

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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The Stalk brancheth forth, and beareth at the Tops divers Flowers set on green Husks like the other, but nothing so large; scarce standing above the Brims of the Husks, round pointed also, and of a greenish yellow Colour. The Seed that followeth is not so bright, but larger, contained in the like great Heads. The Roots are neither so great, nor woody, and perisheth every Year with the hard Frosts in Winter, but riseth generally of its own sowing.

*Place.]* This came from some Parts of *Brasil*, as is thought, and is more familiar in our Country than any of the other sorts; early giving ripe Seed, which the other seldom do.

*Time.]* It flowereth from *June*, sometimes to the end of *August*, or later, and the Seed ripeneth in the mean Time.

*Government and Vertues.]* It is a martial Plant. It is found by good Experience to be available, to expectorate tough Phlegm from the Stomach, Chest

*Tough Phlegm, Worms, Meagrim, Pains in the Bowels, Gravel and Stone, Wind, Mother, Tooth-ach, King's Evil, Venomous Creatures, Ague, Cramps and Aches, Sciatica, Itch, Scabs and Ulcers, Cankers and foul Sores, Lice, fresh Wounds and Sores, Imposthumes and hard Swellings.*

and Lungs. The Juice thereof made into a Syrup, or the distilled Water of the Herb drunk with some Sugar, or without, if you will, or the Smoak taken by a Pipe, as is usual, but fasting; the same helpeth to expel Worms in the Stomach and Belly, and to ease the Pains in the Head, or Megrim, and the griping Pains in the Bowels. It is profitable for those that are troubled with the Stone in the Kidneys, both to ease Pains

by provoking Urine, and to expel Gravel and the Stone ingender'd therein, and hath been found very effectual to expel Windiness, and other Humours, which cause the strangling of the Mother. The Seed hereof is very effectual to expel the Tooth-ach, and the Ashes of the burnt Herb to cleanse the Gums, and make Teeth white. The Herb bruised and applied to the Place grieved with the King's Evil, helpeth it in nine or ten Days effectually. *Manardus* saith, It is a Counter-poison against the biting of any venomous Creature; the Herb also being outwardly applied to the hurt Place. The distilled Water

is often given with some Sugar before the Fit of an Ague, to lessen it, and takes it away in three or four times using. If the distilled Faces of the Herb, having been bruised before the Distillation, and not distilled dry, be set in warm Dung for fourteen Days, and afterwards be hung up in a Bag in a Wine-Cellar, the Liquor that distilleth therefrom is singular good to use for Cramps, Aches, the Gout and Sciatica, and to heal Itches, Scabs, and running Ulcers, Cankers, and foul Sores whatsoever. The Juice is also good for all the said Grievs, and likewise to kill Lice in Childrens Heads. The green Herb bruised and applied to any green Wound, cureth any fresh Wound or Cut whatsoever; and the Juice put into old Sores, both cleanseth and healeth them. There is also made hereof a singular good Salve to help Imposthumes, hard Tumors, and other Swellings by Blows and Falls.

### The Tamarisk Tree

**I**T is so well known in the Places where it grows, that it needeth no Description.

*Time.]* It flowereth about the end of *May*, or in *June*, and the Seed is ripe and blown away in the beginning of *September*.

*Government and Vertues.]* As gallant a *Saturnine* Herb as it is, if the Root, Leaves, or young Branches, be boiled in Wine or Vinegar, and drank, and applied outwardly, it is very powerful against the hardness of the Spleen. The

*Spleen, Hemorrhoids, spitting Blood, Womens Courses, Jaundice, Cholick, Venom, Serpent, Tooth-ach, Pain in the Ears, watering Eyes, Gangreens and Ulcers, Nits and Lice, Spleen, Burning and Scalding, French-Pox, Leprosie and Scabs, Dropsie, Melancholy, black Jaundice.*

Leaves boiled in Wine, and drunk, is good to stay the bleeding of the Hemorrhoidal Veins, the spitting of Blood, and Womens too abundant Courses, and helpeth the Jaundice, the Cholick, and the biting of all venomous Serpents, except the Asp. The Bark is as effectual, if not more, to all the Purposes aforesaid, and both it and the Leaves boiled in Wine, and the

Month and Teeth washed therewith, helpeth the Tooth-ach; being dropped in the Ears, easeth the Pains, and is good for the Redness and Watering of the Eyes. The said Decoction, with some Honey put thereto, is good to stay Gangreens and

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fretting Ulcers, and to wash those that are subject to Nits and Lice: The Wood is very effectual to consume the Spleen, and therefore to drink out of Cups and Cans made thereof, is good for splenetick Persons. The Ashes of the Wood are used for all the Purposes aforesaid; and besides, doth quickly help the Blisters raised by Burnings or Scaldings, by Fire or Water. *Alphinus* and *Vffingus* do affirm, That the *Egyptians* do with as good Success use the Wood hereof to cure the *French Disease*, as others do *Lignum Vitæ* or *Guaicum*; and give it also to such as are possessed with Leprosie, Scabs, Pusles, Ulcers, or the like: It is available to help the Dropsy, arising from the Hardness and Obstruction of the Spleen, as also for Melancholy, and the Black Jaundice that ariseth thereof.

