

tuberous Clogs; and the Plant groweth not so big in some places as in others where it is found.

Place.] It is frequent almost in every Country of this Land, and is cherished in Gardens with us, where it groweth greater than that which is wild, and groweth in shadowy sides of Fields and Woods.

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

Government and Vertues.] The Moon owns the Herb, and he that knows but her Exaltation, knows what I say is true.

Orpine is seldom used in inward Medicines with us, although *Tragus* saith from Experience in *Germany*, that the distilled Water thereof is profitable for Gnawings or Excoriations in the Stomach or Bow-

Excoriations of Bowels, Ptifick, Womb, Bloody flux, Wounds, Inflammations, Scaldings, Burnings, Quinzie, Ruptures.

els; or for Ulcers in the Lungs, Liver, or other inward Parts, as also in the Matrix, and helpeth all those Diseases, being drunk for certain Days together.

And that it stayeth the sharpness of Humours in the Bloody-flux, and other Fluxes in the Body, or in Wounds. The Root thereof also performeth the like effect. It is used outwardly to cool any Heat or Inflammation upon any Hurt or Wound, and easeth the Pains of them; as also to heal Scaldings or Burnings, the Juice thereof being beaten with some green Sallad-Oil, and anointed. The Leaf bruised, and laid to any green Wound in the Hands or Legs, doth heal them quickly; and being bound to the Throat, much helpeth the Quinzie; it helpeth also Ruptures and Burstenness. If you please to make the Juice thereof into a Syrup with Honey or Sugar, you may safely take a Spoonful or two at a time (let my Author say what he will) for a Quinzie, and you shall find the Medicine more pleasant, and the Cure more speedy, than if you had taken a Dog's-Turd, which is the vulgar Cure.

Parisley.

THis is so well known, that it needeth no Description.

Government and Vertues.] It is under the Dominion of Mercury, and is very comfortable to the Stomach, and helpeth to provoke Urine and Womens Courses, and to break Wind both in the Stomach and Bowels, and doth a little open the Body, but the Root much more; and openeth Obstructions both of Liver and Spleen, and is therefore accounted one of the five opening Roots. Galen commended it against the Falling-sickness, and to provoke Urine mightily, especially if the Roots be boiled and eaten like Parsnips. The Seed is effectual to provoke Urine and Womens Courses, to expel Wind, to break the Stone and easeth the Pains and Torments thereof, or of any other part in the Body occasion'd by Wind. It is also effectual against the Venom of any poysonous Creature, and the danger that cometh to them that have taken Lithargy; and is as good against the Cough. The distilled Water of Parsley is a familiar Medicine with Nurses to give their Children when they are troubled with Wind in the Stomach or Belly, which they call the Frets; and is also much available to them that are of greater Years. The Leaves of Parsley laid to Eyes that are inflamed with Heat, or swoln, doth much help them, if it be used with Bread or Meal; and being fried with Butter, and applied to Womens Breasts that are hard through the Curdling of their Milk, it abateth the Hardness quickly, and also it taketh away black and blue Marks coming of Bruises or Falls. The Juice thereof dropped into the Ears with a little Wine, easeth the Pains. *Tragus* setteth down an excellent Medicine to help the Jaundice and Falling sickness, the Dropsie, and Stone in the Kidnies, in this manner: Take of the Seed of Parsley, Fennel, Annise and Carraways, of each an Ounce; of the Roots of Parsly, Burnet, Saxifrage, and Carraways, of each an Ounce and a half; let the Seeds be bruised, and the Roots washed and cut small. Let them lie all Night in steep in a Bottle of White-wine, and in the Morning be boiled in a close earthen Vessel until a third part or more be wasted, which being strained and cleared, take four Ounces thereof Morning and Evening first and last, abstain-

Stomach, Disury, Terms provokes, Liver, Spleen, falling sickness, stone, wind, venomous Beasts, Cough, Sucking Children, Eyes, Womens Breasts, curdled Milk, black and blue Marks, Jaundice, Falling-sickness, Dropsie.

Obstructions of Liver and Spleen. ing from drink after it for three Hours. This openeth Obstructions of the Liver and Spleen, and expelleth the Dropsie and Jaundice by Urine.

Parsly-Piert, or Parsly Break-stone.

Descript.] THE Root, although it be very small and thready, yet it continues many years, from whence arise many leaves lying along on the Ground, each standing upon a long small Foot Stalk, the leaves as broad as a Man's Nail, very deeply dented on the edges, somewhat like a Parsly-leaf, but of a very dusky green colour. The stalks are very weak and slender, about three or four Fingers in length, set so full of leaves, that they can hardly be seen, either having no Foot stalk at all, or but very short; the Flowers are so small, they can hardly be seen, and the Seed as small as may be.

Place.] It is a common Herb throughout the Nation, and rejoiceth in barren, sandy, moist places. It may be found plentifully about *Hamstead-Heath, Hide-Park,* and in *Tuttle-Fields.*

Time.] It may be found all the Summer-time, even from the beginning of *April* to the end of *October.*

Government and Vertues.] Its Operation is very prevalent to provoke Urine, and to break the Stone. It is a very good Sallet-Gravel in the Kidneys, *Strangury.* It were good the Gentry would pickle it up as they pickle up *Samphire* for their use all the

Winter. I cannot teach them how to do it; yet this I can tell them, it is a very wholesome Herb. They may also keep the Herb dry, or in a Syrup if you please. You may take a Dram of the Powder of it in *White-Wine,* it would bring away Gravel from the Kidneys insensibly and without Pain. It also helps the *Strangury.*

Parstnip.

THE Garden-kind thereof is so well known, (the Root being commonly eaten) that I shall not trouble you with any Description of it. But the wild kind being of more Physical use, I shall in this place describe it unto you.

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Descript.] The wild Parsnip differeth little from the Garden, but groweth not so fair and large, nor hath so many leaves; and the Root is shorter, more woody, and not so fit to be eaten, and therefore most medicinal.

Place.] The name of the first sheweth the place of its growth.

The other groweth wild in divers places, as in the Marshes by Rochester, and elsewhere, and flowereth in July; the Seed being ripe about the beginning of August, the second Year after the sowing; for if they do flower the first Year, the Country People call them Madneps.

Government and Vertues.] The Garden-Parsnips are under Venus. The Garden-Parsnip nourisheth much, and is good and wholesom Nourishment, but a little windy, whereby it is thought to procure bodily Lust; but it fat-

Lust provokes, Dysury, Cleanse, Open, Venomous, Beasts, Cholick.

teneth the Body much, if much used. It is conducible to the Stomach and Reins, and provoketh Urine. But the wild Parsnip hath a cutting, attenuating, cleansing and opening quality therein: It resisteth and helpeth the Bitings of Serpents, easeth the Pains and Stitches in the Sides, and dissolveth Wind both in the Stomach and Bowels, which is the Cholick and provoketh Urine. The Root is often used, but the Seed much more. The wild being better than the tame, shews Dame Nature to be the best Physician.

Cow-Parsnip.

Descript.] THIS groweth with three or four large, spread, winged, rough Leaves, lying often on the Ground, or else raised a little from it, with long, round, hairy foot-stalks under them, parted usually into five divisions, the two couples standing each against other; and one at the end, and each leaf being almost round, yet somewhat deeply cut in on the edges in some leaves and not so deep in others, of a whitish green colour, smelling somewhat strongly; among which ariseth up a round crusted, hairy stalk, two or three foot high, with a few Joints and Leaves thereon, and branched at the top, where stand large umbles of white, and sometimes reddish Flowers, and after them flat, whitish, thin, winged Seed, two always joined together. The Root is long and white, with two or three long Strings grow-

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ing down into the Ground, smelling likewise strongly, and unpleasant.

Place.] It groweth in moist Meadows, and the Borders and Corners of Fields, and near Ditches generally through this Land.

Time.] It flowereth in July, and seedeth in August.

