



REGIMEN  
SANTATIS

1597

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C. T.

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THE REGI-  
ment of Life,

*Whereunto is ad-  
ded a Treatise of the  
Pestilence, with  
the book of chil-  
dren.*

Lately corrected and  
enlarged by Tho-  
mas Phayre.



Imprinted at London  
by Edward Allde  
1596.

*Place this 2<sup>d</sup>*



# The Preface to the booke of Children.



Although ( as I doubt not ) euery good man will interpret this worke to none other end, but to be for the comfort of them that are diseased, and will esteeme no lesse of me, by whom they profit, than they wil be glad to receiue the benefites. Yet forasmuch as it is imposible to auoyde the teech of malicious enuy. I thought it not vn-necessarie to prevent the furies of some, which are euer gnawing and biting upon them that further any godly sciences. To those I protest, that in all my studies I neuer intended or yet doe intend to satisfie the mindes of any such picke faults ( which will doe nothing but detract and iudge other, snusing at al such that offendeth the noses of their morish affections, howsoeuer laudable it be otherwaies: ) But my purpose is here to do them good that haue most need, that is to say, children: and to shew the remedies that God hath created for the vse of man, to distribute in English to them that are vnlearned, part of the treasure that is in other languages, to prouoke them that are of better learning, to vtter their knowledge in such like attempts: finally to declare that to the vse of many, which not ought to bee secret for lucre of a few: and to communicate the fruites of my labours, to them that wil gently and thankfully receiue the, which if any be so proude or supercilious, that they immediatly wil dispise. I shal friendly desire them with the wordes of Horace: Quod si meliora nouisti, Candidus imparti, si non, his utere mecum. If they know better, let us haue part: if they doe not, why repine they at me? Why condemne they the thing that they can not amende? Or if they can, why dissimule they their cunning? How long would they haue the people ignorant? Why grutch they Physick to come forth in English? Would they haue no man to knowe but they they? Or what make they them selues? Marchauntes of our liues and deathes, that we should buie our health only of them, and at th<sup>r</sup> prices, no good Physicion is of that minde. For if Galen the Prince of this arte being a Grecian wrote in the Greeke: King Auicine of Arabia in the speech of the Arabians: If Plinius, Celsus, Serenus, and other of the Latines wrote to the people in the latin tongue: Marfilis Ficinus ( who all men assent to be singularly learned ) disdaind not write in the langu-

## To the Reader.

mage of Italy: generally if the intet of al that euer set forth any noble study, haue beene to be read, of as many as would: What reason is it, that we should hurber murther here among a few, the thing that was made to bee common unto all? Christ saith: No man lighteth a candle to couer it with a bushel, but setteth it to serue euerie mans neede: And these goe about, not only to couer it when it is lighted, but to quench it afore it be kindled (if they might by malice) which as it is a detestable thing in any godly science: so we thinketh in this so necessary an arte, it is exceeding damnable and deuelish, to debarre the fruition of so inestimable benefites, which our haauenly father hath prepared for our comfort and innumerable vses, where with he hath armed our impotent nature, against the assaultes of so many sicknesses: whereby his infinite mercy and abundant goodnesse is in nothing else more apparantly confessed: by the which benefites, as it were with most sensible arguments, spoken out of heauen, he constraineth vs to thinke upon our owne weaknesse, and to knowlege, that in all fleshe is nothing but miserie, sickness, sorowes, sinne, affliction and death, no not so much strength as by our own power, to relieue one member of our bodies diseased. As for the knowlege of medicines, comfort of hearbes, mayntenance of health, prosperiry and life, they bee his benefites, and proceede of him, to the end that we should in common, helpe one an other, and so liue together in his lawes and commaundements: in the which doing wee shall declare our selues to haue worthily employed them, and as fruitfull seruants, be liberally rewarded. Otherwise, undoubtedly the talent which we haue hidden shall be digged up, and distributed to them that shall bee more diligent: a terrible confusion afore so high a iustice, and at such a court, where no wager of law shall be taken, no proctour limited to defend the cause, none exception allowed to reprove the witness, no councell admitted to qualifie the gloses, the very bare text shall bee there alleadged. **Cu** non posuisti talentum in fenus? Why hast not thou bestowed my talent to the vantage. These and such other examples haue enforced mee being sometimes exercised in the study of Phisicke, to derine out of the purest fontaines of the same facultie, such wholsome remedies, as are most approued, to be consolation of them that are afflicted, as farre as God hath giuen me vnderstanding to perceiue, following therein not onely the famous and excellent authours of antiquity, but also the men of high learning now of our aies, as Monardus, Fuchsius, Ruclius, Musa Campegmus, Sebastianus Austricke, Otho Brunfelsius, Leonclius. &c.

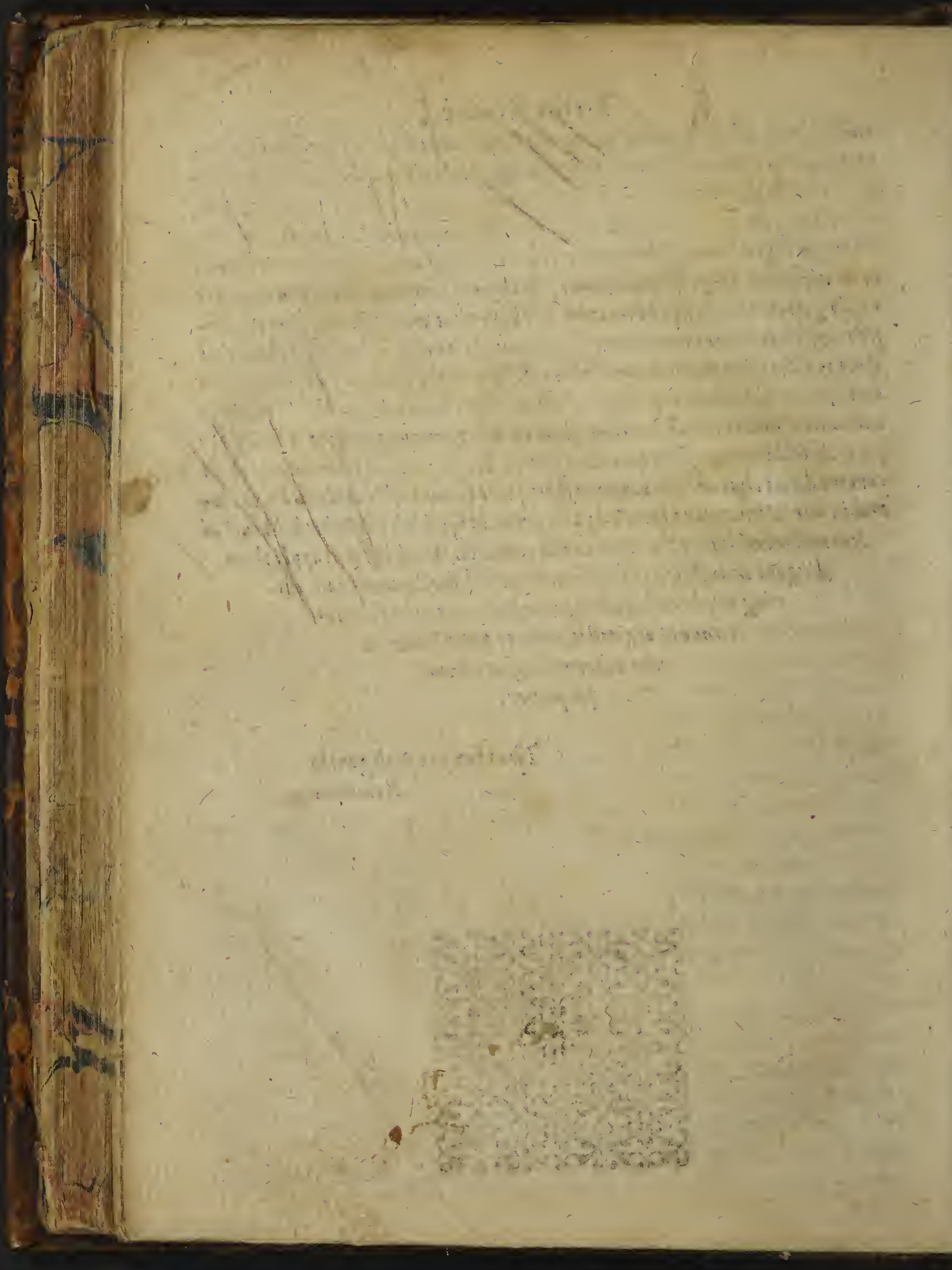
Wish

## To the Reader. ¶

with diuers other for mine oportunitie, not omitting also that good & sure experiments that are found profitable by the dayly practise. And where as in the Regement of Life, which I translated out of the French tongue, it hath appeared to some, more curious than needeth, by reason of the strange ingredience, whereof it often treateth: Yee shall know that I haue in many places amplified the same, with such common things as may be easily gotten, to satisfie the mindes of them: that were offended: or els considering that there is no money so precious as health: I woulde thinke no spice too dere for maintenance thereof. Notwithstanding I hope to see the time, when the nature of simples (which haue beene bytherto incredibly corrupted) shall be read in English, as in other languages: that is to say, the perfect declaration of the qualities of hearbs, seedes, roots, trees, and of all commodities that are here amongst vs, shall be earnestly and truly declared in our own native speech by the grace of God. To the which I trust all learned men (hauing a zeale to the common wealsh) will apply their diligent industries: surely for my part, I shall neuer cease, during my breath, to bestow my labour to the furtherance of it, (till it come to passe) euen to the uttermost of my simple power.

Thus far you well gentle  
Readers.







# Heere beginneth the Regiment of *Lyfe, and first of the nature* of mans body.

¶ The humours, which bee in nature and how  
are deuided.



The body of man is compacte of foure hu-  
mours, that is to say, blood, Fleume, Cho-  
ler, and Melancholy, which humours are  
called the sonnes of the Elements because  
they be complexioned like the foure Ele-  
ments. For like as the ayre is hot and  
moist: so is the blood hot and moist. And as  
fire is hot and drye: so is choler hot & drye:  
And as water is cold & moist: so is fleume  
colde and moiste. And as earth is colde and drye: so melancoly is  
colde and drye. Whereby it appeareth, that there be nine complex-  
ions. Whereof iiii. be simple, that is to wit, hot, colde, moist, and  
drye, and iiii. complexions compound: that is, hotte and moist, which  
is the complexion of the ayre and of blood. Hot and drye, which is  
the complexion of the fier, and of choler. Colde and moist, which is  
the complexion of the water, and of fleume. and cold and drye, that  
is the complexion of earth and of melancholy. The ninth complex-  
ion is temperate, neither to hot nor to cold, nor to moist, nor to drye,  
which is yet a thinge verie seldome seene among men after the  
phisions: the said foure humours gouerne and rule euery one in  
his place, and enduce men to be of the complexions following.

The complexions of the Fleumatike.

**F**leume, enclineth a man to bee well fourmed, A sleaper, Dull  
of vnderstanding, Full of spattell, Full of colour.

The complexions of the Sanguine.

**B**lood causeth one to be full of flesh, Liberall, Amiable, Curte-  
is, Merry, Inuentiue, Bolde, Lecherous. Of red colour.

The

## THE REGIMENT

The complexions of the Cholerike.

**C**holer causeth a man to be hastie, Enuious, Couetous, Subtil, Cruel, A watcher, Prodigal, Leane and of yelow colour.

The complexions of the Melancholike.

**M**elancholie maketh one solitarie, soft spirited, fearfull, heauy, curious, enuious, couetous, blacke of colour.

These be the foure humours wherof the bodies are compounded, and euerie one of them hath a speciall dominion in respecte of all the other, according to the age, that is to say, from a mans natiuity, till hee come to xxx. yeares, the bloud hath most power, and from that time to the yeare of his age xxx. reygneyth the choler, for then commeth heate into the vaines, and the choler beginneth to arise and be stronge. Then commeth middell age, and bringeth forth melancholy, an humour colde and dry, and hath his indurance till fiftie yeeres, or there about: at which time all the humours beginne to diminish, and the naturall heate by little and litle doth abate. And then succedeth olde age vnto death, in the which age Phlegme hath the principall power and dominion. Wherefoze it shall be necessarie for all that be of that age to comforte their bodies with some naturall heate, and meates of good nourishing, as yolkes of egges potched, good and young fleshe, Wheate bzeade, and good Wine, and all such thinges as engender a good bloud and spirits, wherof we intend (by the sufferance of God) to declare the moze abundantly hereafter.

(\* \*)

Here

¶ Here followeth the discription of  
inward and outward diseases, with the  
most wholsome and expert remedies for  
*the cure thereof appropriate to every  
member through out the body.*

The first Chapter, of the sicknes and  
remedies of the head.

**H**eadache chaunceth oftentimes of diuers and sundry cau-  
ses, as of bloud cholere, fleum, or melancholy, or of ventro-  
sitie, and sometimes of heat of the sun, or of so great colde of the  
ayre.

Yee may know head ache when it commeth of bloud, for in  
the face and eyes there appeareth a darke rednes, pricking,  
and heauines with heat.

Remedy.

Yee must let him bloud on the head beyne, on that side that  
the paine is on, then lay vpon the place oyle of Roses, Wine-  
ger, and rose water, or a bag with Roses, sprinckled with rose-  
water. And here is to be noted, as well in this cause as al other,  
that if his bellie be hard and bound, first yee must giue him an  
easie glister, or els halfe an ounce of cassia newly drawne out  
of the cane, or some other easye laxatiue to prouoke the duety  
of the wombe, else all applications of medicines, will bee no-  
thing worth at all.

One may knowe head ache that procedeth of choler, when  
in the face there is a cleare rednes, inclining somewhat toward  
yellow, holownes of the eyes, and the mouth dry and hot: and  
sometimes bitternesse, smal rest, great heate, with sharp paine,  
chiefly on the right side of the head.

Remedy.

Yee must giue him mozne and euen to drinke, Arrup of vio-  
lets or Pomegranades, with a meane draught of Endiue wa-  
ter in a glasse, or of Cummin water sodden and cooled againe.

## THE REGIMENT

And in stead of these sirruys yē may drinke water of endiue, succoꝝ, purslane, and Neauphar mingled together, or one of them by themselves, two or threē dayes at euening & morning. Then giue a dramme of Pillule siac quibus, at night to bedward, or about midnight, and the day following keepe you in your chamber. In steede of those pilles, it is good eury morning to take an houre afore sunne, a medicine to drinke, that shall be made of halfe an ounce of Succo rosarum, mixt with two ounces of water of Endiue. In steed of the said Succo rosarum, yē may take halfe an ounce Diaprunis laxatiue, and yē must take heede in giuing such purgations, that the patient bee strōg, for if he be weak, ye may giue him but the half of the said pilles or of the other laxatiues. And if in diminishing the quantitie of the said medicines, it worketh not with the patient as it should, it is conuenient to giue him a common Blister.

Another remedy for the same paine.

Yē must lay thereon a linnen cloth moysted in Rose water, Plantaine water, Mozell water, and vineger: or els take the iuce of Lettuce and Roses, and a litle vineger, and warme it together, and dip therin a linnen cloth, and lay it to the paine.

Another.

Yē must take the whites of two eggs with Rose water, and beate it well together, & with tow or flaxe, lay it to the gresued place. Also yē must shaue his heade, and milke thereon womans milke, that nourisheth a weuch: or wash his head with warme water, wherein haue been sod Wine leaues, Sage, flowers of water Lillies and Roses. Also it is necessarie to washe his feete and legges with the saide water, so that the patient haue no reum: for if there be reumatike matters, ye ought neither to shaue his heade, washe his legges, nor to lay any colde thing or moyst to his head. Yē may know that fleume is cause of the pain in the head, when yē feele coldnes with great heauinesse: specially in the hinder part: when one spitteth often, and hath his face like sunne bzent.

