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-

nally applied, is a remedy against the stings of a scorpion, and the bitings of mad dogs; and commendeth the decoction thereof for women to bathe or sit in to procure their courses; it is good to wash aching teeth therewith, and profitable for those that have the bloody-flux. The leaves also, with a little nitre taken in drink, are good against the surfeit of mushrooms, helps the griping pains of the belly; and being made into an electuary, it is good for them that cannot fetch their breath: Used with salt, it takes away wens, kernels, or hard swellings in the flesh or throat; it cleanseth foul sores, and easeth pains of the gout. It is good for the liver and spleen. A tansy or caudle made with eggs, and juice thereof while it is young, putting to it some sugar and rose-water, is good for a woman in child-bed, when the after-birth is not thoroughly voided, and for their faintings upon or in their sore travel. The herb bruised and boiled in a little wine and oil, and laid warm on a boil, will ripen it, and break it.

Barberry.

THE shrub is so well known by every boy and girl that hath but attained to the age of seven years, that it needs no description.

Government and Virtues.] Mars owns the shrub, and presents it to the use of my countrymen to purge their bodies of choler. The inner rind of the Barberry-tree boiled in white wine, and a quarter of a pint drank each morning, is an excellent remedy to cleanse the body of choloric humours, and free it from such diseases as choler causeth, such as scabs, itch, tetters, ringworms, yellow jaundice, boils, &c. It is excellent for hot agues, burnings, scaldings, heat of the blood, heat of the liver, bloody flux; for the berries are as good as the bark, and more pleasing: they get a man a good stomach to his victuals, by strengthening the attractive faculty which is under Mars, as you may see more at large at the latter end of my *Ephemeris* for the year 1651: The hair washed with the lee made of ashes of the tree and water, will make it turn yellow, *viz.* of Mars's own colour. The fruit and rind of the shrub, the flowers of broom and of heath, or furz, cleanse the body of choler by sympathy, as the flowers, leaves, and bark of the peach-tree do by antipathy; because these are under Mars, that under Venus.

Barley.

THE continual usefulness hereof hath made all in general so acquainted herewith, that it is altogether needless to describe it, several kinds hereof plentifully growing, being yearly sown in this land. The virtues thereof take as followeth.

Government and Virtues.] It is a notable plant of Saturn; if you view diligently its effects by sympathy and antipathy, you may easily perceive a reason of them; as also why barley bread is so unwholesome for melancholy people. Barley in all the parts and compositions thereof (except malt) is more cooling than wheat, and a little cleansing: And all the preparations thereof, as barley-water and other things made thereof do give great nourishment to persons troubled with fevers, agues, and heats in the stomach. A poultice made of barley meal or flour boiled in vinegar and honey, and a few dry figs put into them, dissolveth all hard imposthumes, and assuageth inflammations, being thereto applied. And being boiled with melilot and comomile-flowers, and some linseed, fenugreek and rue in powder, and applied warm, it easeth pains in side and stomach, and windiness of the spleen. The meal of barley and fleawort boiled in water, and made a poultice with honey and oil of lilies applied warm, cureth swellings under the ears, throat, neck, and such like; and a plaister made thereof with tar, wax, and oil, helpeth the king's evil in the throat; boiled with sharp vinegar into a poultice, and laid on hot, helpeth the leprosy; being boiled in red wine with pomegranate rinds, and myrtles, stayeth the lask or other flux of the belly; boiled with vinegar and quince, it easeth the pains of the gout; barley-flour, white salt, honey, and vinegar mingled together, taketh away the itch speedily and certainly. The water distilled from the green barley in the end of May, is very good for those that have defluctions of humours fallen into their eyes, and easeth the pain being dropped into them; or white bread steeped therein, and bound on the eyes, doth the same.

Garden Bazil, *or* Sweet Bazil.

Descript.] THE greater or ordinary Bazil riseth up usually with one upright stalk diversely

branching forth on all sides, with two leaves at every joint, which are somewhat broad and round, yet pointed, of a pale green colour, but fresh; a little snipped about the edges, and of a strong healthy scent. The flowers are small and white, and standing at the tops of the branches, with two small leaves at the joints, in some places green, in others brown after which come black seed. The root perisheth at the approach of Winter, and therefore must be new sown every year.

Place. It groweth in gardens.

Time.] It must be sowed late, and flowers in the heart of Summer, being a very tender plant.

Government and Virtues.] This is the herb which all authors are together by the ears about, and rail at one another (like lawyers.) Galen and Dioscorides hold it not fitting to be taken inwardly; and Chrysippus rails at it with downright Billinsgate rhetoric; Pliny, and the Arabian physicians, defend it.

For mine own part, I presently found that speech true;

Non nostrum inter nos tantas componere lites.

And away to Dr. Reason went I, who told me it was an herb of Mars, and under the Scorpion, and perhaps therefore called Basilicon, and it is no marvel if it carry a kind of virulent quality with it. Being applied to the place bitten by venomous beasts, or stung by a wasp or hornet, it speedily draws the poison to it; *A very like draws his like.* Mizaldus affirms, that, being laid to rot in horse-dung, it will breed venomous beasts. Hilarius, a French physician, affirms upon his own knowledge, that an acquaintance of his, by common smelling to it, had a scorpion bred in his brain. Something is the matter this herb and rue will not grow together, no, nor near one another; and we know rue is as great an enemy to poison as any that grows.

To conclude. It expelleth both birth and after-birth; and as it helps the deficiency of Venus in one kind, so it spoils all her actions in another. I dare write no more of it.

The Bay Tree.

THIS is so well known that it needs no description; I shall therefore only write the virtues thereof, which are many.

Government and Virtues.] I shall but only add a word

or

or two to what my friend hath written, *viz.* That it is a tree of the sun, and under the celestial sign Leo, and resisteth witchcraft very potently, as also all the evils old Saturn can do to the body of man, and they are not a few; for it is the speech of one, and I am mistaken if it were not Mizaldus, that neither witch nor devil, thunder nor lightening, will hurt a man in the place where a Bay-tree is. Galen said, That the leaves or bark do dry and heal very much, and the berries more than the leaves; the bark of the root is less sharp and hot, but more bitter, and hath some astriction withal, whereby it is effectual to break the stone, and good to open obstructions of the liver, spleen, and other inward parts, which bring the jaundice, dropsy, &c. The berries are very effectual against all poison of venomous creatures, and the sting of wasps and bees; as also against the pestilence, or other infectious diseases, and therefore put into sundry treacles for that purpose; They likewise procure womens courses; and seven of them given to a woman in sore travail of child-birth, do cause a speedy delivery, and expel the after-birth, and therefore not to be taken by such as have not gone out their time, lest they procure abortion, or cause labour too soon. They wonderfully help all cold and rheumatic distillations from the brain, to the eyes, lungs or other parts; and being made into an electuary with honey, do help the consumption, old coughs, shortness of breath, and thin rheums; as also the meagrim. They mightily expel the wind, and provoke urine; help the mother, and kill the worms. The leaves also work the like effects. A bath of the decoction of the leaves and berries, is singular good for women to sit in, that are troubled with the mother, or the diseases thereof, or the stoppings of their courses, or for the diseases of the bladder, pains in the bowels by wind and stopping of urine. A decoction likewise of equal parts of Bay-berries, cummin seed, hyssop, origanum, and euphorbium, with some honey, and the head bathed therewith, doth wonderfully help distillations and rheums, and settleth the palate of the mouth into its place. The oil made of the berries is very comfortable in all cold griefs of the joints, nerves, arteries, stomach, belly, or womb, and helpeth palsies, convulsions, cramp, aches, tremblings, and numbness in any part, weariness also, and pains that come by sore travelling. All

griefs and pains proceeding from wind, either in the head, stomach, back, belly, or womb, by anointing the parts affected therewith: And pains in the ears are also cured by dropping in some of the oil, or by receiving into the ears the fume of the decoction of the berries through a funnel. The oil takes away the marks of the skin and flesh by bruises, falls, &c. and dissolveth the congealed blood in them; It helpeth also the itch, scabs, and weals in the skin.

