

gently performeth the same. It is good against the Jaundice and Falling-sickness, being taken in Wine; as also against Difficulty of making Water. It provokes Urine, expelleth Gravel in the Reins or Kidneys; a Drachm thereof given in Oxymel, after some walking or stirring of the Body. It helpeth also the Sciatica, griping of the Belly, and the Cholick; helpeth the Defects of the Liver, and provoketh Womens Courses. The fresh Herb boiled and made into a Pulver, and applied to the Breasts of Women that are swoln with Pain and Heat, as also to the Privy-Parts of Man or Woman, the Seat or Fundament, or the Arteries, Joints and Sinews, when they are inflamed and swoln, doth much ease them; and used with some Salt, helpeth to dissolve Knots or Kernels in any Part of the Body. The Juice of the Herb, or (as Dioscorides saith) the Leaves and Flowers, with some fine Frankincense in Powder, used in Wounds of the Body, Nerves or Sinews, doth singularly help to heal them. The distilled Water of the Herb, performeth well all the aforesaid Cures, but especially for Inflammations or Watering of the Eyes, by Reason of the Defluxion of Rheum into them.

Gravel, Sciatica, Cholick Liver, Terms provokes, Womens Breasts, Privy Parts, Arteries, Joints and Sinews overheated, Kernels, Wounds in the Sinews, Inflammations in the Eyes.

### Heart-ease.

**T**his is that Herb which such Physicians as are Licensed to Blaspheme by Authority, without Danger of having their Tongues bored through with an hot Iron, call an Herb of the Trinity: It is also called by those that are more moderate, Three Faces in a Hood, Live in Idleness, Cul me to you; and in *Suffex* we call them Pansies.

*Place.*] Besides those which are brought up in Gardens, they grow commonly about wild, in the Fields, especially in such as are very barren; sometimes you may find it on the Tops of the high Hills.

*Time.*] They Flower all the Spring and Sommer long.

*Government and Vertues.*] The Herb is really *Saturnine*, something Cold, Viscous and Slimy. A strong Decoction of the Herbs and Flowers (if you will, you may make it into Syrup, or distilled in an Alimbeck, with what Vehicle you please)

French-Pox, Convul-  
sions, Falling sickness,  
Inflammations in the  
Breast and Lungs,  
Plurisie, Scabs, Itch.

please) is an excellent Cure for the French Pox, the Herb being a gallant Antivenerean; and that Antivenereans are the best Cure for that Disease, far better and safer than to torment them with the Flux, divers foreign Physicians have confessed. The Spirit of it is excellent good for the Convulsions in Children, as also for the Falling sickness, and a gallant Remedy for the Inflammation of the Lungs and Breast, Plurisie, Scabs, Itch, &c. It is under the celestial Sign Cancer.

### Artichokes.

THE Latines call them *Cinera*, only our College call them *Artichocus*.

[Government and Vertues.] They are under the Dominion of *Venus*, and therefore it is no marvel, if they provoke Lust  
Lust provoked no-  
cturnal Pollutions,  
purgeth by Urine.

much, as indeed they do, being something windy Meat; and yet they stay the involuntary Course of natural Seed in Man, which is commonly called nocturnal Pollutions. And here I care not greatly if I quote a little of *Galen's* Nonsense in his Treatise of the *Faculties of Nourishment*. He saith, they contain Plenty of cholerick Juyce (which notwithstanding I can scarcely believe) of which he saith is ingendred melancholy Juyce, and of that melancholy Juyce thin cholerick Blood: But to proceed; this is certain, that the Decoction of the Root boyled in Wine, or the Root bruised and distilled in Wine in an Alembick, and being drunk, purgeth by Urine exceedingly.

### Harts-Tongue.

Descript. THIS hath divers Leaves arising from the Roots, every one severally, which fold themselves in their first springing and spreading; when they are full grown, are about a Foot long, smooth and green above, but hard and with little Sap in them, and stroaked on the Back athwart on both Sides of the middle Rib with small and somewhat long and brownish Marks; the Bottoms of the Leaves are a little bowed on each Side of the middle Rib, somewhat narrow with the

the Length, and somewhat small at the End. The Root is of many black Threads, folded or interlaced together.

Time.] It is green all the Winter; but new Leaves spring every Year.

Government and Vertues.] Jupiter claims Dominion over this Herb; therefore it is a singular Remedy for the Liver, both to strengthen it when weak, and ease it when afflicted, 'tis no matter by what; you shall do well to keep it in a Syrup all the Year; for tho' Authors say 'tis green all the Year, I scarce believe it. *Harts-Tongue* is much commended against the Hardness and stoppings of the Spleen and Liver, and against the Heat of the Liver and Stomach, and against Lasks, and the bloody Flux: The distilled Water thereof is also very good against the Passions of the Heart, and to stay the Hiccough, to help the falling of the Pallate, and stay the bleeding of the Gums, being gargled in the Mouth. *Dioscorides* saith, it is good against the stinging or biting of Serpents. As for the Use of it, my Directions at latter End will be sufficient, and enough for those that are studious in Physick, to whet their Brains upon for one Year or two.

Spleen, Liver, Flux, bloody Flux, Hiccough, Gums venomous Beasts

Hazel-Nut.

**H**azel Nuts are so well known to every Boy; that they need no Description.

Government and Vertues.] They are under the Dominion of Mercury. The parted Kernels made into an Electuary, or the Milk drawn from the Kernels with Mead or honey'd Water, is very good to help an old Cough; and being parched, and a little Pepper put to them and drunk, digesteth the Distillations of Rheum from the Head. The dried Husks and Shells to the Weight of two Drachms taken in red Wine, stayeth Lasks and Womens Courses, and so doth the red Skin that covers the Kernels, which is more effectual to stay Womens Courses.

Cough, Physick, Fumes, Terms stop.

And if this be true, as it is, then why should the Vulgar so familiarly affirm, that eating Nuts causeth Shortness of Breath, than which nothing is falser? For, how can that which strengthens the Lungs, cause Shortness of Breath?

