

THE
English Physician
ENLARGED.

Amara-dulcis.

Considering divers Shires in this Nation give divers Names to one and the same Herb, and that common Name which it bears in one Country, is not known in another; I shall take the Pains to set down all the Names that I know of each Herb: Pardon me for setting that Name at first, which is most common to myself. Besides Amara-dulcis, some call it Mortal, others Bitter-sweet, some Woody-nightshade, and others Felon-wort.

Descript.] It grows up with woody Stalks even to a Man's height, and sometimes higher. The Leaves fall off at the approach of Winter, and spring out again of the same Stalk at Spring-time: The Branch is compassed about with a whirris Bark, and hath a Pith in the Middle of it: The main Branch brancheth it self into many small ones with Claspers, laying hold on what is next to them, as Vines do. It bears many Leaves, they grow in no order at all, at least-wise in no vulgar order: The Leaves are longish, though somewhat broad, and pointed at the ends: Many of them have two little Leaves growing at the end of their foot-stalk, some of them have but one, and some none; The Leaves are of a pale green Colour; The Flowers are of a purple Colour, or of a perfect blue like to Violets, and they stand many of them together in Knots; The Berries are green at the first, but when they are ripe, they are very red; if you taste them, you shall find them just as the Crabs which we in Suffex call Bitter sweets, viz. sweet at first, and bitter afterwards.

Place.] They grow commonly almost throughout England especially in moist and shady Places.

*Time.] The Leaves shoot out about the latter End of March, if the Temperature of the Air be ordinary; it flowereth in
July*

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July, and the Seeds are ripe soon after, usually in the next Month.

Government and Virtues.] It is under the Planet *Mercury*, and a notable Herb of his also, if it be rightly gathered under his Influence. It is excellent good to

Witchcraft.

remove Witchcrafts both in Men and Beasts; as also all sudden Diseases whatsoever. Being tied round about the Neck, is one of the admirablest Remedies for the Vertigo or Dizziness in

Vertigo.

the Head that is; and that's the Reason (as *Tragus* saith) the People in *Germany* commonly hang it about their Cattels Neck, when they fear any such Evil hath betided them. Country People commonly use to take the Berries of it, and having bruised them, they apply them to Felons, and thereby soon rid their Fingers of such troublesome Guests.

We have now shewed you the External Use of the Herb; we shall speak a Word or two of the Internal, and so conclude. Take notice it is a *Mercurial* Herb, and therefore of very subtile Parts, as indeed all *Mercurial* Plants are; therefore take a Pound of the Wood and Leaves together, bruise

Obstructions of the Liver and Spleen, Difficulty of Breathing, Bruises, Falls, Congealed Blood, Dropsie, yellow and black Jaundice, Women after Delivery.

the Wood, (which you may easily do, for it is not so hard as Oak) then put it in a Pot, and put to it three Pints of White-wine, put on the Pot-lid and shut it close; then let it infuse hot over a gentle Fire twelve Hours, then strain it out, so have you a most excellent Drink to open Obstructions of the Liver and Spleen, to help Difficulty of Breath, Bruises and Falls, and congealed Blood in any Part

of the Body, help the Yellow Jaundice, the Dropsie and Black Jaundice, and to cleanse Women newly brought in Bed. You may drink a Quarter of a Pint of the Infusion every Morning. It purgeth the Body very gently, and not churlishly, as some hold: And when you find good by this, remember me.

They that think the Use of these Medicines is too brief, its so only for the Cheapness of the Book; let them read those Books of mine, of the last Edition, viz. *Riverius, Vessingus, Riolanus, Johnson, Sennerius, and Physick for the Poor.*

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Allheal.

IT is called Allheal, *Hercules's Allheal*, and *Hercules's Woundwort*, because it is supposed that *Hercules* learned the Herb and its Virtues from *Chyron*, when he learned Physick of him. Some call it *Panay*, and others *Opopanewort*.

Description.] Its Root is long, thick, and exceeding full of Juice, of a hot and biting Taste, the Leaves are great and large, and winged almost like *Ash-tree Leaves*, but that they are something Hairy, each Leaf consisting of five or six pair of such Wings set one against the other upon foot Stalks, broad below, but narrow towards the end, one of the Leaves is a little deeper at the bottom than the other, of a fair, yellowish, fresh green Colour; they are of a bitterish Taste, being chewed in the Mouth. From amongst these ariseth up a Stalk green in Colour, round in Form, great and strong in Magnitude, five or six Foot high in Altitude, with many Joints, and some Leaves thereat: Towards the top come forth Umbles of small yellow Flowers, after which are passed away, you may find whitish, yellow, short, flat Seeds, bitter also in Taste.

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

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

Government and Vertues.] It is under the Dominion of *Mars*; hot, biting and cholerick; and remedies what evils *Mars* afflicts the Body of Man with, by Sympathy, as *Vipers Flesh* attracts Poyson, and the Loadstone Iron.

It kills the Worms, helps the Gout, Cramp and Convulsion, provokes Urine, and helps all Joint-aches. It helps all cold Grievs of the Head, the Vertigo, Falling-sickness, the Lethargy, the Wind-colick, Obstructions of the Liver and Spleen. Stone in the Kidneys and Bladder. It provokes the Terms, expels the dead Birth: It is excellent good for the Grief

Worms, Gout, Cramp, Convulsion, provokes Urine, Joint-aches, Vertigo, Falling-sickness, Lethargy, Cholick, Obstructions of the Liver and Spleen, Stone, Terms provokes, dead.

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Birth, Sinews, Itch, Sores, Tooth-ach, mad Dogs, venomous Beasts, Cholera. of the Sinews, Itch Sores, and Tooth-ach, the biting of mad Dogs and venomous Beasts, and purgeth Cholera very gently.

Alkanet.

Besides the common Name, it is called Orchanet, and Spanish Bugloss; and by Apothecaries, Enchusa.

Descript.] Of the many sorts of this Herb, there is but one known to grow commonly in this Nation; of which one, take this Description: It hath a great and thick Root, of a reddish Colour, long, narrow, hairy Leaves, green like the Leaves of Bugloss, which lie very thick upon the Ground; the Stalks rise up compassed round about, thick with Leaves, which are lesser and narrower than the former, they are tender, and slender, the Flowers are hollow, small, and of a reddish Colour.