Garden Tansie.

**G**arden Tansie is so well known, that it needeth no Description.

*Time.*] It flowereth in *June* and *July*.

*Government and Vertues.*] Dame *Venus* was minded to pleasure Women with Child by this Herb, for there grows not an Herb fitter for their Uses than this is: It is just as tho' it were cut out for the Purpose. The Herb bruised and applied to the Navel, stays Miscarriages; I know no Herb like it for that Use: Boiled in ordinary Beer, and the Decoction drunk, doth the like; and if her Womb be not as she would have it, this Decoction will make it as she would have it, or at least as she should have it: Let those Women that desire Children, love this Herb, 'tis their best Companion, their Husband excepted. Also it consumes the phlegmatick Humours, the cold and moist Constitution of Winter most usually affects the Body of Man with, and that was the first Reason of eating Tansies in the Spring. At last the World being over run with Popery, a Monster called Superstition perks up his Head, and, as a just Judgment of God, obscures the bright Beams of Knowledge by his dismal Looks; (Physicians seeing the Pope and his Imps selfish, they began to do so too) and now forsooth Tansies must be eaten only on *Palm* and *Easter* Sundays, and their neighbour Days: At last Superstition being too hot to hold and the Selfishness of Physicians walking in the Clouds; after the Friars and Monks had

made the People ignorant, the Superstition of the Time was found out, by the Vertue of the Herb hidden, and now 'tis almost, if not altogether, left off. Surely our Physicians are beholding to none so much as they are to Monks and Friars: For want of eating this Herb in Spring, maketh People sickly in Summer; and that makes Work for the Physician. If it be against any Man or Woman's Conscience to eat Tanfie in the Spring, I am as unwilling to burthen their Consciences, as I am that they should burthen mine; they may boil it in Wine, and drink the Decoction, it will work the same Effect. The Decoction of the common Tanfie, or the Juice drunk in Wine, is a singular Remedy for all the Grievs that come by

*Dysary, Strangury, Reins, Kidneys, Wind, Womb, Miscarriages, Stone, Stomach, Worms, Cramps.*

stopping of the Urine, helpeth the Strangury, and those that have weak Reins and Kidneys: It is also very profitable to dissolve and expel Wind in the Stomach, Belly or Bowels, to procure Womens Courses, and expel Windiness in the Matrix, if it be bruised and often smelled unto, as also applied to the lower part of the Belly. It is also very profitable for such Women as are given to miscarry in Child bearing, to cause them to go out their full Time: It is used also against the Stone in the Reins, especially to Men. The Herb fry'd with Eggs, (as it is accustomed in the Spring-time) which is called a Tanfie, helpeth to digest and carry downward those bad Humours that trouble the Stomach. The Seed is very profitable given to Children for the Worms, and the Juice in Drink is as effectual. Being boiled in Oil, it is good for the Sinews shrunk by Cramps, or pained with Cold, if thereto applied.

#### Wild-Tansie, or Silver-Weed.

**T**HIS is also so well known, that it needeth no Description.

*Place.]* It groweth almost in every Place.

*Time.]* It flowereth in June and July.

*Government and Vertues.]* Now Dame Venus hath fitted Women with two Herbs of one Name, one to help Conception, the other to maintain Beauty, and what more can be expected of her? What now remains for you, but to love your Husbands, and not to be wanting to your poor Neighbours. Wild Tanfie stayeth the Lask, and all the

the Fluxes of Blood in Men or Women, which some say it will do, if the green Herb be worn in the Shooes, so it be next the Skin; and 'tis true enough, that it will stop the Terms, if worn so, and the Whites too, for ought I know. It stayeth also spitting or vomiting of Blood. The Powder of

*Flux, Terms stops, Vomiting of Blood, White Ruptures, Belly-ach, Sciatica, Joints, Tooth-ach, loose Teeth, Gums, Ulcers in the Mouth, Wounds, sore Legs, Pimples, Freckles, Sun-burning.*

the Herb taken in some of the distilled Water, helpeth the Whites in Women, but more-especially if a little Coral and Ivory in Powder be put to it. It is also much commended to help Children that are bursten, and have a Rupture being boiled in Water and Salt. Being boiled in Wine and drunk, it easeth the griping Pains of the Bowels, and is good for the Sciatica and Joint-aches. The same boiled in Vinegar, with Honey and Allom, and gargled in the Mouth, easeth the Pains of the Tooth-ach, fasteneth loose Teeth, helpeth the Gums that are sore, and setteth the Palate of the Mouth in its Place, when it is fallen down. It cleanseth and healeth Ulcers in the Mouth or secret Parts, and is very good for inward Wounds, and to close the Lips of green Wounds; and also to heal old, moist, and corrupt running Sores in the Legs or elsewhere. Being bruised and applied to the Soles of the Feet and Hand-wrists, it wonderfully cooleth the hot Fits of Agues, be they never so violent. The distilled Water cleanseth the Skin of all Discolourings therein, as Morpew, Sun-burning, &c. as also Pimples, Freckles, and the like; and dropped into the Eyes, or Cloths wet therein and applied, taketh away the Heat and Inflammations in them.

