THE

ENGLISH PHYSICIAN ENLARGED.

AMARA DULCIS.

CONSIDERING divers shires in this nation give divers names to one and the same herb, and that the common name which it bears in one counry, is not known in another; I shall take the pains to set down all the names that I know of each herb: Pardon me for setting that name first, which is most common to myself. Besides Amara dulcis, some call it Mortal, others Bitter sweet; some Woody Night-shade, and others Felon-wort.

Descript.] It grows up with woody stalks even to a man's height, and sometimes higher. The leaves fall off at the approach of Winter, and spring out of the same stalk at Spring-time: The branch is compassed about with a whitish bark, and hath a pith in the middle of it: The main branch branch-eth itself into many small ones with claspers, laying hold on what is next to them, as vines do: It bears many leaves, they grow in no order at all, at least in no regular order: The leaves are longish, though somewhat broad, and pointed at the ends: many of them have two little leaves growing at the end of their-foot stalk; some have but one, and some none. The leaves are of a pale green colour; the flowers are of a purple colour, or of a perfect blue like to violets, and they stand many of them together in knots; the berries are green at first, but when they are ripe they are very red; if you taste them, you shall find them just as the crabs which we in Sussex call bitter sweets, *viz.* sweet at first, and bitter afterwards.

Place.] They grow commonly almost throughout England, especially in moist and shady places.

Time.] The leaves shoot out about the latter end of March if the temperature of the air be ordinary; it flowereth in July, and the seeds are ripe soon after, usually in the next month.

Government and virtues.] It is under the planet Mercury, and a notable herb of his also, if it be rightly gathered under his influence. It is excellent good to remove witchcraft both in men and beasts, as also all sudden diseases whatsoever. Being tied round about the neck, is one of the admirablest remedies for the vertigo or dizziness in the head that is; and that is the reason (as Tragus saith) the people in Germany commonly hang it about their cattles necks, when they fear any such evil hath betided them: Country people commonly use to take the berries of it, and having bruised them, they apply them to felons, and thereby soon rid their fingers of such troublesome guests.

We have now shewed you the external use of the herb; we shall speak a word or two of the internal, and so conclude. Take notice, it is a Mercurial herb, and therefore of very subtle parts, as indeed all mercurial plants are; therefore take a pound of the wood and leaves together, bruise the wood (which you may easily do, for it is not so hard as oak) then put it in a pot, and put to it three pints of white wine, put on the pot-lid and shut it close; and let it infuse hot over a gentle fire twelve hours, then strain it out, so have you a most excellent drink to open obstructions of the liver and spleen, to help difficul y of breath, bruises and falls, and congealed blood in any part of the body, it helps the yellow-jaundice, the dropsy and black jaundice, and to cleanse women newly brought to bed. You may drink a quarter of a pint of the infusion every morning. It purgeth the body very gently, and not churlishly, as some hold. And when you find good by this, remember me.

They that think the use of these medicines is too brief, it is only for the cheapness of the book; let them read those books of mine, of the last edition, *viz. Reverius, Veslingus, Riolanus, Johnson, Sennertus,* and *Physic for the Poor.*

ALL-HEAL.

IT is called All-heal, Hercules's All-heal, and Hercules' Woundwort, because it is supposed that Hercules learned the herb and its virtues from Chiron, when he learned physic of him. Some call it Panay, and others Opopane wort.

Descript.] Its root is long, thick, and exceeding full of juice, of a hot and biting taste, the leaves are great and large, and winged almost like ash-tree leaves, but that they are something

something hairy, each leaf consisting of five or six pair of such wings set one against the other upon foot-stalks, broad below, but narrow towards the end; one of the leaves is a little deeper at the bottom than the other, of a fair yellowish, fresh green colour: they are of a bitterish taste, being chewed in the mouth, From among these ariseth up a stalk, green in colour, round in form, great and strong in magnitude, five or six feet high in altitude, with many joints, and some leaves thereat; Towards the top come forth umbels of small yellow flowers, after which are passed away, you may find whitish, yellow, short, flat seeds, bitter also in taste.

Place.] Having given you the description of the herb from the bottom to the top, give me leave to tell you, that there are other herbs called by this name; but because they are strangers in England, I give only the description of this, which is easily to be had in the gardens of divers places.

Time.] Although Gerrard saith, That they flower from the beginning of May to the end of December, experience teacheth them that keep it in their gardens, that it flowers not till the latter end of the Summer, and sheds its seed presently after.

Government and Virtues.] It is under the dominion of Mars, hot biting, and choleric; and remedies what evils Mars afflicts the body of man with, by sympathy, as vipers flesh attracts poison, and the loadstone iron. It kills the worms, helps the gout, cramp, and convulsions, provokes urine, and helps all joint-aches. It helps all cold griefs of the head, the vertigo, falling sickness, the lethargy, the wind cholick, obstructions of the liver and spleen, stone in the kidneys and bladder. It provokes the terms, expels the dead birth: It is excellent good for the griefs of the sinews, itch, stone, and tooth-ach, the biting of mad dogs and venomous beasts, and purgeth choler very gently.

ALKANET.

BESIDES the common name, it is called Orchanet, and Spanish Bugloss, and by apothecaries, Enchusa.

Descript.] Of the many sorts of this herb, there is but one known to grow commonly in this nation; of which one take this description: It hath a great and thick root, of a reddish colour, long, narrow, hairy leaves, green like the leaves of Bugloss, which lie very thick upon the ground;

the stalks rise up compassed round about, thick with leaves, which are lesser and narrower than the former; they are tender, and slender, the flowers are hollow, small, and of a reddish colour.

Place.] It grows in Kent near Rochester, and in many places in the West Country, both in Devonshire and Cornwall.

Time.] They flower in July, and the beginning of August, and the seed is ripe soon after, but the root is in its prime, as carrots and pasnips are, before the herb runs up to stalk.