BEANS.

BOTH the garden and field beans are so well known, that it saveth me the labour of writing any description of them. Their virtues follow.

Government and Virtues.] They are plants of Venus, and the distilled water of the flower of garden beans is good to clean the face and skin from spots and wrinkles, and the meal or flour of them, or the small beans doth the same. The water distilled from the green husks, is held to be very effectual against the stone, and to provoke urine. Bean flour is used in poultices to assuage inflammations arising from wounds, and the swelling of women's breasts caused by the curdling of their milk, and represseth their milk; Flour of beans and fenugreek mixed with honey, and applied to felons, boils, bruises, or blue marks by blows, or the imposthumes in the kernels of the ears, helpeth them all, and with rose leaves, frankincense and the white of an egg, being applied to the eyes, helpeth them that are swollen or do water, or have received any blow upon them, if used with wine. If a bean be parted in two, the skin being taken away, and laid on the place where the leech hath been set that bleedeth too much, stayeth the bleeding. Bean flour boiled to a poultice with wine and vinegar, and some oil put thereto, easeth both pains and swelling of the eods. The husks boiled in water to the consumption of a third part thereof, stayeth a lask; and the ashes of the husks, made up with old hog's grease helpeth the old pains, contusions, and wounds of the sinews, the sciatica and gout. The field beans have all the aforementioned virtues as the garden beans.

Beans eaten are extreme windy meat; but if after the Dutch fashion, when they are half boiled you husk them and then stew them, (I cannot tell you how, for I never was cook in all my life) they are wholesome food.

FRENCH

French Beans.

Descript.] THIS French or Kidney Bean ariseth at first but with one stalk, which afterwards divides itself into many arms or branches, but all so weak that if they be not sustained with sticks or poles, they will be fruitless upon the gound. At several places of these branches grow foot stalks, each with three broad round and pointed green leaves at the end of them; towards the top comes forth divers flowers made like unto pease blossoms, of the same colour for the most part that the fruit will be of; that is to say, white, yellow, red, blackish, or of a deeper purple, but white is the most usual; after which come long and slender flat cods, some crooked some strait, with a string running down the back thereof, wherein is flattish round fruit made like a kidney; the root long, spreadeth with many strings annexed to it, and perisheth every year.

There is another sort of French beans commonly growing with us in this land, which is called the Scarlet flowered Bean.

This ariseth with sundry branches as the other, but runs higher, to the length of hop-poles, about which they grow twining, but turning contrary to the sun, having foot-stalks with three leaves on each, as on the other; the flowers also are like the other, and of a most orient scarlet colour. The Beans are larger than the ordinary kind, of a dead purple colour turning black when ripe and dry; The root perisheth in Winter.

Government and Virtues.] These also belong to Dame Venus, and being dried and beat to powder, are as great strengthners of the kidneys as any are; neither is there a better remedy than it; a dram at a time taken in white wine to prevent the stone, or to cleanse the kidneys of gravel or stoppage. The ordinary French Beans are of an easy digestion; they move the belly, provoke urine, enlarge the breast that is streightened with shortness of breath, engender sperm, and incite to venery. And the scarlet coloured Beans, in regard of the glorious beauty of their colour, being set near a quickset hedge, will bravely adorn the same, by climbing up thereon, so that they may be discerned

discerned a great way, not without admiration of the beholders at a distance. But they will go near to kill the quicksets by cloathing them in scarlet.

Ladies Bed-Straw.

BESIDES the common name above written, it is called Cheese-Rennet, because it performs ths same office as also Gallion, Pettimugget, and Maid-Hair; and by some Wild Rosemary.

Descript.] This riseth up with divers small, brown and square upright stalks a yard high or more; sometimes branches forth into divers parts, full of joints, and with divers very fine small leaves at every one of them, little or nothing rough at all; at the tops of the branches grow many long tufts or branches of yellow flowers very thick set together, from the several joints which consist of four leaves a piece, which smell somewhat strong, but not unpleasant. The seed is small and black like poppy seed, two for the most part joined together: The root is reddish, with many small threads fastened unto it, which take strong hold of the ground, and creepeth a little: and the branches leaning a little down to the ground, take root at the joints thereof, whereby it is easily encreased.

There is another sort of Ladies Bed-straw, growing frequently in England which beareth white flowers as the other doth yellow; but the branches of this are so weak that unless it be sustained by the hedges, or other things near which it groweth, it will lie down to the ground; the leaves a little bigger than the former, and the flowers not so plentiful as these; and the root hereof is also thready and abiding.

Place.] They grow in meadows and pastures both wet and dry, and by the hedges.

Time.] They flower in May for the most part, and the seed is ripe in July and August.

Government and Virtues.] They are both herbs of Venus, and therefore strengthening the parts both internal and external, which she rules. The decoction of the former of those being drank, is good to fret and break the stone, provoke urine, stayeth inward bleeding, and healeth inward wounds. The herb or flower bruised and put up into the nostrils, stayeth their bleeding likewise: The flowers and herbs being made into an oil, by being set into the sun, and

changed

changed after it hath stood ten or twelve days; or into an ointment being boilled in *Axunga*, or sallet oil, with some wax melted therein, after it is strained: either the oil made thereof, or the ointment, do help burnings with fire, or scaldings with water; The same also, or the decoction of the herb and flower, is good to bathe the feet of travellers and lacquies, whose long running causeth weariness and stiffness in their sinews and joints. If the decoction be used warm, and the joints afterward anointed with ointment, it helpeth the dry scab, and the itch in children; and the herb with the white flower is also very good for the sinews, arteries, and joints, to comfort and strengthen them after travel, cold, and pains.

BEETS.

OF Beets there are two sorts, which are best known generally, and whereof I shall principally treat at this time, *viz.* the white and red Beets, and their virtues.

Descript.] The common white Beet hath many great leaves next the ground, somewhat large and of a whitish green colour. The stalk is great, stong, and ribbed, bearing great store of leaves upon it, almost to the very top of it: The flowers grow in very long tuffs, small at the end, and turning down their heads, which are small, pale greenish, yellow buds, giving, cornered prickly seed. The root is great, long, and hard, and when it hath given seed is of no use at all.

The common red Beet differeth not from the white, but only it is lesser, and the leaves and the roots are somewhat red; The leaves are differently red, some only with red stalks or veins; some of a fresh red, and others of a dark red. The root thereof is red, spungy, and not used to be eaten.

Govennment and Virtues.] The government of these two sorts of Beets are far different; the red Beet being under Saturn, and the white under Jupiter; therefore take the virtues of them apart, each by itself; The white Beet doth much loosen the belly, and is of a cleansing, digesting quality, and provoketh urine. The juice of it openeth obstructions both of the liver and spleen, and is good for the head-ach and swimmings therein, and turnings of the brain; and is effectual also against all venomous creatures;

and

and applied unto the temples, stayeth inflammations in the eyes; it helpeth burnings, being used without oil, and with a little allum put to it, is good for St Anthony's fire. It is good for all wheals, pushes, blisters, and blains in the skin: the herb boiled, and laid upon chilblains or kibes, helpeth them. The decoction thereof in water and some vinegar, healeth the itch, if bathed therewith, and cleanseth the head of dandruff, scurf, and dry scabs, and doth much good for fretting and running sores, ulcers, and cankers in the head, legs, or other parts, and is much commended against baldness and shedding the hair.

The red Beet is good to stay the bloody flux, womens courses, and the whites, and to help the yellow jaundice; the juice of the root put into the nostrils, purgeth the head, helpeth the noise in the ears, and the tooth-ach; the juice snuffed up the nose, helps a stinking breath, if the cause lies in the nose, as many times it doth, if any bruise hath been there; as also want of smell coming that way.

Water Betony.

CALLED also Brown-wort, and in Yorkshire, Bishops-leaves.