### Thistles.

**O**F these are many Kinds, growing here in *England*, which are so well known, that they need no Description: Their Differences are easily known by the Places where they grow, *viz.*

*Place.*] Some grow in Fields, some in Meadows, and some against the Corn; others on Heaths, Greens, and waste Grounds in many Places.

*Time.*] They flower in *June* and *August*, and their Seed is ripe quickly after.

*Government and Vertues.*] Surely *Mars* rules it, it is such a prickly Business. All these Thistles are good to provoke Urine, and to amend the stinking Smell thereof; as also the rank Smell of the Armpits, or the whole Body, being boiled in Wine and drunk, and are said also to help a stinking Breath, and to strengthen the Stomach. *Pliny* saith, That the Juice bathed on the Place that wanteth Hair, it being fallen off, will cause it to grow again speedily.

## The Melancholy Thistle.

*Descript.*] IT riseth up with tender single hoary green Stalks, bearing thereon four or five long hoary green Leaves, dented about the Edges; the Points thereof are little or nothing prickly, and at the Top usually but one Head, yet sometimes from the Bosom of the uppermost Leave there shooteth forth another smaller Head, scaly and somewhat prickly, with many reddish purple Thrums or Threads in the middle, which being gather'd fresh, will keep the Colour a long Time, and fadeth not from the Stalk in a long Time, while it perfecteth the Seed, which is of a mean Bigness, lying on the Down. The Foot hath many long Strings fasten'd to the Head, or upper part, which is blackish, and perisheth not.

There is another sort, little differing from the former but that the Leaves are more green above, and more hoary underneath, and the Stalk being about two Foot high, beareth but one scaly Head, with Threads and Seeds as the former.

*Place.*] They grow in many moist Meadows of this Land, as well in these Southern as in the Northern Parts.

*Time.*] They flower about July or August, and their Seed ripeneth quickly after.

*Government and Vertues.*] 'Tis under *Capricorn*, and therefore under both *Saturn* and *Mars*, one rideth Melancholy by Sympathy, the other by Antipathy. Their Vertues are but few, but those not to be despised; for the Decoction of the Thistle in Wine being drunk, expels superfluous Melancholy out of the Body, and make a Man as merry as a Cricket: Superfluous Melancholy cureth Care, Fear, Sadness, Despair, Envy, and many Evils more besides; but Religion teacheth

to wait upon God's Providence, and cast our Care upon him who careth for us. What a fine Thing were it if Men and Women could live so? And yet seven Years Care and Fear makes a Man never the wiser, nor a Farthing richer. *Discorides* saith, The Root born about one doth the like, and removes all Diseases of Melancholy. Modern Writers laugh at him: *Let them laugh that win.* My Opinion is, That 'tis the best Remedy against all melancholy Diseases that grows; they that please may use it.

### Our Lady's Thistle.

**Descript.]** OUR Lady's Thistle hath divers very large and broad Leaves lying on the Ground, cut in, and as it were crumpled, but somewhat hairy on the Edges, of a white green shining Colour, wherein are many Lines and Strakes of a milk-white Colour, running all over, and set with many sharp and stiff Prickles all about, among which riseth up one or more strong, round and prickly Stalks, set full of the like Leaves up to the Top, where, at the end of every Branch, comes forth a great prickly Thistle-like Head, strongly armed with Prickles, and with bright purple Thrums rising out of the middle of them: After they are past, the Seed groweth in the said Heads, lying in a great deal of soft white Down, which is somewhat flattish and shining, large and brown. The Root is great spreading in the Ground, and many Strings and small Fibres fastened thereunto. All the whole Plant is bitter in Taste.

**Place.]** It is frequent on the Banks of almost every Ditch.

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

**Government and Vertues.]** Our Lady's Thistle is under Jupiter, and thought to be as effectual as *Carduus Benedictus* for Agues, and to prevent and cure the Infection of the Plague as also to open Obstructions of the Liver and Spleen, and the eby is good against the Jaundice. It provoketh Urine, breaketh and expelleth the Stone, and is good for the Dropsie. It is effectual also for the Pains in the

*Agues, Plague, Obstruction, Liver, Spleen, Dropsie, Stitches in the Sides, Liver.*

Sides, and many other inward Pains and Gripings. The Seed and distilled Water are held powerful to all the Purposes aforesaid, and besides, it is often applied both inwardly to drink, and outward with Cloths or Spunges to



the Region of the Liver, to cool the Distemper thereof, and to the Region of the Heart, against Swoonings and Passions of it. It cleanseth the Blood exceedingly; and in Spring, if you please to boil the tender Plant, (but cut off the Prickles, unless you have a mind to choak your self) it will change your Blood as the Season changeth, and that's the way to be safe.