Government and Virtues.] It is an herb under the dominion of Venus, and indeed one of her darlings, though somewhat hard to come by. It helps old ulcers, hot inflammations, burnings by common fire, and St. Anthony's fire, by antipathy to Mars; for these uses, your best way is to make it into an ointment; also, if you make a vinegar of it, as you make vinegar of roses, it helps the morphew and leprosy; if you apply the herb to the privities, it draws forth the dead child. It helps the yellow-jaundice, spleen, and gravel in the kidneys. Dioscorides saith, it helps such as are bitten by a venomous beast, whither it be taken inwardly, or applied to the wound; nay, he saith further, if any one that hath newly eaten it, do but spit into the mouth of a serpent, the serpent instantly dies. It stays the flux of the belly, kills worms, helps the fits of the mother. Its decoction made in wine, and drank, strengthens the back, and easeth the pains thereof: It helps bruises and falls, and is as gallant a remedy to drive out the small pox and measles as any is; an ointment made of it, is excellent for green wounds, pricks or thursts.

Adder's Tongue, or Serpent's Tongue.

Descript.] THIS herb hath but one leaf, which grows with the stalk a finger's length above the ground, being flat and of a fresh green colour; broad like Water Plantane, but less, without any rib in it; from the bottom of which leaf, on the inside, riseth up (ordinarily) one, sometimes two or three slender stalks, the upper half whereof is somewhat bigger, and dented with small dents of a yellowish green colour, like the tongue of an adder serpent (only this is as useful as they are formidable.) The roots continue all the year.

Place.] It grows in moist meadows, and such like places.

Time.]

Time.] It is to be found in May or April, for it quickly perisheth with a little heat.

Government and Virtues.] It is an herb under the dominion of the Moon and Cancer, and therefore if the weakness of the retentive faculty be caused by an evil influence of Saturn in any part of the body governed by the Moon, or under the dominion of Cancer, this herb cures it by sympathy: It cures these diseases after specified, in any part of the body under the influence of Saturn, by antipathy.

It is temperate in respect of heat, but dry in the second degree. The juice of the leaves drank with the distilled water of Horse-tail, is a singular remedy for all manner of wounds in the breasts, bowels, or other parts of the body, and is given with good success unto those that are troubled with casting, vomiting, or bleeding at the mouth or nose, or otherwise downwards. The said juice given in the distilled water of Oaken-buds, is very good for women who have their usual courses, or the whites flowing down too abundantly. It helps sore eyes. Of the leaves infused or boiled in oil, omphacine or unripe olives, set in the sun for certain days, or the green leaves sufficiently boiled, in the said oil, is made an excellent green balsam, not only for green and fresh wounds, but also for old and inveterate ulcers, especially if a little fine clear turpentine be dissolved therein. It also stayeth and refresheth all inflammations that arise upon pains by hurts and wounds.

What parts of the body are under each planet and sign, and also what disease may be found in my astrological judgment of diseases; and for the internal work of nature in the body of man; as vital, animal, natural and procreative spirits of man; the apprehension, judgment, memory; the external senses, *viz.* Seeing, hearing, smelling, tasting and feeling; the virtuous attractive, retentive, digestive, expulsive, &c. under the dominion of what planets they are, may be found in my *Ephemeris* for the year 1651. In both which you shall find the chaff of authors blown away by the fame of Dr. Reason, and nothing but rational truths left for the ingenious to feed upon.

Lastly, To avoid blotting paper with one thing many times, and also to ease your purses in the price of the book, and withal to make you studious in physic; you have at the latter end of the book, the way of preserving all herbs

either in juice, conserve, oil, ointment or plaister, electuary, pills or troches.

AGRIMONY.

Descript. THIS hath divers long leaves (some greaters, some smaller) set upon a stalk, all of them dented about the edges, green above, and greyish underneath, and a little hairy withal. Among which ariseth up usually but one strong, round, hairy, brown stalk, two or three feet high, with smaller leaves set here and there upon it. At the top hereof grow many small yellow flowers, one above another, in long spikes; after which come rough heads of seed, hanging downwards, which will cleave to and stick upon garments, or any thing that shall rub against them. The knot is black, long, and somewhat woody, abiding many years, and shooting afresh every Spring; which root, though small, hath a reasonable good scent.

Place.] It groweth upon banks, near the sides of hedges.

Time.] It flowereth in July and August, the seed being ripe shortly after.

Government and Virtues.] It is an herb under Jupiter, and the sign Cancer; and strengthens those parts under the planet and sign, and removes diseases in them by sympathy, and those under Saturn, Mars and Mercury by antipathy, if they happen in any part of the body governed by Jupiter, or under the signs Cancer, Sagitary or Pisces, and therefore must needs be good for the gout, either used outwardly in oil or ointment, or inwardly in an electuary, or syrup, or concerted juice; for which see the latter end of this book.

It is of a cleansing and cutting faculty, without any manifest heat, moderately drying and binding. It openeth and cleanseth the liver, helpeth the jaundice, and is very beneficial to the bowels, healing all inward wounds, bruises, hurts, and other distempers. The decoction of the herb made with wine, and drank, is good against the biting and stinging of serpents, and helps them that make foul, troubled or bloody water, and makes them piss clear speedily. It also helpeth the cholic, cleanseth the breast, and rids away the cough. A draught of the decoction taken warm before the fit, first removes, and in time rids away the tertian or quartan agues. The leaves and seeds taken in wine, stays the bloody flux; outwardly applied, being stamped with

old

old swines grease, it helpeth old sores, cancers, and inveterate ulcers, and draweth forth thorns and splinters of wood, nails, or any other such things gotten in the flesh. It helpeth to strengthen the members that be out of joint: and being bruised and applied, or the juice dropped in it helpeth foul and imposthumed ears.