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

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

Government and Vertues.] It is an Herb under the Dominion of Venus, and indeed one of her Darlings, though somewhat hard to come by. It helps old Ulcers, hot Inflammations, Burnings by common Fire, and St. Anthony's Fire by Antipathy to Mars; for these Uses your best way is to make it into an Ointment; Also if you make a Vinegar of it as you make Vinegar of Roses, it helps the Morpew and Leprosie; if you apply the Herb to the Privities, it draws forth the dead Child. It

Helps the Yellow Jaundice, Spleen and Gravel in the Kidneys, Dioscorides saith) it helps such as are bitten by a venomous Beast, whether it be taken inwardly, or applied to the Wound; nay, he saith further, If any one that hath newly eaten it, do but spit into the Mouth of a Serpent, the Serpent instantly dies. It stays the Flux of the Belly; kills Worms, helps the Fits of the Mother. Its Decoction made

in Wine, and drunk strengthens the Back, and easeth the Pains thereof; it helps Bruises and Falls, and is as gallant a Remedy to drive out the Small Pox and Measles as any is; an Ointment made of it, is excellent for green Wounds, Pricks or Thrusts.

Adders-Tongue, or Serpents-Tongue

Descript.] **T**His small Herb hath but one Leaf, which grows with the Stalk a Finger's length above the Ground, being fat and of a fresh green Colour, broad like Water-Plantane, but less, without any middle Rib in it; from the bottom of which Leaf, on the inside riseth up (ordinarily) one, sometimes two or three small slender Stalks, the upper half whereof is somewhat bigger, and dented with small round dents of a yellowish green Colour; like the Tongue of an Adder Serpent (only this is as useful as they are formidable.) The Roots continue all the Year.

Place.] It grows in moist Meadows, and such like Places.

Time.] And is to be found in April or May, for it quickly perisheth with a little Heat.

Government and Vertues.] It is an Herb under the Dominion of the Moon and Cancer, and therefore if the weakness of the Retentive Faculty be caused by any evil Influence of Saturn in any Part of the Body govern'd by the Moon, or under the Dominion of Cancer, this Herb cures it by Sympathy: It cures these Diseases after Specified in any part of the Body under the Influence of Saturn, by Antipathy.

It is Temperate in respect of heat, but dry in the second Degree. The Juice of the Leaves drunk with the distilled Water of Horse-tail, is a singular Remedy for all manner of Wounds in the Breasts, Bowels, or other parts of the Body, and is given with good success unto

those who are troubled with Casting, Vomiting, or Bleeding at the Mouth or Nose, or otherwise downwards. The said Juice given in the distilled Water of Oaken-buds, is very good for Women who have their usual Courses, or the Whites flowing down too abundantly. It

Wounds in the Breast,
Bowels, Vomiting,
Terms, stops Whites,
Wounds, Ulcers,
Inflammations in the
Wounds.

helps sore Eyes. Of the Leaves infused or boiled in Oyl, Omphacine, or unripe Olives, set in the Sun for certain Days, or the green Leaves sufficiently boiled in the said Oyl, is made an excellent green Balsam not only for green and fresh Wounds.

Wound, but also for old and inveterate Ulcers, especially if a little fine clear Turpentine be dissolved therein. It also stayeth and refresheth all Inflammations that arise upon Pains, by Hurts and Wounds.

What Parts of the Body are under each Planet and Sign, and also what Diseases may be found in my Astrological Judgment of Diseases; and for the internal Work of Nature in the Body of Man; as Vital, Animal, Natural and Procreative Spirits of Man; The Apprehension, Judgment, Memory; The external Senses, viz. Seeing, Hearing, Smelling, Tasting, and Feeling; The Virtues Attractive, Retentive, Digestive, Expulsive, &c. Under the Dominion of what Planets they are; may be found in my *Ephemeris* for the Year 1651. In both which you shall find the Chaff of Authors blown away, by the Fame of *Dr. Reason*, and nothing but Rational Truths left for the Ingenious to feed upon.

Lastly. To avoid blotting Paper with one thing many times, and also to ease your Purles in the Price of the Book and withal to make you Studious in Physick; you have at the latter end of the Book, the way of preserving all Herbs either in Juice, Conserve, Oyl, Ointment, or Plaister, Electuary, Pills or Troches.

Agrimony.

Description.] **T**His hath divers long Leaves (some greater some smaller) set upon a Stalk, all of them dented about the Edges, green about, and grayish underneath, and a little hairy withal. Among which ariseth up usually but one strong round hairy brown Stalk, two or three foot high, with smaller Leaves set here and there upon it. At the top whereof grow many small yellow Flowers one above another in long spikes. After which come rough heads of Seeds, hanging downwards, which will cleave to and stick upon Garments, or any thing that shall rub against them. The Knot is black, long and somewhat woody, abiding many years and shooting afresh every Spring; which Root, though small, hath a reasonable good Scent.

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

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

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Government and Vertues.] It is an Herb under *Jupiter*, and the Sign of *Cancer*; and strengthens those parts under that Planet and Sign, and removes Diseases in them by Sympathy, and those under *Saturn*, *Mars* and *Mercury* by Antipathy, if they happen in any Part of the Body governed by *Jupiter*, or under the Signs *Cancer*, *Sagitary* or *Pisces*, and therefore must needs be good for the Gout, either used outwardly in Oyl or Oyntment, or inwardly in an Electuary, or Syrup, or concerted Juice; for which see the latter end of the Book.

It is of a cleansing and cutting Faculty, without any manifest Heat, moderately drying and binding. It openeth and cleanseth the Liver, helpeth the Jaundice, and is very beneficial to the Bowels, healing all inward Wounds, Bruises, Hurts, and other Distempers. The Decoction of the Herb made with Wine, and drunk, is good against the biting and stinging of Serpents, and helps them that have foul, troubled or bloody Waters; and makes them piss clear speedily. It also helpeth the Cholick, cleanseth the Breast, and rids away the Cough. A Draught of the Decoction taken warm before the Fit, first remove, and in time rids away the Tertain or Quartan Agues. The Leaves and Seeds taken in Wine, stay the Bloody-Flux, outwardly applied, being stamped with old Swines-Grease, it helpeth old Sores, Cancers, and inveterate Ulcers, and draweth forth Thorns and Splinters of Wood, Nails, or any other such thing gotten into the Flesh. It helpeth to strengthen the Members that be out of Joint; and being bruised and applied, or the Juice dropped in it, helpeth foul and imposthumated Ears.