### The Woollen, or Cotten Thistle.

Descript.] **T**HIS hath many large Leaves lying upon the Ground, somewhat cut in, and as it wens crumpled on the Edge, of a green Colour on the upper side, but covered over with a long hairy Wool or Cotton-Down, set with most sharp and cruel Pricks; from the middle of whose Heads of Flowers, come forth many purplish crimson Threads, and sometimes white, although but seldom. The Seed that followeth in those white downy Heads is somewhat large, long and round, resembling the Seed of Lady's Thistle, but paler: The Root is great and thick, spreading much, yet usually dieth after Seed-time.

Place.] It groweth on divers Ditch-Banks, and in the Corn-Fields and High-ways, generally throughout the Land, and is often growing in Gardens.

Time.] It flowereth and beareth Seed about the End of Summer, when other Thistles do flower and seed.

Government and Vertues.] It is a Plant of Mars. *Dioscorides* and *Pliny* write, That the Leaves and Roots hereof, taken in Drink, helpeth those that have a Crick in their Neck, that

Crick in the Neck, Spasm, Convulsion, Rickets. they cannot turn it, unless they turn their whole Body. *Galen* saith, That the Roots and Leaves hereof

are good for such Persons that have their Bodies drawn together by some Spasm or Convulsion, or other Infirmities; as the Rickets (or as the Col'lege of Physicians would have it, *Rachites*, about which Name they have quarrelled sufficiently) in Children, being a Disease that hindereth their Growth, by binding their Nerves, Ligaments, and whole Structure of their Body.

### The Fuller's-Thistle, or Teasle.

**I**T is so well known, that it needs no Description, being used with the Cloth-workers.

*The wild Teasel is in all Things like the former, but that the Prickles*

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Prickles are small, soft, and upright, not hooked or stiff, and the Flowers of this are of a fine bluish, or pale Carnation Colour, but of the manured kind, whitish.

Place.] The first groweth, being sown, in Gardens or Fields for the use of Cloth-workers : The other near Ditches and Rills of Water in many Places of this Land.

Time ] They flower in July, and are ripe in the End of August.

Government and Vertues.] It is an Herb of Venus. Dioscorides saith, That the Root bruised and boiled in Wine, till it be thick, and kept in a Brazen Vessel or Pot, and after spread as a Salve, and applied to the Fundament, doth heal the Clefts thereof ; as also Cankers and Fistula's therein, and also taketh away Warts and Wens.

The Juice of the Leaves dropped into the Ears, killeth Worms in them. The distilled Water of the Leaves dropped in the Eyes, taketh away Redness and Mists in them, that hinder the Sight, and is often used by Women to preserve their Beauty, and to take away Redness and Inflammations, and all other Heat or Discolourings.

Fistula's, Warts, Clefts, Cankers, Wens, Worms in the Ears, Sights, Redness in the Face, Inflammation.

### Treacle-Mustard.

Descript. **I**T riseth with a hard round Stalk, about a Foot high, parted into some Branches, having divers soft green Leaves, long and narrow set thereon, waved, but not cut into the Edges, broadest towards the Ends, and somewhat round pointed ; the Flowers are white that grow at the Tops of the Branches, Spike-fashion, one above another ; after which come round Pouches, parted in the middle with a Furrow, having one blackish brown Seed on either side, somewhat sharp in Taste, and smelling of Garlick, especially in the Fields where it is natural, but not so much in Gardens : The Roots are small and thready, perishing every Year.

Give me leave here to add Mithridate Mustard, a'though it may seem more properly by the Name to belong to M. in the Alphabet.

### Mithridate-Mustard.

Descript. **T**HIS groweth higher than the former, spreading more and higher Branches, whose Leaves are smaller and

narrower, sometimes unevenly dented about the Edges. The Flowers are small and white, growing on long branches, with much smaller and rounder Seed-vessels after them, and parted in the same manner, having smaller brown Seeds than the former, and much sharper in Taste. The Root perisheth after Seed-time, but abideth the first Winter after springing.

*Place.*] They grow in sundry Places in this Land, as half a Mile from *Hatfield*, by the River side, under a Hedge, as you go to *Hatfield*, and in the Street of *Peckham* on *Surrey* Side.

*Time.*] They flower and seed from *May* to *August*.

*Government and Vertues.*] Both of them are Herbs of *Mars*. These Mustards are said to purge the Body both upwards and downwards, and procureth Womens Courses so abundantly, that it suffocatheth the Birth. It breaketh inward Impossthumes, being taken inwardly; and used in Clysters, helpeth the *Sciatica*.

*Purge the Body, Terms provokes Impossthumes, Sciatica, Peysen, Venem, Putrefaction.*

The Seed applied, doth the same. It is an especial Ingredient unto *Mithridate* and *Treacle*, being of it self an Antidote resisting *Poison*, *Venom* and *Putrefaction*. It is also available in many Cases for which the common Mustard is used, but somewhat weaker.