The distilled water of the herb is good to all the said purposes, either inward or outward, but a great deal weaker.

It is a most admirable remedy for such whose liver are annoyed either by heat or cold. The liver is the former of blood, and blood the nourisher of the body, and Agrimony a strengthener of the liver.

I cannot stand to give you a reason in every herb why it cureth such diseases; but if you please to peruse my judgment in the herb Wormwood, you shall find them there. and it will be well worth your while to consider it in every herb, you shall find them true throughout the book.

Water Agrimony.

IT is called in some countries, Water Hemp, Bastard Hemp, and Bastard Agrimony, Eupatorium, and Hepatorium, because it strengthens the liver.

Descript.] The root continues a long time, having many long slender strings. The stalk grows up about two feet high, sometimes higher. They are of a dark purple colour. The branches are many, growing at distances the one from the other, the one from the one side of the stalk, the other from the opposite point. The leaves are winged, and much indented at the edges. The flowers grow at the top of the branches, of a brown yellow colour, spotted with black spots, having a substance within the midst of them like that of a Daisy: If you rub them between your fingers, they smell like rosin or cedar when it is burnt. The seeds are long, and easily stick to any woollen thing they touch.

Place.] They delight not in heat, and therefore they are not so frequently found in the southern parts of England as in the northern, where they grow frequently: You may look for them in cold grounds, by ponds and ditches sides, as also by running waters; sometimes you shall find them grow in the midst of waters.

Time.] They all flower in July or August, and the seed is ripe presently after.

Government

Government and Virtues.] It is a plant of Jupiter, as well as the other Agrimony, only this belongs to the celestial sign Cancer. It healeth and drieth, cutteth and cleanseth thick and tough humours of the breast, and for this I hold it inferior to but few herbs that grow. It helps the cachexia or evil disposition of the body, the dropsy and yellow jaundice. It opens obstructions of the liver, mollifies the hardness of the spleen, being applied outwardly. It breaks impesthumes taken inwardly: It is an excellent remedy for the third day ague. It provokes urine and the terms; it kills worms, and cleanseth the body of sharp humours, which are the cause of itch and scabs; the herb being burnt, the smoke thereof drives away flies, wasps, &c. It strengthens the lungs exceedingly. Country people give it to their cattle when they are troubled with the cough, or broken-winded.

ALEHOOF, or GROUND-IVY.

SEVERAL counties give it several names, so that there is scarce an herb growing of that bigness that has got so many: It is called Cats-foot, Ground-ivy, Gill go by-ground, and Gill-creep-by-ground, Turnhoof, Haymaids, and Alehoof.

Descript.] This well known herb lieth, spreadeth, and creepeth upon the ground, shooteth forth roots, at the corners of tender jointed stalks, set with two round leaves at every joint somewhat hairy, crumpled, and unevenly dented about the edges with round dents; at the joints likewise, with the leaves towards the end of the branches, come forth hollow, long flowers, of a blueish purple colour, with small white spots upon the lips that hang down. The root is small with strings.

Place.] It is commonly found under hedges, and on the sides of ditches, under houses, or in shadowed lanes, and other waste grounds, in almost every part of this land.

Time. They flower somewhat early, and abide a great while; the leaves continue green until Winter, and sometimes abide, except the Winter be very sharp and cold.

Government and Virtues.] It is an herb of Venus, and therefore cures the diseases she causes by sympathy, and those of Mars by antipathy; you may usually find it all the year long except the year be extremely frosty; it is quick, sharp,

sharp, and bitter in taste, and is thereby found to be hot and dry; a singular herb for all inward wounds, exulcerated lungs, or other parts, either by itself, or boiled with other the like herbs; and being drank, in a short time it easeth all griping pains, windy and choleric humours in the stomach, spleen or belly; helps the yellow jaundice, by opening the stoppings of the gall and liver, and melancholy, by opening the stoppings of the spleen; expelleth venom or poison, and also the plague; it provokes urine and womens courses; the decoction of it in wine drank for some time together, procureth ease unto them that are troubled with the sciatica, or hip-gout: as also the gout in hands, knees, or feet; if you put to the decoction some honey and a little burnt allum, it is excellent good to gargle any sore mouth or throat, and to wash the sores and ulcers in the privy parts of man or woman; it speedily helpeth green wounds, being bruised and bound thereto. The juice of it boiled with a little honey and verdigrease, both wonderfully cleanse fistulas, ulcers, and stayeth the spreading or eating of cancers and ulcers; it helpeth the itch, scabs, wheals, and other breakings out in any part of the body. The juice of Celandine, Field-daises, and Ground-ivy clarified, and a little fine sugar dissolved therein, and dropped into the eyes, is a sovereign remedy for all pains, redness, and watering of them; as also for the pin and web, skins and silms growing over the sight; it helpeth beasts as well as men. The juice dropped into the ears, doth wonderfully help the noise and singing of them, and helpeth the hearing which is decayed. It is good to tun up with new drink, for it will clarify it in a night, that it will be the fitter to be drank the next morning; or if any drink be thick with removing, or any other accident, it will do the like in a few hours.

ALEXANDER.

IT is also called Alisander, Horse-parsley, and Wild-parsley, and the Black Pot-herb; the seed of it is that which is usually sold in apothecaries shops for Macedonian Parsley-seed.

Descript.] It is usually sown in all the gardens in Europe, and so well known, that it needs no farther description.

Time.] It flowereth in June and July; the seed is ripe in August.

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Government and Virtues.] It is an herb of Jupiter, and therefore friendly to nature, for it warmeth a cold stomach, and openeth a stoppage of the liver and spleen; it is good to move womens courses, to expel the after-birth, to break wind, to provoke urine and helpeth the stranguary; and these things the seeds will do likewise. If either of them be boiled in wine, or being bruised and taken in wine, is also effectual against the biting of serpents. And you know what Alexander Pottage is good for, that you may no longer eat it out of ignorance, but out of knowledge.