Remedy.

## OF LIFE.

### Remedy.

Ye must dring iij. or iiij. mornings sirrup of Sticado, wyth water of Fenell, or sirrup of Wormwood, with a decoction of Sage and Marozam. Then ye must purge the heade from the said fleume, with Pillule cochie, and with pilles of agarici. or Pillule ayrec, made with one of the said sirrups, siue in a ozant and take iij. or v. at night to bedwards, or about midnight. Or in stæde of those pilles ye may take a potion in the morning v. houres afore meate, made of halfe an ounce of Diacartamy dissolved in ij. or iij. ounces of Betony. After that ye ought to comfort the heade, by wearing a coife, made of double linnen cloth, and sewed like a cotten quilt, wherein ye must put flowers of camemil, Marozam, Cloues, Putnigs, Races, graines of Paradise and Sinamom in powder, for such thinges digest the fleume, so that the purgation be giuen of the said pilles Asfigareth, or pilles of Hierapicra, which are not so laxitiue as other are. After the said purgation ye must put in the nose of the patient, powder of Pelitory of Spaine or other, to make him neese. Also it is good to gargarise his mouth, with water wherein sage hath beene sodden, and then to annoint his head wyth oyle of Lillies, Camomil, or of Rew.

Beside this, it is good to giue the patient euery morning to drinke, sage wine with water, to consume the fleume, and to comfort the bzain & the sine wes The said wine is thus made.

Put a litle bagfull of good Sage bzuised, in a quart of new wine, and let it stande so a night, then wyng it out, and vse it. Such wine of Sage the inhabiteurs of Paris and Fraunce, vse to drinke after haruest all the winter long. When paine of the head proceedeth of melancholic, the patient feeleth heauynesse of the head, & hath terrible dreames, with greate care and thought or feare, & his paine is especially vpon the left side.

### Remedy.

Take sirrup of Bozage, Harts tongue or sumitory, w water of Buglos, & Harts tongue, or w the decoction of sage or Time for by these sirrups ye shall digest & correct the said melanco-like humours, and within a while the payne wil bee released.

## THE REGIMENT.

And if it ceaseth not for these medicines, after yee haue vsed two or thre dayes one of the said syrups, or y. or iij of the together, take a dramme of pilles halfe Aurec and halfe sine quibus: or els halfe of Hiera and halfe of pilles of Fumitory: or in steed of pilles, ye maye take in the morning fve houres afore meate. iij drammes and a halfe of Diasene tempered in water of Borage or hoppes, or in the decoction of Sage, Likozice, great Keyfins, and cordiall flowers and fruites. Heade ache commeth of wind, or ventositie, when the pacient thinketh that he heareth a sound or noyse in his head, and the paine is flitting from one place to an other, without heauinesse or descending humours.

### Remedy.

Lay vnto his head hot linnen clothes, and make a bagge of Ormel seedes and bay salt, dreyed together in a panne. So proceede with stronge thinges, if neede require, as in bagges made of Maioram, Rosemary, Kew, Barberies, and Juniper berries layd to the pained place: or with the decoction of the foresaide thinges, make somentation or emerocation vpon the head.

### An other Remedy.

Yee must take oyle of Camomill, oyle of Dyll or Yllies, and annoint the head with one of them, or with y. or iij. or altogether. If that helpe not, take oyle of Rue, Spike, & of Castor, and annoint it therewith: and adde thereto a little pepper, and Mustardseede, if ye would haue it soze chafed or hotte. Also it is good to drawe vp by the nose, water of hony, the iuyce of maioram, and of Fenell, aromatised with a Nutmidge and Lignum aloes.

Rasis, a great practicioner among Whistions saith, that whoeuer oftentimes putteth into his nose the iuyce of Maioram, shall neuer bee diseased in the head. I thinke he meaneth of the great Maioram.

If paine of the heade come of heate of the sunne, yee muste apply to the places diseased, as it is said in the remedies of choler.

But if the said paine proceede of colones of the ayre, then vse  
it

## OF LIFE.

it as it is said afoze in the remedies of fleume.

Here followeth a Regiment against all diseases  
of the heade.

**T**he pacient that is diseased in the heade whether it bee of  
bloud or of choler, may not drinke wine nor eat much flesh,  
white meates, nor thinges that give any greate nourishment.  
But muste bee contented to drinke Pilsan, Barley water, or  
Zulep of Roses, and to eat rosted apples, Damask pynes,  
Almond milke, hulled Barley, and Pottage made with Let-  
tuce, Doxrel, Purslane, in broth of Peason, or with a Chicken,  
or Ale if the pacient be feeble.

When paine proceedeth of a colde humour, the pacient ought  
to drinke no wine in thre of the first daies, but to drinke onely  
penny Ale, or such small drinke, for although the wine be very  
comfortable, as concerning naturall heate, yet it is contrary  
and hurtfull unto the spirites animall of the braine, and also  
of the sine wes.

And the pacient ought what paine soever it bee of the heade,  
to forbear al vaporous meates, as Carlike, Onyons, Leeks,  
Pease, Beanes, Peas, Milke-meats, Spices, Mustard, great  
Coleworts, salt meats, and meats of ill digestion. Also he must  
abstaine from sleepe in the day, and after supper by the space of  
two houres.

Trouayle of the minde is very contrary, bycause of the com-  
motion that happeneth unto the liuely spirites, which are in-  
strumentes of vnderstanding: as Auicen that noble Physician  
saith in the chapter De sode temporali. Nihil est adeo conueni-  
ens sode temporali, sicut tranquillitas et dimissio totius quod  
commouet sicut sunt fortes cogitaciones, &c. There is no-  
thing that is so conuenient for the Weigrime, as tranquillitie  
and rest, and let all things passe that moue the vertue animal,  
as great musings and all labour of the spirits. And chiefly one  
ought after dinner to keep him from all things that trouble the  
memorie, as studying, reading, writing, and other like.

And for the better vnderstanding of the sicknes chauncing

## THE REGIMENT

In the head: ye shall know, that sometime it chaunceth bycause of other diseased members, as of the stomacke, or of the mother of the reumes, of the liuer, or of the splene, and not of any cause in the head it selfe. Therefore yee ought to cure such sicknes by helping of the same members, as shall be shewed in the Chapters following.

And yee may know, that the head ache commeth of diseases of the stomacke, when the pacient hath great paine at the stomacke. Of the mother, when the woman feeleth great paine in her bellie. Of the reynes, when there is a greate paine in the backe. Of the splene when he feeleth paine and heauynes there about vnder the left side. Of the lyuer when the pain is on the right side, about the liuer, which is beneth the ribbes.

Remidies appropriate to the head, of what cause  
soeuer the paine be.

**T**Ake an handfull of Betony, an handfull of Camomile, and an handfull of Meruaine leaues pycked, stamp them and seeth them in blacke worste, or in ale for lacke of it, and in the latter ende of the seething, put to it a little Comin brayed, the powder of a Harts Horne, and the yolkes of two Eggs, and Saffron a litle, stirre them well about, and lay a plaister hot ouer al his forehead and temples. This is an excellent remedy also for the Peigrine. It shal perce the better if ye adde a litle Wigner.

Another.

Make a plaister of beane flower, Limeseede, and oyle of Camomile, or in lack of it, Gose grese, or Duckes grese, & rub the place with Aquaint, and after lay the playster hot vpon it.

Another.

Take a sponesful of Mustard seede and an other of Bay berries, make them in powder, and stamp them with a handfull of earth worms split & scraped from their earth, and a litle oyle of Roses, or of camomile, or Capons grese, & lay it on the greif.

Also it is good to take the iuce of Iuie leaues mixt with oyle and vineger, and to rub ther with your temples, and your nose,  
trilles.



## OF LIFE.

trilles. Also the chest wormis that are found betwixen the barks of trees which will turn themselues together like a beade when they be touched, if they be taken and sodden in oyle, it maketh a singular ointment for the Beigrime.

### The second Chapter, how to cure diseases chauncing in the face.

First as touching a disease called Gurta rosacea, or copper face in English, it is an excessive rednes about the nose, or other places of the face, comming of bryent humours or of salt fleume, which cannot be helpen, if it be rooted and olde.

Remedy for the same if it be cureable.

Ye must giue him a purgation, as is saide in the paine of the head, comming of the cholere, then dip linnen clothes in Alum water, which shall be made thus. Take a pound of Alum glasse, the iuce of Purcelane, of Plantain, & Meriuce of grapes, or Crabs, of each a pinte and a halfe, with the whites of twenty eggs, and beate them well together with the said iuce, then mixt all together, distill it in a common Stillatoze, and keepe the water for the vse against all pynples, scurphes, wheales, chafings, and heates that chaunce in the skinne. The clothes dypt as is aforesaid, must bee layd to the rednes, and oftentimes renewed with other fresh cloutes dipped in the same.

An other remedy.

Take Lytarge of silver, and Wymstone, of each like much, and seeth them in Rosewater and Vineger, and then wyth a linnen clout wet in the said vineger, lay it to the soze.

Remedy to pallify the coppred face that is vncurable.

Make a bath with the flowers of camomil, Violets, Roses, and flower of water Lillies, then anoint the place wyth Vnguentum album, Campherarum, and mixe that oyntment with a little yelow bymstone and quicksilver, killed with fasting spittle, and anoint the place withall.

## THE REGIMENT

A water of the same.

A water called Lac Virginis is very good, and Rose water mixt with Sulphur, oyle of Tartare, & oyle of Wheat. Also these thinges are good for Tetter, and other ruggednes of the skin. The said Lac virginis clarifieth the face, and dryeth by moiste pimples, and taketh away freckles of the visage, and is thus made. Take iij. ounces of Litarge of Silver fine powdered, halfe a pinte of good white vinegar, mixe them together and distill them by filtre, or through a little bagge, or by a peece of cloth. Then take of the same water, and mingle it with water of salt made with one ounce of salt powdered, and halfe a pound of rain water, or well water, and mingle these waters together, and it wil be white like milke, and with this rub the corrupt place. Some adde a little Ceruse with the Litarge, which is good for all rednes of the face.

Here followeth a generall dyet for all copperous faces.

**A**vain from all salt thinges, spiced, fried meats, and roasted meates. Also from drinking of wine. For it is very evil. Also Onions, Mustard, and Garlike, are verie naught. In the made of which, yee must take Parslane, Sorrell, Lettuce, Hops and Bozage, with Succory or Endive, in porage, or other wise. Also it is necessary to bee laxative, and in sleeping to lay your head hye.

For rednes of the face that is not copperosed.

**T**ake a pinte of Goates milke, the crummes of one white louse hotte, the white of sixe Egges, Canisere two drams and the iuce of sixe Citrons: mixe al these together with the said Milke, then take all the thre kindes of Plantain, and put the in the stil vnder the said drugges, and after it an other bed of the same iij. sortes of Plantain, and distill them with an easie fire as yee would distill Rose water, and keepe it in a glasse vessell. And after xv. dayes take a white linnen cloth, and dyppe it in the said water, and lay it to the rednes.

Another for the same.

Water of Lillies stilled, with the blood of an Oxe, and a little

## OF LIFE.

the Camphere is very good.

For chopped or scabbed lippes.

Anoint them with Vnguentum album camphoratum, and if ther be any corrupt blood or matter, y<sup>e</sup> must wash the place with water of Plantaine, wherein hath been sod a litle Alum, afoze y<sup>e</sup> put on the said oyntment.

For the same.

Vnguentum de sutia and oyle of yolkes of egges, bee very good for it. Also it is good to wash the place with Plantayne water, and barley water together.

For cankers, vlcers, and Noli me tangere.

For as much as Noli me tangere chanceth often in the nose, or about the face, beginning of a little harde and round kernell or knob, and full of paine, declining toward a pale and leardy colour, y<sup>e</sup> may iudge that disease very perilous, notwithstanding it is good to anoint it as hereafter followeth, and also to apply thereto other remedies, as thus:

To Make Vnguentum album two or thre ounces, the iuce of Plantayne and night shade, of eche halfe an ounce, Tuttie the weight of halfe a crowne, mingle them together, and make an oyntment which is good for the same disease.

For wormes in the face.

Although that wormes in the face may not bee had out, but with great difficulty: and by long processe; because of the cold humour, whereof they come, neuer the lesse, for as much as oftentimes they happen vnto poore folkes, here shalbe recited a receipt proued for the same disease, which is an oyntment of a singular operation: and is thus made.

Take the leaues and rootes of Leekes, iyce them altogether, and take thereof a pinte and a halfe, and put it in a glasse with sixe ounce or powder of Bellitoy, and a scruple of verdegrece, and stirre them altogether, and euery day bath the sayde wormes and wheales with cotten moisted in the said iyce, and

## THE REGIMENT.

Stirre it offe in the glasse: this is good also for worms in any other members, and bleeding in the sicknesse called in Fraunce, the Kinges euill.

A purgation which ye ought to take before the said bathing.

**T**Ake half a dramme of good Turbith and a scruple of Ginger, halfe an ounce of Sugar, and a little white Wine, mixt together, & drinke it in the morning twice a weeke warm, and renew it euery thre a weeke.

For an vlcered face through wormes.

Ye must first mundifie the dead fleshe with Vnguentum Egiptiacum, or the powder called Precipitatu, and for the perfect curation, ye must dry it well, wherefoze it is good to wash the place often with Alum water, and put therein linte, and if there be great moistnes at the time of desiccation, ye must dip the same linte in Vnguentum Apostolorum or Ceraeos with a litle of the oymtment that followeth, which ye may safely apply from the beginning to the end of the cure, for it hath vertue to cleanse and incarnate, with gentle mundification & drying.

A singular oymtment for wormes that matter.

**T**Ake oyle of Lillies, oyle of Linsed ana, ounces thre, oyle of Roses, oyle of Mirtilles, ana, ounces two, Litarge of golde and siluer and red leade, ana, one ounce, Diaquilon white with gummes iiii. ounces, Goates tallow, Hogs grese, of eche two ounces and a halfe, blacke Pitch and Colophonie, of eche two ounces, of the iuice of Woundstong foure ounces. Seeth them altogether till they be black, and the iuice be cleane consumed, then straine it through a thicke canuasse, and after seeth it againe till it bee exceeding blacke in colour, and then ad to it cleare turpentine, thre ounces, Gum Oppoponax two ounces and an halfe, white waxe as much as shall suffice to make a playster not ouer hard, and put the Turpentine and Oppoponax in when ye take it from the fire. This is an excellent playster also both for woundes and vlcers.

For the same.

It is verie good to lay vpon them the hearbe called Woundstong stamped with a litle hony.

## OF LIFE.

Regiment or dyet for the same sicknesse.

The patient in all diseases of the face must endure hunger as much as is possible, and eate not much at once. Also he must hold his head vp right, and sleepe not on his knees, nor elbowes nor with his face bowed downe. Also hee must forbear much laughing, speaking, and great anger.

For the eyes.

Hereafter foloweth diuers medicines for the eyes, which are the windowes of the minde, for both ioy and anger, and the molste of our affection, are seene and openly knowen through them, and they are ordained and made to lighten all the body, whereunto nature hath giuen brows and eye liddes, to defend them and keepe them in safety, and the better to resist thinges contrary and hurtfull vnto them.

Yet notwithstanding, beside many other chaunces, there happeneth sometimes a debilitie in the sight, which must bee holpen as hereafter followeth.

Take Fenell, Veruzine, Celidone, Rue, Cie bright, and Roses, of euery one of them a like much, and distil them as yee would distil Rose water, and vse a little thereof in your eyes, both in the morning, and when yee goe to bed.

A water proued to clarifie the dimnesse of the sight.

