

Government and Virtues.] The Plant is under the Dominion of Mars, and therefore it would be a wonder if it should want some obnoxious quality or other; in all Herbs of that quality, the safest way is either to distill the Herb in an Alembick, in what Vehicle you please, or else to press out the Juice, and distill that in a Glass Still in Sand. It scoureth and cleanseth the internal parts of the Body mightily, and it cleareth the external parts also, being externally applied, from Freckles, Morpew, and Sun-burning: your best way to use it externally, is to mix it with Vinegar; an Ointment of it is held to be good in Wounds and Ulcers; it consumes Cankers, and that Flesh growing in the Nostrils, which they call *Polypus*. Also the distilled water being dropped into the Eyes, takes away Spots there, as also Pin and Web, and mends the dimness of Sight; it is excellent good against the Pestilence and Poyson. *Pliny* and *Dioscorides* affirm, that no Serpent will meddle with him that carries this Herb about him.

Scoureth, Cleanseth,  
Freckles, Morpew,  
Sunburning, Wounds,  
Ulcers, Cankers, Poly-  
pus, Spots in the Eyes,  
Pin and Web, Sight  
helpeth, Pestilence,  
Poyson, Venomous  
Beasts.

The Elder-Tree.

I Hold it needless to write any Description of this, sith every Boy that plays with a Pot-gun will not mistake another Tree instead of Elder. I shall therefore in this place only describe the Dwarf-Elder, called also Dand-wort, and Wall-wort.

The Dwarf-Elder.

Descript.] This is but an Herb every Year dying with his Stalks to the Ground, and rising afresh every Spring, and is like unto the Elder, both in form and quality, rising up with a four square rough hairy Stalk, four Foot high, or more sometimes. The winged Leaves are somewhat narrower than the Elder, but else very like them. The Flowers are white with a dash of Purple, standing in Umbles, very like the Elder also, but more sweet in Scent; after which come small blackish Berries, full of Juice, while they are fresh, wherein there is small hard hard Kernels, or Seed. The Root doth creep under the upper crust of the Ground, springing afresh in divers Places, being of the bigness of ones Finger, or Thum, sometimes.

Place.]

*Place.*] The Elder-Tree groweth in Hedges, being planted there to strengthen the Fences, and Partitions of Ground, and to hold up the Banks by Ditches and Water-Courses.

The Dwarf Elder groweth wild in many places of *England*, where being once gotten into a Ground, it is not easily gotten forth again.

*Time.*] Most of the Elder-Trees flower in *June*, and their Fruit is ripe for the most part in *August*.

But the Dwarf Elder, or Wall-wort, flowereth somewhat later, and his Fruit is not ripe until *September*.

*Government and Vertues.*] Both Elder and Dwarf-Elder are under the Dominion of *Venus*. The first shoots of the Common Elder boiled like Asparagus, and the young Leaves and Stalks

*Flegm, Choler, Dropsie, Venemous Beasts, mad Dogs, Worms provokes, Inflammation, Brain, Ears, Urine provokes, Sun-burning, Freckles, Morpew, Head-ach, Ulcers, Palsie,*

boiled in fat Broth, do mightily carry forth Flegm and Choler. The middle or inward Bark boiled in Water, and given in Drink, worketh much more violently and the Berries, either green or dry, expel the same Humours, and are often given with good success to help the Dropsie; the Bark of the Root boiled in Wine, or the Juice thereof drunk, worketh the same Effects, but more powerfully than either the Leaves or Fruit. The Juice of the Root taken, doth mightily provoke Vomit, and purgeth the watry humours of the Dropsie. The Decoction of the Root taken, cureth the biting of the Adder, and biting of Mad dogs; it mollifieth the hardness of the Mother, if Women sit thereon, and openeth their Veins, and bringeth down their Courses: The Berries boiled in Wine, perform the same effect; and the Hair of the Head washed therewith, is made black. The Juice of the green Leaves applied to the hot Inflammations of the Eyes asswageth them. The Juice of the Leaves snuffed up into the Nostrils, purgeth the Tunicles of the Brain. The Juice of the Berries boiled with a little Honey, and dropped into the Ears, helpeth the pains of them. The Decoction of the Berries in Wine being drunk, provoke Urine, the distilled water of the Flowers, is of much use to clean the Skin from Sun-burning, Freckles, Morpew, or the like; and taketh away Head aches, coming of a cold Cause, the Head being bathed therewith. The Leaves or Flowers distilled in  
the

the Month of *May*, and the Legs often washed with the said distilled water, it taketh away the Ulcers and Sores of them.