The Black ALDER-TREE.

Descript. THIS tree seldom groweth to any great bigness, but for the most part abideth like a hedge-bush, or a tree spreading its branches, the woods of the body being white, and a dark red cole, or heart; the outward bark is of a blackish colour, with many whitish spots therein; but the inner bark next the wood is yellow, which being chewed, will turn the spittle near into a saffron colour. The leaves are somewhat like those of an ordinary Alder-tree, or the Female Cornet, or Dogberry-tree, called in Sussex Dog-wood, but blacker, and not so long. The flowers are white, coming forth with the leaves at the joints, which turn into small round berries, first green, afterwards red, but blackish when they are thorough ripe, divided, as it were, into two parts, wherein is contained two small round and flat seeds. The root runneth not deep into the ground, but spreads rather under the upper crust of the earth.

Place.] This tree or shrub may be found plentifully in St John's wood by Hornsey, and the woods upon Hamstead-Heath; as also a wood called the Old Park in Barcomb in Essex, near the brooks sides.

Time.] It flowereth in May, and the berries are ripe in September.

Government and Virtues.] It is a tree of Venus, and perhaps under the celestial sign Cancer. The inner yellow bark hereof purgeth downwards both choler and phlegm, and the watery humours of such that have the dropsy, and strengthens the inward parts again by binding. If the bark hereof be boiled with Agrimony, Wormwood, Dodder, Hops and some Fennel, with Smallage, Endive, and Succory-roots, and a reasonable draught taken every morning for

for some time together, it is very effectual against the jaundice dropsy, and the evil disposition of the body, especially if some suitable purging medicines have been taken before, to void the grosser excrements: It purgeth and strengtheneth the liver and spleen, cleansing them from such evil humours and hardness as they are afflicted with. It is to be understood that these things are performed by the dried bark; for the fresh green bark taken inwardly provokes strong vomitings, pains in the stomach, and gripings in the belly; yet if the decoction may stand and settle two or three days, until the yellow colour be changed black, it will not work so strongly as before, but will strengthen the stomach, and procure an appetite to meat. The outward bark contrariwise doth bind the body, and is helpful for all lasks and fluxes thereof, but this also must be dried first, whereby it will work the better. The inner bark thereof boiled in vinegar is an approved remedy to kill lice, to cure the itch, and take away scabs, by drying them up in a short time. It is singular good to wash the teeth, to take away the pains, to fasten those that are loose, to cleanse them, and keep them sound. The leaves are good fodder for kine, to make them give more milk.

If in the Spring-time you use the herbs before-mentioned and will take but a handful of each of them, and to them add an handful of Elder buds, and having bruised them all, boil them in a gallon of ordinary beer, when it is new; and having boiled them half an hour, add to this three gallons more, and let them work together, and drink a draught of it every morning, half a pint, or thereabouts, it is an excellent purge for the Spring, to consume the phlegmatic quality the Winter hath left behind it, and with. I to keep your body in health, and consume those evil humours which the heat of Summer will readily stir up. Esteem it as a jewel.

The common ALDER-TREE.

Descript.] GROWETH to a reasonable height, and spreads much if it like the place. It is so generally well known unto country people, that I conceive it needless to tell that which is no news.

Place and Time.] It delighteth to grow in moist woods, and watry places: flowering in April or May, and yielding ripe seed in September.

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Government and Use.] It is a tree under the dominion of Venus, and of some watry sign or other, I suppose Pisces; and therefore the decoction, or distilled water of the leaves, is excellent against burnings and inflammations, either with wounds or without, to bathe the place grieved with, and especially for that inflammation in the breast, which the vulgar call an ague.

If you cannot get the leaves (as in Winter 'tis impossible) make use of the bark in the same manner.

The leaves and bark of the Alder-tree are cooling, drying, and binding. The fresh leaves laid upon swellings dissolve them, and stay the inflammations. The leaves put under the bare feet gauled with travelling, are a great refreshing to them. The said leaves gathered while the morning dew is on them, and brought into a chamber troubled with fleas, will gather them thereunto, which being suddenly cast out, will rid the chamber of those troublesome bed-fellows.

ANGELICA.

TO write a description of that which is so well known to be growing almost in every garden, I suppose is altogether needless; yet for its virtues it is of admirable use.

In time of Heathenism, when men had found out any excellent herb, they dedicated it to their gods; as the Bay-tree to Apollo, the Oak to Jupiter, the Vine to Bacchus the Poplar to Hercules. These the Papists following as the Patriarchs they dedicate to their Saints; as our Lady's Thistle to the Blessed Virgin, St. John's Wort to St. John, and another Wort to St. Peter, &c. Our physicians must imitate like apes (though they cannot come off half so cleverly) for they blasphemously call Phansies or Heartsease, *an herb of the Trinity*, because it is of three colours. And a certain ointment, *an ointment of the Apostles*, because it consists of twelve ingredients: Alas, I am sorry for thier folly, and grieved at their blasphemy, God send them wisdom the rest of their age, for they have their share of ignorance already. Oh! Why must ours be blasphemous, because the Heathens and Papists were idolatrous? Certainly they have read so much in old rusty authors, that they have lost all their divinity; for unless it were amongst the Ranters, I never read or heard of such blasphemy. The Heathens

and

and Papists were bad, and ours worse; the Papists giving idolatrous names to herbs for their virtues sake, not for their fair looks; and therefore some called this an herb of the *Holy Ghost;* others more moderate called it Angelica, because of its angelical virtues, and that name it retains still, and all nations follow it so near as their dialect will permit.

