

Light, may dazle the Eyes and make them blind, a Cordial being taken in an immoderate Quantity, may hurt the Heart instead of helping it. It quickeneth the Brain, for the Sun is exalted in *Aries*, as well as he hath his House in *Leo*: It helps Consumption of the Lungs, helps difficulty of Breathing: It is excellent in Epidemical Diseases, as Pestilence, Small-Pox, and Measles. It is a notable expulsive Medicine, and a notable Remedy for the Yellow-Jaundice. My Opinion is, (but I have no Author for it) that *Hermodactyls* are nothing else but the Roots of *Saffion* dried; and my Reason is, that the Roots of all *Crocus*, both white and yellow, purge *Phlegm* as *Hermodactyls* do; and if you please to dry the Roots of any *Crocus*, neither your Eyes nor your Taste shall distinguish them from *Hermodactyls*.

Measles, Yellow-jaundice, Phlegm purgeth.

Sage.

QUR ordinary Garden Sage needeth no Description.

Time.] It flowereth in or about *July*.

Government and Vertues.] *Jupiter* claims this, and bids me tell you, it is good for the Liver, and to breed Blood. A Decoction of the Leaves and Branches of Sage made and drunk, saith *Dioscorides*, provoketh Urine, bringeth down Womens Courses, helps to expel the dead Child, and causeth the Hair to become black. It stayeth the bleeding of Wounds, and cleanseth foul Ulcers or Sores. The said Decoction made in Wine, taketh away the Itching of the Cods, if they be bathed therewith. *Agrippa* saith, that if Women that cannot conceive by reason of the moist slipperiness of their Wombs, shall take a quantity of the Juice of Sage, with a little Salt, for four Days before they company with their Husbands, it will help them not only to conceive, but also to retain the Birth without Miscar-

Provoke Urine, Womens Courses, expels the dead Child, and After-birth, Head and Joints, stench Bleeding, cleanse Ulcers and Sores, Itching of the Cods, help Conception, and hinder Miscarriage, spitting Blood, Consumptions, Pains of the Head, Falling-sickness, Lethargy, dulness of Spirit, Palsy, Defluxions of Rheum, Imposthume behind the Ears, Hoarsness and Cough, Bloody-flux, biting of Serpents, Worms in the Ears, or Sores, quicken the Senses, rying.

*help Memory, sore Mouths
and Throats, Cankers,
Palsies, Cramp, Stitch in
the Side.*

rying. Orpheus saith, Three Spoon-fuls of the Juice of Sage taken fasting with a little Honey, doth presently stay the spitting or casting up of Blood of them that are in a Consumption. These Pills are much commended; Take of Spicknard, Ginger, of each two Drams; of the Seed of Sage toasted at the Fire, eight Drams, of Long-pepper 12 Drams; all these being brought into fine Powder, put thereto so much Juice of Sage as may make them into a Mass for Pills; taking a Dram of them every Morning fasting, and so likewise at Night, drinking a little pure Water after them. *Matthiolus* saith, it is very profitable for all manner of Pains of the Head coming of Cold and Rheumatick Humours; as also for all Pains of the Joints, whether inwardly or outwardly, and therefore helpeth the Falling-sickness, the Lethargy, such as are dull and heavy of Spirit, the Palsie; and is of much Use in all Defluxions of Rheum from the Head, and for the Diseases of the Chest or Breast. The Leaves of Sage and Nettles ^{bruised} together, and laid upon the Imposthume that riseth behind the Ears, doth assuage it much. The Juice of Sage taken in warm Water, helpeth a Hoarsness and a Cough. The Leaves sodden in Wine, and laid upon the place affected with the Palsie, helpeth much, if the Decoction be drunk: Also Sage taken with Wormwood is good for the Bloody-flux. *Pliny* saith, it procures Womens Courses, and stayeth them coming down too fast, helpeth the stinging and biting of Serpents, and killeth the Worms that breed in the Ears and in Sores. Sage is of excellent use to help the Memory, warming and quickening the Senses; and the Conserve made of the Flowers is used to the same purpose, and also for all the former recited Diseases. The Juice of Sage drunk with Vinegar hath been of good use in time of the Plague at all times. Gargles likewise are made with Sage, Rosemary, Honey-suckles, and Plantane, boild in Wine or Water, with some Honey or Allum put thereto, to wash sore Mouths and Throats, Cankers, or the secret Parts of Man or Woman, as need requireth. And with other hot and comfortable Herbs, Sage is boiled to bathe the Body and Legs in the Summer-time, especially

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ally to warm cold Joints or Sinews, troubled with the Palsie and Cramp, and to comfort and strengthen the Parts. It is much commended against the Stitch or Pains in the Side, coming of Wind, if the Place be fomented warm with the Decoction thereof in Wine, and the Herb also after boiling be laid warm thereunto.

Wood-Sage.

Description.] **W**ood-Sage riseth up with square hoary stalks, two Foot high at the least, with two Leaves set at every Joint, somewhat like other Sage leaves, but smaller, softer, whiter, and rounder, and a little dented about the edges, and smelling somewhat stronger. At the tops of the stalks and branches stand the Flowers, on a slender-like spike, turning themselves all one way when they blow, and are of a pale and whitish colour, smaller than Sage, but hooded and gaping like unto them. The seed is blackish and round; four usually seem in a Husk together; the Root is long and stringy, with divers fibres thereat, and abideth many Years.

Place.] It groweth in Woods, and by Wood sides; as also in divers Fields and by-Lanes in the Land.

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

Government and Vertues.] The Herb is under Venus. The Decoction of the Wood-Sage provoketh Urine and Womens Cour-

Provokes Urine and Womens Courses, Sweat, Swellings in the Flesh, French Pox, Vein broken, Burstennes, Palsie, Ulcers, And Sores, green Wounds.

ses: It also provoketh Sweat, digests Humours and discusseth Swellings and Nodes in the Flesh, and is therefore thought to be good against the French Pox. The Decoction of the green Herb made with Wine, is a safe and sure Remedy for those who by Falls Bruises or Blows, doubt some Vein to be inwardly broken, to disperse and avoid the congealed Blood, and to consolidate the Veins. It is also good for such as are inwardly or outwardly bursten, the Drink used inwardly and the Herb used outwardly. The same used in the same manner is found to be a sure Remedy for the Palsie. The Juice of the Herb, or the Powder thereof dried, is good for moist Ulcers and Sores in the Legs, or other Parts, to dry them, and cause to heal more speedily. It is no less effectual

effectual also in green Wounds to be used upon any occasion.

Solomon's Seal.

Descript.] **T**HE common Solomon's Seal riseth up with a round Stalk half a yard high, bowing or bending down to the Ground, set with single Leaves one above another, somewhat large and like the Leaves of the Lilly-Conwally, or May-Lilly, with an Eye of bluish upon the green, with some Ribs therein, and more yellowish underneath. At the foot of every Leaf almost from the bottom up to the top of the Stalk, come forth small, long, white and hollow pendulous Flowers, somewhat like the Flowers of May-Lilly, but ending in five long Points, for the most part two together at the end of a long Foot-stalk, and sometimes but one, and sometimes also two Stalks with Flowers at the foot of a Leaf, which are without any Scent at all, and stand all on one side of the Stalk. After they are past, come in their places small round Berries, green at the first, and blackish green, tending to blueness when they are ripe, wherein lie small, white, hard and stony Seeds. The Root is of the thickness of ones Finger or Thumb, white and knobbed in some Places, a flat round Circle representing a Seal, whereof it took the Name, lying along under the upper Crust of the Earth, and not growing downward, but with many Fibres underneath.