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

It is a most admirable Remedy for such whose Livers are annoyed either by Heat or Cold. The Liver is the former of Blood, and Blood the nourisher of the Body, and Agrimony a strengthner of the Liver.

*Cleansing, Drying,
Binding, Liver,
Jaundice, inward
Wounds, inward
Bruises, Bloody and
Troubled Urine Cho-
lick, Breast, Cough,
Tertian and Quartan
Ague, Bloody-Flux,
Cancers, Thorns,
Splinters and Nails
in the Flesh, Mem-
bers out of Joint,
Imposthumes.*

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

Water-Agrimony.

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

Descript.] The Root continues a long time, having many long slender Strings. The Stalk grows up about two Foot high, sometimes higher. They are of a dark purple Colour: The Branches are many, growing at distances the one from the other, the one from the one side of the Stalk, the other from the opposite Point. The Leaves are winged, and much indented at the Edges. The Flowers grow at the top of the Branches, of a brown yellow Colour, spotted with black Spots, having a Substance within the midst of them like that of a Dase; if you rub them between your Fingers, they smell like Rozin or Cedar when it is burnt. The Seeds are long and easily stick to any Woollen thing they touch.

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

Time.] They all flower in July or August, and the Seed is ripe presently after.

Government and Vertues. It is a Plant of Jupiter as well as the other Agrimony, only this belongs to the Cœlestial Sign Cancer. It healeth and dryeth, cutteth and cleanseth thick and tough Humours of the Breast, and for this I hold it inferiour to but few Herbs that grow. It helps the Cachexia or evil Disposition of the Body, the Dropsie and Yellow Jaundice. It opens Obstructions of the Liver, mollifies the hardness of the Spleen, being

Cutteth, Cleanseth
Breast, Cachexia,
Dropsie, Yellow Faun-
dice, Obstructions,
Liver, Spleen, Im-
posthumes, Urine,
Terms provokes.

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being applied outwardly. It breaks Impost-
humes taken inwardly: It is an excellent
Remedy for the 3d Day Ague. It provokes
Urine and the Terms; it kills Worms,
and cleanseth the Body of sharp Humours, which are the cause
of Itch and Scabs; the Herb being burnt, the Smoak thereof
drives away Flies, Wasps, &c. It strengthens the Lungs
exceedingly. Country People give it to their Cattle when
they are troubled with the Cough, or Broken-winded.

Worms, Itch,
Scabs, Flies,
Wasps.

Alehoof, or Ground-Ivy.

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

*Descript.] This well known Herb lieth, spreadeth, and
creepeth upon the Ground, shooting forth Roots, at the Corners
of tender jointed Stalks, set all along with two round Leaves at
every Joint somewhat hairy crumpled, and unevenly dented about
the Edges with round dents; at the Joint likewise with the
Leaves towards the end of the Branches, come forth hollow, long
Flowers, of a blueish purple Colour with small white Spots, upon
the Lips that hang down. The Root is small with Strings.*

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

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

*Government and Vertues.] It is an Herb of Venus, and therefore
cures the Diseases she causes by Sympathy, and those of Mars
by Antipathy; you may usually find it all the Year long except
the Year be extreemly Frosty; it is quick, sharp, and bitter*

*in Taste, and is thereby found to be
hot and dry; a singular Herb for all
inward Wounds, exulcerated Lungs, or
other parts, either by it self, or
boiled with other the like Herbs; and
being drunk, in short time it easeth all
gripping Pains; Windy and Chole-
rick Humours in the Stomack Spleen,*

*Inward Wounds,
Pains, Gripping, Wind,
Choler, Stomach, Bel-
ly, Stopping in the
Liver, Gall, Plague,
Poison, Gout, Sciati-
ca, Sore Mouth, and*

Throats, Ulcers in the Privities. or Belly; helps the yellow Jaundice by opening the Stoppings of the Gall and Liver, and Melancholy, by opening

the Stoppings of the Spleen; expelleth Venom or Poison, and also the Plague; it provokes Urine and Womens Courfes; the Decoction of it in Wine drunk for some time together, procureth Ease unto them that are troubled with the Sciatica or Hip-Gout; as also the Gout in Hands, Knees or Feet; if you put to the Decoction some Honey, and a little burnt Allum; it is excellent good to gargle any sore Mouth or Throat, and to wash the Sores and Ulcers in the Privy-parts of Man or Woman: It speedily helpeth green Wounds, being bruised and bound thereunto. The Juice of it boiled with a little Honey and Verdegrease, doth wonderfully

Itch, Scab, Web in the Eye, Redness, and Watering of them, Ulcers, Noise in the Ears, Deafness.

cleanse Fistulaes, Ulcers, and stayeth the spreading or eating of Cancers and Ulcers, it helpeth the Itch, Scabs, Wheals, and other Breakings out in any part of the Body. The Juice of Celandine, Field-Daifes, and Ground-Ivy clarified, and a little fine Sugar dissolved therein, and dropped into the Eyes, is a Sovereign Remedy for all Pains, Redness, and Watering of them; as also for the Pin and Web, Skins and Films growing over the Sight; it helpeth Beasts as well as Men. The Juice dropped into the Ears, doth wonderfully help the Noise and Singing of them, and helpeth the Hearing which is decayed. It is good to tun up with new Drink, for it will clarifie it in a Night, that it will be the fitter to be drunk the next Morning; or if any Drink be thick with removing, or any other Accident, it will do the like in a few Hours.

Alexander.

IT is also called Alifander, Horse Parsley, and Wild Parsley, and the Black Pot Herb; the Seed of it is that which is usually sold in the Apothecaries Shops for *Macedonian Parsley Seed*.

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

Time.] They flower in June and July; the Seed is ripe in August.

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Government and Vertues.] It is an Herb of *Jupiter*, and therefore friendly to Nature, for it warmeth a cold Stomach, and openeth Stopping of the Liver and Spleen; it is good to move Womens Coarſes, to expel the After-birth, to break Wind, to provoke Urine, and help the Stranguary; and these things the Seeds will do likewise. If either of them be boiled in Wine, or being bruised and taken in Wine, is also effectual against the biting of Serpents. And now you know what *Alexander Pottage* is good for, that you may no longer eat it out of Ignorance, but out of Knowledge.