Government and Vertues.] Mercury hath the Dominion over them. The Seed thereof, as Galen saith, is of a sharp and cutting quality, and is therefore a fit Medicine for the Cough,

Cough, difficulty of Breath, Falling-sickness, Jaundice, Fistula, Phlegm, Liver, Mother, Lethargy, Frenzy, Head-ach, Scabs, Shingles,

and shortness of Breath, the Falling-sickness and the Jaundice. The Root is available to all the Purposes aforesaid, and is also of great use to take away the hard Skin that groweth on a Fistula, if it be but scraped upon it. The Seed hereof

being drunk, cleanseth the Belly from tough phlegmatick Matters therein, easeth them that are Liver-grown, Womens Passions of the Mother, as well being drunk as the Smoke thereof received underneath, and likewise raiseth such as are fallen into a deep Sleep, or have the Lethargy, by burning it under their Nose. The Seed and Root boiled in Oyl, and the Head rubbed therewith, helpeth not only those that are fallen into a Frenzy, but also the Lethargy or Drowsy Evil, and those that have been long troubled with the Head-ach, if it be likewise used with Rue. It helpeth also the Running Scab and the Shingles. The Juice of the Flowers dropped into the Ears that run and are full of Matter, cleanseth and healeth them.

The Peach-Tree.

Descript.] A Peach-Tree groweth not so great as the Apricock Tree, yet spreadeth Branches reasonable well, from whence spring smaller reddish twigs, whereon are set long and narrow green Leaves, dented about the Edges. The Blossoms are greater than the Plum, and of a light purple Colour; the Fruit round, and sometimes as big as a reasonable Pippin, others smaller, as also differing in Colours, and Taste, as russet, red or yellow, waterish or firm, with a Frieze or Cotton all over, with a Cleft therein like an Apricock, and a rugged furrowed great Stone within it, and a bitter Kernel within the Stone: It sooner waxeth old and decayeth, than the Apricock by much.

Place.]

Place.] They are nursed in Gardens and Orchards through this Land.

Time.] They flower in the Spring, and fructify in Autumn.

Government and Vertues.] Lady *Venus* owns this Tree, and by it opposeth the ill Effects of *Mars*, and indeed for Children and young People nothing is better to purge Choler and the Jaundice, than the Leaves and Flowers of this Tree being made into a Syrup or Conserve; let such as delight to please their Lust regard the Fruit; but such as have lost their Health, and their Childrens, let them regard what I say; they may safely give two Spoonfuls of the Syrup at a time; 'tis as gentle as *Venus* her self. The Leaves of Peaches bruised and laid on the Belly, kill

Worms; and so they do also being boiled in Ale and drunk, and open the Belly likewise; and being dried is a safe Medicine to discuss Humours.

The Powder of them strewed upon fresh bleeding Wounds stayeth their bleeding, and closeth them up. The Flowers steeped all Night in a little Wine standing warm, strained forth in the Morning, and drunk fasting, doth gently open the Belly, and move it downward. A Syrup made of them, as the Syrup of Roses is made, worketh more forcibly than that of Roses, for it provoketh Vomiting, and sendeth waterish and hydropick Humours by the continuance thereof. The Flowers made into a Conserve, worketh the same effect. The Liquor that dropped from the Tree, being wounded, is given in the Decoction of Coltsfoot, to those that are troubled with the

Cough or Shortness of Breath, by adding thereunto some sweet Wine, and putting some Saffron also therein; it is good for those that are hoarse or have lost their Voice. Helpeth all

Defects of the Lungs, and those that vomit and spit Blood. Two Drams thereof given in the Juice of Lemons, or of Radish, is good for them that are troubled with the Stone. The Kernels of the Stones do wonderfully ease the Pains and Wringings of the Belly, through Wind or sharp Humours, and help to make an excellent Medicine for the Stone upon all Occasions, on this manner: I take Fifty Kernels of Peach-stones, and One Hundred of the Kernels of Cherry-stones, a handful

Worms, Belly opens, Humours, Wounds.

Dropse, Cough, Shortness of Breath, Vomiting and Spitting of Blood, Stone, Wind, Cholick.

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of Elder-Flowers fresh or dried, and three Pints of Muscadel; set them in a close Pot, into a Bed of Horse-dung for ten days, which after distil in a Glass with a gentle Fire, and keep it for your use: You may drink upon occasion three or four Ounces at a time. The Milk or Cream of these Kernels being drawn forth with some Vervain-water, and applied to the Forehead and Temples, doth much help to procure Rest and Sleep to sick Persons wanting it. The Oil drawn from the Kernels, the Temples being therewith anointed, doth the like. The said Oil put into Clysters, easeth the Pains of the Wind-Cholick; and anointed on the lower part of the Belly, doth the like, and dropped into the Ears, easeth the Pains in them; the Juice of the Leaves doth the like. Being also anointed on the Forehead and Temples, it helpeth the Megrin and all other Pains in the Head. If the Kernels be bruised and boiled in Vinegar until they become thick, and applied unto the Head, it marvelously procures the Hair to grow again upon bald places, or where it is too thin.

The Pear-Tree.

Pear-Trees are so well known, that they need no Description.

Government and Vertues.] The Tree belongs to Venus, and so doth the Apple-Tree. For their Physical Use they are best discerned by their Taste. All the sweet and luscious sorts, whether manured or wild, do help to move the Belly downwards more or less. Those that are hard and sower, do on the contrary bind the Belly as much, and the Leaves do so also: Those that are moist do in some sort cool, but harsh or wild sorts much more, and are very good in repelling Medicines, and if the wild sort be boiled with Mushrooms, it maketh them the less dangerous. The said Pears

Mushrooms, Stomach, Inflammations, Cool, Bind, Wounds.

boiled with a little Honey, help much the oppressed Stomach, as all sorts of them do, some more, some less; but the harsher sorts do more cool and bind, serving well to be bound to green Wounds, to cool and stay the Blood, and to heal up the Wound without further Trouble or Inflammation, as Galen saith he hath found

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found by experience. The wild Pears do sooner close up the Lips of green Wounds than others.

Schola Salerni adviseth to drink much Wine after Pears, or else (say they) they are as bad as Poison; nay, and they curse the Tree for it too; but if a poor Man find his Stomach oppressed by eating Pears, 'tis but working hard, and it will do as well as drinking Wine.

Pellitory of Spain.

COMMON Pellitory of Spain, if it be planted in our Gardens, it will prosper very well; yet there is one sort growing ordinarily here wild, which I esteem to be little inferior to the other, if at all. I shall not deny you the Description of them both.

Descript] Common Pellitory is a very common Plant, and will not be kept in our Gardens without diligent looking to. The Root goes down right into the Ground, bearing Leaves, being long and finely cut upon the stalk, lying upon the Ground, much larger than the Leaves of Camomel are. At the top it bears one single large Flower at a place, having a border of many Leaves, white on the upper side, and reddish underneath, with a yellow Thrum in the middle, not standing so close as that of Camomel doth.

The other common Pellitory which groweth here hath a Root of a sharp biting taste, scarce discernible by the taste from that before described, from whence arise divers brittle Stalks, a yard high and more, with narrow long Leaves finely dented about the edges, standing one above another up to the tops. The Flowers are many and white, standing in Tufts like those of Yarrow, with a small yellowish Thrum in the middle. The Seed is very small.

Place.] The last groweth in Fields by the Hedge-sides and Paths, almost every where.

Time.] It flowereth at the latter end of June and in July.

Government and Vertues.] It is under the Government of Mercury, and I am perswaded it is one of the best Purgers of the Brain that grows. An Ounce of the Juice taken in a Draught of Muskadel an hour before the Fit of the Ague comes, will assuredly drive away the Ague at the second or third time

Brain purgeth, Agues, phlegmatick Humours, Head, Teeth, Distillations of the Brain on the Lungs and Eyes, Coughs, Ptyfick, Con-

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sumptions, Apoplexy, Falling-sickness, Lethargy, Sneezing, Head-ach, black and blue Spots, Gout, Sciatica.

taking at the furthest. Either the Herb or Root dried and chewed in the Mouth, purgeth the Brain or phlegmatick Humours; thereby not only easing Pains in the Head and Teeth, but also hindreth the Distilling of the Brain upon the Lungs and Eyes, thereby preventing Coughs, Ptyticks and Consumption, the Apoplexy and Falling-sickness. It is an excellent approv'd Remedy in the Lethargy. The Powder of the Herb or Root being insuffed up the Nostrils, procureth Sneezing, and easeth the Head-ach; being made into an Ointment with Hogs-grease, it takes away Black and Blue Spots occasion'd by Blows or Falls, and helps both the Gout and Sciatica.