Place.] It is frequent in divers Places of this Land, as namely in a Wood two Miles from Canterbury, by Fish-Pool Hill; as also in a Bushy Close belonging to the Parsonage of Alderbury near Clarendon, two Miles from Salisbury, in Chesson Wood, on Chesson Hill, between Newington and Sittingburn in Kent, and divers other Places in Essex, and other Counties.

Time] It flowereth about May : The Root abideth and shooteth anew every Year.

Government and Vertues.] Saturn owns the Plant, for he loves his Bones well. The Root of Solomon's Seal is found by experience to be available in Wounds, Hurts, and outward Sores, to heal and close up the Lips of those that are green, and to dry up and restrain the Flux of Humours to those that are old. It is singular good to stay Vomitings and Bleeding, where

Wounds and Sores, Vomiting and Bleeding, Fluxes, running of the Reins, knit Joints and broken Bones in Man and Beast, Ruptures, Bruises and Falls, black and blue Marks, beautify the Face.

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wheresoever, as also all Fluxes in Man or Woman, whether Whites or Reds in Women, or the running of the Reins in Men; also to knit any Joint, which by Weakness useth to be often out of place, or will not stay in long when it is set; also to knit and join broken Bones in any-part of the Body, the Roots being bruised and applied to the Place; yea, it hath been found by late Experience, that the Decoction of the Root in Wine, or the bruised Root put into Wine, or other Drink, and after a Night's Infusion, strain'd forth hard and drunk, hath helped both Man and Beast, whose Bones have been broken by any Occasion, which is the most assured Refuge of help to People of divers Counties of the Land that they can have: It is no less effectual to help Ruptures and Burstings, the Decoction in Wine, or the Powder in Broth or Drink, being inwardly taken, and outwardly applied to the Place. The same is also available for inward or outward Bruises, Falls or Blows, both to dispel the congealed Blood, and to take away both the Pains and the black and blue Marks that abide after the Hurt. The same also, or the distilled Water of the whole Plant, used to the Face, or other Parts of the Skin, cleanseth it from Morpew, Freckles, Spots or Marks whatsoever, leaving the Place fresh, fair and lovely; for which purpose it is much used by the Italian Dames.

Samphire.

Description.] **R**ock Samphire groweth up with a tender green stalk about half a yard or two foot high at the most, branching forth almost from the very bottom, and stored with sundry thick and almost round, somewhat long leaves, of a deep green colour, sometimes together, and sometimes more on a stalk, and are sappy, and of a pleasant, hot and spicy Taste. At the tops of the Stalk and Branches stand Umbles of white Flowers, and after them comes large Seed bigger than Fennel-seed, yet somewhat alike. The Root is great, white and long, continuing many Years, and is of an hot spicy Taste likewise.

Place.] It groweth on the Rocks that are often moisten'd, at the least, if not over-flown with the Sea Water.

Time.]

Time] And it flowereth and seedeth in the end of July and August.

Government and Vertues.] It is an Herb of Jupiter, and was in former times wont to be used more than now it is; the

Helps Digestion, open Obstructions, provokes Urine, expels Gravel and the Stone.

more is the Pity. It is well known almost to every body, that ill Digestions and Obstructions are the Causes of most of the Diseases which the frail Nature of Man is subject to, both which might be remedied by a more frequent use of this Herb. If People would have Sawce to their Meat, they may take some for Profit as well as for Pleasure. It is a safe Herb, very pleasant both to Taste and Stomach, helping Digestion, and in some sort opening the Obstructions of the Liver and Spleen, provoketh Urine, and helping thereby to wash away the Gravel and Stone ingender'd in the Kidneys or Bladder.

Sanicle.

Descript.] **O**rdinary Sanicle sendeth forth many great round Leaves, standing upon long brownish stalks, every one somewhat deeply cut or divided into five or six parts, and some of those also cut in somewhat like the Leaf of Crows-foot or Doves-foot, and finely dented about the edges, smooth, and of a dark green shining colour, and sometime redish about the brims, from among which rise up small, round, green stalks, without any Joint or Leaf thereon, sawing at the top, where it branches forth into Flowers, having a Leaf divided into three or four parts at that Joint with the Flowers, which are small and white, starting out of small, round greenish yellow Heads, many standing together in a tuft in which afterwards are the seed contained, which are small round Burs, somewhat like the Leaves of Cleavers, and stick in the same manner upon any thing that they touch. The Root is composed of many black strings or fibres, set together at a little long Head, which abideth with the green Leaves all the Winter, and perisheth not.

Place.] It is found in many shadowy Woods, and other Places of this Land.

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

Govern

Government and Vertues] This is one of *Venus* her Herbs, to cure either Wounds, or what other Mischief *Mars* inflicteth upon the Body of Man. It is exceeding good to heal all green Wounds speedily, or any Ulcers, Imposthumes, or Bleedings inwardly. It doth wonderfully help those that have any Tumours in any part of their Bodies; for it represseth and dissipateth the Humours, if the Decoction or Juice thereof be taken, or the Powder in Drink, and the Juice used outwardly; for there is not found any Herb that can give such present help, either to Man or Beast, when the Disease falleth upon the Lungs or Throat, and to heal up all the putrid malignant Ulcers in the Mouth, Throat and Privities, by gargling or washing with the Decoction of the Leaves and Root made in Water, and a little Honey put thereunto. It helpeth to stay Womens Courses, and all other Fluxes of Blood; either by the Mouth, Urine or Stool, and Lasks of the Belly, the Ulceration of the Kidneys also, and the Pains in the Bowels, and Gonorrhoea or Running of the Reins, being boiled in Wine or Water, and drunk. The same also is no less powerful to help any Ruptures or Burstings used both inwardly and outwardly: And briefly, it is effectual in binding, restraining, consolidating, heating, drying and healing, as Comfry, Bugle, Self-heal, or any other of the Confounders or Vulnerary Herbs whatsoever.

Green Wounds, Ulcers, Imposthumes, inward Bleedings, Swelling, Ulcers in the Mouth, Throat and Privities, Womens Courses, Fluxes of Blood, Lasks, Ulcers in the Kidneys, Running of the Reins, Rupture.

Saracens Confound, or Saracens Wound-wort.

Descript.] THIS groweth very high sometimes, with brownish stalks, and other whiles with green, and hollow to a Man's height, having many long and narrow green Leaves sprung about the edges, somewhat like those of the peach-tree, or Willow-leaves, but not of such a white green colour. The tops of the stalks are furnished with many pale yellow Star-like Flowers standing in green heads, which when they are fallen, and the seed ripe, which is somewhat long, small, and of a yellow so brown colour, wrapped in Down, is therewith carried away with the Wind. The Root is composed of many strings or fibres set together at a Bead, which perisheth not in Winter, but abideth, although the Stalks dry away, and no Leaf appeareth in the Winter. The taste hereof is strong and unpleasant, and so is the smell also.

Place.] It groweth in moist and wet Grounds, by Wood-sides, and sometimes in the moist Places of the shady Groves, as also by the Water-side.

Time.] It flowereth in July, and the Seed is soon ripe, and carried away with the Wind.