Government and Virtues.] It is an herb of the Sun in Leo; let it be gathered when he is there, the Moon applying to his good aspect; let it be gathered either in his hour, or in the hour of Jupiter, let Sol be angular; observe the like in gathering the herbs, of other planets, and you may happen to do wonders. In all epidemical diseases caused by Saturn, that is as good a preservative as grows: It resists poison, by defending and comforting the heart, blood, and spirits; it doth the like against the plague and all epidemical diseases, if the root be taken in powder to the weight of half a dram at a time, with some good treacle in Carduus water, and the party thereupon laid to sweat in his bed; if treacle be not to be had, take it alone in Carduus or Angelica-water. The stalks or roots candied and eaten fasting, are good preservatives in time of infection; and at other times to warm and comfort a cold stomach. The root also steeped in vinegar, and a little of that vinegar taken sometimes fasting, and the root smelled unto, is good for the same purpose. A water distilled from the root simply, as steeped in wine, and distilled in a glass, is much more effectual than the water of the leaves; and this water, drank two or three spoonfuls at a time, easeth all pains and torments coming of cold and wind, so that the body be not bound; and taken with some of the root in powder at the beginning, helpeth the pleurisy, as also all other diseases of the lungs and breast, as coughs, phthysic, and shortness of breath; and a syrup of the stalks do the like. It helps pains of the cholic, the strangury and stoppage of the urine procureth womens courses, and expelleth the after-birth openeth the stoppings of the liver and spleen, and briefly easeth and discusseth all windiness and inward swellings. The decoction drunk before the fit of an ague, that they may sweat (if possible) before the fit comes, will, in two or three times taking, rid it quite away; it helps digestion and is a remedy for a surfeit. The juice, or the water

being dropped into the eyes or ears, helps dimness of sight and deafness; the juice put into the hollow teeth, easeth their pains. The root in powder, made up into a plaister with a little pitch, and laid on the biting of mad dogs, or any other venomous creature, doth wonderfully help. The juice or the water dropped, or tents wet therein, and put into filthy dead ulcers, or the powder of the root (in want of either) doth cleanse and cause them to heal quickly, by covering the naked bones with flesh; the distilled water applied to places pained with the gout, or sciatica, doth give a great deal of ease.

The wild Angelica is not so effectual as the garden; although it may be safely used to all the purposes aforesaid.

AMARANTHUS.

BESIDES its common name, by which it is best known by the florists of our days, it is called Flower Gentle, Flower Velure, Floramor, and Velvet Flower.

Descript.] It being a garden flower, and well known to every one that keeps it, I might forbear the description; yet, notwithstanding, because some desire it, I shall give it. It runneth up with a stalk a cubit high, streaked, and somewhat reddish toward the root, but very smooth, divided towards the top with small branches, among which stand long broad leaves of reddish green colour, slippery; the flowers are not properly flowers, but tuffs, very beautiful to behold, but of no smell, of reddish colour; if you bruise them, they yield juice of the same colour, being gathered, they keep their beauty a long time; the seed is of a shining black colour.

Time] They continue in flower from August till the time the frost nip them.

Government and Virtues.] It is under the dominion of Saturn, and is an excellent qualifier of the unruly actions and passions of Venus, though Mars also should join with her. The flowers dried and beaten into powder, stop the terms in women, and so do almost all other red things. And by the icon, or image of every herb, the ancients at first found out their virtues. Modern writers laugh at them for it; but I wonder in my heart, how the virtues of herbs came it first to be known, if not by their signatures; the moderns have them from the writings of the ancients; the ancients

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had no writings to have them from: But to proceed. The flowers stop all fluxes of blood; whether in man or woman bleeding either at the nose or wound. There is also a sort of Amaranthus that bears a white flower, which stops the whites in women, and the running of the reins in men, and is a most gallant antivenereal, and a singular remedy for the French pox.

ANEMONE.

CALLED also Wind Flower, because they say the flowers never open but when the wind bloweth, Pliny is my author; if it be not so, blame him. The seed also (if it bears any at all) flies away with the wind

Place and Time.] They are sown usually in the gardens of the curious, and flower in the Spring-time. As for description I shall pass it, being well known to all those that sow them.

Government and Virtues.] It is under the dominion of Mars, being supposed to be a kind of Crow-foot. The leaves provoke the terms mightily, being boiled, and the decoction drunk. The body being bathed with the decoction of them, cures the leprosy. The leaves being stamped and the juice snuffed up in the nose, purgeth the head mightily; so doth the root, being chewed in the mouth, for it procureth much spitting, and bringeth away many watery and phlegmatic humours, and is therefore excellent for the lethargy. And when all is done, let physicians prate what they please, all the pills in the dispensatory purge not the head like to hot things held in the mouth. Being made into an ointment, and the eye-lids anointed with it, it helps inflammations of the eyes, whereby it is palpable, that every stronger draweth its weaker like. The same ointment is excellent good to cleanse malignant and corroding ulcers.

GARDEN ARRACH.

CALLED also Orach, and Arage.

Descript.] It is so commonly known to every housewife, it were labour lost to describe it.

Time.] It flowereth and seedeth from June to the end of August.

Government and Virtues.] It is under the government

of the Moon; in quality cold and moist like unto her. It softeneth and looseneth the body of man being eaten, and fortifieth the expulsive faculty in him. The herb, whether it be bruised and applied to the throat, or boiled, and in like manner applied, it matters not much, it is excellent, good for swellings in the throat: the best way, I suppose is to boil it, and having drunk the decoction inwardly, apply the herb outwardly: The decoction of it besides, is an excellent remedy for the yellow jaundice.

ARRACH, Wild and stinking.

CALLED also Vulvaria, from that part of the body, upon which the operation is most; also dogs Arrach, Goats Arrach and stinking Motherwort.

Descript.] This hath small and almost round leaves, yet a little pointed and without dent or cut, of a dusky mealy colour growing on the slender stalks and branches that spread on the ground, with small flowers in clusters set with the leaves, and small seeds succeeding like the rest perishing yearly, and rising again with its own sowing. It smells like rotten fish, or something worse.