I confefs, the Opinion is far elder than I am; I knew Tradition was a Friend to Errors before, but never that he was the Father of Slanders: Or are Men's Tongues so given to slandering one another, that they must slander Nuts too, to keep their Tongues in use? If any thing of the Hazel-Nut be stopping, 'tis the Husks and Shells, and no Body is mad to eat them, unless Physically; and the red Skin which covers the Kernel, you may easily pull off. And so thus have I made an Apology for Nuts, which cannot speak for themselves.

### Hawk-weed.

Descript.] **I**T hath many large Leaves lying upon the Ground, much rent or torn on the Sides into many Gashes, like Dandelyon, but with greater Parts, more like the smooth Sow-Thistle, from among which riseth a hollow, rough Stalk, two or three Foot high, branched from the Middle upward, whereon are set at every Joint longer Leaves, little or nothing rent or cut, bearing on their Top sundry pale, yellow Flowers, consisting of many small, narrow Leaves, broad pointed, and nicked in at the Ends, set in a double Row or more, the outermost being larger than the inner, which from most of the Hawk-weeds (for there are many Kinds of them) do hold, which turn into Down, and with the small brownish Seed is blown away with the Winds. The Root is long, and somewhat greater, with many small Fibres thereat. The whole Plant is full of bitter Milk.

Place.] It groweth in divers Places about the Field-sides, and the Path-ways in dry Grounds.

Time.] It flowereth and flies away in Summer Months.

Government and Vertues.] Saturn owns it. Hawk-weed (saith Dioscorides) is cooling, somewhat drying and binding,

and therefore good for the Heat of the Stomach, and Gnawing therein; for Inflammations, and the hot Fits or Agues. The Juice thereof in Wine, helpeth Digestion, discusseth Wind, hindereth Crudities abiding in the Stomach, and helpeth the Difficulty of making Water, the biting of Venemous Serpents, and stinging of the Scorpion, if the Herb be also

Cools, Dries, Binds, Gnawing in the Stomach, Inflammations, Agues, Crudities, Dysfury, Venemous Beasts, Poyson, Dropsy, Flegm, Cholick, Spleen, Watching, Lust stopt, Venereous Dreams, Reins, Bladder.

so

so outwardly applied to the Place, and is very good against all other Poisons, A Scruple of the dried Root given in Wine and Vinegar, is profitable for those that have the Dropsie. The Decoction of the Herb taken with Honey, digesteth this Flegm in the Chest or Lungs, and with Hyssop helpeth the Cough. The Decoction thereof, and of wild Succory, made with Wine, and taken, helpeth the Wind, Cholick and Hardness of the Spleen; it procureth Rest and Sleep, hindreth Venery and Venereous Dreams, cooling Heats, purgeth the Stomach, encreaseth Blood, and helpeth the Diseases of the Reins and Bladder. Outwardly applied, it is singular good for all the Defects and Diseases of the Eyes; used with some Womens Milk; and used with good Success, in fretting or creeping Ulcers, especially in the Beginning. The green bruised, and with a little Salt applied to any Place burnt with Fire, before Blisters do arise, helpeth them. As also Inflammations, St. Anthony's-Fire, and all Pusshes and Eruptions, hot and salt Flegm. The same applied with Meal and fair Water in manner of a Pulvers, to any Place affected with Convulsions and the Cramps, such as are out of Joint, doth give Help and Ease. The distilled Water cleanseth the Skin, and taketh away Freckles, Spots, Morpew, or Wrinkles in the Face.

Eyes, Ulcers; Burnings; Inflammations, St. Anthony's-Fire, Heat, Salt Flegm, Convulsions, Cramp Freckles, Spots, Morpew, Wrinkles.

Haw-thorn.

IT is not my Intent to trouble you with a Description of this Tree, which is so well known, that it needeth none. It is ordinarily but a Hedge Bush, although being pruned and dressed, it groweth to a Tree of a reasonable Height. As for the Haw-thorn Tree at *Glassenbury*, which is said to Flower yearly on *Christmass-Day*; it rather shews the Superstition of those who observe it for the Time of its flowering, than any great Wonder, sith the like may be found in divers other Places of this Land, as in *Whey-street* in *Romney-Marsh*, and near unto *Nantwich* in *Cheshire*, by a Place called *White Green*, where it flowereth about *Christmas* and *May*. If the Weather be frosty, it flowereth not until *January*, or that the hard Weather be over.

*Government and Vertues.*] It is a Tree of Mars. The Seed in the Berries beaten to Powder being drunk in Wine, are held singular good against the Stone, and  
*Stone, Dropsie, Flux,* are good for the Dropsie. The distilled Water of the Flowers stayeth the  
*inward Pains, Splinters, Thorns.* Lask. The Seed cleared from the Down,

bruised and boiled in Wine, and drunk, is good for inward tormenting Pains: If Clothes and Sponges be wet in the distilled Water, and applied to any Place wherein Thorns and Splinters, or the like, do abide in the Flesh, it will notably draw them forth.

And thus you see the Thorn gives a Medicine for his own pricking, and so doth almost every Thing else.

### Hemlock.

*Description.*] THE common great Hemlock groweth up with a green Stalk, four or five Foot high, or more, full of red Spots sometimes, and at the Joynts very large winged Leaves set at them, which are divided into many other winged Leaves one set against another, dented about the Edges, of a sad green Colour, branched towards the Top, where it is full of Umbels of white Flowers, and afterwards with whitish flat Seed: The Root is long, white, and sometimes crooked, and hollow within. The whole Plant, and every Part, hath a strong heady and ill-favour'd Scent, much offending the Senses.

*Place.*] It groweth in all Counties of this Land, by Walls and Hedge Sides, in waste Grounds, and untilled Places.

*Time.*] It flowereth and seedeth in July, or thereabouts.

