the haire: and stampe it with a little Bole armoniack, and fry them altogether, and stir it, and make thereof a plaister, and lay it on a peece of leather, and lay it straight vpon the place of youre soze, and so serue it thre or foure dayes, and so giuen the space of twelue dayes.

For a man or child that is welnebroken, and
to heale them.

First make sixe pellets in this manner, take the roote of Polipodii, and the roote of Betony, the crop and roote of Daffies, of every one an vnce, and make powder thereof, then take Bole armoniacke an vnce and a halfe, of Honney clarified an vnce, of these make a plaister, and if it be too thin, put moze powder therto, and if it be too thicke, put thereto moze hony, and take and rowle it and make pellets thereof as many as ye may take thereof: then take moze of the roote of Polipodii, and the roote of Betony, and the crops and roots of Daffies, of each two vnces, and punne them as you do Greene saluce, and put that iuyce into a quart or moze of Ale thht is stale, & boyle it to a pinte, and straine it through a cloth, then boile it againe with Sugar threepenny worth, and when the Sugar is molt, then put it in a glasse, and every day ease a pellet thereof morning and evening last, and drinke every time the quantity of thre spoonfull of your drinke in the glasse, then if your drinke be done, you must make moze: but you must vnderstand that the sicke man must lye by right sixe dayes, and that he be bound wisely and faire, and that hee eate laxative meates for straining of the humours, and it shall heale him mightily: and surely proued.

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If a man childe be newe broken, this will
cure him.

Take the roote of Camphire, and the leafe of Diamond,
and the young roote of Elme leaues, Auence, and leaues of
Padder, and the leaues of Castire, of each of all these a like
much, these must be sodde altogether in new ale, with a good
quantity of clarified Honny, and skimme it, and put it into a
pot, and euery day dzinke thereof fasting, and also at euenting:
and binde it by very straight.

For broken bones, in what place soeuer
they be.

Take a new tyle, and maile him in the fire, and make it
all to poudre, then tye it in the fire againe till it be redde, let it
keepe, and take that poudre, the iuyce of Daisies, and the iuyce
of Camphire by euen portions: and melt altogether, and make
a plaister thereof, and lay it to the bone that is broken, and euery
day renew it therto. Item take Daisie and Camphire, and
Egrimony, and temper them with Vinegar, and lay them there-
to, and it shall helpe them so greued.

For the bone ache, and to take it away.

Take Sperewort, Oliues, Crofoote, herbe Chritto-
pher, Wallwort, Henbane, Honny-suckle, flowers, Culrage,
Rosemary, Gallows, recde Wort-leaues, red Onions, and
Ribwort, kill all them by themselves, and after meddle alto-
gether, saue onely the Sperewort, which must be medled with
halfe a part of the other Waters, meddle them before the heat
of the fire with your hands, and annoynt the place thre-wyth
oftentimes.

To knit a broken bone.

Take Auence, Camphire, Egrimony, and temper them
with Vinegar, and lay it to the bone. Also take Daisies, the
crops

cropps of Vempe and redde Colewortts, and redde Pettles, and Bramble-leaves, Sothern-wood, Tansie, Pimpernell, Betonie, Buglosse, Mader, wash them and brate them small, and drinke the iuice thereof both morning and evening.

For all manner of bones that aketh.

Take a pinte of White-wine, and the gall of an Oxe, boyle them well, and skimme them cleare, then take crummes of white bread, and put them thereto, and make thereof a plaister, and lay the same to the griele foure or five times: and it shall helpe you.

For broken bones.

Take Creyland that is burnt, and grinde the same to powder, and put thereto the iuice of Daisies, and the iuice of Camphier, and strew on the powder till it be thicke, and lay it to the place plaister-wise, and the broken bone shall knit againe very shortly, and become whole.

To make an oyntment for burning of Gunpowder,
or for scalding with water.

Take a quart of Bozes greace, and two handfulls of Groundswell, and two or three heads of Houslecke, and stampe the hearbes together, and then put to it of new sheeps dunge two handfulls, and as much of Goose dunge, and stampe all together, and fry them, and being hote, straine them through a cloth into an earthen pot, and with the same liquoz annoint the soze that is burnt with Gun-powder.

To take away a heate or burning with Gun-powder.

Take a good quantitie of Housle-leeke, stampe it, and wring out the iuice: then take the white of Ox Eggs, and beate them in a dish till they be thin, and then take off the scum and put the rest together, and wash the sozes with a linnen cloth, and after, lay a wet cloth on the soze.

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A remedy for burning, or scalding, or any hurt
with an hand-gunne.

Take the dunge of Geels of one nights making, and fresh Butter unsalted, or else clarified Sheeps suet be & frye the same in a frying panne a good while, untill your suet, almost consumed, then put them in a course linnen cloth, and straine them into a small vessell, then take a feather, and dip it in the liquor, and anoynt the place where the patient is so burned or scalded, and when you have so done, wette a fine linnen cloth in the sayde liquor, and cover the soze withall, and vse to doe this twice or thrice a day.

For burning or scalding.

Take halfe a pound of Sheepes suet, and as much of the rindes of Sheepes dunge, and a quarter of a pound of the inner rindes of Elder-trees, and fry them altogether, and drawe it thzough a cloth into a pewter dish, and it will be fast, chafe it aganst the soze.

For burning, a medicine proved:

Take the white of Hennes dunge, and of Sheepes dunge of ground Iute, of House-leeke, Sheepes suet, and boyle them all together, and straine them, and so anoynt the burning soze, and take a Rose-campion leafe, and lay it aloft vpon the place, and a thin cloth vpon that, and it shall helpe it.

For burning, a remedie.

Take a quantity of Bozes greace, and put the same into a frying panne, and bozing out the greace, reseruing the suet, then take not fully halfe so much Rape-oyle, and put it thereto, with two or thze spoonefuls of cleere Vinegar and Water, labouring them all very well together: and so reserue it to your vse, but stoppe it very close till such time as you need, and this shall helpe you.

For burning with fire.

Take blacke Varnish, and all to annoynt the place with a leather, and it will both stay the heate and heale it as faire as ever it was, this you may vse till you be whole.

For burning or scalding.

Take a good handfull of auence, and as much of Shēpes dunge, and fry them well together in May butter, and straine it, and vse to annoynt the grieued place with the same colde twice a day, and annoynt it first with gray or blacke Sope, and it will helpe thee: this oymntment must be spred vpon a flaxen cloth if you can get it.

Another for burning or scalding.

Take Oyle-oline, and beate the same with water till it were very white, and annoynt the soze place therewith.

For burning or scalding.

Take Snowe-water, and that will allwage the heate, and then take the white of an Egge, and clippe the haire of a Cunnies skinne, and dip them in the white of an Egge, and lay it to the burnt place, and it will heale it, and it will cause the skinne to be moze faire then all the offer: proued.

For all bruises a Medicine.

Take Planten, Orpin, Camphire, Holli-hocke, and flower, and make a plaister, and lay it to the soze.

Also take the grounds of Ale or Wēre, and Wheat-bzanne, and Chick-wēde, and lay it to the grieue thre or foure times a day, vpon a redde cloth, not too thinne.

For a bruze.

Take Pitch, Rozen, and wrought Vllare, and Bores greace, or Swines greace, of each a like much: boile all these together in a pan till it come to a salue, and then strike it vpon

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a linnen cloth, and lay it to the bruse, and let it lie foure or fives dayes thereto, and you shall finde great ease.

Another medicine for a bruse.

Take halfe a pound of Sheeps sevet cleane tried, and as much untroght Wax, two ounces of Rozen, and a spoonfull of Frankensence in fine powder, and well searced, then boyle them all together, and skim it cleane with a feather, and when it is boyled take it from the fire, and when it is halfe cold then wet or dip a linnen cloth in the same, so that every part bee thorough wet, and lay it abroad till it be thorough cold, and role it up, and it may be kept all the yeare, and vse it as neede shall require, for this is a pretious Seave-cloth for all manner of ache or bruises: Proved.

Another for the same.

Take Hallowes, Smallage, bruse Wort, Planter, the more of Smallage, and temper it with Sheeps sevet, & make this salve in May, and you may keepe it all the yeare after, and vse it as your need doth require.

For all manner of botches.

Against botches, mingle this hearbe Timbalaria with Sheeps dung, and lay it thereto plaister wise, and it shall ripen the botch quickly.

Another for the same.

Also to ripe botches, confect five or sixe dramms of Electerium with Barly meale, and the white of an Egge, and lay it to the botch, and it will ripen the same.

For to breake the botch.

Take Bramble leaves, Elder leaves, and Musterd seed, and stampe them all together, and then take of it and make a plaister thereof, and lay it to the soze, and it will draw out all the venome.

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Another for the same.

Take one Spoonfull of Honey, the iuyce of Spurge two Spoonfulls and a halfe, of Wheaten flower a good quantity, and one Spoonfull of Turpentine, temper all these together, and lay it to the botch, and it helpeth.

For biting of a Serpent.

Against biting of a Serpent or venomous beast, take two Drams of the powder of Grimony, with two measures of Wine that is called Ciates, and it will cast out the venome.

Another for the same.

Take Centory and stampe it with his stone water, and give the sick to drinke, it is as good for Beast as men, for the biting of an Adder. Also beare Meruaine about thee, and the serpent as some report shall have no power to hurt thee.

Another for the biting of a Serpent.

Take and see the two or three handfull of Meruaine, and wash the place therewith, and stampe the leaves, and lay thereto, and it will abate the swelling thereof, and bray this herb Meruaine with honey, and lay it often thereto, and it will resounde and heale it saire againe.

Also the iuyce of Cinkfoyle being drunk, putteth out all venome, so doth the iuyce of Plantaine.

For the biting of a mad dogge.

Take of the seede of Wore, and stampe it, and temper it with water, and give it to the party so grieved, and it helpeth them God willing.

Also take Sauer y and temper it with bread, and lay it thereto, and it hath the same vertue.

Also stampe long Plantaine, and lay it to the grieved place, and it will cure the soze: Proued.

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Another for the same.

Take Walnuts, and stampe them with salt, and an Onion, they be good for the biting of a mad dogge being layed thereto.

Also Betony that is græne being laide thereto, helpeth the biting of a mad dogge, in very short space.

For biting of venemous beasts.

Take Garlike and bray it, and lay it to the place so bitten, and it will in short time cure the same.

Also if Garlick be eaten, it putteth forth the venome in the body, and cleanseth the same.

Also take powder of Aristologia rotunda, with the iuice of Spints.

Also if the roote of Wylswort be bruised and laid thereto, it healeth the biting of venemous beasts.

For a man or woman that is in a consumption.

Take a brasse pot, and fill it with water, and set it on the fire, and put a great earthen pot within that pot, and then put in these parcels following.

Take a Cocke and pull him aliuë, then flea off his skin, then beate him in peces: take Dates a pound, & slit out the stones, and lay a layer ouer them in the bottome of the pot, and then lay a piece of the Cocke. and vpon that some more of the Dates. then take Succory, Endiue, and parslly roots, and so euery layer one vpon an other, and put in fine gold, and some pearle and cover the pot as close as may be with cozle dow, and so let him distill a good while, and so reserue it to your vse, till such time as you haue need thereof.

For a weake person in a consumption.

Take a quart of red Rose-water, and a pottel of the strakings of the milk of a Cowe, 2. d. of fine Marchets, the yolkes of

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of thirty Eggs, half a pound of Raisons of the sunne, Cinamon one vnce, Nutmegs one vnce, Mace halfe an vnce, Cloues a quarter of an vnce, of long Pepper halfe an vnce, your bread must be fine grated, and your Raisons stoned, and your Dates scraped, and all your other spices beaten all together, then put in your Egges and milke so stirred together, and then last of all your Rose-water, and so distill it in a Limbeck of glasse, and so reserue it, to your vse, and as need requireth to vse it.

For to restore health in a consumption.

Take a handfull of Parrow and stampe it and straine it into a dish, and put thereto the yolke of an Egge, and a little Sugar fine beaten, and with this iuyce being heat like warm, temper therewith as much of Wheat flower as will make Past, then the Past being well wrought, make thereof little cakes, as bigge and as thicke as an old tellozne, and bake them vpon a little shard, and being baked, let the Patient eat one of the cakes every day three times, or as much as he or she can eat, and by the prouidence of God it shall make them strong and mighty, this hath been proued.

For a consumption in the raines.


Take Clay leaves and prick them, and fry them with two or three yolks of Eggs, and put thereto Saffron dried vpon a Stone, and grind it small, and put all together, and fry them with fresh butter, and eat it warme next your heart, and it will helpe you God willing.

For one that is in a consumption.

Take a great number of young Nettles that springeth at the roote, and wash them cleane, and stampe them and straine them till you haue a pinte of the iuyce thereof, then put them in a faire skillet, and set it ouer the fire, and let it seeth till it ware
some.

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Some-what redde: then take it from the fire, and put thereto a quart of Malmeley, and bzeu them together a good space, then take the yolkes of five new layd Egges, and beate them together, then bzeu it againe, and put thereto as much sugar as will make it flowet: then let the party so griened, take every night and morning a reasonable draught thereof blood-warme, and by the grace of G D D, it shall ease the party so griened in very short space.

 To helpe to restore him that is in a consumption.

Take a Cocke which is neither fat nor leane, and lozing his neck, and hang him up by the legges, and let him beat himselfe to death with his winges, and when hee is cold slea him, and take out the bowels, then cut off his necke and legges, and see that his body within be well dzyed with a cloth, and quarter him, and at foure stills, still the quarters being first well hacked and chopped, and the water that shall come out of the cocke being stilled, you must giue the patient in his brothes or dzinks being blood-warme, and within short time by Gods grace, it will restore him or her. But remember that the party griened, doe neither eate nor dzinke in all the time, any meates or broths dzessed with hot spices, or sharpe sauces.

A notable restorative and electuarie for a man that is wasted or consumed, called the electuary of life, practized by M. Baltazar.

Take two pound of Dates, and wash them cleane in Ale or Beere, then cut them and take out the stones, and the white skinned, and cut them small, and bzeu them very small and fine till they be as tough as ware, then take a quart of clarified Honny, and cast the Dates therein till they be dissolved, then take halfe an ounce of long Pepper, as much of Mace and Cloves, and Nutmegs beaten in fine powder, then seeth the
Dates

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Dates and Honny ouer a soft fire, then cast on the powder by little and little, and stirre it very fast, and let it seeth long, till it ware thicke, then set it to coole, and put it in close Bores, and eate therefore first and last: and it shall restore a man bee hee neuer so weake or lowe brought: vse this sometimes vpon a full stomacke, and you shall not surfet, proued by M. Baltazer Chirurgeon.

An Eleqtuary most soueraine for all manner of
diseases in the body: proued by
G. K.

Take foure pound of Sugar, and boyle it in a pint and a halfe of Palmesey, and put thereto a pint of Rose-water, and a pint and a halfe of White-wine, halfe a pint of Aqua vitæ, and of running water a pint: boyle all these together, and when it is well sodden, take of the powder of Enula campana an ounce and a halfe, of Calamus aromaticus and Licoris, of each half an ounce, pepper three penny waight, one halfe-pennyworth of Asisander seedes in powder, six pence waight, of conserue of Roses and Violets, of each foure ounces, boyle all these to a measurable thiknes, then put thereto of solliater golde, and all to cut it with a knife, and mingle it with the aforesaid Eleqtuary, and vse it as your need requirerth, and by Gods grace it will helpe you.

A restoritie for the weake and feeble.

Take a pint of running Water, and heate it ouer the fire, and put in it a handfull of Rosemary, let it boile to the half and then straine it: then take a pint of White wine, or Claret wine, and a good part of Sugar, and powder of Ginger, and Cinnamon, a little Mace and Cloues, and put them altogether, then lay sops in a dish, and poure thereon the broth, and giue it to the sicke and feeble persons fasting in the morning, proued.

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For a consumption, proved.

Take halfe an ounce of Manus Christi, one ounce of white sugar Candy, and a penny-worth of Anniseedes, and halfe a pinte of Kedde-rose water, and a pint of muscadine, foure new layd Egges, a quarter of Nutmegges, halfe a quarter of Cap Dates, and stons your Dates, and wash them before that you doe put them in, and boyle them altogether, and so vse them, for this hath bene proued.

A Jelly proued for a consumption.

Take a well fleshed Capon and scald him, and draw him, and put into his belly a handfull of Barly, and as much Key-sons, Currons and Dates, and put him in an earthen pot with a gallon of Claret wine, then put therein some Cinamon and Ginger: let it seeth till the flesh be fallen from the bones, then beate him in a Morter, and put him into an Apocras bag, and let the Jelly runne into a faire vessel, and giue the patient of that jelly euenting & morning: and within the spending of three Capons, by the grace of God, the patient shall recover much his health: and to comfort his stomack, giue him Rorax aromaticum, made in lozings at the Apothecaries.

A present remedy for the Sciaticke.

Take a handfull of Violet leaves, and wash them in good Ale, then take an other pint of good Ale, and set it on the fire in a skillet, and then beate the Violet leaves very small, and so boyle them in the Ale, and then when it is half boyled, take out the leanes, and straine the iuyce into the afore-said Ale againe, and boyle it very well untill that it bee thicke, and then take a peece of Sheeps leather, as broad as the place which is grieved, and pricke it full of holes, and spread the same on the rough side of the leather, and lay it to the place xxiiii. howres, and then change it, and lay to it new, and so vse it three dayes, and you shall be well: the oftner the better.

To make a water for the Sciatica.

Take a peece of Pork of a male-Hogge which is leane, and perboyle it in water until the blood be clean out, then boyle it in strong Ale a good while, and after that take it and distill it with a soft fire, and then keepe the water, and wash the places so greened two or thre times against the fire.

For a Sciatica, another medicine.

Take an Ore gall, and red Allam, Rosemary-tops, bay Salt, Aqua vitæ, and Vinegar, bray them well together, and set them on the fire, and alwayes stirre it, but let it not seethe, and so vse it as need requireth.

Another for the same.

Take Quence, Comin, and as much white salt, a handfull of Red nettles, and seeth them in piss, and when they bee well boyled, put thereto Aqua vitæ, and annoynt well the soze therewith thre or foure times.

A medicine for the Sciatica

Take Time, Lavender Cotten, the runnings or out-laces of Straw-berries, of each a like quantity, a nest or two of young Swallows alive, with the feathers and the guts, and stampe them very small, and so fry them in May-butter that is sweet and new, boyle them on the fire, then straine it through a cloth, and put it into a pot, and so vse it at your pleasure.