Take the iuice of Fenel, of Celidony, Rue and Cie bright, of each two ounces, Hony an ounce and a halfe, Aloes, Tutie and Sarcocolle, of eche halfe an ounce, the gall of a Capon, Chicken, or Cocke, two drams: Putmiges, Cloues, and Saffron, of eche a dram: Sugercandy five drammes, put all in a limbicke of glasse, and distill it. And of this water put in your eyes once in the day. And if he could get the lyuer of a hee Goat, & mire with the said thinges in the distillation, that water will be of much greater vertue and almost with out comparison.

## THE REGIMENT

For the same.

Ye must vse currie day to eate Nutmigs, and to take once in a weake, a Mirabolane condite.

For the same.

Take a Pie and burne her, and beat her to powder, & myn-  
gle it with Fenel water, and put it into your eyes. Also water  
of yong Wyes Skilles, is very good. Likewise water of rotten  
apples, put two or thre drops in the eyes helpeth very much.

A singuler water for diseases in the eyes: and to clari-  
fie the sight.

Take the greene Walnuts, huskes and all from the tree,  
with a few Walnut leaues, and distill thereof a water to drop  
within your eyes.

Pilles good for the sight.

The pilles Sine quibus, all waget with frosciskes of Aga-  
rike, and Pullule lucis, are excellent good to purge the bryne,  
and comfort the sight.

For paine of the eyes.

Sometimes paine of the eyes commeth of blood, and then  
the veynes of the eyes are red and swollen, wherefoze it is con-  
uenient to be let blood of the head veyne on the side where the  
paine is.

For bloudhotten eyes.

The blood of a Stockdove, or in lacke of it an other Dove or  
Pigion, dropped a little in the eye, and a wet clout thereof lay-  
ed upon the same, healeth bloudhotten eyes whether it be of  
stroke, or any other cause.

Sometimes the saide pain commeth of Choler, and then the  
patient feleth great heat, sharp pricking, & much paine, & com-  
monly ther appeareth no gum in the eyes, & if it do, it is yellow.  
Wherefoze ye ought to giue him a purgation purging choler, as

with

OF LIPPET

hath been said in the remedie of the hed, proceeding of the cause of Choler.

For swelling of the eyes.

Take a Quince and seeth it in water till it bee softe, then pare it and bruse it, and mixe it with the yolke of an Egge, and the crummes of wheaten or white bread steeped in the said water, and put thereto a little womans milke, and two penny weight of Saffron, by ay them all together, and lay it ouer the forehead and eyes. Sometimes such paines chaunce because of fleume, and then the pacient feelety great heauines in his eyes, with abundance of gummy matter, or water descending into the eyes. And in this case, ye must purge the fleume, as it hath beene said in the remedie of the heade, grieued by the excesse of fleume.

To resolue the gumme, ye shal vse to wash your eyes oftentimes with the iuyce of Housleeke, other wise called Sene greene.

And sometimes the same paine commeth because of ventositie or wind, and then the pacient feelety such paines, as if one beat on his ears with a hammer: for which it is good to make a decoction of Camomile flowers, Bellilot, and Fenell seede, in water and white wine, and therein wet a foure double linnen cloth, and the licour well pressed out, lay it often vpon the eye.

Other whiles there chaunceth paine of the eyes because of exteriour thinges, as of winde, dust, or heate of the Sun, & then it is meet to lay thereto womans milke, well beaten, with the white of an Egge.

And somtyme the said paine commeth by percussio[n] or striking, and then ye must drop in the eye, of the blood of a Pigeons wing, or of a Partridge, which blood hath like vertue to take away spots, markes, and rebnes of the eyes.

For very great paine of the eyes.

Take an ounce and an halfe of oyle of Roses, the yolke of an Egge, and a quarter of an ounce of barley flower, and a lit

## THE REGIMENT

the Saffron, mixe all together, and put it betwéene two linnen clothes, and lay it to the paine.

Another.

Take crummes of Wheaten bread or white, an ounce, and seeth it in Nightshade or Hozel water, then mixe with the said bread two yolkes of eggs, oyle of Roses and Camomile, of each an ounce and an halfe Muscilage, of Lineseede an ounce, and vse it as is aforesaid.

Another.

Take sixe leaues of Venbane, and rost them, then beate them very well in the morning, and lay them to the paine.

For rednes of the eyes.

In the beginning of the rednes lay vpon the eyes towne, dipped in the white of eggs: but let the whites be well beaten first with Rosewater, or with plantaine water.

Another.

Take red Roses, and seeth them, and let them be set warme to your eye. This taketh away spottes of bloud, that sometime chaunceth in the eyes. Also it is good for all diseases of the eyes. And it is good for rednes of the eyes that commeth by striking or any such violence. If at any time there happen a spot or blemish in the eye by a stroke, ye must lay to it by and by tow, wet in Rosewater, and in whites of eggs, and after that the paine be mitigate, ye must lay a plaister vpon the eye made of a raw egge, Barly floure and the iuyce or muscilage of Malloes, and then if the eye be not holpen of the said bloud, ye must lay to it a plaister both dissolutive defensiu, and partly appeasing the paine, which must be made of wheate flower, the iuyce of Malloes, Mints and Smalage and the yolke of an egge.

Of hardnes that hath beene long in the eye.

Take a scruple of Aloes succotrine, and melt it in water of Celedonic at the fire, then receiue the fume of it, and after ward wash the eye with Fenell water.

Another.

Take the powder of Commine mixt with waxe like a playster and lay it vpon the eye.

An



## O F L I F E.

¶ Another.

Take Roses, Sage, Rue, Celedony, of eche a like muche, with a little salt, and distill a water, and put thereof a drop or two in your eye, euening and morning. In steed of that water, it is good to take iuice of Verueine, Rue, and a little Rose water.

For all rednes of the eies.

Take the bignesse of a Nut of white Coprose, and a scruple of Peros, and powder it, and mire it with a glasse full of well water, then put two or thre drops in your eyes.

For the same.

Water of Strawberies made and put in the eie is good.

A singuler powder that dryeth and taketh away the rednes of the eies.

Take Tutie preparate an ounce, and Timonie half an ounce, Perles two drammes, red Coral a dram and an halfe, powder all these thinges very fine, and keepe them in a boxe of tinne, and vse it.

For to stop watring of the eies.

Make a plaister of powder of Galkke, fine Frankensence, Bole armoniack, & gum with Dragagante whits of eggs, mirt altogether, and lay to the forehead and temples. Also it is good to set ventoses on the nape of the necke. Also it is good to make a collirie to put into the eies as followeth. Take Tutie preparat, and the stone called Lapis Hematites, of ech a dram: Aleos halfe a dram, Perles and Camphore, of ech a Scruple, powder them all verie fine, and mire them in thre ounces of water, distilled of the knops of Roses, and thereof make a collirie.

Also for to stop all humours descending to the eyes: these thinges aforesaid are very good mirt with raine water, wher in Olibanum or Frankensence hath bene sodden.

For Webbes of the eye.

It may bee easily holpen in younge folkes, but in aged persons it is very harde. And in the beginning, yee must mollifie

## THE REGIMENT.

mollifie them with a decoction of the flowers of Cammonill, Mellilote, and Coole leaues, receiuing the fume of the said decoction within the eies, and then put therin a litle pouder made with Sugercandy, Salgemme, and ege shells bzunt, and afterward distill into them womans milke with the decoction of Fenugreke.

An other singuler receipt for webbes in the eyes.

Take Snayles with the shelles on and washe them eight times, and distill them in a common stillatozy, then take hares galles, red Corall, and Sugercandie, with the said water, distill them againe, and put euerie morning and euening a drop in your eye.

Another.

This water is made of white Copperose, Sugercandy, and Rose water, with whites of Egges that are sodden hard, and strained throug a linnen cloth, and put into your eye: after dinner, and all night to bedward.

Regiment for them that haue any sore eyes.

You must alway keep your belly lose, and abstaine from fire, smoke, winde, dust, and ouer hot or colde ayre, and from weeping and long reading of a small letter, from ouer long watching, ouer muche drincking of wine, and eating late, for all these are verie noisome to the eyes and sight. Also all euaporatiue thinges, as Onyons, Leekes, Garlicke, Mustard, Pease, and Beanes, are verie dangerous. You must keepe your feete cleane and forbear the day sleep. Behold greene things, cleare water, precious stones: & to keep you from long holding downe your face, succourefh the sight very much, and is verie good for the eyes. Like wise vse meates of good & quicke digestion, as to eate Herrell often, and after meate, take Coriander Confitzes, prepared, and drinke not after them. But aboue all keepe away your hands, for the rubbing of them maketh them worse.

Remedy for all diseases of the eares.

Take oyle of Roses and a litle vineger and put it into the eare, then make a bag of Camomill and Mellilote, and lay it thereunto.

## OF LIFE.

For noise and sounding of the eares.

Take Pillule Cochie, or fetide, bycause the sounde proceedeth of ventosite or of fleume: and befoze ye take the said pilles, it is good to drinke thre ounces of Fenell water, two houres befoze meate, foure or fiue daies. After the operation of the said pilles ye must dip a tent in oyle of Rue callor, or of salte, with the iuice of leekes, and often in the morning fasting, to hold his eare ouer the warme decoction of Maiozam, Rue, wormwood, Camomil and Melilote.

For paine in the eares.

Goose grese with a little Hony swageth the paines of the eares.

Also the Chestwormes sodden in oyle of Roses vpon hot ashes in the rinde of a Pomgranate, and dropped in the eares. Item oyle of Almondes, specially of the bitter Almondes hot,

Item if there be water in the eares it shalbe had out with a little Goose grese and the iuice of Onions.

Also earth wormes with Goose grese sodden, is good for paine in the eares.

Item an Adders hame sodden in wine, and the eare bathed in it, and a little thereof put into the paine, is good to take away the grief, and it helpeth also to the eares that are running with stinking matter and corruption: but in that case ye must haue boyled in the wine a little Mirre.

## Regiment.

The patient must eat and drinke litle, and sweat in baths, or whote houses, and sometimes to prouoke needling. He must forbear Barlike Onions, Leekes, Pease, Beanes, and Puts nor drinke wine without water.

For deafnes.

Sometime there chaunceth deafnes by winde, which is in the eare, the which causeth tinkling in the head, and then one

D

must

## THE REGIMENT

must put a little Aloes in hot water, or in white wine, and distil into the eare. Then put a little Cuphorbium in powder into his nose, to make him to neese and auoid as much humours as yee can. Sometime Deafnes commeth of fleum, which when it is olde, is vncureable. But when it beginneth, it must be purged as hath bene said in the remedy of the sound of the eares. Then take powder of Bayberies, and seeth it in oyle of Lillies, and put it warme into your eare, and a little black wooll to stop the eare with, that no ayre enter.

Remedy for stinging of the nose.

**T**ake Cloues, Ginger, and Calamyate of eche a like, and seeth them in white wine, and therewith wash thy nose. After put in powder of Peretrum to prouoke you to neese. And if there be repletion of fleum in the head, first yee muste purge it with pilles of Cochie, or of Hiera Picra. Also if the cause of stinking from the stomack come, first help the stomack, as shal be said here eafter in the remedies of the stomacke.

Medicines for bleeding of the nose.

**T**ake a dram of Bole armoniacke washed, and mire it in rose water or Plantaine water, and drinke it. Then binde the extreame partes as hard as yee may, and after make a Tente of Greene nettles, and put it into his nose, Moreover, it is good for the patient to holde in his hande Egrimonie, with the roote and all, and drinke the iuyce of Knotgrasse, and without doubt the blood shall staunch anone.

For the same.

Set a boring glasse vpon his liuer, if the blood come from the right side, or on the splene if he bleed of the left side, and lay vnto the stones a good quantity of towle or linnen dipped in vinegar, and for a woman, lay it vpon her brestes.

An other singular medicine for to staunch blood, and it is a thing expert of all the good practitioners.

Take swines dung, even as hot as ye can haue it from the swine, and when ye haue clenched the congeled blood out of the nose, wring it through a clout, & let the iuyce perce into the side,  
from

## OF LIFE.

from whence the blood commeth, and by the grace of God yee shall see it staunch anone. Moreover it is good to bind the fete and armes as hard as can bee suffered with a corde or a lace, the stronger they bee bound the better.

Remedy for the tooth ache.

**P**aine of the teeth (as Galen saith) amongst other paines that are not mortal, is the most cruell and greivous of them all. It may come diuers waies, of a cold or hot cause. If it come of a hot cause, his gummes are red and very hot, wherefoze it is very good to hold in his mouth water of Camphore, or to seeth a litle Camphore in vineger, and holde it in his mouth.

An other singular remedy that taketh away all kinds of tooth ache, specially if it come of a hot cause.

Take Henbane rootes, and seeth them in vineger and Rose water, and put the decoction in your mouth.

Remedie for tooth ache that commeth of cold causes.

For asmuch as in such cases oftentimes there distilleth a boundance of water into the mouth, purge it with Pillule cochic, and after wards keep in your mouth warme wine, where in hath bene sodden Pellitory, Mintes and Kew.

An other Remedy for the same.

Take Sage, Pellitory, and seeth them in vineger, and keep it in your mouth as hot as ye may suffer.

An other for the same.

Take Willitory, Stauesacre, and the thre kinds of pepper, of eche one a part: Macis, and Galingale, halfe a parte make of them a powder, & with a litle white wine rub the teeth, and then lay on the foresaid powder where the paine is.

An other.

Take the middell barke of an Elder, Salte, and Peper, of eche a like much; and stampe them together, and lay it to the soze teeth.

## THE REGIMENT

An other remedy.

Take a litle cotton, and dip it in oyle of Spike, then put it on the soze tooth. If the tooth be hollow, it is good to draw it out, for it will euerie day waste whatsoeuer y<sup>e</sup> do vnto it.

To make the teeth white.

Take white Marble, Cuttle bone, white Coral, Salgemme, Bay salt, Mastik and pilles of a Citron, of ech like much, make them in verie fine powder, and rub the teeth therewith, euerie morning.

And afterward washe your mouth with white wine, wherein hath been sodden a litle Camomil and Dill.

For the same.

Take Vineger of Squilles and dip a litle peece of cloth in it, and rub the teeth and gummes withall. The said vineger fastneth the gums, and comforteth the rootes of the teeth, and maketh a sweete bzeath.

An other remedy to make the teeth white.

**D** Still a water in a Lembike of two partes of salgemme, and the third part of Alum, and rub the teeth with a linnen clout dipped in the same.

To take away stinking of the mouth.

**Y** e must wash his mouth with water and Vineger, & cheke Mastike a good while, and then thy mouth with the decoction of Anis seedes, mints, and Cloues sodden in wine. If the stinking of the mouth commeth of a rotten tooth, the best is to haue it drawne out.

Regiment for tooth ache, and stinging of the mouth.

**Y** e must washe your mouth befoze and after meate wyth warm water, soz to clense the mouth, and to purge the humors, from the gummes, which descend out of the head. It is good e. uery enery morning fasting, to wash your mouth and to rub the teeth with a Sage lease, pilles of Cytron, or with powder made  
of

## OF LIFE.

of Cloues and Nutmigs: ye must forbear Lettuce, raw fruit, all tart meates, and the chewing of hard things. Also al meates of euill dygestion, and vomiting.

The third chapter treateth of Remedies for diseases of the breast.

**F**irst for hoarsnes of the voyce that maketh a man to speake lowe and with great paine, yee must auoyde all eger, salte, and sharpe thinges, and sleeping by day, too much watching, great cold, much speaking, and to loud crying. All sweet things are verie good, as apples sodden with Sugar, great Kayns, Figges, Almond milke, hulled Barly, Pignolate penedics, white pilles, Sugercandy and the iuyce of Likoyce.

Remedy for a hoarce voyce.

Take the broth of red Coleworste, and mingle with it vii. oz blis. Penedics, & an ounce of sirrup of Maiden heare, and giue vnto the patient, when he goeth to bed.