Pellitory of the Wall.

Descript] *It riseth with many brownish, red, tender, weak, clear, and almost transparent Stalks, about two Foot high, upon which grow at the several Joints two Leaves somewhat broad and long, of a dark green Colour, which afterwards turn brownish, smooth on the Edges, but rough and hairy, as the Stalks are also. At the Joints with the Leaves from the middle of the Stalks upwards, where it spreadeth into some Branches, stand many small, pale, purplish Flowers in hairy rough Heads, or Husks, after which come small black and rough Seed, which will stick to any Cloth or Garment that shall touch it. The Root is somewhat long, with many small Fibres thereat, of a dark reddish Colour, which abideth the Winter, altho' the Stalks and Leaves perish, and spring every Year.*

Place.] It groweth wild generally through the Land, about the Borders of Fields, and by the sides of Walls, and among Rubbish. It will endure well being brought up in Gardens, and planted on the shady Side, where it will spring of its own sowing.

Time.] In flowereth in June and July, and the Seed is ripe soon after.

Government and Vertues.] It is under the Dominion of Mercury. The dried Herb Pellitory made up into an Electuary with Honey, or the Juice of the Herb, or the Decoction thereof made up with Sugar or Honey, is a singular Remedy for an old or dry Cough, the shortness of Breath, and wheezing in the Throat. Three Ounces of the

the Juice thereof taken at a time doth wonderfully help stopping of the Urine, and to expel the Stone or Gravel in the Kidneys or Bladder, and is therefore usually put among other Herbs used in Clysters to mitigate Pains in the Back, Sides, or Bowels, proceeding of Wind, stopping of Urine, the Gravel or Stone, as aforesaid. If the bruised Herb, sprinkled with some Muskadel, be warmed upon a Tile, or in a Dish upon a few quick Coals in a Chafing-Dish, and applied to

Old or dry Coughs, shortness of Breath, Stone and Gravel, Mother, Womens Courses, Obstructions, sore Throat, Teeth, Freckles, Wheals, Sun-burn, Morpew, Pains in the Ears, Imposhumes, Burnings, and Scaldings, Inflammations, Ulcers, Scabs, falling off the Hair, Piles, Gout, Fistula's, green Wounds, bruised Tendons or Muscle.

the Belly, it worketh the same effect. The Decoction of the Herb being drunk, easeth Pains of the Mother, and bringeth down Womens Courses: It also easeth those Grievs that arise from Obstructions of the Liver, Spleen and Reins. The same Decoction, with a little Honey added thereto, is good to gargle a sore Throat. The Juice held a while in the Mouth, easeth Pains in the Teeth. The distilled Water of the Herb drank with some Sugar, worketh the same Effects, and cleanseth the Skin from Spots, Freckles, Purples, Wheals, Sunburn, Morpew, &c. The Juice dropped into the Ears, easeth the Noise in them, and taketh away the pricking and shooting Pains therein: The same, or the distilled Water, asswageth hot and swelling Imposhumes, Burnings and Scaldings by Fire or Water; as also all other hot Tumours and Inflammations, or Breakings out of Heat, being bathed often with wet Cloths dipped therein. The said Juice made into a Liniment with Cerus, and Oil of Roses, and anointed therewith, cleanseth foul rotten Ulcers, and stayeth spreading or creeping Ulcers, and running Scabs or Sores in Childrens Heads; and helpeth to stay falling of the Hair from off the Head. The said Ointment, or the Herb applied to the Fundament, openeth the Piles, and easeth their Pains; and being mixed with Goats-Tallow, helpeth the Gout; the Juice is very effectual to cleanse Fistula's, and to heal them up safely; or the Herb it self bruised and applied with a little Salt. It is likewise so effectual to heal any green

Wound,

Wound, that if it be bruised and bound thereto for three days, you shall need no other Medicine to heal it further. A Pultis made hereof with Mallows, and boiled in Wine, with Wheat-Bran and Bean-Flower, and some Oil put thereto, and applied warm to any bruised Sinew, Tendon, or Muscle, doth in a very short time restore them to their strength, taking away the Pains of the Bruises, and dissolveth the congealed Blood coming of Blows, or falls from high Places.

The Juice of Pellitory of the Wall clarified and boiled into a Syrup with Honey, and a spoonfull of it drunk every Morning by such as are subject to the Dropsie; if continuing that Course, though but once a Week, if ever they have the Dropsie, let them come but to me, and I will cure them *Gratis*.

Penny-Royal.

Penny-Royal is so well known unto all, I mean the common kind, that it needeth no Description.

There is a greater kind than the ordinary sort found wild with us, which so abideth being brought into Gardens, and differeth not from it, but only in the largeness of the Leaves and Stalks, in rising higher, and not creeping upon the Ground so much. The Flowers whereof are purple, growing in Rundles about the Stalks like the other.

Place.] The first, which is common in Gardens, groweth also in many moist and watry places of this Land.

The second is found wild in *Eff. &* in divers places by the High-ways from *London* to *Colchester*, and thereabouts, more abundantly than in any other Countries, and is also planted in their Gardens in *Essex*.

Time.] They flower in the latter end of Summer, about *August*.

Government and Vertues.] The Herb is under *Venus*. *Dioscorides* saith, that Penny-Royal maketh thin tough Phlegm,

Tough Phlegm, Terms provoked, Dead Child, and After-birth, Vomiting, Melancholy, Venomous Beasts, Fainting and Swooning, Gums, Gout, Marks in the

warmeth the coldness of any part whereto it is applied, and digesteth raw or corrupt Matter: Being boiled and drunk, it provoketh Womens Courses, and expelleth the dead Child and After-birth, and stayeth the Disposition

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to Vomit being taken in Water and Vinegar mingled together. And being mingled with Honey and Salt, it avoideth Phlegm out of the Lungs, and purgeth Melancholly by the Stool. Drunk with Wine, it helpeth such as are bitten or stung with venomous Beasts, and applied to the Nostrils with Vinegar, reviveth those that are fainting and swooning. Being dried and burnt, it strengtheneth the Gums. It is helpful to those that are troubled with the Gout, being applied of it self to the place until it was red, and applied in a Plaister, it takes away Spots or Marks in the Face; applied with Salt, it profiteth those that are Splenetick or Liver-grown. The Decoction doth help the Itch, if washed therewith; being put into Baths for Women to sit therein, it helpeth the swelling and hardness of the Mother. The green Herb bruised and put into Vinegar, cleanseth foul Ulcers, and taketh away the Marks of Bruises and Blows about the Eyes, and all Discolourings of the Face by Fire, yea, and the Leprosy, being drunk and outwardly applied: Boiled in Wine with Honey and Salt, it helpeth the Tooth-ach. It helpeth the cold Grievs of the Joints, taking away the pains, and warmeth the cold part, being fast bound to the place after a bathing, or sweating in an Hot-house. *Pliny* addeth, that Penny-Royal and Mints together help Faintings and Swoonings, being put into Vinegar, and put into the Nostrils to be smell'd unto, or a little thereof put into the Mouth. It easeth the Head-aches, and the Pains of the Breast and Belly, stayeth the gnawing of the Stomach, and inward Pains of the Bowels: Being drank in Wine, it provoketh Womens Courses, and expelleth the dead Child, and After-birth: Being given in Wine, it helpeth the Falling-sickness: Put into unwholesome or stinking Water that Men must drink, (as at Sea, or where other cannot be had) it makes them the less hurtful: It helpeth Cramps or Convulsions of the Sinews, being applied with Honey, Salt, and Vinegar. It is very effectual for the Cough, being boiled in Milk and drunk, and for Ulcers and Sores in the Mouth. *Matthiolus* saith, The Decoction thereof being drunk, helpeth the Jaundice and
Dropsie,

Dropſie, and all Pains of the Head and Sinews that come of a cold Cauſe; and that it helpeth to clear and quicken the Eye-ſight. Applied to the Noſtrils of thoſe that have the Falling-ſickneſs or the Lethargy, or put into the Mouth, it helpeth them much, being bruifed, and with Vinegar applied. And applied with Barly-meal, it helpeth Burnings by Fire, and put into the Ears, eaſeth the Pains of them.