Descript.] First, of the Water Betony, which riseth up with square, hard, greenish stalks, sometimes brown, set with broad dark green leaves dented about the edges with notches somewhat resembling the leaves of the Wood Betony, but much larger too, for the most part set at a joint. The flowers are many, set at the tops of the stalks and branches, being round bellied and open at the brims, and divided into two parts, the uppermost being like a hood, and the lowermost like a hip hanging down, of a dark red colour, which passing there comes in their places small round heads with small points at the ends, wherein lie small and brownish seeds; the root is a thick bush of strings and shreds growing from the head.

Place.] It groweth by the ditch side, brooks, and other water-courses, generally through this land, and is seldom found far from the water side.

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

Government and Virtues.] Water Betony is an herb of Jupiter in Cancer, and is appropriated more to wounds and hurts

hurts in the breasts than Wood betony, which follows; It is an excellent remedy for sick hogs. It is of a cleansing quality; The leaves bruised and applied are effectual for all old and filthy ulcers; and especially if the juice of the leaves be boiled with a little honey, and dipped therein, and the sores dressed therewith; as also for bruises or hurts, whether inward or outward; The distilled water of the leaves is used for the same purpose; as also to bathe the face and hands spotted or blemished, or discoloured by sun burning.

I confess I do not much fancy distilled waters, I mean such waters as are distilled cold; some virtues of the herb they may happly have (it were a strange thing else;) but this I am confident of, that being distilled in a pewter still, as the vulgar and apish fashion is, both chemical oil and salt is left behind, unless you burn them, and then all is spoiled, water and all, which was good for as little as can be by such a distillation in my translation of the London Dispensatory.

Wood Betony.

Descript.] COMMON or Wood Betony hath many leaves rising from the root, which are somewhat broad and round at the end, roundly dented about the edges, standing upon long foot stalks, from among which arise up small, square, slender, but upright hairy stalks with some leaves thereon to a piece at the joints, smaller than the lower, whereon are set several spiked heads of flowers like lavender, but thicker and shorter for the most part, and of a reddish or purple colour, spotted with white spots both in the upper and lower part. The seeds being contained within the husks that hold the flowers, are blackish, somewhat long and uneven. The roots are many white thready strings: the stalk perisheth, but the roots with some leaves thereon, abide all the Winter. The whole plant is something small.

Place.] It groweth frequently in woods, and delighteth in shady places.

Time.] And it flowereth in July; after which the seed is quickly ripe, yet in its prime in May.

Government and Virtues.] The herb is appropriated to the planet Jupiter, and the sign Aries. Antonius Musa, physician to the Emperor Augustus Cæsar, wrote a peculiar

book of the virtues of this herb; and among other virtues saith of it, that it preserveth the liver and bodies of men from the danger of epidemical diseases, and from witchcrafts also; it helpeth those that loath and cannot digest their meat, those that have weak stomachs and sour belchings, or continual rising in their stomach, using it familiarly either green or dry; either the herb, or root, or the flowers, in broth, drink, or meat, or made into conserve, syrup, water, electuary, or powder, as every one may best frame themselves unto, or as the time and season requireth; taken any of the aforesaid ways, it helpeth the jaundice, falling sickness, the palsy, convulsions, or shrinking of the sinews, the gout and those that are inclined to dropsy, those that have continual pains in their heads, although it turn to phrensy. The powder mixed with pure honey, is no less available for all sorts of coughs or colds, wheesing, or shortness of breath, distillations of thin rheum upon the lungs, which causeth consumptions. The decoction made with mead, and a little penny-royal, is good for those that are troubled with putrid agues, whether quotidian, tertian, or quartan, and to draw down and evacuate the blood and humours, that by falling into the eyes, do hinder the sight; the decoction thereof made in wine and taken, killeth the worms in the belly, openeth obstructions both of the spleen and liver; cureth stitches, and pains in the back and sides, the torments and griping pains in the bowels, and the wind colic; and mixed with honey purgeth the belly, helpeth to bring down womens courses, and is of special use for those that are troubled with the falling down of the mother, and pains thereof, and causeth an easy and speedy delivery of women in child birth. It helpeth also to break and expel the stone, either in the bladder or kidneys. The decoction with wine gargled in the mouth, easeth the toothach. It is commended against the stinging or biting of venomous serpents, or mad dogs, being used inwardly and applied outwardly to the place. A dram of the powder of Betony taken with a little honey in some vinegar, doth wonderfully refresh those that are over wearied by travel. It stayeth bleeding at the mouth or nose, and helpeth those that piss or spit blood, and those that are bursten or have a rupture, and is good for such as are bruised by any fall or otherwise. The green herb bruised, or the juice applied

to any inward hurt, or outward green wound in the head or body, will quickly heal and close it up; as also any veins or sinews that are cut, and will draw forth any broken bone or splinter, thorn or other things got into the flesh. It is no less profitable for old sores or filthy ulcers, yea, tho' they be fistulous and hollow. But some do advise to put a little salt to this purpose, being applied with a little hog's lard, it helpeth a plague sore, and other boils and pushes. The fumes of the decoction while it is warm, received by a funnel into the ears, easeth the pains of them, destroyeth the worms and cureth the running sores in them. The juice dropped into them doth the same. The root of Betony is displeasing both to the taste and stomach, whereas the leaves and flowers, by their sweet and spicy taste, are comfortable both to meat and medicine.

These are some of the many virtues Antony Muse an expert physician (for it was not the practice of Octavius Cesar to keep fools about him) appropriates to Betony; it is a very precious herb, that is certain, and most fitting to be kept in a man's house, both in syrup, conserve, oil, ointment and plaister. The flowers are usually conserved.

The Beech Tree.

IN treating of this tree, you must understand, that I mean the green mast Beech, which is by way of distinction from that other small rough sort, called in Sussex the smaller Beech, but in Essex Horn-bean.

I suppose it is needless to describe it, being already too well known to my conntrymen.

Place.] It groweth in woods amongst oaks and other trees, and in parks, forests, and chases, to feed deer; and in other places to fatten swine.

Time.] It bloometh in the end of April, or beginning of May, for the most part, and the fruit is ripe in September.

Government and Virtues.] It is a plant of Saturn, and therefore, performs his qualities and proportion in these operations; The leaves of the Beech tree are cooling and binding, and therefore good to be applied to hot swellings to discus them; the nuts do much nourish such beasts as feed thereon. The water that is found in the hollow places of decaying Beeches will cure both man and beast of any scurf, scab, or running tetters, if they be washed therewith;

you may boil the leaves into a poultice, or make an ointment of them when time of year serves.

BILBERRIES, *called by some* WHORTS, *and* WHORTLE-BERRIES.

Descript.] OF these I shall only speak of two sorts which are common in England, viz. The black and red berries. And first of the black.

The small bush creepeth along upon the ground, scarce rising half a yard high, with divers small dark green leaves set in the green branches, not always one against the other, and a little dented about the edges: At the the foot of the leaves come forth small, hollow, pale, bluish coloured flowers, the brims ending in five points, with a reddish thread in the middle, which pass into small round berries of the bigness and colour of juniper berries, but of a purple, sweetish sharp taste; the juice of them giveth a purplish colour in their hands and lips that eat and handle them, especially if they break them. The root groweth aslope under ground, shooting forth in sundry places as it creepeth. This looseth its leaves in Winter.

The Red Bilbery, or Whortle-Bush, riseth up like the former, having sundry hard leaves, like the Box-tree leaves, green and round pointed, standing on the several branches, at the top whereof only, and not from the sides, as in the former, come forth divers round, reddish, sappy berries, when they are ripe, of a sharp taste. The root runneth in the ground, as in the former, but the leaves of this abide all the Winter.

Place.] The first groweth in forests, on the heaths, and such like barren places: the red grows in the north parts of this land, as Lancashire, Yorkshire, &c.

Time] They flower in March and April, and the fruit of the black is ripe in July and August.