An other medicine.

Take Diayris simple, & eat a Loseng of the same at mozne, and also at night.

An other remedy for hoarcenes of a long continuance.

Take Kaysons, Figs, Sugar, Cinamon and cloues, of euery one a little: Seth them in good wine, of the which yee shall giue to drinke mozning and euening, two ounces at a time, except he haue a feuer.

For the same.

It is good to take mozning and euening, a spoonfull of the sirrup of luybes mixt with a roote of Ligooyce, in manner of a loc. If with the said hoarcenesse, there descend abundance of water to the mouth, it is good to make an electuary, of halfe Diayris, and halfe Diadragaganum and to vse it first and last after presuming with stoupes of flare, fuming with Frankinsence, Mastike, Sandrake, and Storax Calamite, layd vpon the head warme.

## THE REGIMENT

Remedy for the cough.

Take Ilop, great Raisins, and Figs of ech a litle handful, Licorice one ounce, boile them in water, til third part be wast- ed, then giue it him to drinke twise a day in the morning two houres befoze meat, and at night one houre befoze supper and immediatly after it is good to eate a Loseng of Diayris, or Dia- penidion. If ye wil haue it stronger, put to them in the decocti- on a litle Colewoztes, Anise, and Fenell, with the seedes of Pettls, of eche two dramms.

An other Remedy.

Take Sugercandy, white pilles Diayris, and Diadragant, of euery one, one ounce, Liquorice two drammes, make a pou- der, and let him eate thereof a spooneful, morning and euening and drink after it thzee ounces of water of Ilop, or of Scabious with Sugar, or without Sugar.

In steed of these waters ye may take the broth of red Cole- wozt's without salt.

An other remedy.

Take sirrup of Liquorice, and of Ilop, and drinke it euen and mozne with a Pitifane, or one of the same sirrups, with a spoone full of Pitifane is good.

An other.

Take powder of Diayris simple, & Liquorice, of eche a dram weight, and with foure ounces of suger make an electuary to be eaten first and last after meat.

An other.

It is good to take Locsanum, with a sticke of Liquorice, at the coughing, and after meat. And there is another loc called loc de pino, as good at all times as the other is. And it is good to annoint the brest morning and euening, with oile of Lillies, sweet almonds, and may butter without Salt. Heere is to be noted, that commonly the cough proceedeth of colde humours that graeueth the lungs, and for that cause al things the which be hot, sweet, and do prouoke spittle, are very good and holtsome for the same, as be the things afoze rehearsed.

And



## OF LIFE.

And sometime it proceedeth of heat, and then it is known by the great alteration of feuer: and then yee must forbid the patient drinking of all wines and to vse things that hereafter followeth.

Remedy against the cough, comming of a hot cause.

**T**ake sirrup of violets and of Zubes, and drink thereof morning and evening with a little Pitifane sodden.

For the same.

It is good to take first and last a Roseng of Diadragant, and afterwards to drinke a draught of good Pitifane.

A good receipt against the cough.

Take the roots of Enula campania, Horehound, Holihoock, of eche a like muche, sceth them altogether in white wine, with a dosen of fat Figs, and a litle Liquozice, drinke of it a draught, eusry day twice.

Regiment or diet for them that haue the cough.

Ye must abstaine from Vineger, Ueriuice, all salt meates, Trutes, & raw hearbes, fish, Lemons, grosse meates, and to much replexion. Also yee may drinke no wine betwene meales, and beware of day sleep, and especiall after meate.

The winde, the colde, and much talking, are very vnnaturall for the cough, and so is all labour aswell of the body as of the minde, and sometime it is good to hold your winde a little, and let it goe againe.

Remedies against shortnes of the winde.

**S**hortnes of the winde proceedeth often times of fleume, that is tough and clammy, hanging vpon the lungs or stopping the condis of the same, being in the holownes of the breast or of catarrous humours that droppeth downe into the lungs, and thereby commeth straytnesse in drawing of the breath, whych is called of Whisitons, Disponca, or Althma. And when the patient cannot bend his necke down for dread of suffocation, it is called Orthopnoea. For euerie one of these diseases, there be very holesome medicines declared here afoze.

The

## THE REGIMENT

The receite for Asthma.

Take an ounce of great Raisins picked from the kernels, two Figs, the meate of a Date, dry Ilop, Maiden heare, Liko- rice, and the lunges of a Fore, washed in wine, water of Scabious, of euery one a dram, Venidies two ounces with sirrup of Sikoze, let all be incorporated, and make a Loc to eate a good while after meate, with a sticke of Likoze.

An other receite.

Take Hzehound, Maiden heare, and Ilop, of euerie one a handfull, Likoze, Dates, Figges, seede of Smallache, and of Fenel, of euerie one half an ounce: boyle them in a pinte of water and a halfe, till the third part be consumed.

After giue him the said decoction to drinke a good draught euery morning two houres afoze meate. And before it, or incontinently after it, it is good to take as much as a chesnut of conserue of Coleworts, or a leseng of Diaysopi, or Diayris Salomonis Also loc de pulmone vulpis is exceeding good for the sayde disease.

An oymntment for shortnes of breath.

Take two ounces of oyle of swæte Almondcs, one of Day butter vsalted, a little Saffron, and of new Ware, and make an oymntment, wherewith yee shal annoynt the bzeast morning and euening.

Regiment.

Considering the saide disease commeth of to great abou-  
dauce of fleume in the lungs, it is good to obserue the thinges  
that are shewed in the remedies of the cough. And to dwell in  
a dry place, farre from water pooles, or marishes, and to sleape  
in a moist chaumber, in the which yee must haue a fire of wood  
without smoke. The bread must be light and pleasant, for sol-  
er bread, broune bread, and crustes, are to be auoided. Also yee  
may eate no Pease, Beanes, Nuts, Chestnuts nor any thing  
that stoppeth or engendzeth winde. Fish roasted vpon the girdi-  
on may well be suffered, for they be not so euill. Hulled Barly,  
Rise, broth of Coleworts, and broth of an olde Cocke, with I-  
lop

top and Saffron, are speciall good meate for the lungs, and so  
 ar fat Figs, Raisins of Alcian, Dates, graines of the pine,  
 Pignolate, & sweete Almonds. Great mouings and chafings  
 and sodaine labour is verye euill, yet moderate exercise afoze  
 meate is good and profitable.

Running, anger, and such other passions that enflame the  
 heart, are in this case vtterly to be voided.

Remedies for the Pthificke.

**P**thificke is an vlceration of the lungs, by the which all the  
 body falleth into consumption, in such wise that it wasteth  
 all saue the skinne. We may know him that hath a Pthificke,  
 for from day to day he waxeth ever leaner and drier, and his  
 haire falleth, and hath ever a cough, & spitteth sometime mat-  
 ter and bloody stringes withall. And if that which he spitteth  
 be put into a basen of water, it falleth to the bottom, for it is so  
 heauy.

Galen speaking of this disease, saith it is vncurable. But  
 when he was in Rome, he gaue counsell to them that had the  
 Pthificke, to dwell in the mountaines, and hie places, farre  
 from waters, and watry groundes, and so their life should be  
 prolonged, but at the last they dyed of the same disease. Neuer-  
 theles, it is good to relcase the paine, and to help them as much  
 as is possible. And the thing that is most holesome for the same,  
 is to drinke every morning a draught of Ases milke, foure  
 houres afoze meate: in the place whers one may take the milke  
 of a Giate newly milked, and mire them euerie time with a  
 spunfull of powder, made with suger roses, and it is good every  
 time to vse conserue of roses, Pignolat diadragantum, and  
 anoint the brest before & behinde, with oyle of sweet Almonds,  
 Bay butter and salt.

An other remedy proued by a religious man.

**T**ake two ounces of Pimpernell in powder, and therof make  
 an electuary with Suger, & vse it every morning ii. ozams  
 with pimpernell water iij. ounces. Water of Snailles distilled  
 is

## The Regiment

is proued good to them that be **P**htisicke every morning in  
Drinke, and for all them that are drie and leane.

Another.

Take the foure colde seedes, seede of Quinces, of eche three  
Drams, and a halfe, white Wopy seede five Drams, the iuyce of  
Likorice, Ilop, Amidum, gum arabike, and Dragant, of eche  
a dram and an halfe, Penidies, the weight of them all, make a  
pouder, and vse every morning. ii. Drams, and after take two  
spoonfuls of sirrup of Iuibes, or instead of it, drinke the ptisan  
of water of vngula caballina, otherwise called horsehoose, the  
pouder whereof is good for the ptisike, wherewith Haly saith  
that he healed a Monke of the same sickness.

Regiment for ptisike.

**Y**e ought to do, as hath been said in the regiment of Asth-  
ma and to abstaine from all spices, saue Saffron. Ye must  
likewise abstaine from all sower things, sharpe things & tart,  
noz be not hungry, noz dry: but cherish you well with meats of  
easie digestion, and good nourishment, such as is coleys of Ca-  
pons, bulled barley, Almond milke, egges yolkes, beale, kid,  
lambe, sheeps feete, and small birds, liuing in woods & bushes,  
Creauses, and fishe of swete running water, hauing scales.  
Snailles in the shels sodden with fenell and Ilop is very good.  
Ye must liue merely, and play at some pastime for pleasure  
without labouring.

Ye ought to abstain from laratiue medicines, because that  
it is said. Cum fluxu excedit, mors intrat, vita recidit, which is  
contrary to Asthma, for therein it is good euer to be lose bellicd.

For the pluresy.

Hereafter shall be spoken of medicines for diseases of the  
ribbes. And for playner knowledge of the same, ye shall vnder-  
stand that sometime in the skinnes that couer the ribbes, there  
gathereth together bloud and cholerike humours, which en-  
gender apostemes, called pluresie, and it may bee knowen by  
foure manner of signes.

First the patient hath a great burning feuer. Secondly the  
ribbs

## Of Life.

in the night, he must lay his hand vpon his stomack, or els lay a little pilloiw of fethers on it, or a bag of woꝝmwood and Gar- gerum. Somtimes there chaunceth such debility, not for reunt or meat, or drink, but by viscus and stynny fleum in the mouth of the stomack, which causeth to engender aboundance of ventosity, and maketh the meat to swimme with little thirst. And somtimes with sower belchings, & inflamations: such debilitie may not perfectly be cured, but for a time mended with the remedies that followeth.

### Remedies for weaknes of the stomacke.

First ye must take Pillule Stematice two or thre houres afoze meate, moze or lesse, according to the quantity of the fulnes of the stomacke, and after giue him euery morning two houres afoze meate and one houre after supper, at euery time a Losenge of a lectuary called Diagalanga, or another called Diaciminum, which Lectuaries do consume ventositie, and with their comfortable heate, driue away the colde and the windye complexion of the stomacke.

### For the same.

Greene ginger is berie good, taken as is said afoze of the electuaries. And it is holesome to eate afoze your meate, a nise seeds and fenell, and when ye begin to eate, take a toste dipped in sodden wine, or good Malmesey without drinking of the same wine, except it be a verie little after meate.

### An other.

Take Gallice, and Lapadanum, of euery one an ounce, mintes and woꝝmwood poudez, of eche a dram, Turpentine, as much as shall neede to incorporate them together, make a plaister and spzed it vpon Leather, and lay it to the stomacke. In stæde of the said plaister, it is good to annoint the stomacke with oyle of Spiknard, and mace, or to lay on it hot bread steeped in good wine, on the which bread strew pouder of cloues and Nutmigs.

## The Regiment

Sometimes such debility of stomacke, commeth of hot causes, and then it is known by the little appetite to meate, and great thirst and headache before meate, and after it, commeth stinking belching, wherof sometime followeth vomiting, and is holpen on this wise.

### Remedy.

In such debility, if there be great quantity of spittle, and much desire to vomit, it is good to take x. drams of Hierapicra, with the decoction of Cicers, or with ii. or iii. ounces of water of wayme wood, and after your meate, vse Coziander seede prepared, and beware ye drinke not thereafter, nor sleepe in the day time.

### To the same.

**M**Irabolans condite are very good for the same purpose, to be giuen once in the wake, at foure of the clocke in the morning, half an ounce, or a whole ounce euery time, and take away the stone that is within. If the said debilitie of stomacke of hot cause, there bee not aboundance of spittle, but dries of mouth, with thirst and vomiting, stinking & fummish, it is good to take euery morning sirrup of Sozel, sirrup of roses, of sirrup of quinces, with endiue and succozy water, and water sodden and cooled again and then drinke Hierapicra, as afoze is sayd, or take a purgation, as is declared in the paine of the head, coming of choler. It is to be noted, that for such debility of the stomack, ye may not weare any cerote plaister, nez bag, wherin is hot medicines, lest ye should augment the cause, but it is conuenient to anoint the stomack with colde oyles, as be oiles of Roses, and Quinces, and if ye will haue a plaister, make it of red Roses and Saunders.

### For abhorring of meat.

Sometime there chaunceth in the stomacke a disease called fastidium, or abhozing of meat, whereby the person against his will taketh in hate and abomination all manner of meates, that is offered vnto him: likewise as a hole man taketh pleasure and delight in his meate. The cause of this disease, is repletio of cholerike humours, or fleumatike, grosse and viscons, which

## Of Life.

which are in the stomacke, and the patient hath great thirst, a dry tongue, the mouth bitter and sometimes doth vomit yellow choler.

### Remedy.

We must purge the choler as hath beene said afore, and if the veines be great and full of blood, ye ought to let him blood on the right arme, and on that veine which appeareth most: and to quicken the appetite, it is good to give him to eat or drinke, such as the patient demaundeth, although it be not alwayes of the best. And also it is good to give him the iuice of Pomegranades.

### For belching.

Belching is a ventositie inflatiue expelled out of the stomacke to the mouth, and cometh by feeblenes, and litle of the stomacke, which engendreth winde, wherefore it signifieth a colde complexion, which is cause of such ventosity after meate. And for this disease ye shall doe as followeth.

### Remedy for windenes of the stomacke.

**A**bstaine, from al frutes, and raw hearbes, pease, beanes, garlike, onions, leekes, Chesnuts, course meates, great rest and slepon the day, ye ought to take fasting, comfits made of anise, Fenell, cummin, and carraway seeds, or els powder of the said things mixt with Sugar. Also it is good to take in a morning two houres before meat a losenge of Aromaticum rotatum, and if ye haue an aking stomacke and colde, it is good to take euery morning a losenge of dianisi, or diaciminum, or some other comfortable losenge, and to drinke after it a sponer full of good wine.

### An other remedy.

We may take a litle Galingale with a litle wine, or powder of Cummin, with some good wine.

### An other remedy.

Drinke euery morning fasting ij. ounces of wine, wherein hath beene sodden bayberies, anise, and carraway seeds, of eche a litle. And if ye put to it a litle frankensence, it would be the better. And without, it is good to lay a bagfull of Ca-

## The Regiment

Camomil floures, rue, wormwood, and maioran made in powder, or for to annoint the stomacke with oyle of wormwood, Rue, Spikenard, or Baies. Sometimes such belching and ventosity commeth before meate, and it is caused of fleume, viscos, or watrish, that is in the stomacke.

### Remedy.

Ye must purge the fleume with Pillule cochie or electuarium of diacartami, as hath beene said in the remedy of paine of the head caused of fleume. Andere ye giue the purgation, yee ought iij. or iiij mornings two houres afoze meate, to take y. little spoonefuls of sirrup of wormwoode or of mintes. After the which purgation, it is good to anoint the stomack with oyle of Mastik, Nardine, wormwood or loekes, and for to weare vpon the stomack a cerote, being made like a plaister, which ye may buie at y. Apotecaries called cerotum Galeni, or a bag made of Maioran, and Camomill floures, & take euery morning a lousenge of the electuary aboue named, or of Diagalanga. Item ye shall note, that if the person cannot take a purgation, to auoyde sufficiently the fulnes of the stomacke which hindzeth the digestion of meate, he must take a glister, & afterward pilles of elephangine or of hiera simplicis, before dinner or supper. Moreover, if before dinner ye feele an heuines in the stomacke, yee ought to take one of the said pilles halfe an hour afoze meate.