Peony, Maſc. & Fæmin.

Deſcript.] **M**ale Peony riſeth up with many browniſh Stalks, whereon grow many fair green, and ſometimes reddiſh Leaves, one ſet againſt another, upon a Stalk without any particular Diſiſion in the Leaf at all. The Flowers ſtand at the top of the Stalks, conſiſting of five or ſix broad Leaves, of a fair purpliſh red colour, with many yellow threads in the middle ſtanding about the Head, which after riſeth up to be the Seed-Veſſels, divided into two, three or four rough crooked Pods like Horns, which being full ripe, open and turn themſelves down one edge to another backward, ſhewing within them divers round, black ſhining Seeds; having alſo many red or crimſon Grains, intermixed with Black, whereby it maketh a very pretty ſhew. The Roots are great, thick and long, ſpreading and running down reaſonable deep in the Ground.

The ordinary Female Peony hath many Stalks, and more Leaves on them than the Male; the Leaves not ſo large, but nicked di- verſly on the Edges, ſome with great and deep, other with ſmaller cuts and diſiſions, of a dark or dead green colour. The Flowers are of a ſtrong heady Scent, moſt uſually ſmaller, and of a more purple colour than the Male; with yellow Thrums about the Head as the Male hath. The Seed-Veſſels are like Horns as in the Male, but ſmaller; the Seed alſo is black, but leſs ſhining. The Roots conſiſt of many thick and ſhort tuberous Clogs, faſten'd at the end of long ſtrings, and all from the Heads of the Root, which is thick and ſhort, and of the like ſcent with the Male.

Place and Time.] They grow in Gardens, and flower uſually about May.

Government and Vertues.] It is an Herb of the Sun, and under the Lion. Phyſicians ſay, Male-Peony Roots are beſt; but Dr. Reaſon told me, Male-Peony was beſt for Men, and Female-Peony for Women, and he deſires to be judg'd by his Brother Dr. Experience. The Roots are held to be of
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more Vertue than the Seed; next the Flowers, and last of all the Leaves. The Root of the Male-Peony, fresh gather'd, having been found by Experience to cure the Falling-sickness; but the surest way *Falling-sickness.* is (besides hanging it about the Neck, by which Children have been cur'd) to take the Root of the Male-Peony washed clean, and stamped somewhat small, and laid to infuse in Sack for 24 Hours at the least; after strain it, and take it first and last, Morning and Evening, a good Draught for sundry Days together, before and after a Full Moon; and this will also cure older Persons, if the Disease be not grown too old and past Cure, especially if there be a due and orderly preparation of the Body with Posset-drink made of Bittony, &c. The Root is also effectual for Women that are not sufficiently cleansed after Child-birth, and such as are troubled with the Mother; for which likewise *Women not cleansed in Child-birth, Mother, Ephialtes or the Night-mare,* the black Seed beaten to Powder, *Melancholick Dreams.* and given in Wine, is also available. The black Seed also taken before Bed-time, and in the Morning, is very effectual for such as in their Sleep are troubled with the Disease called *Ephialtes* or *Incumbus*; but we do commonly call it the *Night-Mare*, a Disease which melancholy Persons are subject unto: It is also good against melancholy Dreams. The distilled Water or Syrup made of the Flowers, worketh the same Effects that the Root and Seed do, altho' more weakly. The Female is often used for the Purposes aforesaid, by reason the Male is so scarce a Plant, that it is possessed by few, and those great Lovers of Rarities in this kind.

Pepper-wort, or Dittander.

Descript.] **O**UR common Pepper-wort sendeth forth somewhat long and broad Leaves, of a light, bluish, greenish Colour, finely dented about the edges, and pointed at the ends, standing upon round hard Stalks, three or four Foot high, spreading many Branches on all sides, and having many small white Flowers at the tops of them; after which follow small Seed in small heads. The Root is slender, running much under Ground, and shooting up again in many Places, and both Leaves and Roots are very hot and sharp of taste, like Pepper, for which cause it took the Name.

Place.]

Place.] It groweth naturally in many places of this Land, as at *Clare* in *Essex*; also near unto *Exeter* in *Devonshire*; upon *Rochester Common* in *Kent*; in *Lancashire*, and divers other Places; but usually kept in Gardens.

Time.] It flowereth at the end of *June*, and in *July*.

Government and Vertues.] Here's another Martial Herb for you, make much of it. *Pliny* and *Paulus Aegineta* say, That *Pepper-wort* is very

Sciatica, Gout, Joints pained, Discolourings of the Skin, Marks and Scars by Burning, Speedy Delivery.

successful for the *Sciatica*, or any other *Gout* or *Pain* in the *Joints*, or any other inveterate *Grief*: The *Leaves* hereof to be bruised, and mixed with old *Hogs-grease*, and applied to the place, and to continue thereon four *Hours* in

Men, and two *Hours* in *Women*, the place being afterwards bathed with *Wine* and *Oil* mixed together, and then wrapped with *Wool* or *Skins* after they have sweat a little. It also amendeth the *Deformities* or *Discolourings* of the *Skin*, and helpeth to take away *Marks*, *Scars* and *Scabs*, or the foul *Marks* of burning with *Fire* or *Iron*. The *Juice* hereof is in some us'd to be given in *Ale* to drink to *Women* with *Child*, to procure them a speedy *Delivery* in *Travel*.

Perwinkle.

Descript.] **T**HE common sort hereof hath many *Branches* trailing or running upon the *Ground*, shooting out small *Fibres* at the *Joints* as it runneth, taking thereby hold in the *Ground*, and rooteth in divers places. At the *Joints* of these *Branches* stand two small, dark green, shining *Leaves*, somewhat like *Bay-leaves*, but smaller, and with them come forth also the *Flowers* (one at a *Joint*, standing upon a tender *Foot-stalk*) being somewhat long and hollow, parted at the *Brim* sometimes into four, sometimes into five *Leaves*: The most ordinary sort are of a pale blue colour; some are pure white, and some of a dark reddish purple colour. The *Root* is little bigger than a *Rush*, bushing in the *Ground*, and creeping with his *Branches* far about, whereby it quickly possesseth a great *Compass*, and is therefore most usually planted under *Hedges*, where it may have room to run.

Place.] Those with the pale blue, and those with the white *Flowers*, grow in *Woods*, and *Orchards*, by the *Hedges*

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Hedge-fides, in divers places of this Land; but those with the purple Flowers in Gardens only.

Time.] They flower in *March* and *April*.

Temperature and Vertues.] *Venus* owns this Herb, and saith, That the Leaves eaten by Man and Wife together, cause Love between them. The Perwinkle is a great Binder, stayeth Bleeding both at Mouth and Nose, if some of the Leaves be chewed. The *French* use it to stay Womens Courses, *Dioscorides*, *Galen*, and *Aegineta*, commend it against the Lasks, and Fluxes of the Belly, to be drunk in Wine.

St. Peter's-Wort.

[If Superstition had not been the Father of Tradition, as well as Ignorance the Mother of Devotion, this Herb (as well as *St. John's-Wort*) had found some other Name to be known by; but we may say of our Forefathers, as *St. Paul* of the *Athenians*, I perceive that in many things you are too superstitious. Yet seeing it is come to pass, That Custom having got in Possession, pleads Prescription for the Name; I shall let it pass, and come to the Description of the Herb, which take as followeth.

Descript.] It riseth up with square upright Stalks for the most part, somewhat greater and higher than *St. John's-Wort*, (and good Reason too, *St. Peter* being the greater Apostle, (ask the Pope else); for tho' God would have the Saints equal, the Pope is of another Opinion) but brown in the same manner, having two Leaves at every Joint, somewhat like, but larger than *St. John's-Wort*, and a little rounder-pointed, with few or no holes to be seen therein, and having sometimes some smaller Leaves rising from the Bosom of the greater, and sometimes a little hairy also. At the tops of two stalks stand many Star-like Flowers, with yellow Threads in the middle, very like those of *St. John's-Wort*, in so much that this is hardly discerned from it, but only by the largeness and height, the Seed being alike also in both. The Root abideth long, sending forth new Shoots every Year.