The Black Alder-tree.

Descript.] **T**HIS Tree seldom groweth to any great bigness, but for the most part abideth like a Hedge-bush, or a Tree spreading into Branches, the Wood of the Body being White, and a dark red Cole, or Heart; the outward Bark is of a blackish Colour with many whitish Spots therein: But the inner Bark next unto the Wood is yellow, which being chewed, will turn the Spittle near unto a Saffron Colour. The Leaves are somewhat like those of the ordinary Alder-tree, or the Female Cornel, or Dogberry-tree, called in *Suffex* Dog-wood, but blacker and not so long. The Flowers are White, coming forth with the Leaves at the Joints, which turn into small round Berries, first green, afterwards red, but blackish when they are thorough ripe, divided as it were into two Parts, wherein is contained two small, round and flat Seeds. The Root runneth not deep into the Ground, but spreads rather under the upper Crust of the Earth.

Place.] This Tree or Shrub may be found plentifully in *St. John's Wood* by *Hornsey*, and in the Woods upon *Hampstead-heath*; as also a Wood called the *Old Park* in *Barcomb* in *Essex*, near the Brooks Sides.

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

Government and Vertues.] it is a Tree of *Venus*, and perhaps under the *Cœlestial Sine Cancer*. The inner Yellow Bark hereof purgeth downwards both *Choler* and *Flegm*, and the watery Humours of such that have the *Dropsie*, and strengthen the inward Parts again by binding. If the Bark hereof be boiled

boiled with Agrimony, Wormwood, Dodder, Hops and some Fennel, with Smalage, Endive, and Succory-Roots, and a reasonable Draught taken every Morning for some time together; it is very effectual against the Jaundice,

Jaundice, Dropsie, Dropsie, and the evil Disposition of the
Cachexia, Liver, Body, especially if some suitable purg-
Spleen. ing Medicine have been taken before
to avoid the grosser Excrements. It

purgeth and strengtheneth the Liver and Spleen, cleansing them from such evil Humours, and Hardness as they are afflicted with. It is to be understood that these Things are performed by the dried Bark, for the fresh green Bark taken inwardly provoke strong Vomiting, Pains in the Stomach, and Gripings in the Belly: Yet if the Decoction may stand and settle two or three Days, untill the yellow Colour be changed black, it will not work so strongly as before, but will strengthen the Stomach and procure an

*Stomach, weak Ap-
petite lost, Flux,
Lice, Itch, Scabs.*

Appetite to Meat The outward Bark contrariwise doth bind the Body, and is helpful for all Lasks and Fluxes thereof, but this also must be dried first, whereby it will work the better. The inner Bark thereof boiled in Vinegar is an approved Remedy to kill Lice, to cure the Itch, and take away Scabs by drying them up in a short time. It is singular good to wash the Teeth, to take away the Pains, to fasten those that are loose, to cleanse them, and keep them sound. The Leaves are good Fodder for Kine to make them give more Milk.

If in the Spring time you use the Herb before mentioned, and will but take a Handful of each of them, and to them add a Handful of Elder-buds; and having bruised them all, boil them in a Gallon of ordinary Beer, when it is new; and having boiled them half an Hour, add to this three Gallons more, and let them work together, and drink a Draught of it, every Morning half a Pint, or thereabouts it is an excellent Purge for the Spring, to consume the Flegmatick Quality the Winter hath left behind it, and withal keep your Body in Health, and consume those evil Humours, which the heat of Summer will readily stir up. Esteem it as a Jewel

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The common Alder-Tree.

Descript.] **G**roweth to a reasonable Height and spreads much if it likes the Place. It is so generally well known unto Country People, that I conceive it needless to tell that which is no News.

Place and Time.] It delighteth to grow in moist Woods, and watry Places; Flowering in April or May, and yielding ripe Seed in September.

Government and Use.] It is a Tree under the Dominion of Venus, and of some Watry Sign or other, I suppose Pisces; and therefore the Decoction, or distilled Water of the Leaves, is excellent against Burnings and Inflammations, either with Wounds or without, to bathe the Place grieved with, and especially *Burnings, Inflammations* for that Inflammation in the Breast, which the Vulgar call an Ague.

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

The Leaves and Bark of the Alder-tree are cooling, drying and binding. *Coolings, Drying*
The fresh Leaves laid upon Swellings dissolve them, and stay the Inflammations. *Swellings.*
The Leaves put under the bare Feet gauled with Travelling, are a great refreshing to them. The laid Leaves gathered while the Morning Dew is on them, and brought into a Chamber *Fleas.* troubled with Fleas, will gather them thereunto, which being suddenly cast out, will rid the Chamber of those troublesome Bedfellows.

Angelica.

TO write a Description of that which is so well known to be growing almost in every Garden, I suppose it altogether needless; yet for its Vertues it is of admirable Use.

In time of Heathenism, when Men had found out any excellent Herb, they Dedicated it to their Gods; as the Bay Tree to Apollo, the Oak to Jupiter, the Vine to Bacchus, the Poplar to Hercules. These the Papists following as the Patriarchs, they Dedicate them to their Saints; as our Ladies Thistle to the Blessed Virgin, St. John's Wort to St. John, and

and another Wort to *St. Peter*, &c. Our Physicians must imitate like Apes, (though they cannot come off half so cleverly) for they Blasphemously call Phanfies or Heartsease, an *Herb of the Trinity*, because it is of three Colours: And a certain Ointment, an *Ointment, of the Apostles*, because it consists of twelve Ingredients: Alas, I am sorry for their Folly, and grieved at their Blasphemy; God send them the rest of their Age, for they have their share of Ignorance already. Oh! Why must ours be Blasphemous, because the Heathens and Papists were Idolatrous? Certainly they have read so much in old rusty Authors, that they have lost all their Divinity; for unless it were amongst the Ranters, I never read or heard of such Blasphemy. The Heathens and Papists were bad, and ours worie; the Papists giving Idolatrous Names to Herbs for their Virtues sake, not for their fair Looks; and therefore some called this an *Herb of the Holy Ghost*; others more moderate called it *Angelica*, because of its Angelical Virtues, and that Name it retains still, and all Nations follow it so near as their Dialect will permit.

