

Ulcers and Sores happening in the Privy Parts of Men and Women. It helpeth all fresh and green Wounds, and speedily healeth them. The Juice dropped into the Ears, cleanseth them being foul, and having running Matter in them.

It is very prevalent for the Premisses; as also for broken Joints and Ruptures.

Ladies-Mantle.

Descript.] It hath many Leaves rising from the Root, standing upon long hairy Foot-stalks, being almost round, but a little cut in on the Edges, into eight or ten Parts more or less, making it seem like a Star, with so many Corners, and Points, and dented round about, of a light green Colour, somewhat hard in handling, and as if it were folded or plaited at first, and then crumpled in divers Places, and a little hairy, as the Stalk is also which riseth up among them to the Height of two or three Foot, with such like Leaves thereon, but smaller, and being weak, is not able to stand upright, but bendeth down to the Ground, divided at the Top into two or three small Branches, with small yellowish green Heads and Flowers of a whitish Colour breaking out of them; which being past, there cometh small yellowish Seed like a Poppy Seed: The Root is somewhat long and black, with many Strings and Fibres thereat.

Place.] It groweth naturally in many Pastures and Woodsides in Hertfordshire, Wiltshire, and Kent, and other Places of this Land.

Time.] It flowereth in May and June, abideth after Seed-time green all the Winter.

Government and Vertues.] Venus claims the Herb as her own. Ladies Mantle is very proper for those Wounds that have Inflammations, and is very effectual to stay Bleeding, Vomitings, Fluxes of all Sorts in Man or Woman, and bruises by Falls or otherwise, and helpeth Ruptures, and such Women or Maids as have over great flagging Breasts; causing them to grow less and hard, being both drunk, and outwardly applied; the distilled Water drunk for twenty Days together helpeth Conception, and to retain the Birth; if the Woman do sometimes also sit in a Bath made of a Decoction of the Herb.

Inflammations, Bleeding, Vomiting, Fluxes, Bruises, Ruptures, flagging Breasts, Barrenness, Women with Child.

It is one of the most singular Wound Herbs that is, and therefore highly priz'd and prais'd by the *Germans*, who use in all Wounds inward and outward, to drink a Decoction thereof, and wash the Wounds wherewith, or dip Tents therein, and put them into the Wounds, which wonderfully dryeth up all Humidity of the Sores, and abateth Inflammations therein. It quickly healeth all green Wounds, not suffering any Corruption to remain behind, and cureth all old Sores, though fistulous and hollow.

Lavender.

BEing an Inhabitant almost in every Garden, it is so well known, that it needeth no Description.

Time.] It flowereth about the End of *June*, and Beginning of *July*.

Government and Vertues.] *Mercury* owns the Herb, and it carries his Effects very potently. Lavender is of special good Use for all the Grievs and Pains of the Head and Brains that proceed of a cold Cause, as the Apoplexy,

Head, Brains, Apoplexy, Falling-sickness, Lethargy, Cramps, Convulsions, Palsie, both dead and shaking, Stomach, Liver, Spleen, Terms provokes, Cholick, Vertigo, loss of Voice, Trembling, Fainting.

Falling-sickness, the drowsie, or sluggish Malady, Cramps, Convulsions, Palsies, and often Faintings. It strengtheneth the Stomach and freeth the Liver and Spleen from Obstructions, provoketh Womens Courses, and expelleth the dead Child and After Birth. The Flowers of Lavender steeped in Wine, helpeth them to make Water that are stopped, or are troubled with the Wind or Cholick, if the

Places be bathed therewith. A Decoction made with the Flowers of Lavender, Hore-hound, Fennel and Asparagus Roots, and a little Cinamon, is very profitably used to help the Falling-sickness, and the Giddiness or turning of the Brain; to gargle the the Mouth with the Decoction thereof, is good against the Tooth-ach. Two Spoonfuls of the distilled Water of the Flower taken, helpeth them that have lost their Voice, as also the Tremblings and Passions of the Heart, and Faintings and Swoonings, not only being drunk, but applied to the Temples, or Nostrils to be smelt unto; but it is not safe to use it where the Body is replete with Blood and Humours, because

of

of the hot and subtile Spirits wherewith it is possessed. The Chymical Oil drawn from Lavedder, usually called Oil of Spike, is of so fierce and piercing Spirits, that it is cautiously to be used, some few Drops being sufficient to be given with other Things, either for inward or outward Grieffs.