For the Crampe.

The Crampe cometh commonly of contractions of nerves, or els it cometh of too much fulnes of the body, or too much leanness: and note well that in the Palsie the members bee more longer then they should be by relaxation, and in the cramp the members are shorter then they should be by shrinking of the nerves, but the Crampe that cometh of wasting, is seldome cured, if the paine be great, & withal cease it with oyle of roses

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of Camemile hot, and of yolks of Egges and Saffron together, and wet Bread in sweet hote Milke, for this ceaseth the aking of the Prunes. Also make a garter of an Hares skin, but the liuer is said to be full good for the Crampe, p^roued.

For the Crampe, a remedy.

Take oyle of Camemile, and Fenegræke, and annoynt the place where the Crampe is, and it helpeth.

Another for the same.

Sith these hearbes, Betony, Wormewood, Mercurie, and time, these are exceeding good for to walk the party so troubled with the Crampe, if he make it in a bath.

Another for the same.

If you say these words three times when the Cramp cometh upon you, Bero, baro barto, it may hap helpe you.

To make one to haue a good colour.

Take and drinke the iuyce of Slope fasting, warme it, and it will make you to haue a good colour, it is good for the sight, it destroyeth wormes, it is good for the stomacke, the liuer, and the lunges.

For the Canker, a remedie.

Take lentils of the Water, which be called Frogs feete, or Emets meate. it is of great vertue if it be stamped, and the iuyce medled with Porkes greace, and lay it plaister wise on the Canker, it stayeth and healeth mightily.

Another remedy for the Canker.

Take as much Allam as a Nut, halfe a glasse full of Honey, and a pint of Red wine, and lath them together till it come to the third part, then straine it through a cloth, and wash the sores therewith.

Another

Another for the same.

Take a handfull of vnset Léeskes, with the rootes, and a small quantity of Parrow, ten or twenty branches thereof, and boile them in white-wine vntill they be all very soft, and then Straine them and clarifie them: and let the patient drinke of it morning and euenting, blood-warme.

For to kill the Canker in a mans body.

Take the roote of Dragons, and breake it in small peeces, and dry it, and make it in powder, and take nine penny waight of the powder, and put it in Wine, and seeth it wel, and then let the sicke drinke thereof warme a good draught fasting in the morning for thre dayes together.

Another for the same.

Take two handfulls of Sage, and as much Wood-vinde leaues, with the rootes of a wilde Vine, this being stamped and strained, take a little Honny with a pece of Allam being warmed, and so wash the soze place where the Canker is.

For the Canker, a remedy.

Take Chrysell, and make it in fine powder, and the powder of Harts-horne burnt, with as much of the rind of a Pomegranet, and the iuyce of Night-shade, and giue all these to the party, eyther man, woman, or child.

For the Chollick and the stone.

Take a handfull of Sapifrage, a handfull of Bellitoy of the Wall, a handfull of vnset Slope, a handfull of vnset Time, and seeth all these hearbes well together with a quarte of good Malmesy to a pint, and the powder of the whole Egge-shells, and as much of the powder of Hasell-nut shells: when you haue put the licoz from the hearbes, then put in the powder to the same, and let the patient drinke thereof warme in the morning fasting, and it will helpe him.

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For the collick a remedy.

Take white Lime, Parsley, bruse them, and Crayne them with stale Ale, and set it to the fire, and make it warme, and put thereto a good quantity of Graines, and so drinke it. Also take Worme seede that is greene: and give it to the party to drinke being dyled and made in powder, and when the paine is vpon him vse it.

Another for the collicke.

Take a pint of Sallet oyle, halfe a handfull of white salt, and seethe them: then dippe in two or thre handfulls of blacke Sheeps wooll, and bind the same from the navel to the bottom of your belly as warme as you can suffer it.

For the collica passio.

Take the roote of Nuttfoyle and long Pepper, & grind them small in powder, and drinke it in good Ale. Also take Lime and Saffron, stampe them together, and put thereto a little good Ale, and straine it through a cloth, and then give it to the Patient to drinke, and it shall ease him forthwith. Also make a plaister of the hearbe Philopendula being sodden with the aforesaid hearbes.

For the collica passio.

Take the crums of cleane wheaten bread, and white Vineger, and the powder of Comin, & boyle all them together, and make a plaister thereof: and as hot as the sick may suffer it, lay it nere to the belly, and he shall soone be eased of his pain, Also take Turmentile and Treakle de Bayes, and eat it, and drinke of the water of Elderne Flowers Dilled.

Another for the same.

Take vnset Leakes, and cut way the faces and all, then take the white of the Leake, and bray it small with Bay butter & fry it, & lay it very hot to the navel being bound with a cloth.

For

For the collick and the stone.

Take the greene pith of an Elder skalke that is betwene the barke and the skalke, and stampe it small, and drinke it with good Ale, and it shall breake wind.

For a man that is costife.

Take Malloves, Mercury, and seethe them with Wyke, and make ther of pottage, and let the party eat therof, and drinke Whay, and it shall make him solible. Also take the iuyce of Malwozt, and mingle it with honey, and drinke it.

For the dropsie, prooued.

Take two pound of sage, Ryall, and two pound of water Carlen, and two pound of Slope, take these hearbes, and Bray them in a mortar, and wring out the iuyce thereof, and then take Wheats flower, and blend it with the iuyce, and make a loafe thereof, and bake it in an Ouen, and all hot breake him into two or thre gallons of good stale Ale, and let there be no dregs therein, and so let it stand all night, and stop it close, and let the sick thereof drinke at all times, and he shall be whole. Also take Bozage, and Langdebeefe, and Parsly, and Scabiosa, and of water Cresses as much of the other hearbes, a handfull of Smerewozt, and vse this pottage with that drinke, and he shall be whole.

Another for the dropsie, prooued.

Take foure penny waight of Scamony, and two penny waight of Kubarb, a sixe penny waight of Scene, and a penny waight of Setwell, and a penny waight of Spignard, and a penny waight of the powder of Camomell, and an ounce of Sugar, and Bray all these spices in a mortar of brasse, and mingle therewith the Sugar, & then let the sick vse this medicine three dayes fasting, a good spoonfull at once, and it will make him soe to haue a good stomack, and doe away all euils.

The Path-way to health.

For the Dropsie, if it be curable or no.

Take Barly meale and the iuyce of Spinage and of Marigolds, and make thereof a plaister, and lay it thre times, vnto a mans liuer, and if the plaister be dry soone, he is curable, and if it dry not, he is incurable.

For the Dropsie, another prooued:

Take a handfull of the tender crops of Broomie, and stampe them and straine them in a quart of stale Ale, and boile it till it be halfe wasted: then put thereto some Sinamon, and Ginger, and set the patient by right in a chaire, so that his fete touch not the ground by two foote and a halfe, then put vnder his fete a panne of coales, and lay ouerthwart the pan a payre of tonges, or two, and lay thereon greene Broomie, and let him sette the soles of his fete thereon, and giue him of the drinke blood-warme, and so let him sweat well when he goeth to bed, and by Gods grace it will helpe him.

For a Dormitoric.

Take a quarter of a pound of Almonds blended, and a halfe pound of Hempseede, thre times washed in cleane water, and six Dates, and stampe them altogether, and put thereto good stale Ale, and take an ounce and a halfe of Poppy seede brused, and let it lie in Ale thre or foure howres, and then seeth them together and straine them, and giue the sick to eate thereof warme: and it shall quickly make him sleep by Gods grace.

To draw a Bile from one place to another.

Take Ocalus Christi, and Meruaine, and make a plaister of them, and let the same be layd from the Bile, two fingers broad: and when it hath line a good while, renew it, and so remoue it still from place to place, vntill it be laide in the place where you would haue it breake.

To draw out arrowes out of a mans body.

Take Polipodion and grinde it with fresh greace that is olde, and binde the same vpon the place, and it will some drawe it out, be it arrow, or thorne, or any other euill thing.

To draw out an arrow head.

For to draw an arrow head out of a mans flesh, take red Spere roote, temper the same and seeth it with Honey, and then lay it on a cloth, and lay it to the wound, and it shall drawe it out by the grace of God quickly.

For a dart in a mans body.

Take a Worme that is called Piacher, that is as great as a Beane, and is cleane blew or sander, & hath many small feete, and is white vnder the belly, and when a man toucheth it, it will be as round as a button: take this Worme, and rubbe it well againt the Dart, till it be all broken, and do this euery day thre or foure times, and at euery time take thre or foure Wormes.

For all manner of falling euills.

Take the blood of his little finger that is sick, and write these thre verses following, and hang it about his necke, I asper fert mirram, thus melchior balthazar aurum, hec quicum secum portat tria nomina regum, soluiutr a morbo domini pietate ca-duca, and it shall helpe the party so grieved.

For the falling euill.

Take the powder of Diamond, and the root of yiny, and take the powder of Martegar, and drinke all these with Ale Ale, and let them say their pzyers: and as soon as the party falleth downe, take the gall of a Dogge, and giue the sicke to drinke with good ale that is stale, and by Gods grace he shall neuer haue the falling euill any more pzyers.

The Path-way to health.

For to cure the falling euill in foure dayes.

Take Swallowes, and beate them, feathers, guts and all, Castorey, Vineger, and some Fermander, distilled first in water, and some Carduus benedictus water, and then still all, and giue the sicke to drinke therof. Also take the root of Piony and make it in powder, and put it into pappe for a child, and let him or them lick it with a little Sugar, and they that be of age may eat the more quantity thereof. Also the black seed of Piony is good therfore.

For the falling euill.

The filling of gold being taken in meat and drinke, is good against that euill, and if the Patients backe be annoynted with the oyle of Juniper in the very chine, and so is a dram of Castoreum very good therfore.

Also take the powder of Gentiana, with the iuyce of wilde Sage, is good for the falling euill.

The manner and vse to be obserued and kept in the time of curing of a fistula.

First you must search the vicer with your tent, to know the depth and the length thereof, that you may knowe of what vse to make your tent, and annoynt the soze only with Populion, and your tent also, and dippe the ende therof in the powder following for two daies, once a day dresse it with your powder and o the r two daies with nothing but Populion to remove theaker, and thus enlarge your tent till the worke be known vnto you, so long as it casteth a blocky, mantle gozy, stinking, or bloody water, till vse your powder vntill it come grosse, thick, and white, and then apply mundifiers or censors, and the vicer cleas'd, then vse incarnatiues, as the græne balme befoze witten, & other that follow: alwaies rather shortening your tent, and making of it lesse till you be assured of the victory for Agillation, sealing or sinking of the water that hereafter shall follow termed moyster and the congelour.

The powder for the Fistula:

Take two ounces of greene Copperas, and burne it in a Goldsmiths pottle, called a crassible, Mercurii sublimati an ounce, grinde them small on a Marble Stone, till that it be very fine powder, and vse it when need requireth.

A skinning water for the Fistula.

Take Strong Vinegar that is white, for that is best, a quart of litarge of gold finely beaten, & finely searced a pound, mingle them together, and let them infuse in a glasse three or foure dayes, stirring them together twice in a day, then let it settle a day, and take the cleared thereof, and put it into a small or glasse: and so you haue the mother.

The congelour in a Fistula.

Take satre water a pint, salt genne two ounces, common salt a good spoonfull, boyle all till the salts bee dissolved, then pnt the clearest thereof into a glasse, and this is the congelour.

The vse of the congelour.

Take of the mother three parts, of the congelour 2. parts and a little more, put them together, and it will be an ointment or a thick creamé, lay it on the place that you would haue skinned, or the creeping tetter, and it shall doe wonderfully for the long blcers that lack nothing but skinning, and it will skin us very short time.

For the Fistula.

In what place soeuer it be, take the iuyce of Turmentil, and drop it into the hole, and it helpeth, and so doth a tent dipped in the sayd iuyce, & layd to the Fistula. Also take greene Westony with salt, and make a tent, and put to it a plaister of the same, and it will heale it.

The Pathway to health.

Another for the same.

Take of the powder of Copper's with two parts of beane meale, and confect them with french sope, and shape a tent thereof, then put it into the hole of the Fistula, it will cleanse it in such manner, that if there be any bones corrupt or broken, that they may be taken out, and it will consume the euill moistures.

To stop a very great fluxe.

Take halfe a pound of Almonds and blanch them, and stamp them very small in a Morter, and then take twelue yolkes of newe layde Egges roasted harde, and put them into a Morter, and Bray altogether, and then take a pint of strong red Vinegar, for that is best, and put it into the same stuffe, then mingle the well together, and then put all into a faire pot of earth, and stamp it well, then take there of five or sixe Spoonfulls at once, but first warme it, and then drinke three or foare times by on a day, if need be.

Another for the same.

Take the roote of a great Docke that beareth the Burre, and the leaues of Dake, and ground-Zuie, and make a bath of them, and put thy fete therein by to the ankles, but no higher, and let thy fete stand long therein, as hote as ye may suffer it, and then keepe them warme.

A medicine for to stop the fluxe or laxe.

Take three Nutmegs and roast them, take of Cinamon three ounces, three newe layd Egges, and roast them very hard till they be blew, then take the yolke from the white, as much of Bole armoniack as a Doves Egge, then beat the spices very fine, that done, take altogether and beat them: then put them in a quart of strong Ale, stirring all these together, then straine them, and seeth the same till it come to a pint, then giue the patient so grieued, to drinke thereof first and last.

Also take Alligant and thicken it with Rice-flower, as you would make pappe, then spread it upon a piece of redde leather as broad as your hand and for a child lay it beneath the navell somewhat warme, and it helpeth.

For the fluxe or laxe.

Take Redde-rose buddes, and clippe off the whites from the leaves, and dry them, and make powder of them, and give it to the party so griened in a catwel, and at thre times drinking it shall ease him. And if the party be weake, to make him a Tansie of Camphier, Planten and Archangell, a little at a time, as much as an Egge. You may gather these hearbes in Sommer to serue in Winter.

To helpe the bloody fluxe.

Take two handfull of Plantaine leaves, and seeth them in faire water, and let it seeth till it be sodden to the one halfe, then take the same water, and straine it thorough a cloth without any wringing thereof, then with the same water make rice pottage, and let the patient eat thereof a good messe, and it will stop the bloody fluxe.

Another for the same.

Take Henne crocken, and the croops of Wood-bine, and stampe them, and temper them with warme Redde-wine, and give the sicke thereof to drinke, and let him eat for thre dayes together each day five Leakes with bread that is hot, and drinke no drinke but Red-wine warme, and he shall be whole, and let the sicke have a scole with a sledge, and make there vnder a little Char-cole fire, and let it be closed round about with a cloth that no ayre may enter: proued.

For to fret away dead flesh.

Take Hennes bones and burne them, and the shelles of tenne Egges, stampe them and make powder of them, and lay it to the dead flesh, and it will fret it away.

The Path-way to health.

Another for the same.

Take greene Copperis and burne it, and as much burnt Allam, and asmuch Merdigreace, and grind them altogether, and vse thereof as you need, and it helpeth: pꝛoued.

To abate proud flesh.

Take Honny and clarifie it, and skimme it wth a feather, and take the white of, and take a quantity of Merdigreace till it be greene, and lay thereto.

To rayse vp flesh.

Take red nettles and bray them small, and put thereto three or foure coynes of Salt, and mixe it wth butter, and lay it to the soze, and it will make the flesh to grow, and to be more faire then euer it was before.

To take the fire out of any sore.

Take a quantity of Kose-water, Sallet oyle, an Dre gall, Houslecke, the iuyce of each a like quantity, and so beate the altogether till that they be all one, and so annoint the place, and it will take away the fire.

For the Gout, a most precious medicine.

Take a good handfull of Kewe, as much of Plantaine, and as much of Redde Sage, and stampe them as small as you can, then take halfe a pound of black Sope, and a penny worth of the Treclae of Iane, and meddle all these together: then put them in a close vessell, and when the paine beginnes to come, make thereof a plaister, and lay it thereto, and he or she shall be eased within an houre: pꝛoued.

For the red Gout.

This experiment is pꝛoued best. Take Quicksilver, Blinestone three parts, and two of Quicksilver quenched wth fresh greace, and the iuyce of Carth-bird, and a little of swines gall,

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gall, and meddle altogether: and put it into bores, and when need requireth, annoynt the place, and you shall be whole.

For the Gout that is bolning.

Take Beane leaues sodden in water, then meddle it with Swines greace, and lay it to the soze place, and it doth away all the bolning.

Also for the same you may take a Fore and make oyle thereof, and therewith annoynt the patient.

For the Gout that is in the bones.

Take the best of Rie-bread, and tost them well, and then lay on a dishfull of Garlicke, and stampe them, and lay it on the Gout as hote as may be suffered. Also Malwort sodden in Wine till it be well thicked, and the soze annoynted with the same, is very good. Also Nettles stampt and layd vpon the Gout, helpeth it.

An oynment for the Goute.

Take an old fat Cat and sea her, and draw forth her guttes, and Bray the Cat, and put her altogether in a fat Ganders belly, and put thereto halfe a pound of Pepper, Mustard-seede, and Parsly seede, of each foure ounces, Worme-wood and Garlicke a good quantity. Role armoniack sixe penny waight, then rost it, and the greace that droppeth from the same, keepe it, and annoynt the Patient withall, and by the grace of God the ache will goe away, for being thoroughly annoynted therewith, it presently helpeth him.

For the Gout a remedy.

Take a handfull of Rue, as much Canell, as much Turpentine, of red Sage, of each of these a like much, stamp them all as small as you can, then take halfe a pound of black Sope, and mingle all these together, and put them in a close vessell, and when the paine beginneth for to come, make a plaister thereof, and lay it thereto, and the party so grieved shall haue ease within one houre.

For

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For the Goutc in the toes.

Take the roote of Fragon, Matselon, and the roote of Launceroy, stampe them and drinke them with White wine every day a pottle fasting.

For the Greene sicknes.

Take Betony, Harts-tongue, Liverwort of each a good handfull, a Fennell roote, wash them and bruse them, and put them in a skillet with a quart of Ale, two spoonefuls of Alisander seeds, and foure good sticks of Licoris, let al be brused and boyle all in the Ale, till it bee halfe wasted, then straine it, and make it sweet with Sugar, and put into it a little Maces, and Nutmegs, and vse to drinke thereof warme, morning and evening, three or foure spoonefuls, and likewise when your fit doth come vpon you.

Another for the same.