Government and Vertues.] It is a Herb of the *Sun* in *Leo*; let it be gathered when he is there, the *Moon* applying to his good Aspect; let it be gathered either in his Hour, or or in the Hour of *Jupiter*, let *Sol* be Angular; observe the like in gathering the Herbs of other Planets, and you may happen to do Wonders. In all Epidemical Diseases caused by *Saturn*, this is as good a Preservative as grows: It resists

Poison, Pestilence, Epidemical Diseases.

Poyson, by defending and comforting the Heart, Blood, and Spirits; it doth the like against the Plague and all Epidemical Diseases, if the Root be taken in Powder to the Weight of half a Dram at a time, with some good Treacle in Carduus-water, and the Party thereupon laid to sweat in his Bed; if Treacle be not to be had, take it alone in Carduus or Angelica-water. The Stalks or Roots candied and eaten Fasting, are good Preservatives in time of Infection; and at other times to warm and comfort a cold Stomach. The Root also steeped in Vinegar, and a little of that Vinegar taken sometimes Fasting, and the Root smelled unto, is good for the same Purpose. A Cold, Wind, Pleurisie, Cough, Lungs, Breast.

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in a Glass, is much more effectual than the Water of the Leaves; and this Water, drunk two or three Spoonfuls at a time, easeth all Pains and Torments coming of Cold and

Stranguary, shortness of Breath, Cholick, provokes the Terms, After-Birth.

Wind, so as the Body be not bound; and taken with some of the Root in Powder at the beginning, helpeth the Pleurisie, as also all other Diseases of the Lungs and Breast, as Coughs, Pysick, and shortness of Breath, and a Syrup of the Stalks doth the like. It helps Pains of the Cholick, the Stranguary, and stopping of the Urine, procureth Womens Courles, and expelleth the After-birth, openeth the Stop-

Stoppings of the Liver and Spleen, Indigestion, Surfeit, Tooth-ach.

pings of the Liver and Spleen, and briefly easeth and discusseth all Windiness and inward Swellings. The Decoction drunk before the Fit of an Ague, that they may sweate (if possible) before the Fit come, will in two

or three times taking, rid it quite away; it helps Digestion, and is a Remedy for a Surfeit. The Juice, or the Water, being dropped into the Eyes or Ears, helps Dimness of Sight and Deafness; the Juice put into the hollow Teeth, easeth their Pains. The Root in Powder made up into a Plaister with a little Pitch, and laid on the Biting of Mad Dogs, or any other venomous Creature, doth wonderfully help. The Juice or the Water dropped, or Tent wet therein, and put into old filthy deerd Ulcers, or the Powder of the Root (in want of either) doth cleanse and cause them to heal quickly, by covering the naked Bones, with

Bitings of Mad Dogs, Ulcers.

Flesh; the distilled Water applied to Places pained with the Gout, or Sciatica, doth give a great deal of Ease.

Gout, Sciatica.

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

Amaranthus.

Besides his common Name, by which it is best known by the Florists of our Days, it is called *Flower-Gentle, Flower-Velure, Floramor, and Velvet-Flower.*

[*Descript.*] It being a Garden Flower, and well known to every one that keep it, I might forbear the Description; yet notwithstanding

standing, because some desire it, I shall give it. It runneth up with a Stalk a Cubit high, streaked, and somewhat reddish toward the Root, but very smooth, divided towards the Top with small Branches, among which stand long broad Leaves of a reddish green Colour slippery; the Flowers are not properly Flowers, but Tufts, very beautiful to behold, but of no Smell, of reddish Colour; if you bruise them they yield Juice of the same Colour, being gathered, they keep their Beauty a long time; the Seed is of a shining black Colour.

Time.] They continue in Flower from August till the time the Frost nip them.

Government and Vertues.] It is under the Dominion of Saturn, and is an excellent Qualifier of the unruly Actions and Passions of Venus, though Mars also should join with her. The Flowers dried and beaten into Powder, stop the Terms

Terms. in Women, and to do almost all other red Things. And by the Icon, or Image of every Herb, the Ancients at first found out their Vertues; Modern Writers laugh at them for it; but I wonder in my Heart, how the Vertues of Herbs came at first to be known, if not by their Signatures; the Modern have them from the Writers of the Ancients; The Ancients had no Writings to have them from; but to proceed.

Flux, Bleeding, Whites, Running of the Reins, French Pox. The Flowers stop all Fluxes of Blood, whether in Man or Woman, bleeding either at the Nose or Wound. There is also a sort of *Amaranthus*, which bears a white Flower which stops the Whites in Women, and the Running of the Reins in Men, and is a most Gallant Antivenereal, and a singular Remedy for the French Pox.

Anemone.

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

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

Govern.

Government and Vertues.] It is under the Dominion of Mars, being supposed to be a kind of Crow foot. The Leaves provoke the *Terms* mightily, being boiled, and the Decoction drunk. The Body being bathed with the Decoction of them, cures the Leprosy. The Leaves being stamped, and the Juice snuffed up in the Nose, purgeth the Head mightily; so doth the Root, being chewed in the Mouth, for it procureth much spitting, and bringeth away many watry and flegmatick Humours, and is therefore excellent for the Lethargy: *Lethargy.* And when all is done, let Physicians prate what they please, all the Pills in the *Dispensatory* purge not the Head like to hot things held in the Mouth. Being made into an Oyntment, and the Eyelids anointed with it, it helps Inflammations of the Eyes, whereby it is palpable, that every stronger draweth its weaker like. The same Oyntment is excellent good to cleanse malignant and corroding Ulcers. *Eyes inflamed.* *Ulcers.*

Garden Arrach.

CALLED also Orach, and Arage. *Descript.*] It is so commonly known to every Housewife, it were but labour lost to describe it.

Time.] It flowereth and feedeth from June to the end of August.

Government and Vertues] It is under the Government of the Moon; in Quality cold and moist like unto her. It softneth and loosneth the Body of Man being eaten, and fortifieth the expulsive Faculty in him. The Herb, whether it be bruised and applied to the Throat, or boiled, and in like manner applied, it matters not much, it is excellent good for Swellings in the Throat; the best way, I suppose, is to boil it, and having drunk the Decoction inwardly, apply the Herb outwardly: The Decoction of it besides, is an excellent Remedy for the Yellow Jaundice.

Arrach, wild and stinking.

