

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

of taken, helpeth all Stoppings and Stranglings in any part of the Body, whether they proceed of Pains in the Chest, or Sides, and taketh them away. The Root of Valerian boiled in Liquorish, Raisins and Anniseed, is singular good for those that are short-winded, and for those that are troubled with the Cough, and helpeth to open the Passages, and to expectorate Phlegm easily. It is given to those that are bitten or stung by any venomous Creature, being boiled in Wine. It is of a special Vertue against the Plague the Decoction thereof being drunk, and the Root being used to smell to. It helpeth to expel the Wind in the Belly. The green Herb with the Root taken fresh, being bruised and

Head-ach, Eyes, Pin and
Web, Wounds, Splinters,
Thorns.

applied to the Head, taketh away the Pains and Prickings there, stayeth Rheum and thin Distillations, and being boiled in White Wine, and a drop thereof put into the Eye, taketh away the dimness of the Sight, or any Pin or Web therein; it is of excellent Property to heal any inward Sores or Wounds, and also for outward Hurts or Wounds, and drawing away Splinters or Thorns out of Flesh.

Vervain.

De:script.] **T**HE common Vervain hath somewhat long and broad Leaves next the Ground, deeply gashed about the edges, and some only deeply dented, or cut all alike, of a blackish green colour on the upper side, somewhat gray underneath. The stalk is square, branched into several Parts, rising about two Foot high, especially if you reckon the long spike of Flowers at the tops of them, which are set on all sides one above another, and sometimes two or three together being small and gaping, of a purplish blue colour, and white intermixt, after which come small round Seed, in small and somewhat long heads: The Root is small and long, but of no use.

Place.] It groweth generally throughout this Land in divers Places, by the Hedges and Way sides, and other waste Grounds.

Time] It flowereth about July, and the Seed is ripe soon after.

Government and Vertues] This is also an Herb of Venus, and an excellent Herb for the Womb. to strengthen it, and remedy all the cold Grievs of it, as Plantane doth the hot; the

the Herb bruised and hung about the Neck, helps the Head-ach. Vervain is hot and dry, biting, openeth Obstructions, cleansing and healing; It helpeth the yellow Jaundice, the Dropfie and the Gout, the Defects of the Reins and Lungs, and generally all inward Pains and Torments of the Body, the Leaves being boiled and drunk. The same is held to be good against the biting of Serpents, and other venomous Beasts; and against the Plague, and both Tertian and Quartan Agues, killeth and expelleth Worms in the Belly, and causeth a good colour in the Face and Body, strengtheneth as well as correcteth the Diseases of the Liver and Spleen, is very effectual in all Diseases of the Stomach and Lungs, Cough, shortness of Breath, and Wheezings, and is singular good against the Dropfie, to be drunk with some Piony-Seed bruised and put thereto, and is no less prevalent for the Defects of the Reins and Bladder, to cleanse them of those Humours that ingender the Stone, and helpeth to break the Stone, and to expel Gravel. It consolidateth and healeth also all Wounds both inward and outward, and stayeth Bleedings, and used with some Honey, healeth all old Ulcers and Fistula's in the Legs, or other Parts of the Body; as also those Ulcers that happen in the Mouth; or used with Hogs-grease, it helpeth the Swelling and Pains of the Secret Parts in Man or Woman, as also for the Piles or Hemorrhoids; applied with some Oil of Roses and Vinegar unto the Forehead and Temples, it easeth the inveterate Pains and ach of the Head, and is good for those that are Frantick. The Leaves bruised, or the Juice of them mixed with some Vinegar, doth wonderfully cleanse the Skin, and taketh away Morphey, Freckles, Fistula's, and other such like Inflammations and Deformities of the Skin in any Part of the Body. The distilled Water of the Herb when it is in full strength, dropped into the Eyes, cleanseth them from Films, Clouds or Mists, that darken the Sight, and wonderfully strengthneth the Optick Nerves: The said Water is very powerful

Obstructions, Cleansing, Healing, Yellow Jaundice, venomous Beasts, Pestilence, Agues, Worms, Cough, shortness of Breath, Wheezings, Stone, Gravel, Reins, Bladder, Womb, Dropfie, Bleeding, Wounds, Ulcers, Fistula's, Head-ach, Frenzie, Morphey, Freckles, Eyes.

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full in all Diseases aforesaid, either inward or outward, whether they be old corroding Sores, or green Wounds.

The Vine.

THE Leaves of the *English Vine* (I do not mean to send you to the *Canaries* for a Medicine) being boiled, make a good Lotion for sore Mouths; being boiled with Barley-Meal into a Pultis, it cools Inflammations of Wounds; the dropping of the Vine, when it is cut in the Spring, which Country People call Tears, being boiled into a Syrup, with Sugar, and taken inwardly, is excellent to stay Womens Longings after every thing they

Sore Mouths, Inflammations, Womens Longings, Stone, Teeth black.

see, which is a Disease many Women with Child are subject to. The Decoction of Vine-Leaves, in White-wine, doth the like: Also the Tears of the Vine, drunk, two or three Spoonfuls at a Time, breaks the Stone in the Bladder. This is a very good Remedy, and it is discreetly done, to kill a Vine to cure a Man; but the Salt of the Leaves are held to be better. The Ashes of the burnt Branches will make Teeth that are as black as a Coal, to be as white as Snow, if you but every Morning rub them with it. It is a most gallant Tree of the *Sun*, very symphatical with the Body of Man, and that is the Reason Spirit of Wine is the greatest Cordial among all Vegetables.