The Eyes washed therewith, it taketh away the Redness and Blood shot. And the Hands washed Morning and Evening therewith, helpeth the Palsie, and shaking of them.

The Dwarf Elder is more powerful than the Common Elder in opening and purging Cholera, Flegm, and Water, in helping the Gout, Piles, and Womens Diseases, coloureth the Hair black, helpeth the Inflammations of the Eyes, and prains in the Ears, the biting of Serpents, or a mad Dog, Burnings and Scaldings, the Wind Cholick, Cholick and Stone, the difficulty of Urine, the cure of old Sores, and Fistulous Ulcers.

*Gout, Inflammations, Burning, Scalding, Cholick, Stone, Dysury*

Either Leaves or Bark of Elder stripped upwards as you gather it, causeth Vomiting; but stripped downwards, it purgeth downwards. Also Dr. Butler in a Manuscript of his, commends Dwarf Elder to the Sky for Dropsies, viz. To drink it, being boiled in White-wine, to drink the Decoction, I mean, not the Elder.

The Elm-Tree.

This Tree is so well known growing generally in all Countries of this Land, that it is needless to describe it.

*Government and Vertues.*] It is a cold and Saturnine Plant. The Leaves hereof lurised and applied, heal green Wounds, being bound thereon with its own Bark. The Leaves, or the Bark used with Vinegar, cureth Scurf and Leprosie very effectually: The decoction

of the Leaves, Bark, or Root, being bathed, heals broken Bones, The water that is found in the Bladders on the Leaves while it is fresh, is very effectual to cleanse the Skin, and make it fair; and

*Wounds, Scurf, Leprosie, Beauty, Ruptures, Swellings, Baldness, Gout, Burning.*

if Cloths be often wet therein, and applied to the Ruptures of Children, it healeth them, if they be after well bound up with a Truss. The said water put into a Glass, and set into the Ground, or else in Dung for twenty five Days, the Mouth thereof being close stopped, and the bottom set upon a Lay

of

of ordinary Salt, that the Faces may settle, and Water become very clear, is a singular and soveraign Balm for Green Wounds, being used with soft Tents: The Decoction of the Bark of the Root fomented, mollifieth hard Tumours, and the shrinking of the Sinews. The Roots of the Elm boiled for a long time in Water, and the fat arising on the top thereof, being clean scummed off, and the Place anointed therewith that is grown Bald, and the Hairs fallen away, will quickly restore them again. The said Bark ground with Brine and Pickle, until it come to the form of a Pultifs, and laid on the place pained with the Gout, giveth great Ease. The Decoction of the Bark in Water, is excellent to bath such Places as have been burned with Fire.

### Endive.

Description.] **C**ommon Garden Endive beareth a longer and larger Leaf than Succory, and abideth but one Year, quickly running up to Stalk and Seed, and then perisheth; it hath blue Flowers, and the Seed of the ordinary Endive is so like Succory Seed, that it is hard to distinguish them.

Government and Virtues.] It is a fine cooling, cleansing, jovial Plant. The Decoction of the Leaves, or the Juice, or the distilled Water of Endive, serveth well to cool the excessive heat in the Liver, and Stomach, and in the hot fits of Agues, and all other Inflammations in any part of the Body, it cooleth the heat and sharpness of the Urine, and Excoriations in the Urinary Parts. The Seeds are of the same Property, or rather more Powerful, and besides are available for Faintings, Swoonings, and Passions of the Heart. Outwardly applied, they serve to temper the sharp Humours of fretting Ulcers, hot Tumours and Swellings, and Pestilential Sores; and wonderfully help not only the redness and Inflammations of the Eyes, but the dimness of the Sight also; they are also used to allay the pains of the Gout.

You cannot use it amiss; a Syrup of it is a fine cooling Medicine for Fevers. See the End of this Book, and the *English Dispensatory*.

*English Dispensatory*.