### For the hicket.

Hicket or yeasking, is an euill mouing of the vertue expulsive of the stomack, prouoked by the vertue sensible, to expulse that doth annoy. The said hicket doth somtimes happen by reason of emptines, by debilitie of the stomacke after long sickness, or by fluxe of bloud or laxe, or by some other strange euacuation, which is very perillous, & often times mortall. Therefore it is good to giue restozatives to the patient, & to giue him soft egges, almond milke, hulled Barly, coleise of capons, or other things of good nourishment, and of easie digestion.

Also



## of Lyfe.

Also yee ought to stop the laske, and to make the pacient to sleep long, and anoint the stomack with oyle of sweet almonds. Somtimes hicket proceedeth of replexion of matter, humours, or of drinke and meate which engender grosse ventositie, and not very easy to consume. If the stomack be ouer charged with meate, keep a long abstinence till digestion be done or els vomit and anoint the stomacke with oyle of Dil, Mastike, Worme wood and Castor. If humours continue in the stomack because of the saide hicket, take an ounce of Hierapicra with water of wormewood, or els pilles Ante cibum iij. or iiij. houres before meate, and euery morning folowing the operation of the sayde hierapicra, take a losenge of Dianisi, or Diaciminum, or else a few anise seedes and caraways.

### Regiment for all manner of hicket.

It is good to keep long and often his breath, to neede, to trauell much, to endure great thirst, and also to sleep long. And it is good to cast cold water in the face of him that hath the hicket, and to threaten him, and so put him in feare, and to anger him, or els to prouoke him to heauines, for by these thinges, the naturall heat is reuoked and fortified within, and causeth the hicket to cease.

### For vomiting.

Vomiting commeth sometimes without great violence, and thereby one getteth healt, wherefore ye need not giue him any remedy, for it is a good action of the naturall vertue of the stomacke. Sometime vomiting commeth by a great violent mouing of the vertue expulsive of the stomacke, for the euill things contained in the same.

### Remedy.

One may well helpe a man to vomitte, giuing him warme water with a little oyle to drinke, or els to put the finger in his mouth very low, or a feather wet in oyle, the better to vomit, and mundifie the stomacke, if so be the person haue a wide throte, and that vomiting do not hurt him much, as they that haue but

## The Regiment

small and straight throates, and long neckes and leane, and hee that hath an euill sight, for all these it is euill to vomit, and so.

Sometimes vomiting cometh by weaknes of the stomack caused of a hot and euill complexion, ye shall heale it after this manner.

*Remedy.*

Take strept of roses, quinces, mirtilles, with water sodden and coole againe, or els water of purselane for to refreshe and quench the thirist that chaunceth commonly in such a case. And it is good to anoint the stomack befoze dinner and supper, with an ointment made of oyle of roses, and quinces, with iuice of mints and a little wax, or els to make a plaister of mints, roses, wormewood, and oyle of Roses, and lay it to the stomack.

Another.

Take Frankensence, Mastik, of eche halfe an ounce, made in powder, and mingle them together, with the white of an egge, and a little barley floure, then spread it on a little tow, and lay it to the mouth of the stomack. At the last end of dinner, it is good to take a morsell of marmalade without drinke.

Sometimé vomiting proceedeth of euill and colde complexion of the stomacke.

Remedy.

Anoint the stomacke with oyle of spiakenard and Mastike, or els make anointment of the said oyles, with a little mastike, coral, and ware, and anoint the stomacke morning & euening.

Another medicine.

Make a bag of wormewood, Maioram, and dry mints, of eche a like handfull, cloues, galingale, and nutmigs, of eche halfe a dramme, the said thinges poudez, and put betwixt two linnen clothes with cotton enterbasted and applied vpon the stomack, are of wonderfull operation. In stead of this yee may take the said hearbes dyed on an hot tilestone, and put them in two linnen clothes vpon the stomacke.

Another manner.

Yee may take a tosse of breade and steipe it in the iuice of mints, and cast vpon it powder of mastike, then lay it vpon the stomacke,

Of Life

Stomacke, and from three houres to three houres, let it bee re-  
newed.

Otherwise,

Take two handfulls of mints, and a handfull of roses sod in  
wine, the take two ounces of tosted bread, and moist it in wine,  
and incorporate it with powder of mastike, and the saide roses  
and mints, and make a plaister, whereof one part must be lay-  
ed to the stomacke when the patient would eate any meate.

The said plaister is also good in all hot causes, if for the said  
wine, yee seeth the mints and roses, and steepe the tolte in vine-  
ger.

To comfort the stomacke after vomiting.

It is good to giue unto the patient euery morning an ounce  
of sirrup of wormwood, or mints, in steede of which it is conue-  
nient to take a loseng Assromaticum rosarum or Diagalanga.

For the same.

Take euening and morning iii, houres before meate two  
cloues in powder with a spoonefull of the iuice of mints, or half  
a spoonefull of Rue, dyed with a little wine. Also it is good to  
take powder of cloues & Lignum aloes, the weight of a crowne,  
with wine two houres before meate.

A glister for the same.

And heere ye must note, that in all vomiting, if the patients  
bee harde bellied, it is good to take a lenitiue glister made of  
the decoction of march mallowes, violets, and Barly, with oyle  
of Violets, hony of roses, and a little Calsia.

And if the vomiting come of coldnes of the stomack, or of  
cold water contained in it, ad unto the said glister, wormwood,  
Asop, Rue, and camomill in the seething. And for oyle of violets  
take oyle of Camomill, or of Lillies, and giue the patient a pill  
of mastike before meate. And yee shall vnderstand, that mints  
brayed, and mingled with oyle of roses, and applyed vpon sto-  
macke, is very good for all vomiting.

For paine of the stomacke.

Ache, or pain of the stomacke cometh from excess of wind,  
and it is called doloure extensiu, the which is holpen  
with

## The Regiment

with applying thereto a sponge wet in wine wherin hath been sodden wormwood, rue, and camomill.

Also ye may help it as hath been said in the remedy of hicket or yeasking, and as shall be said heereafter in the remedye for all paines of the stomacke.

Sometimes the said pain cometh of replexion of humours, and it is called Dolor agrauatinus. Which ought to be cured by purgation in giuing of Cassia, newly drawn out, Hierapicra, or pilles Stomaticas, or of hiera simple, taking some sirrup before the purgation, as is shewed in the remedy of debilitie of stomacke. Sometimes paine of the stomacke cometh of choler, or salt fleume very sharpe, and the pacient hath bitter taste or salt with greate thirst, and he feleth heat and moridication. Wherefore it is good to drinke sirrup of roses, or occi saccharum simple with sodden water and cooled. In steed whereof ye may take endiuz water, succory and purislane with one parte of worme wood water, and then take an euacuatiue that purgeth choler, as is said in the remedies for paine of the head comming of choler, or let the pacient vomite, in giuing a sharpe sirrup of sozell, with warme water, then put his finger in his mouth, so that he may vomit. Sicks folkes often diseased in the stomack demaund nothing els, but to take a way the paine, not regarding the time while the matter may be purged by vomiting, glister, or other laxes.

Also there chaunceth sometime so great paine and sharp, that for debility of vertuz, it is good to leaue the cause and stycke to the swaging of the paine: wherefore it behooueth to procede in manner following.

Remedie for all paines of the stomacke.

**T**Ake Camomil, melilot, worme wood, mallowes with their rootes, leaues of bayes, Varietarie, and peniriell, of eche a handfull, line seede a pound, fenugreke halfe a pound, anise and fenel seede, of eche halfe an ounce.

The said things brused and well sodden in water, wet therein sponges, and the licour well pressed out, and applyed vnto the

## Of Life.

the stomacke, one after an other, and warming them againe when they begin to coole, swage all manner paines of the stomacke. And afterwarde y<sup>e</sup> must annoint the stomacks wyth oyle of Dill and Camomill.

### An other remedy.

Take an hogges bladder, and fil it of the said decoction, and lap it in a linnen cloth, and lay it to the stomacke and warme it againe when it is colde.

But after ye haue made diuers such applications, y<sup>e</sup> must annoint the stomacke with the oyle aforesaid, if the paine be remouing from place to place, it signifieth it commeth of ventositie. Therfore lay vnto it a bagful of meale, Saltem, and cummin dyc'd together.

### An other remedy.

Take a spooneful of hot ashes, de we them with good wine, and couer them with a linnen cloth: that it goe rounde about the spoone, and lay it to the stomacke.

### An other remedy.

Take a sheaue of bzeade meetely thicke, tolle it, and wet it in hot oyle of camomill as hot as it commeth from the Duen, or in oyle of spike, and wzap it in a linnen cloth, and lay it vpon the paine.

### Another remedy.

Put a great boring glasse vpon the nauill, and let it be there one houre.

### An other remedy for paine of the stomacke.

Take two dzams of Diaciminon, of Dianisi, of Diagalanga, and dzinke it with a little good wine, an houre or two before meate. To dzinke two ounces of Maluisi, with a little of one of the said electuaries, is very good for such paines as pzoceede of coldnes or ventositie.

### An other remedie.

Take a dram of Balingale in powder and giue it to dzinke with a little hot wine, and aboue all things for paine of ventosity, a singular remedy is to dzinke a litle castor with good wine.

## The Regiment

An other.

Like wise to drinke two houres before meat thre or four ounces of the decoction of mints, anise seedes, cummin and fine frankenscence.

Also it is good to drinke an electuary called aromaticum, whereof ye may receiue one losenge euery morning fasting.

An other speciall medicine.

Take halfe an ounce of iuice of mints, and two drams of the iuice of worme wood lignum aloes, and cloues, and xilo balsamum, of eche in powder halfe a scruple all mixt together, and drinke warme ii. or iii. houres before meat, are exceeding profitable.

The sixt chapter, of remedies for diseases of the liuer.

**T**he liuer is one of the principall members and chiefe instrument of generation of bloud, and of other members: it lyeth on the right side vnder the thort ribs; the which is ordained to digest the meate the seconde time, and thereof to make humours that nourisheth all the members of mans body, by his naturall heate, comforted by heate of the heart. But some times it is griped by bloud, into much aboundance, or by colerike humours, which cause to great heat, or els by fleum that doth diminish the same.

A remedy for an hot liuer.

If the liuer be too hot, because of too much bloud, the person hath red vrin, hasty pulse, his veines great and full; and he feeleth his spattle, mouth and tongue sweeter then it was wont to be, wherefoze it is good to be let bloud of the liuer vaine on the right arme, and to vs lettuce, sozell, purselane, and hoppes in pottage, and sometimes to drinke of the water of the said herbs fasting, or els endiue water to refresh the liuer.

Regiment for disease of the liuer containing of bloud.

**Y**e must abstain from drinking wine, and eating of flesh, and if at meat or drinke, ye must other wise, the wine ought to be watred, and the fleshe boyled with Lettuce and Sozell. It is better to drinke ptisan, or scale cider, and eate both of pe-

con,

## Of Life.

son, almon milke, hulled barley, or rosted apples, and damaske pꝛunes, while the heate be diminished. And ye ought euery day to pꝛouoke the dutie of the wombe, either by meanes of suppositoꝝ, or els etherwise.

If the liuer be ouer hot with choler, the pacient hath his vꝛine cleare and yellow without measure, great thirst without appetite, and feeleth great burning in his body, and commonly hath his belly bound, and hath his face yellow.

This disease of the liuer chaunceth most in sommer, and for it ye must take twice in a day an ounce of sirrup of Endiue, or Violets, with a good draught of Pusan: drinke it two or thre houres befoꝛe meate, and also at night to bedwarde, and so to continue thre or foure daies.

In steede of the sayde sirrups yee may take thre ounces of ptisan, or thre ounces of water of Endiue, Cikory and Sozell medled together, for eche time. When the fifth day in the morning carely, it is good to drinke a purgation that purgeth choler, which shalbe made as followeth.

An excellent purgation for to auoyde choler, and may be giuen to men of all ages.

**T**Ake halfe an ounce of Cassia newly drawen, a dramme of good rubarb infused a night in water of Endiue, with a little spikenard, and an ounce of sirrup of violets, mixe all the sayde thinges with thre ounces of ptisan or whay, and drinke it warme, as afoꝛe is saide in the other.

And if yee will haue it colde, ad vnto it two ounces of vineger, or the iuice of a pomgranade. If the liuer be colde, for the fleumatike matter that is in it, the person hath water white, and out of colour, the face pale, and the mouth watry, lyttle bloud, and feeleth heauines about his liuer.

### Remedy.

Ye ought to drinke in the morning carely, th. e. or fouer times a sirrup called Oximell diureticam, with the decoction of smallage and parsely, or with waters of smallage and fenel, & after he must take to purge the fleum a medicine made as followeth.

## The Regiment

lovethe. Take sixe Drams of Diafoicon if the person be strong, or halfe an ounce if hee bee weake, and distemper it in foure ounces of the decodion of the rootes of smalage, persely, fenell, and drinke it luke warme siue or sixe houres afoze meate.

In neede of the said medicine one may giue two Drams of agarike in trosciskus with water of smalage, or els good fenell.

An other medicine laxatiue.

Take halfe an ounce of Diacarthamy, or halfe an ounce of Diaprunis laxatiue, or as much of electuarium dulce with thre ounces of persely water, smalage, Fop, or fenell, take it siue houres afoze meate.

Regiment.

The pacient must drinke good wine, and vse Ginger, Cinnamon, graines of paradise, Anise, fenell, hot herbs in potage: as Sage, Fop, Time, maiozan, and auoide all raw frutes, and also raw hearbes. Moreover it is very good to make a plaister of smalage, wormwood, Spikenard in powder, with oyle of oil, mingle it and lay it vpon the liuer.

Against stopping of the liuer called oppilation.

**O**ppilation or stopping commeth somtime in the hollownes of the liuer, and it is knowen by compassion and paine of the stomache, and is healed bby medicines laxatiue, as is declared befoze.

And sometime the oppilation is in the vaines of the hollow part of the liuer, and is perceiued then by the grief, which the pacient feeleth in his backe and in his reines. And it is healed by thinges that open, as by sirrups of thre rootes, sirrup of Bisantiu, sirrups of Baidenbair, and by drinking the decodion of raisins, fenell, persely, smalage, Cicozie or waters distilled of the same herbs Also roots of Alifander is good for the same. Sometimes the said appilation commeth of grosse blood, earthy, and melancholike, which the members send vnto the liuer, and because that such engendred blood can haue no issue, nor hath any way to departe to any other members, therefoze bee  
the



## of Lyfe.

the vaines of the liuer stopped by, by the grosseffe of the sayd bloud. And it is knowen by the water, that is very high coloured, and cleare.

### Remedy.

Giue the pacient medicines that pearce and subtile, as is wine of Pomgranades, sirrup of endiue, with the decoction of Cicers. Then let him bleed on the liuer veyne and euery morning eate a losenge of Tryalandaly. Sometime the said oppilation commeth of aboundance of some humour, viscouse colde and fleumaticke, stopping the veynes of the liuer, and then the vaine is as cleare, as cleare water.

### Remedy.

The pacient must drinke euery morning the sirrup of Oximell squilitike, with halfe a draught or more of the decoction of rootes of smalage, fenel, and persely.