*Government and Vertues.*] Saturn claims Dominion over this Herb, yet I wonder why it may not be applied to the Privities in a Priapismus, or continual standing of the Yard, it being very beneficial to that Disease; I suppose my Author's Judgment was first upon the opposite Disposition of Saturn to Venus in those Faculties, and therefore he forbade the applying of it to those Parts, that it might not cause Barrenness, or spoil the Spirit productive; which if it do, yet applied to the Privities it stops its  
*Leachery, Inflammations, St. Anthony's* lustful Thoughts. Hemlock is exceeding

ceeding cold, and very dangerous, especially to be rake inwardly. It may safely be applied to Inflammations, Tumours and Swellings in any Part of the Body (save the Privy-Parts) as also to St. Anthony's Fire, Wheals, Pusles, and creeping Ulcers that arise of hot sharp Humours, by cooling and repelling the Heat, the Leaves bruised and laid to the Brow or Forehead, are good for their Eyes that are red and swollen. As also to take away a Pin and Web growing in the Eye, this is a tried Medicine; take a small handful of the Herb, and half so much Bay Salt, beaten together, and applied to the contrary Wrist of the Hand for twenty four Hours, doth remove it in thrice dressing. If the Root thereof be roasted under the Embers wrapped in double wet Papers, until it be soft and tender, and then applied to the Gout in the Hands or Fingers, it will quickly help this evil. If any through mistake eat the Herb *Hemlock* instead of Parsly, or the Roots instead of a Parsnip (both which it is very like) whereby hapneth a kind of Frenzy, or Perturbation of the Senses, as if they were stupid or drunk, the Remedy is as *Pliny* saith, to drink of the best and strongest pure Wine, before it strike to the Heart, or Gention put in Wine, or a Draught of good Vinegar, wherewith *Tragus* doth affirm, that he cured a Woman that had eaten the Root.

Fire, Tetter, Ring-  
Worms, Eyes, Pin and  
Web, Gout.

Hemp.

This is so well known to every good House-Wife in the Country, that I shall not need to write any Description of it.

*Time.*] It is sown in the End of *March*, or beginning of *April*, and is ripe in *August* or *September*.

*Government and Vertues*] It is a Plant of *Saturn*, and good for something else, you see, than to make *Halters* only. The Seed of *Hemp* consumeth Wind, and by the much Use thereof disperfeth it so much that it dryeth up the Natural Seed for Procreation; yet being boiled in Milk, and taken, helpeth such as have

Wind, Cough, Jaundice, Gall, Cholera, Flux, Choleric, Bleeding, Worms, Earwigs, Inflammations, Gout, Sinews shrunk.

a hot dry Cough. The Dutch make an Emulsion out of the Seed, and give it with good Success to those that have the Jaundice, especially in the Beginning of the Disease, if there be no Ague accompanying it, for it openeth Obstructions of the Gall, and causeth Digestion of Choler. The Emulsion or Decoction of the Seed stayeth Lasks and continual Fluxes, easeth the Cholick, and allayeth the troublesome Humours in the Bowels, and stayeth Bleeding at the Mouth, Nose, or other Places, some of the Leaves being fried with the Blood of them that bleed, and so given them to eat. It is held very good to kill the Worms in Men or Beasts, and the Juice dropped into the Ears, killeth Worms in them; and draweth forth Ear-wigs, or other Living Creatures gotten into them. The Decoction of the Root allayeth Inflammation in the Head, or any other Parts; the Herb it self, or the distilled Mater thereof, doth the like. The Decoction of the Roots, easeth the Pains of the Gout, the hard Humours or Knots in the Joints, the Pains and Shrinkings of the Sinews, and the Pains of the Hips. The fresh Juice mixed with a little Oil and Butter, is good for any Place that hath been burnt with Fire, being thereto applied.

### Hen-bane.

Descript. **O**UR common Hen-bane hath very large, thick, soft, wool'y Leaves, lying upon the Ground, much cut in, or torn on the Edges, of a dark, ill greyish green Colour; among which arise up divers thick and short Stalks, two or three Foot high, spread into divers smaller Branches, with lesser Leaves on them, and many hollow Flowers, scarce appearing above the Husk, and usually torn on the one Side, ending in five round Points, growing one above another, of a deadish, yellowish Colour, somewhat paler towards the Edges, with many purplish Veins therein, and of a dark, yellowish Purple in the Bottom of the Flower, with a small Point of the same Colour in the Middle, each of them standing in a hard close Husk, which after the Flower is past, groweth very like the Husk of Asarabacca, and somewhat sharp at the top Points, wherein is contained much small Seed, very like Poppy Seed, but of a dusky, greyish Colour. The Root is great, white and thick, branching forth divers Ways under Ground, so like a Parsnip Root. (but that it is not so white)

that



that it hath deceived divers. The whole Plant, more than the Root, hath a very heavy, ill, soporiferous Smell, somewhat offensive.

Place.] It commonly groweth by the Way-sides, and under Hedge-sides and Walls.

Time.] It flowereth in July, and springeth again yearly of its own Seed.

I doubt my Authors mistook July for June, if not for May.

Government and Vertues.] I wonder in my Heart, how Astrologers could take on them to make this an Herb of Jupiter; and yet Mezzaldus, a Man of a penetrating Brain, was also of that Opinion as well as the rest; the Herb is indeed under the Dominion of Saturn, and I prove it by this Argument.

All the Herbs which delight most to grow in Saturnine Places, are Saturnine Herbs.

But Henbane delights most to grow in Saturnine Places, and whole Cart-Loads of it may be found near the Places where they empty the common Jakes, and scarce a Ditch to be found without it growing by it. Ergo, 'tis an Herb of Saturn.