Government and Vertues. Saturn owns the Herb, and 'tis of a sober Condition like him. Among the *Germani*, this Wound-Herb is preferred before all other of the same Quality. Being boiled in Wine and drunk, it helpeth the Indis-

Obstructions, Yellow Jaundice, Dropsie, Ulcers of the Reins, inward Wounds, and Bruises, Pains in the Body, Mither, Agues, green Wounds, old Sores, or Ulcers, Ulcers in the Mouth or Throat, Sores in the Privy Parts.

position of the Liver, and freeth the Gall from Obstructions, whereby it is good for the Yellow Jaundice, and for the Dropsie in the beginning of it, for all inward Ulcers of the Reins, or elsewhere, and inward Wounds and Bruises: And being steeped in Wine, and then distilled, the Water thereof drunk is singular good to ease all Gnawings in the Stomach, or other Pains of the Body, as also the Pains of the Mither: And being boiled in Water, it helpeth continual Agues: and this said Water, or the simple Water of the Herb distilled, or the Juice or Decoction, are very effectual to heal any green Wound, or old Sore or Ulcer whatever, cleansing them from Corruption, and quickly healing them up. It is no less effectual for the Ulcers in the Mouth or Throat, be they never so foul or stinking, by washing or gargling them therewith; and likewise for such Sores as happen in the Privy Parts of Men or Women: Briefly, whatsoever hath been said of Bugle or Sanicles, may be found herein.

Sawce alone, or Jack by the Hedge side.

Descrip.] **T**HE lower Leaves of this are rounder than those that grow towards the tops of the stalks, and are set singly on a Joint, being somewhat round and broad, pointed at the ends, dented also about the edges, somewhat resembling Nettle-leaves for the form, but of a fresher green colour, not rough or prickling: The Flowers are very small and white, growing at the top of the stalks one above another, which being past, there follow small and long round Pods, wherein are contained small round Seeds somewhat blackish. The Root is stringy and thready, perishing every Year after it hath

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given Seed, and raiseth it self again of its own sowing. The Plant, or any part thereof being bruised, smelleth of Garlick, but more pleasantly, and tasteth somewhat hot and sharp, almost like unto Rocket.

Place] It groweth under Walls, and by Hedge-sides, and Path-ways in Fields in many Places.

Time. It flowereth in June, July, and August.

Government and Vertues. It is an Herb of Mercury. This is eaten by many Country-People as Sauce to their Salt Fish, and helpeth well to digest the Crudities and other corrupt Humours ingender'd thereby: It warmeth also the Stomach, and causeth Digestion: the Juice thereof boiled with Honey, is accounted to be as good as Hedge-Mustard for the Cough, to cut and expectorate the tough Phlegm.

Helps Digestion, Cough, Tough Phlegm, Wind Cholick, Stone, Ulcers in the Legs.

The Seed bruised and boiled in Wine, is a singular good Remedy for the Wind-Cholick, or the Stone, being drunk warm: It is also given to Women troubled with the Mother, both to drink, and the Seed put into a Cloth and applied while it is warm, is of singular good use. The Leaves also, or Seed boiled, is good to be used in Clusters to ease the Pains of the Stone. The green Leaves are held to be good to heal the Ulcers in the Legs.

Winter and Summer Savory.

Both these are so well known, (being entertained as constant Inhabitants in our Gardens) that they need no Description.

Government and Vertues. Mercury claims the Dominion over this Herb, neither is there a better Remedy against the Cholick and Iliac Passions than this Herb; keep it dry by you all the Year if you love your self and you ease and 'tis a hundred Pound to a Penny if you do not; keep it dry, make Conserves and Syrups of it for your use; and withal, take notice that the Summer kind

Cholick, Iliac Passion, expelleth Wind, Mother provokes Urine and Womens Curses, tough Phlegm, Lethargy, Dull Sight, ringing in the Ears and Deafness, Sciatica, and Palsie, stinging of Bees, &c.

is the best. They are both of them hot and dry, especially the Summer-kind, which is both sharp and quick in Taste, expelling Wind in the Stomach and Bowels and is a present help for the rising of the Mother procured by Wind, provoketh Urine and Womens Courses, and is much commended for Women with Child to take inwardly, and to smell often unto. It cureth tough Phlegm in the Chest and Lungs, and helpeth to expectorate it the more easily; quicken the dull Spirits in the Lethargy, the Juice thereof being snuffed, or cast up into the Nostrils: The Juice dropped into the Eyes, cleareth a dull Sight, if it proceed of thin cold Humours distilling from the Brain. The Juice heated with Oil of Roses, and dropped into the Ears, easeth them of the Noise and Singing in them and of Deafness also: Outwardly applied with Wheat-flower in manner of a Pultis, it giveth ease to the Sciatica and Palsied Members, heating and warming them; and taketh away their Pains. It also taketh away the Pain that comes by stinging of Bees, Wasps, &c.

Savin.

TO describe a Plant so well known, is needless, it being nursed up almost in every Garden, and abiding green all the Winter.

Government and Vertues] It is under the Dominion of Mars, being hot and dry in the third Degree, and being of exceeding clean Parts, is of a very digesting Quality. If

Ulcers, cleanseth Fistula's, Carbuncles, Plague-sores, King's-evil, Worms, Scabs, Itch, Running-sores, Cankers, Tettors, Ring-worms, Venereal-sores.

you dry the Herb into Powder, and mix it with Honey, it is an excellent Remedy to cleanse old filthy Ulcers and Fistula's; but it hinders them from healing. The same is excellent good to break Carbuncles and Plague-Sores; also helpeth the King's Evil, being applied to the Place. Being spread over a piece of Leather, and applied to the Navel, kills the Worms in the Belly, helps Scabs and Itch, Running-Sores, Cankers, Tettors and Ring-worms; and being applied to the Place, may happily cure Venereal Sores. This I thought good to speak of, as it may be safely used outwardly; for inwardly it cannot be taken without manifest Danger.

The

The common White Saxifrage.

Descript.] **T**HIS hath a few small reddish Kernels of Roots, covered with some Skins, lying among divers small blackish Fibres, which send forth divers round, faint or yellow green Leaves, and grayish underneath, lying above the ground, unevenly dented about the edges, and somewhat hairy, every one upon a little Foot-stalk, from whence riseth up a round, brownish, hairy, green stalk, two or three foot high, with a few such like round Leaves as grow below, but smaller, and somewhat branched at the top, whereon stand pretty large white Flowers of five Leaves a-piece, with some yellow threads in the middle, standing in a long crested, brownish, green Husk. After the Flowers are past, there ariseth sometimes a round hard Head, forked at the top, wherein is contained small blackish Seed, but usually they fall away without any Seed; and it is the Kernels or Grains of the Root which are usually called the White Saxifrage Seed, and so used.

Place.] It groweth in many Places of our Land, as well in the lowermost, as in the upper dry corners of Meadows, and grassy, sandy Places: It is used to grow near Lamb's Conduit, on the backside of Gray's Inn.

Time.] It flowereth in May and is then gathered as well for that which is called the Seed, as to distil, for it quickly perisheth down to the Ground when any hot Weather comes.

Government and Vir ues.] It is very effectual to cleanse the Reins and Bladder, and to dissolve the Stone ingendered in them, and to expel it and the Gravel by Urine to provcke Urine, being stopped, and to help the Strangury; for which purpose the Decoction of the Herb or Roots

*Cleanseth the Reins Stone,
Gravel, provokes Urine,
Womens Courses, tough
Phlegm.*

in White-Wine, is most usual, or the Powder of the small kernelly Root, which is called the Seed, taken in White-Wine, or in the same Decoction made with White-Wine, is most usual. The distilled Water of the whole Herb, Root and Flowers, is most familiar to be taken. It provoketh also Womens Courses, and freeth and cleanseth the Stomach and Lungs from thick and tough Phlegm that troubles them. There are not many better Medicines to break the Stone than this.

Burnet Saxifrage.