*Elicame*

Descri

Ends,  
upper  
from a  
three  
them a  
bearing  
Marig  
ing ye  
Seed a  
great  
outsid  
but go  
Plant

Pla  
oftne  
and i

Tin  
Seed  
well  
turnn

Go  
of Me  
gar,  
warn  
the p  
Sides  
the

whe  
made  
gar a  
pose,  
stopp  
of th  
Blad  
the  
Feve

## Elicampane.

Description.] **I**T shooteth forth many large Leaves, long and broad, lying near the Ground, small at both Ends, somewhat soft in Handling, of a whitish green on the upper side, and gray underneath, each set upon a short foot Stalk; from among which rise up divers great and strong hairy Stalks, three or four foot high, with some Leaves thereupon compassing them about at the lower end, and are branched toward the Tops; bearing divers great and large Flowers, like those of the Corn Marigold, both the border of Leaves, and the middle thrum being yellow, which turn into Down, with long, small, brownish Seed among it, and is carried away with the Wind. The Root is great and thick, branched forth divers ways, blackish on the outside, and white within, of a very bitter Taste, and strong, but good Scent, especially when they are dried, no part else of the Plant having any Smell.

Place.] It groweth in moist Grounds and shadowy Places, oftner than in the dry and open borders of Fields and Lanes, and in other waste Places, almost in every County of this Land.

Time.] It flowereth in the end of June and July, and the Seed is ripe in August. The Roots are gathered for Use, as well in the Spring before the Leaves come forth, as in Autumn, or Winter.

Government and Virtues.] It is a Plant under the Dominion of Mercury. The fresh Roots of Elicampane preserved with Sugar, or made into a Syrup or Conserve, are very effectual to warm a Cold and Windy Stomach, or the pricking therein, and Stitches in the Sides caused by the Spleen; and to help the Cough, shortness of Breath, and wheezing in the Lungs. The dried Root made into Powder, and mixed with Sugar and taken, serveth to the same Purpose, and is also profitable for those who have their Urine stopped, or the stopping of Womens Courses, the Pains of the Mother, and of the Stone in the Reins, Kidneys or Bladder: It resisteth Poyson, and stayeth the spreading of the Venom of Serpents, as also putrid and Pestilential Fevers, and the Plague it self. The Roots and Herb beaten  
and

Cold Stomach, Wind;  
Stitch, Spleen, Cough,  
shortness of Breath,  
Wheezing, Terms  
provokes.

*Mother, Stone, Poyson, Venemous Beasts, Pestilence, Eyes, Worms, loose Teeth, Spitting Blood, Cramps, Convulsions Gout, Joints, Itch, Cankers, Freckles Morphew, Spots.*

and put into new Ale or Beer, and daily drunk, cleareth, strengthneth and quickneth the Sight of the Eyes wonderfully. The decoction of the Roots in Wine, or the Juice taketh therein, killeth and driveth forth all manner of Worms in the Belly, Stomach, and Maw; and gargled in the Mouth, or the Root chewed, fastneth loose Teeth, and helps to keep them from putrefaction; and being drunk is good for those that spit Blood, helpeth to remove Cramps or Convulsions, and the pains of the Gout, the Sciatica, the Loofness and Pains in the Joints or those Members that are out of Joynt, by cold or moisture hapning to them, applied outwardly as well as inwardly, and is good for those that are bursten, or have any inward Bruise. The Root boiled well in Vinegar, beaten afterwards, and made into an Ointment with Hogs-Suet, or Oyl of Trotters, is an excellent Remedy for Scabs or Itch in young or old; The places also bathed or washed with the Decoction, doth the same; it also helpeth all sorts of filthy old putred Sores or Cankers whatsoever. In the Roots of this Herb lieth the chief effect for all the Remedies aforesaid. The distilled water of the Leaves and Roots together, is very profitable to cleanse the Skin of the Face, or other parts from any Morphew, Spots or Blemishes therein, and make it clear.