The Leaves of Henbane do cool all hot Inflammations in the Eyes, or any other Part of the Body; and are good to assuage all manner of Swellings of the Cods or Womens Breasts, or elsewhere, if they be boiled in Wine, and either applied themselves, or the Fomentation warm; it also assuageth the Pain of the Gout, the Sciatica, and all other Pains in the Joints which arise from a hot Cause. And applied with Vinegar to the Forehead and Temples, helpeth the Head-ach, and want of Sleep in hot Fevers. The Juice of the Herb or Seed, or the Oil drawn from the Seed, do the like. The Oil of the Seed is helpful for Deafness, Noise, and Worms in the Ears, being dropped therein; the Juice of the Herb or Root, doth the same. The Decoction of the Herb or Seed, or both, killeth Lice in Man or Beast. The Fume of the dried Herb, Stalks and Seed, burned, quickly healeth Swellings, Chilblains, or Kibes in the Hands or Feet, by holding them in the Fume thereof. The Remedy to help those

Inflammations, Cods, Women's Breasts, Gout, Sciatica, Joints, Watch-irg, Deafness, Noise in the Ears, Chilblains, Kibes.

that

that have taken *Henbane*, is to drink Goats-Milk, Honey'd Water, or Pine Kernels, with sweet Wine; or in the Absence of these, Fennel seed, Nettle-feed, the Seed of Cresses, Mustard, or Radish, as also Onions or Garlick taken in Wine, do all help to free them from Danger, and restore them to their due Temper again.

Take notice, That this *Herb* must never be taken inwardly; outwardly, an Oil, Ointment, or Plaister of it, is most admirable for the Gout; to cool the Veneral Heat of the Reins in the *French-Pox*; to stop the Tooth-ach, being applied to the aking Side, to allay all Inflammations, and to help the Diseases before premised. *French-Pox, Tooth-ach.*

### Hedge-Hysop.

Descript.] **D**ivers Sorts there are of this Plant; the first of which is an Italian by Birth, and only nursed up here in the Gardens of the Curious. Two or three Sorts are to be found, commonly growing Wild here; the Description of two of which I shall give you. The first is a smooth, low Plant, not a Foot high, very bitter in Taste, with many square Stalks, diversly branched from the Bottom to the Top with divers Joints, and two small Leaves at each Joint, broader at the Bottom than they are at the End, a little dented about the Edges, of a sad green Colour, and full of Veins. The Flowers stand at the Joints, being of a fair purple Colour, with some white Spots in them, in Fashion like those of dead Nettles. The Seed is small and yellow, and the Roots spread much under Ground.

The second se'dom groweth half a Foot high, sending up many small Branches, whereon grow many small Leaves, set one against the other, somewhat broad, but very short. The Flowers are like the Flowers of the other in Fashion, but of a pale, reddish Colour. The Seeds are small and yellowish. The Root spreadeth like the other, neither will it yield to its Fellow one Ace of Bitterness.

Place.] They grow in wet, low Grounds, and by the Water Sides; the last may be found among the Bogs on *Hamstead-Heath*.

Time.] They Flower in *June* and *July*, and the Seed is ripe presently after.

Government.

Government and Vertues.] They are Herbs of Mars, and as Cholerick and Churlish as he is, being most violent Purgers, especially of Cholera, Flegm, Dropsie, Cholera and Flegm. It is not safe taking them inwardly, unless they be well rectified by the Art of the Alchymist, and only the purity of them given; if soured they may be very healthful both for the Dropsie, Gout, and Sciatica; outwardly used in Ointments they kill Worms, the Belly anointed with it, and are excellent good to cleanse old and filthy Ulcers.

Black Hellebore.

IT is called also Setter-wort, Setter-Grass, Bears-foot, Christmas Herb, and Christmas Flower.

Description.] It hath sundry fair green Leaves rising from the Root, each of them standing about and handfull high from the Earth; each Leaf is divided into seven, eight, or nine parts, dented from the middle of the leaf to the point on both sides, abiding green all the Winter; about Christmas time, if the Weather be any thing temperate, the Flowers appear upon foot stalks, also consisting of five large, round, white Leaves apiece, which sometimes are purple towards the edges, with many pale yellow thrums in the middle; the Seeds are divided into several Cells, like those of Columbines, save only they are greater; the Seeds are in colour black, and in form long and round: The Root consisteth of numberless blackish strings all united into one Head.

There is another Black Hellebore which groweth up and down in the Woods very like this, but that only the Leaves are smaller and narrower, and perish in the Winter, when this doth not.

Place.] The first is maintained in Gardens. The second is commonly found in the Woods in Northamptonshire.

Time.] The first flowereth in December or January; the second in February or March.

Government and Vertues.] It is an Herb of Saturn, and therefore no marvel if it hath some fullen Conditions with it, and would be far safer, being purified by the Art of the Alchymist, than given raw. If any have taken any harm by taking it, the common Cure is to take Goats Milk: If you cannot get Goats Milk; you must make a shift with such as you can get. The Roots

Melancholy, Quartan Agues, Madness, Falling Sickness, Leprosie, Yellow and black Jaundice, Gout, Sciatica, Terms provokes, Ulcers, Dead-flesh, Cough, and Poison in Cattle.

are very effectual against all melancholy Diseases, especially such as are of long standing, as Quartan Agues, and Madnesse. It helps the Falling sickness, and the Leprosy, both the yellow and the black Jaundice, the Gout, Sciatica, Convulsions; and truly this was found out by Experience, that the Root of that which groweth wild in our Country, works not so churlishly as those do which are brought from beyond Sea, as being maintained by a more temperate Air. The Root used as a Pessary, provokes the Terms exceedingly; also being beaten into Powder, and strewed upon foul Ulcers, it consumes the dead Flesh, and instantly heals them; nay it will help gangreens in the beginning: Twenty Grains taken inwardly is a sufficient dose for one time, and let that be corrected with half so much Cinnamon; Country People used to Rowel their Cattle with it. If a Beast be troubled with a Cough, or have taken any Poison, they bore a hole through his Ear, and put a piece of the Root in it, this will help him in twenty four hours time. Many other uses Farriers put it to, which I shall forbear.

### Herb Robert.

Descript.] **I**T riseth up with a reddish Stalk two foot high; having divers Leaves thereon upon very long and reddish Foot stalks, divided at the ends into three or five Divisions, each of them cut in on the Edges, some deeper than others, and all dented likewise about the Edges, which sometimes turn reddish. At the tops of the Stalks come forth divers Flowers made of five Leaves, much larger than the Doves Foot, and of a more reddish colour; after which come black heads, as in others. The Root is small and thready, and smelleth as the whole Plant, very strong, almost stinking.