### The Black-Thorn, or Sloe-Bush.

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

*Place.*] It groweth in every Country in the Hedges and Borders of Fields.

*Time.*] It flowereth in *April*, and sometimes in *March*, but ripeneth the Fruit after all other Plumbs whatsoever, and is not fit to be eaten until the Autumn-Frost mellow'd them.

*Government and Vertues.*] All the Parts of the Sloe Bush are binding, cooling and dry, and all effectual to stay Bleeding at the Nose and Mouth, or any other Place; the Lask of the Belly or Stomach, or the Bloody-Flux, the too much abounding of Womens Courses, and helperh to ease the Pains of the Sides, Bowels and Guts, that come by over-much scowering, to drink the Decoction of the Bark of the Roots, or more usually the

*Binds, Cools, Dries, Bleeding-Flux.*

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Decoction of the Berries, either fresh or dried. The Conserve also is of very much Use, and more familiarly taken for the Purpose aforesaid. But the distilled Water of the Flowers first steeped in Sack for a Night, and drawn therefrom by the Heat of *Balneum Anglice*, a Bath is a most certain Remedy, tried and approved, to ease all manner of Gnawings in the Stomach, the Sides and Bowels, or any griping Pains in any of them, to drink a small Quantity when the Extremity of Pain is upon them. The Leaves also are good to make Lotions to gargle and wash the Mouth and Throat, wherein are Swellings, Sores, Kernels, and to stay the Defluxions of Rheum to the Eyes, or other Parts; as also to cool the Heat and Inflammations of them, and to ease hot Pains of the Head, to bathe the Forehead and Temples therewith. The simple distilled Water of the Flowers is very effectual for the said Purposes, and the condensate Juice of the Sloes. The distilled Water of the green Berries is used also for the said Effects.

*Gnawing in the Bowels and Stomach, sore Mouth, and Throat.*

### Thorough-Wax, or Thorough-Leaf.

Descript] **C**ommon Thorough-Wax sendeth forth one straight round stalk, and sometimes more, two Foot high, or better, whose lower Leaves being of a bluish green Colour, are smaller and narrower than those up higher, and stand close thereto, not compassing it; but as they grow higher, they do more and more encompass the Stalks, until it wholly, (as it were) pass through them, branching toward the Top into many parts, where the Leaves grow smaller again, every one standing singly, and never two at any joint. The Flowers are very small and yellow, standing in Tuffs at the Heads of the Branches, where afterwards grow the Seed, being blackish, many thick, thrust together. The Root is small, long and woody, perishing every Year, after Seed-time, and rising again plentifully of its own sowing.

Place] It is found growing in many Corn-fields and Pasture-Grounds in this Land.

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

Government and Vertues.] Both this and the former are under the Influences of Saturn. Thorough-Wax is of a singular good Use for all sorts of Bruises and Wounds either inward

inward or outward, and old Ulcers and Sores likewise, if the Decoction of the Herb with Water and Wine be drunk, and

*Bruises, Wounds, Ulcers, Ruptures, Navels sticking out.*

the Place washed therewith, or the Juice or green Herb bruised, or boiled, either by it self, or with other Herbs, in Oil or Hog's-grease, to be made into an Ointment to

serve all the Year. The Decoction of the Herb, or Powder of the dried Herb taken inwardly, and the same, or the Leaves bruised, and applied outwardly, is singular good for all Ruptures and Burstings, especially in Children, before it be too old. Being applied with a little Flower and Wax to Childrens Navels that stick forth, it helpeth them.

Time.

It is in vain to describe an Herb so commonly known.

*Government and Vertues*] It is a notable Strengtheners of the Lungs, as notable a one as grows; neither is there

*Lungs, Chin-cough, Phlegm, Shortness of Breack, Worms, Term provokes, safe and speedy Delivery to Women in Travail, After-birth, hot Swellings, Warts, Sciatica, Sight, Spleen, Gout, Cods swelled, Loins and Hips, Stomach, expel Wind.*

scarce a better Remedy growing for that Disease in Children, which they commonly call the Chin-cough, than it is. It purgeth the Body of Phlegm, and is an excellent Remedy for shortness of Breath. It kills Worms in the Belly, and being a notable Herb of Venus, provokes the Terms, gives safe and speedy Delivery to Women in Travail, and brings away the After-birth. It is so harmless, you need

not fear the Use of it. An Ointment made of it, takes away hot Swellings and Warts, helps the Sciatica and Dulness of Sight, takes away the Pains and Hardness of the Spleen: 'Tis excellent good for those that are troubled with the Gout, as also to anoint the Cods that are swelled. It easeth Pains in the Loins and Hips. The Herb taken any way inwardly, comforts the Stomach much, and expels Wind.

Wild-Time. or Mother of Time.