Take the keyes of an Athen-tree being dzyed and made into powder, & take of Red Fennel, Red-sage, and Marterum and Betony, and let the them in running water from a pottle to a quart, then straine them, and drinke thereof a good draught with Sugar, morning and evening luke warme.

For gnawing and aking in ioynts.

Take hearbe Bennet, Shæpes suet, and Oyle Oliue, fry them together, then take it off the fire, and make thereof a playster, and lay it to the soze, and it will ease you.

For a hardnes in the body.

Against the hardnes of the body, take a good quantity of Lilly rootes, with an hearbe called Brancha vrsina, and the root of Wallawes, and Holly-hocke, and temper them altogether in Wine, and oyle twelue dayes, and then straine it, and in straining, put thereto ware and oyle, and make an oyntment therof, and therewith annoynt the hard-bound body.

Again

Against heate in the body.

Take and eate ripe Berries, and drinke the ioyce thereof, it is very good for them that haue ouer-much heate, for it cooleth them: and an electuary made of these Berries, is very good for them that is grieued with ouermuch heat in the body.

Also take the distilled water of Dre dung, it is very good and profitable for the same.

A medicine for the blacke Iaundies.

Take Gentiana, long Pepper, Calamus aromaticus, Auence, Keysons, Currons, white Soap of Spaine, of each of these one ounce, and two spoonfulls of Musterd-seed, and boyle all them in a quart of Wine till the third part be waisted.

Another for the same.

Take Angell towchis, and grinde them small, but first wash them as cleane as ye may, then put thereto a quantity of Peates foote oyle, and a quantity of Vineger, drinke this medicine cold three times, and it will cause you to cast out all the sicknes in your body presently.

Another for the same.

Take Fennell, Sage, Parsley, Tromwell, of each a like much, and make pottage thereof with a peece of good Pork, and eate no other meate that day: proued.

For the yellow Iaundies and greene sicknes.

Take of Iuorie made into small powder, halfe an ounce, of Turmericke three quarters of an ounce, as much of Saffron as the weight of a groate, compound all these well together, and vse to drinke of this potion first in the morning, and last in the euenting, with a draught of good stale Ale: but if you take it for the blacke Iaundies, you must first purge melancholy, and for the greene Iaundies without purging: and this medicine will holpe both, as hath bene proued.

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For the yellow iaundies.

¶ Take a great white Onion, and make a hole where the blade goeth out, to the bignes of a Chestnut, and then take Treacle of France, as much as will fill the hole, then take halfe an ounce of English Hony being beaten, & so compound the Treacle and Saffron together, and put it into the Onion, and sette them against the fire, and roast it well that it doe not burne, and when it is roasted, straine it through a cloth, and give the iuyce thereof to the sicke three dayes together, and it shall helpe them.

Another for the same.

¶ Take a redde Docke roots and scrape it, and lay it in a quart of Strong Ale all night.

Another for the same.

¶ If the patient drinke the Dope of Spaine, and the Marlings of Quory, it is very good for the yellow Jaundies, being either old or young.

To expell the venim of the iaundies.

¶ Take of running water a pint, of Endiue and Succory, of each halfe a handfull, let them boyle till the halfe bee wasted, then straine it: and put thereto of Kubarbe one dramme and a halfe, and of Spignard a halfe-penny weight fine beaten, of Sugar three ounces, and let it boyle a little and then take it off, and let it stand close covered all night, and the next day earlie straine it, and give the sicke to drinke thereof fasting, and abtaine from meat two houres after.

For the iaundies in young children.

¶ Take of Kubarbe, of Turmericke the waight of tenn pence, of white sugar Candy as much, of Spignard the waight of three pence, make all these in fine powder, and mixe it together, and three dayes together take thereof in white Wine, or Rensish Wine.

Another

Another for the same.

Take Turmericke, Saffron a penny waight, the Shaving of Zusy foure pence waight, the Shaving of Harts-horne as much, a spoonfull of the iuce of Capilly veneris, made into powder, and drinke it in Wine, and put thereto a pretty quantity of Sugar, and it helpeth the same.

For an Impostume.

An Impostume is a swelling or aking out of kind, and it is either of a corrupt humoz that must be broken out, or else of superfluity of a humoz that should nourish that limme.

First there must bee given a Purgation, after that repercuSSIONS are maturative.

The Remedie.

Take Holly-hock, Licoris, Lintseede dry Figges, Lilly-roots, and Finiper berries, seeth them long in water, after doe away the licoris & the Finiper berries, and bray well the other then put thereto Barly weale, Lintseed, Fenegreek, and boill all these together well, and annoynt it first with fresh Butter, and this ripeth postumes within & without, and it is good in an hard and dry impostume though it ware as hard as a stone: repercuSSIONS to suite inward, the matter againe should not be vled in chilozen nor in old men, neither where matter is wooddy or feruent, nor where the water is much now and then in the burning of Aeknes, in the nigreforis as greuzeth, when the postume or botch cometh of nobler lim or member then it is on then that he be riped there, and not driven away fro destiny dread of the better member, the which abzedding of the postume, and of the venimous matter therof, repercuSSIONS must be taken in time ere that the matter be ful seged, and ere it be corrupt and rotten, and that is good commonly with the iuce of cold heats as petty mozzell, purtaine of the wood, and vmbelicus veneris with oyle of roies, and a little ayrell, a little Boie arm niack, a cold oynments, as Popilion or vnguentum album, or the cold

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For the Kings euill.

Take the roots of Wzionie, or of Aristologia longa, or Smicrewort a like much, and beate them with Honny, and ole greace, and lay it thereunto.

Also take Wesnes, and mingle them after they bee beaten, with the gleare of an Egge, or old Dyle, and it will dissolve the kernels or Kings euill.

Also if Darnell be sodden in wine with the dunge of an Ass and Urtsedes, and being drunke, it helpeth mightily.

Take of the decoction of the barkes or pilles of Copporis, and Sperage, and annoynt it with this oymntment.

Take a gray Serpent and cut off his head and tayle, about foure inches thereof, and afterward, with the greace of that serpent annoynt the said soze.

For a Laxe.

Take Scene an ounce, Kobarbe two penny-worth, Spignard a penny weight, infuse the same with white Wine, or water of Englasse or Borage, of each halfe a pint, and warme them scalding hote, or boyle them a little, and so let it stand all night, then warme it in the morning and straine them, put in a little Ginger, and Sugar, and so drinke it all warme, till that thou be well eased thereof.

A powder laxatiue.

Take halfe an ounce of Scene in powder, a quantity of Spignard bzused, and an ounce of Ginger in powder, bzuse all these very well, and put this into the soft pappe of an apple, and so vse to take a pretty quantity of this to bedward.

A powder for a laxatiue person.

Take in Sommer the white flowers of Elders, as much as yee will occupy all the yeare, and drye it two or thre dayes in the Sunne, and then put the same into a bladder, and when yee will occupy it, drye it as you do Saffron, and put a little in

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an Ale-berry, or in a messe of pottage, and incontinent he shall haue three or foure stwles,

For the Leaper, a medicine.

Take the iuyce of black Berrics, and temper it with strep made of wilde Sage, it is good for them that bee leaprous, and they that feare the comming of it, should vse every morning to drinke halfe an ounce thereof.

Another medicine for the Leaper.

Take and make a bath of strong Wine, that the leaues and flowers of Elder is sodden in, for it greatly profiteth them that be like to fall into leproy by reason of fleame.

Also a bath made in water that Scabious and Molepne is sodden in, is good for them that haue the spice of the Leaporie, called Alopice, in the which the hayres fall.

To make a manleane.

Take and fill a panne full of Filberds flowers, and let them a night and a day, and put thereto Wine that they dry not, then let the Wine be strained, and let the patient drinke it five dayes together in the month of February.

For the lunges:

Take Southerwood, and meddle it with Licoris, and Slope, let it in wine or water, make it swete with Sugar, and so drinke, is very good for all diseases of the lunges & breast, when the sickness commeth of cold, the breast shall be annoyed with vnguentum dialthea, and it easeth.

Also the bath of a Creues is good for the paine in the lunges consuming, as when a man hath a swelling about the lunges, then he commeth to drynes and consuming of the naturall moisture till he dieth. Also the roote of wilde Rapes are good to cleanse the lunges, if it be sodden with Licoris, and drinke. Also, if Figges be sodden with Slope, it cleanseth the lunges and healeth the old cough.

For:

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For the Morpew.

Take water of Elder, and drinke thereof three spoonfulls in the morning, and when you haue drunke thereof, walke vp and downe till you catch you a good heat, and then take a pint of white Vinegar, and nine Rake apples, and cut them and lay them three dayes and three nights in the same Vinegar, and after take a faire linnen cloth, and put the Apples therein and then straine them, and with the licour thereof annoynt thy body three dayes.

Also take the iuyce of Helidon, and mingle it with the powder of Bizimstone, and doe it to the Morpew all cold.

Also for the Morpew white or black, take Musterd-seede and salt, and stampe them together: then temper them with Vinegar, and annoynt the Morpew therewith.

For the Morpew white or blacke.

Take an ounce of fine Uerdigreace, and one ounce of Bizimstone, and make them both into small powder, then take two Shepes heads that are fat, and flea them, and cleave them, and take out the bzaire and cast it away, then wash them clean and seeth them till they be tender, and then take them off the fire, and let them stand till the next day, and then gather off all the greace thereof, and mingle the foresaid powder therewith, and then put it in a box, and let it come nere no fire after thou hast done them together, but worke them all cold: and it will heale the Morpew, be it white or blacke, if you annoynt the sicke therewith against the fire euery night when he goes to bed, and in the morning wash it away with Vinegar.

Another for the Morpew.

Take blacke Sops, and put it in a cleane Cloth, and put it in your owne brine, and therewith annoynt the Morpew. Also let the party grieued, drinke morning and evening, water of Fenitoy, and water of Borage, mingled together, in like portions, and within fourteene dayes it will helpe him cleane.

Also

Also take greene Copperas, and put it in cleane water, and let it stand a day, and then clense the water, and then annoynt the Morpew with the water.

A medicine for the Marmole.

Take Broome flowers and dry them and beate them to powder, and temper the powder with oyle made of Mintes, and a little Vinegar there-with: and annoynt the soze there-with. Take great Wall nuts as they grow, huskes and all, and bray them in a Morter, and temper it with oyle Olive, and fry it in a pan, and put thereto a quantitie of pitch in the frying thereof, and straine it through a linnen cloth, and there-with annoynt the soze, and lay Plantaine leaues about the back towards the soze, and euery morning wash the soze with Madder water.

For to heale a Marmole.

Take a pint of clarified Hony, and a quart of running water, and a great quantity of Sage, and seeth them together as well as thou canst, and wash the wound with the licour, and lay a Sage leafe on the wound.

Another for the same.

Take oyle Olive, and annoynt the soze there-with, and lay thereon a plantaine leafe, and euery morning wash the soze with Madder water.

For to cure a Marmole.

Take fresh Seame, and the kernels of ripe Nuts, and stampe them small as may be, and blende them together with Aqua vite, and Hony, and make them thicke as a plaister, and lay it on a linnen cloth and put to the Marmole, and as often as yce shall change the plaister, ye shall find it full of red wormes, and therfore keepe this medicine, thereto fresh and fresh, til such time as the wormes be cleare out, but loke that you clay not your legges to make them bleede.

The Path-way to health.

A maturative to ripen a botch or a bile.

Take soler dolo, and white of old Swines greace, and beate them together, and put thereto salte, and the powder of Comin, and mingle them well together, and make a plaister thereof, this ripeth and breaketh impostumes, but my Master did put thereto powder of Fenegrake, and the yolke of an Eg at one time, if there be much, for failing of the heart.

How to make Neruaile for all akings.

Take two pound of wild merse, and a pound of Ambrosien, and a pound of Camemile, a pound of Betony, and a pound of Sage, a pound of Worms, and a pound of Yalwheew, & a pound of Southernewood, a pound of Mugwort, & a pound of Wozinwood, a pound of Malloves, & a pound of Holly-hock, a pound of Hore-hound, and a pound of red Nettles, a pound of Lorrel leaves, and a pound of liverwort, then take all these herbes & stampe them in a mortar small, and doe thereto thre or foure pound of May butter, and a quart of oyle Olive, & stampe them together, then doe them in an earthen pot, and cover it well, and set the pot in a moist place, and let it stand nine dayes, and the tenth day take it out of the pot, and put it in a pan, and set it on the fire to seeth, and stirre it that it do not cleave to the pan, and when it hath well boyled, take it from the fire, and straine it through a cloth, a little and a little into a faire vessel, then take that liquor, and put it in a cleane pan, and set it over the fire, and doe thereto a quarter of a pound of shepes tallow, melted, and as much Frankensence well broken in powder, and stirre them well together till it be molten, and then take it from the fire, and let it stand and coole, and make thereon a hole, and let out the water thereof: and turne it on the other side, and doe away the foulness thereof: then take it, and doe it in the pan againe: and set it over the fire till that it be molten, and then do thereto a pint of the greace of a Gray, if you may haue it, then with a feather scum it cleane, and put it in boxes, and this is the kindly making of Peruaile, and this oynment is hot.

To make Neruaile to helpe all sinewes, and to
put them in their strength.

Take Ambrosen, Camomile, hearbe John, hearbe Wa-
ter, hearbe Robert, Eglantine, the leaues of Crosse wood, Fe-
negréeke, Laurell leaues, as much thereof as of all the other,
bzeake them and lay them in white Wine, and let them lye so
fourtene dayes, then take a pottle of greace, & a quart of May
butter, and oyle Olive, and boile them together, and straine
them, and let them cole: and so vse it to the Spruck sinewes.

Here followeth the making of diuers kindes of oyles,
and it shewes which be hote, which be cold,
according to the opinion of Ipocras
and Gallen,

Oyle of Roses.

Take and fill a glasse full of Rose leaues, and put thereto
one pound of oyle Olive, and stop it well, and set it in the sun,
stirring it every day once for the space of xv. dayes, then strain
it through a cloth, and put it vpon cold water, and stirre it with
Haskell wood, but take the barke off, and this is moist and cold.

Oyle of yolkes of Egges.

Take yolkes of Egges, and put them in a pot ouer the
fire, and let them stand ouer the heate of the fire till you per-
ceiue they are become black, then put them in a presse, & presse
out the oyle, and this oyle is good for all manner of burnings or
scaldings whatsoever.

Oyle of Henbane.

Take the seede of Henbane and fry it in oyle, and presse
it through a cloth, and afterward put the same for vnt vse into
some glasse, for this oyle is good for all manner of swellings,
burnings in the ioynts.

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Oyle of Mandrakes.

Take and cut them in diuers peeces, and seeth them in a double vessell of glasse, and set them in the Sunne, and let it stand nine dayes, then set them on a small fire till they be thicke, and keepe that oyle, for it is good for all festures.

Oyle of Lorrell.

Take Lorrell leaues and bray them in a mortar, and let it stand two or thre dayes, and then seeth them, and straine them through a cloth, and that which heaueth aboue, is the oyle.

Also take Lorrell Berries when they bee greene, and seeth them in oyle, and straine them, and it is good oyle.

Also take Lorrell berries when they be ripe, and seeth them with Lorrell leaues, and the reof thou shalt haue the best Oyle, and this oyle is good for diuers cold causes.

Another sort of oyle, very necessary for diuers purposes.

Take Almonds or Nuts blanch'd into a pot full of holes in the bottome, and set that pot vpon a seething pot, that the breath of the seething pot may enter into the other pot, and working these kernels & receiue that oyle, and keepe it in a glasse, and this is good for diuers purposes.

To make oyle of Mustard-seede.

Take foure pound of Mustard-seede, and foure pounce of oyle, grinde them together, and let them stand some daies, then stir it and keepe it in boxes: this oyle is good for the pallsie, the gout, the Itch, and also for the Podagra.

To make oyle of Fennell.

Take a quantity of Fennell betwene two Tile stones, or plates of yron make them very hot, and presse out the licour, and this oyle will keepe a great while, for it is good for the Sickness, dry scab, and for burning or scalding.

To

To make Oyle of Rew.

Take reio leaues and cut them small, then, put them in a pot with common oyle, the space of nine or twelue dayes, then seeth them till they be wasted to the third part, then straine it, and this oyle is very good for to restraine from all manner of priue causes of pestilence, which are remaining within a man, woman or child.

To make oyle of Iuie.

Take Iuie leaues and bruse them, and put them in wine and oyle in the same manner as you do Lorrell berries, and so make this oyle of Iuie berries.

Another for the same.

Take Iuie berries with the leaues, and seeth them after the same manner as you doe Lorrell berries, euen so doe by the Iuie berries.

To make oyle of Cammemile.

Take the flowers of Cammemile and stampe them in a Morter, and put thereto oyle Olive, and let it lye in the iuyce twelue dayes, and let it seeth ouer the fire, then let it boyle a little, and take it off and presse out the iuyce, and put it into small glasses, and put thereto the flowers of Camemile beeing stam- ped small, and let it stand 16. dayes, and so this oyle is made.

To make oyle of Roses.

Take red Rose leaues a good quantity, and stamp them in a Morter, and put thereto oyle Olive, and let it stand in the Sunne twelue dayes, and then put it in a glasse, and binde fast the glasse about with ropes of Hay, and set it in a panne full of water, and let it boyle softly two howres, and then let it keele then put it in small glasses, and put thereto the leaues of redde Roses all whole, and stop it fast, and let it in the sunne for sixteene dayes, and so vse it at your neede.

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To make oyle of Olibanum.

Take Babome flowers a bushell, and picke away the buds, and beate them, and put thereto fresh butter, and a quart of Swines greace, and a pottle of oyle Olive, & put it in an earthen pot or panne of thre gallons, and stop the mouth fast with dowe, and set it in the ground, and take a tile and doe it upon the mouth, that nothing doe come thereto, and let it stand fortie dayes vnder the ground, and at the fortie dayes end see that you be not fasting, then take a pan with a ladell and put it therein, and set it over the fire, and give it thre waimes upon the fire till it be greene, then take it from the fire, and straine it into a pewter Basen, and doe it in an earthen vessel where you will keepe it. This is the true making of oyle of Olibanum, and it is moost in working: it is good for all manner of sores, but especially for the moztimall and Canker, and for Noli me tangere, or for any other soze, proued by many Masters of Chirurgery.

To make the oyle of Exceter.