Sometimes vnto women commeth oppilation of the liuer, by receiuing of their purgations. Therefore it is good to let them bleed on the veyne called Saphena, which is aboue on the higher side of the instep. And let them take after the chaunge of the moone, seuen or eight morninges an opiat called Trifera magna, euery time an ounce. And after drinke three ounces of water of mugwort, Asop, & fenell, or the decoction of these hearbes, or els the rootes apperitiue, which be smalage, persely, fenell, Alexander and asperage, boiles with water with the third part of odoriferous white wine.

Medicines for the liuer that may be easily had at all times.

Take a good handfull of liuer wort, that groweth vpon the stones, and another of fumitory, with as much of hearts tung, and seeth them in whaye clarified, and drinke them euery day twice.

The lyuer of an hare dyled and made in pouder, is good for all diseases of the liuer as affirmeth Auicen, and other of the Arabian.

Also for heate in the liuer seeth Barberies in whey, and

drinke

## The Regiment

orinke them.

The vii. Chapter against the diseases of the gall.

The gall is placed in the holowes of the liuer, to receiue the superfluitie of choler, and to send it to the bowels to be avoided with the grosse excrementes, to the intent to cleanse the blood of the saide choler.

To the which there cometh oftentimes opilation in the parties about, by the liuer, or beneath in it self, next the bowels causing great paine, by reason whereof, the choler turneth againe vnto the liuer and there is mingled with the blood, and spred abroad into all the partes of the body, and breedeth a disease named Jaundis (Ictericus in Latine) whereof bee three kindes, that is to say, yellow Jaundis that proceedeth of choler, called citrine or yellow Greene Jaundis, which proceedeth of Greene choler, and blacke Jaundis that proceedeth of black choler, which is called melancholy, and commonly cometh of the opilation of the splene.

Remedy for Jaundis.

If the Jaundis happen in an ague before the twentieth daye the patient is in great daunger of his life, as Hipocrates saith. But if it appeare in the sixt day, being a day iudicial or cetrick of the ague, or after it is a very good signe.

And then yee must succour nature, in refreshing and digesting the choler, with sirruppe of violets, giuen in the morning with water of mozell, or sirrup of endiue with water of Cicory.

After this purge the choler as is saide in remedies of the liuer. And then giue him a losenge of Triasandall with Kubarb, euery morning two houres before meate, and orinke a little water of endiue and Cicory, afore the saide Losenge.

Moreouer, it is good to bath the liuer, as is saide afore, and wash the patients eyes with vineger, and womans milk, and drinke a Decoction made of Barley, Licorice, Dates, and the rootes of fenell. And if (when the feuer is past) the Jaundis tarieth still, the patient must drinke water of fenell & mozell, with the sirrup of Occisaccarium composte, and it is good to laye a quicke tenche vpon the liuer.

Jaundis

## Of Life.

Jaundis sometime cometh without feuer, and may be healed by things that I declared here before, or thus.

Another Remedy for the jaundis.

Take foure ounces of radish, and giue it the sicke to drinke five mornings, three houres before meat. In stead whereof it is good to drinke euery morning foure ounces of the decoction of horehound, made in white wine, or as much of the decoction of Cendony and Barberies, with a little honey and Saffron.

Another remedy.

Take worms of the earth called Angle twytches, and wash them in white wine, then drie them and drinke of them a spoonful at a time, with white wine.

Another.

He may let him drinke seven or eight daies together in the mornings a good draught of the decoction of Politrichon, or of maidenhaire. The decoction also of woodbine, or the water of it distilled in a common still, is a fousraine medicine for the said disease.

Another singular remedy.

Take cowes milke and white wine of eche a pinte, and distill them in a still, keepe that water a month, and then giue it to the patient three ounces in the morning two houres before meat, and like wise after supper, when he goeth to bed.

## The viii. chapter for diseases of the splene.

The splene is a member long, soft and spongie, being in the left side toynd vnto the holownes of the stomacke, and to the thicke endes of the ribs, and to the backe, the which is ordained for to receiue the melancholic humours and to cleanse the bloud of the same, for by that means the bloud remaineth pure and neate. Therefore it is good nourishing for all the

## The Regiment

the members, and is the cause that maketh a body merry, but oftentimes there happeneth oppilation or debilitie, whereof cometh the blacke Jaundis.

And sometimes it is greater, fuller, or grosser then it ought to be, by ouermuch melancholy that is not naturall, caused of the dyegs of the blood engendred in the liuer and doth hinder generation of good blood, where through the members become drie for default of good nourishment. And therefore the patient is called splenetike, which ye may know by that after meate, they haue paine in their left side, and are alwaies heauy, and hath their faces somewhat enclined vnto blacknes.

### Remedic.

In oppilations and apostemes of the splene, whither it be of hot humours or of colde, hee ought to be let blood on the splene beyne called Saluatella, which is in the left hand, betwene the little finger, and the next finger which they call Medicus. And ye must draw out but a little bloude.

And if the patient feele a burning on the left side, and hath a drye tongne without appetite, it signifieth, that such disease of the splene, is caused of a hot humour. Wherefore ye must giue the patient foure or fiue mornings fasting sirrup of endiue water, and hartstong, then a purgation made as followeth thus:

A good purgation to auoide melancholy.

**T**Ake halfe an ounce of Succo rosarum, and three ounces of the decoction of the rootes of Capparis and hartstonge and make a drinke, the which ye may minister in a good day to take purgations, five houres afoze meate.

An other.

In steede of that drinke yee may temper halfe an ounce of Calsia, and three drams of Dialeny, in three ounces of Whel or hartstong water, and drinke it as is afozesaide. After the sayde purgation, ye ought to annoint the splene with oyle of violets, or oyle of Linseede, or to make a plaister of the sayde oyle and Linseede, and the rootes of Capparis, and lay vpon the splene.

Also

## Of Life.

Also after the saide purgation, it shall bee good to lay vpon the splene, nightshade purcelane seede, and pouder of plantain mixt with vineger like a playster, & if the patient haue more appetite then hee can digest, and that he haue belchings of the stomacke, sometimes soure in the mouth, it signifieth that the passion splenetike, cometh by a colde humour melancholike.

### Remedy.

Ye must drinke sirrup of Sticados, or hartestong, or Oximel diureticum with water of the decoction of hartestong, Epithime, smalage rootes, parcely rootes, Tameriscus, and mints, or els only with the decoction of hartestong, and rootes of Capers. And then after purge it from such melancholy humour, with an ounce of Diacotholicon, and two drams of Dialene, dissolved in thzee ounces of the said decoctiō or water of wormwood or hartestong.

And after this ye must annoint the side of the splene, with oyle of Lillyes, oyle of dill, fresh butter, mary of an Dre, and hens greace, or of a dog medled together, or annoint the sayde side with Dialthea.

And the patient ought to drinke white wine, and the decoction of hartestong, euening and morning, taking two figs, with pouder of Zlep, Pepper or Ginger, but he may put no water in his wine, and oftentimes he must eate Capres, with a litle oile and vineger.

If for the oppilations of the splene the patient hath a pale colour, or leady in the face, and a whitnesse of eyes, taking away of appetite, pain in the left side with hardnes, and hath his excrements blacke, it is a signe of the blacke Jaundis.

An expert medicine for all diseases of the splene.

**T**Ake the leaues and cods of Seny the barke of an Ashe tree scraped, and cut Maiden haire, Hartstonge and Likorice, seeth them all in cleare whay, and after they be strained, drinke of it thwise or thrice a day till ye be amended.

Remedy for the blacke Jaundis.

**Y**e must giue sirrups and purgations, as afore is said, and to be let bloud of the veine Saluatella, and afterwarbes dy-

## The Regiment

uise times euening and morning, to apply ventoses vpon the splene without sacrificyng. Afterward yee must lay on it a list, wet it in good vineger, and keepe it there so long as the heate remaineth in the saide list, and warme it thzee or foure times.

Afterward annoint the splene with Dialthea, and so continue foure or fiue daies and other foure or fiue daies lay vpon the playster, made of two ounces of Gumme armoniack, dissolved in vineger, and spred vpon leather. And if by the foresaide things the pacient be not eased, the doctors of phisicke say, that he must receiue the medicines again, at the least once in euery month, for halfe a yere together.

Regiment for all opulations.

The pacient ought to vse thinges of easie digestion, and in small quantity, and ought to abstaine from bread too little leuened, Cakes, Tartes, Pasties, pies hogges flesh, beefe, and poudred meates and fumish. Fish, Lemmons, Peason, beanes, milke, cheese, rice, and firmenty, all fried meates, drinke after supper, wine and apples, which with all other like trouble the body: also yee must abstaine from much mouing and exercise by and by after meate.

It is good to vse Capres, asperage, hops broth of dried Peason, with parsely, or his rootes, small birdes of the fieldes, Kids flesh, yong mutton, lambe, chickens, Fesants, snites, partriches scaled fish, of sweet running water, with parsely, and vineger. New layd eggs potched in water, are very whole some, and yee may drinke white wine or claret, onely at meales.

Also it is good to vse cresses, sage, floy, mintes, fenell, and persely, succory, Scariole, and beetes, and singularly, to take fasting, halfe a spoonefull of red colewortes sodden, and to eat often anise seedes, and fenell.

The ninth Chapter for diseases in the bowels.

**I**f a person bee sixe guts thzee small which are situate ouer the nauill, and thzee great which are placed vnder the nauil.

The first is called Dudenum, because it is twelue inches long.

The

## of Lyfe.

The second is called Ieiunum, for that nothing remaineth in it.

The third is called Iliis, because it is long and small.

The fourth which is the first of the great ones, is called Monoculus, because it is like a sacke, and hath but one mouth, and in that same sometimes are woormes engendred of ventosity, that causeth paine of the belly on the right side, which is not the very cholike.

The fifth they call Colon, because it hath many hollow places, and it proceedeth from the right side vnder the liver, and it maketh his reuolution vnto the left side, wherein is engendred the cholike, which is dispersed by all the belly, more then by any other disease.

The sixth is called Rectum, because it is nigh vnto the left kidney, and goeth euen right downe into the fundament.

Hipocrates calleth the three bowelles that are next the stomacke Iliia, that is to say, small guts, and the paine of them is called Iliaca passio, a very sharpe paine. Rasis calleth it Domine miserere. Likewise also colica passio, is called of the gutte Colon, which two diseases are sisters, for as much as they come oftentimes both of one cause that is to say, of the oppilation of the bowels.

### Remedy for the cholicke, and of Iliaca passio.

For as much as those diseases are exceeding eger, sharpe, and almost importable of paine, whereof followeth manye times defection of the strength, with variety of medicines, yee ought incontinently for to helpe them.

First when the saide paines come by the stopping of the bellye yee must giue him a glister molificatife, made of the decoction of mallowes, violets, beetes, anise seedes, and Fenes greeke, with Calsia, and common hony, and oyle Oliue, and after ward the herbes of the said glister bzused and fried, and layde hotte betwixt two linnen clothes, and applyed to the bellye.

And

## The Regiment

And if by this meanes the paine cease not let the pacient sit vnto the buttockes in the saide decoction, and after with Dialthea and butter, anoint the nauill. And if the saide glister doo not worke sufficiently, make another of the same. Or else giue him a suppositoꝝ which is long enough, made of pure honye and Salgem.

For the windy cholike.

Througʒ windines oftentimes commeth the colica passio, or iliaco, and then it appeareth that the paine is changeable, and moving from place to place, and is knowen also by the rumbling, which is a noise in the bowelles, with griping, and great paine.

### Remedy

Take mallowes, beetes, and mercury, of eche a good handfull, Maiozam, Rue, bayes, and camomill, of eche a little handfull, anise seedes, cummin, of eche an ounce; make a decoction, and take therof a pinte and a halfe, and dissolue in it an ounce of Calsia, halfe an ounce of triacle, and thre ounces of oyle of liue, or of Camomill, and make a glister, the which must bee giuen warme vnto the pacient, long befoze or after meate. In steede of the saide glister, yee may giue him a pounce of oyle of Linseed, which is a singular thing to take away al diseases of the bellie. Also it is good to make a mixture with oyle of hemp seede.

For to appease the paine caused of winde.

First make a glister of Baluesay, oyle of camomill or dill: If for the saide glisters the paine cease not, or els the pacient wil not take them: take a great sponge or else the felt of a hat, and steepe it in wine of the decoction of rue, camomil, maiozam anise seedes, and cummin. And after ward lay it vpon the paine, as hot as the pacient can suffer, and foure times in the day it is good to let him drinke wine, wherein hath beene sodden rue seedes, carawaies, and cummin, drinke at every time a little draught, and eche day keepe abstinence from eating and drinking much of other things till ye be perfectly whole.



## Of Life.

A suppository for the windie cholike.

**T**ake a dramme of rue, in fine powder, and halfe a dram of cummin dyed and poudered, & with hony scummed, make a suppositoie.

A plaister for windie cholike.

Take two handfuls of rue, in fine powder, Myrr, and cummin poudered, of eche halfe an ounce, foure egges yolkes, and make two plaisters with hony, and lay on the one at night, and the other in the morning, vpon the belly.

Water of camomill or a decoction of the same drunken, is good for them that haue such diseases. Also a dyed acorne in powder, and giuen to drinke in white wine is verie good.

If yee knowe that the paine of the bellie commeth through winde, applie vpon it a great ventose without incision, for by that meanes the said paine will surely goe away, or diminish. If not, it sheweth that there is some humours that causeth the the saide paine, as fleume or choler. If by fleume it commeth, ye must make a glister of a pinte of the decoction of Camomill, rue, wormwood, maioran, melilot, Centaure, anise seedes, and fenell, and in the same decoction put halfe an ounce of Hera pira or halfe an ounce of Diaphaicon, and thre ounces of oyle of dill, or of Lillies. Also ye ought to giue to the pacient sirrup of wormwood, and to make application vpon his belly as hath been said afoze, or to lay vnto it gromill seede, and baye salte dyed together, which layd vpon the belly, is likewise good for the windy cholike.

If after the saide things the said paine continueth, yee must make a purgacion as followeth.

A purgacion for cholike, comming of fleume.

**T**ake five drammes of Diaphaicon, thre ounces of wormwood water, and make a drinke, the which received fasting, foure or fve houres afoze meate, is very profitable.

For payne of the cholike comming of choler.

If the said paine cometh of choler, which is known when by the application of hot things the paine encreaseth, yee must make a glister of violets, or giue him halfe an ounce of Succo

## The Regiment

rosarum with pilsan, endiue water, or wine. And the next morning let him drinke a pilsane of the decoction of pines, and violet floures, and annogut the belly with oyle of violets, or wet a linnen cloth in colde water, and lay it thereupon. If it do continue still the patient must bee set in warme water by to the hanches, and if the paine come of cold, ye must annoint his belly with oyle of bayes and goose greace.

### For the windie cholike.

If it be winde, make a glister of newe milke, with a little oyle, and the yolke of an egge, for it is very good. Also it is good to let him drinke a dram of Hiera picra simplex, with two ounces of water of Cardo benedictus, or purselane or wormwood, and to make a plaister of leeke leaues fried in oyle and vinegar, and layd vpon the belly.

Like wise it is good to drinke the iuice of Enula campana, or the sirrup thereof and to weare a plaister vpon the belly, made of hony, and wormewood and Aloes.

### A glister for all cholike.

Take the oldest Cocke ye can get the which must bee well beaten with small rods, and then choppe of the head, and put in a good sufficiency of water, and scalde him and trim him for to seeth. And within the belly of the said cocke put anise seedes, fenell, cummin, polipody, and the seedes of Cartami, of ech halfe an ounce, Turbith, Sene, and Agarike, bound surely in a linnen cloth, of ech two drams, flowers of Camomill an handful, seeth them vntill the flesh goe from the bones, and take of the sayde decoction a pound, and a quartren of oyle of Camomill and oil, and thre or foure ounces of egge yolks, make a glister, which must be giuen warme, long before or after meate or drinke.