Place.] This groweth frequently every where by the way-sides, upon Ditch Banks, and waste Ground, wheresoever one goeth.

Time.] It flowereth in June and July chiefly, and the Seed is ripe shortly after.

Government and Vertues.] It is under the Dominion of Venus. Herb Robert is commended not only against the Stone, but to stay Blood, where or how soever flowing; it speedily healeth all green Wounds, and is effectual in old Ulcers in the Privy-parts or elsewhere. You may persuade yourself this is true, and also

Stone, Bleeding, Terms  
stopt, Wounds, Ulcers  
in the Privities.

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also conceive a good reason for it, do but consider 'tis an herb of *Venus*, for all it hath a Man's Name.

### Herb True-love, or One Berry.

Descript.] **O**rdinary Herb True-love hath a small creeping Root running under the upper Crust of the Ground somewhat like a Couch grass Root, but not so white, shooting forth Stalks with Leaves, some whereof carry no Berries, the others do, every Stalk smooth without Foynts, and blackish green, rising about half a Foot high, if it bear Berries, otherwise seldom so high; bearing at the top four Leaves set directly one against another in manner of a Cross or Ribbond tied (as it is cal.ed) on a True Loves knot, which are each of them apart somewhat like unto a Night shade Leaf but somewhat broader, having sometimes three Leaves sometimes five, sometimes six, and those sometimes greater than in others, in the middle of the four Leaves rising up one small slender stalk, about an Inch high, bearing at the top thereof one Flower spread open, like a Star, consisting of four small and long narrow pointed Leaves of a yellowish green Colour, and four other lying between them lesser than they; in the middle whereof stands a round dark purplish Button or Head, compassed about with eight small yellow mealy Threads, with three colours, making it the more conspicuous, and lovely to behold. This Button or Head in the middle, when the other Leaves are withered, becometh a blackish purple Berry full of Juice of the bigness of a reasonable Grape, having within it many white Seeds. The whole Plant is without any manifest taste.

Place.] It groweth in Woods and Copfes, and sometimes in the Corners or Borders of Fields, and waste Grounds, in very many places of this Land: And abundantly in the Woods, Copfes, and other places about *Chislehurst*, and *Maidstone* in *Kent*.

Time.] They spring up in the middle of *April* or *May*, and are in Flower soon after: The Berries are ripe in the end of *May*, and in some places in *June*.

Government and Vertues.] *Venus* owns it, the Leaves or Berries hereof are effectual to expel Poison of all sorts, especially that of the *Aconites*. As also the *Plague*, and other *Pestilential* Diseases, some, have been holpen thereby, saith *Matthiolus*, that have lain long in a lingering Sickness.

*Poison*, *Pestilence*, *Fevers*, *Witchcraft*, *Cholick*, *Wounds*, *Ulcers*, *swellings in the Groin*, *Cods and Privities*, *Inflammations*, *Aposthumes*.

And

And others that by Witchcraft (as it was thought) were become half foolish, by taking a dram of the Seeds or Berries hereof in Powder every day for twenty days together, they were restored to their former health. The Roots in Powder taken in Wine easeth the Pains of the Cholick speedily. The Leaves are very effectual as well for green Wounds, as to cleanse and heal up filthy old Sores and Ulcers; and is very powerful to discuss all Tumours and Swellings in the Cods, Privy Parts, or Groin or in any part of the Body, and speedily to allay all Inflammations. The Leaves or the Juice applied to Felons, or those Nails of the Hands or Toes, that have Imposthumes or Sores gathered together at the Roots of them, healeth them in a short Space.

The Herb is not to be described for the Premisses, but is fit to be nourished in every good Womans Garden.

### Hyfop.

**H**Yfop is so well known to be an Inhabitant in every Garden, that it will save me labour in writing a Description thereof. The Virtues are as followeth.

*Temperature and Vertues.*] The Herb is *Jupiter's*, and the Sign *Cancer*. It strengthens all the parts of the Body under *Cancer* and *Jupiter*; which what they may be, is found amply discoursed in my *Astrological Judgment of Diseases*. *Dioscorides* saith, that Hyfop boiled with Rue and Honey, and drunk, helpeth those that are troubled with Coughs, Shortness of Breath, wheezing and Rheumatick Distillations upon the Lungs; taken also with Oxymel, it purgeth gross humours by the Stool; and with Honey killeth worms in the Belly; and with fresh and new figs bruised, helpeth to loosen the Belly, and more forcibly if the Root of Flower-de-luce and Cresses be added thereto. It amendeth and cherisheth

Cough, Shortness of Breath, Wheezing, gross Humours, Worms, Yellow Jaundice, Dropsie, Spleen, Inflammations, black and blue Spots, Quinsy, Tooth-ach, Noise in the Ears, Venemous Beasts, Lice, Itching of the Head, Falling-sickness, Wounds.

the Native Colour of the Body, spoiled by the Yellow Jaundice; and being taken with Figs and Nitre, helpeth the Dropsie and Spleen, being boiled with Wine, it's good to wash Inflammations, and taketh away the black

and

and blue Spots and marks that come by Strokes, Bruises or Falls, being applied with warm water. It is an excellent Medicine for the Quinsy, or Swelling in the Throat, to wash and gargle it, being boiled with Figs. It helpeth the Tooth-ach, being boiled in Vinegar, and gargled therewith. The hot Vapours of the Decoction taken by a Funnel in at the Ears, easeth the Inflammation and ringing noise of them. Being bruised and Salt, Honey and Cummin-seed put to it, it helpeth those that are stung by Serpents. The Oil thereof (the Head being anointed) killeth Lice, and taketh away Itching of the Head. It helpeth those that have the Falling-sickness, which way soever it be applied. It helpeth to expectorate tough Flegm, and is effectual in all cold Grievs, or Diseases of the Chest and Lungs, being taken either in Syrup or Licking Medicine. The green Herb bruised, and a little Sugar put thereto, doth quickly heal any Cut or green Wounds, being thereunto applied.

Hops.

These are so well known, that they need no Description, I mean the Manured Kind, which every good Husband, or Housewife is acquainted with.