Place.] It grows usually upon dunghills.

Time.] They flower in June and July, and their seed is ripe quickly after.

Government and Virtues.] Stinking Arrach is used as a remedy to help women pained, and almost strangled with the mother, by smelling to it; but inwardly taken there is no better remedy under the moon for that disease. I would be large in commendation of this herb, were I but eloquent. It is an herb under the dominion of Venus, and under the sign Scorpio; it is common almost upon every dunghill. The works of God are given freely to man, his medicines are common and cheap, and easy to be found: ('Tis the medicines of the College of Physicians that are so dear and scarce to find) I commend it for an universal medicine for the womb, and such a medicine as will easily, safely, and speedily cure any disease thereof, as the fits of the mother, dislocation, or falling out thereof; it cools the womb being over-heated. And let me tell you this, and I will tell you the truth, heat of the womb is one of the greatest causes of hard labour in child-birth. It makes barren women fruitful. It cleanseth the womb if it be foul, and strengthens it exceedingly;

exceedingly; it provokes the terms if they be stopped, and stops them if they flow immoderately; you can desire no good to your womb, but this herb will effect it; therefore if you love children, if you love health, if you love ease, keep a syrup always by you, made of the juice of this herb, and sugar, (or honey, if it be to cleanse the womb) and let such as be rich keep it for their poor neighbours; and bestow it as freely as I bestow my studies upon them, or else let them look to answer it another day, when the Lord shall come to make inquisition of blood.

Archangel.

TO put a gloss upon their practise, the physicians call an herb (which country people vulgarly know by the name of Dead Nettle) Archangel; whether they avour more of superstition or folly, I leave to the judicious reader. There is more curiosity than courtesy to my countrymen used by others in the explanation as well of the names, as description of this so well known herb; which that I may not also be guilty of, take this short description first of the Red Archangel.

Descript.] This has divers square stalks, somewhat hairy, at the joints whereof grow two sad green leaves dented about the edges, opposite to one another to the lowermost upon long foot stalks, but without any toward the tops, which are somewhat round, yet pointed, and a little crumpled and hairy; round about the upper joints, where the leaves grow thick, are sundry gaping flowers of a pale reddish colour; after which come the seeds three or four in a husk. The root is smaller and thready, perishing every year; the whole plant hath a strong scent, but not stinking.

White Archangel hath divers square stalks, none standing straight upward, but bending downward, whereon stand two leaves at a joint, larger and more pointed than the other, dented about the edges, and greener also, more like unto Nettle leaves, but not stinking, yet hairy. At the joints with the leaves stand larger and more open gaping white flowers, husks round about the stalks, but not with such a bush of leaves as flowers set in the top, as is on the other wherein stand small roundish black seeds; the root is white, with many strings at it, not growing downward,

but lying under the upper crust of the earth, and abideth many years increasing; this hath not so strong a scent as the former,

Yellow Archangel is like the White in the stalks and leaves; but that the stalks are more straight and upright, and the joints with leaves are farther a sunder, having longer leaves than the former, and the flowers a little larger and more gaping, of a fair yellow colour in most, in some paler. The roots are like white, only they creep not so much under the ground.

Place.] They grow almost every way (unless it be in the middle of the street) the yellow most usually in the wet grounds of woods, and sometimes in the dryer, in divers counties of this nation.

Time.] They flower from the beginning of the Spring all the Summer long.

Virtues and Use.] The Archangels are somewhat hot and drier than the stinging Nettles, and used with better success for the stopping and hardness of the spleen, than they, by using the decoction of the herb in wine, and afterwards applying the herb hot into the region of the spleen as a plaister, or the decoction with spunges. Flowers of the White Archangel are preserved or conserved to be used to stay the whites, and the flowers of the red to stay the reds in women. It makes the heart merry, drives away melancholy, quickens the spirits, is good against quartan agues, stancheth bleeding at mouth and nose, if it be stamped and applied to the nape of the neck; the herb also bruised, and with some salt and vinegar and hog-grease, laid upon an hard tumour or swelling, or that vulgarly called the king's evil, do help to dissolve or discuss them; and being in like manner applied, doth much allay the pains, and give ease to the gout, sciatica, and other pains of the joints and sinews. It is also very effectual to heal green wounds, and old ulcers; also to stay their fretting, gnawing and spreading. It draweth forth splinters, and such like things gotten into the flesh, and is very good against bruises and burnings. But the yellow Archangel is most commended for old, filthy, corrupt sores and ulcers, yea although they grow to be hollow; and to dissolve tumours. The chief use of them is for women, it being a herb of Venus, and may be found in my *Guide for Women.*

ARSSMART.

ARSSMART.

THE hot Arssmart is called also Water-pepper, or Culrage. The mild Arssmart is called dead Arssmart Percicaria, or Peach-wort, because the leaves are so like the leaves of a peach-tree; it is also called Plumbago.

Description of the Mild.] This hath broad leaves set at the great red joint of the stalks; with semi-circular blackish marks on them, usually either bluish or whitish, with such like seed following. The root is long, with many strings thereat, perishing yearly; this hath no sharp taste (as another sort hath, which is quick and biting) but rather sour like sorrel, or else a little drying, or without taste.

Place.] It grows in watry places, ditches, and the like, which for the most part are dry in Summer.

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

Government and Virtues.] As the virtue of both these is various, so is also their government; for that which is hot and biting, is under the dominion of Mars, but Saturn challengeth the other, as appears by that leaden coloured spot he hath placed upon the leaf.