Government and Virtues.] They are under the dominion of Jupiter. It is a pity they are used no more in physic than they are. The black Bilberries are good in hot agues and to cool the heat of the liver and stomach; they do somewhat bind the belly, and stay vomitings and loathings; the juice of the berries made in a syrup, or the pulp made into a conserve with sugar, is good for the purposes aforesaid as also for an old cough, or an ulcer in the lungs, or other

diseases

diseases therein. The Red Worts are more binding, and stop womens courses, spitting of blood, or any other flux of blood or humours, being used as well outwardly as inwardly.

Bitoil, or Twablade.

Descript.] THIS small herb, from a root somewhat sweet, shooting downward many long strings, riseth up a round green stalk, bare or naked next the ground for an inch, two or three to the middle thereof as it is in age or growth; as also from the middle upward to the flowers, having only two broad plaintain-like leaves (but whiter) set at the middle of the stalk one against another, compasseth it round at the bottom of them.

Place.] It is an usual inhabitant in woods, copses, and in many other places in this land.

There is another sort groweth in wet grounds and marshes, which is somewhat different from the former. It is a smaller plant, and greener, having sometimes three leaves; the spike of the flowers is less than the former, and the roots of this do run or creep in the ground.

They are much and often used by many to good purpose for wounds, both green and old, to consolidate or knit ruptures; and well it may, being a plant of Saturn.

The Birch Tree.

Descript.] THIS groweth a goodly tall strait tree, fraught with many boughs, and slender branches bending downward: the old being covered with discoloured chapped bark, and the younger being browner by much. The leaves at the first breaking out are crumpled, and afterwards like the beech leaves, but smaller and greener, and dented about the edges. It beareth small short cat-skins, somewhat like those of the hazel-nut-tree, which abide on the branches a long time, until growing ripe, they fall on the ground, and their seed with them.

Place.] It usually groweth in woods.

Government and Virtues.] It is a tree of Venus; the juice of the leaves, while they are young, or the distilled water of them, or the water that comes from the tree being bored with an auger, and distilled afterwards; any of these being drank for some days together, is available to break the stone in the kidneys and bladder, and is good also to wash sore mouths.

Bird's Foot.

THIS small herb groweth not above a span high with many branches spread upon the ground, set with many wings of small leaves. The flowers grow upon the branches, many small ones of a pale yellow colour being set a head together, which afterwards turneth into small jointed cods, well resembling the claws of small birds whence it took its name.

There is another sort of Bird's foot in all things like the former, but a little larger; the flower of a pale whitish red colour, and the cods distinct by joints like the other, but a little more crooked; and the roots do carry many small white nots or kernels amongst the strings.

Place.] These grow on heaths, and many open untilled places of this land.

Time.] They flower and seed in the end of Summer.

Government and Virtues.] They belong to Saturn, and are of a drying, binding quality, and thereby very good to be used in wound drinks; as also to apply outwardly for the same purpose. But the latter Bird's-foot is found by experience to break the stone in the back or kidneys, and drives them forth, if the decoction thereof be taken; and it wonderfully helpeth the rupture, being taken inwardly and outwardly applied to the place.

All salts have best operations upon the stone, as ointments and plaisters have upon wounds: and therefore you may make a salt of this for the stone; the way how to do so may be found in my translation of the London Dispensatory; and it may be I may give you it again in plainer terms at the latter end of this book.

Bishops-Weed.

BESIDES the common name Bishop-weed, it is usually known by the Greek name *Ammi* and *Ammois*; some call it Æthiopian Cummin-seed, and others Cummin-royal, as also Herb William, and Bull-wort.

Descript.] Common Bishops-weed riseth up with a round straight stalk, sometimes as high as a man, but usually three or four feet high, beset with divers small, long and somewhat broad leaves, cut in some places, and dented about

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the edges, growing one against another, of a dark green colour, having sundry branches on them, and at the top small umbels of white flowers, which turn into small round seeds little bigger than parsley seeds, of a quick hot scent and taste; the root is white and stringy: perishing yearly, and usually riseth again on its own sowing.

Place.] It groweth wild in many places in England and Wales, as between Greenhith and Gravesend.

Government and Virtues.] It is hot and dry in the third degree, of a bitter taste, and somewhat sharp withal; it provokes lust to purpose; I suppose Venus owns it. It digesteth humours, provoketh urine and womens courses, dissolveth wind, and being taken in wine it easeth pain and griping in the bowels, and is good against the biting of serpents; it is used to good effects in those medicines which are given to hinder the poisonous operation of Cantharides, upon the passage of the urine; being mixed with honey and applied to black and blue marks, coming of blows or bruises, it takes them away; and being drank or outwardly applied, it abateth an high colour, and makes it pale; and the fumes thereof taken with rosin or raisins, cleanseth the mother.

Bistort, or Snakeweed.

IT is called Snakeweed, English Serpentary, Dragonwort, Osterick and Passions.

Descript.] This hath a thick short knobbed root, blackish without, and somewhat reddish within, a little crooked or turned together, of a hard astringent taste, with divers black threads hanging there, from whence spring up every year divers leaves; standing upon long footstalks, being somewhat broad and long like a dock leaf, and a little pointed at the ends, but that it is of a bluish green colour on the upper side, and of an ash-colour grey, and a little purplish underneath, with divers veins therein, from among which rise up divers small and slender stalks, two feet high, and almost naked and without leaves, or with a very few, and narrow, bearing a spikey bush of pale-coloured flowers; which being past, there abideth small seed, like unto sorrel seed, but greater.

There are other sorts of Bistort growing in this land, but smaller, both in height, root, and stalks and especially in the leaves. The root blackish without, and somewhat

whitish within; of an austere binding taste, as the former.

Place. They grow in shadowy moist woods, and at the foot of hills, but are chiefly nourished up in gardens. The narrow leafed Bistort groweth in the north, in Lancashire, Yorkshire, and Cumberland.

Time.] They flower about the end of May, and the seed is ripe about the beginning of July.

Government and Virtues.] It belongs to Saturn, and is in operation cold and dry; both the leaves and roots have a powerful faculty to resist all poison. The root in powder taken in drink expelleth the venom of the plague, the small-pox, measles, purples, or any other infectious diseases, driving it out by sweating. The root in powder, the decoction thereof in wine being drank, stayeth all manner of inward bleeding, or spitting of blood, and any fluxes in the body of either man or woman, or vomiting. It is also very available against ruptures, or burstings, or all bruises of falls, dissolving the congealed blood, and easing the pains that happen thereupon; it also helpeth the jaundice.

The water distilled from both leaves and roots, is a singular remedy to wash any place bitten or stung by any venomous creature; as also for any of the purposes before spoken of and is very good to wash any running sores or ulcers. The decoction of the root in wine being drank, hindereth abortion or miscarriage in child-bearing. The leaves also kill the worms in children, and is a great help to them that cannot keep their water; if the juice of plaintain be added thereto, and outwardly applied, much helpeth the ghonorrhea, or running of the reins. A dram of the powder of the root taken in water thereof, wherein some red hot iron or steel hath been quenched, is also an admirable help thereto, so as the body be first prepared and purged from the offensive humours. The leaves, seed, or roots are all very good in decoctions, drinks, or lotions, for inward or outward wounds, or other sores. And the powder strewed upon any cut or wound in a vein, stayeth the immoderate bleeding thereof. The decoction of the root in water, where unto some pomegranate peels and flowers are added, injected into the matrix, stayeth the immoderate flux of the courses. The root thereof with pelitory of Spain, and burnt allum, of each a little quantity, beaten small and made into paste, with some honey, and a little piece thereof put into an hol-

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low tooth, or held between the teeth, if there be no hollowness in them, stayeth the defluction of rheum upon them which causeth pains, and helps to cleanse the head, and void much offensive water. The distilled water is very effectual to wash sores or cankers in the nose, or any other part; if the powder of the root be applied thereunto afterwards. It is good also to fasten the gums, and to take away the heat and inflammations that happen in the jaws almonds of the throat, or mouth, if the decoction of the leaves, roots, or seeds bruised, or the juice of them be applied; but the roots are most effectual to the purposes aforesaid.