Take two pound of Cowslip flowers in May, and put them in oyle Olive, and then put them in an Earthen pot close vntill the month of June, then take these hearbes following, Rozrell, Ambrose, calamint, pellitory of Spaine, Sage, Peritory, Scabious, Lauender, hearbe John, Lilly roots, Rosemary, of each a handfull: bray all these in a Morter, then take the Cowslips out of the oyle, and bray them as you doe the other hearbes, then put them in a pan and boyle them together softly, till all the water be cleane sodden away, for if the water be in the bottome, let it seeth till it be waisted, and then straine them through a cloth with cleane hands, and when your oyle is kindly wrought, then put it in pots or glasses, and stop it from the ayre. This oyle is good for all aches, except the Gout.

To make an oyle for many griefes.

Take Mirche, Aloes exaticum, Spignard, Sandragon, Anizie, Sarazens flesh, Bedilium, Balmescede, gum Aromaticke,

lick, Siracell, Mastick, Saffron, gum Arabick, Storax liquida, of each of these two ounces, Labdanum Castor, of each 2. ounces, Muske, and Turpentine, as much, make powder of all that will be powdered, and meddle them with Turpentine, and still them in a glasse as you doe Rosewater, and keep it in a very strong glasse. This oyle keepeth the substance of mans limbs and the sinewes, and keepeth dead folkes from rotting, being medled with the oyle of Roses, and annoynt all thy backe from the heart of the fore-head to the raynes, and it maketh a leane body fat: and if the backe be annoynted before the axis, it helpeth the Feauers, and for him that may not speake, it is good for the rising of the Mother, for the falling euill, for to be put in his eares, and in his nose.

Also it is good for them that be sozry without a cause, and for them that be drunke with Wine: and it is comfortable for all diseases be they hote or cold: pꝛoued.

To make a greene oymntment.

Take a pound of Swines greace, an ounce of Verdigrace, halfe an ounce of Saigeme, and make thereof an oymntment, and it may be kept forty Winters: and this oymntment is good for the Canker and for running holes, and for to heale all wounds old and new: it fretteth away dead flesh, and byteth new: and put of this into a wound & it shal not fester, and this oymntment is good for the rising of the yard or moximal, and there is no oymntment that worketh so especially as this doth.

To make a greene oymntment.

Take one pound of Sage, of Bayes halfe a pound, of rebe halfe a pound of Wormewood as much, and choppe them very small altogether: take three pound of Shepes sewet, beate the hearbes and the sewet together till they be all one, then take three pints of Sallet oyle, the herbs and the sewet mingle them together, and let it stand two dayes, and then sette it on the fire and stir it together: til the hearbs be somewhat hard, then strain them, and pꝛeserue them to their vse that haue need thereof.

To

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To make a precious oyntment, called Deweto.

Take the rasling of Harts-horne 2. pound of Fenegreke, 1. pound of oyle Olive 4. pound, sheepes tallow 1. pound, and 2. ounces of Galbanum, 2. ounces of the gum of Aule, and two ounces of Perrossen, and bray them together, and do thereto a portion of white Wine, or of water: and so let it stand 3. daies and on the 4. day let it seeth over the fire till it ware thicke, then take it off and straine it throughe a cloth, and put thereto a little hot water for the thiknes, and straine it as harde as you may betwéén your hands, and take the thirde deale of that licour and put thereto two pound of oyle Olive, and let them boyle well, till they besome what wasted, & put thereto a portion of ware and of Turmentill, and do it to the other licour, and let them seeth well till it ware thicke, then doe it off the fire, and let it keele, & than put it in boxes. This oyntment is good for great greévances of the Stone, and for the aking of the ribbes, and all hard greévance: it maketh them nesh, but the partie must be annoynted against the fire, for this hath been pꝛoued.

To make a good oyntment.

Take of Smalage and Hallowes, and put thereto two pound of Bozes greace, one pound of May butter, and oyle of Peates-seet a good quantity: stamp them well together, then fry them, and straine them into an earthen vessell,

A medicine for the Palsie.

Take ole Olive and the flowers of Cowslips, put them together, and still them in a glasse in the sunne, and then take two spoonefuls of the oyle that shall come of it with a spoonful of Aqua vitæ, and warme it on the fire in a saucer, & so annoynt the place which is benumd or greéued, and the patient shall find very great remedy: pꝛoued.

A medicine for the Palsie:

Take a handfull of Marigolds, beate them & wring out the iuyce thereof with a draught of Ale, & put to the same a spoonefull

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full of as good Musterd that may be gotten, warme this drinke three times, and so giue it to the party so grieued.

Another medicine for the Palsie.

Take Cowslips, wild Sage, Lavender, and stamp them small, and worke them with sweet Ale, and make them by in balls, and make holes in them, and fill them full of sweet oyle, and let them stand infuse nine dayes, then take them and temper them againe with sweet oyle, and then fry them, and straine them, and so annoynt the party so grieued with the palsie.

An Electuary for the Palsie.

Take Mints, Cinnamon, Comin, Rose leaues dzyed, Masticke, Fennigraeke, Valerian, Ameos dormici, Zedoarye, Cloues, Sanders, and Lignum aloes, of every one a dram, Muske halfe a dram, make an electuary with clarified honey, and let either man or child that hath the palsie, take halfe as much as a nut. Also a bath made with these hearbs, Sauery, Marierum, Time, Sage, Pep, Smalage, and Mints, are very wholesome for the same.

A plaister for a man that is benumbed in any member with cold or palsie.

Take Sauiue, Rue, Sage, Musterd-seede, and temper it with white Wine, and make it as thicke as it were a plaister, and so let it stand in a vessell day and night, and then lay it on a cloth thicke, and lay it to the member benumbed.

For the pricking of a thorne or needle in a ioynt, and the hole stopped.

Take fine bolted flower of Wheate, and temper it with white Wine, and boyle it together till it be thicke with white Wine, and lay it to the soze as hot as you may suffer it, and it shall open the hole and draw out the ventur, and cease the aking, and heale it againe, this medicine is good to heale a bite or any Whittlew or Uncome.

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For

For the prickings of a thorne:

Take Mather rootes and grind them small, and boyle it with oyle Olive, and lay it thereunto, or els with the aforesaid oyle and put the soze place, and it will do thee good.

A preparative.

Take of Endive, Succory, Harts-tung, Borage, of each a handfull, of Parsly roots, Fennell roots, Fumitory, and the tops of young Hops, of each a quarter of a handfull, of Time, Betony, Germaunder, of each foure crops, great Katzons a handfull, of Licoris a little by sed, halfe an ounce of Fenell seed sixth al these in a pot of faire water to the hulse, then put thereto six spoonfuls of vineger, and after one boyling straine them without pressing, then take the clearest thereof, and if you will make a sirrop thereof, put to a pint of the broth, a pound of Sugar, and in the boyling thereof put thereto a little Cinamon by sed, the weight of eight pence, let him drinke of this foure good spoonfuls, with six spoonfuls of Borage water warmed fasting in his bed, and sweat after it.

To make an excellent Millilot plaister.

Take of greene Millilot bysed ten handfulls, boyle it in a pottle of white wine to the wastting of the halfe, and straine it, then put thereto of Rozen a pound, Ware as much, Shupes tallow foure ounces Turpentine three ounces, Masticke one ounce, boyle all save the Masticke, untill the wastting of the iuice more then halfe, then byse other six handfulls of Millilot, and put to it while it is a boyling, and stir it well while it hath a play or two, then take it from the fire, and straine it while it is hot through a course canvas bag, and with wringing and iumping betwene two round staves, till by little and little the stiffe gums, and iuice be come all out as much as you can get, and when you may handle it, put thereto your ounces of Masticke finely powdered, and make it in rowles, mingle your Mastick in the handling thereof.

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To make the powder of life.

Take Spinage, Columbine, Cammomele, the seed of Fe-
mitory and Marigold, of euery of these iuyces and seedes one
handfull, and drythem out of the Sunne, and make thereo-
powder, and giue it to drinke either hot or cold: for this hath
beeue proued a medicine full true.

The Philosophers stone so called for medicine to cure al diseases
both within and without, Fistules, Canker, Poxe, Falling
Sicknes, Woolfes, S. Antonies fire, and all incu-
rable diseases, proued.

Take Celondine leaues fast by the roots in May or June,
and let be them in running water, untill such time as they doe
come to pap, and as pap take them forth, and grind them on a
stone very fine as Greene sauce, and let it be no dryer, then put
them in a glasse with a Limbeck head & a receauer, but it must
be stilled, in Balneo likewise receaue the first water by it selfe,
and when it be ginneth to drop somewhat slowly or to change,
then take that receauer away, & put another to it, & then take
that as long as it will stil, then take that glasse away, and keep
it closely and sure, for that is the fiery element, & the first is the
water, then let your glasse coole, and then set it in ashes in a
dry Furnace, and draw the last water by it selfe, for that is the
ayre, and that that remaineth in the bottom is the earth, which
earth you must take out, and grind it on a stone fine, and let it
stand vpon the stone for to dissolve into water, for so it will in
time, so that the stone stand in a moist place, but you must re-
member to close your stone round about, that the water passe
not by when it is in moistnes, set your stone hanging a little a-
side, & make a little gutter for the water to run into the glasse
in the which glasse it must be congealed untill it come to ea-
therfore to stop your glasse that nothing doe goe out but that al
may come to earth again, and thus with that earth grind it and
dissolue it, & congeale it two or thre times for it is better, and

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Then this earth will doe great wonders, all diseases it will run through all wounds and cause the same for to heale surely, and being drunke with your Aurum potabile, and as much of that earth as a Hasell nut drunke, and this will expulse all wicked humors out of thee, that no ill can grow in the body, if you so vse it but once a weeke with the portion.

Also your first water must be killed often, and that remaineth still in the glasse, must be put into the earth for that is earth, if the Physitian do well skill upon the triplicities, and who hath the great governance in man of the triplicities, as for the earth Taurus, Capricorne, and Virgo, and for the ayre Aquarius, Libra, and Gemini, and for the fire Leo, Sagitarius, Aries, and for the water Cancer, Scorpio, and Pisces: then who so can know the complexions in them, and minister accordingly, he shall doe great wonder with these medicines & Quintiscans, and as for the earth being so bled as aforesaid, it will dissolve silver of it selfe, and also gold: and also heale many incurable diseases in man or woman that have long raigned, and bene most incurable for to be healed. Laus deo.

To make Aurum potabile et Quintescena.

Take Tartar the best you can get, and fine calcenate it very white, then take a part about a pound, and let it drinke foure pound of Aqua vite, rectified by little and little, give the Tartar to drinke of the Aqua vite, this must be done in a glasse or Limbeck set upon the ashes with a litle fire, and ever keep it close, and so being congeled in maner somewhat liquid, then dissolve it with more Aqua vite rectified, and by and by it will dissolve, and looke as it were Azure right in colour, then take of this water ordained of God, for to comfort his creatures, put it in a vessel of glasse againe, faire being dissolved cleane, then take fine Duckat gold, but beware of the same gold, take an ounce first fined in a l. We, and then fine beaten in fine sheetes, then take pure finelife hony foure sponfuls, & take a quarter of Gentiana fine searced to powder, the gold Gentiana and hony must be ground finely, and putte the Quintescens, halfe an ounce

of fine mother pearle, grind all strongly together vpon a Marble Stone, and put all into your water oz Quintescens, put all into your glasse, and set it in stilling with a gentle fire, and let it still by and drawe ten oz twelue daies, and then keepe it close and safe, for it is good, let it still in most balnes in any case, and then it is done. Some doe vse to make oyle of gold in this manner, they doe take vineger and put filing of gold in it oz leafe gold, so let it stand in the Sunne when it is hot twelue dayes, and there will arise vpon the vineger as a scum, the which you must gather with a feather, and as you gather it you may put it into your Aurum potable oz els grind it with your honny, pearle and Gentian, for this gold is better, for this is one of the Philosophers great secrets hidden, this is a vertuous Quintescens oz water of life to heal eall infirmities, as leprosses, and as many as be in man that is hard for to heale, and if a man bee a dying & haue but one dram of nature within him, give him but one spoonful of it, and if his time be not ordained of God it shall helpe him certainly, and will procure him for to liue longer, by Gods prouidence prouided for man.

Note this noble diuine plaister which hath a number of vertues in him, as hereafter followeth.

Take Galbanum an vnce, Aromatici thre vnces, Appoponaci an vnce, new Wax twenty vnces, oyle Olive a pound, Litarge of gold thirteene vnces, Olibane two vnces, myrrh an vnce, greene Coppe rts an vnce, Aristologia longa an vnce, mastick an vnce, Bedely two vnces, Orimanda calamita foure vnces, make all these into ponder euery one seuerally by himself, take a pot of earth and pour Galbanum, armoniacci, Appoponaci, and put it in white vineger very strong, and couer the pot til such time that all be molten in them, after strain it through a Strainer, then put it in a cleane vessell, and set it on a gentle fire and temperate, and let them simmer together untill all your vineger be consumed, then take your oyle Olive, and put it in the same pot, and so stir them together on a gentle fire continually,

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and

and when al is molten then put in your lyearge of gold made in powder, and as you put it in you must be euer stirring of it that it may consume in the substance: and thus you must vse it vntill it come to blacknes, then pnt in your Bedely, Olibanum, Aristologia longa, Myrrh, Mastick, your Verdigreace, Copperls, and your Calamita, let it be all in very fine powder, and when it is sod and well boyled, it will be blacke and red, and put a little on a stone or cloth, and if it be hard, then it is sodden well, then let him seeth vntill such time as he be hard, and so pzeferue it, then anoynt your hand with oyle Oliue, & so take it forth, then make it in roles as Past, and put it in a piece of Goates skin well and cleane made, then put it in a vessell of Lead to keepe, made like a hore close, for this is the pzeious diuine plaitter of all the world, none like it, it is a Kings iewel of health, for it is good for all diseases both old and new, and shall giue new flesh, and good that he had no better before, if a man bee broken let him make a plaitter, and lay it to nine daies, it shall knit sure for euer agatne by Gods grace.

The blacke plaitter for all manner of griefes.

Take a pot of oyle Oliue, a part of red Lead, boyle these together, and stir them with a slice of wood continually vntill it be black and somewhat thick, then take it off the fire, and put it in a peny worth of red Wax, and a pound of Rosen, and set it to the fire againe, but you may not blase it and stir it, then take it off and let it stand vntill it be cold, and make it in a lump, it is good for a new wound, or to staunch blood, poure a little of it in a dish, and if it stick fast vnto the dishes side, then it is enough, and pzeferue it to your vse as néede requireth.

The making of the flower of all plaitters and salues called
Flosunguentorum per G.K.

Take halfe a pound of Rosen, halfe a pound of Veroffen, a quarter of a pound of Frankensence, a quarter of a pound of virgin Wax, an ounce of Masticke, a quarter of a pound of
Deares

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Deares lewet, a quarter of a pound of Shæpes lewet, two dramis of Camphyze, a quarter of a pound of Venice Turpentins, and melt that may be molten, and make powder of that which may be beaten to powder, and searce your powder through a fine searce, and to compound this treat, or plaitter with all: your Ware, Shæpes lewet, and Deares lewet, must be first molten on a soft fire, then your Olibanum, Masticke, with your Rosen and Perasson, and your Frankensence and Myrh, and last of all your Turpentine of Venice, and as you put these gums in, you must ever be stirring it with a little sticke that it doe not grow to the kettle side with a soft fire: the gums being thoroughly molten, take the kettle from the fire, still stirring of it, let your Myrh and your Turpentine be put in the last, for that must not abide on the fire long after it is put in, then take a pottle of good white Wine, and let your Strainer be of canvas, ready for to Straine the said gums withall, and let there be no holes in the canvas Strainer, then take a faire basen, or Pæce, and put it in a quart or threë pints of your white Wine, and then let it runne throzw into the white Wine, and so let it coole for the space of two houres, and then worke it and make it by in roles, and let the roles lie continually still in the white Wine, for it will be white as Allablaster, and yee may keepe it this seven yeeres in full effect and goodnesse, and especially for all new wounds and aches being spread upon new canvas, and apply it to the grieve, and these be the vertues of this Flores vnguentorum.

Also this noble Salve or plaitter amongst all other, is most cleansing, and well sounding the flesh, that it healeth more in one week then in any other, it will suffer no corruption to be ingendred in man or woman, nor no euill flesh to grow, for all these diseases/aboue named, it is the most strange medicine that ever was found: as in experience it hath béene full many times proved and tryed.

The Path-way to health.

The golden plaister that healeth all bruses of vaines or
finewes, proued.

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Take Colofony, Pitch, Rozen, and Oyle, thre vnces, of
liquid Pitch an vnce, of Olibanum an vnce, of Auri vnguenti a
like of each, of Wine as much as sufficeth, and make thereof a
plaister, and lay it to, and keepe it to your vse.

To make Gratia Dei.

Take halfe a pound of Rozen, and boile it in a pan vntill
the some oz scum be come of it, then take a quarter of a pound
of vnwrought war, & put it into the Rozen, and boyle them to-
gether as is aforesaid: then take an vnce of Sheepes sewet, and
as much Turpentine, and Oyle Olive a sponesfull, and put
them all together into the same pan amongst the Rozen and
War aforesaid, and boyle them all together vntill the some be-
gin above, and when the some beginneth to wane blacke, then
take it off the fire and cleanse it through a faire linnen cloth into
a pan of water, then work it with your hands, and put it out as
you doe Birdlime for the space of a quarter of an houre, & now
and then wet your hands in the water when it cleaueth to the
salve, and then make it into roles.

To make Gratia dei minor.

Take Betony, Vernaïne, Pimpernell that beareth the
white flower, of each thre handfuls, and Bray them, seeth them
in white Wine til it be halfe sodden, then poure out the Wine
through a cloth, and set it ouer the fire: put thereto Perrosin a
pound, Mastick a pound, Virgin war, and take womans milke
that nourisheth a man child a quantity, mingle them together
boyling with a lice till it be well melt: then take it off the fire,
put in halfe a pound of Turpentine, stir it well together til it
be cold, then keepe it till ye neede: it is good for all new wounds
and olde, for the Webbe in the eye, it suffereth no dead flesh
to

to remaine within the wound. Also for stingting of venomous beastes, and also for all maner of impostumes, and for all sores.

To make a plaister that will heale a wound.

Take a pound of the iuice of Betony, as much of Plantaine, the iuice of Smallage as much, Bursa pastoris as much, and foure pound of Mace and Berrosten, a quarter of a pound of Incense: boyle all these together with the iuices of these 4. herbes, till they be almost thicke, and then put therein a quarter of a pound of Turpentine, ople Olive 3/2 pound, and so vse it as a plaister at need.