Descript.] **T**HE greater sort of our English Burnet Saxifrage groweth up with divers long Stalks of winged Leaves set directly opposite one to another on both sides, each being somewhat broad, and a little pointed and dented about the edges, of a sad green Colour. At the top of the Stalks stand Umbles of white Flowers; after which come small and blackish Seed. The Root is long and whitish, abiding long. Our lesser Burnet Saxifrage hath much finer Leaves than the former, and very small, and set one against another, deeply jagged about the edges, and of the same colour with the former. The Umbles of Flowers are white, and the Seed very small, and so is the Root, being also somewhat hot and quick in taste.

Place.] These grow in most Meadows of this Land, and are easie to be found, being well sought for among the Grass, wherein many time they lie hid scarcely to be discerned.

Time.] They flower about July, and their Seed is ripe in August.

Government and Vertues. They are both of them Herbs of the Moon. The Saxifrages are as hot as Pepper; and *Tragus*'s faith, by his Experience, that they are wholesome. They have the same Properties the Parsleys have, but in provcking Urine, and easeth the Pains hereof, and of the Wind and Cholick, are much more effectual, the Roots or Seed being

Provoke Urine, ease Wind and Cholick, Moiver, Womens Courses, Stone, tough Phlegm Venom, Cramps and Convulsions, Wounds in the Head.

used either in Powder, or in Decoction, or any other way; and likewise helpeth the windy Pains of the Mother, and to procure their Courses, and to break and void the Stone in the Kidneys, to digest cold, vitcous and tough Phlegm in the Stomach, and is an especial Remedy against all kind of Venom. Castoreum being boiled in the distilled Water thereof, is singular good to be given to those that are troubled with the Cramps and Convulsions. Some do use to make the Seed into Comfits, (as they do Carraway-Seeds) which is effectual to all the Purposes aforesaid. The Juice of the Herb dropped into the most grievous Wound of the Head, drieth up their Moisture, and healeth them quickly. Some Women use the

Distilled

Distilled Water to take away Freckles, or Spots in the Skin or Face; and to drink the same sweeten'd with Sugar for all the Purposes aforesaid.

Scabious, three Sorts.

Descript.] **C**ommon Field Scabious, groweth up with many hairy, soft, whitish green Leaves, some whereof are but very little, if at all jagged on the edges, others very much rent and torn on the sides, and have Threads in them, which upon the breaking may be plainly seen; from among which rise up divers hairy green stalks, three or four foot high, with such like hairy green Leaves on them, but more deeply and finely divided, branched forth a little: At the tops thereof, which are naked and bare of Leaves for a good space, stand round heads of Flowers of pale, bluish colour, set together in a head, the outermost whereof are larger than the inward, with many Threads also in the middle, somewhat flat at the top, as the head with Seed is likewise; the Root is great, white and thick, growing down deep in the Ground, and abideth many Years.

There is another sort of Field-Scabious different in nothing from the former, but only it is smaller in all respects.

The Corn-Scabious differeth little from the first, but that it is greater in all respects, and the Flowers more inclining to Purple; and the Root creepeth under the upper Crust of the Earth, and runneth not deep into the Ground as the first doth.

Place. The first groweth more usually in Meadows, especially about London every where.

The second in some of the dry Fields about this City, but not so plentifully as the former.

The third in standing Corn, or fallow Field, and the Borders of such like Fields.

Time] They flower in June and July, and some abide flowering until it be late in August, and the Seed is ripe in the mean time.

There are many other sorts of Scabious; but I take these which I have here described to be most familiar with us: The Vertues of both these, and the rest being much alike, take them as followeth.

Government and Vertues.] Mercury owns the Plant. Scabious is very effectual for all sorts of Coughs, shortness of Breath, and all other Diseases of the Breast and Lungs, ripening,

Cough and shortness of
Breath, Cold, Phlegm, In-
ward Ulcers and Impost-
humes, Pleurisy, Infection,
Carbuncles or Plague-
Sores, Pains or Stitches in
the Side, Scabs, Tetter,
Ring-Worms, Itch, in-
ward Wounds, cold Swel-
ling, shrunk Sinews,
Freckles and Pimples, Mor-
phew, and Leprosie, Dan-
diffe, and Scurf, Green
Wounds, old Sores, and
Ulcers, Thorns and broken
Bones, &c.

any Carbuncle or Plague Sore, is found by certain Experi-
ence to dissolve and break it in three Hours Space. The
same Decoction also drunk helpeth the Pains and Stitches
in the Sides. The Decoction of the Roots taken for forty
Days together, or a Dram of the Powder of them taken at
a time in Whey, doth (as *Martialis* saith) wonderfully help
those that are troubled with running or spreading Scabs,
Tetter, Ring worms, yea although they proceed from the
French Pox, which, he saith, he hath tried by Experience.
The Juice or Decoction drunk, helpeth also Scabs and
Breakings out of the Itch, and the like. The Juice also
made up into an Ointment and used is effectual for the
same purpose. The same also helpeth all inward Wounds
by the drying, cleansing, and helping Quality therein. And
a Syrup made of the Juice and Sugar, is very effectual to all
the Purposes aforesaid, and so is the distilled Water of the
Herb and Flowers made in due Season; especially to be used
when the green Herb is not in force to be taken. The De-
coction of the Herb and Roots outwardly applied, doth won-
derfully help all sorts of hard or cold Swellings in any Part
of the Body, and is as effectual for any shrunk Sinews or
Veins. The Juice of Scabious made up with the Powder of
Borax and Samphire, cleanseth the Skin of the Face, or
other Parts of the Body, not only from Freckles and Pim-
ples,

and digesting cold Phlegm and o-
ther tough Humours, voideth them
forth by Coughing and Spitting:
It ripeneth also all sorts of inward
Ulcers and Imposthumes, Pleurisy
also, if the Decoction of the Herb
dry or green be made in Wine and
drunk for some time together. Four
Ounces of the clarified Juice of
Scabious taken in the Morning fa-
sting with a Dram of Mithridate,
or Venice-Treacle; freeth the Heart
from any Infection of Pestilence,
if after the taking of it, the Party
sweat two Hours in Bed, and this
Medicine be again and again re-
peated if need require. The
green Herb bruised and applied to

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ples, but also from Morpew and Leprosie. The Head washed with the same Decoction, cleanseth it from Dan-drieffs, Scurf, Sores, Itch, and the like, being used warm. Tents also dipped in the Juice or Water thereof, not only healeth all green Wounds, but old Sores and Ucers also. The Herb also bruised and applied, doth in a short time loosen, and cause to be drawn forth any Splinter, broken Bone, Arrow-head, or other such like thing lying in the Flesh.

Scurvy Grass.

Descript.] OUR ordinary English Scurvy-grass hath many thick fat Leaves more long than broad, and sometimes longer and narrower; sometimes also smooth on the edges, and sometimes a little weaved; sometimes plain, smooth, and pointed; sometimes a little hollow in the middle, and round pointed; of a sad green, and sometimes a bluish colour. every one standing by it self, upon a long Foot-stalk, which is brownish or greenish also; from among which rise many slender stalks, bearing few Leaves thereon like the other, but longer and lesser for the most part. At the tops whereof grow many whitish Flowers, with yellow Threads in the middle, standing about a green Head, which becometh the Seed-Vessel, which will be somewhat flat when it is ripe, wherein is contained reddish Seed, tasting somewhat hot. The Root is made of many white Strings, which stick deeply in the Mud, wherein it chiefly delights; yet it will well abide in the more upland and drier Grounds, and tasteth a little brackish and salt even there, but not so much as where it hath the salt Water to feed upon.

Place.] It groweth all along the Thames side, both on the Essex and Kentish Shores, from Woolwich round about the Sea-Coasts to Dover, Portsmouth, and even to Bristol, where it is had in Plenty; the other with round Leaves groweth in the Marshes in Holland in Lincolnshire, and other Places of Lincolnshire by the Sea-side.