One-Blade.

Descript.] THIS small plant never beareth more than one leaf, but only when it riseth up with its stalk, which thereon beareth another, and seldom more, which are of a blueish green colour, broad at the bottom, and pointed with many ribs or veins like plantain; at the top of the stalk grow many small flowers star-fashion, smelling somewhat sweet; after which cometh small reddish berries when they are ripe; The root small of the bigness of a rush, lying and creeping under the upper crust of the earth, shooting forth in divers places.

Place.] It grows in moist, shadowy, grassy places of woods, in many places of this realm.

Time.] It flowereth about May, and the berries be ripe in June, and then quickly perisheth, until the next year it springeth from the same again.

Government and Virtues.] It is an herb of the Sun, and therefore cordial; half a dram, or a dram at most, of the roots hereof in powder taken in wine and vinegar, of each a like quantity, and the party presently laid to sweat, is held to be a sovereign remedy for those that are infected with the plague, and have a sore upon them, by expelling the poison, and defending the heart and spirits from danger. It is also accounted a singular good wound herb, and therefore used with other herbs in making such balms as are necessary for curing of wounds, either green or old, and especially if the nerves be hurt.

The Bramble, *or* Black-Berry Bush,

IT is so well known that it needeth no description. The virtues thereof are as followeth.

Govern-

Government and Virtues.] It is a plant of Venus in Aries. You shall have some directions at the latter end of the book for the gathering of all herbs and plants. &c. If any ask the reason why Venus is so prickly? Tell them 'tis because she is in the house of Mars. The buds, leaves, and branches, while they are green, are of a good use in the ulcers and putrid sores of the mouth and throat, and of the quinsey, and likewise to heal other fresh wounds and sores; but the flowers and fruits unripe are very binding, and so profitable for the bloody flux, lasks, and are a fit remedy for spitting of blood, Either the decoction of the powder or of the root taken, is good to break or drive forth gravel and the stone in the reins and kidneys. The leaves and brambles, as well green as dry, are excellent good lotions for sores in the mouth, or secret parts. The decoction of them, and of the dried branches, do much bind the belly and are good for two much flowing of women's courses; the berries of the flowers are a powerful remedy against the poison of the most vonomous serpents; as well drank as outwardly applied, helpeth the sores of the fundament and the piles; the juice of the berries mixed with the juice of mulberries, do bind more effectually, and help all fretting and eating sores and ulcers wheresoever. The distilled water of the branches, leaves, and flowers, or of the fruit is very pleasant in taste, and very effectual in fevers and hot distempers of the body, head, eyes, and other parts, and for the purposes aforesaid. The leaves boiled in lee, and the head washed therewith, healeth the itch and the running sores thereof, and maketh the hair black. The powder of the leaves strewed on cankers and running ulcers, wonderfully helps to heal them. Some use to condensate the juice of the leaves, and some the juice of the berries, to keep for their use all the year, for the purposes aforesaid.

Blites.

Descript.] OF these there are two sorts commonly known, viz. White and red, The White hath leaves somewhat like unto beets, but smaller, rounder, and of a whitish green colour every one standing upon a small long footstalk: the stalk riseth up two or three feet high, with such like leaves thereon; the flowers grow at the top in long round tufts or clusters, wherein are contained

ed small and round seed; the root is very full of threads or strings.

The Red Blite is in all things like the white, but that his leaves and tufted heads are exceeding red at first, and after turn more purplish.

There are other kinds of Blites which grow differing from the two former sorts but little, but only the wild are smaller in every part.

Place.] They grow in gardens, and wild in many places in this land.

Time.] They seed in August and September.

Government and Virtues.] They are all of them cooling, drying, and binding, serving to restrain the fluxes of blood in either man or woman, especially the Red; which also stayeth the overflowing of the womens reds, as the white Blites stayeth the whites in women; It is an excellent secret; you cannot well fail in the use; They are all under the dominion of Venus.

There is another sort of wild Blites like the other wild kinds, but have long and spikey heads of greenish seeds, seeming by the thick setting together to be all seed.

This sort the fishers are delighted with, and it is good and usual bait; for fishes will bite fast enough at them, if you have wit enough to catch them when they bite.

Borage and Bugloss.

THESE are so well known to the inhabitants in every garden that I hold it needless to describe them.

To these I may add a third sort, which is not so common, nor yet so well known, and therefore I shall give you its name and description.

It is called *Langue de Beuf;* but why then should they call one herb by the name of Bugloss, and another by the name *Langue de Beuf?* it is some question to me, seeing one signifies Ox-tongue in Greek, and the other signifies the same in French.

Descript.) The leaves whereof are smaller than those of Bugloss but much rougher; the stalks arising up about a foot and a half high, and is most commonly of a red colour; the flowers stand in scaly rough heads, being composed of many small yellow flowers, not much unlike to those of Dandelions, and the seed flieth away in down as

that

that doth; you may easily know the flowers by their taste, for they are very bitter.

Place.) It groweth wild in many places of this land, and may be plentifully found near London, as between Rotherhith and Deptford, by the ditch side. Its virtues are held to be the same with Borage and Bugloss, only this is somewhat hotter.

Time.) They flower in June and July, and the seed is ripe shortly after.

Government and Virtues.) They are all three herbs of Jupiter, and under Leo, all great cordials, and great strengtheners of nature. The leaves and roots are to very good purpose used in putrid and pestilential fevers, to defend the heart, and help to resist and expel the poison, or the venom of other creatures; the seed is of the like effects; and the seed and leaves are good to increase milk in women's breasts; the leaves, flowers, and seed, all or any of them, are good to expel pensiveness and melancholy; it helpeth to clarify the blood, and mitigate heat in fevers. The juice made into a syrup prevaileth much to all the purposes aforesaid, and is put with other cooling, opening and cleansing herbs to open obstructions and help the yellow jaundice, and mixed with fumitory, to cool, cleanse, and temper the blood thereby; it helpeth the itch, ringworms and tetters, or other spreading scabs or sores. The flowers candied or made into a conserve, are helpful in the former cases, but are chiefly used as a cordial, and are good for those that are weak in long sickness, and to comfort the heart and spirits of those that are in a consumption or troubled with often swoonings, or passions of the heart. The distilled water is no less effectual to all the purposes aforesaid, and helpeth the redness and inflammations of the eyes, being washed therewith; the herb dried is never used, but the green; yet the ashes thereof boiled in mead, or honied water, is available against the inflammations and ulcers in the mouth or throat to gargle it therewith; the roots of Bugloss are effectual, being made into a licking electuary for the cough, and to condensate thick phlegm, and the rheumatick distillations upon the lungs.

Blue-Bottle.

IT is called Syanus, I suppose from the colour of it: Hurtsickle, because it turns the edge of the sickles that reap the

the corn; Blue-blow, Corn flower, and Blue-bottle.

Descript.) I shall only describe that which are commonest, and in my opinion most useful; its leaves spread upon the ground, being of a whitish green colour, somewhat on the edges like those of corn-scabious, amongst which ariseth up a stalk divided into divers branches, beset with long leaves of a greenish colour, either but very little indented, or not at all; the flowers are of a blue colour, from whence it took its name, consisting of an innumerable company of small flowers set in a scaly head, not much unlike those of knap-weed; the seed is smooth, bright, and shining, wrapped up a in a wooly mantle; the root perisheth every year.

Place.) They grow in corn fields, amongst all sorts of corn (pease, beans, and tares excepted.) If you please to take them up from thence, and transplant them in your garden, especially towards the full of the moon, they will grow more double than they are, and many times change colour.

Time.) They flower from the beginning of May to the end of harvest.