### Eringo, or Sea-Holly.

Descript.] **T**HE first Leaves of our ordinary Sea-holly, are nothing so hard and prickly as when they grow old, being almost round, and deeply dented about the Edges, hard and sharp pointed, and a little crumpled, of a blewish green Colour, every one upon a long Foot-stalk; but those that grow up higher with the Stalk, do as it were compass it about. The Stalk itself is round and strong, yet somewhat crested with Joints, and Leaves set thereat, but more divided, sharp and prickly; and Branches rising from thence, which have likewise other small Branches, each of them bearing several blewish round prickly Heads, with many small, jagged, prickly Leaves under them, standing like a Star, and sometimes found greenish or whitish: The Root groweth

groweth wonderful long, even to eight or ten Foot in length, set with Rings and Circles, toward the upper part, but smooth and without joints down lower, brownish on the outside, and very white within, with a pith in the middle, of a pleasant Taste, but much more, being artificially perserved, and candied with Sugar.

Place ] It is found about the Sea Coast in almost every Country of this Land which bordereth upon the Sea.

Time ] It flowereth in the End of Summer, and giveth ripe Seed within a Month after.

Government and Vertues,] The Plant is Venereal, and breedeth Seed exceedingly, and strengthens the Spirit procreative; it is hot and moist, and under

the Celestial Balance. The Decoction of the Root hereof in wine, is very effectual to open Obstructions of the Spleen and Liver, and helpeth Yellow Jaundice, the Dropsie, the pains of the Loins, and wind Cholick, provoketh Urine, and expelleth the Stone, procureth Womens Courfes. The continued use of the decoction for fifteen Days, taken fasting and next to Bed-ward, doth help the Stranguary, the Pissing by Drops, the stopping of Urine, and Stone, and all defects of the Reins and Kidneys; and if the said Drink be continued, is said that it perfectly cureth the Stone, and that Experience hath found it so.

It is found good against the French Pox. The Roots bruised and applied outwardly, helpeth the Kernel of the Throat, commonly called the King's Evil; or taken inwardly, and applied to the place stung or bitten by any Serpent, healeth it speedily: If the Roots be bruised and boiled in old Hogs-grease, or salted Lard, and applied to broken Bones, Thorns, &c. remaining in the Flesh, they do not only draw them forth but heal up the place again, gathering new Flesh where it was consumed: The Juice of the Leaves dropped into the Ears, helpeth Imposthumes therein. The distilled water of the whole Herb when the Leaves and Stalks are young, is profitably drunk for all the purposes aforesaid; and helpeth the Melancholy of the Heart, and is available in Quartan and Quotidian Agues; as also for them that have their Necks drawn

Seed breedeth, Obstructions, Spleen, Liver, Yellow Jaundice, Dropsie, Cholick, Dysiury, Stranguary, Reins, French Pox, King's Evil, Venemous Beasts, Thorns, broken Bones, Splinters, Aposthumes, Melancholy, Quartan and Quotidian Agues, Wry Neck.

drawn awry, and cannot turn them without turning their whole Body.

### Eye-Bright.

Description.] **C**ommon Eye-bright is a small low Herb, rising up usually but with one blackish green Stalk a span High, or not much more, spread from the bottom into sundry Branches, whereon are set small and almost round, yet pointed, dark green Leaves, finely snipped about the Edges, two always set together, and very thick: At the Joints with the Leaves, from the middle upward, come forth small white Flowers, striped with purple and yellow Spots, or Stripes; after which follow small round Heads, with very small Seed therein. The Root is long, small, and thready at the End.

Place.] It groweth in Meadows, and grassie Places in this Land.

Government and Virtues.] It is under the Sign of the *Lion*, and *Sol* claims Dominion over it. If this Herb were but as much used as it is neglected, it would half spoil the Spectacle Makers Trade; and a Man would think, that Reason should teach People to prefer the Preservation of their Natural before Artificial Spectacles; which, that they may be instructed how to do, take the Virtues of Eye-bright as followeth:

The Juice, or distilled Water of Eye-bright, taken inwardly in White-wine or Broth, or dropped into the Eyes for divers Days together, helpeth all Infirmities of the Eyes that cause dimness of Sight. Some make Conserve of the Flowers to the same effect. Being used any of these Ways, it also helpeth a weak Brain or Memory.

This tunned up with Strong Beer, that it may work together, and drunk; or the Powder of the dried Herb mixed with Sugar, a little Mace, and Fennel-seed, and drunk, or eaten in Broth; or the said Powder made into an Electuary made with Sugar, and taken, hath the same powerful Effect to help and restore the Sight decayed through Age; and *Arnoldus de Villa nova* saith, it hath restored Sight to them that have been Blind a long time before.