Lavender-Cotton.

IT being a common Garden Herb, I shall forbear the Description, only take notice, that it flowereth in June and Ju'y.

Government and Vertues.] It is under the Dominion of Mercury. It resisteth Poison, Putrefaction, and heals the Bitings of Venemous Beasts; A Dram of the Powder of the dried Leaves taken every Morning fasting in any convenient Vehicle, stops the Running of the Reins in Men, and Whites in Women. The Seed being beaten into Powder, and taken as Wormseed, it kills the Worms, not only in Children, but also in People of riper Years; the like doth the Herb it self, being in Milk, and the Milk drunk; the Body bathed with the Decoction of it, helps Scabs and Itch.

Poison, Putrefaction, Venomous Beasts, Running of the Reins, Whites in Women, Worms, Scabs, Itch.

Ladies-Smock, or Cuckoo-Flowers.

Description.] THE Root is composed of many small white Threads, from whence spring up divers long Stalks of winged Leaves, consisting of many round, tender, dark, green Leaves, set one against another upon a middle Rib; the greatest being at the End, amongst which arise up divers tender, weak, round, green Stalks, somewhat streaked, with longer and smaller Leaves upon them; on the Tops of which, stand Flowers, almost like the Stock Gilliflowers, but rounder, and not so long, of a blushing, white Colour; the Seed is reddish, and groweth to small Bouches, being of a sharp, biting Taste, and so hath the Herb.

Place.] They grow in moist Places, and near to Brook-sides.

Time.] They flower in April or May, and the lower Leaves continue green all the Winter.

Government and Vertues.] They are under the Dominion of the Moon, and very little inferior to Water-Cresses in all their

Scurvy, provokes Urine, Stone, Stomach, lost Appetite, Indigestion.

their Operations; They are excellent good for the Scurvy; they provoke Urine, and break the Stone and excellently warm a cold and weak Stomach, restoring lost Appetite, and help Digestion.

Lettuce.

IT is so well known being generally used as a Sallet Herb, that it is altogether needless to write any Description thereof.

Government and Vertues.] The Moon owns them, and that's the Reason they cool and moisten what Heat and Driness Mars causeth, because Mars hath his Fall in Cancer, and they cool the Heart because the Sun rules it, between whom and the Moon is a Reception in the Generation of Man, as you may see in my *Guide for Women*. The Juice of Lettuce mixed or boiled with Oil of Roses, applied to the Forehead and Temples

Watching, Head-ach, Indigestion, Thirst, Milk increaseth, Cholera, Bowels, Lust, Venereous Dreams, Inflammation, Heat of Urine.

procureth Sleep and easeth the Head-ach proceeding of an hot Cause: Being eaten boiled, it helpeth to loosen Belly. It helpeth Digestion, quencherh Thirst, encreaseth Milk in Nurses, easeth griping Pains in the Stomach or Bowels, that come of Cholera. It abated Bodily Lust, represseth Venereous Dreams, being out-

wardly apply'd to the Cods with a little Camphire. Apply'd in the same Manner to the Region of the Heart, Liver or Reins, or by bathing the said Places with the Juice of distilled Water, wherein some white Sanders, or red Roses are put also, it not only represseth the Heat and Inflammations therein, but comforts and strengthens those Parts, and also tempereth the Heat of Urine. Galen adviseth old Men to use it with Spices; and where Spices are wanting, to add Mints, Rochet, and such like hot Herbs, or else Citron, Limon, or Orange-Seeds, to abate the cold of one and Heat of the other. The Seed and distilled Water of the Lettuce work the Effects in all Things; but the Use of Lettuce is chiefly forbidden to those that are short winded, or have any Imperfection in their Lungs, or spit Blood.