Called also *Vulvaria*, from that Part of the Body, upon which the Operation is most; also Dogs-Arrach, Goats-Arrach, and stinking Mother-wort.

Descript] *This hath small and almost round Leaves; yet a little pointed, and without dent or cut, of a dusky mealy Colour, growing on the slender Stalks and Branches that spread on the Ground, with small Flowers in Clusters set with the Leaves, and small Seeds succeeding like the rest, perishing yearly, and rising again with its own sowing. It smells like old rotten Fish, or something worse.*

Place.] It grows usually upon Dunghills.

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

Government and Virtues.] Stinking Arrach is used as a Remedy to help Women pained, and almost strangled with the Mother, by smelling to it; but inwardly taken there is no better

Mother,

Remedy under the Moon for that Disease. I would be large in Commendation of this Herb, were I but Eloquent. It is an Herb under the Dominion of *Venus*, and under the Sign *Scorpio*; It is common almost upon every Dunghill. The Works of God are given freely to Man, his Medicines are common and cheap, and easie to be found: ('tis the Medicines of the *College of Physicians* that are so dear and scarce to find) I commend it for an

Womb.

universal Medicine for the *Womb*, and such a Medicine as will easily, safely, and speedily Cure any Disease thereof, as the Fits of the *Mother*, Dislocation, or falling out thereof; it cools the *Womb* being over-heated. And let me tell you this, and I will tell you the Truth, Heat of the *Womb* is one of the greatest Causes of hard Labour in Child-birth. It makes barren Women fruitful, it cleanseth the *Womb* if it be foul, and strengthens it exceedingly; it provokes the *Terms* if they be stopped, and stops them if they flow immoderately; you can desire no good to your *Womb*, but this Herb will effect it; therefore if you love Children, if you love Health, if you love Ease, keep a Syrup always by you, made of the Juice of this Herb, and Sugar, (or Honey if it be to cleanse the *Womb*) and let such as be rich keep it for their poor Neighbours;

bours; and bestow it as freely as I bestow my Studies upon them, or else let them look to answer it another Day, when the Lord shall come to make Inquisition of Blood.

Arch-angel.

TO put a gloss upon their Practice, the Physicians call an Herb (which Country People vulgarly know by the name of Dead-Nettle) Arch-angel; whether they favour of more Superstition or Folly, I leave to the judicious Reader. There is more Curiosity than courtesie to my Country-men used by others in the Explanation as well of the Names, as Description of this so well known Herb; which, that I may not also be guilty of, take this short Description, first of the red Arch-angel.

Description.] This has divers square Stalks somewhat hairy, at the Joints whereof grow two sad green Leaves dented about the edges, opposite to one another to the lowermost upon long foot stalks, but without any towards the tops, which are somewhat round, yet pointed, and a little crumpled and hairy, round about the upper Joints, where the Leaves grow thick are sundry gaping Flowers of a pale reddish Colour; after which comes the Seeds three or four in a Husk. The Root is smaller and thready, perishing every Year; the whole Plant hath a strong Scent, but not stinking.

White Arch-angel hath divers square Stalks, none standing straight upright, but bending downward, whereon stand two Leaves as a Joint, larger and more pointed than the other, dented about the Edges and greener also, more like unto Nettle Leaves, but not stinging, yet hairy. At the Joints with the Leaves stand larger and more open gaping white Flowers, Husks round about the Stalks but not with such a Bush of Leaves, as Flowers set in the top, as is on the other wherein stand small roundish black Seeds; the Root is white, with many Strings at it, not growing downward, but lying under the upper Crust of the Earth, and abideth many Years encreasing; this hath not so strong a Scent as the former.

Yellow Arch-angel is like the white in the Stalks and Leaves; but that the Stalks are more straight and upright, and the Joints with Leaves are farther asunder, having longer Leaves than the former, and the Flowers a little larger and more gaping, of a fair yellow Colour in most, in some paler. The

Roots are like the white, only they creep not so much under the Ground.

Place.] They grow almost every where (unless it be in the middle of the Street) the yellow most usually in the wet Grounds of Woods, and sometimes in the dryer, in divers Countries of this Nation.

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

Vertues and Use.] The Arch-angels are somewhat hot and dryer than the stinging Nettles, and used with better success for the stopping and hardness of the Spleen. than they, by using the Decoction of the Herb in Wine, and afterwards applying the Herb hot unto the Region of a Spleen as a Plaister, or the Decoction with Sponges. Flowers of the White Arch-angel are preserved or conserved to be used to stay the Whites, and the Flowers of the Red to stay the Reds in Women. It makes the Heart merry, drives away Melancholly, quickens the Spirits, is good against Quartan Agues, standeth bleeding at Mouth and Nose, if it be stamped and applied to the Nape of the Neck; the Herb also bruised and with some Salt and Vinegar, and Hogs grease laid upon any hard Humour or Swelling, or that which is vulgarly called the King's-Evil, do help to dissolve or discuss them; and being in like manner applied, doth much allay the Pains and give ease to the Gour, Sciatica, and other Pains of the Joynts and Sinews. It is also very effectual to heal green Wounds, and old Ulcers; also to stay their fretting, gnawing and spreading. It draweth forth Splinters and such like Things gotten into the Flesh, and is very good against Bruises and Burnings. But the yellow Arch-angel is most commended for old, filthy, corrupt Sores and Ulcers, yea although they grow to be hollow; and to dissolve Tumours. The chief use of them is for Women, it being an Herb of Venus, and may be found in my *Guide for Women*.

Spleen.

Whites.

Whites.

Melancholly, Quartan Agues, Bleeding at Nose, Swellings, King's Evil, Gour, Sciatica, Joynts, Ulcers, old Sores, Bruises, Burnings.

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Arffmart.

THE hot Arffmart is called also Water-Pepper, or Culrage. The mild Arffmart is called dead Arffmart, Porcicaria, or Peach-wort, because the Leaves are so like the Leaves of a Peach tree; it is also called Plumbago.

Description of the mild.] *This hath broad Leaves set at the great red Joint of the Stalks; with semi-circular blackish Marks on them usually, yet sometimes without. The Flowers grow in long Spikes usually either blueish or whitish with such like Seed following. The Root is long, with many Strings thereat, perishing yearly; this hath no sharp Taste (as another sort hath, which is quick and biting) but rather sower like Sorrel, or else a little drying, or without taste.*

Place.] It grows in watry Plishes Ditches, and the like which for the most Part are dry in Summer.