Description.] There is also another sort called Dutch Scurvy-grass, which is most known and frequent in Gardens, which have divers fresh, green and almost round leaves rising from the Root, nothing so thick as the former; yet in some rich ground very large, even twice so big as in others, not dented about the edges, or hollow in the middle, every one standing on a long Foot-stalk: From among these rise up
divers

divers long, slender, weak Stalks, higher than the former, and with more white Flowers at the tops of them, which turn into small Pods, and smaller brownish seed than the former. The Root is white, small and thready. The taste of this is nothing salt at all, bath a hot Aromaticall spicy taste.

Time] It flowereth in April and May, and giveth Seed ripe quickly after.

Government and Vertues.] It is an Herb of Jupiter. The English Scurvey-grass is more used for the salt taste it beareth, which doth somewhat open and cleanse; but the Dutch Scurvy-grass is of better effect, and chiefly used (if it may be had) by those that have the Scurvy.

Scurvy, Liver, and Spleen, Phlegmatick Humours, foul Ulcers, and sore Mouths, Spots and Scars in the Skin.

especially to purge and cleanse the Blood, the Liver and Spleen, for all which Diseases it is of singular good effect, by taking the Juice in the Spring every Morning fasting in a cup of Drink.

The Decoction is good for the same purpose, and the Herb tunned up in new Drink, either by it self, or with other things; for it openeth Obstructions, evacuating cold, clammy, and phlegmatick Humours, both from the Liver and the Spleen, wasting and consuming both the swelling and hardness thereof, and thereby bringing to the Body a more lively colour. The Juice also helpeth all foul Ulcers and Sores in the Mouth if it be often gargled therewith; and used outwardly, cleanseth the Skin from Spots, Marks or Scars that happen therein.

Self-Heal.

It is called also Prunel, Carpenters Herb, Hook heal, and Sickle-wort.

Description.] **T**HE common Self-heal is a small, low, creeping Herb, having many small roundish pointed Leaves, somewhat like the Leaves of wild Mints, of a dark green colour, without any dents on the edges: From among which rise divers square hairy stalks, scarce a foot high, which spread sometimes into branches, with divers small Leaves set thereon, up to the tops, where stand brown spiked heads, of many small brownish Leaves like scales, and flowers set together, almost like the head of Cassidony, which flowers are gaping, and of a bluish purple, or more pale blue, in some places sweet,

sweet, but not so in others. The Root consists of many strings or fibres downward, and spreadeth strings also whereby it increaseth. The small stalks, with the Leaves creeping upon the Ground, shoot forth fibres taking hold on the Ground, whereby it is made a great Tuft in a short time.

Place It is found in Woods and Fields every where.

Time. It flowereth in May, and sometimes in April.

Government and Vertues. Here is another Herb of Venus, *Self-heal*, whereby when you are hurt you may heal your self: 'Tis a special Herb for inward and outward Wounds. Take it inwardly in Syrups for inward Wounds; outwardly in Unguents and Plaisters for outward. As *Self heal* is like Bugle in Form, so also in the Qualities and Vertues, serving for all the purposes where-

Inward Wounds and Ulcers, Bruises, Flux of Blood, foul Sores, Green Wounds, Head-ach, Sores in the Mouth or Throat, and secret Parts.

to Bugle is applied with good success, either inwardly or outwardly, for inward Wounds or Ulcers, wheresoever within the Body, for Bruises or Falls, and such like Hurts. If it be accompanied with Bugle, Sanicle, and other the like Wound Herbs, it will be more effectual to wash or inject into Ulcers in the Parts outwardly, where there is cause to repress the heat and sharpness of Humours flowing to any sore Ulcers, Inflammations, Swellings, or the like, or to stay the Flux of Blood in any Wound or Part; this is used with good Success; as also to cleanse the Foulness of Sores, and cause them more speedily to be healed. It is an especial Remedy for all Green Wounds to fodder the Lips of them, and to keep the Place from any further Inconveniencies. The Juice hereof used with Oil of Roses to anoint the Temples and Forehead, is very effectual to remove the Head-ach, and the same mixed with Honey of Rose, cleanseth and healeth all Ulcers in the Mouth and Throat and those also in the Secret Parts. And the Proverb of the Germans, French, and others, is verified in this, *That he needeth neither physician nor Chirurgion that hath Self-heal and Sanicle to help himself.*

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The Service-Tree.

IT is so well known in the Place where it grows, that it needeth no Description.

Time.] It flowereth before the end of *May*, and the Fruit is ripe in *October*.

Government and Vertues.] *Services*, when they are mellow, are fit to be taken to stay Fluxes, Scouring and Casting, yet less than Medlers. If they be dried before they be mellow, and kept all the Year, they may be used in Decoctions for the said purpose, either to drink, or to bathe the Parts requiring it; and are profitably used in that manner to stay the Bleeding of Wounds, and at the Mouth or Nose, to be applied to the Forehead, and Nape of the Neck; and are under the Dominion of *Saturn*.

Fluxes, Scourings, and Castings, Bleedings at Wounds, or at Mouth and Nose.

Shepherd's Purse.

IT is also called Whoremans Permacity, Shepherd's-Script, Shepherd's-Pounce, Toy-wort, Pick-Purse, and Cafe-wort.

Description.] The Root is small, white, and perisheth every Year. The Leaves are small and long, of a pale green colour, and deeply cut in on both sides, amongst which springeth up a stalk which is small and round, containing small Leaves upon it even to the top. The Flowers are white, and very small; after which come the little Cases which hold the Seed, which are flat, almost in the form of a Heart.

Place.] They are frequent in this Nation, almost by every Path-side.

Time.] They flower all the Summer long; nay, some of them are so fruitful, that they flower twice a Year.

Government and Vertues.] It is under the Dominion of *Saturn*, and of a cold, dry, and binding Nature, like to him. It helps all Fluxes of Blood,

Stops Fluxes, Flux of the Belly, spitting and pissing Blood, Terms stops, Yellow-Jaundice, Pains, Noise, and Matterings in the Ears, Wounds.

either caused by inward or outward Wounds; as also Flux of the Belly, and Bloody Flux spitting and pissing of Blood, stops the Terms in Women; being bound to the Wrists of the Hands, and the

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the Soles of the Feet, it helps the Yellow Jaundice. The Herb being made into a Pultis, helps Inflammations, and St. Anthony's Fire. The Juice being dropped into the Ears, helps the Pains, Noises, and Matterings thereof. A good Ointment may be made of it for all Wounds, especially Wounds in the Head.

Smallage.

THIS is also very well known, and therefore I shall not trouble the Reader with any Description thereof.

Place.] It groweth naturally in wet and marshy Ground; but if it be sown in Gardens, it there prospereth very well.

Time.] It abideth green all the Winter, and seedeth in August.

Government and Vertues.] It is an Herb of Mercury. Smallage is hotter, drier, and much more medicinal than Parsley, for it much more openeth Obstructions of the Liver and Spleen, rarifieth thick Phlegm,

and cleanseth it and the Blood withal. It provoketh Urine and Womens Courses, and is singular good against the Yellow Jaundice, Tertian and Quartan Agues, if the Juice thereof be taken, but especially made up into a Syrup. The

Liver and Spleen, Urine, and Womens Courses, Yellow-Jaundice, Agues, sore Mouths and Throats, Ulcers and Cankers, Wind, Worms, stinking Breath.