Place.] It groweth in many Groves and small low Woods, in divers Places of this Land, as in *Kent*, *Huntingdon*, *Cambridge*, and *Northamptonshire*; as also near Water-courses in other places.

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

Government and Vertues] There is not a Straw to chuse between this and St. *John's-Wort*, only St. *Peter* must have it, lest he should want Pot-herbs: It is of the same Property of St. *John's Wort*, but somewhat weak, and therefore more seldom used. Two Drams of the Seed

Cholerick Humours, Sciatica, Burnings.

taken at a time in Honied Water, purgeth Cholerick Humours, (as saith *Dioscorides, Pliny, and Galen*)

and thereby helpeth those that are troubled with the *Sciatica*. The Leaves are used as St. *John's-Wort*, to help those Places of the Body that have been burnt with Fire.

Pimpernel.

Descript.] **C**ommon Pimpernel hath divers, weak, square Stalks lying only on the Ground, beset all with two small and almost round Leaves at every Joint, one against another, very like Chickweed, but hath no Foot-stalks; for the Leaves, as it were, compass the Stalks: The Flowers stand singly each by themselves at them and the Stalks, consisting of five small round-pointed Leaves, of a pale red colour, tending to an Outrage, with so many Threads in the middle, in whose places succeed smooth round Heads, wherein is contained small Seed. The Root is small and fibrous, perishing every Year.

Place.] It groweth every where almost, as well in the Meadows and Corn-fields, as by the Way-sides, and in Gardens arising of itself.

Time.] It flowereth from May until August, and the Seed ripeneth in the mean time, and falleth.


Government and Vertues.] It is a gallant Solar Herb. This is of a cleansing attractive quality, whereby it draweth forth Thorns or Splinters, or other such-like things gotten into the Flesh; and put up into the Nostrils, purgeth the Head; and *Galen* saith also, they have a drying Faculty, whereby they are good to soder the Lips of Wounds, and to cleanse foul Ulcers. The distilled Water or Juice is much esteemed by *French Dames*

to

to cleanse the Skin from any Roughness, Deformity, or Discolourings thereof; being boiled in Wine, and given to drink, it is a good Remedy against the Plague and other Pestilential Fevers, if the Party after taking it lie warm in his Bed, and sweat for two Hours after, and use the same for twice at least. It helpeth also all Stingings and Bitings of venomous Beasts or mad Dogs, being used inwardly and applied outwardly. The same also openeth Obstructions of the Liver, and is very available against the Infirmities of the Reins: It provoketh Urine, and helpeth to expel the Stone and Gravel out of the Kidneys and Bladder, and helpeth much in all inward Pains and Ulcers. The Decoction, or distilled Water, is no less effectual to be applied to all Wounds that are fresh and green, or old filthy fretting and runing Ulcers, which it very effectually cureth in a short space. A little mix'd with the Juice and dropped into the Eyes, cleanseth them from cloudy Mists, or thick Films which grow over them and hinder the Sight. It helpeth the Tooth-ach, being dropped into the Ear on the contrary Side of the Pain. It is also effectual to ease the Pains of the Hemorrhoids or Piles.

Venomous Beasts, mad Dogs, Biting, Obstructions, Urine, Stone and Gravel, Wounds and Ulcers, Clouds, or Mists in the Eyes, Tooth-ach, Hemorrhoids.

Ground-Pine, or Chamepityls.

Descript.]  OUR common Ground-pine groweth low, seldom rising above an Hand's-breadth high, shooting forth divers small Branches set with slender small, long, narrow, greyish or whitish Leaves, somewhat hairy, and divided into three parts, many times many bushing together at a Joint, and sometimes some growing scatteredly upon the Stalks, smelling somewhat strong, like unto Rosin: The Flowers are somewhat small, and of a pale, yellow colour, growing from the Joints of the Stalk all along among the Leaves; after which come small and round Husks. The Root is small and woody, perishing every Year.

Place.] It groweth more plentifully in Kent than any other Conuntry of this Land, as namely in many Places on this Side Dartford along to Southfleet, Chatham and Rochester, and upon Chatham Down, hard by the Beacon, and half a Mile from Rochester, in a Field nigh a House call'd Selesey.

Time.] It flowereth and giveth Seed in the Summer Months.

Government and Vertues.] Mars owns the Herb. The Decoction of Ground-Pine drunk, doth wonderfully prevail against the Strangury, or any inward Pains arising from the Diseases of the Reins and Urine, and is especial good for all Obstructions of the Liver and Spleen, and

gently openeth the Body; for which purpose they were wont in former Times to make Pills with the Powder thereof, and the Purple-Figs. It marvelously helpeth all the Diseases of the Mother used inwardly, or applied outwardly, procuring Womens Courses, and expelling the dead Child, and After-birth; yea it is so powerful upon those Feminine Parts, that it is utterly forbidden for Women with Child, and that it will cause Abortment or Delivery before the Time. It is effectual also in all Pains and Diseases of the

Gouts, Cramps, Palsies, Sciatica, Aches, &c. Dropsie, Poyson of the Aconites, Venomous Creatures, Cold, Cough, Palsie, hard Breast, and hard Swellings, Ulcers, old Sores, and Green Wounds.

Joints, as Gouts, Cramps, Palsies, Sciatica and Aches. Either the Decoction of the Herb in Wine taken inwardly, or applied outwardly, or both, for some time together, for which purpose the Pills made with Powder of Ground-Pine, and of Hermodactyls with Venice-Turpentine are very effectual. The Pills also are special good for those that have the Dropsie, to be continued for some time. The same is a special good help for the Jaundice, and for griping Pains of the Joints, Belly, or inward Parts. It helpeth also all Diseases of the Brain, proceeding of cold and phlegmatick Humours and Distillations, as also for the Falling-sickness. It is a special Remedy for the Poison of the Aconites of all sorts, and other poysonful Herbs, as also against the stinging of any venomous Creature. It is a good Remedy for a cold Cough, especially in the beginning. For all the purposes aforesaid, the Herb being tann'd up in new Drink, and drunk, is almost as effectual, but far more acceptable to weak and dainty Stomachs. The distilled Water of the Herb hath the Effects, but more weakly. The Conserve of the Flowers doth the like, which *Matthiolus* much commendeth against the Palsie. The green Herb, or the Decoction thereof, being applied, dissolveth the hardness of Womens Breasts, and

and all other hard Swellings in any other part of the Body. The green Herb also applied, or the Juice thereof with some Honey, not only cleanseth putrid, stinking, foul, and malignant Ulcers and Sores of all sorts, but healeth and sodereth up the Lips of green Wounds in any part also.

Let Women forbear, if they be with Child, for it works violently upon the Feminine part.

Plantane.

THis groweth usually in Meadows and Fields, and by Path-ways, and is so well known, that it needeth no Description.

Time.] It is in its Beauty about June, and the Seed ripeneth shortly after.

Government and Vertues.] It's true, *Mixaldus* and others, yea, almost all Astrologo-Physicians hold this to be an Herb of Mars, and they give a Verisimile of a Truth for it too. viz. because it cures the Diseases of the Head, and Privities, which are under the Houses of Mars, Aries and Scorpio. All Diseases of the Head coming of Heat, are caus'd by Mars; for Venus is made of no such hot Metal, or at least deals in inferior Parts. The Truth is, it is under the Command of Venus, and cures the Heat by Antipathy to Mars, and the Privities by Sympathy to Venus; Neither is there hardly a martial Disease but it cures. If I were to fortify my Body against a martial Disease, I would do it by this Herb as soon as by any, and may do it (it may be) when time shall serve.

The Juice of Plantane clarified and drunk for divers Days together, either of itself, or in other Drink, prevaleth wonderfully against all Torments or Excoriations in the Guts or Bowels, helpeth the Distillations of Rheum from the Head, and stayeth all manner of Fluxes, even Womens Courses, when they flow too abundantly. It is good to stay spitting of Blood and other Bleedings at the Mouth, or the making of foul and bloody Water, by reason of any Ulcer in the Reins or Bladder, and also stayeth the too free bleeding of Wounds.