Water.

Water-Lilly.

OF these there are two principally noted Kinds, viz. The white and the yellow.

Descript.] The white Lilly hath very large and thick dark green Leaves lying on the Water, sustained by long and thick Foot stalks, that rise from a great, thick, round and long tuberos black Root, spongy or loose, with many Knobs thereon like Eyes, and whitish within; from amidst the which rise other the like thick and great Stalks, sustaining one large great Flower thereon, green on the out-side, but as white as Snow within, consisting of divers Rows of long and somewhat thick and narrow Leaves, smaller and thinner the more inward they be, encompassing a Head with many yellow Threads or Thrums in the Middle, where after they are past, stand round Popply-like Heads, full of broad oily and bitter Seed.

The yellow Kind is a little different from the former, save on'y it hath fewer Leaves on the Flowers, greater and more shining Seed, and a whitish Root, both within and without. The Root of both being somewhat sweet in Taste.

Place.] They are found growing in great Pools, and standing Waters, and sometimes in slow running Rivers, and lesser Ditches of Waters, in sundry Places of this Land.

Time.] They flower most commonly about the End of May, and their Seed is ripe in August.

Government and Vertues.] The Herb is under the Dominion of the Moon, and therefore cools and moistens like the former. The Leaves and Flowers of the Water-Lillies are cold and moist, but the Root and Seeds are cold and dry; the Leaves do cool all Inflammations, *Inflammations, Agues,* both outward and inward Heats of Agues, and so do the Flowers also, either by the Syrup or Conserve: The Syrup helpeth much to procure rest, and to settle the Brains of Frantick Persons, by cooling the hot Distemperature of the Head. *Witching, Frenzy,* The Seed as well as the Root is effectual to stay Fluxes of Blood or Humours, *Flux, Belly, Running,* either of Wounds or of the Belly; but *of the Reins, Venery, Freckles, Spots,* the Roots are most used, some chusing *Sun-burn, Morphew.* the one, and some the other, to be more effectual to cool, bind, and restrain all Fluxes in Man or Woman, as also the Running of the Reins; and the passing

sing away of the Seed when one is asleep; but the frequent Use hereof extinguisheth Venereous Actions; The Root is likewise very good for those whose Urine is hot and sharp, to be boiled in Wine or Water, and the Decoction drank. The distilled Water of the Flowers is very effectual for all the Diseases aforesaid, both inwardly taken, and outwardly applied; and is much commended to take away Freckles, Spots, Sunburn and Morpew from the Face, or other Parts of the Body. The Oil made of the Flower, as Oil of Roses is made, is profitably used to cool hot Tumours, and the Inflammations of Ulcers and Wounds, and to ease the Pains, and help the Sores.

Lilly of the Valley.

Called also *Conval-Lilly*, *Male-Lilly*, and *Lilly Consancy*.
 Descript.] *The Root is small, and creepeth far in the Ground, as Grass Roots do. The Leaves are many, amongst which ariseth up a Stalk half a Foot high, with many white Flowers, like little Bells, with turned Edges, of a strong, though pleasing Smell; the Berries are red, not much unlike those of Sparagus.*

Place.] They grow plentifully upon *Hamshead-Heath*, and many other Places in this Nation.

Time.] They Flower in *May*, and the Seed is ripe in *September*.

Temperature and Vertues.] It is under the Dominion of *Mercury*, and therefore there is no Question to be made but it

<p>Brain, Memory, Inflammations in the Eyes, Pin and Web, lost Speech, Palsie, Apoplexy, Heart, Vital Spirits, Gout.</p>	<p>strengthens the Brain, recruits a weak Memory, and makes it strong again: The distilled Water dropped into the Eyes, helps Inflammations there; as also that Infirmity which they call a Pin and Web: The Spirit of the Flowers distilled in Wine, restoreth lost Speech, helps the Palsie, and is</p>
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exceeding good in the Apoplexy, comforteth the Heart and Vital Spirits. *Gerrard* saith, That the Flowers being close stopped up in a Glass, put into an Ant-Hill, and taken away again a Month after, you shall find a Liquor in the Glass; which being outwardly applied, helps the Gout.