Government and Virtues.) As they are naturally cold, dry, and binding, so they are under the dominion of Saturn. The powder or dried leaves of the Blue-bottle, or Corn flower, is given with good success to those that are bruised by a fall, or have broken a vein inwardly, and void much blood at the mouth; being taken in the water of plantain, horsetail, or the greater comfrey, it is a remedy against the poison of the scorpion, and resisteth all venoms and poison. The seed or leaves taken in wine, is very good against the plague, and all infectious diseases, and is very good in pestilential fevers. The juice put into fresh or green wounds, doth quickly solder up the lips of them together and is very effectual to heal all ulcers and sores in the mouth. The juice dropped into the eyes takes away the heat and inflammation of them. The distilled water of this herb, hath the same properties, and may be used for the effects aforesaid.

Brank Ursine.

BESIDE the common name Brank-Ursine, it is also called Bears-breech, and Acanthus, tho' I think our English names to be more proper; for the Greek word *Acanthus*, signifies any thistle whatsoever.

Descript.) This thistle shooteth forth very many large, thick,

thick, sad green smooth leaves upon the ground, with a very thick and juicy middle rib; the leaves are parted with sundry deep gashes on the edges; the leaves remain a long time, before any stalk appears, afterwards riseth up a reasonable big stalk, three or four feet high, and bravely decked with flowers from the middle of the stalk upwards; for on the lower part of the stalk, there is neither branches nor leaf. The flowers are hooded and gaping, being white in colour, and standing in brownish husks, with a long small undivided leaf under each leaf; they seldom seed in our country. Its roots are many, great and thick, blackish without and whitish within, full of a clammy sap; a piece of them if you set it in the garden, and defend it from the first Winter cold, will grow and flourish.

Place.) They are only nursed up in the gardens in England, where they will grow very well.

Time.) It flowereth in June and July.

Government and Virtues.) It is an excellent plant under the dominion of the Moon; I could wish such as are studious would labour to keep it in the gardens. The leaves being boiled and used in glisters, is excellent good to mollify the belly, and make the passage slippery. The decoction drank inwardly, is excellent and good for the bloody-flux. The leaves being bruised, or rather boiled and applied like a poultice, are excellent good to unite broken bones and strengthen joints that have been put out. The decoction of either leaves or roots being drank, and the decoction of leaves applied to the place, is excellent good for the king's evil that is broken and runneth; for by the influence of the moon, it reviveth the ends of the veins which are relaxed; there is scarce a better remedy to be applied to such places as are burnt with fire than this is, for it fetches out the fire and heals it without a scar. This is an excellent remedy for such as are bursten, being either taken inwardly, or applied to the place. In like manner used, it helps the cramp and the gout. It is excellent good in hectic fevers, and restores radical moisture to such as are in consumptions.

Briony, or Wild Vine.

IT is called Wild and Wood Vine, Tamus, or Ladies Seal. The white is called White Vine by some; and the black, Black Vine.

Descript)

Descrip.] The common White Briony groweth ramping upon the hedges, sending forth many long, rough, very tender branches at the beginning, with many very rough, and broad leaves thereon, cut (for the most part) into five partitions, in form very like a vine leaf, but smaller, rough, and of a whitish hoary green colour, spreading very far spreading and twining with his small claspers (that come forth at the joints with the leaves) very far on whatsoever standeth next to it. At the several joints also (especialy towards the top of the branches) cometh forth a long stalk bearing many whitish flowers together on a long tuft, consisting of five small leaves a-piece, laid open like a star, after which come the berries separated one from another, more than a cluster of grapes, green at the first, and very red when they are thorough ripe, of no good scent, but of a most loathsome taste, provoking vomit. The root groweth to be exceeding great, with many long twines or branches going from it, of a pale whitish colour on the outside, and more white within, and of a sharp, bitter, loathsome taste.

Place.] It groweth on banks, or under hedges, through this land; the roots lie very deep.

Time.] It flowereth in July and August, some earlier, and some later than the other.

Government and Virtues.] They are furious martial plants. The root of Briony purges the belly with great violence, troubling the stomach and burning the liver, and therefore not rashly to be taken; but being corrected, is very profitable for the diseases of the head, as falling sickness, giddiness and swimmings, by drawing away much phlegm and rheumatick humours that oppress the head, as also the joints and sinews: and is therefore good for palsies, convulsions, cramps, and stitches in the sides, and the dropsy, and in provoking urine; it cleanseth the reins and kidneys from gravel and stone, by opening the obstructions of the spleen, and consumeth the hardness and swelling thereof. The decoction of the root in wine, drank once a week at going to bed, cleanseth the mother, and helpeth the rising thereof. expelleth the dead child; a dram of the root in powder taken in white wine, bringeth down their courses. An electuary made of the roots and honey, doth mightily cleanse the chest of rotten phlegm, and wonderfully help any old strong cough, to those that are troubled with shortness of breath, and is very good for them that are

bruised inwardly, to help to expel the clotted or congealed blood. The leaves, fruit and root to cleanse old and filthy sores, are good against all fretting and running cankers, gangrenes, and tetters, and therefore the berries are by some country people called tetter-berries. The root cleanseth the skin wonderfully from all black and blue spots, freckles, morphew, leprosy, foul scars, or other deformity whatsoever; also all running scabs and manginess are healed by the powder of the dried root, or the juice thereof, but especially by the fine white hardened juice. The distilled water of the root worketh the same effects, but more weakly; the root bruised and applied of itself to any place where the bones are broken, helpeth to draw them forth, as also splinters and thorns in the flesh; and being applied with a little wine mixed therewith, it breaketh boils, and helpeth whitelows on the joints.—For all these latter, beginning at sores, cancers, &c. apply it outwardly, and take my advice in my translation of the London Dispensatory, among the preparations at the latter end, where you have a medicine called *Fæcula Brionia*, which take and use, mixing it with a little hog's grease, or other convenient oniment.

As for the former diseases where it must be taken inwardly, it purgeth very violently, and needs an abler hand to correct it than most country people have; therefore it is a better way for them in my opinion to let the simple alone, and take the compound water of it mentioned in my dispensatory, and that is far more safe, being wisely corrected.

Brook Lime, or Water-Pimpernel.

Descript.] THIS sendeth forth from a creeping root that shooteth forth strings at every joint, as it runneth, divers and sundry green stalks, round and sappy, with some branches on them, somewhat broad, round, deep green, and thick leaves set by couples thereon; from the bottom whereof shoot forth long foot-stalks, with sundry small blue flowers on them, that consist of five small round pointed leaves a piece.

There is another sort nothing differing from the former, but that it is greater, and the flowers of a paler green colour.

Place.] They grow in small standing waters, and usually near water cresses.

Time.] And flowers in June and July, giving seed the next month after.

Gover-

Government and Virtues.] It is a hot and biting martial plant. Brook-lime and water-cresses are generally used together in diet-drink, with other things serving to purge the blood and body from all ill humours that would destroy health, and are helpful to the scurvy. They do all provoke urine, and help to break the stone, and pass it away; they procure women's courses, and expel the dead child. Being fried with butter and vinegar, and applied warm, it helpeth all manner of tumours, swellings, and inflammations.

Such drinks ought to be made of sundry herbs, according to the malady. I shall give a plain and easy rule at the latter end of this book.

Butchers Broom.

IT is called Ruscus, and Bruscus, Kneeholm, Kneeholy, Kneehulver, and pettigree.

Descript.] The first shoots that sprout from the root of Butchers Broom, are thick, whitish, and short, somewhat like those of asparagus, but greater, they rising up to be a foot and a half high, are spread into divers branches, green, and somewhat cressed with the roundness, tough and flexible, whereon are set somewhat broad and almost round hard leaves, and prickly, pointed at the end, of a dark green colour, two for the most part set at a place, very close and near together; about the middle of the leaf, on the back and lower side from the middle rib, breaketh forth a small whitish green flower, consisting of four small round pointed leaves, standing upon little or no foot-stalk, and in the place whereof cometh a small round berry, green at the first, and red when it is ripe, wherein are two or three white, hard, round seeds contained. The root is thick, white, and great at the head, and from thence sendeth forth divers thick, white, long, tough strings.