**W**ILD TIME also is so well known, that it needeth no Description.

*Place.*] It may be found commonly in Commons, and other barren Places throughout the Nation.

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## The English Physic

*Government and Vertues.* This is the Dominion of *Venus*, tho' under the Sign of *Aries*; and therefore chiefly appropriated to the Head. It provoketh Urine and the Terms, and easeth the griping Pain of the Belly, Cramps, Ruptures, and Inflammation of the Liver. If you make a Vinegar of the Herb, as Vinegar of Roses is made, you may find out the way in my Translation of the *London Dispensatory*, and anoint the Head with it, it presently stops the Pains thereof, It is excellent good to be given either in a Phrenzy or Lethargy. altho' they are two contrary Diseases: It helps spiting and pissing of Blood, Coughing and Vomiting; It comforts and strengthens the Head, Stomach, Reins and Womb, expels Wind, and breaks the Stone.

*Urine provokes, Terms provokes, Pains and griping of the Belly, Cramps, Ruptures, Inflammations, Liver, Pains of the Head, Frenzies, Lethargies, Blood, Coughing, Vomiting, Head strengtheneth, Stomach, Reins, Womb, Wind, Stone.*

## Tormentil, or Setfoyl.

*Descrip* **T**HIS hath many reddish slender weak Branches rising from the Root, lying upon the Ground, or rather leaning than standing upright, with many short Leaves that stand closer to the stalks than Cinquesoyl, which do, (this is very like) with the Footstalk compassing the Branches in several places; but those that grow to the Ground are set upon long Footstalks, each whereof are like the Leaves of Cinquesoyl, but somewhat long and lesser, dented about the edges, many of them divided but into five Leaves, but most of them into seven, whence it is also called Setfoyl; yet some may have six, and some eight, according to the fertility of the Soyl. At the tops of the Branches stand divers small yellow Flowers, consisting of five Leaves, like those of Cinquesoyl, but smaller. The Root is smaller than Bistort, somewhat thick, but blacker without, and not so red within, yet sometimes a little crooked, having many blackish Fibres thereat.

*Place.]* It groweth as well in Woods and shadowy Places, as in the open Champion Country, about the borders of Fields in many Places of this Land, and almost in every Broom Field in *Essex*.

*Time.]* It flowereth all the Summer long.

*Government and Vertues.]* This is a gallant Herb of the *Sun*.

*The English Physician Enlarged.*

*Sun.* Tormentil is most excellent to stay all kind of Fluxes of Blood or Humours in Man or Woman, whether at Nose,

*Flux, Bleeding, Veins cut, Terms stops, Fevers, Pestilence, Small-Pox, Measles, Purples, Poison, Spleen, Blood inflamed, Liver, Lungs, yellow Jaundice, French-Pox, Miscarriages, Diabetes, Worms, Rusture, Tooth-ach, Wounds, Sores, Hurts, Gout, Scabby Heads.*

Mouth, Belly, or any Wound in the Veins, or elsewhere. The Juice of the Herb or Root taken in Drink, not only resisteth all Poison and Venom of any Creature, but of the Plague it self and Pestilential Fevers, and contagious Diseases, as the Pox, Measles, Purples, &c. expelling the Venom and Infection from the Heart by Sweating. If the green Root be not at

hand to be had, the Powder of the dry Root is as effectual, a dram thereof being taken every Morning. The Decoction likewise of the Herb and Roots made in Wine and drunk, worketh the same effect; and so the distilled Water of the Herb and Root, being steeped in Wine for a Night, and then distilled in *Balneo Mariae*. The Water thus Distilled, taken with some *Venice* Treacle, and the Party presently laid to Sweat, certainly (with God's help) expels any Venom or Poison, or the Plague, Fever, &c. for it is an ingredient of especial respect in all Antidotes of Counter-Poison. There is not found any Root more effectual to help any Flux of the Belly, Stomach, Spleen, or Blood, than this, to be taken inwardly or applied outwardly. The Juice taken doth wonderfully open Obstructions of the Liver and Lungs, and thereby in short space helpeth the Yellow Jaundice; some use to make Cakes hereof as well to stay all Fluxes, as to restrain all Cholerick Belchings, and much Vomitings, with Loathings in the Stomach. The Powder of the dried Root made up with the white of an Egg, and baked upon a hot Tile will do it. *Andreas Valsius* is of Opinion, that the Decoction of this Root is no less effectual to cure the *French Pox* than *Guaicum* or *China*; and 'tis not unlikely, because it so mightily resisteth Putrefaction. *Label* saith, That *Fandelitius* used it as *Hermedactyls* for Joint-aches, the Powder also or Decoction to be drunk, or to sit therein as a Bath, is an assured remedy against Abortion in Women, if it proceed from the over flexibility, or weakness of the inward retentive Faculty; as also a Plaister made therewith, and Vinegar applied to the Reins of the Back doth much