White

White Lillies.

IT were in vain to describe a Plant so commonly known in every one's Garden, therefore I shall not tell you what they are, but what they are good for.

Government and Virtues.] They are under the Dominion of the Moon, and by Antipathy to Mars, expel Poison; they are excellent good in Pestilential Fevers, the Roots being bruised and boiled in Wine, and the Decoction drunk; for it expels the Venom to the exterior Parts of the Body: The Juice of it being tempered with Barley-Meal, baked, and so eaten for ordinary Bread, is an excellent Cure for the Dropsie: An Ointment being made of the Root, and Hog's-Grease, is excellent good for Scald Heads, and unites Sinews when they are cut; besides the Virtue that it hath to cleanse Ulcers, it being of a fine suppurating quality: The Root boil'd in any convenient Decoction, gives speedy Delivery to Women in Travel, and expels the After-birth. The Root roasted and mixed with a little Hogs-grease, makes a gallant Poultis to ripen and break Plague-Sores. The Ointment is excellent good for Swellings in the Privities, and will cure Burnings and Scaldings without a Scar, and trimly deck a bald Place with Hair.

Poison, Pestilential Fevers, Venom, Dropsie, Scald Heads, unites Sinews, Ulcers, After-birth, Plague-sores, Swellings in the Privities, Burnings, Scaldings, Hair restoreth.

Liquoris.

Descript.] **O**UR English Liquoris riseth up with divers woody stalks, whereon are set at several distances many narrow, long green Leaves, set together on both sides of the stalks, and an odd one at the end, very well resembling a young Ash-tree, sprung up from the Seed: This by many years continuance in a place without removing, and not else, will bring forth Flowers, many standing together spike fashion one above another upon the stalk, of the form of Pease blossoms, but of a very pale blue colour, which turn into long, somewhat flat and smooth Cods, wherein is contained small, round, hard seed: The Root running down exceeding deep into the Ground, with divers other small roots and fibres growing with them, and shoot out suckers from the main roots all about, whereby it is much increased

increased, of a brownish Colour on the outside, and yellow within.

Place.] It is planted in Fields and Gardens in divers Places, of this Land, and thereof good profit is made.

Government and Vertues.] It is under the Dominions of Mercury. Liquoris boiled in fair Water, with some Maiden-hair and Figs, maketh a good Drink for those that have a dry Cough or Hoarseness, Wheezing, shortness of Breath, and for all the Grievs of the Breast and Lungs, Ptytick or Consumptions caused by the Distillation of Salt Humours on them. It is also good in all pains of the Reins, the Stranguary and heat of Urine: The fine Powder of Liquoris blown through a Quill into the Eyes, that have a Pin or Web (as they call it) or Rheumatick Distillations into them, doth cleanse and help them: The Juyce of Liquors is as effectual in all the Diseases of the Breast and Lungs, the Reins and the Bladder, as the Decoction. The Juyce dissolved in Rose-water, with some Gum Tragacanth, is a fine licking Medicine for Hoarseness, Wheezing, &c.

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Liver-wort.

Descript.] Common Liver-wort groweth close, and spreadeth much upon the ground in moist and shady places, with many small green Leaves, or rather (as it were) sticking flat one to another, very unevenly cut in on the Edges, and crumpled, from among which arise small slender stalks an Inch or two high at most, bearing small Star-like Flowers at the top; the Roots are very fine and small.

Government and Vertues.] It is under the Dominion of Jupiter, and under the Sign Cancer. It is a singular good Herb for all the Diseases of the Liver, both to cool and cleanse it, and helpeth the Inflammations in any part, and the Yellow Jaundice likewise: being bruised and boiled in small Beer, and drunk, it coolerth the Heat of the Liver and Kidneys, and helpeth the running of the Reins in Men, and the whites in Women.