Juice also put to Honey of Roses, and Barley water, is very good to gargle the Mouth and Throat of those that have Sores and Ulcers in them and will quickly heal them. The same Lotion also cleanseth and healeth all other foul Ulcers and Cankers elsewhere, if they be washed therewith. The Seed is especially used to break and expel Wind, to kill Worms, and to help a stinking Breath. The Root is Effectual to all the Purposes aforesaid, and is held to be stronger in Operation than the Herb, but especially to open Obstructions, and to rid away any Ague, if the Juice thereof be taken in Wine, or the Decoction thereof in Wine be used.

Sope-wort, or Bruise-wort.

Descript.] **T**HE Root creepeth under Ground far and near, with many Joints therein, of a brown Colour on the outside, and yellowish within, shooting forth in divers places many weak round Stalks, full of Joints, set with two Leaves a-piece at every one of them on the contrary side, which are ribbed somewhat like unto Plantane, and fashioned like the common Field white Campian Leaves, seldom having any Branches from the sides of the Stalks, but set with divers Flowers at the top, standing in long Husks like the wild Campians, made of five Leaves a-piece, round at the Ends, and a little dented in the Middle, of a pale Rose-colour, almost white, sometimes deeper, sometimes paler; of a reasonable good Scent.

Place.] It groweth wild in many low and wet Grounds of this Land, by the Brooks and Sides of running Waters.

Time.] It flowereth usually in July, and so continueth all August, and part of September, before they be quite spent.

Government and Vertues.] Venus owns it. The Country People in divers Places do use to bruise the Leaves of Sope-wort, and lay it to their Fingers, Hands or Legs, when they are cut, to heal them up again. Some make great boast thereof, that it is diuretical to provoke Urine and thereby to expel Gravel and the Stone

Cut Fingers, provokes Urine, expels Gravel, and Stone, Dropse, French Pox.

in the Reins or the Kidneys, and do also account it singular good to avoid Hydropical Waters, thereby to cure the Disease of the Dropse. And they no less extol it to perform an absolute Cure in the French Pox, more than either Sarsaparilla, Guaiacum, or China, can do; which, how true it is, I leave others to judge.

Sorrel.

OUR ordinary Sorrel, which grows in Gardens, and also wild in the Fields, is so well known, that it needeth no Description.

Government and Vertues.] It is under the Dominion of Venus. Sorrel is prevalent in all hot Diseases, to cool any Inflammation and Heat of Blood in Agues pestilential or cholerick, or Sicknes and Fainting, rising from Heat

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Heat, and to refresh the over-spent Spirits with the Violence of furious or fiery Fits of Agues; to quench Thirst, and procure an Appetite in fainting or decaying Stomachs: For it resisteth the Putrefaction of the Blood, killeth Worms, and is a Cordial to the Heart, which the Seed doth more effectually, being more drying and binding, and there-

quench Thirst, provokes Appetite, kills Worms, Womens Courses, Fluxes, Poison, Jaundice, inward Ulcers, Itch, Tetter and Ring-worms, Kernels in the Throat, sore Mouths, Imposthumes, Boil or Plague-Sore.

by stayeth the hot Fluxes of Womens Courses, or of Humours in the Bloody-Flux, or Flux of the Stomach. The Root also in a Decoction, or in Powder, is effectual for all the said Purposes. Both Roots and Seed as well as the Herb, are held powerful to resist the Poison of the Scorpion. The Decoction of the Roots is taken to help the Jaundice, and to expel the Gravel and the Stone in the Reins or Kidneys. The Decoction of the Flowers made with Wine and drunk, helpeth the Black Jaundice, as also the inward Ulcers of the Body or Bowels. A Syrup made with the Juice of Sorrel and Fumitory, is a Sovereign Help to kill those sharp Humours that cause the Itch. The Juice thereof with a little Vinegar, serveth well to be used outwardly for the same Cause, and is also profitable for Tetter, Ring-worms, &c. It helpeth also to discuss the Kernels in the Throat; and the Juice gargled in the Mouth, helpeth the Sores therein. The Leaves wrapt up in a Colewort-leaf, and roasted under the Embers, and applied to a hard Imposthume, Botch, Boil or Plague-Sore, do both ripen and break it. The distilled Water of the Herb is of much good Use for all the Purposes aforesaid.

Wood-Sorrel.

Descript.] THIS groweth low upon the Ground, having a Number of Leaves coming from the Root, made of three Leaves, like a Trefoil, but broad at the Ends, and cut in the middle, of a faint yellowish green Colour, every one standing on a long Foot-stalk, which at their first coming up are close folded together to the Stalk, but opening themselves afterwards, and are of a fine sour Relish, and yielding a Juice which will turn red when it is clarified, and maketh a most dainty clear Syrup. Among these Leaves rise up divers slender, weak Foot-stalks, with every one of them a Flower at the top, consist. of five

five small pointed Leaves, Star-fashion, of a white Colour in most Places, and in some, dash'd over with a small Show of a bluish, on the back side only. After the Flowers are past, follow small round Heads, with small yellowish seed in them. The Roots are nothing but small Strings fastened to the end of a small long piece; all of them being of a yellowish Colour.

Place.] It groweth in many Places of our Land, in Woods and Wood-sides, where they be moist and shadowed and in other Places not too much open to the Sun.

Time.] It flowereth in April and May.

Government and Vertues.] Venus owns it. Wood-Sorrel ferveth to all the Purposes that the other Sorrels do, and is more effectual in hindering Putrefaction of Blood, and Ulcers in the Mouth and Body, and in cooling and tempering Heats

Ulcers, Inflammations, procure Appetite, Pestilential Fevers, hot Swellings, Canker or Ulcer in the Mouth, Wounds or Stabs, Distinctions.

and Inflammations, to quench Thirst, to strengthen a weak Stomach, to procure an Appetite, to stay Vomiting and very excellent in any contagious Sickness, or pestilential Fevers. The Syrup made of the Juice is effectual in all the Cases aforesaid, and so is the distilled Water of the Herb also. Sponges or Linnen Cloths wet in the Juice, and applied outwardly to any hot Swellings or Inflammations, doth much cool and help them. The same Juice taken and gargled in the Mouth, and after it is spit forth, fresh taken, doth wonderfully help a foul stinking Canker, or Ulcers therein. It is singular good in Wounds, Thrusts and Stabs in the Body, to stay Bleeding, and helpeth to stay any hot Defluxions in the Throats or Lungs, and to cleanse and heal the Wounds speedily.

Sow-Thistle.

Sow-Thistles are generally so well known, that they need no Description.

Place.] They grow in Gardens and manured Grounds, sometimes by old Walls, Pathsides of Fields, and High-ways.

Government and Vertues.] This and the former are under the Influence of Venus. Sow-Thistles are cooling, and somewhat binding, and are very fit to cool an hot Stomach, and to ease the gnawing Pains thereof. The Herb boiled in

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in Wine, is very helpful to stay the Dissolution of the Stomach, and the Milk that is taken from the Stalks when they are broken: Given in Drink, is beneficial to those that are short winded, and have a wheezing withal. *Pliny* saith, That it hath caused the Gravel and Stone to be voided by Urine, and that the eating thereof helpeth a stinking Breath. Three Spoonfuls of the Juice thereof taken in White-wine warmed, and some Oil put thereto, causeth Women in Travail to have so easie and speedy Delivery, that they may be able to walk presently after. The said Juice taken in warm Drink, helpeth the Strangury, and Pains in making Water. The Decoction of the Leaves and Stalks causeth abundance of Milk in Nurses, and their Children to be well colour'd, and is good for those whose Milk doth curdle in their Breasts. The Juice boiled, or thoroughly heated with a little Oil of bitter Almond in the Peel of a Pomegranate, and dropped into the Ears, is a sure Remedy for Deafness, Singings, and all other Diseases in them. The Herb bruised, or the Juice, is profitably applied to all hot Inflammations in the Eyes, or wheresoever else; and for Wheals, Blisters, or other the like Eruption or Heat in the Skin: as also for the Heat and Itching of the Hemorrhoids, and the Heat and Sharpness of Humours in the secret Parts of Man or Woman. The distilled Water of the Herb, is not only effectual for all the Diseases aforesaid, to be taken inwardly with a little Sugar, (which Medicine the daintiest Stomach will not refuse) but outwardly, by applying Cloths or Sponges wetted therein. It is wonderfully good for Women to wash their Faces therewith, to clear the Skin and give a Lustre thereto.