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much help not only this, but also those that cannot hold their Water, the Powder being taken in the juice of Plantain, and is also commended against the Worms in Children. It is very Powerful in Ruptures and Burstings; as also for Bruises and Falls, to be used as well outwardly as inwardly. The Root hereof made up with Pellitory of Spain and Allom, and put into an hollow Tooth, not only asswageth the Pain, but stayeth the flux of Humours which caused it. Tormentil is no less effectual and powerful a Remedy against outward Wounds, Sores and Hurts, than for inward, and is therefore a special Ingredient meet to be used in Wound-drinks, Lotions and Injection, for foul corrupt rotten Sores and Ulcers of the Mouth, Secrets, or other Parts of the Body. And to put either the Juice or Powder of the Root in such Ointments, Plaisters, and such things that are to be applied to Wounds or Sores. It also dissolveth all Knots, Kernels and Hardness, gathered about the Ears and Throat, and Jaws, and the King's Evil, if the Leaves and Roots be bruised and applied thereto. The same also easieth the Pain of the Sciatica or Hip-Gout, by restraining the Sharp Humours that flow thereto. The Juice of the Leaves and the Roots used with a little Vinegar, is also a special Remedy against the running Sores of the Head or other Parts; Scabs also and the Itch, or any such Eruptions in the Skin, proceeding of salt and sharp Humours. The same is also effectual for the Piles, Hemorrhoids, if they be washed or bathed therewith, or with the distilled Water of the Herb and Roots. It is found also helpful to dry up any sharp Rheum that distilleth from the Head into the Eyes causing Redness, Pain, Waterings, Itching, or the like, if a little prepared Tutia, or White Amber be used with the distilled Water thereof. Many Women use this Water as a Secret to help themselves and others when they are troubled with too much flowing of the Whites or Reds, both to drink it, eject it with a Syringe. And here's enough; only remember the Sun challengeth the Herb.

*Turnsole, or Heliotropum.*

Descript] **T**HE greater Turnsole riseth up with one upright Stalk, about a Foot high, or more, dividing it-  
self



self almost from the bottom, into divers small branches, of a hoary colour; at each Joint of the Stalk and Branches grow two small broad Leaves, somewhat white or hoary also. At the tops of the Stalks and Branches stand many small white Flowers, consisting of four, and sometimes five very small Leaves, set in order one above another, upon a small crooked spike, which turneth inward like a bowed Finger, opening by degrees as the Flowers blow open; after which in their places come forth corner'd Seed, four for the most part standing together; the Root is small and thready, perishing every Year, and the Seed shedding every Year, ra seth it again the next Spring.

*Place.*] It groweth in Gardens, and Flowereth and Seedeth with us in England, notwithstanding it is not natural to this Land, but to Italy, Spain, and France, where it grows plentifully

*Government and Vertues.*] 'Tis an Herb of the Sun, and a good one too. Dioscorides saith, That a good handful of this, which is called the great Turnsole, boiled in Water, and drunk, purgeth both Choler and Phlegm; and boiled with Cumin and drunk, helpeth the Stone in the Reins, Kidneys, or Bladder,

*Cho'er, Phlegm, Stone, Dis-sury, Terms provokes, Gouts, Warts, Wens, Disjunctures.* provoketh Urine and Womens Courses, and causeth an easie and speedy Delivery in Child-Birth. The Leaves bruised and applied to Places pained with the Gout, or that have been out of Joint, and newly Set, are full of Pain, do give much ease; the Seed and Juice of the Leaves also being rubbed with a little Salt upon Warts or Wens, and other Kernels in the Face, Eye lids, or any other part of the Body, will, by often using, take them away.

### Meadow-Trefoyl, or Honey-Suckles.

**I**T is so well known, especially by the Name of Honey-Suckles. White and Red, that I need not describe them.

*Place*] They grow almost every where in the Land.

*Government and Vertues.*] Mercury hath Dominion over the common Sorts. Dodoncus saith, The Leaves and Flowers are good to ease the griping Pains of the Gout, the Herb being boiled and used in a Clyster. If the Herb be made into a Pultis, and applied to Inflammations, it will

*Belly-ach, Inflammations, Pin and Web, Eyes.*

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will ease them. The Juice dropped in the Eyes, is a familiar Medicine, with many Country People, to take away the Pin and Web (as they call it) in the Eye; it also allayeth the Heat and Blood-shooting of them. Country People do also in many Places drink the Juice thereof against biting of an Adder; and having boiled the Herb in Water, they first wash the Place with the Decoction, and then lay some of the Herb also to the hurt Place. The Herb also boiled in Swines Grease, and so made into an Oyntment, is good to apply to the biting of any venemous Creature. The Herb also bruised and heated between Tiles, and applied hot to the Share, causeth them to make Water who had it stopt before. It is held likewise to be good for Wounds, and to take away Seed. The Decoction of the Herb and Flowers, with the Seed and Root, taken for some time helpeth Women that are troubled with the Whites. The Seed and Flowers boiled in Water, and after made into a Pultis with some Oil, and applied, helpeth hard Swellings and Imposthumes.