*Descript.*] The wild Hop groweth up as the other doth, ramping upon Trees or Hedges that stand next unto them, with rough branches and Leaves like the former, but it giveth smaller Heads, and in far less plenty than it, so that there is scarce a Head or two seen in a Year on divers of this wild kind, wherein consisteth the chief difference.

*Place.*] They delight to grow in low moist grounds, and are found in all parts of this Land.

*Time.*] They spring not up until April, and flower not until the latter end of June; the Heads are not gathered until the middle or latter end of September.

*Government and Vertues.*] It is under the Dominion of Mars. This in Physical Operations, is to open Obstructions of the Liver and Spleen to cleanse the Blood, to loosen the Belly, to cleanse the Reins from Gravel, and provoke Urine. The Decoction of the Tops of Hops, as well of the Tame as the Wild, worketh the same

Liver, Spleen, Obstructions, Blood, Reins cleanseth, French-Pox, Scabs, Itch, Tettors, Ring-worms, Morphews, &c. effects.

son, Worms, Terms pro-  
vokes, Dysury, Yellow  
Jaundice, Liver, Sto-  
mach, Agues.

effects. In cleansing the Blood they help to cure the French Disease, and all manner of Scabs, Itch, and other breakings out of the Body; as also all Tetter, Ring worms and spreading Sores, the Morpew and all discolouring of the Skin. The decoction of the Flowers and tops, do help to expel Poyson that any one hath drunk. Half a dram of the Seed in Powder taken in drink, killeth Worms in the Body, bringeth down Womens Courfes, and expelleth Urine. A Syrup made of the Juyce and Sugar, cureth the Yellow Jaundice, easeth the Head-ach that comes of heat, and temperateth the heat of the Liver and Stomach, and is profitably given in long and hot Agues that rise in Choler and Blood. Both the wild and the manured, are of one property, and alike effectual in all the aforefaid Diseases.

By all these Testimonies, Beer appears to be better than Ale.

*Mars* owns the Plant, and then *Dr. Reason* will tell you how it performs these Actions.

### Hore-hound.

Descript.] **C**ommon Hore-hound groweth up with square hairy Stalks, half a yard, or two foot high, set at the Joints with two round crumpled rough Leaves of a sullen hoary green Colour, of a reasonable good Scent, but a very bitter Taste. The Flowers are small, white and gaping, set in a rough, hard prickly Husk round about the Joints with the Leaves from the middle of the Stalk upward, wherein afterwards is found small, round blackish Seed. The Root is blackish, hard and Woody, with many strings thereat, and abideth many Years.

Place.] It is found in many parts of this Land, in dry grounds and watte green places.

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

Government and Vertues.] It is an Herb of Mercury. A Decoction of the dried Herb with the Seed, or the Juyce of the green Herb taken with Honey, is a Remedy for those that are Purfy or short-winded, or have a Cough, or are fallen into a Consumption, either through long  
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long Sicknes, or thin Distillations of Rheum upon the Lungs. It helpeth to expectorate tough Flegm from the Chest being taken from the Roots of Iris or Orris. It is given to Women to bring down their Courses, to expel their after-birth, and to them that have fore and long Travails; as also to those that have taken Poyson, or are stung or bitten by venomous Serpents. The Leaves used with Honey, purge foul Ulcers, stay running or creeping Sores, and the growing of the Flesh over the Nails. It also helpeth Pains of the Sides. The Juice thereof with Wine and Honey, helpeth to clear the Eye Sight, and snuffed up into the Nostrils purgeth away the Yellow Jaundice, and with a little Oyl of Roses dropped in the Ears, easeth the Pains of them. Galen saith, it openeth Obstructions, both of the Liver and Spleen, and purgeth the Breast and Lungs of Flegm; and used outwardly it both cleanseth and digesteth. A Decoction of Hore-hound (saith *Matthiolus* is available for those that have hard Livers, and for such as have Itches and running Tetter. The Power hereof taken, or the Decoction, killeth Worms. The green Leaves bruised and boiled in old Hogs-grease unto an Ointment, healeth the Bitings of Dogs, abateth the Swellings and Pains that come by any pricking of Thorns, or such like Means; and used with Vinegar, cleanseth and healeth Tetter. There is a Syrup made of Hore-hound to be had at the Apothecaries, very good for old Coughs, to rid the tough Flegm; as also to avoid cold Rheums from the Lungs of old Folks, and for those that are Asthmatick or short winded.

provokes, After-birth,  
Wearines, Poyson, Venomous Beasts, Ulcers, Sides, Eyes, Yellu-  
Jaundice, Ears, Obstructions of the Liver and Spleen, Livers, Itch, Tetter, Worms, Dogs, Bitings, Womens Breasts, Thorns, Asthma's.

Horse-tail.

OF that there are many Kinds; but I shall not trouble you nor my self with any large Description of them; which to do, were but as the Proverb is, *To find a Knot in a Rush.* All the Kinds thereof being nothing else but knotted Rushes,

Rushes, some with Leaves and some without. Take the Description of the most eminent sort as followeth.

*Descript.*] The great Horse-tail at the first springing hath heads somewhat like those of Asparagus, and after grow to be hard, rough hollow stalks, jointed at sundry places up to the top, a Foot high, so made as if the lower parts were put into the the upper, where grow on each side a Bush of small, long Rush-like hard Leaves, each part resembling a Horse-tail from whence it was so called. At the tops of the Stalks, come forth small Catkins, like those of Trees. The Root creepeth under Ground, having Joynts at sundry places.

*Place.*] This (as the most of other sorts hereof) groweth in wet Grounds.

*Time.*] They spring up in April, and their blooming Catkins in July, seeding for the most part in August, and then perish down to the Ground, rising afresh in the Spring.

*Government and Vertues.*] The Herb is belonging to Saturn, yet is very harmless, and excellent good for the things following: Horse tail, the smoother rather than the rough, and the leaved rather than the bare, as most Physical. It is very powerful to stanch bleeding wheresoever, either inward or outward, the Juice or the Decoction thereof being drunk, or the Juice, Decoction, or distilled water applied outwardly.