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

Government and Vertues.] As the Vertues of both these is various, to ate also their Government; for that which is hot and biting, is under the Dominion of Mars, but Saturn challengeth the other, as appears by that Leaden-colour'd Spot he hath placed upon the Leaf.

It is of a cooling and drying Quality, and very effectual for putrified Ulcers in Man or Beast, to kill Worms, and cleanse the putrified Places. The Juice thereof dropped in, or otherwise applied, consumeth all cold Swellings and dissolveth the congeal'd Blood of Bruises by Stroaks, Falls &c.

A Piece of the Root, or some of the Seed bruised, and held to an aking Tooth, taketh away the Pain. The Leaves bruised and laid to the Joint that hath a Felon thereon taketh it away. The Juice destroyeth Worms in the Ears being dropped in on them; if the hot Arffmart be strewed in a Chamber, it will soon kill all the Fleas; and the Herb or Juice of the cold Arffmart, put to a Horse or other Cattels Sores, will drive away the Fly

in the hottest time of Summer; a good Handful of the hot biting Arffmart put under a Horse's Saddle, will make him

Travel the better although he were half tired before. The mild Arsmart is good against all Imposthumes and Inflammations at the beginning, and to heal green Wounds.

All Authors chop the Virtues of both Sorts of Arsmart together, as Men chop Herbs to the Pot, when both of them are of cleancontrary Qualities. The hot Arsmart groweth not so high or tall as the mild doth, but hath many Leaves of the Colour of Peach Leaves, very seldom or never spotted. In other Particulars it is like the former, but may easily be known from it if you will but be pleased to break a Leaf of it cross your Tongue, for the hot will make your Tongue to smart, so will not the cold. If you see them both together, you may easily distinguish them, because the mild hath far broader Leaves: And our *College of Physicians*, out of the learned Care of the Publick good, *Anglica*, their own Gain, mistake the one for the other in their *New Master-piece*, whereby they discover, 1. Their Ignorance. 2. Their Carelesness; and he that hath but half an Eye, may see their Pride without a Pair of Spectacles. I have done what I could to distinguish them in the Virtues, and when you find not the contrary named, use the cold. The Truth is, I have not yet spoken with *Dr. Reason*, nor his Brother *Dr. Experience*, concerning either of them both.

Afarabacca.

Descript.] **A** Sarabacca hath many Heads rising from the Roots, from whence come many smooth Leaves, every one upon his own foot Stalk, which are rounded and bigger than Violet Leaves, thicker also, and of a dark green shining Colour on the upper-side, and of a pale yellow green underneath, little or nothing dented about the Edges, from among which rise small, round, hollow, brown, green Husks, upon short Stalks, about an Inch long, divided at the Brims into five Divisions, very like the Cups or Heads of the Henbane-Seed, but that they are smaller: and these be all the Flowers it carrieth, which are somewhat sweet being smelled unto, and wherein when they are ripe is contained small cornered rough Seeds, very like the Kernels or Stones of Grapes or Raisins. The Roots are small and whitish, spreading divers ways in the Ground, and increasing into divers Heads; but not running or creeping under the Ground, as some other creeping Herbs do. They are somewhat sweet in smell, resembling
Nardus,

Nardus, but more when they are dry, than green; and of a sharp, but not unpleasing Taste

Place.] It groweth frequently in Gardens.

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

Government and Vertues.] 'Tis a Plant under the Dominion of Mars, and therefore inimical to Nature. This Herb being drunk not only provoketh Vomiting but

purgeth downward, and by Urine also, purgeth both Choler and Flegm: If you add to it some Spicknard, with the Whey of Goats Milk, or Honeyed Water, it is made more strong, but it purgeth Flegm more manifestly than Choler and therefore doth much help Pains in the Hips

Causeth Vomiting, Choler, Flegm Urine, Obstructions of the Liver and Spleen, Dropsie, Jaundice, Agues.

and other Parts; being boiled in Whey, they wonderfully help the Obstructions of the Liver and Spleen, and therefore profitable for the Dropsie and Jaundice, being steeped in Wine and drunk; it helps those continual Agues that come by the Plenty of stubborn Humours; an Oyl made thereof by setting in the Sun, with some Laudanum added to it, provoketh Sweating, (the Ridge of the Back being anointed therewith) and thereby driveth away the shaking Fits of the Ague. It will not abide any long boiling, for it loseth its chiefest Strength thereby; nor much beating for the finer Powder doth provoke Vomits and Urine, and the courser purgeth downwards.

The common Use hereof, is to take the Juice of five or seven Leaves in a little drink to cause Vomiting; the Roots have also the same Virtue, though they do not operate so forcibly; they are very effectual against the biting of Serpents, and therefore are put as an In-

redient both into Mithridate and Venice-Treacle. The Leaves and Roots

Serpents, Head, Memory.

being boiled in Lie, and the Head often washed therewith while it was warm, comforteth the Head and Brain that is ill affected by taking cold, and helpeth the Memory.

I shall desire ignorant People to forbear the Use of the Leaves; the Roots purge more gently, and may prove beneficial in such as have Cancers, or old putrified Ulcers, or Fistules upon their Bodies, to take a Dram of them in Powder in a Quarter of a Pint of White-Wine in the Morning. The Truth is, I fancy Purging and Vomiting Medicines as little as any Man breathing doth, for they weaken Nature nor shall ever advise them to be used unless upon urgent Necessity. If a Physician be Nature's Servant, it is his Duty to strengthen his Mistress as much as he can, and weaken her as little as may be.

Asparagus, Sparagus, or Sperage.

Descript.] *I* riseth up at first with divers white and green scaly Heads, very brittle or easie to break while they are young which afterward rise up in very long and slender green Stalks, of the Bigness of an ordinary riding Wand, at the Bottom of most, or bigger or lesser, as the Roots are of growth; on which are set divers Branches of green Leaves shorter and smaller than Fennel to the Toy; at the Joints whereof come forth small mosse yellowish Flowers, which turn into round Berries, green at first, and of an excellent red Colour when they are ripe, shewing like Beads of Coral, wherein are contained exceeding hard Black Seeds, the Roots are dispersed from a spongy Head into many long, thick, and round Strings, whereby is sucked much Nourishment out of the Ground, and increaseth plentifully thereby.