It is a singular Remedy to stay the spreading of Tetter, Ring-worms, and other fretting and running Sores,

and Scabs, and is an excellent Remedy for such whose Livers are corrupted by Surfeits, which caused their Bodies to break out, for it fortifieth the Liver exceedingly, and makes it impregnable.

Loose-strife, or Willow-herb.

Descript.] **C**ommon yellow Loose-strife, groweth to be four or five Foot high or more, with great round stalks a little crested, diversly branched from the middle of them to the tops, into great and long Branches, on all which at the Joynts there grows long and narrow Leaves, but broader below, and usually two at a joint, yet sometimes three or four, somewhat like Willow Leaves, smooth on the edges, and of a fair green colour from the upper Joynts of the Branches, and at the tops of them also stand many yellow Flowers of five Leaves apiece, with divers yellow threads in the middle, which turn into small round Heads, containing small cornered Seeds; The Root creepeth under ground, almost like Couch grass, but greater, and shooteth up every Spring brownish Heads, which afterwards grow up into stalks. It hath no scent nor taste, but on'y astringent.

Place.] It groweth in many places of this Land in moist Meadows, and by Water-sides.

Time.] It flowereth from June to August.

Government and Vertues.] This Herb is good for all manner of Bleeding, at Mouth or Nose, or Wounds, and all Fluxes of the Belly, and the Bloody Flux, given either to drink, or taken by Clyster; it stayeth also the abundance of Womens Courfes; It is a singular good Wound-Herb for green Wounds, to stay the Bleeding, and quickly close together the Lips of the Wound, if the Herb be bruised, and the Juice only applied. It is often used in Gargles for sore Mouths, as also for the Secret Parts. The Smoak hereof being burned, driveth away Flies and Gnats, which use in the Night-time to molest People inhabiting near Marshes, and in the Fenny Countries.

Bleeding, Flux,
Bloody Flux, Terms
stays, Wounds, Sore
Mouth, Privities,
Gnats.

Loose-strife, with spiked Heads of Flowers.

Descript.] **T**his groweth with many woody square stalks, full of Joynts, about three foot high at least, at every one whereof stand two long Leaves, shorter, narrower,

rower, and a larger green Colour than the former, and some brownish. The stalks are branched into many long stems of spiked Flowers half a foot long, growing in bundles one above another, out of small Husks, very like the spiked heads of Lavender, each of which Flowers have five round pointed Leaves of a purple violet colour, or somewhat inclining to Redness, in which Husks stand small round heads after the Flowers are fallen, wherein is contained small Seed. The Root creepeth under ground like unto the yellow, but is greater than it; and so are the heads of the Leaves when they first appear out of the Ground, and more brown than the other.

Place.] It groweth usually by Rivers, and Ditch-sides in wet Ground, as about the Ditches at and near Lambeth; and in many other places of this Land.

Time.] It flowereth in the Months of June and July.

Government and Virtues.] The Herb is an Herb of the Moon, and under the Sign Cancer; neither do I know a better preserver of the Sight when 'tis well; nor a better Cure of Sore Eyes than Eye-bright, taken inwardly, and this used outwardly; 'tis cold in quality. This Herb is no whit inferior unto the former, it having not only all the Virtues which the former hath, but some peculiar Vertues of its own, found out by Experience; as namely, The distilled Water is a present Remedy for Hurts and Blows on the Eye, and for Blindness, so as the Chrystaline Humour be not perish'd or hurt; and this hath been sufficiently

proved true by the Experience of a Man of Judgment, who kept it long to himself as a great Secret. It cleareth the Eyes of Dust, or any other Thing gotten into them, and preserveth the Sight. It is also very much available against Wounds and Thrusts, being made into an Ointment on this manner; To every Ounce of the Water, add two Drams of May-butter without Salt, and of Sugar and Wax, of each as much also, let them boil gently together. Let Tents dipped in the Liquor that remaineth after it is cold, be put into the Wounds, and the place covered with a Linnen Cloth doubled and anointed with the Ointment; and this is also an approved Medicine. It likewise cleanseth and healeth all foul Ulcers and Sores whatsoever, and stayeth their Inflammations by washing them with the water, and

laying

laying on them a green Leaf or two in the Summer, or dry Leaves in the Winter. This water gargled warm in the Mouth, and sometimes drunk also, doth cure the Quinzie, or King's Evil in the Throat. The said water applied warm, taketh away all Spots, Marks and Scabs in the Skin; and a little of it drunk, quencheth thirst when it is extraordinary.