*Bleeding, Fluxes, Terms stop, Pissing blood, inward Ulcers, Excoriations of the Bladder, Ulcers, Wounds, Ruptures, Dysury, Stone, Strangury, Cough, Inflammations, Pimples, Red Face.*

It stayeth also all sorts of Lasks and Fluxes in Man or Woman, and the Pissing of Blood, and healeth also not only the inward Ulcers, and Excoriation of the Entrails, Bladder, &c. but all other sorts of foul, moist and running Ulcers, and soon sodereth together the tops of green Wounds. It cureth all Ruptures in Children. The Decoction thereof in Wine being drunk, provoketh Urine, and helpeth the Stone and the Strangury; and the distilled Water thereof drunk two or three times in a day, and a small quantity at a time, also easeth the Entrails or Gour, and is effectual against a Cough that comes by Distillation from the Head. The Juice or distilled Water being warmed, and hot Inflammations, Pustules, or red Wheals, and other breakings out in the Skin, being bathed therewith, doth help them; and doth no less ease the swelling Heat and

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and Inflammation of the Fundament, or Privy-parts in Man or Woman.

Housleek or Sengreen.

Both these are so well known unto my Country-men, that I shall not need to write any Description of them.

*Place.*] It groweth commonly on Walls and House-fides, and flowereth in July.

*Government and Vertues.*] It is an Herb of Jupiter, and it's reported by *Mezaldus*, to preserve what it grows upon from Fire and Lightning. Our ordinary Housleek is good for all inward Heats, as well as outward, and in the Eyes, or other parts of the Body; a Posset made with the Juyce of Housleek, is singular good in all hot Agues, for it cooleth and tempereth the Blood and Spirits, and quenchem the

Thirst. And also good to stay all hot defluxions or sharp and salt Rheums in the Eyes, the Juice being dropped into them; or into the Ears, helpeth them. It helpeth also other Fluxes of Humours in the Bowels, and the immoderate Courses of Women. It cooleth and restraineth also all other hot Inflammations, *St. Anthony's Fire*, Scaldings and Burnings, the Shingles, fretting Ulcers, Cankers, Tettors, Ring-worms, and the like; and much easeth the Pain of the Gout proceeding from an hot Cause. The Juice also taketh away Warts and Corns in the Hands or Feet, being often bathed therewith, and the Skin and Leaves being laid on them afterwards. It easeth also the Head-ach and distempered heat of the Brain in Frenzies, or through want of Sleep, being applied to the Temples and Forehead. The Leaves bruised and laid upon the Crown or Seam of the Head, stayeth Bleeding at the Nose very quickly. The distilled Water of the Herb is profitable for all the purposes aforesaid. The Leaves being gently rubbed on any place stung with Nettles or Bees, doth quickly take away the pain.

*Heat, Thirst, Agues, Eyes, Salt Rheums, Ears, Terms stop't, Fluxes, Inflammations, St. Anthony's Fire, Burning, Scaldings, Tettors, Ring-worms, Corns on the Hands and Feet, Head-ach, Frenzy, Watching, Bleeding, Nettles, Bees.*

## Hounds-Tongue.

Descript.] **T**HE great ordinary Hounds Tongue hath many long and somewhat narrow, soft, hairy darkish green Leaves, lying on the Ground, somewhat like unto Bugloss Leaves, from amongst which riseth up a rough hairy Stalk about two Foot high, with some smaller Leaves thereon, and branched at the Tops into divers Parts, with a small Leaf at the Foot of every Branch, which is somewhat long, with many Flowers set along the same, which Branch is crooked or turneth inwards before it flowereth, and openeth by Degrees, as the Flowers do blow, which consist of small purplish red Leaves of a dead Colour, rising out of the Husks wherein they stand with some Threads in the Middle. It hath sometimes a white Flower. After the Flowers are past, there cometh rough flat Seed, with a small Pointle in the Middle easily cleaving to any Garment that it toucheth, and not so easily pulled off again: The Root is black, thick, and long, hard to break and full of a clammy Juice, swelling somewhat strong, of an evil Scent, as the Leaves also do.

Place.] It groweth in moist Places of this Land, in waste Grounds, and untilled Places, by high Way Sides, Lanes, and Hedge Sides.

Time.] It flowereth about May and June, and the Seeds is ripe shortly after.

Government and Virtues. [It is a Plant under the Dominion of Mercury: The Root is very effectually used in Pills as well as the Decoction, or otherwise, to stay all sharp and thin Defluxions of Rheum from the Head into the

Eyes, Nose, Stomach, Eyes or Nose; or upon the Stomach  
Lungs, Shortness of or Lungs, as also for Coughs or Short-  
Breath, Mad - Dogs, ness of Breath. The Leaves boiled in  
Scalding, Burning, He- Wine (saith Dioscorides, but others do  
morrhoids, Wounds, U- rather appoint it to be made with Wa-  
cers, French-Pox. ter, and do add thereto Oil and Salt)

mollifieth or openeth the Belly down-  
wards. It also helpeth to cure the biting of a mad Dog, some of  
the Leaves being also apply'd to the Wound: The Leaves bruis'd,  
or the Juice of them boil'd in Hogs-Lard, and apply'd, helpeth  
in falling away of the Hair, which cometh of hot and sharp  
Humours; as also for any Place that is scalded or burnt; the

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Leaves bruised and laid to any green Wound doth heal it up quickly; the Root baked under the Embers wrapped in Paste, or wet Paper, or in a wet double Cloth, and thereof a Suppository made, and put up into, or apply'd to the Fundament, doth very effectually help the painful Piles or Hæmorrhoids. The distilled Water of the Herbs and Roots is very good to all the Purposes aforesaid, to be us'd as well inwardly to drink as outwardly to wash any sore Places, for it healeth all Manner of Wounds and Punctures, and those foul Ulcers that arise by the French Pox.

Mizaldus adds to this, That the Leaves laid under the Feet, will keep the Dogs from barking at you; Hounds-Tongue, because it ties the Tongues of Hounds; whether it be true or not, I never try'd; yet I cur'd the biting of a mad Dog with this only Medicine.