It is of a cooling and drying quality, and very effectual for putrified ulcers in man or beast, to kill worms, and cleanse the putrified places. The juice thereof dropped in, or otherwise applied, consumeth all cold swellings, and dissolveth the congealed blood of bruises by strokes, falls, &c. A piece of the root, or some of the seeds bruised, and held to an aching tooth, taketh away the pain. The leaves bruised and laid to the joint that hath a felon thereon taketh it away. The juice destroyeth worms in the ears, being dropped into them; if the hot Arssmart be strewed in a chamber, it will soon kill all the fleas; and the herb or juice of the cold Arssmart, put to a horse, or other cattle's sores, will drive away the fly in the hottest time of Summer; a good handful of the hot biting Arssmart put under a horse's saddle, will make him travel the better, although he were half tired before. The mild Arssmart is good against all imposthumes and inflammations at the beginning, and to heal green wounds.

All authors chop the virtues of both sorts of Arssmart together,

together, as men chop herbs to the pot, when both of them are of clean contrary qualities. The hot Arssmart groweth not so high or tall as the mild doth, but hath many leaves of the colour of peach leaves, very seldom or never spotted; in other particulars it is like the former, but may easily be known from it, if you will but be pleased to break a leaf of it cross your tongue, for the hot will make your tongue to smart, so will not the cold. If you see them both together, you may easily distinguish them, because the mild hath far broader leaves: and our College of Physicians, out of the learned care of the publick good, *Anglice*, their own gain, mistake the one for the other in their *New Master-piece*, wherehy they discover, 1. Their ignorance. 2. Their carelessness; and he that hath but half an eye, may see their pride without a pair of spectacles. I have done what I could to distinguish them in the virtues, and when you find not the contrary named, use the cold, The truth is, I have not yet spoken with Dr. Reason, nor his brother Dr. Experience concerning either of them.

ASARABACCA.

Descript.] ASARABACCA hath many heads rising from the roots, from whence come many smooth leaves, every one upon his own foot stalks, which are rounder and bigger than Violet leaves, thicker also, and of a dark green shining colour on the upper side, and of a pale yellow green underneath, little or nothing dented about the edges, from among which rise small, round, hollow, brown green husks, upon short stalks, about an inch long, divided at the brims into five divisions, very like the cups or heads of the Henbane seed, but that they are smaller: and these be all the flowers it carrieth, which are somewhat sweet, being smelled unto, and wherein, when they are ripe, is contained small cornered rough seeds, very like the kernels or stones of grapes or raisins. The roots are small and whitish, spreading divers ways in the ground, increasing into divers heads; but not running or creeping under the ground, as some other creeping herbs do. They are somewhat sweet in smell, resembling Nardus, but more when they are dry than green; and of a sharp but not unpleasant taste.

Place] It groweth frequently in gardens.

Time.]

Time.] They keep their leaves green all Winter; but shoot forth new in the Spring, and with them come forth those heads or flowers which give ripe seed about Midsummer, or somewhat after.

Government and Virtues.] 'Tis a plant under the dominion of Mars, and therefore inimical to nature. This herb being drank not only provoketh vomiting, but purgeth downward, and by urine also, purgeth both choler and phlegm: If you add to it some spikenard, with the whey of goat's milk, or honeyed water, it is made more strong, but it purgeth phlegm more manifestly than choler, and therefore doth much help pains in the hips, and other parts; being boiled in whey, they wonderfully help the obstructions of the liver and spleen, and therefore profitable for the dropsy and jaundice; being steeped in wine and drank, it helps those continual agues that come by the plenty of stubborn humours; an oil made thereof by setting in the sun, with some laudanum added to it, provoketh sweating, (the ridge of the back being anointed therewith) and thereby driveth away the shaken fits of the ague. It will not abide any long boiling, for it looseth its chief strength thereby; nor much beating, for the finer powder doth provoke vomits and urine, and the coarser purgeth downwards.

The common use hereof is, to take the juice of five or seven leaves in a little drink to cause vomiting; the roots have also the same virtue, though they do not operate so forcibly; they are very effectual against the biting of serpents, and therefore are put as an ingredient both into Mithridite and Venice treacle. The leaves and roots being boiled in lee, and the head often washed therewith while it was warm, comforted the head and brain that is ill affected by taking cold, and helpeth the memory.

I shall desire ignorant people to forbear the use of the leaves; the roots purge more gently, and may prove beneficial in such as have cancers, or old putrified ulcers, or fistulas upon their bodies, to take a dram of them in powder in a quarter of a pint of white wine in the morning. The truth is, I fancy purging and vomiting medicines as little as any man breathing doth, for they weaken nature, nor shall ever advise them to be used, unless upon urgent necessity. If a physician be nature's servant, it is his duty

to

to strengthen his mistress as much as he can, and weaken her as little as may be.

Asparagus, Sparagus, or Sperage.

Descript.] IT riseth up at first with divers white and green scaly heads, very brittle or easy to break while they are young, which afterward rise up in very long and slender green stalks, of the bigness of an ordinary riding wand, at the bottom of most, or bigger or lesser, as the roots are of growth; on which are set divers branches of green leaves shorter and smaller than fennel to the top; at the joints whereof come forth small yellowish flowers, which turn into round berries, green at first, and of an excellent red colour when they are ripe, shewing like bead or coral, wherein are contained exceeding hard black seeds, the roots are dispersed from a spongeous head into many long, thick, and round strings, wherein is sucked much nourishment out of the ground, and increaseth plentifully thereby.

Prickly Asparagus, or Sperage.

Descript.] IT groweth usually in gardens, and some of it grows wild in Appleton meadows in Gloucestershire, where the poor people do gather the buds of young shoots, and sell them cheaper than our garden Asparagus, is sold at London.

Time.] They do for the most part flower, and bear their berries late in the year, or not at all, although they are housed in Winter.