Violets.

BOTH the Tame and the Wild are so well known, that they need no Description.

Time.] They flower until the end of *July*, but are best in *March* and the beginning of *April*.

Government and Vertues,] They are a fine, pleasing Plant of *Venus*, of a mild Nature, no way harmful. All the Violets are cold and moist while they are fresh and green, and are used to cool any Heat, or Distemperature of the Body, either inwardly or outwardly, as Inflammations in the Eyes, in the Matrix or Fundament, in Imposthumes also, and hot Swellings, to drink the Decoction

Inflammation, Eye: Womb, Head-ach, Choler, Quinsie, Falling-sickness, Swellings, Pleurisie, Flegm, Hoarseness, Throat, Back, Reins, Bladder, Thirst, Heart.

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coction of the Leaves or Flowers made with Water in Wine, or to apply them Pultis-wise to the grieved Places; it likewise easeth Pains in the Head, caused through want of Sleep; or any other Place, arising of Heat, being applied in the same manner, or with Oil of Roses. A Drachm weight of the dried Leaves or Flowers of Violets, but the Leaves more strongly, doth purge the Body of Cholerick Humours, and asswageth the Heat, being taken in a Draught of Wine, or any other Drink; the Powder of the Purple Leaves of the Flowers, only picked and dried, and drunk in Water, is said to help the Quinzy, and the Falling Sickness in Children, especially in the beginning of the Disease. The Flowers of the white Violets ripen and dissolve Swellings. The Herb or Flower, while they are fresh, or the Flowers when they are dry, are effectual in the Pleurisie, and all Diseases of the Lungs, to lenify the Sharpness of hot Rheums, and the Hoarsness of the Throat, the Heat also and Sharpness of Urine, and all the Pains of the Back or Reins, and Bladder. It is good also for the Liver and the Jaundice, and all hot Agues to cool the Heat, and quench the Thirst: but the Syrup of Violets is of most Use, and of better Effect, being taken in some convenient Liquor; and if a little of the Juice or Syrup of Lemons be put to it, or a few Drops of the Oil of Vitriol; it is made thereby the more powerful to cool the Heat, and quench the Thirst, and giveth to the Drink a Claret-wine Colour and a fine tart Relish, pleasing the Taste. Violets taken, or made up with Honey, do more cleanse and cool, and with Sugar contrary wise. The dried Flowers of Violets are accounted amongst the Cordial-Drinks, Powders, and other Medicines, especially where cooling Cordials are necessary. The green Leaves are used with other Herbs to make Plaisters and Pultises for Inflammations and Swellings, and to ease Pains wheresoever, arising of Heat, and for the Piles also, being fried with Yolks of Eggs, and applied thereto.

Viper's Bugloss.

Descript. **T**HIS hath many long rough Leaves lying on the Ground, from among which arise up divers hard round Stalks, very rough, as if they were thick set with Prickles or Hairs, whereon are set such like rough, hairy, or prickly

prickly sad green Leaves, somewhat narrow; the middle Rib for the most part being White. The Flowers stand at the top of the Stalk, branched forth in many long spiked Leaves of Flowers, bowing or turning like the Turnsole, all of them opening for the most part on the one side, which are long and hollow, turning up the brims a little, of a purplish Violet Colour in them that are fully blown, but more reddish while they are in the bud, as also upon their decay and withering; but in some places of a paler Purple Colour, with a long pointel in the middle, feathered or parted at the top. After the Flowers are fallen, the Seeds growing to be ripe, or blackish, cornered and pointed somewhat like the Head of a Viper. The Root is somewhat great and blackish, and woolly, when it groweth toward Seed time, and perisbeth in the Water.

There is another sort, little differing from the former, only in this, that it beareth white Flowers.

Place] The first groweth wild almost every where. That with white Flowers about the Castle-Walls in Lewis in *Suffex*.

Time] They flower in Summer, and their Seed is ripe quickly after.

Government and Vertues] It is a most gallant Herb of the Sun; it is a pity it is no more in use than it is. It is an especial Remedy against the biting of the Viper, and all other

Venomous Beasts, Poison, Heart, Sadness, Melancholy, Agues, Milk.

venomous Beasts or Serpents; as also against Poison, or poisonous Herbs. *Dioscorides*, and others, say, That whosoever shall take of the Herb or Root before they be bitten, shall not be hurt by the Poison of any Serpent. The Root or Seed is thought to be most effectual to comfort the Heart, and expel Sadness, or causeless Melancholy; it tempers the Blood, and allayeth hot Fits of Agues. The Seed drunk in Wine, procureth abundance of Milk in Womens Breasts.

The same also being taken easeth the Pains in the Loins, Back and Kidneys. The distilled Water of the Herb when it is in flower, or its chief strength, is excellent to be applied either inwardly or outwardly, for all the Grievs aforesaid. There is a Syrup made hereof very effectual for the comforting the Heart, and expelling Sadness and Melancholy.

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