Place.] It groweth in copses, and upon heaths and waste grounds, and oftentimes under or near the holly bushes.

Time.] It shooteth forth its young buds in the Spring, and the berries are ripe about September, the branches of leaves abiding green all the Winter.

Government and Virtues.] 'Tis a plant of Mars, being of a gallant cleansing and opening quality. The decoction of the root made with wine openeth obstruction, provoketh urine, helpeth to expel gravel and the stone, the stranguary

and women's courses, also the yellow jaundice and the head-ach: And with some honey or sugar put thereunto, cleanseth the breast of phlegm, and the chest of such clammy humours gathered therein. The decoction of the root drank, and a poultice made of the berries and leaves being applied, are effectual in knitting and consolidating broken bones or parts out of joint. The common way of using it, is to boil the root of it, and parsely and fennel and smallage in white wine, and drink the decoction, adding the like quantity of grass-root to them: The more of the root you boil, the stronger will the decoction be; it works no ill effects, yet I hope you have wit enough to give the strongest decoction to the stronges bodies.

Broom, and Broom-rape.

TO spend time in writing a description hereof is altogether needless, it being so generally used by all the good housewives almost through this land to sweep their houses with, and therefore very well known to all sorts of people.

The Broom-rape springeth up on many places from the roots of the broom (but more often in fields, as by hedge-sides and on heaths.) The stalk whereof is of the bigness of a finger or thumb, above two feet high, having a shew of leaves on them, and many flowers at the top, of a red-dish yellow colour, as also the stalks and leaves are.

Place.] They grow in many places of this land commonly, and as commonly spoil all the land they grow in.

Time.] And flower in the Summer months, and give their seed before Winter.

Government and Virtues.] The juice or decoction of the young branches, or seed, or the powder of the seed taken in drink, purgeth downwards, and draweth phlegmatic and watry humours from the joints, whereby it helpeth the dropsy, gout, sciatica, and pains of the hips and joints; it also provoketh strong vomits, and helpeth the pains of the sides, and swelling of the spleen, cleanseth also the reins or kidneys and bladder of the stone, provoketh urine abundantly, and hindereth the growing again of the stone in the body. The continual use of the powder of the leaves and seed doth cure the black jaundice. The distilled water of the flowers is profitable for all the same purposes: it also helpeth

helpeth surfeits, and altereth the fits of agues, if three or four ounces thereof, with as much of the water of the lesser centaury, and a little sugar put therein, be taken a little before the fit cometh, and the party be laid down to sweat in his bed. The oil or water that is drawn from the end of the green sticks heated in the fire, helpeth the tooth-ach. The juice of young branches made into an ointment of old hog's grease, and anointed, or the young branches bruised and heated in oil or hog's grease, and laid to the sides pained by wind, as in stitches, or the spleen, easeth them in once or twice using it. The same boiled in oil is the safest and surest medicine to kill lice in the head or body of any; and is an especial remedy for joint aches, and swollen knees, that come by the fallen down of humours.

The BROOM RAPE *also in not without its Virtues.*

The decoction thereof in wine, is thought to be as effectual to void the stone in the kidneys and bladder, and to provoke urine, as the Broom itself. The juice thereof is a singular good help to cure as well green wounds, as old and filthy sores and malignant ulcers. The insolate oil, wherein there hath been three or four repetitions of infusion of the top stalks, with flowers strained and cleared, cleanseth the skin from all manner of spots, marks, and freckles that rise either by the heat of the sun, or the malignity of humours. As for the Broom and Broom-rape, Mars owns them, and is exceeding prejudicial, to the liver; I suppose by reason of the antipathy between Jupiter and Mars, therefore if the liver be disaffected, minister none of it.

BUCKS-HORN PLANTAIN.

Descript.] THIS been sown of seed, riseth up at first with small, long, narrow, hairy, dark green leaves like grass, without any division or gash in them, but those that follow are gashed in on both sides the leaves into three or four gashes, and pointed at the ends, resembling the knags of a buck's horn, (whereof it took its name) and being well ground round about the root upon the ground, or order one by another, thereby resembling the form of a star, from among which rise up divers hairy stalks about a hand's breadth high, bearing every one a small, long spikey head, like to those of the common plantain, having such like bloomings and seed after them. The root is single, long and small, with divers strings at it.

Place.] They grow in sandy grounds, as in Tothil fields by Westminster, and divers other places of this land.

Time.] They flower and seed in May, June and July, and their green leaves do in a manner abide fresh all the Winter.

Government and Virtues.] It is under the dominion of Saturn, and is of a gallant, drying and binding quality. This boiled in wine and drank, and some of the leaves put to the hurt place, is an excellent remedy for the biting of the viper or adder, which I take to be one and the same: The same being also drank, helpeth those that are troubled with the stone in the reigns or kidneys, by cooling the heat of the part afflicted, and strengthening them; also weak stomachs that cannot retain, but cast up their meat. It stayeth all bleeding both at mouth and nose; bloody urine or the bloody-flux, and stoppeth the lask of the belly and bowels. The leaves hereof bruised and laid to their sides that have an ague, suddenly easeth the fit; and the leaves and roots being beaten with some bay-salt and applied to the wrists, worketh the same effects. The herb boiled in ale or wine, and given for some mornings and evenings together, stayeth the distillation of hot and sharp rheums falling into the eyes from the head, and helpeth all sorts of sore eyes.

Bucks Horn.

IT is called Harts-horn, Herba-stella, and Herba-stellaria, Sanguinaria, Herb-Eve, Herb-Ivy, Wort-Tresses, and Swine-Cresses.

Descript.] They have many small and weak stragling branches trailing here and there upon the ground; The leaves are many, small and jagged, not much unlike to those of Bucks-horn Plantain, but much smaller, and not so hairy. The flowers grow among the leaves in small, rough, whitish clusters: The seeds are smaller and brownish, of a bitter taste.

Place.] They grow in dry, barren, sandy grounds.

Time.] They flower and seed when the rest of the plantains do.

Government and Virtues. This is also under the dominion of Saturn; the virtues are held to be the same as Bucks horn plantain, and therefore by all authors it is joined with it: The leaves bruised and applied to the place, stops bleeding;

bleeding; the herbs bruised and applied to warts, will make them consume and waste away in a short time.

Bugle.

Besides the name Bugle, it is called Middle Confound and Middle Comfrey, Brown Bugle, and of some Sicklewort, and Herb-Carpenter; though in Essex we call another herb by that name.

Descript.] This hath larger leaves than those of the Self-heal, but else of the same fashion, or rather longer in some green on the upper side, and in others more brownish, dented about the edges, somewhat hairy, as the square stalk is also which riseth up to be half a yard high sometimes, with the leaves set by couples, from the middle almost, whereof upwards stand the flowers, together with many smaller and browner leaves than the rest, on the stalk below set at distance, and the stalk bare between them; among which flowers are also small ones of a blueish and sometimes of an ash colour, fashioned like the flowers of ground-ivy, after which come small, round blackish seeds. The root is composed of many strings, and spreadeth upon the ground.

The white flowered Bugle differeth not in form or greatness from the former, saving that the leaves and stalks are always green, and never brown, like the other, and the flowers thereof are white,

Place.] They grow in woods, copses, and fields, generally throughout England, but the white flowered Bugle is not so plentiful as the former.

Time.] They flower from May until July, and in the mean time perfect their seed. The roots and leaves next thereunto upon the ground abiding all the Winter.

Government and Virtues.] This herb belongeth to Dame Venus: If the virtues of it make you fall in love with it (as they will if you be wise) keep a syrup of it to take inwardly and an ointment and plaister of it to use outwardly, always by you.