Pains in the Guts, Distillations of Rheum, Fluxes, and Womens Courses, spitting Blood, or bleeding at Mouth or Nose, or of Wounds, Ptytick, Consumption or Ulcers in the Lungs, Tertian Ague, Dropse and Falling-sickness, Tooth-ach, Pin and Web in the Eye.

Pains in the Ears, Inflammations, Burning or Scalding, hollow Ulcers, Cankers, and sore Mouth, or Privy Parts, Piles, Pains of the Head, Lunacy and Frenzy, Biting of Serpents, or mad Dogs, hot Gouts, Bones out of joint, Worms in the Belly, or in Ulcers, Scabs, and Itch, Tetters, Ring-worms, Shingles and fretting Sores, Wounds.

It is held an especial Remedy for those that are troubled with the Ptytick, or Consumption of the Lungs, or Ulcers of the Lungs, or Coughs that come of Heat. The Decoction or Powder of the Roots or Seeds, is much more binding for all the Purposes aforesaid than the Leaves. *Dioscorides* saith, that three Roots boiled in Wine and taken, helpeth the *Tertian* Ague, and four the *Quartan* Ague; (but letting pass the Number as fabulous) I conceive the Decoction of divers Roots may be effectual. The Herb (but especially the Seed) is held to be profitable against the Dropsy, the Falling-sickness, the Yellow-jaundice, and Stoppings of the Liver and Reins. The Roots of Plantane and Pellitory of Spain, beaten to Powder and put into the hollow Tooth, taketh away the Pains of them. The clarified Juice or distilled Water dropped into the Eyes, cooleth the Inflammations in them, and taketh away the Pin and Web; and dropped into the Ears, easeth Pains in them, and helpeth and restoreth the Hearing. The same also with the Juice of Housleek is profitable against all Inflammations and Breakings out of the Skin, and against Burnings and Scaldings by Fire or Water. The Juice or Decoction made either of itself, or other things of like nature, is of much use and good effect for old and hollow Ulcers that are hard to be cured, and for Cankers and Sores in the Mouth or Privy Parts of Man or Woman; and helpeth also the Pains of the Piles in the Fundament. The Juice mix'd with Oil of Roses, and the Temples and Forehead anointed therewith, easeth the Pains of the Head proceeding from Heat, and helpeth Lunatick and Phrensetick Persons very much; as also the biting of Serpents, or a mad Dog. The same also is profitably applied to all hot Gouts in the Feet or Hands, especially in the beginning. It is also good to be applied where any Bone is out of joint, to hinder Inflammations, Swellings, and Pains that presently rise thereupon. The Powder of the dried Leaves taken in Drink, killeth Worms of the Belly; and boiled in Wine, killeth Worms that breed in old

old and foul Ulcers. One part of Plantane Water, and two parts of the Brine of Powder'd Beef, boiled together and clarified, is a most sure Remedy to heal all spreading Scabs or Itch in the Head or Body, all manner of Tetter, Ring-worms, the Shingles, and all other running and fretting Sores. Briefly, the Plantanes are singular good Wound- Herbs to heal fresh or old Wounds or Sores, either inward or outward.

Plums.

These are so well known, that they need no Description.

Government and Vertues.] All Plums are under *Venus*, and are like Women, some better some worse. As there is great Diversity of the Kinds, so there is in the Operation of Plums; for some that are sweet moisten the Stomach, and make the Belly soluble; those that are sower quench thirst more, and bind the Belly; the moist and waterish do sooner corrupt in the Stomach, but the firm do nourish more and offend less. The dried Fruit sold by the Grocers under the Name of *Damask Prunes*, do somewhat loosen the Belly, and being stewed, are often used both in health and sickness, to relish the Mouth and Stomach, to procure Appetite, and a little to open the Body, allay Choler, and cool the Stomach. Plum-tree Leaves boiled in Wine, are good to wash and gargle the Mouth and Throat, to dry the Flux of Rheum coming to the Palate, Gums, or Almonds of the Ears. The Gum of the Tree is good to break the Stone. The Gum or Leaves boiled in Vinegar and applied, kills Tetter and Ring-worms. *Marthiolus* saith, The Oil pressed out of the Kernels of the Stones, as Oil of Almonds is made, is good against the inflamed Piles, the Tumours, or Swellings of Ulcers, Hoarsness of the Voice, Roughness of the Tongue and Throat, and likewise the Pains in the Ears. And that five Ounces of the said Oil taken with one Ounce of Muskadel, drieth forth the Stone, and helpeth the Cholick.

Open the Belly, quench Thirst, and bind the Belly, procure Appetite, Allay Choler, cool the Stomach, Rheum, Stone, Tetter and Ring-worms, Piles, Ulcers Hoarsness and Pains in the Ears, Stone and Cholick.

Polipody of the Oak.

Descript.] This is a small herb, consisting of nothing but roots and leaves, bearing neither stalk, flower, nor seed, as it is thought. It hath three or four Leaves rising from the root, every one single by itself, of about a hand length, are winged, consisting of many small narrow Leaves, cut into the middle rib, standing on each side of the stalk, large below, and smaller up to the top, not dented nor notched on the edges at all, as the male fern hath, of a sad green colour, and smooth on the upper side, but on the under side somewhat rough by reason of some yellowish spots set thereon. The root is smaller than ones little finger, lying aslope, or creeping along under the upper crust of the Earth, brownish on the outside, and greenish within, of a sweetish harshness in taste, set with certain rough knags on each side thereof, having also much mossiness or yellow hairiness upon it, and some fibres underneath it, whereby it is nourished.

Placc.] It groweth as well upon old rotten stumps, or trunks of Trees, as Oak, Beech, Hazel, Willow, or any other, as in the Woods under them, and upon old Mud-walls, as also in Mossy, Stony, and Gravelly Places near unto Woods. That which grows upon Oak is accounted the best; but the quantity thereof is scarce sufficient for the common use.

Time.] It being always green, may be gathered for use at any time.

Government and Vertues.] And why, I pray, must Polipodium of the Oak only be used? Gentle College of Physicians, can you give me but a glimpse of Reason for it? It is only because it is dearest. Will you never leave your Covetousness till your Lives leave you? The Truth is, that which grows upon the Earth is best ('tis an Herb of Saturn, and he seldom climbs Trees) to purge Melancholy; if the Humour be otherwise, chuse you Polipodium accordingly.

Meuse (who is called the Physicians Evangelist for the certainty of his Medicines, and the truth of his Opinion) saith, That it drieth up thin Humours, digesteth thick and tough, and purgeth burnt Choler, and especially tough and thick Phlegm,

Drieth Humours, Purgeth burnt Choler, Phlegm, Melancholy, Quartan Agues, Spleen, Cholick, troublesome Sleep, Cough, shortness of Breath, Wheezings, Lungs,

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Phlegm, and thin Phlegm also, even from the Joints; and therefore good for those that are troubled with Melancholy, or Quartan Agues, especially if it be taken in Whey or Honeyed-water, or in Barley-water, or the Broth of a Chicken with Epithimum or with Beets and Mallows. It is good for the hardness of the Spleen, and for Prickings or Stitches in the Sides, as also for the Cholick: Some use to put to it some Fennel-seeds or Annis-seeds, or Ginger, to correct that loathing it bringeth to the Stomach, which is more than needeth, it being a safe and gentle Medicine, fit for all Persons, which daily Experience confirmeth; and an Ounce of it may be given at a time in a Decoction, if there be not Sena or some other strong Purger put with it. A Dram or two of the Powder of the dried Roots taken fasting in a Cup of Honeyed-water, worketh gently, and for the purposes aforesaid. The distilled Water both of Roots and Leaves is much commended for the Quartan Ague, to be taken for many Days together, as also against Melancholy, or fearful or troublesome Sleeps or Dreams; and with some Sugar-candy dissolved therein is good against the Cough, shortness of Breath, and Wheezings, and those Distillations of thin Rheum upon the Lungs, which cause Ptisicks, and oftentimes Consumptions. The fresh Roots beaten small, or the Powder of the dried Roots mix'd with Honey, and applied to the Member that is out of joint, doth much help it; and applied also to the Nose, cureth the Disease call'd Polypus, which is a piece of Flesh growing therein, which in time stoppeth the Passage of Breath through that Nostril; and it helpeth those Clefts or Chops that come between the Fingers or Toes.