### Holly, Hohn, or Hulver-Bush.

FOR to describe a Tree so well known is needless.

*Government and Virtues.*] The Tree is really Saturnine. The Berries expel Wind, and therefore are held to be profitable in the Cholick. The Berries have a strong Faculty with them; for if you eat a Dozen of them in the Morning fasting when they are ripe, and not dried they purge the Body of gross and clammy Flegm; but if you dry the Berries, and beat them into Powder, they bind the Body, and stop Fluxes, Bloody Fluxes, and the Terms in Women. The Bark of the Tree, and also the Leaves are excellent good being used in Fomentations for broken Bones, and such Members as are out of Joynt. *Pliny* saith, the Branches of the Tree defend Houses from Lightning, and Men from Witchcraft.

*Expel Wind, Cholick, Flegm, Fluxes, Bloody Fluxes, stops the Terms, Bones broken, Members out of Joynts, Witchcraft.*

strong Faculty with them; for if you eat a Dozen of them in the Morning fasting when they are ripe, and not dried they purge the Body of gross and clammy Flegm; but if you dry the Berries, and beat them into Powder, they bind the Body, and stop

### St. John's-wort.

*Descript.*] Common St. John's-wort shooteth forth brownish, upright, hard, round Stalks, two Foot high, spreading many Branches from the Sides up to the Tops of them, with two small Leaves set one against another at every Place, which are of a deep green Colour, somewhat like the Leaves of the lesser Centaury, but narrower, and full of small

small holes in every Leaf, which cannot be so well perceived, as when they are held up to the Light, at the tops of the stalks and Branches stand yellow Flowers made of five Leaves apiece, with many yellow Threads in the middle, which being bruised, do yield a reddish Juice like Blood; after which come small round Heads, wherein is contained small blackish Seed smelling like Rosin. The Root is hard and woody, with divers strings and fibres at it, and of a brownish Colour, which abideth in the ground many years, shooting anew every Spring.

*Place.*] This groweth in Woods and Copfes, as well those that are shady, as open to the Sun.

*Time.*] They flower about Midsummer, and in July, and their Seed is ripe in the latter end of July or August.

*Government and Vertues.*] It is under the Celestial Sign *Leo*, and under the Dominion of the Sun. It may be, if you meet with a Papist that is an Astrologer, he will tell you St. John made it over to him by a Letter of Attorney, especially if withal he be a Lawyer also. St. John's wort is a singular Wound Herb, as any other whatsoever, either for inward Wounds, Hurts or Bruises,

Wounds, Bruises, Obstructions, Swellings, spitting and vomiting Blood, Venemous Beasts, Dysury, Choler, Agues, Sciatica, Falling sickness, Palsie.

to be boiled in Wine and drunk, or prepared into Oil or Ointment, Bath or Lotion outwardly. It hath Power to open Obstructions, to dissolve Swellings, to close up the Lips of Wounds, and to strengthen the parts that are weak and feeble. The Decoction of the Herb and Flowers but of the Seed especially, in Wine being drunk, or the Seed made in a Powder, and drunk with the Juice of Knot-grass, helpeth all manner of Spitting and Vomiting of Blood, be it by any Vein broken inwardly by Bruises, Falls, or however. The same helpeth those that are bitten or stung by any Venemous Creature and is good for those that are troubled with the Stone in the Kidneys; or that cannot make Water, and being applied, provoketh Womens Courses. Two drams of the Seed of St. John's wort made into Powder, and drunk in a little Broth, doth gently expel Choler, or congealed Blood in the Stomach. The decoction of the Leaves and Seeds being drunk somewhat warm before the fits of Agues, whether they be Tertians, or Quartans, doth alter the fits, and by often using, doth take them quite away. The Seed is much

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much commended, being drunk for forty Days together to help the Sciatica, the Falling-sickness, and the Palsy.

Ivy.

IT is well known to every Child almost to grow in Woods, upon the Trees, and upon the Stone Walls of Churches, Houses, &c. and sometimes to grow alone of itself, tho' but seldom.

*Time.*] It flowereth not until July, and the Berries are not ripe till Christmas, when they have felt Winter-frosts.

*Government and Vertues.*] It is under the Dominion of Saturn.

A Pugil of the Flowers, which may be about a Dram (saith Dioscorides) drunk twice a Day in red Wine, helpeth the Lask, and Bloody-Flux. It is an Enemy to the Nerves and Sinews, being much taken inwardly, but very helpful unto them being outwardly applied. Pliny saith, that the yellow Berries are good against the Jaundice; and taken before one be set to drink hard, preserveth from Drunkenness, and helpeth those that spit Blood. And that the white Berries being taken inwardly, or apply'd outwardly, killeth the Worms in the Belly. The Berries are a singular Remedy to prevent the Plague, as also to free them from it that have got it, by drinking the Berries thereof made into a Powder, for two or three Days together. They being taken in Wine, do certainly help to break the Stone, provoke Urine and Womens Courses. The fresh Leaves of Ivy, boiled in Vinegar, and applied warm to the Sides of those that are troubled with the Spleen, Ach, or Stich in the Sides, doth give much Ease: The same applied with some Rose-Water, and Oil of Roses, to the Temples and Forehead, easeth the Head-ach, tho' it be of long Continuance. The fresh Leaves boiled in Wine, and old filthy Ulcers hard to be cured, washed therewith, doth wonderfully help to cleanse and heal them. It also quickly healeth green Wounds, as also, it is effectual to heal all Burnings and Scalding, and all Kinds of Exulcerations coming thereby, or by salt Flegm or Humours, in other Parts of the Body. The Juice of the Berries or Leaves snuffed up into

Flux, Bloody-Flux, Jaundice, Spitting Blood, Worms, Drunkenness, Pestilence, Swoon, Dysfury, Terms provokes, Spleen, Stich, Head-ach, Ulcers, Wounds, Burnings, Scaldings, Salt, Flegm, Rheum, sore Eyes.