A methridate against poysons and pestilence, which for a truth was proued vpon foure Irish Gentlemen poysoned with Ratsbane, cast into a pan of Milke in France, who were so swolne that they were ready to burst.

Take of the rotes of Turmentile two drammes, of all the kinde of Saunders, of eusry of them a dram, white Dittany, new gathered and dyed, a dramme of the top of a Hartshorne, or a Spitrack of precious Stones, the fragment of orient pearle, Bole armoniack, Aristologia rotunda, of each a dram, Venetial, Mirrh, and sewet, of each two drams, Tarra limnia, of the purest, two drammes: the seedes of Cytrons and Saffron, of each a scruple, Unicorns horne, and iacints, of each halfe a dramme. The licour to make this Electuary is Rosewater, and the water of Bozage flowers distilled: boyle your Sugar and waters to a perfection, and in the cooling, put in your powders searced, and so reserue it as a most precious treasure, that is, also a present remedy to driue out the Measels, Chingles, small poxe, the plague pushes, and hath holpe them whose senses were gone in, and brought them out againe, and recovered the parties, and it defendeth all venim.

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To make pills against poyson, of a meruailous vertue, as hath been prooued.

Take Imperatrice, Bistorta, Turmentilla, Valeriana, Dittamo, Bianco, Carlina, Gentiana, Aristologia rotunda, Agarico, Electro, Salgem, of each a like quantity, beate them in fine powder, then take the iuyce of Carlike, and of Onions, as much as will make it into paffe. Also put into the iuyce one dramme of Saffron, then let the sayd paffe be mixt dry in the shadow, and then beate it into powder againe, and mixe it with the foresaid iuyce in good force, and keepe it in a vessell of lead vntill thou hast need, and when thou wilt vse it, take thereof foure drams, and make thereof pilles with Siropo acetoso, in good forme, the which thou shalt giue vnto him that is poysoned, and in short time thou shalt see miracles of this medicine: for all the aforesaid simple is in maner alone sufficient to deliuer one that were poysoned: but being mixed together, it worketh greater effect, these pilles are of as good experiment against poison as may be.

For a man that hath drunke poyson. *well proued*

Take Betony and stampe it, and mingle it with water, and the poyson that the party hath drunke, will presently come out by againe.

that is proued
Against the plague or pestilence.

Take Gatselon, Senuary, Wormewood, Horehound, of each a good handfull, and keepe them all night in a pot of beere, and in the morning drinke a draught thereof fasting. Also to perfume your Chamber with Rosemary dzyed, and Bayleaves or Fenepet or Rosewater, and Cloues and Olibanum, it is very good to giue childzen in time of infection, freakle with water of Dragons or Scablons, or let them chew Zedwall in their mouths.

To driue out the plague if you thinke one be infected.

Take the rotes of Dragons, and the rotes of Polihopium, of the Dake, of each like quantity, and dry them in an Oven, and beate them to powder: and if you thinke that you be infected, take as much of the powder as will lye on a goat, and put it in a cup of Ale, and drinke it next your heart, and it will driue out the plague, and preserve the patient. *probat*

A powder to drinke to preserve one from the plague.

Take Betony, Pimpernell, Stinckfolle, Scabions, of each of all these a like quantity, and dry them all, and beat them into fine powder, and where any infection of the plague is, drinke some of the powder in Ale warme next your heart, two mornings in a weeke, and if the infection be great, drinke it every morning, and by Gods grace it shall helpe you. *probat*

For them that are infected with the plague.

Take a spoonefull of running water, a spoonefull of Vinegar, a good quantity of Treacle to the bignes of a Walnutte, temper all these together and heate it luke warme, and give it him to drinke 24. howres. *not to be*

For the plague a remedy.

Take Scabions and stampe it with swines grease, and lay it to the soze, and let it lye 24. howres unrenewed, and it will take it cleane away, or else breake it, and if the patient drinke the iuyce thereof, it is very good therefore.

For the plague, a medicine.

Take an Onion and cut out the core, and fill it full Treacle of I me, and roast it in the fire: and then take five spoonefulls of red Vinegar, and five spoonefulls of iuyce of S cell, and straine the Onion with the said iuyce, and drinke warme, and it will helpe you.

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Another for the same.

Take Treakle of Iane, and stire it together with Cin-
ger and Cloues, and a little Saffron, and take thereof in the
morning next to your heart.

For to kill Ring. wormes, or Tetter.

Take unslacked lime and Sope, and mire them together,
and lay it vpon a parchment skinne, no broader then the Ring-
worme, and lay it thereto halfe an houre, untill it take the
barke or skinna, and then take the iuyce of Dypine, and anoynt
it till it be cold, and then heale it vp with salue.

Also, if ye take glasse, and make the same into fine powder,
and afterward meddle it with blacke Sope, and anoynt the sores
therewith, it will heale the same.

A very good oyntment for Ring wormes or
Tetter.

Take oyle of Roses two ounces, newe Ware 4. penny-
waight, mingle your oyle and Ware together, then take Li-
tage of Golde, and Seruse, of each halfe an ounce, make your
Litage and Seruse into fine powder, and meddle them in a bra-
zen Morter with your oyle and Ware: then take half an ounce
of Quicksilver mortified, and the white of an Egge new layd,
meddle them together, and put in your Quicksilver flask, and
ble it euentag and morning, and thus you shall mortifie your
Quicksilver, put it into a bioll of glasse, and put fasting spettle
to it, beat it vp and dolene till it change colour like ashes, then
put in your Masse, and labour them well together, and after-
ward ble thereof at your need.

For a Ring-worme or Tetter.

Take foure ounces of Bees greace, and one ounce of
Kilner, and kill it with fasting spettle, one sounce of Ver-
eace, a dramme of Camphire, a quantity of blacke Sope,

and

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and of Mustard, the iuyce of Walnut leaues, and grinde them altogether vpon a Painters Stone, and put it into a bore, and therewith annoynt all the places where the Kingworme or Tetter is, evening and morning, till it be whole.

To kill a Ringworme or Tetter in what place
sooner it be.

Take blacke Soap and Pepper, and mingle them together, and make a plaister thereof, and lay it to the grieke.

Also take the iuyce of Honny-suckle leaues, and annoynt the place with a feather.

Also take the oyle of Scorpiat, and annoint the place where the grieke is, and it helpeth the same.

Also if you take the flower of Popell and Vineger, and oyle of Puts, and annoint the place with the same, it will perfectly cure the Tetter or King-worme.

A good restoritie to restore a mans nature, and to
helpe them that are weake and
decayed.

Take and make Almond milke with the brose of Beete
mary-bones: and of a Cocke that is well boyled, then temper
therewith yolkes of Egges, and good Bassard, then put them in
the Almond milke, and make a Cawdell thereof with your Ba.
stard, and cast blaunch powder vpon it, and you may put a lit-
tle Rosewater vpon it, for it will be the better.

A restorative of Rosa solis.

Take Rosa solis, but touch not the leaues in gathering,
nor wash it not, take thereof foure good handfulls, then take
three pints of good Aqua vitæ, and put them both into a glasse or
pot of three or foure pints, and then stop it hard for three dayes
and three nights, and the fourth day straine it through a cleane
cloth

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cloth into a glasse or pewter pot, and put thereto halfe a pound of fine Sugar beaten very fine, take foure ounces of fine Licoriz beaten in powder, halfe a pound of sound Dates, the Stones taken out, make them cleane, and mince them small, and put all these together in a glasse or pewter pot, and stop it close that no ayre goe out, and drinke thereof at night halfe a sponesfull with Ale or Beere, but Ale is best, take as much in the morning fasting, for there is not the weakest body in the world that wanteth nature or strength, or that is in a consumption, but that will restore him againe, and make them to haue a good appetite to their meat.

For to restore the strength of a man that is brought low.

Take two or thre Fennell roots, and as many Parsley rootes, Slope, Time, Sauoy, Violet leaves, of each halfe a handfull, and a Licoriz Rikke brused small, a sponesfull of Annyseedes, halfe a handfull of great Raisons, with a handfull of Barly: make your broth of all these, sodden in a pottle of water till it come to a quart or lesse, and when your meat is very well sodden, stampe it: your flesh must be either a Cock Chicken, or a knockell of Meale, and being so stamped very well together: straine it and keepe it, and giue the patient thereof morning and euening often, and it will restore him although he be neuer so low brought.

A salve to heale all manner of sores: and especially for a fresh wound.

Take of Oyle Olive and Turpentine a like much, a pretty quantity, of Rosemary-leaves picked, boyle all these together, and in boyling put thereto a sponesfull of faire water, and let them boile together vntill the water be consumed as an ointment, and when it is boyled, straine it hote and warme, and let it stand in a vessell of earth, and when ye shall occupy it, heate it

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it ouer the fire, and against the fire dresse the soze, so that the fire may dry the oyntment, and if need be, that there bee no dead flesh, lay lint in the salue, and lay it hote against the soze, and if it need to be tented, then tent it with a tent of the same oyntment hote, and lay vpon the tent a plaister of hot cleaving salue, and it will cure any wound or soze.

To make a salue to bring fores that rankle and ake into their owne kinde, and cease the burning and aking.

Take the iuyce of Smalage & of Plantaine, of each like much, of Honny and the white of an Egge a like much, and put thereto flower of boulted Wheate, and stirre them well together untill it be thicke, and let it come nere no fire but all cold and raw lay it to the soze, and it shall cleanse the wound and cease the aking, and bring it to his kinde and heale it faire: for this is a principall salue for sozes.

A salue for a new cut that will not leaue bleeding.

Take the blades of vnset Leekes, stampe them, and put thereto Honny and Wheate flower, and stirre them wel together untill they be thicke, and let it come nere no fire, but all cold lay it to the wound, and it will staunch the bléding, and it will driue out the brused blood, and make it cleane and heale it.

A salue for all sores.

Take oyle Oliue a pint and a halfe, Turpentine as much, Rosen a quarter of a pound, vnbrought ware halfe a pound, of Shepes tallow 4. pound, then take two handfulls of Smalage, 2. handfulls of Bugle, 2. handfulls of Kage wort, 2. handfulls of Plantaine, 2. handfulls of Dypine, and cut al these herbs small, and seth them in the foresaid geare aboue witten, & let it boile softly ouer the fire, alwaies stirring it untill it be well medled together, and when you thinke it well, take it from the fire, and straine it thzough a strainer of Canua, and so vse it.

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A salve for a new hurt.

Take Ware and Shepes sewet, but not so much of the sewet as ware, and a little Rozen, and if you will heale it shortly, put in but a very little Rozen, and set it over the fire together, and as it riseth stirre it, and then put therein a dish of water, and when it is cold, make it in roules.

Another for the same.

Take the whitest Virgin ware that ye can get, and melt it in a panne, then put in a quantity of Butter and Honny, and seeth them together, and take a dish with faire water and strain it into the water, and worke it with your hands, and then make it in a round ball, and so you may keepe it: and when you lay it to any soze, you must first worke it in your hand, and then strike it on a cloth and lay it to: and this medicine will both heale and draw the same.

A salve for wounds and all old sores.

Take halfe a pound of Sarcuse and somewhat more, of oyle Olive: which is Sallet oyle, two ounces, of Vineger a pretty quantity, and boyle it till it be blacke, and make it up in soules, and so at your need you may vse it.

A very good salve called Incarnatiue,
to bring flesh.

Take of the best Turpentine, and wash it in very fayre water untill it be very white, and then put out the water from it, and compound it with the yolke of an Egge or two, and put in the dust of Frankensence and Saffron very fine beaten, and so worke them all together: and keepe it to your vse when you shall need it.

A notable healing salve.

Take pure Ware, Rozen, Bolæ armoniack, Shepes sewet, Dæres sewet, of each one pound, beate the Rozen and Armoniac

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take into fine powder, and searce it through a fine searce, then take Turpentine halfe a pound, boyle all these together upon a soft fire, and stir them well all the while that they seethe, but put not in the turpentine untill it be ready to take from the fire, for it must haue but one walme, and so imploy this salve to any sore wound, and it will heale it in short time.

To make a drawing salve.

Take Beeres sewet and melt it, and put in as much oyle Olive, as much Rozen and Ware, boyle them together, then let it stand and put in some Turpentine, and so straine all thro a linnen cloth, and keepe it to your vse.

Another for the same.

Take an vnce of Ware, two vnces of Shæpes sewet, halfe an vnce of Olibanum, halfe an vnce of Rozen, two spoonfuls of Hony, two handfuls of young Docke leaues, and take and put them into three or foure old dock leaues close wrapped together, and so roast the young Docks therein, and when the Docks be roasted, put in your gums thereto.

A salve for an old sore.

Take as many Bramble leaues as when they are thired, come to a quarter of a pound, of Sage, and Valertan, of each of them a quarter of a pound, also as much of Ware, as much fresh butter, halfe a pound of Rozen, then put them into a skillet, and boyle them altogether a good space, and then straine it through a faire cloth, and so keepe the salve till that you haue need thereof, and this helpeth.

The making of a salve to cure wounds that be rankled and brused, and to cease the swelling, and aking.

Take the iuyce of Smalage, and the iuyce of pety Mozrell, and the iuyce of Plantaine leaues, of each a like much,
B b then

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Then take Honey and the white of an Egge a like of each of the same as of the iurce, and meddle them all on the fire, and put thereto flower of bolted Wheat, and stir them well together till it be some deale thicke, and then let it come nye no fire, but lay it to the wound all cold, and it will cleanse the wound and cease the aking and brenning, and bying them in his kind, and heals his faire for ever, and this is a principall salve for sores or wounds: Proved.

To make a salve that is a precious oyntment for wounds and for bruzings, but it must be drunken in white Wine or stale Ale.

Take of the hearbe Walter, Kobart, wilde Thistles, Pursewort, Meruaine, Daisie, the little Knapwort, Egrimoony, Harts tung, Horehound, Wimpernell, heark Zuie, Santgell, Plantaine, Medewort, Soberwood, little Burnet, Mugwort, Tanse, the holly Thistle, Betony, Turmentile, House-eare, Peluet, Milfoyle, Kobwort, black Thistle, wild Sage, crops of Hemp, crops of the red Bramble, crop of the red Worts, Mors diaboli, Groundwelly, Scablous, Sage, Violet of the garden, Diamond waches of the mede, Fumitory, Dawk, Spinage, Strawberries, and the more Dayle, Mede March, Wals crops, Peygell Woodzone, Croset, Germanber, Tutlan, Woodbind, Pedelion, flowers of Brome, Cinksoyle, Wormwort, Scabwort, then take of Auence as much of him as of all the ether hearbs, and then shred them, and do them in a mortar, and stamp them small, and doe thereto foure or foure pound of May butter clean clarified and put together, and so let them stand seven dayes, and then doe it in a cleane pan, and let it ouer the fire, and let it seeth soft, then strain it through a canvas cloth, and do thereto the iurce of Saffron, and stir them well together, & let it stand forth till it be cold, then must the sick take therof on this maner: take of this salve five peny waight, & doe it in warm Wine or stale Ale, and let it melt on the fire, and let the sick drinke it first and last, and this healeth wounds well.

For

For the salt humour.

Take half a pound of Lignum vitæ, and barks therof, and Anniseed, Licoriz, and boyle all these together, and halfe a pint of clarified Hony, and all kind of cold hearbs, with Liverwort, and Harts-tung, halfe a quarter of French Barly, and halfe a pound of Rayns of the swine, pull out the Rones of the Rayns, and boyle all these together very well, and straine them, and it will helpe that disease in the body.

For the salt humour another.

Take white Lead, Ceruse, Litarge of gold, and Litarge of silver, of each one vnce, Sulphur one vnce, mixe them together, and make them in powder very small, then take oyle Olive one vnce and a halfe, Vineger, white Wine as much as needeth mixe in due proportion.

For to heale any sore or cut.

Take a little fine Flaxe, and a little Hogs greace, and chop them together, and make a plaister of the same, and it will heale it very well and faire.

An oyntment for all maner of sores, and cuts, and swellings, and heat.

Take Bellot, Egrimony, of each a like much, Wood Betony, Wormwood, and Smallage, a quantity of each of them, and gather them in May, and thred them, and bray them with as much butter waight for waight as the hearbs all together, and then lay it in a corner fire or seven dayes untill it be hoary, and then take it and fry it, then strain it into an earthen pot, and when it is cold, make an hole in the side or bottome of the pot that the drosse may runne out.

Another for the same.

Take a good quantity of Smallage, and Mallowes, and put thereto two pound of Hogs greace, & a pound of butter, and

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Take of Beates: take a quantity, and stampe them well altogether, then fry them, and straine it in an earthen pot, and keepe it to your vse.

A water for to heale an old sore.

Take a gallon of running water, and set it on the fire, and let it seeth: then take an ounce of greene Copperas, two ounces of Bolæ armoniacke, white Copperas the quantity of half a pint, and grind or beate them all to powder together into the said water, and let them seeth together a little while, then take it from the fire, and when it is cold, put it in an earthen bottles, and stop it fast, and then occupy it at your need.

A soueraigne water for all manner of sores.

Take red Sage, Hop, Rosemary, red Fennell, Daisies, English Saffron, Pep, Allom, of each a quantity, but most of Daisies, seeth them in running water, and wzing it through a cloth, and so make a water: and this is good for all sores.

An oyntment to cleanse old stinking sores.

Take the iuyce of Helidon, the iuyce of Plantaine, Honey, the yolke of an Egge, of each a like much, Barly flower, meddle them together, and put as much Barly flower as shall make it thick like a plaister, and let it come nere nature, and so lay it upon the soze.

A good oyntment to cleanse a sore both olde
or newe.

Take halfe a pound of Turpentine, and wash it well in Barly water, the yolks of five Eggs new layed, honey of Roses foure ounces, and for lacke of honey of Roses take o. or hony, Barly flower as much as shall be sufficient to make it thicke like a plaister, and meddle them together, and let them not come nere any fire.

To skin the flesh that is raw.

Take a quart of good Ale, and Allom, Honey, and Woodbind leaves, and stampe the leaves, and put the iuyce to them, and seeth them till they come to a pint, and when it is cold, wet a gray paper in it, and lay it to the soze.

For all manner of scabs.

Take Enula campana, red Docke rootes, Nightshade, Woodbind leaves, and then cast in a piece of Allom, and put in Vitrioll romana rubysied when it is cold, and wash the scabbe therewith.

Another for the same.

Take white syntment, Brimstone, Dutcksilver, Verdigreace, and meddle them together, and therewith annoynt the soze scab.

For to doe away scabs.