The Poplar-Tree.

There are two sorts of Poplars which are most familiar with us, viz. the Black and White, both which I shall here describe unto you.

Descript.] The White Poplar groweth great, and reasonable high, covered with a thick, smooth, white Bark, especially the Branches, having large Leaves cut into several Divisions almost like a Vine-leaf, but not of so deep a green on the upper side, and

hoary white underneath, of a reasonable good Scent. The whole Form representing the Form of Colts-foot. The Catkins which it bringeth forth before the Leaves, are long, and of a faint reddish Colour, which fall away, bearing seldom good Seed with them. The Wood hereof is smooth, soft, and white, very finely waved, whereby it is much esteemed.

The Black Poplar groweth higher and straighter than the White, with a greyish Bark, bearing broad and green Leaves, somewhat like Ivy-leaves, not cut in on the Edges like the White, but whole and dented, ending in a Point, and not white underneath, hanging by slender long Foot-stalks, which with the Air are continually shaken like as the Aspin-leaves are. The Catkins hereof are greater than those of the White, composed of many round green Berries, as if they were set together in a long cluster, containing much downy Matter, which being ripe, is blown away with the Wind. The clammy Buds hereof, before they spread into Leaves, are gathered to make the Unguentum Populeon, and are of a yellowish green colour, and small, somewhat sweet, but strong. The Wood is smooth, tough, and white, and easie to be cloven: On both these Trees groweth a sweet kind of Musk, which in former Times was used to be put into sweet Ointments.

Place.] They grow in moist Woods and by Water-sides in sundry Places of this Land; yet the White is not so frequent as the other.

Time.] Their Time is likewise expressed before: The Catkins coming forth before the Leaves in the end of Summer.

Government and Vertues.] Saturn hath Dominion over both. White Poplar, saith Galen, is of a cleansing Property: The

Sciatica, Strangury, Pain in the Ears, dull Sight, Gout, Falling-Sickness, Warts, Pusles & Wheals, Heat & Inflammations, drieth Womens Milk.

Weight of one Ounce in Powder of the Bark thereof being drunk, saith Dioscorides, is a Remedy for those that are troubled with the Sciatica, or the Strangury. The Juice of the Leaves dropped warm into the Ears, easeth the Pains in them. The young clammy Buds or Eyes, before they break out into Leaves, bruised, and a little Honey put to them, is a good Medicine for a dull Sight. The Black Poplar is held to be more cooling than the White, and therefore the Leaves bruised with Vinegar, and applied, help the Gout. The Seed drunk in Vinegar, is held good

against

against the Falling-Sickness. The Water that droppeth from the hollow Places of this Tree, taketh away Warts, Pusshes, Weals, and other the like Breakings out of the Body. The young *Black Poplar* Buds, saith *Matthiolus*, are much used by Women to beautify their Hair, bruising them with fresh Butter, straining them after they have been kept for some time in the Sun. The Ointment called *Populeon*, which is much of this Poplar, is singular for all Heat and Inflammation in any part of the Body, and tempereth the Heat of Wounds. It is much used to dry up the Milk in Womens Breasts, when they have weaned their Children.

Poppy.

OF this I shall describe three kinds, viz. The white and black of the Garden, and the Erratick Wild-Poppy or Corn-Rose.

Descript.] The White-Poppy hath at first four or five whitish green Leaves lying upon the Ground, which rise with the Stalk, compassing it at the bottom of them, and are very large, much cut or torn on the Edges, and dented also besides: The Stalk, which is usually four or five foot high, hath sometimes no Branches at the top, and usually but two or three at most, bearing every one but one Head wrapped up in a thin Skin, which boweth down before it be ready to blow, and then rising, and being broken, the Flower within it spreading it self open, and consisting of four very large, white, round Leaves, with many whitish, round Threads in the middle, set about a small, round, green Head, having a Crown, or Star-like Cover at the Head thereof, which growing ripe, become as large as a great Apple, wherein are contain'd a great number of small round Seeds in several Partitions or Divisions next unto the Shell, the middle thereof remaining hollow and empty. As the whole Plant, both Leaves, Stalks and Heads, while they are fresh, young and green, yield a Milk when they are broken, of an unpleasant bitter Taste, almost ready to provoke casting, and of a strong heady Smell, which being condensate, is call'd Opium. The Root is white and woody, perishing as soon as it hath given ripe Seed.

The Black-Poppy little differeth from the former, until it beareth its Flower, which is somewhat less, and of a black purplish colour, but without any purple Spots in the bottom of the Leaf. The Head of the Seed is much less than the former, and openeth itself a little round about the top, under the Crown, so that the Seed, which is very black, will fall out, if one turn the Head thereof downward.

The Wild-Poppy, or Corn-Rose, hath long and narrow Leaves very much cut in on the Edges into many Divisions, of a light green colour, sometimes hairy withal: The Stalk is blackish and hairy also, but not so tall as the Garden-kind, having some such like Leaves thereon as grow below, parted into three or four Branches sometimes, wherein grow small hairy Heads bowing down before the Skin break, wherein the Flower is inclos'd; which when it is full blown open, is of a fair yellowish red or crimson colour, and in some much paler, without any spot in the bottom of the Leaves, having many black soft Threads in the middle, compassing a small green Head, which when it is ripe, is not bigger than ones little Finger's end, wherein is contained much black Seed, smaller by half than that of the Garden. The Root perisheth every Year, and springeth again of its own sowing. Of this kind there is one lesser in all the Parts thereof, and differeth in nothing else.

Place.] The Garden Kinds do not naturally grow wild in any Place, but are all sown in Gardens where they grow.

The Wild-Poppy, or Corn-Rose, is plentiful enough, and many times too much in the Corn-fields of all Counties through this Land, and also upon Ditch-banks, and by Hedge-sides. The smaller wild Kind is also found in Corn-fields, and also in some other places, but not so plentifully as the former.

Time.] The Garden Kinds are usually sown in the Spring, which then flower about the end of May, and somewhat earlier, if they spring of their own sowing.

The wild Kinds flower usually from May until July, and the Seed of them is ripe soon after the flowering.

Government and Vertues.] The Herb is Lunar, and of the juice of it is made Opium, only for lucre of Money they cheat you, and tell you 'tis a kind of Tear, or some such like thing, that drops from Poppies when they weep, and that is somewhere beyond the

Seas, I know not where beyond the Moon. The Garden Poppy-heads, with Seeds made into a Syrup, is frequently, and to good effect, used to procure Rest, and Sleep in the Sick and Weak, and to stay Catarrhs and Defluxions of thin Rheums from the Head into the Stomach, and upon the

Lungs, causing a continual Cough, the fore-runner of a Consumption: it helpeth also hoarseness of the Throat, and when one hath lost their Voice, which the Oil of the Seed doth likewise. The black-Seed boiled in Wine and drunk, is said also to stay the flux of the Belly, and Womens Courses. The empty Shells, or the Poppy-heads, are usually boiled in Water, and given to procure Rest and Sleep; so do the Leaves in the same manner; as also if the Head and Temples be bathed with the Decoction warm, or with the Oil of Poppies, the green Leaves or Heads bruised and applied with a little Vinegar, or made into a Pultis with Barly-meal, or Hogs grease, cooleth and tempereth all Inflammations, as also the Disease called *St. Anthony's Fire*. It is generally used in Treacle and Mithridate, and in all other Medicines that are made to procure Rest and Sleep, and to ease Pains in the Head as well as in other parts. It is also used to cool Inflammations, Agues, or Frenzies, or to stay Defluxions, which cause a Cough or Consumption, and also other Fluxes of the Belly, or Womens Courses; It is also put into Hollow Teeth to ease the Pain, and hath been found by experince to ease the Pain of the Gout.