Pain and Heat of the Stomach, short Wind and Wheezing, Gravel and Stone, stinking Breath, Speedy Delivery, Strangury, Milk increased, Deafness, and singing in the Ears, inflamed Eyes, Wheals and Blisters, Hemorrhoids; clear the Face.

Southern-Wood.

Southern-wood is so well known to be an ordinary Inhabitant in our Gardens, that I shall not need to trouble you with any Description thereof.

Time] It flowereth for the most part in July and August.

Govern.

Government and Vertues] It is a gallant Mercurial Plant, worthy of more Esteem than it hath. *Dioscorides* saith, That the Seed bruised, heated in warm Water, and drunk, helpeth those that are bursten, or troubled with Cramps or Convulsions of the Sinews, the Sciatica, or difficulty in making Water, and bringing down Womens Courses. The same taken in Wine is an Antidote, or Counter-poyson against all deadly Poyson, and driveth away Serpents and other venomous Creatures; as also the Smell of the Herb, being

Bursten, Cramps and Convulsions, Sciatica Stranguary, Womens Courses, Poysons, Agues, Inflamed Eyes, Pimples Pusbes, and Wheals, Wrms, Splinters and Thorns, old Ulcers, Sores in the Privities, Baldness, French-Pox, Stone, Spleen, and Mother.

burnt, doth the same. The Oil thereof anointed on the Back-bone before the Fits of Agues come, taketh them away: It taketh away Inflammations in the Eyes, if it be put with some part of a roasted Quince, and boiled with a few Crumbs of Bread, and applied. Boiled with Barley-meal, it taketh away Pimples, Pusbes or Wheals that arise in the Face, or other Parts of the Body. The Seed, as well as the dried Herb, is often given to kill the Worms in Children: The Herb bruised and laid to, helpeth to draw forth Splinters and Thorns out of the Flesh. The Ashes thereof drieth up and healeth old Ulcers, that are without Inflammation, although by the Sharpness thereof it biteth sore, and putteth them to sore Pains; as also the Sores in the Privy Parts of Man or Woman. The Ashes mingled with old Salad-Oil, helpeth those that have Hair fallen, and are bald, causing the Hair to grow again either on the Head or Beard. *Darantes* saith, That the Oil made of Southernwood, and put among the Ointments that are used against the French Disease, is very effectual, and likewise killeth Lice in the Head. The distilled Water of the Herb is said to help them much that are troubled with the Stone, as also for the Diseases of the Spleen and Mother. The *Germans* commend it for a singular Wound-herb, and therefore call it *Stab-wort*. It is held by all Writers, ancient and modern, to be more offensive of the Stomach than Wormwood.

Spignel.

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Spignel.

Descript.] **T**HE Roots of common Spignel do spread much and deep in the Ground, many Strings or Branches growing from one Head, which is hairy at the top, of a blackish brown Colour on the Outside, and white within, smelling well, and of an Aromatical Taste, from whence rise sundry long stalks of most fine cut Leaves like Hairs, smaller than Dill, set thick on both sides of the Stalks, and of a good Scent. Among these Leaves rise up round stiff Stalks, with a few Points and Leaves on them, and at the Tops an Umbel of fine pure white Flowers. At the Edges whereof sometimes will be seen a Sheaf of the reddish bluish Colour, especially before they be full blown, and are succeeded by small, somewhat round Seeds, bigger than the ordinary Fennel, and of a brown Colour, divided into two Parts, and crusted on the Back, as most of the umbelliferous Seeds are.

Place.] It groweth wild in Lancashire, Yorkshire, and other Northern Counties, and is also planted in Gardens.

Government and Vertues.] It is an Herb of Venus. Galen saith. The Roots of Spignel are available to provoke Urine, and Womens Courses; but if too much thereof be taken, it causeth Head-ach: The Roots boiled in Wine or Water, and drunk, helpeth the Stranguary, and Stoppings of the Urine, the Wind, Swellings and Pains in the Stomach, Pains of the Mother, and all Joint-aches. If the Powder of the Root be mixed with Honey, and the same taken as a licking Medicine, it breaketh tough Phlegm, and drieth up the Rheum that falleth on the Lungs. The Roots are accounted very effectual against the stinging or biting of any venomous Creature, and is one of the Ingredients in Mithridate, and other Antidotes of the same.

Provoke Urine and Womens Courses, Stranguary, Pain in the Stomach, Mother, Joint-aches, tough Phlegm, Venomous Creatures.

Spleen-Wort, or Ceterach.

Descript.] **T**HE smooth Spleen-wort, from a black, thready and and bushy Root, sendeth forth many long single Leaves, cut in on both sides into round Dents, almost to the middle,

dle, which is not so hard as that of Polipody, each Division being not always set opposite unto the other, cut between each, smooth, and of a light green on the upper side, and a dark yellowish roughness on the back, folding or rowling it self inward at the first springing up.

Place.] It groweth as well upon Stone walls, as moist and shadowy Places, about *Bristol*, and other the West Parts, plentifully; as also on *Framingham Castle*, on *Beaconsfield Church* in *Berkshire*, at *Stroude* in *Kent*, and elsewhere, and abideth green all the Winter.

Government and Vertues.] *Saturn* owns it. It is generally used against Infirmities of the Spleen: It helpeth the Strangury, and wasteth the Stone in the Bladder, and is good against the Yellow Jaundice, and the Hiccough; but the Juice of it in Women hindereth Conception. *Matthiolus* saith, That if a Drachm of the Dust that is on the Backside of the Leaves be mixed with half a Drachm of Amber in Powder, and taken with the Juice of Purslane or Plantane, it helps the running of the Reins speedily, and that the Herb and Root being boiled and taken, helpeth all melancholy Diseases, and those especially that arise from the French Disease. *Cameraarius* saith, That the distilled Water thereof being drunk, is very effectual against the Stone in the Reins and Bladder; and that the Lye that is made of the Ashes thereof, being drunk for some time together, helpeth splenetick Persons. It is used in outward Remedies for the same Purpose.

Star-Thistle.

Descripr.] A Common Star-Thistle hath divers long and narrow Leaves lying next the Ground, cut or torn on the Edges, somewhat deeply into many, almost even, parts, soft, or a little woolly all over the Green, and which rise up divers weak Stalks, parted into many Branches, all lying or leaning down to the Ground, that it seemeth a pretty Bush, set with divers the like divided Leaves up to the Tops, where severally do stand long and small whitish green Heads, set with sharp and long white Pricks, [no part of the Plant being else prickly] which are somewhat yellowish; out of the middle whereof riseth the Flower composed of many small reddish purple

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purple Threads; and in the Heads, after the Flowers are past, come small whitish round Seeds, lying down as others do. The Root is small, long, and woody, perishing every Year, and rising again of their own sowing.

Place] It groweth wild in the Fields about London in many Places, as at *Mile end Green*, in *binsbury* Fields beyond the Wind-mills and many other Places.

Time] It flowereth early, and feedeth in July, and sometimes in August.