Prickly Asparagus, or Sperage.

Descript.] *I* groweth usually in Gardens and some of it grows wild in Appleton Meadow in Gloucestershire, where the poor People do gather the Buds or young Shoots, and sell them cheaper than our Garden Asparagus is sold at London.

Time.] They do for the most Part flower, and bear their Berries late in the Year, or not at all, although they are harvested in Winter.

Government and Vertues.] They are both under the Dominion of Jupiter. The young Buds or Branches boiled in ordinary Broth, make the Belly soluble and open; and boiled in White-wine, provoke Urine, being stopp'd, and is good against the Stranguary or Difficulty

Fally, Stranguary, Dysuria, Gout, Sciatica, Eyes, Tooth-ach.

ty of making Water; it expelleth the Gravel and Stone out of the Kidneys, and helpeth Pains in the Reins. And boiled in White-wine or Vinegar, it is prevalent for them that have their Arteries loosened, or are troubled with the Hip-Gout or Sciatica. The Decoction of the Roots boiled in Wine and taken, is good to clear the Sight, and being held in the Mouth easeth the Tooth-ach; and being taken fasting several Mornings together, stirreth up bodily Lust in Man or Woman, (whatsoever some have written to the contrary.) The Garden Alparagus nourisheth more than the wild, yet hath it the same Effects in all the afore-mentioned Diseases: The Decoction of the Roots in White-wine, and the Back and Belly bathed therewith, or kneeling or lying down in the same, or sitting therein as a Bath, hath been found effectual against Pains of the Reins and Bladder, Pains of the Mother and Cholick, and generally against all Pains that happen to the lower Parts of the Body, and no less effectual against stiff and benumbed Sinews, or those that are shrunk by Cramps and Convulsions, and helpeth the Sciatica.

Reins, Bladder, Mother, Cramp, Cholick, Convulsion.

Ash Tree.

THIS is so well known, that time will be mispent in writing a Description of it; and therefore I shall only insist upon the Vertues of it.

Government and Vertues] It is govern'd by the Sun; and the young tender tops, with the leaves taken inwardly, and some of them outwardly applied, are singular good against the Biting of the Viper, Adder, or any other venomous Beast; and the Water distilled therefrom, being taken a small Quantity every Morning fasting, is a singular Medicine for those that are subject to a Drop sic, or to abate the Greatness of those that are too gross or fat. The Decoction of the Leaves in White wine helpeth to break the Stone, and expel it, and cureth the Jaundice. The Ashes of the Bark of the Ash made into Lie, and those Heads bathed therewith, which as Leprous, Scalby, or Scald, they are thereby Cured.

Adder and Viper biting, Drop sic, Stone, Jaundice, Leprosie, Scabs, Scald-Heads, Stiches, Stone, Disury, Rickets.

The

The Kernels within the Husks, commonly called *Ashen Keys* prevail against Stitches and Pains in the Sides, proceeding of Wind, and voideth away the Stone by provoking Urine.

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

Avens called also Colewort, and Herb Bonet.

Descript.] **T**HIS ordinary *Avens* hath many long, rough, dark green winged Leaves, rising from the Root, every one made of many Leaves set on each Side of the Middle Rib, the largest Three whereof grow at the End, and are snip'd or dented round about the Edges; the other being small Pieces, sometimes Two, and sometimes Four, standing on each Side of the middle Rib underneath them. Among which do rise up divers rough or hairy Stalks about two Foot high, branching forth with Leaves at every Joint, not so long as those below, but almost as much cut in on the Edges, some into three Parts, some into more. On the Tops of the Branches stand small, pale, yellow Flowers, consisting of five Leaves, like the Flowers of Cinquefoil, but large, in the Middle whereof standeth a small green Herb, which when the Flower is fallen, groweth to be rough and round, being made of many long greenish purple Seeds (like Grains) which will stick upon your Cloaths. The Root consists of many brownish Strings or Fibres, smelling somewhat like unto Cloves, especially those which grow in the higher, hotter, and drier Grounds, and in the freer and clear Air.

Place.] They grow wild in many Places under Hedges sides, and by the Pathways in Fields; yet they rather delight to grow in shadowy than sunny Places.

Time.] They flower in *May* and *June* for the most Part, and their Seed is ripe in *July* at the farthest.

Government and Vertues.] It is governed by *Jupiter*, and that gives hopes of a wholesome healthful Herb, It is good for the Diseases of the Chest or Breast, for Pains, Stitches in the Sides, and to expel crude and raw Humours from the Belly and Stomach by the sweet savour and warming quality. It dissolveth the inward congealed Blood happening by Falls or Bruises, and the spitting of Blood, if the Roots, either green or dry, be boiled in Wine and drunk; as also all manner of inward Wounds or outward, if they be washed or bathed therewith. The De-

Breast, Stitches, Wind, Belly, Stomach inward Wounds, Obstructions, Cholick, Heart, Cold Brain, Fluxes, Ruptures, Spots and Marks in the Face, Plague, Poyson, Indigestion.

coction also being drunk, comforteth the Heart, and strengtheneth the Stomach and a cold Brain, and therefore is good in the Spring time to open Obstructions of the Liver, and helpeth the Wind Cholick; it also helps those that have Fluxes, or are Bursten, or have a Rupture; it taketh away Spots or Marks in the Face, being washed therewith. The Juice of the fresh Root, or Powder of the dried Root, hath the same effect with the Decoction. The Root in the Spring time steep'd in Wine, doth give it a delicate Savour and Taste, and being drunk fasting every Morning, comforteth the Heart, and is a good Preservative against the Plague, or any other Poyson. It helpeth Digestion, and warmeth a cold Stomach, and openeth Obstructions of the Liver and Spleen.

It is very safe; you need have no Dose prescribed; and is very fit to be kept in every Bodies House.

Balm.

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

Government and Vertues.] It is an Herb of *Jupiter*, and under *Cancer*, and strengthens Nature much in all its Actions. Let a Syrup made with the Juice of it and Sugar (as you shall be taught at the latter end of the Book) be kept in every Gentlewoman's House, to relieve the weak Stomachs and sick Bodies of their poor sickly Neighbours; as also the Herb kept dry in the House, that so with other convenient

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