The Wild-Poppy or Corn-Rose (as *Matthiol* saith) is good to prevent the Falling-sickness. The Syrup made with the Flower, is with good effect given to those that have the Pleurisie;

Procure Sleep, Catarrhs and defluxions of rheum, stayeth Hoarseness, flux of the Belly, and Womens Courses, Inflammations, and St. Anthony's Fire, Pains in the Head, Frenzies, Tooth-ach.

Falling-sickness, Pleurisie, Surfeits, Agues, and Inflammations.

and

and the dried Flowers also, either boiled in Water, or made into Powder and drunk, either in the distilled Water of them, or some other Drink, worketh the like effect. The Distilled Water of the Flowers, is held to be of much good use against Surfeits, being drunk Evening and Morning: It is also more cooling than any of the other Poppies, and therefore cannot but be as effectual in hot Agues, Frenzies, and other Inflammations either inward or outward; the Syrup or Water to be used therein, or the green Leaves used outwardly either in an Ointment, as it is in *Populeon*, a cooling Ointment, or any other ways applied. *Galen* saith, The Seed is dangerous to be used inwardly.

Purslane.

Garden Purslane (being used as a Sallad Herb) is so well known, that it needeth no Description; I shall therefore only speak of its Vertues as followeth.

Government and Vertues.] 'Tis an Herb of the Moon. It is good to cool any heat in the Liver, Blood, Reins and Stomach, and in hot Agues nothing better: It stayeth hot and Cholerick Fluxes of the Belly, Womens Courses, the Whites, and Gonorrhoea, distillations Frenzie, heat of Urine, Lust, and venereous Dreams, Worms, Vomitting, old dry Cough, short Breath and Peisick, Ulcers in the secret Parts, redness of the Eyes, and Inflammations, Crick or pain in the Neck, Blasting by Lightning, burnings by Gunpowder, sore Breasts, Childrens Navels, sore Mouth, and swollen Gums, fastneth Teeth, Tooth-ach, Blood, Urine, Gout, Cramp, and Stifness of the Sinews.

of the Herb is held as effectual to all the Purposes aforesaid, as also to stay Vomittings, and taken with some Sugar

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gar or Honey, helpeth an old and dry Cough, shortness of Breath, and the Ptisick, and stayeth immoderate Thirst. The distilled Water of the Herb is used by many (as the more pleasing) with a little Sugar to work the same effects. The Juice also is singular good in the Inflammations and Ulcers in the Secret Parts in Man or Woman, as also the Bowels and Hemorrhoids, when they are ulcerous, or Excoriations in them: The Herb bruised and applied to the Forehead and Temples, allays excessive Heat therein, hindering Rest and Sleep; and applied to the Eyes, taketh away the Redness and Inflammation in them and those other Parts where Pusles, Wheals, Pimples, St. Anthony's Fire, and the like, break forth; especially if a little Vinegar be put to it; and being laid to the Neck with as much of Galls and Linseed together, taketh away the Pains therein, and the Crick in the Neck. The Juice is used with Oil of Roses for the said Causes, or for blastings by Lightning, and burnings by Gunpowder, or for Womens sore Breasts, and to allay the Heat in all other Sores or Hurts; applied also to the Navels of Children that stick forth, it helpeth them; it is also good for sore Mouths and Gums that are swollen, to fasten loose Teeth. *Camerarius* saith, That the distilled Water used by some, took away the pain of their Teeth, when all other Remedies failed, and the Thickned Juice made in Pills with the Powder of Gum-Tragaganth and Araback, being taken, prevaieth much to help those that make a bloody Water. Applied to the Gout, it easeth pains thereof, and helpeth the hardness of the Sinews, if it come not of the Cramp, or a cold Cause.

Prim-Roses.

They are so well known, that they need no Description. Of the Leaves of Prim-Roses is made as fine a Salve to heal Wounds as any that I know; you shall be taught to make Salves of any Herb at the latter end of the Book; make this as you are taught there, and do not (you that have any Ingenuity in you) see your poor Neighbours go with wounded Limbs, when an half-penny cost will heal them.

Privet.

Description.] **O**UR common Privet is carried up with many slender Branches to a reasonable height and breadth, to cover Arbours, Bowers, and Banqueting-Houses, and brought, wrought, and cut into many Forms of Men, Horses, Birds, &c. which though at first supported, groweth afterwards strong of itself. It beareth long and narrow green Leaves by the couples, and sweet-smelling white Flowers in Tufts at the end of the Branches, which turn into small Black Berries that have a purplish Juice with them, and some Seed that are flat on the one side, with a hole or dent therein.

Place.] It groweth in this Land in divers Woods.

Time.] Our Privet flowereth in June and July, the Berries are ripe in August and September.

Government and Vertues.] The Moon is Lady of this. It is little used in Physick with us in these times, more than in Lotions, to wash Sores and sore Mouths, and to cool Inflammations, and dry up Fluxes. Yet Matthiolus saith, it serveth to all the uses for the which Cypres or the East Privet is appointed by Dioscorides and Galen. He further saith, That the Oil that is made of

Lotions to wash sore Mouths, Throats, cool Inflammations, dry Fluxes, Inflammations in Wounds, Head-ach, Fluxes, and Womens Courses, Voiding Blood, Rheum in the Eyes.

the Flowers of Privet infused therein, and set in the Sun, is singular good for the Inflammations of Wounds, and for the Head-ach coming of an hot Cause. There is a sweet-Water also distilled from the Flowers, that is good for all those Diseases that need cooling and drying, and therefore helpeth all Fluxes of the Belly or Stomach, Bloody-Fluxes, and Womens Courses, being either drunk or applied; as all those that void Blood at the Mouth, or any other place, and for distillations of Rheum in the Eyes, especially if it be used with *Tucia*.

Queen of the Meadows, Meadow-Sweet, or Mead-Sweet.

Description.] **T**HE Stalks of this are reddish, rising to be three foot high, sometimes four or five foot, having

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having at the Joints thereof large winged Leaves, standing one above another at distances, consisting of many, and somewhat broad Leaves, set on each side of a Middle Rib, being hard, rough or rugged, crumpled, much like unto Elm-leaves, having also some smaller Leaves with them (as Agrimony hath) somewhat deeply dented about the edges, of a sad green colour on the upper side, and greyish underneath, of a preety sharp scent and taste, somewhat like unto Burnet: and a Leaf beereof put into a Cup of Claret-wine, giveth also a fine relish to it. At the tops of the Stalks and Branches stand many Tufts of small white Flowers thrust thick together, which smell much sweeter than the Leaves; and in their places, being fallen, some crooked and cornered Seed. The Root is somewhat woody, and blackish on the out-side, and brownish within, with divers greater Strings, and lesser Fibres set thereat, of a strong scent; but nothing so pleasant as the Flowers and Leaves, and perisheth not, but abideth many years, shooting forth anew every Spring.

Place.] It groweth in moist Meadows that lie much wet, or near the Courses of Water.

Time.] It flowereth in some places or another all the three Summer Months, that is, June and July and August, and the Seed is ripe soon after.

Government and Vertues.] Venus claims Dominion over the Herb. It is used to stay all manner of Bleedings; Fluxes, Vomitings, and Womens Courses, as also their Whites: It is said to alter and take away the Fits of Quartan Agues, and to make a merry Heart, for which purpose some use the Flowers, and some the Leaves. It helpeth speedily those that are troubled with the Cholick; being boiled in Wine, and with a little Honey taken Warm, it openeth the Belly, but boiled in Red-wine and drunk, it stayeth the Flux of the Belly. Being outwardly applied, it healeth old Ulcers that are Cankerous or eaten, or hollow and fistulous, for which it is by many much commended, as also for the Sores in the Mouth or Secret Parts. The Leaves, when they are full grown, being laid upon the Skin, will in a short time raise Blisters thereon, as *Tragus* saith. The Water thereof helpeth the Heat and Inflammation in the Eyes.

Bleeding, Fluxes, Vomitings, Womens Courses, & Whites, Quartan Agues, Cholick, opens the Belly, Old Ulcers, healeth sore Mouths or Secrets, raises Blisters, Inflammations in the Eyes.