Lovage.

Descript.] **I**t hath many long and great stalks of large winged Leaves, divided into many parts, like Smallage, but much larger and greater, every Leaf being cut about the edges, broadest forward, and smallest at the stalk, of a sad green colour, smooth and shining; from among which rise up sundry strong, hollow green stalks, five or six foot, yea sometimes seven or eight foot high, full of Joynts, but lesser Leaves set on them than grow below; and with them toward the tops come forth long branches, bearing at their tops large Umbles of yellow Flowers; and after them flat brownish Seed. The Root groweth thick, great and deep, spreading much, and enduring long, of a brownish colour on the outside, and whitish within. The whole plant and every part of it smelling strong and Aromatically, and is of an hot, sharp, biting taste.

Place] It is usually planted in Gardens, where, if it be suffered, it groweth huge and great.

Time.] It flowereth in the end of July, and seedeth in August.

Government and Virtues.] It is an Herb of the Sun, under the Sign Taurus. If Saturn offend the Throat (as he always doth if he be occasioner of the malady, and in Taurus is the Genesis) this is your Cure. It openeth, cureth and digesteth humours, and mightily provoketh

Womens Courses and Urine. Half a dram at a time of the dried Root in Powder taken in Wine, doth wonderfully warm cold Stomach, helpeth Digestion, and consumeth all raw and superfluous Moisture therein; easeth all inward Griplings and Pain, dissolveth Wind and resisteth Poison and Infection. It is a known and much praised Remedy to drink the Decoction of the Herb for any sort of

Humours, Terms provokes, Dysury, Cold Stomach, Indigestion, Wind, Poison, Epidemical Diseases, Agues, Belly-ake, Quinzie, Pleurisie, Spots, Frackles, Boils.

Ague,

Ague, and to help the pains and torments of the Body and Bowels coming of Cold. The Seed is effectual to all the purposes aforesaid (except the last) and worketh more powerfully. The distilled water of the Herb helpeth the Quinzie in the Throat, if the Mouth and Throat be gargled and washed therewith, and helpeth the Pleurisie, being drunk three or four times. Being dropped into the Eyes, it taketh away the redness or dimness of them: It likewise taketh away Spots or Freckles in the Face. The Leaves bruised, and fryed with a little Hogs Lard, and laid hot to any Blotch or Boil, will quickly break it.

Lungwort.

Descript.] **T**his is a kind of Moss that groweth on sundry sorts of Trees, especially Oaks and Beeches, with broad, grayish, tough Leaves diversly folded, crumpled and gashed in on the edges, and some spotted also with many small spots on the upper side. It was never seen to bear any Stalk or Flower at any time.

Government and Vertues.] Jupiter seems to own this Herb. This is of great use with many Physicians to help this Disease of the Lungs, and for Coughs, Wheezings and shortness of Breath, which it cureth both in Man and Beast. It is very profitably put into Lotions that are taken to stay the most Humours that flow to Ulcers, and hinder their healing, as also to wash all other Ulcers in the

Privy parts of a Man or Woman.

It is an excellent Remedy boiled in Beer for broken-winded Horses.

Madder.

Description.] **G**arden Maddder shooteth forth many very long, weak, four-square, reddish Stalks, trailing on the Ground a great way, very rough or hairy, and full of Joints; at every one of those Joints come forth divers long and narrow Leaves, standing like a Star about the Stalks, rough also and hairy, towards the tops whereof come forth many small pale yellow Flowers; after which come small round Heads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the seed. The Root is not very great, but exceeding