*Venemous Beast, Dysury, Wounds, Seares, Whites, Swellings, Imposthumes.*

### Heart-Trefoyle.

Besides the ordinary sort of Trefoyl, here are two more remarkable, and one of which may probably be called Heart-Trefoyl, not only because the Leaf is Triangular like the Heart of a Man, but also because each Leaf contains the perfect Icon of a Heart, and that in its proper colour, viz. a Flesh colour.

*Place.]* It groweth in a Field between Longford and Bow, and also beyond Southwark toward Croyden, both by the High-way and Parts adjacent.

*Government and Vertues.]* It is under the Dominion of the Sun, and if it were used, it would be found as great a strengthener of the Heart, and cherisher of the vital Spirits as grows, relieving the Body against Fainting and Swoonings, fortifying it against Poison and Pestilence, and defending the Heart against the noisom Vapours of the Spleen.

*Heart strengtheneth, vital Spirits, Fainting, Swooning, Poison, Pestilence, evil Vapours.*

Pearl

## Pearl Trefoyle.

**I**T differs not from the common Sort, save only in this one particular, it hath a White Spot in the Leaf like a Pearl.

It is particularly under the Dominion of the Moon, and its Icon sheweth that it is of singular Vertue against the Pearl, or Pin and Web in the Eyes.

## Tutsan, or Park-Leaves.

**Descript.** **I**T hath many brownish shining round Stalks, crested all the length thereof, rising two by two, and sometimes three Foot high, branching forth even from the bottom, having divers Joints, and at each of them two fair large Leaves standing, of a dark bluish green colour on the upper side, and of a yellowish green underneath, turning reddish towards Autumn, but abiding on the Branches all the Winter. At the tops of the Stalks and Branches stand large yellow Flowers, and Heads with Seed, which being greenish at the first, and afterwards reddish, turn to be of a blackish purple Colour when they are ripe, with small brownish Seed within them, and then yield a reddish Juice or Liquor of a reasonable good scent, somewhat resinous, and of a rash and stippick taste, as the Leaves also and the Flowers be, although much less, but do not yield such a clear Claret Wine colour as some say it doth; the Root is brownish, somewhat great, hard and woody, spreading well in the Ground.

**Place.]** It groweth in many Woods Groves, and woody Grounds, as Parks and Forests, and by Hedge sides in many Places in this Land, as in *Hampstead Wood*; by *Ratley* in *Essex*, in the wild of *Kent*, and in many other Places needless to recite.

**Time.]** It flowereth later than *St. John's* or *St. Peter's-wort*.

**Government and Vertues.]** It is an Herb of *Saturn*, and a most noble Antivenerean. *Tutsan* purgeth Cholerick Humours, as *St. Peter's-wort* is said to do, for therein it worketh the same effects, both to help the *Sciatica* and *Gout*, and to heal burning by Fire; it stayeth all the Bleeding of Wounds, if either the green Herb be bruised, or the Powder of the dry

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dry be applied thereto. It hath been accounted, and certainly it is a sovereign Herb to heal either Wound or Sore, either outwardly or inwardly, and therefore always used in Drink, Lotions, Balms, Oils, Ointments, or any other sort of green Wounds or old Ulcers, or Sores, in all which the continual experience of former Ages hath confirmed the use thereof to be admirable good, tho' it be not so much in use now, as when Physicians and Chirurgeons were so Wise as to use Herbs more than now they do.

Garden Valerian.

Discript.] THIS hath a thick short grayish Root, lying for the most part above Ground, shooting forth on all sides other such-like small pieces of Roots, which have all of them many long and great Strings and Fibres under them in the Ground, whereby it draweth Nourishment. From the head of these Roots spring up many green Leaves which at first are somewhat broad and long, without any division at all in them, or denting on the edges; but those that rise up after, are more and more divided on each side, some to the middle Rib, being winged, as made on many Leaves together on a stalk, and those upon a stalk, in like manner are more divided, but smaller towards the top than below; the stalk riseth to be a yard higher or more, sometimes branched at the top, with many small whitish Flowers, sometimes dashed over at the edges with a pale purplish colour, of a little scent; which passing away, there followeth small brownish white Seed, that is easily carried away with the Wind. The Root smelleth more strong than either Leaf or Flower, and is of more use in Medicine.

Place.] It is generally kept with us in our Gardens.

Time.] It flowereth in June and July, and continueth flowering until the Frost pulls it down.

Government and Vertues.] This also is under the influence of Mercury. Dioscorides saith, that the Garden Valerian hath a warming Faculty, and that being dried and given to drink it provoketh Urine, and helpeth the Strangury. The Decoction thereof taken, doth the like also, and taketh away Pains of the Sides, provoketh Womens Courses, and is used in Antidotes. Pliny saith. That the Powder of the Root given in drink, or the decoction there-

Dysury, Strangury, Stitch & Terms provokes, Breast, short Wind, Cough, Flegm, Pestilence, Wind.

of