Government and Vertues] This, as almost all Thistles, are under Mars. The Seed of this Star-Thistle made into Powder, Provokes Urine, Stone, and drunk in Wine, provoketh Plague, Fistula, French-Urine, and helpeth to break the Pox, Obstructions, Agues. Stone, and driveth it forth. The Root in Powder, and given in Wine and drunk, is good against the Plague or Pestilence, and drunk in the Morning fasting for some time together, it is very profitable for a Fistula in any part of the Body. *Baptista Sarda* doth much commend the distilled Water hereof, being drank, to help the French Disease, to open the Obstructions of the Liver, and cleanse the Blood from corrupted Humours, and is profitable against Quotidian or Tertian Agues.

Strawberries.

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

Time] They flower at May ordinarily, and the Fruit is ripe shortly after.

Government and Vertues] Venus owns the Herb. Strawberries, when they are green, are cool and dry; but when they are ripe, they are cold and moist: The Berries are excellent good to cool Liver, the Blood, and the Spleen, or an hot cholerick Stomach; to refresh and comfort the fainting Spirits, and quench Thirst: They are good also for other Inflammations; yet it is not amiss to refrain

Cool the Liver, Spleen and Stomach, quench Thirst, Inflammations, provoke Urine, stay the Bloody-Flux and Womens Courses, panting of the Heart, Yellow Jaundice, Ulcers, sore Mouths, or Ulcers in the Privities, loose Teeth, from

Catarrhs, Defluxions, inflamed Eyes, Pusles and Wheals, red Face, Deformities in the Skin, Films over the Eyes.

from them in a Fever, lest by their putrifying in the Stomach they encrease the Fits. The Leaves and Roots boiled in Wine and Water, and drunk, do likewise cool the Liver and Blood, and assuage all Inflammations in the Reins and Bladder, provoke Urine, and allay the Heat and Sharpness thereof. The same also being drunk, stayeth the Bloody Flux and Womens Courses, and help the Swellings of the Spleen. The Water of the Berries carefully distilled, is a soveraign Remedy and Cordial in the panting and beating of the Heart, and is good for the Yellow Jaundice. The Juice dropped into foul Ulcers, or they washed therewith; or the Decoction of the Herb and Root, doth wonderfully cleanse and help to cure them. Lotions and Gargles for sore Mouths, or Ulcers therein, or in the Privy Parts or elsewhere, are made with the Leaves and Roots thereof; which is also good to fasten loose Teeth, and to heal spongy foul Gums. It helpeth also to stay Catarrhs or Defluxions of Rheum into the Mouth, Throat, Teeth, or Eyes. The Juice or Water is singular good for hot and red inflamed Eyes, if dropped into them, or they bathed therewith. It is also of excellent Property for all Pusles, Wheals, and other Breakings forth of hot and sharp Humours in the Face and Hands, and other Parts of the Body to bathe them therewith; and to take away any Redness in the Face, or Spots, or other Deformities in the Skin, and to make it clear and smooth. Some use this Medicine: Take so many Strawberries as you shall think fitting, and put them into a Distillatory, or Body of Glass fit for them, which being well closed, set in a Bed of Horse dung for your Use. It is an excellent Water for hot inflamed Eyes, and to take away Film or Skin that beginneth to grow over them, and for such or other Defects in them as may be helped by any outward Medicine.

Succory.

Descript.] **T**HE Garden Succory hath longer and narrower Leaves than Endive, and more cut in or torn on the Edges, and the Root abideth many Years. It beareth also blue Flowers like Endive, and the Seed is hardly distinguished from the seed of the smooth or ordinary Endive.

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The Wild Succory hath divers long Leaves lying on the Ground, very much cut in or torn on the Edges, on both Sides, even to the middle Rib, ending in a Point: Sometimes it hath a red Rib down the middle of the Leaves, from among which riseth up a hard, round, woody Stalk, spreading into many Branches, set with smaller and lesser divided Leaves on them up to the Tops, where stand the Flowers, which are like the Garden-kind, as the Seed is also, (only take Notice that the Flowers of the Garden-kind are gone in on a sunny Day, they being so cold, that they are not able to endure the Beams of the Sun, and therefore more delight in the Shadow.) The Root is white, but more hard and woody than the Garden-kind. The whole Plant is exceeding bitter.

Place.] This groweth in many Places of our Land in waste, untilled and barren Fields. The other only in Gardens.

Government and Vertues.] It is an Herb of Jupiter. Garden Succory, as it is more dry and less cold than Endive, so it openeth more. An handful of the Leaves or Roots boiled in Wine or Water, and a Draught thereof drunk fasting, driveth forth Cholerick and Phlegmatick Humours, openeth Obstructions of the Liver, Gall and Spleen; helpeth the Yellow-Jaundice, the Heat of the Reins, and of the Urine; the Dropisie also, and those that have an evil Disposition in their Bodies, by Reason of long Sicknes, evil Dyet, &c. which the Greeks call

Cholerick and Phlegmatick Humours, Obstructions, Yellow Jaundice, hot Reins, and Urine, Dropisie, Agues, Passions of the Heart, Head-ach, Swellings and Inflammations, Saint Anthony's Fire, Pusles, Wheales and Pimples, Inflamed Eyes, too much Milk.

Cachexia. A Decoction thereof made with Wine, and drunk, is very effectual against long lingering Agues, and a Drachm of the Seed in Powder, drunk in Wine before the Fit of the Ague, helpeth to drive it away. The distilled Water of the Herb and Flowers (if you can take them in Time) hath the Properties, and is especial good for hot Stomachs, and in Agues, either Pestilential or of long Continuance; for Swoonings and Passions of the Heart, for the Heat and Head-ach in Children, and for the Blood and Liver. The said Water, or the Juice, or the bruised Leaves applied outwardly, allays Swellings, Inflammations, St. Anthony's Fire, Pusles, Wheals and Pimples, especially used with a little

little Vinegar; as also to wash pestiferous Sores. The said Water is very effectual for sore Eyes that are inflamed with Redness, and for Nurses Breasts that are pained by the abundance of Milk.

The wild Succory, as it is more bitter, so it is more strengthening to the Stomach and Liver.

Stone-Crop, Prick-Madam, or Small-Housleek.

Descript.] *It groweth with divers trailing Branches upon the Ground, set with many thick, flat, roundish, whitish, green Leaves, pointed at the Ends. The Flowers stand many of them together, somewhat loosely. The Roots are small, and run creeping under Ground.*

Place.] It groweth upon the Stone-walls, and Mud-walls, upon the Tiles of Houses, and Pent-Houses, and amongst Rubbish, and in other gravelly Places.

Time.] It flowereth in June and July, and the Leaves are green all the Winter.

Government and Vertues.] It is under the Dominion of the Moon, cold in Quality, and something binding, and therefore very good to stay Defluxions, especially such as fall upon the Eyes. It stops Bleeding, both inward and outward, helps Cankers, and all fretting Sores and Ulcers: It abates the Heat of Cholera, thereby preventing Diseases thence arising from Choleric Humours. It expels Poyson much, resisteth Pestilential Fevers, being exceeding good also for Tertian Agues: You may drink the Decoction of it if you please for all the foregoing Infirmities. It is so harmless an Herb, you can scarce use it amiss: Being bruised and applied to the Place, it helps the King's Evil, and any other Knots or Kernels in the Flesh; as also the Piles.

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English Tobacco.

Description.] *THIS riseth up with a round, thick, Stalk, about two Foot high, whereon do grow thick, flat green Leaves, nothing so large as the other Indian kinds, somewhat round-pointed also, and nothing dented about the Edges.*

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