Pillule cochie are very good for the saide disease, specially when the glister doth not suffice to purge the cause of the same. Also Diamusci and Diacimum are very good lectuaries, if ye take of one of them a losenge fasting two houres before meate. Likewise it is good to take Michridatum, with a little whyte wine,

## Of Life.

wine, or with the decoction of Camomill, foure or fiue houres after dinner, if his belly be naturally lax, or els by some suppositoꝝ or glister.

Against disease of the reines of the backe,  
and the loynes.

**P**aine of the reines is called Nephretica passio, and cometh of some stone or grauel, and it is most like the cholike in cure, but in causes they be cleane contrary: for the cholike beginneth of the lower partes on the right side, and goeth by to the higher partes on the left side of the bellye, and it lyeth rather moze forwarde then backward: but Nephretica passio beginneth contrariwise aboue, descending downward, and eueryeth moze toward the backe.

Also Nephretica is painfuller afoze meate, and the cholike is euermoze greuous after.

And often the cholike chaunceth sodainely, but Nephretica contrary, for commonly it cometh by little and little, for euermoze befoze, one shall feele paine of the backe with difficulty of vyne. Item there is moze difference for the colike the water is dyne, as it were coloured, but Nephretica in the beginning is cleare and white, like water, and after wardeth thicke and then appeareth in the bottome of the vessell, like red sande or grauell.

Remedy for payne of the reynes.

**Y**e must vse thinges aperitiue, to cause you make water, but afoze yee ought to loose the belly in taking an ounce of calsia, an houre befoze meate: but if your belly bee hard bound, yee must take a glister made as hereafter followeth, befoze ye take the said calsia.

A glyster for Nephretica passio.

Take of march mallow rootes two ounces mallowes, Violets, Beetes, and marchmallow leaues flowers of camomil and Melilote, of eche a handfull, Mellon seede and anise seede of ech halfe an ounce, wheat byanne an handfull, and decoct it, and take therof half a pound, & dissemper in it an ounce of calsia, & an ounce of course suger. ii. ounces of oile of violets, and an

## The Regiment

ounce of oyle of Lillies, make a glister. In need thereof yee may take colwes milke, with two egge yolkes, in manner of a glister. And it is to bee noted, that in such a disease the glister must be great in quantity, or els ye should make wresting and rumbling in the bellie, which should be an occasion of more pain. After this operation, if the paine be not appeased, ye must giue an other glister, after the operation of which, the pacient ought to goe into some bath, by to the nauill, wherein must be sodden mallowes, march mallowes, beetes, pellitorie, linsæde, ferugreeke, and flowers of camonill, with melilote, all put in a bag in the saide water and rub him with it: and at his going out of the saide bath, yee must take two ounces of sirrup of maidenhayre, and radish, with thzee ounces of the decoction of likorice. Moreover, after the saide bath, yee must lay vpon the paine, a pultesse made of hearbes and flowers, with oyle of almonds, being in the saide bag, and two or thzee morninges take v or sixe ounces of the broth of Cycers, sodden with Likorice, or els drinke water of Pellitorie, of cresses, or of rootes aperitiue, the which waters are very good for to purge the grauell and the stone.

Like wise a very good electuary for the same, called Electuarium ducis, or iustorum, Philantropos, or liontrigon: if one take a dram or two after operation of a glister, of Cassia, or a pill of Antecibum, and after to drinke one of the said waters, or els a litle white wine warmed.

The Regiment as well for the cholike, as for the reines  
of the backe.

**H**e must flie from all euill qualities of the ayre, as winde, Traine, great heate, and great colde, specially to keepe hym fro warming the reines against the fire, nor to heat it by any other means. Also he must abstain from great repletion at one meale, and too long abstinence from meate: for al these fill the body full of ill humours. Also slepe not on the day, specially after meate, nor lye not on the reines when yee are a sleepe.

And ye ought to eat no salt fish nor no beefe nor other grosse meates,

## Of Life.

meates. Likewise one ought to beware of all foules bred by in the water, spicery, pastry, and bread not very well leauened, specially Tartes, cakes, and other pasties made of flour. But about all, yee must beware of white meates as milke, cheese, raw fruites, hard eggs, and as much as is possible, keep your self from ire, enuy, Melancholy, and other like affections.

### For the flux of the wombe.

**I**n all fluxes of the belly, cause the excrements, to be duly searched for; if the disease bee such, that the meat commeth out, euen as it was receiued, noz not halfe digested, the saide fluxe is called Lienteria. If great aboundance of watry humors haue their issue below, the saide fluxe is named Diarthea, which is as much to say as flux humorall. And if bloud or matter appear with the excrements in the sickness, then they call it Dissenteria, which is a great disease and a dangerous for to cure.

### Remedy for the flux Lienteria.

**F**o: as much as the fluxe commeth for the most part of great debility of vertue retentive of the stomacke, for the great moistnes of the same, it is good to giue the sirruppe of wormewood and hony of roses, taking of it with a spoone, or drinke them with the water of betony, fenell, and wormewood, and if it so be the patient do desire to vomit it would be good for hym, or let him take halfe an ounce of Hiera simple, with two ounces of water of wormewood, & if the patient be strong enough, ad thereto ii. Drams of Diaphnicon. And after this ye must comfort the stomack with oyle of mastik, spike, mint, wormewood, or Nardine, or with a playster called Cerotum Galeni, spread upon leather, and after layd upon the stomack, or make a bag of wormewood, mintes, and maiorani dried, and lay it upon the stomacke. In the morning take a losenge of Aromaticum rosarum, and a litle rinde of citron confit, and before euery meal, take a morsell of conserue of quinces.

### Remedy for the fluxe humorall called Diarthea.

**T**he said fluxe ought not to bee restrained afore the foureteenth

## The Regiment

teenth day, if nature be not very much enfeebled.

And sometime it cometh of hot causes, as of choler, and then one ought, to giue vnto the pacient to drinke afore his meate, Sirrup of ribes, sirrup of roses, or sirrup of quinces, very smiths water, and in the steede of those sirrups yee may make a Iulep thus.

A iulep for the fluxe humorall.

**T**ake rosewater, buglosse, and plantaine, euery one halfe a pound, of al the saunders two dramis, and with a quartren and halfe of suger, make a iulep. In the morning two houres afore meate, it is good to giue the pacient olde conserue of roses, or a dram of trociskes of roses, after he hath drunke one of the sayd sirrups, or of iulep of roses with a little of smithes water, whereof the pacient ought to drinke at euery time when he is a thirst, if in the sayd flux there bee eger matter, & the strength of the pacient any thing constant, ye may minister the lauatorie that hereafter ensueth.

Take red roses, barley, plantaine, of euery one a handfull, seeth them, and in the straying ad two ounces of oyle of Roses, one ounce of hony of roses, and the yolke of an egge, and giue it in maner of a glister. Sometime it is expedient to take a medicine by the mouth, and it is made as thus.

A medicine for the Flux.

Take the rindes of Mirabolan citrin Bacon one dram, rubarb a little dried vpon a tile, halfe a dram, sirrup of quinces one ounce, water of plantayne thzee ounces, mingle all together, and let the pacient drinke them foure houres befoze meate, and then giue him a glister retentive made as thus.

A glister for the fluxe.

Take oyle of roses, or quinces, of mastik, of euery one thzee ounces, Bole armoniack in powder two dramis, meddle all together, and giue it as a glister.

An other.

Take the iuyce of plantaine, of poppy, of Bursa pastoris, and oyle of quinces, of euery one thzee ounces, mingle them together, and giue it for a glister. And if the bowells be excozial, ye shall

## of Lyfe

Shall giue this peculiar remedy. Take halfe a pound of milke, the water wherein gaddes of Steele hath been quenched the iuyce of plantaine, and oyle of quinces of euery one two ounces, Bole armenic one dram, goats tallow one ounce, and make the in a glister, but without vppon the stomacke, yee must lay this oyntment that here followeth.

An oyntment for the fluxe.

Take oyles of Roses, quinces, and mirtils, of eche an ounce oile of Mastike, powder of corall, and Ruts of Cipres, of euery one a dramme, mingle all with wax, and make an oyntment. Here is to bee noted, that the glisters that are giuen for to stop a flux, must bee verie little in quantity.

We may heale the flux of Dissenteria with giuing things before declared for the flux humoral, & take before your repast two drams conserue of quinces or of marmelade of quinces. And hee ought to drinke water, wherein hath been quenched Gads of Steele, and ye must auoide diuersity of meates, and giue your selfe to ease, and to quiet and sleepe a great while.

And it is good to vse grewell, cleane barley, and almonds milke, with a lyttle Amidum, and set ventoses vpon the belly without cutting. Which thing is also good in all fluxes of the body. If the saide flux humoral proceedeth of fleume, it shall appeare of the excrements that are watry and flegmatike, & then ye ought to giue thre or foure mornings, sirrup of wormwood, or of minte, after purgation as is here following.

A purgation for the fluxe humorall:

Take two drams of Mirabolanes dried on a tile, halfe a scruple of Agarike in trosciske, halfe an ounce of sirruppe of mintes, or two ounces of water of bawme, and make a potion that shall be receiued thre or foure daies afoze meat.

If yee will make a iulep, take water of mintes and of bawme, and of euery one halfe a pound, suger a quartern, and make a iulep of the which one may drinke euening and morning after meat euery time a draught. Euerie morning it is good to take a losenge of the electuary that followeth.

## The Regiment

A noble electuary for the fluxe.

Take powder of Diagalanga a dram and an halfe, of red coral, and Mastike, of euery one a scruple, Trosciscus of Terra sigillata halfe a dram, the barkes of citrons, consit, and quinces, of euery one iii. drams, suger, dissolved in water of mintes, foure ounces, make an electuary.

Oyles of wormewood, mince and of narde, and mastik, are very wholesome to anoint withall the belly, and the stomacke for the saide fluxe.

And the thinges declared of the fluxe Lienteria, be very good in this case, taking euer after meate, a morsell of marmalade, redde wine is very good in this fluxe, to drinke at meate, with the water of a smith, and likewise all spices are good for the same purpose.

Medicines to restraine the fluxe, of what soeuer cause it be.

Take the peisill of an harte, and dry it into powder, & drinke it. The water of Oken buds, or the very acorns dried and made in powder, and drunke in red wine, is very good.

Atem themaw of yong Leueret with the iuice of plantain, is exceeding profitable.

The x chapter of diseases of the matrice.

First against superfluous fluxe of the mother in the which ye must consider whether it do come of too great quantitie of blood, and then it is good for to open the vaine Saphena, and abstaine from all things that multiply the blood, as eggs, wine and flesh, or whether it come of choler, and then ye must receiue a little sirrup of roses, Pomgranates, or ribes with water of plantaine. Then purge the choler that giueth sharpenes to the blood, by r. drammes of Trifera seracenica, with two ounces of plantaine water, or the medicine of rubarb, witten in the treatise of the fluxe humozall.

After purgation yee may giue euery morning a Rosenge of Triasandaly, or a dramme of trosciskes of roses, in powder, after drinke two ounces of plantaine water. And if such fluxe of the matrice happen of the watrines of blood, giue her to drinke  
foure



## Of Life.

four or five morninges, honye of roses, with a little water of wormwood, after ward purge her with a dram and an halfe of Agarike in trosciskes, and halfe an ounce of Cythera taracenic, mixt with water of minte, and of wormwood.

Yee may know the causes of the said fluxe by annointing a threed or clout in the said blood, for if it hath the colour of vermilon, it signifieth that the fluxe cometh of too much blood. If it appeare a little yellow, it signifieth that the disease cometh of the subtiltie and sharpenes of the blood overcome with choler: and if it hath a colour like the water in which we wash flesh is washed, it betokeneth the blood is much watry.

And after ye haue purged the principall cause of the disease, your seconde intencion shalbe, by and by to staunch the saide issue. Wherein also one thing is to be noted, that if nature be accustomed to auoid any superfluities, by continual course of the saide flux, it would perchance be inconuenient for to stoppe it, wherfoze if ye see no iopardy, yee may restraine the sayd flux this wise.

Remedy for to stop the saide flux.

Take troscisks of white amber, and make them in powder, and giue a dram euery morning, & anon after drinke an ounce, or two of water of plantaine.

Insteede of these troscisks yee may make a powder of Sanguis draconis, Bole armen, white amber, and red corall, drinke one dram thereof, with plantaine water as is afore saide.

Another medicine to staunch the saide flux.

Take two ounces of olde conserue roses, of the seede of plantaine, two drams, Sanguinis draconis, Bole armen, of euery one a dram and an halfe, white corall and red, one dram, make a confection with sirrup of mirtles, and giue it to drinke, morning and euening two houres afore meate, at euery time the quantity of a meane chestnut.

For the same.

Applye ventreses vnder the breastes, twice a day, befoze dinner and supper, and vse to beare about your necke or holde alwayes

## The Regiment

alwaies in your hand, red Cozall, Iaspis, or a stone called Hematites, which is a singuler remedie for to stoppe euery kynde of blondie fluxes if it be bozne, or tempered in wine and drunke, or make therof a powder and vse of it euery morning with a litle wine.

For retaining of the flowers.

Sometimes there chaunceth vnto women when they cannot haue their due purgations, to fall in greuous kindes of sicknesses, for the auoydance wherof it is good & to help them prouoke the said purgations by such thinges as open, which must be giuen at such time of the moone, as the saide women were wont to haue the same.

And if yee see the womans blood to be too grosse and thicke, so that she cannot haue any such purgation, ye must euery moone giue her the sirrup of fumetorie, with the decoction of borage and buglosse and let her bathe her selfe with frey water hot.

And when she goeth out of the bath into the bed, she must receiue the fore saide sirrup and the decoction of the hea be called Rubea tinctorum or madder, sodden in cleare water. In steede of sirrups ye may take the berie iuice or decoction of the herbs.

And if the womans blood be slimie, cold, & stegmatike, the shee must drinke sirrup of Sticados and of Oximel Diuretike, and after ward take the pillles called Fetide, and of Agarike. And euery morning after that, shee must take a dram of trosciskes de mirrha with two ounces of the decoction of Juniper berries, or two drams of Drifera magna, and thereupon drinke two ounces of water of Bugwort.

And if perchance yee can not haue these thinges at neede, ye may take two ounces of the decoction of Alisaunders, the roote of smalage, cinamon, and a litle Saffron and leather, drinke therof ij times a day, & eat no meat, thereafter during iij hours.

Moreouer it is approued and experte medicine, to giue the first day of the newe moone a dram of powder made of Bozar, which the Goldsmithes doe occupie, with as much Cinamon, and a litle water of smalage.

Also

## Of Life.

Also it is very good to haue the vaine opened, which is called Saphena, that lieth outward betweene the instep & the heele.

And if case so be that the said retention coms of superfluit, or to much aboundance of fat, then the chiefe remedy is to suffer much hunger, and to eate verie litle, much exercise and labour to prouoke sweate, and to sleepe as litle as may be possible.

But if it come of greate debility and weaknes of the body, when the natural strength is ouercome by reason of some sickness or after a long ague, in this case yee may not goe about to prouoke the said purgation, but with all your indeuour seeke to restoze nature & giue the pacient thinges of much nourishment, as potched eggs, good flesh and good wine with other like.

Sometime the said retention commeth of excessive heat of nature, in some women, speciall such as be valiant and strong as men, & those that are wont to much labour by reason wherof the heat of their bodie is so strong, that they neede none of the saide purgations, for the superfluities of their bodyes, are sufficiently consumed of the heat alone, therefore they haue no neede of the said remedies.

For choking and suffocation of the matrice.

**T**he matrice or mother in a woman oftentimes mounteth towarde the middyle and the stomacke with intollerable paines, and is called Suffocation, because that it is choked, or ouer charged with some euill and superfluous matter, as by stopping of the due purgations or to much obstinēce of Venus, wherby it often chaunceth shortnes of bryeth, paine of the head, bowning, trembling of the heart, contraction of members, and otherwhiles death without remedy.