Take red Dock roots, Wimpernell, Scabions, Sozrell debayes, Celondine, stampe them with May butter, and fry them well together, and straine them through a cloth into a cleane vessell, and cast thereto a good quantity of Brimstone in powder, and stir it well together till it be colde, and therewith annoynt the sicke till that he be all whols.

Another for the same.

Take the roote of Hozselme and seethe it in water till it be nesh, and take old Sheres tallow and meddle them well together in a mortar, and doe it in a linnen cloth, and annoynt the soze by the fire.

Another for to doe away scabs.

Take Celontine, and powder of Brimstone, and meddle them well together, and it will doe awae the scabs.

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Another for the same.

Take Onions and mince them, and seeth them in water or in vineger, and wash therewith the scabs or itching, and it shall doe it away, and heale it faire and smooth.

Another for to doe away scabs or itching.

Take the roots of Enula campana, and wash them cleane in faire water, and seeth them as you seeth Parsneps, and then make them cleane, and cut them in pieces, and stampe them small with Colts greace, and anoynt the soze therewith.

A good oyntment for the scabbes, and for itching of the body.

Take foure vnces of oyle de bay, and an vnce of Frankencens, and two vnces of white Ware, and three vnces of Swines greace, and an vnce of Quicksiluer that must be slacke ed with fasting spittle, an vnce of great Salt, as much of the one as of the other, and of all these make an ointment, and if the scabs or itch be vpon ail the whole body as wel aboue the girdle as beneath, then when thou goest to bed wash both thy hands and thy feet with warme water, and supple them well therein by the fire, and after dry them with a cloth of linnen, then take vp with thy fingers of that oyntment, and doe it in the palmes of thy hands, and on the soles of thy feete, and rub it well together that it may drinke in well, and if it doe soke in well, thou must put gloves on thy hands, and socks on thy feete, and thus do eury night when thou dost go to bed, and if the scab or itch be aboue the girdle and not beneath, then anoint but thy hands, and if the scab be beneath the girdle, then loke that you anoynt the soles of your feete, and if the scab or itch be in al thy body as well aboue the girdle as beneath, then thou must anoynt both thy hands and thy feete as thou sittest by the fire, and thou shalt be whole: this hath been proued.

Another

Another oyntment for a man that is scabbed.

Take five or six handfuls of Horehound, and seethe it in running water till it be halfe sodden away, and then wash the sicke therewith as hote as he may suffer it, and then looke that you haue ready this oyntment made of these hearbs: take the roote of the red Deckes, and the roote of Selidon, and then take Wormewood and Allclaiia, of each a like much, and bray them well together, and doe thereto a good portion of May butter, & stampe them well together, and so let them stand seven dayes, and then fry it, and straine it as thou doest another oyntment, and therewith annoynt the sicke when he is washed, and he shall be whole.

For the shingles a remedy.

Take Doves dirt that is mussy, and of Barley-meale heaped halfe a pound, and stampe them well together, and doe thereto halfe a pint of vineger and mingle them together, and so lay it to the soze cold, lay Cowle leanes thereupon, and so let it lye three dayes baremoued, and on the thirde day if need require, lay thereto a new plaitter of the same, and at the most he shall be whole within three plaitters.

Another for the shingles.

Take the blood of a Cats eare or of the taile, and therewith annoynt the shingles, and do nothing else therto. Also take Doves dung, and Barly meale, and stampe them together with Rysell, and lay it to the shingles all cold.

For all manner of sinewes that are shrunken.

Take the head of a blacke Sheepe, Camomell, Rozrell leaues, Sage, of each a handfull, and bray these hearbes in a mortar, then boyle them altogether in water till they be well sodden, and let them stand til they be cold, then draw it throug a Crainer and so ble it.

The Path-way to health.

An oyntment for shrunkē sinewes and aches soueraigne.

Take eight Swallowes ready to flye out of the nest, drine away the bzēders when you take them out, and let them not touch the earth, stampe them vntill the feathers cannot bee perceined, put to it Lauender cotten, of the strings of Strawberies, the tops of mother time, the tops of Rosemary, of each a handfull, take all their waight of May butter, and a quart more, stampe all the feathers that nothing can bee perceined in a stone mortar, then make it vp in balls, and put it into an earthen pot for eight dayes close stopped that no ayre take them, take it out, and on a soft fire as may be seethe it, so that it do but simmer, then straine it, and so reserue it to your vse.

For sinewes that be broken in two.

Take Wormes while they be knit, and looke that they depart not, and stampe them and lay them to the soze, and it will knit the sinewes that be broken in two.

For to knit sinewes that be broken.

Take Archangell and cut it in small gobbets, and lay it to the soze, and take Gilsoile and stampe it, and lay it aboue it hard bound, and let it lye so thze dayes, and at the thze dates end take it away, and wash it with Wine, and then make a new plaister of the same, and at thze dayes end put thereto another, and doe nothing else thereto.

Another for the same.

Take Peniriāll and Bray it, and put salt inough to them, and temper it with Honey, and make a plaister thereof, and lay it vpon the sinewes that bee stiffe, and it will make them to stretch: Proued.

An oyle to stretch sinewes that be shrunkē.

Take a quart of Peates-foote oyle, a pint of Peates gall, halfe a pint of Rose-water, as much Aqua vita, then put all these

These together into a Brazze panne, then take a handfull of Lavender cotten, as much of Bay-leaves, a good quantity of rosemary, a good quantity of Lavender Spike, of Strawberry-leaves, the strings and all, then take thzed and binde them all in severall branches, and put them into the pan or pot, and set them over the fire upon clere coles, with the oyles altogether, and so let them boyle a good while, & when it is boyled enough, it will boyle but softly: then take it off the fire, and let it see the till it be almost cold, then straine it out into a wide mouthed glasse, bottle or pewter pot, and stoppe it close, it will not continue in a wooden thing: and where the sinewes be thrunke, take of this being warmed, and annoynt the place there-with, and chase it well against the fire, and use this morning and evening, and keepe the place warme, and by the grace of God, you shall finde great ease.

For to staunch the blood.

Take Bole armoniacke, and Turpentine, and make a plaister and lay it to, and it will helpe the same. Also if you take the masse of the Hasell tree, and cast it into the wound, and it will stanche the blood forthwith: and the longer that it is gathered, the better it is. Also take a good peece of Martilmas heese, out of the roste, and heate it on the coales, and as hote as may be suffered, lay it to the place.

Another for the same.

Take a peece of leane salt heese, and let it be of that bigness that it may fill the wound, and lay it in the fire in the hote ashes, till it be hote thorough, and being hote, thrust it into the wound, and binde it fast, and it shall quickly stanch the bleeding.

Another to staunch blood.

Take Bursa pastoris, stampe it, and lay it to the pain, and it will quickly stanch bleeding.

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Another

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Another for the same.

Take the mosse that groweth about the roote of the Olive tree, and hold it to thy nose and smell it, and it will stanche the bleeding thereof.

To stanch blood when a Maister vaine is cut.

Take rawe Beefe that neuer had any salt cast thereon, and lay it on a gridiron over fresh coales well kindled, and lay the Beefe thereon, still turning the same till it be well broiled, and then lay it to the soze, and it will stanch the blood: and for the nose, if it be put into a cloth and smelt to, it helpeth.

To stanch blood.

Take an hearbe that is called Lunaha, and stamp it, and lay it to the wound, or take the greene leaues thereof, and lay them on the wound, and it shall stanch: and if a man may not haue this hearbe, let him burne the feathers of a Cocks necke, and take the ashes of them and lay on the wound, and the blood shall soone be stancheth.

For swelling that commeth suddainly in a mans limmes.

Take Harts-tongue, Cherfoyle, and cut them small, and then take Dregs of Ale, and wheate branne, and shepes tallow molte, and doe all in a pot, and seeth them till that they be thick, and then make a plaister and lay it to the swelling.

Another for the same.

Take faire Water and salte, and stirre them well together, and therewith wet a cloth, and lay it to the swelling.

For to make one slender.

Take Fennell and seeth it in water a very good quantity, and boyle out the wyce thereof when it is sod, and drinke it first and last, and it shall helpe the patient.

For

For to breake the stone, a medicine.

Take halfe a handfull of Pellitory of the wall, halfe a dozen Parsly rootes, halfe a handfull of vnlette Time, a quantity of Pennyriall, and seethe all these in a pottle of Rennie Wine or white wine, and let it seeth to a quart or a pint, which you will: then take a Nutmegge roasted and dry it by the fire, and diuide it in foure parts, and drinke the same warme after it is strained, as much at a time as you thinke good.

Another for the same.

Take the rootes of Parsly, Pellitory, and red Pettles, of each a like quantity, wash them cleane and mince them smal, and lay them in White wine twenty foure houres, and still them together, and drinke it with two pound of rootes put to a quart of White wine.

For the stone a remedy.

Take Keysons, vnlet Lækes, Sappifrage, Samphire, Auence, Beane-cods, still each one by it selfe, and fine them in the Sunne, and take of each a like much, and put thereto as much Balmeste as of the waters, and still them altogether a gaine, and fine it in the Sunne, and when the patient is grieued and at no time else let him drinke thereof three spoonesfulls at a time, and that will be sufficient enough at once, and heate it luke warme, and put in a little powder of Gines, and drinke it, and lay him downe to sweate. Also take Sappifrage, and still the same with water, and make thereof a scrop, as though it were with Roses, and put thereto a quantity of Sugar, and eate it, and it will breake the stone meruailously.

Another medicine for the stone.

Take a cake of Rye and bake it. then take Onions, and roste them very soft, then take your cake out of the ouen, & slit it asunder in the midst, the upper side from the nether, then take

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your Onions, and pill them, and shread them vpon the cake, and lay the one peece to the bottome of your belly, and the other part to the raines of your back, and it will helpe you.

A very good powder for the stone.

Take Smallage seede, Louach seede, Fennel seede, Saffrage seede, Caraway seede, Gromell seede, Broome seede, barley seede, Philopendula, the roote thereof dzyed, Veruaine, and the kernels of Cherristones, of euery of these a like much by weight, then beate them in a brassen Morter al to powder, and then let the sick vse of this in White wyne at euenting and morning, and also let him vse of this powder in his pottage, for it is very good for the Stone.

An excellent good Medicine for the stone,
and to breake it.

Take Allsander, Louage, Smallage, Water cresses, and Gromet, of each a like much, and boyle them in a Gallon of faire water, till the halfe thereof be waisted, and do thereto a good deale of Sugar, or of Licoris, and then straine it thzough a cloth, and doe it in a cleane vessel wel stopped, and let the sick drinke thereof morning and euenting, and this will breake the Stone in the raines or bladder, and make him soz to come forth without paine.

A good medicine for the same.

Take March seede, Anniseede, and Commin seede, Barley seede, and Fennell seede, and Water Cresses seede, or els the powder made of the hearbe, then take all these seedes and doe them in good Vinegar, and so let them stand two dayes and a night, then dzy these seedes in an Ouen, and then make them to powder in a brassen Morter, and let the sick vse of this powder in his pottage, and in his drinke as is aforesaid, and this will make a man to make water well.

A good plaister proued for the strangury.

Take Valli-hocks, Violets, and Mercurie, the leaues of these hearbes or the seedes of them, also the rind of the Elder tree, and leydwort, of each of these a handfull, and beate them small, and seeth them in water till halfe be consumed, then doe thereto a little oyle Oliue, and all hote make therof a plaister, and lay it to the soze and raines. And also in Sommer you must make him a drinke in this manner: take Sapifrage and the leaues of Elders, fine leaued grassz, and seeth them in a pottle of Male Ale till the one halfe thereof be consumed, then straine it and keepe it cleane, and let the sicke drinke thereof first in the morning, and last at night, and if you lacke these hearbes because of Winter, then take the rootes of fine leaued grasse, and dry them: and make thereof powder, and then take Dysterchels and burne them, and make powder of them, and mingle them together, and so let the sicke vse thereof in his pottage and drinke, and it shall helpe him.

A very good medicine, shewing how to make a powder for the stone and strangulion.

Take blacke Bramble berries while they be red, Zuteberries, the inner pith of the Albe keyes, the Stones of Eglantine berries cloven, rubbed from the hayre, Putte keyes, the rootes of Philopendula, of all these a like quantity, Acorn kernels, the Stones of Sloes, of each a like quantity, dry all these in platters in an Ouen, till they may be well beaten to powder, then take Gromell seede, Sapifrage seede, Allsander seed, Coliander seed, Parsly seed, Commin seede, Fennell seede, Anniseede, of each of these a like quantity, as much as is before witten, and dried in like sort, then beate al these to fine powder, and take Licoris of the best you can get faire scraped, as much in quantity as of all the other, and beate it fine, and mingle it with the same powder, and so keepe it close that no

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winde come at it, vsing it first and last with posset drinke made with white Wine or strong Ale, and when you eat your potage or other broth, put some in it if you bee sore pained, and if you haue any stone, it will come away by shivers, and if it doe so, when you thinke that your water beginneth to clere againe, take this drinke following, and it will cleanse your bladder, and it will leaue no corruption therein.

The drinke.

Take Rose-mary and wilde Time, and seepe them in running water, with as much Sugar as will make it swete, from a quart to a pint, vse the quantity of your hearbes according to your discretion, so that it may saour well of them, and so vse it nine mornings, sixe or seuen spoonesfulls at a time.

For the Tisicke, well prooued.

Take a handfull of Fennell rootes, as much Parsley rootes, as many Allsander rootes, halfe a handfull of Borrage rootes, and pull out the pith of all the said rootes, then take halfe a handfull of Pennicypall, as much of Violet leaues, and as much of Cuckfoyle, as much Succory, Endiue, Hollihock-leaues, Mallow leaues, and red garden Mints, of all these a like quantity as of those next before, halfe a handfull of Licoris Wickes scraped, bzused and beaten to fine powder, a gallon of saice running water, boyle therein all these simples, and boyle these seedes following with them, that is, three spoonesfulls of Annyseedes, as much Fennel seede, as much Cellander seede and Comin seede, a good handfull of Dandelion roots, and so boyle altogether from a gallon to a pottle, and let the patient drinke thereof first and last, and it will quickly help him.

Another for the Tisicke.

Take a quart of running water, with a handfull of Slope, two ounces of Annyseedes, as much Licoris beaten both together, halfe an ounce of Fennel seede, beate all these together very fine with a quarterne of white Sugar, and so boyle them
altogether.

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altogether into a pint, and then straine them, and so let the party drinke thereof first and last, and it will doe him good.

For a Tisicke or cold, another.

Take two ounces of Licoris scraped and brused, of figs three ounces, of Cgrimony, Horehounde, Enula campana, of each a handfull, and boyle them altogether in a gallon of Water untill the halfe be wasted, then straine the hearbs from the iuyce, and drinke it early and late, for this hath bene proued.

Also for the dry Tisick, take and stampe Fennel roots, and drinke the iuyce thereof with white wine.

For the Tisicke another experiment.

Take Radish roots, make them cleane, and cutte them thin, and cast them into an Oven and bake them, then beate them into powder so small as you can, then drinke thereof euery morning fasting, and at night when you goe to bed, and wet your meate in the same powder as you would doe in salt, and it will open you very great ease shortly.

To make the mother of Treakle.

Take a pint of Honny, put thereto the iuyce of red Fennell, seeth it on the fire untill it come to a pint, then take it off, and put thereto a penny-worth of Sinamon in powder, two rasles of Ginger, a Nutmeg and a little Mace, and Wicre them well together, and when it is cold put it into a bope, and gather your Fennell in May.

Also to make Treakle for all manner of poyson, take one ounce of Betony in powder, 4. ounces of Centory in powder, and 2. ounces of the powder of Kets, meddle these together, and temper them with clarified Honny, and keepe it in a glasse.

The golden treate that healeth all brases.

Take Colosony, pitch and Rozen, and two ounces of oile three ounces of liquid pitch, ounce of Olibanū, Auri vnguenti
Allam,

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Mlaim, of each two ounces of Wine as much as sufficeth, and boyle all these together and so receiue them to your vse as you need, and it helpeth.

For to make a white treate, called Apostolicom.

Take oyle Olive, litarge of Lead, Golde and Silver, stampe it, and put it in the oyle through a cloth, and stirre it til it be hard, and this is a good treate for to heale all manner of wounds, be they new or old: this kind of treate hath often bin proued good.

To make a treate called Emanuel.

Take Heruaine, Bittany, Wimpernell, Centozy the more, Gratia dei, of each one handfull, hearbe John, Auence, Celondine, Acus muscata alalua, Plantaine, Spurge, Cgrimonie, of each one handfull, grind al in a mortar, and put them in a gallon of Wine, and boyle them in a pan till the third part be wasted, then straine it through a Candias cloth, and set it ouer the fire, and put thereto Ware foure ounces, Witch alsnach, Rozen as much, Olibanum two ounces, Mastick two ounces, Mirrhe two ounces, Aloes two ounces, Turpentine two ounces, Shæpes-tewet halfe a pound, beate them all into powder, and boyle them all together saue the Turpentine, the which must be put in last of all, then straine the same through a cloth, and keepe it till you haue neede thereof: and this is a speciall healer of all wounds and sores, bryses and broken bones, and Apostumes that be broken, also it hath a special vertue to drain clense, and re-engender good flesh, it healeth and doth away all kind of aches whatsoeuer, al Cankers and Festers, it healeth Mortualls, it passeth al other oymtments: and if you wil haue it soft, put thereto a quantity of oyle of Roses, so much as you thinke good. Proued.

A good entreat called the greene treat of Iane.

Take a pint of the iuice of Smalage, a pint of the iuice of Maybright, as much of Plantaine, put them together in a Vessel, and put to it a quarter of a Pound of Wax. and as much of Frankensence or Rozen made into powder, make your Wax into smal pieces, and boile them altogether, and euer stir them, and to know when it is boyled enough, drop a drop vpon a Bason, and if there be any moisture in it when it is cold, then put to it a pound of Turpentine, then stir them til they be well medled together, then strain it, and put into it a quart of white Wine, and let it stand while it be cold, and so vse it.

Another intreat called Gratia dei.

Take Wax, May butter, or other butter, without salt, of each one vnce, then take of Frankensence two vnces, melt them together, and straine them, and this is the making of this entreat which is called Gratia dei.

A good intreat for wounds.

Take Betony, Pimpernell, and Veruatne, of each a handfull, boile them in a pottell of very good white Wine vntil it be halfe consumed, then straine it through a course canuas, then put the liqnoz ouer the fire agatne, and in the boyling put to it halfe a pound of Rozen, a pound of Frankensence in powder, and alwaies stir it that the powder go not to the bottome, and when it is taken from the fire, put to it halfe a pound of Turpentine, and a dram of oyle of Spike, and stirre it til it be colde. Prooued.