Government and Virtues.] They are both under the dominion of Jupiter. The young buds or branches boiled in ordinary broth, make the belly soluble and open, and boiled in white wine, provoke urine, being stopped, and is good against the strangury or difficulty of making water; it expelleth the gravel and stone out of the kidneys, and helpeth pains in the reins. And boiled in white wine or vinegar, it is prevalent for them that have their arteries loosened, or are troubled with the hip-gout or sciatica. The decoction of the roots boiled in wine and taken, is good to clear the sight, and being held in the mouth easeth the tooth-ach; and being taken fasting several mornings together, stirreth up bodily lust in man or woman (whatever

ever some have written to the contrary.) The garden asparagus nourisheth more than the wild, yet hath it the same effects in all the afore-mentioned diseases: The decoction of the roots in white wine, and the back and belly bathed therewith, or kneeling or lying down in the same, or sitting therein as a bath hath been found effectual against pains and reins of the bladder, pains of the mother and cholic, and generally against all pains that happen to the lower parts of the body, and no less effectual against stiff and benumbed sinews, or those that are shrunk by cramps and convulsions, and helpeth the sciatica.

Ash Tree.

THIS is so well known, that time will be mispent in writing a description of it; and therefore I shall only insist upon the virtues of it.

Government and Virtues.] It is governed by the sun: and the young tender tops, with the leaves taken inwardly, and some of them outwardly applied are singular good against the biting of viper, adder, or any other venomous beast; and the water distilled therefrom being taken a small quantity every morning fasting, is a singular medicine for those that are subject to dropsy, or to abate the greatness of those that are too gross or fat. The decoction of the leaves in white wine helpeth to break the stone, and expel it, and cureth the jaundice. The ashes of the bark of the Ash made into lee, and those heads bathed therewith, which are leprous, scabby, or scald, they are thereby cured. The kernels within the husks, commonly called Ashen Keys, prevail against stitches and pains in the sides, proceeding of wind, and voideth away the stone by provoking urine.

I can justly except against none of all this, save only the first, *viz.* That Ash-tree tops and leaves are good against the bitings of serpents and vipers. I suppose this had its rise from Gerard or Pliny, both which hold, That there is such an antipathy between an adder and an Ash-tree that if an adder be encompassed round with Ash-tree leaves, she will sooner run through the fire than through the leaves: The contrary to which is the truth, as both my eyes are witness. The rest are virtues something likely, only if it be in Winter when you cannot get the leaves,

you

you may safely use the bark instead of them. The keys you may easily keep all the year, gathering them when they are ripe.

AVENS, *called also* Colewort, *and* Herb Bonet.

Descript.] THE ordinary Avens hath many long, rough, dark, green winged leaves, rising from the root, every one made of many leaves set on each side of the middle rib, the largest three whereof grow at the end, and are snipped or dented round about the edges; the other being small pieces, sometimes two and sometimes four, standing on each side of the middle rib underneath them. Among which do rise up divers rough or hairy stalks about two feet high, branching forth with leaves at every joint not so long as those below, but almost as much cut in on the edges, some into three parts, some into more. On the tops of the branches stand small, pale, yellow flowers, consisting of five leaves, like the flowers of Cinquefoil, but large, in the middle whereof standeth a small green herb, which when the flower is fallen, groweth to be round, being made of many long greenish purple seeds (like grains) which will stick upon your cloaths. The root consists of many brownish strings or fibres, smelling somewhat like unto cloves, especially those which grow in the higher, hotter, and drier grounds, and in free and clear air.

Place.] They grow wild in many places under hedge's sides, and by the path-ways in fields; yet they rather delight to grow in shadowy than sunny places.

Time.] They flower in May and June for the most part, and their seed is ripe in july at the farthest.

Government and Virtues.] It is governed by Jupiter, and that gives hopes of a wholesome healthful herb. It is good for the diseases of the chest or breast, for pains, and stitches in the side, and to expel crude and raw humours from the belly and stomach, by the sweet savour and warming quality. It dissolves the inward congealed blood happening by falls or bruises, and the spitting of blood, if the roots, either green or dry, be boiled in wine and drank; as also all manner of inward wounds or outward, if washed or bathed therewith. The decoction also being drank, comforts the heart, and strengtheneth the stomach and a cold brain, and therefore is good in the Spring-time to open

obstructions

obstructions of the liver, and helpeth the wind cholic; it also helps those that have fluxes, or are bursten, or have a rupture; it taketh away spots or marks in the face, being washed therewith. The juice of the fresh root, or powder of the dried root, hath the same effect with the decoction. The root in the Spring-time steeped in wine, doth give it a delicate savour and taste, and being drank fasting every morning, comforteth the heart, and is a good preservative against the plague, or any other poison. It helpeth digestion, and warmeth a cold stomach, and openeth obstructions of the liver and spleen.

It is very safe; you need have no dose prescribed; and is very fit to be kept in every body's house.

BALM.

THIS herb is so well know to be an inhabitant almost in every garden, that I shall not need to write any description thereof, although the virtues thereof, which are many, may not be omitted.

Government and Virtues.] It is an herb of Jupiter, and under Cancer, and strengthens nature much in all its actions. Let a syrup made with the juice of it and sugar (as you shall be taught at the latter end of this book) be kept in every gentlewoman's house to relieve the weak stomachs and sick bodies of their poor sickly neighbours; as also the herb kept dry in the house, that so with other convenient simples, you may make it into an electuary with honey, according as the disease is you shall be taught at the latter end of my book. The Arabian physicians have extolled the virtues thereof to the skies; although the Greeks thought it not worth mentioning. Seraphio saith, It causeth the mind and heart to become merry, and reviveth the heart, faintings and swoonings, especially of such who are overtaken in sleep, and driveth away all troublesome cares and thoughts out of the mind, arising from melancholy or black choler; which Avicen also confirmeth. It is very good to help digestion, and open obstructions of the brain, and hath so much purging quality in it (saith Avicen) as to expel those melancholy vapours from the spirits and blood which are in the heart and arteries, although it cannot do so in other parts of the body. Dioscorides saith, That the leaves steeped in wine, and the wine drank, and the leaves exter-