A medicine for the said diseases.

**Y**e must rubbe the legges and wrystes of the armes beheemently, and bynde them with cordes, or with garters, till they waxe sore, then set ventoses vpon the legs, and all to chafe the stomake specially beneath rounde about the nauell.

And

## The Regiment

And then ye must constrain her to smell stinking thinges, as *Asa fetida galganum*, partridge fethers bzent, and the quen- ching out of candles, with other such, but beneath you must ap- plic thinges of sweete odour, as *Gilliflowers*, *maiozan*, *Lig- num aloes*, *ambar*, *cinct* and a trociske of *Gallia muscata*, and let her drinke a draught of this recite that followeth.

A drynke for paine of the Mother.

Take one draught of *Mithridatum*. and dissolve it in an ounce & halfe of water of wormwood, & giue it to her to drinke, afoze shee goe to meat soure houres.

Diuers goodly medicines for diseases of the mother  
whatsoever be the cause.

Take the raising of *Iuory*, & the raising of an harts hozne, with the haire of an hare, dried and made in powder, and as much of goates claws bzent and poudered if they may bee got- ten, or in steede of it sheepes claws, take all these, and vse to eate them in your pottage or otherwise, to stop the fluxes of the matrice.

An other to prouoke them.

Seeth *Marigoldes*, *nept* and *sauine* in good ale, and drinke it with a good quantitie of *Saffron*, and a little hony or suger.

Item xv. black seedes of *Pionic*, drunken in wine with *saf- fron*, purgeth the matrice of humours: and other xv. of the red seedes, stauncheth it againe, or any other fluxe of the mother.

Another.

These hearbes are good to purge the matrice, *Rue*, *Pyony*, *sauine*, *betony*, *nept*, *Valerian*, *maidenhaire*, *hozehound*, *sauery* *persely*, *gromell*, *alysander*, *marigoldes*, *Smallage* and *time*.

The xi. Chapter of the cure of the stone in the  
reines, and in the bladder.

**P**AINE of the stone is one of the most enormous paines that the body of man is vexed with, for by it many times the na- turall vertues are destroyed, women loose their fruit afoze the time, cruell and perillous accidentes commonly doe increase, yea and oftentimes doth without remedy.

Wherefoze it shall bee expedient to the comfort of the poore  
folkes,

## of Lyfe

folkes, and other that be greued, to wyte some good and hole  
some medicines for auoyding of the Stone.

And seeing that all authours doe affirme the Stone to be en-  
gendred by reason of the great heate that is about the reines,  
straitnes of the condits, and abundance of grosse and slimy  
fleume, or of bzent choler, which by the said excelle of heate, is  
as one would say, baked or dreyed as clay is in the furnace, and  
so at last becommeth a harde Stone, therefore it is chiefly to be  
noted that without amending of the foresayde causes, all that  
yee doo minister for to breake the Stone is either hurtfull to the  
patient, or els of small effeate. For the which cause it very ne-  
cessary that the patient keepe a sober diet.

And for the better vnderstanding yee shall know, that all  
wines (whether they be sweet or sharp, grosse or subtil, white  
or red are in this case vtterly reiected.

Pulses also of what kind soeuer they be, as Pease, beanes,  
and such, and all grosse fleshe, and water foules, and foules of  
great bodie, as Bustardes, Cranes, and such like, are in this  
case very dangerous and noisome.

Altho yee may eate no kinde of fruits, except it be a few Pe-  
lons, ripe prunes, in small quantity, and Pomgranades, with  
a little Sugar and Cozianders.

Of hearbes ye may eate bozage, buglosse, perceley, Lettuce,  
mints spinage, and succozie in broth of veale, or of a yong chic-  
ken. Pepps also and rapes and radish, in a smal quantity, may  
be well enough permitted.

Botched eggs are very good in this case, with a litle veriuice,  
but in any wise beware of harde cheese, for that is oftentimes  
the onely cause of the said Stone. All shell fishes are to be auoy-  
ded except it be a creuisse, or a shrimp, measurably taken.

Ye must also take heede that ye eate no pepper, nor hot spi-  
ces, nor no meats that are salt, soure, or heauy of digestion,  
and that you lye not on your backe at nightes, when yee are a-  
sleepe. And ye ought to keepe your reynes cold and moist, and  
to let your backe be vntressed in sommer.

After ye haue vsed this regiment or dyet by a certayne sea-  
son,

## The Regiment

son, it shall bee good for you to take an ounce of Cassia newly drawn out of the cane, and eat it with a little sugar in the morning.

This you must use every seconde weeke, till in time your reins bee meetly well cleansed of the same, and every day eat a little Cassia, upon a knives point, to keepe your belly moist, for that is one of the things that are most required in this cure.

And at diuers other times when ye be disposed, ye may take a litle of this receipt hereafter, which hath great vertue to mundifie the reins, and to bring the humours to equality, with releasing of the paine, and bringing out the grauell.

### A goodly sirrup to mundifie the reins.

Take the broth of a young chicken sodden til the bones fall asunder, thre pounde, Melon seedes a litle brused an ounce, parsley rootes, and alisander rootes thre ounces, Damask prunes, Sypecken, of eche sixe in number, great raisings halfe an ounce, cleane likorice ten drammes, waters of Bozago, endiue, and hops, of eche thre drams, and with sufficient whyte Sugar, boyle them al unto the consumption of the half & more, and after wards streyne them, and make a goodly sirrup.

This is a thing of excellent operation, and an high secret in mundayfyng of the reins if yee keepe the diet as is afoze described. The dose of it is one Ciath or a litle cupful in the morning early, and sleepe after it a litle. If yee woulde haue the foresaide sirrup to purge more choler, then put in it a dramme of fine Reubarb, with a litle cassia.

### Hereafter followeth a powder of excellent operation in breaking the stone.

Take the kernils that are within floes, and dry them on a tile stone, then make of it a powder by it selfe: after that take the rootes of Alisander, parcely, Varietary, and holihoock, of euery one a like much, and seeth them all in white wine or els in the broth of a young chicken, then strayne them out into a cleane vessell, and when yee drynke of it, ad as much of

## Of Life.

of the said powder as ye thinke convenient, halfe a siluer spoon full or more, for without doubt it hath greate effecte in bringing out the grauell.

An other expert medicine for them that haue the stone.

There groweth in the galles of some Oren, a certaine yealow stone, sometimes in bignesse of a Walnut, some what long and bricke. If ye take that stone and make of it a powder, and eat it in your potage, the weight of one scruple or more according to your strength, it is a singular medicine to them that cannot pisse for stopping of the condites.

An other singular medicine for the stone.

Take the seede of smalage, percelly, louage, and Saxifrage, the rootes of Phillippendula, cherystones, gromill seede, and bosome seede, of euery one a like much, make them in fine powder, and when ye be diseased with the stone, eat of this powder a spoonfull at once in potage, or in broth of a chicken, and eat nothing after two or thre houres.

The xii. Chapter of remedies for the Goute.

**T**he paine in the iointes of a mans body, as in the handes and feete is generally called Arthritis, or goutte, which proceedeth sometime of debilitie of the sinewes being lath and unable to consume the humours, that continually doe flow vnto them.

And for the most part they are all deriued from the member Mandant, that is to say, the braine, for hee is very grosse, & engendreth euer humours in himself, by reason whereof, much of the said humours are deriued into the nake and muskels of the backe, and fro thence they descende into the foete, and then it is called Podagra, or to the huckle bone, and then it is Sciatica, or els into the handes, and there it is called Chiragra.

Remdic.

For asmuch as all the saide kindes commeth of one beginning, as is shewed afoze, and for the better expedition in that we will be brieve: ye shal first take away the superfluous moisture of the braine, which is the roote and fountaine of all the

## The Regiment

said diseases, and that ye may do foure manner of waies. The first is obseruance of diet inclinyng toward drynesse, and to auoide all fulnes of meate and drinke, and not to sleepe in any wise shortly after meate. And yee must be ware that ye eate no vaporous meates nor thin wine, nor drinke much after supper, and if the paine bee very sharp, it shal be much hole some to the pacient, to abstaine from all kindes of wine, and to vse himselfe to small drinke, which thing if he cannot doe, then let him drinke claret wine, mixed with a good quantitie of water.

The second is to purge the braine once a month, with the one halfe of pilles of Cochies, and an other halfe of pilles Assagareth. And in time of haruest, and of sommer, with pilles Sine quibus, and pilles imperiall, whereof ye shall giue one dram the night befoze the full moone, & the day following yee may giue him to eate a litle broth of Cicers, with a litle quantity of raysons of the sunne:

The thirde is to repressse the fumes that ascende into the braine after meate, which thinge may well be done by eating of a litle dredge, made of Anise seede and Coriander.

The fourth is to perfume the braine with certain things confortatiue, as foze example thus.

A good perfume against moistures of the braine.

Take fine Frankensence, Sandrake, and Mastike, of euery one an ounce, of Lignum aloes a dramme, make them all in grosse powder and perfume therewith scoups made of flax oz of cotten and lay vpon the head.

And when ye haue by this meanes well and duely comforted the braine, and defended of the original cause of the sayde disease, ye shal procede to take away the matter conioint, that is descended vnto the sinowes, and ye shall begin thus.

First ye must preserue the body from engendring of humours in taking euery morning next your hart a conserue made of akorns, & of flowers of rosemary, mingled with a litle Putnig & mastik, & if ye be of power, ye may drinke a good draught of Hypocras oz other spiced drinke, after meate, at dinner, & at supper.

Seco-



## Of Life.

Secondarily, ye shall vnderstand, that whosoeuer dooth intende to be holpen of the gout, he must euery yzare two times, preparing first the matter to digestion with sirrup of Sicados, and Duabus Radicibus, with the one halfe of waters of Sage, Primroses and Bargerum, in manner of a spiced iulep with Cinamon, taken five continuall morninges two houres afore you eat any meate. And after that, ye must receiue a dram of pilles called Arthretikes, or Hermodactiles, or of both together equal portions. Or take halfe an ounce of Diacartami two houres after night, and of Diaturbuh, of euery one two drams, with a litle sirrup of Isop.

The rest of the sayd curation shalbe accomplished with the applying of diuers locall remedies, whereof there bee sundrye kinde of soztes heere declared.

Ye ought to rubbe the place that is soze, with oyle of roses and a litle vineger, and after sprinkle vpon the same fine powder of Mirtils, which is an other plaister also as heereafter followeth.

A plaister for the gout.

Take of the emplaister called Melilot two ounces, Populeon an ounce and an halfe, red roses, Mirtils, and flowers of camomill, of euery one a dram, make a plaister and lay vpon the gouty ioynt.

An other.

Take the iuyce of colewortes and of wallwoort, and with bean flower, and powder of red roses, and the flowers of camomill, make a plaister and lay it to the soze.

An other.

Take oyle of roses, crummes of bzead, yolkes of egges, and colwes milke, with a litle saffron seeth them together a litle as ye would make a pudding, afterward spzed the vpon clouts

and lay vpon the soze. An other.

Take Lie of the ashes of rosemary, or of oke, or of beane stalkes, and boyle in it Sage, maleine, primrose camomil, and Melilote, and receiue the fume vpon the soze place, or wet clouts in the said decoction, pres the and lay them vpon y pain.

## The Regiment

And the saide remedies are very good to swage the pain of the gout, after the which done, it is necessary to goe about the comforting of ioyntes and sinowes, and to that intent yee may apply the greace of pyes, oyle of camomill and of Althea or Holihocke, oyle of a Rose, oyle of earth woornes, oyle of primroses, turpentine, oyle of gromell brayd, where withall, or with one or two of them yee maye annoint the soze place, and comfort both the sinowes and the iointes maruelously. Also this oylment that followeth is singuler good for the same purpose.

Take three or five handfuls of Malwoort, and seeth the well in wine, then straine them, and with a little wax, oyle of spike, and aquaite, make an ointment where with ye must annoynte the place morning and evening every day.

### An other remedie for the gout.

Take a fat goose and plucke her, and trimme her as if shee should be eatē, then stuff the belly within with two or three yong Cattes, well chopped in small gobbets, with an handfull of bay salte, then sewe her up againe, and let her rotte at a small fire and keep the dripping for a precious ointment against all kinds of goutes, and other diseases of the iointes.

Medicines for the gout appropriate in all cases.

Take Cowes dounge, and seeth it in sweet milke, and lay a plaister to the goute hot.

Also the yolkes of Egges, womans milke, Linsēde, and Saffron altogether in a plaister, swageth the diseases of the Goute.

And if ye be disposed to breake the skinne and to let the humours issue (as by such many one is eased) ye shal make a litle plaister of blacke Sope, and Aquaite, which will blister it without any great paine.

Also very olde harde chēse cut and sodden in the broth of a gambon of Wakon, and after ward stamped with a litle of the broth, and made in manner of a plaister, is a singuler remedy for diseases of the goute, and was first practised of Galen the prince of all Physicians.

## Of Life.

A praier to God for helpe, against the perturbations  
of the minde.

**O** Lord my God almightie, Father and ruler of my life, my  
helth, my strength, my redeemer and protectour, send vnto  
me thy heauely beames of thy holy spirit, to illuminate the dark-  
nes of my sinful heart, and to guide me to thy holy place. Show  
me the light of thine abundant mercy (O Lord) that I may  
no longer sleep in deadly sinne. O onely father of Light whych  
in very deepe doest lighten euery man that cometh into this  
world, for thy great mercies sake it may please thee to lighten  
the eyes of my heart and to endue mee with the spirite of grace,  
that I may look vpon mine owne sin, the great offences wher-  
with I haue offended thee, and to know that in my selfe there  
is no manner strength, for to withstand the death, but onely  
through thee.

And I beseech thee, O Lord, to couer these my carnall eyes  
that they see no vanitie, and giue me thy grace, that I fall not  
into concupiscence, to the ende I may eschew all euill thinges  
and giue my mind wholly to the obseruation of thy commaunde-  
ments. O Lord God I beseech thee, that sin may not raigne nor  
tary in mee, and that I be not subiect to mine owne fleshely ap-  
petits, but that I may expell out of my thoughts all vnlawfull  
lusts, so that my soule and al my minde may be set wholly vpon  
thee. Lord God suffer not my soule to bee oppressed, but receiue  
me into the protection of thy holy hand, and dispise not me thy  
simple creature, whom thou hast redeemed with the most pre-  
cious blood of thine onely sonne Iesu Christe. Thy mercy O  
Lorde is aboue all that thou hast made, for thou dost defer the  
punishment of the wicked, if perchance they would amend at  
last, thou louest all that thou hast made and hatest none but for  
their owne iniquities. And when the wicked turne againe to  
thee, and cry vnto thy holy name with all their heartes, by and  
by thy mercy is ready to receiue them euen as I most defessa-  
ble sinner come with heart contrite vnto thy mercy this day:  
that I may obtaine remission of my sinnes. To thee I cry out  
of

## The Regiment

of the very depth and botome of mine hart, goe not a way from mee my maker and redeemer, but heare the supplication of my praier. For thou art mine onely hope and mine inheritance in the land of liuers. I haue sinned, I haue sinned (O Lord) and heaped vp iniquitie, euen against heauen, and afore thee.

But I knowledg mine offences, and desire mercy according to thy goodnesse. Destroy me not (O Lord) among sinners, nor let mee descende into the lake of death, that I vnworthy creature being made worthy onely by the boūteousnes of thy grace, may from henceforth liue in thy commaundements, loue, honour, and praize thee For all heavenly powers, Angels,

Chrones, and dominions, laude and

praize thy holy name world

without end.

Amen.

*The ende of the Regiment  
of Life.*