A greene treat for a greene wound which is
especiall good.

Take Rozen made in fine powder foure vnces, of Sheeps
sewet one vnce, halfe a pound of Turpentine, Wax, and Fran-
kensence, of each one vnce, Verdigrise ten pence waight,
D d. Oyle

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Oyle five ounces, beate your Frankensence and Verdigreace, & put to all your stuffe ouer the fire in a vessell, but your Turpentine and Verdigreace let them boyle euer stirring them till they be all relented. then take it from the fire and stir it well, & then put in your Turpentine euer stirring it till it be relented then put in your Verdigreace and mixe it well with the other and strain it, and keep it to your vse and it will help you.

The making of this treate which will endure an hundred yeare,
and it is good for all ache in the bones, and
for the sinewes.

Take a pottle of neate oyle, and fry it with Gadocks as many as he may for they bee dry and hard, then wring out the oyle and doe them away, then do theron two pound of Weeps tallow that is new and melt it, and halfe a pound of Ware, as much Rosen and Frankensence and break them small, and doe them into the oyle for to be melted, then take five handfuls of Hocks, and of Celondine foure handfuls, and foure handfuls of Enulacampana and of Plantain eight handfuls, and of the root of Enulacampana cleane picked two pound, and so bray them smat as mortar, then do to these hearbs & roots a pottle of good white Wine, and so let it stand a day and a night, then strain out the liquor, and do it into the oyle before that they seeth them and let it ouer the fire, and let it seeth the space of foure houres, then take it off the fire, and do it in a cleane bawle, and so let it stand till it be all cold, and then take it by and do away the water and the Wine, and if it be too hard do in more oyle, and if it be too nesh, do thereto more Ware and Rosen, and of Frankensence, and seethe it againe, then do it in boxes and keep it well; for this is a pzeious treate or opntment for al manner of ache in the bones.

The making of a treate the which is called
Oxicrochsic.

Take a quarter of a poued of mede Ware as much of
pure Rosen, as much of black Pitch, as much of Saffron, an
hnce.

once and a halfe of Mastick, and halfe a quarter of a pound of Frankensence, as much Myrrh, and a quarter of a pound of Arptnake, halfe a quarter of a pound of Galbanum, as much of Turmentile, then take all the gums and make them to small powder, and breake thy Ware and Galbanum to small peeces, then set them in good vineger all a night, and on the morrow set it over the fire, and let it seeth till that the vineger bee watted somewhat: also straine it well thzough a cleane cloth into a vellell with white Wine or with water, and when it is cold take it vp, and then hold it against the fire, but looke that thou haue thy Saffron ground, then hold it as thou wouldest hold Ware, and a little and little temper the Saffron thereon, and meddle them wel against the fire til the Saffron be melted in the gums but thou must annoynt thy hands with oyle of Laurell that it cleane not to thy hands, and doe it where thou wilt: and this treat is good for all sores and bzules in any limb of a man, it destroyeth hard apothumes, and it is good for broken bones & for the surgery of salerne, who bled this medicine for smal wounds that were euill healed, and this will open a sore, and will heale him wel and faire againe: pzooued.

For to make Vnguentum albanum.

Take a pint of oyle Olive, and put thereto halfe a quarterne of Ware, and set it over the fire til the Ware be molten, but make it into smal peeces: then take half a pound of Ceruse and an vnce of Mastick, and one vnce of Olibanum, and a little Camphire: take and grind al these smal, and cast it into the oyle, and stir it well together till it be nigh cold, then take the white of foure Eggs made into gleare, & put thereto a saucer full of vineger, and stir all this well together and doe it in boxes, & this oymment is good for to annoynt all sores without the wound but doe it not in the wound, for this is a good cold oymment.

To make vnguentum album another way.

Take a pint of oyle Olive, and halfe a pound of Diacome, Anniseeds a pzetty quantity, and put them together, and

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put thereto a pound of Seruse small grounded, and then boyle
them altogether a little, and stirre them alway till it bee cold:
et fac vnguentum.

For to make vnguentum popileon.

Take three or foure pound of Poppy seed, and two or
three pound of hearb Walter, one pound of Herbane, and one
pound of pety Morrell, and one pound of Orytne, & one pound
of Singrene, and one pound of Endiue, one pound of Plantain
and one pound of Violets, and one pound of water Cresses, one
pound of Mandrake, and one pound of Penitwort: take all these
and stamp them in a mortar, and do thereto three or foure pound
of Barrowes greace molten, and bind them well together, and
then set them in an earthen pot well closed in a moist place, and
so let it stand nine daies, and on the tenth day set them on the
fire, and do thereto a quart of white Wine, and let them seethe
well together, and then wring them through a strainer a little
and a little till it be cold, and when it is cold do it in boxes, and
this oymment is good for many sores.

For to make vnguentum geptiacum.

Take a farthing worth of Honey, a spoonfull and a halfe
of Vineger, of greene Copperas a small quantity, a peece of ala-
bastr, and if you will make it easily, put therunto Ale, or els wo-
mans milk, and this oymment is good for all sores and wounds
both new and old.

For to make vnguentum ruptorum a corrie.

Take Cantarides and make it into powder, and as much
of unslaked lime, and of blacke Sope as of all the othr, and
make all these in maner of a plaister, and lay it to the sore as
broad as thou wilt haue it broken, and no broader.

For to make vnguentum versilinum.

Take an ounce of Urtarge, halfe a pound of Masticke,
halfe a pound of Ceruse, an ounce of Camphire, halfe an ounce of
the

The stone called Calamint, and make these to small powder, and do thereto halfe a pound of mede Wax small broken, and then do thereto a pint of the iuice of Emerole, and put all this in a pan, and set it ouer the fire, and let them seeth till they bee molten, and alway stir it, and then take it from the fire, and let it stand till it be cold, this oyntment is good for a man that is scalded on his yard with fire, or on his body, or visage, or on any limb of a man, and for all scalding, and this is good for wounds and for many other priuy maladies: and this is a precious oyntment.

For to make vnguentum delerosica.

Take a pound and a halfe of purified Honey, and a quarter of a pound of Merdigreace small made to powder, & a good saucerfull of Vineger, cast all this together into a panne, and boyle them well together till it become red, and alway stir it well and then beware, for it will haue many colours, for it will be red, then do it in boxes and it will be hard, and after it will relent againe, and then do therfore into the rotted wound, and anoynt the sore therewith, and it will do away dead flesh and other corruption, and this is a good oyntment for to cleanse, and for to make the flesh grow.

For to make vnguentum Geneste.

Take two pound of the flowers of Bzome, a pound of the flowers of woodwore, and a pound of Dressips, and bray them in a mortar, and doe thereto thre pound of May butter, & mingle them well together, and so let them stand for thre daies, and for thre nights, and then do it in a pan, and fry it well on the fire, and then wring it throught a cloth, and do it in a bore, this oyntment is good for all cold gobates, and for other cold sores.

For to make vnguentum Penetium.

Take a gallon possalle of black Snailles gathered in the dew, in the month of May, and do them in a linnen bag, and

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When ye haue the Snailles, look that ye haue ready then a pound of the poulder of Comin, and another pound of Dill, and meddle these powders amongst the Snailles, and hang them by, and set vnder a cleane vessell, and keepe well the oyle that cometh of them, and then take the oyle, and seeth it on a soft fire, and do thereon a quarter of a pound of the marrow of a horse legg, and seeth it with the oyle, and then doe it in a glasse with that oymnt, and anoynt any man or woman that is so troubled with the Gowt, and hee shall be whole by Gods grace.

A good oymnt for to heale wounds.

Take Auence, Bugle, Pigle, and Saugle, Smallage, and hearb Robert, Meruein, and hearb Water, Weybred, and Ribwort, Daisies, and holihoock, Ligni Serpentina, red Cabole and the crops of Bizet, of euery one of these a pound, or at the least halfe a pound, then take these hearbs and stamp them small in a mortar, then take May butter two pound, and two pound of Barrowes greace, and stampe them well together, and then do these in an earthen pot, and let them so stand for nine daies, and on the tenth day do them in a pan, and seeth them on the fire and let it seeth easily a good while, and then wzing them a little and a little thzough a strainer, and then take them, and put it into the pan againe with a quart of white Wine, and halfe a pound of mede wax, and a pound of sheeps fallow, and a quarter of a pound of Frankensence, and a quarter of a pound of purified henev, cast all these together into the pan, and then set them ouer the fire, and seeth them well together a good while, and then set it downe, and let it keele, and then doe it in bores, and this is a speedy oymnt to heale all manner of sores and wounds, be they neuer so great: this hath bene proued.

If thou wilt heale wounds well and cleane with the drinke of balls, then take of these hearbs to make thy balls.

Take a pound of Pigell, and a quarter of a pound of Saugell, and halfe a pound of Bugle, a quarter of a pound of Turmentile,

Turmentile, halfe a pound of Auence, a quarter of a pound of
 Mouseare, a quarter of a pound of Centozp, a quarter of a
 pound of Rue, a quarter of a pound of Iuy, a quarter of a pound
 of wild Sage, & halfe a pound of Dasse, a pound of heard Robert
 a pound hearb Water, and a quarter of a pound of hearb Iohn.
 a quarter of a pound of Egrimony, as much of Violets, as much
 of Strawberries, and halfe a pound of Ribwort, and halfe s
 pound of Weybred, and a quarter of a pound of great Daylie,
 and halfe a pound Spiguell, and halfe a pound of Betony, a
 quarter of a pound of hemp, and as much of red byer crop, and
 as much of the blacke byer crop, half a quarter of the red Pet-
 tle, and halfe a quarter of the red Calule, and a quarterne of
 Verueine, as much of Burnet, and as much of Scabious; take
 all these hearbes and thzed them small, and then doe them in a
 mortar, and grind them all to flower as thou wouldst doe Ver-
 bine, then mingle of madder the weight of al these other hearbs,
 and grind it with these hearbs, and then let them rot together,
 for five daies, and five nights, and then make therof small balls
 as big as a Walnut, and dry them in thin platters, covered
 one ouer the other, and set them in the Sun, so that there come
 no ayze thereto by no way, and whoso hath a great wound, then
 take one of these balls, and crum it into a quart of white wine,
 or of Male Ale, and let him drink thereof each day first a little
 quantity, and to wash his wound thzee times on the day with
 white Wine, and if that you haue no white Wine: then take
 the iutce of Auence, and let come none other oylment at the
 wound, but the iutce of Auence, and therewith wet well the
 wound all about, and thus thou maist heale and saue euery old
 wound, be it neuer so horrible and festered: and if there be in
 the wound any dead flesh, thou must doe thereon the powder of
 Sandeser, or else of burnt Allam, for that will fret away dead
 flesh, and these balls will heale the wounds.

For to open a wound that is closed too soone.

Take the leaves of the white Plum-tree, and the milke
 of a Goat, and stampe them together, and make a plaister
 thereof.

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thereof, and lay it to the soze, and it will open it well, and it will doe away the rankling.

Also take Centozy, and stampe it, and lay it thereto, and it will open any wound faire and well.

Also Galbanum is good for to cleanse a wound, and for to keepe it open.

To heale a wound.

Take Turpentine, as much as you thinke to serue your turne, and put it into a dish with cleare water, then take a stick and make it fit at one end, and with that beat, and turne your Turpentine in the water till it be very white, then put the water cleane from it, and put it to halfe as much yolks of Eggs as is of the Turpentine, and mingle them well together, and mix it when yee neede, put not this in your treame bore, for it will soke through: you may keepe it in a bladder.

For a wound in the head a good Mundicatiffe.

Take hony of Roses, two unces, oyle of Roses an unce, meddle them together, and put it warme into the wound with Lint, and a plaister vpon it: it is good a Mundicatiffe.

For the ache in a wound.

Take the rootes of Biziany, and pare the vtter side, and beate them in a mortar and in faire running water, and straine it, and warme it, and lay it hot to the wound or ache, as the party may suffer it: first wash the wound faire, and then lay it to the wound.

To make a water for a cut, or wound.

Take a pottle of faire running water, and seeth it on the fire, and let it seeth a while, then take two peny worth of white Copperis, as much of Bole armoniack, and foure peny worth of Camphyre, and beat them altogether in powder, and put them altogether into the water, and let them seeth a little while, and then take it off the fire, and when it is cold put it into a
Glasse

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waire and melt the Butter and the Ware together: and when they be molten, let the Butter and waire run through a cloth, for then is the Butter clarified from the Ware, and Strain the Butter and the Curds asunder, or else it wil neuer do so wel, and then let thy Butter keele, and when it is colde then take and put thereto thre pound of thy hearbes, and halfe a pounce of Butter, and cast them in a Morter, and stampe them smal, till you can see nothing of the Butter, and then do it in a new earthen pot, and close it fast that no ayre come forth, and when all is in the pot, make it sure that no wormes may gette in, nor that no ayre (as I said before) gette out: then set it in a moist place, and so let it stand for nine dayes at the least, and then it wil be hoare above: then take it out of the pot, & do it in a faire panne, and set it on the fire and fry them wel together, and stirre it wel, and when it is hote enough, take it from the fire and wring it through a cloth, and let it stand till it be cold, and then kerne it the let out the water, and then do it into the pan and melt it againe: then do it by in boxes, and keepe the same to your vse.

Also to make an oyntment sanatiffe for wounds.

Take of the same hearbes before expressed, and worke them as thou didst the salve: but whereas thou tookest Butter to thy salve, take faire Barrowes greace & melt it: and when it is cold, put it to thy oyntment, and whereas thou tookest to thy salve Gadder put thereto Cammeilie, and put thy hearbs thereto: take to that oyntment of Auence as much waight as of all the other hearbes before named, and then shall this oyntment bee according to the salve, the one to worke within, and the other to worke without. for this salve & oyntment is cheifly accounted of among Physicians for all woundes, both to cleanse and to heale very faire and perfectly, and to knit broken bones surely.

To heale all olde wounds.

Take Plantaine water distilled, and put halfe a pinte thereof to an ounce of Mercurie sublimatum, and so stir them very wel together, until it be dissolved in the Plantaine water, and then wash the soze or wound wel therewith, and after wet a cloth in the same water, and cover it cleane over the soze or wound, and use this once every day until it bee whole, and doe so from day to day.

A red water for sores and wounds, either olde or newe.

Take a pottle of running water, a pecke of ashes of Ash wood that is old, and a pottle of Tan-lyce that leather never came into, and a pound of Mother, a pound of Allam, and beate them al in fine powder, and put it into your Tan-lyce nine dayes, & then when you have so done, take a pottle of the one and a pottle of the other, and put thereto ten ounces of Greene Copperis, and one ounce of Ginger beaten al into fine powder, and put them al together, and so seeth them to a quart, then take them off and straine them, and put them in a faire vessel, and poure out the thinne from the thicke, and lay a wet cloth thereon, and lay it to the wounde or soze epyther olde or new, and wash them wel therewith.

A water imperiall for all wounds and Cankers.

Take a handful of red Sage leaves, and a handful of Helandine, as much of Woodbine leaues, take a gallon of conduit water, and put the hearbes in it: and let them boyle to a pottle, and then straine the hearbs through a strainer, and take the licour & sette it over the fire againe, & take a pint of English honny, a good handful of Koch-allam, as much of white Copperis fine beaten, a penny-worth of graines bzused, & then

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Let them boyle altogether three or foure waimes over the fire, and let the skimme as it riseth be wel taken off with a feather, and when it is colde, put the same into an earthen pot or botle so that it may be kept close from ayre: and for a greene wound, take of the skinnest, and for an olde wounde of the thickest, cover the soze rather with Meale or Mutton: skimme them with Docke leaves: when that you haue dressed them with this aforesaid water.

To make water imperiall another way.

Take a handfull of Dragon, of Scabions, of Endive, a handfull of Pimpernel, a handfull of Worme-wood, of Kew a handfull: a handfull of Tansie: as much Featherfay: almach of Daisie leaves, as much of Cowslipp: as much of Hayden-hayze: as much Sinckfoyle: as much Dandelion: as much Time: as much Batome: of each of these hearbes a handfull, as I sayd before: then take of Treakle a pound: of Bole Armoniack foure ounces: and when you haue al these hearbes together, you must take and shread them a little but not too smal, then take the Treakle & the Bole armoniack, and mingle them and the hearbes together: then put them in a Milltoze, and kil them, and it is made.

A very good remedy to take away Warts.

For to take away Warts, take the seede of Bziony with the leaves, burne them and make Ashes of them: and meddle the ashes with the iuice of the same hearbe like an oynment, and annoynt your Warts often, and they wil fal away. The dung of an Eagle if it be often rubbed vpon the Warts, dooth like wise do away the same very quickly.

Another remedie for Warts.

Take the iuice of hearbe Wart-wort, and annoynt any Wart or King-worme therewith, and it helpeth.

For

For to doe away Warts.

Take Elder berries and stampe them, then wringe out the iuyce, and with the same vse once or twice a day to annoint thy Warts, and it will quickly doe them cleane away. Thys experiment hath bene pꝛoued,

For to doe away a Wenne.

Take and binde fast the Wenne, then take Merdigreace, Sulphur, Sope, oyle of Egges, Ailam and Honny, and temper them together, and lay thereto, and it shall doe away the Wen, and also for to heale it well and cleane within thre or foure times Dꝛessing.

For to doe away a Wenne.

Take a quantitie of unslackt Lime, and mixe the same very well with as much blacke Sope, and annoint any Wen therewith, and the Wenne will fall away: and when the roote is come out, annoint the place with oyle of Balme, and it will perfectly heale the same.

How to helpe one that is blasted.

Take the white of a Hennes Egge, and put it in a brazen Morter. then put thereto a quarter of a ounce of Coppe-
ris, and grinde them well toge ther till it bee as small as an
oyntment: with which annoint the soze face, and it will ease
the paine and take away the swelling: and when it is wel nye
whole, annoint the place with a little Popilium, and that will
make the skinne faire and well a gaine.

An excellent remedy to helpe the rewme.

Rub the leafe of a Marygold betweene your fingers, and put the same into your nose, and let it stay there a little while, and it will bring forth abundance of humors out of the heade, it will helpe the Rewme within a little while, if you vse it. This hath bene pꝛoued,

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Another speciall remedie for the Rewme.

Take a little sticke, and tye about the ende thereof olde taken leaues, then cut them something rounde, and holde the same leaues in your mouth as deepe and as farre as you can suffer the same, holding the sticke betweene your teeth, in this manner hold your mouth ouer a dish or poringer, and there wil great aboundance of humors auoyde out of your mouth. But within a while washe in faire water the leaues on the sticke, and then holde them in your mouth againe. Doe thus for the space of an howre, and ble it thre or foure times a day, thre or foure dayes togeter, or until you haue auoyded so much watry humors as you thinke good. This is the best and presentest remedie for the rewme that euer was heard of. And hee that proues it shal finde it an excellent helpe.

A soueraigne water against melancholly, and drinke to comfote the stomacke.

Take a pounce of Aqua vita and put thereto a quart of Reddise herbe, put thereto as much Licoris sliced and scraped as you may hold in both your hands, but if it be English Licoris you may take lesse, put thereto as much Anniseede as you thinke wil be sufficient to make it taste wel thereof: Kewe al these with a soft fire wel couered with an earthen pot that the ayre do not goe out to your iudgement, til that a pinte thereof be consumed: let it not boyle in any case but kewe softly, this done, take it from the fire, and let it stand and coole: and when it is colde straine it from the seede and Licoris, and put it into the wicker glasse or bottle, but brase it that your water may be as cleere as you can, & when neede requireth occupy it.

To make artificiall oyle of balme for woundes.

Take Balme, Kewe, Featherfop, Sowthistle, Pettles, Briany leaues, Bramble leaues, Sage leaues, Cinckfoyle, of each

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III

Each of al these a handfull: take al these simples and lay them in oyle Olive one whole night, and take the water that cometh of a Wine Flake, and blacke Snailles, gum Arabeck, gum Edere, of each of these one ounce: you must take the seed of the Olive tree, and beate the seedes and the gummes very fine together. Afterward, you must put the oyle and the hearbs into the Still, and thereupon a quarter of a pound of the oyle of Roses, and two ounces of Aqua vitæ, and so distill it with a soft fire: but you must still it at the least twice or thise: This oyle wil heale al wounds very soone.

A greene balme to incarnate wounds, and to dry vp filthy vlcers.

Take of fine Aqua vitæ, Venice turpentine, oyle of Roses, of every of them a pint, boyle them with a soft fire of coles, and after a while or two, put in of Verdigreace made in fine powder an ounce and a halfe, and boyle it to a good perfect substance, and so use it to your soze wounds and filthy vlcers, and it shal helpe them very shortly.

To make artificia: Balme.

Take of gum Copraive six ounces, Aloes, Mirrhe, Cassia, Apponace of each two ounces, Storax calamite Olibanū Mastick Cacabze, of each four ounces, Gunge Bedellii, gum of the Fig tree, of each two ounces and a halfe, make every one of them in powder by themselves that wil be powdered. The spices take of Lignum aloes, three ounces, Zilobalsami, Carobalsami, Spicnard, Cloves, Sinamen, Calamus aromatici, nut aromatici, Nutmegs, Galingal, Setivel, grains, Cardomomus, both of the great and small, Cucubes, rootes of Cipres, Mustard staline, which is the coddles of the Muske, of each two ounces, Respenticon 2. Draus, flowers of rosemary 2. ounces, Juniper berries, Eula campana, of each dried an ounce, Bayberries halfe an ounce, beat al together in grosse powders, then take of the seed of fennel, persly, fennel, Carret, Coriander, and Caraway seed, of each one ounce: wormwood, sage dried, basil, Rosemary,

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Rosemary : Margerum : Bennitall : Mints : Secados : Egrimonie: a like quantitie of each : then take Figges of Algarric, Dates the stones taken away : Nepsens of the sunne : Almonds, of each foure ounces: then take oyle of Turpentine 2. pynts: oyle of Mastick, oyle Bennet, oyle of Castore, oyle of Tartoz, oyle of Dyll, oyle of Exceter, of each halfe a pint, oyle of Spike, oyle of Sard, of each foure ounces: pure Aqua composita the waight of all the former stuffe : and first boyle them in the bodies of two Limbeckes of glasse fast luted, with the crownes of their covers downeward in Balneo mariz, that is, a Caldron of water a day & a night: then take off their caps and let them aright, and distill it with an easie fire in these two Limbeckes, all your stuffs being divided into euen portions, as before: lute them strongly, and distill them with a soft fire, six howres: then in the rest increase your fire by little and little til the water be passed, then shall you see white oyle, and last of all yellow oyle: keepe every of them by themselves: the fourth is in the bottom, keepe that as an excellent remedy for all wounds it helpeth suddainly, without suffering the wound to cruellise or cast matter, but consoandeth it and helpeth it straight.

The vertue of this Balme.

It is most excellent for Colic, Palsies, Cramps, wounds, akinges, sinewes cut, hurt or thumbe, the falling sicknesse, Apoplexia, the turning of the braine, the biting of dogs, or any other venimous things, for the Tympany to annoynt the belly, and the first water is good for all wounds; and all rotten & filthy ulcers, as hath bene proued.

The receit of the water of health, by G. K.

Take red Rose flowers, Camomile flowers, Lauender flowers, Buglosse flowers, Slope flowers, Rosemary flowers, Sage flowers, Secados flowers, balm flowers, timet wild time, pinnitall, Margerum, winter sauer, pimpernell, S. Iohn wort, Philopendula, eyebright, horehound, dittany, dittany, scabies, carmentill, plantain, auence, maidenhair, mint, rue, sayfrage
barts

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Harts-tung, Citras, Brasill, Conceptivy, Piony, Juniper berries, Bay leaves or berries. take of all these flowers a maine handfull if they be gottē, if not, then take three gallons of mighty strong Ale, or three gallons of Galcoigne wine: then take these spices, Anniseed two pound, Licoris two pound, Fennell seede two ounces, Cinamon two vneces, Caraway seed two vneces, Galtingall two vneces, Setwell two vneces, Angelica two vneces, Cyprus two vneces, Ginger, Nutmegs, of each one vnice, Enula campana one vnice, Calamus aromaticus one vnice, Ireus one vnice, Lignum aloes two vneces, Cloves one vnice, Cucubes one ounce, Graines one vnice, long pepper one vnice, Spignard one vnice, Mace one vnice, Amis amonium one vnice, Sugar half a pound, Aikenet two vneces, Olibanum, Mastick, Brasill seede, Marierum seed: of all these halfe an vnice, and doe by the drawing of this water of health in all respects as by your Aqua composita, your flowers and hearbs must be dried, and shred on a chopping board a good handfull of each at the least, and your Anniseede must be well beaten and dusted, and your Licoris must be scraped and sliced cleane, and then all the rest of your other spices and seeds must be beaten fine in a brasen mortar each to his quantity. Also you may put thereto three grains of ciull Musk, for it will make it to drink the more pleasanter, and for diuers infirmities this water is good, as to breake winde in the belly, for them that cannot relish or digest their meats, & for diuers other cold causes, this water will make a man to live long, and to keepe and preserve a man long in health, and to make a man to looke young againe.

For to make pety Bawme.

Take fine meat oyle v pint, and put it in a clean pan, and seeth it well ouer the fire, then doe thy hands in cold water and let it drop thereon, and it will creame, and when it leaueth creaming doe it to the fire againe, and let it se the well, and doe so three or foure times with your hands, then take halfe an vnice of Masticke, as much of Frankensence, as much of Rozen, a quarter of an vnice of Verdigreace: make all these into powder

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by themselves, then do them into the oyle, and let them seethe well together, and stir it well and skim it cleane, then let it coole, then do it in a pewter vessell, and this is a good balme.

For to make aqua vitæ perferissima, per G.K.

Take the roote of Sapifrage, Werfly, Alisander, Fennell, Tims, Slope, Peniriall, Rosemary, Lauender, Primrose, Mints, Rue, Betony, Sonetm, Sage, Auence, Calamint, of each of these hearbs halfe a quarterne: then take Galingall, Pepper, long Pepper, Claves, Nutmegs, of each of these one ounce, of Canell, Mace, Cucubes, of each of these two unces, Setwell, Pellitory of Spaine, Lignum aloes, of each halfe an ounce, stampe thy hearbs, and powder thy spices, and do them in a gallon of good red Wine, and mingle thy hearbs and spices together in the Wine, and let them stand all a night in keepe, and on the morrow distill them into a Limbeck: this water hath many faire vertues, and it comforteth man or woman, and keepeth them from all maladies that be cold.

Also it is hot at the first distilling, and at the third distilling, it helpeth man or woman in their kindly heates.

Also it comforteth a cold stomack, and destroyeth both scabbe and scall.

Also it healeth all olde sores if it be kindly used, it is good for the deafnes of the eares by putting a little ther of into thy eare: it driveth away the stinking of the breath.

Also it is good for the falling euill, & for the palse in the tongue, for that palse maketh a man sodainly dumble.

Also it healeth the palse of other members that trembleth.

Also for biting or stinging of Scorpions or Adders, or other Venemous beasts, for no venom can come nere unto it.

Also it is good for the toothache of cold reume, and for a cold feauer being drunke before the aris: it is good for to wash the emerods, and old sores called Noli me tangere, and for the Collicapassio, and who so drinke it for the vanity of the head: it also healeth the sauer essence in the face.

Also it purgeth the stomack of all corruptions, and for Stone
and for all goutes, it destroyeth the gnawing within the belly,
and suffereth no wind to breed in mans body.

To make Aqua vitæ for cold causes.

Take good Gascoigne wine, and distill it in a glasse, or
Serpentine, and that water that burneth doett by it selfe, and
if it be moist, it will be of more vertue.

Also take of Ginger, Canell, Mace, Cucubes, Nutmegs,
Graines, long Pepper, of each of these three ounces, and bray
them in a mortar, and searce them: and put these powders into
the water that burneth and still it off, and so reserve it to your
use morning and evening first and last, and this is called the
most soueraine water, and mighty against all manner of cold
causes that tengereth within man or woman, and this will help
you for diuers infirmities that is within man: this hath bene
proued often.

A souerain water vsed by Doctor Steaphens Phyfition, with the
which he did many great cures, and a little before his death he
declared the same to the Archbishop of Canterbury,
and now to the benefit and commodity
of all people that be well
disposed,

Take two gallons of good Gascoigne wine or Clarret
wine that is good, or else two gallons of mighty Strong Ale, &
of euery of these spices a dram: take of Ginger, Galingall,
Cinamon, or Canel, Nutmegs, Graines, Cloues, Anniseeds,
Fennellseed, Caraway seeds, Calamus aromaticus, Cucubes,
Ireos, Maces, Spignard, Enula campana, Canepithis, of each of
these a good handfull. Juniper berries one vnce, and of euery
one of these hearbs following a handfull, Sage, red Roses, red
Mints, garden Time, wild Time, Pellitory, Camomell, La-
uender, Mozimwood, Betony, Plantaine, Ribwort, Bapes,
red Tilliflowers, wild Parterum, Rosemary, Oryganum, Rue,

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The flowers of Secados, Perriall, Hilwort, Auence, Cowslip
leaves, Bismole leaves, the flowers of serubby grasse, Straw-
berry leaves, Tutsan, beate all these spices, and stamp all these
herbs, and put them in and liquor aforesaid, and put a little
Muske therein, and let it stand twelve houres infused, and stir it
oftentimes, then still this water in a Limbeck close stoppt that
no ayre come out of the pot, and with a small fire keepe about
it that it come not too fast forth, & keep the first water by it selfe
for that is best. Also the second pint by it selfe, for that is also
good but not as the first is. Also you shall receive a third pint
of that water of these three gallons, but your ounce of Alkenet
must be for the two last waters to colour it red withall, which
must be in the receiver with some Sugar, and some Cinnamon,
and you may keepe this water these seven yeres, and it will be
in his full strength and operation.

The receipt of the water called Aqua mirabilis & pre-
tiosa, made by Doctor Willowby
Physicion.

Take of Galtingall, Cloves, Naces, Cucubes, Ginger,
Cardomomum, Nutmegs, Millilot, Saffron. Egrimony wa-
ter foure ounces, and beat all these into powder the quantity of a
Dram and somewhat more: then take of the iuice of Selondine,
and a pint of M. George K. bels water of the best and the first
put of the same water being well mingled in a Stillatory of
glasse, and let it be stopped well and close, and so let it stand for
the space of foure and twenty houres, and then distil them with
a soft fire for the space of a naturall day.

The vertue of this water aforesaid.

This water is of secret nature, it is exceeding good for the
Stomacke: it dissolbeth the lungs without any grievance, and
the same lungs being wounded and putrified, it mightily hel-
peth them, and comforteth them, and it suffereth not the body
to putrifie.

Also

Also he shall neuer neede to be let blood, and this water suffe-
reth not the body to be bzent with cholter, nor yet with melan-
cholly nor flemot to be lift by and haue Dominion aboue water,
and this water mightily expelleth the rume, and profiteeth much
the stomack, it ingendzeth good colour, and keepeth and conser-
ueth the vtilage and memozy.

Also it is good for the palse, if the said water be given to man
or woman labouring towards death one spoonfull, it relenteth
them: of all waters artificiall there is no better.

Also vse in Sommer once a week a spoonfull of this water fa-
sting, and in Winter time two spoonfulls: It is good for women
that haue the greene sicknesse, and for diuers other causes: per
Doctorem Willowbie.

The receipt of Cinamon.

Take rennish wine a quart, or spannish wine a pint, Rose-
water a pint and a halfe, Cinamon brused a pound and a halfe,
let these stand infused the space of foure and twenty houres, the
distill it, and being close stopp'd and luted, then with a soft fire
distill the same softly in a Limbecke of glasse, and receiue the
first water by it selfe.

Also if ye be so disposed to make the same water weaker, take
three pints of Rosewater, and a pint and a half of rennish wine,
and so distill the same, and you shall haue to the quality of the
Russe the quantity of the water, which is three pints: but the
first is the best, and so reserve it to your vse morning and e-
uening.

To make Cinamon water another way.

Take three quarts of Muskadine, and a pound of Cina-
mon, and halfe a pint of good Rose-water, and so let them lie in-
fused the space of foure and twenty houres, and distill it as a-
foresaid, and you shall receiue to the quantity as to the quality,
but the first pint is the best and the chiefest of all the other as
is manifest practise.

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Aqua composito for a surfet.

Take Rosemary, Fennell, Flops, Time, Sage, Horehound, of each of these a handfull, Penitrial, Mints, Marierum, of each five crops, a roots of Enula campana, of Licorizs, Anised bzused, of each two unces, put all these to three gallons of mighty strong Ale, and put it into a brasse pot over an easie fire: and set the Limbeck vpon it, and stop it close with dow or wast that no ayre doe go out, and so keepe it stilling with a soft fire, and so pzeferue it to your vse as need requireth.

To make water of life.

Take Balme leaues and stalkes, Burnet leaues, and flowers a handfull, of Rosemary, Turmentile leaues and roots, Rosa solis a handfull, red Roses a handfull, Carnations a handfull, Slope a handfull, a handfull of Time, red Strings that grow vpon Saueray a handfull, red Fennell leaues and roots a handfull, red Mints a handfull: put all these hearbs into a pot of earth glazed, and put thereto as much white Wine as wil couer the hearbs, and let them soke therein eight or nine dayes: then take an vnce of Cinamon, as much of Ginger, as much of Nutmegs, Cloues, and Saffron a like quantity, of Aniseds a pound, great Raisons a pound, Sugar pound, halfe a pound of Dates, the hinder part of an old Coney, a good fleshy running Capon, the flesh and sinewes of a legge of Mutton, foure young Pigeons, a dozen of Lariks, the yolkes of twelue Eggs, a loafe of white bread cut in sippets, Muskaddell or Bastard three gallons, or as much in quantity as sufficeth to distill all these things at once in a Limbecke, and put thereto of Methridatum two or three unces, or els with as much perfect treacle, and distill it with a moderats fire, and keepe the first water by it selfe, and the second water alone also, and when there cometh no more water with strings, take away the Limbecke, and put into the pot more Wine vpon the same staffe, and still it againe, and you shall haue an other good water, and shall so remaine good. In the first ingredience of this water you must keepe

keepe a double glasse warily, for it is a restorative of all principall members, and defendeth against all pestilentiall diseases, as against the Palsie, Droopie, Splene, yellow or black Jaundise, for wormes in the belly, and for all agues be they hote or cold, and all manner of swellings and pestilential sores in man or melancholy and legmaticke, and it strengthneth and comforteth all the sprites and strings of the braine, as the heart, the milt, the liver, and the stomacke, by taking thereof two or three spoonfuls at one time by it selfe, or with Ale, Wine, or Beere, and by putting a pretty quantity of Sugar therein: also it helpeth digestion, and doth breake winde, and stoppeth laske, and bindeth not, and it mightly helpeth and easeth man or woman of the paine of the heart burnit, and for to quicken the memozy of man: take of this water three spoonfuls a day in the morning, and an other after he goeth to dinner, and the third last at night.

The electuary of life.

¶ And if a man be sick at the stomack or in the belly, or at the hart, or in the head, or were bitten with any venomous evil beast, or poysoned, and a man were by the way traavailing, or in the house, and he had all these sicknesses, so that he had with him this Lectuary that is made of fine things to eat thereof or drinke thereof in water three or foure spoonfuls, he should by Gods helpe be quickly whole, so that he ble it for fifteene dayes fasting: and when he goeth to bed least he should not be whole of all his sicknesses in the body, and if he did drinke so oftner in a day the better: and these be the fine things to make this electuary with: Scorlogio, Morre, Gentiana, Grandorer, and Ialaour, as much of the one as of the other, and stamp them, and straine them, and mingle them with honey that hath beene wel boyled on the fire and scummed cleane: and this is the making of this Lectuary, and when as need requireth, you may ble it: Prooved.

The Path-way to healk.

A good powder called the powder of life.

Take the seede of Smalage, and the bones of a Mouse, and the roote of Turmentile, the roote of quintfole, and the roote of Philopendula, the seede of Gramwell, and the seede of Sapifrage, the seede of Allsanders, and the seed of Sowthistle, of each of these seedes a like much, and then take Licoris and Galingall, Cannell, and Ginger, of each a like much: then bray them in a mortar, and mingle them together and ble thereof, then doe thereto a quantity of Auence, of Saffron, and a quantity of Mace, and this is the making of this powder for all manner of sickness in mans body or in the wombe, or if a man be overcome by the way, it will destroy all manner of poison and venome, and the dropsie, and palse, and also the walowing about a mans heart.

FINIS.