The decoction of the leaves and flowers made in wine, and taken, dissolveth the congealed blood in those that are bruised inwardly by a fall, or otherwise is very effectual for any inward wounds, thrusts or stabs in the body or bowels; and is an especial help in all wound-drinks, and for those that are liver-grown (as they call it. (It is wonderful

derful in curing all manner of ulcers and sores, whether new and fresh, or old and inveterate; yea gangrenes and fistulas also, if the leaves bruised and applied, or their juice be used to wash and bathe the place, and the same made into a lotion, and some honey and allum cureth all sores in the mouth and gums, be they never so foul, or of long continuance; and worketh no less powerfully and effectually for such ulcers and sores as happen in the secret parts of men and women. Being also taken inwardly, or outwardly applied, it helpeth those that have broken any bone, or have any member out of joint. An ointment made with the leaves of Bugle, Scabions and Sanicle bruised and boiled in hog's grease, until the herbs be dry, and then strained forth into a pot for such occasions as shall require; it is so singular good for all sorts of hurts in the body, that none that know its usefulness will be without it.

The truth is, I have known this herb cure some diseases of Saturn, of which I thought good to quote one. Many times such as give themselves much to drinking are troubled with strange fancies, strange sights in the night time, and some with voices, as also with the disease ephialtes, or the mare. I take the reason of this to be (according to Fernelius) a melancholy vapour made thin by excessive drinking strong liquor, and so flies up and disturbs the fancy, and breeds imaginations like itself, viz. fearful and troublesome. These I have known cured by taking only two spoonfuls of the syrup of this herb, after supper two hours, when you go to bed. But whether this does it by sympathy or antipathy, is some doubt in astrology. I know there is a great antipathy between Saturn and Venus in matter of procreation; yea, such a one, that the barrenness of Saturn can be removed by none but Venus; nor the lust of Venus be repelled by none but Saturn; but I am not of opinion this is done this way, and my reason is, because these vapours, though in quality melancholy, yet by their flying upward, seem to be something aerial; therefore I rather think it is done by sympathy; Saturn being exalted in libra, in the house of Venus.

BURNET.

IT is called Sanguisorbia, Pimpinella, Bipulo Solbegrella, &c, The common garden Burnet is so well known, that it

it needeth no description.—There is another sort which is wild, the description whereof take as followeth.

Descript.] The great wild Burnet hath winged leaves rising from the roots like the garden Burnet, but not so many; yet each of these leaves are at the least twice as large as the other, and nicked in the same manner about the edges, of a greyish colour on the under side; the stalks are greater, and rise higher, with many such like leaves set thereon, and greater heads at the top, of a brownish colour, and out of them come small dark purple flowers, like the former, but greater. The root is black and long like the other, but great also: it hath almost neither scent nor taste therein, like the garden kind.

Place.] The first grows frequently in gardens. The wild kind groweth in divers counties of this island, especially in Huntingdon, in Northamptonshires, in the meadows there: as also near London, by Pancras church, and by a causey-side in the middlle of a field by Paddington.

Time.] They flower about the end of June, and beginning of July, and their seed is ripe in August.

Government and Virtues.] This is an herb the sun challengeth dominion over, and is a most precious herb, little inferior to Betony; the continual use of it preserves the body in health, and the spirit in vigour; for if the sun be the preserver of life under God, his herbs are the best in the world to do it by. They are accounted to be both of one property, but the lesser is more effectual because quicker and more aromatical: It is a friend to the heart: liver and other principal parts of a man's body. Two or three of the stalks, with leaves put into a cup of wine, especially claret, are known to quicken the spirits, refresh and clear the heart, and drive away melancholy: It is a special help to defend the heart from noisom vapours, and from infection of the pestilence, the juice thereof being taken in some drink, and the party laid to sweat thereupon. They have also a drying and an astringent quality, whereby they are unvailable in all manner of fluxes of blood or humours, to staunch bleedings inward or outward, lasks, scourgings, the bloody-flux, womens too abundant flux of courses, the whites, and the choleric belchings and castings of the stomach, and is a singular wound herb for all sorts of wounds, both of the head and body, either inward or outward, for all old ulcers,

running

running cankers, and most sores, to be used either by the juice or decoction of the herb, or by the powder of the herb or root, or the water of the distilled herb or ointment by itself, or with other things to be kept. The seed is also no less effectual both to stop fluxes, and dry up moist sores, being taken in powder inwardly in wine, or steeled water, that is, wherein hot gads of steel have been quenched; or the powder, or the seed mixed with the ointments.

The Butter-Bur, or Petasitis.

Descript. THIS riseth up in February, with a thick stalk about a foot high, whereon are set a few small leaves, or rather pieces, and at the tops a long spiked head; flowers of a blush or deep red colour, according to the soil where it groweth, and before the stalk with the flowers have abiden a month above ground, it will be withered and gone, and blown away with the wind, and the leaves will begin to spring, which being full grown, are very large and broad, being somewhat thin and almost round, whose thick red foot stalks above a foot long, stand towards the middle of the leaves. The lower part being divided into two round parts, close almost one to another, and are of a pale green colour; and hairy underneath. The root is long, and spreadeth under ground, being in some places no bigger than ones finger, in others much bigger, blackish on the outside, and whitish within, of a bitter and unpleasant taste.

Place and Time.] They grow in low and wet grounds by rivers and water sides. Their flower (as is said) rising and decaying in February and March, before their leaves, which appear in April.

Government and Virtues.] It is under the dominion of the Sun, and therefore is a great strengthener of the heart, and chearer of the vital spirits. The roots thereof are by long experience found to be very available against the plague and pestilential fevers by provoking sweat; if the powder thereof be taken in wine, it also resisteth the force of any other poison. The root hereof taken with zedoary and angelica, or without them, helps the rising of the mother. The decoction of the root in wine, is singular good for those that wheese much, or are short winded. It provoketh urine also, and womens courses, and killeth the flat and broad worms in the belly. The powder of the root doth wonderfully

wonderfully help to dry up the moisture of the sores that are hard to be cured, and taketh away all spots and blemishes of the skin. It were well if gentlewomen would keep this root preserved, to help their poor neighbours. *It is fit the rich should help the poor, for the poor cannot help themselves.*

The Burdock.

THEY re also called Personata, and Loppy-major, great Burdock and Clod-bur; it is so well known, even by the little boys, who pull off the Burs to throw and stick upon one another, that I shall spare to write any description of it.

Place.] They grow plentifully by ditches and water-sides, and by the highways almost every where through this land.

Government and Virtues.] Venus challengeth this herb for her own, and by its leaf or seed you may draw the womb which way you please, either upwards by applying it to the crown of the head, in case it falls out; or downwards in fits of the mother, by applying it to the soles of the feet; or if you would stay it in its place, apply it to the navel, and that is one good way to stay the child in it. See more of it in my *Guide for Women.* The Burdock leaves are cooling, moderately drying, and discussing withal, whereby it is good for old ulcers and sores. A dram of the roots taken with pine-kernels, helpeth them that spit foul, mattery, and bloody phlegm. The leaves applied to the places troubled with the shrinking of the sinews or arteries, give much ease. The juice of the leaves, or rather the roots themselves, given to drink with old wine, doth wonderfully help the biting of any serpents: And the root beaten with a little salt, and laid on the place, suddenly easeth the pain thereof, and helpeth those that are bit by a mad dog. The juice of the leaves being drank with honey, provoketh urine, and remedieth the pain of the bladder. The seed being drank in wine forty days together, doth wonderfully help the siatica. The leaves bruised with the white of an egg, and applied to any place burnt with fire, taketh out the fire, gives sudden ease, and heals it up afterwards. The decoction of them fomented on any fretting sore or canker, stayeth the corroding quality, which must be afterwards anointed with an ointment made of the same liquor, hogs-grease, nitre and vinegar boiled together.

together. The roots may be preserved with sugar, and taken fasting, or at other times, for the same purposes, and for consumptions, the stone, and the lask. The seed is much commended to break the stone, and cause it to be expelled by urine, and is often used with other seeds and things to that purpose.

Cabbages and Coleworts.

I Shall spare a labour in writing a description of these, since almost every one that can but write at all, may describe them from his own knowledge, they being generally so well known, that descriptions are altogether needless.

Place.] They are generally planted in gardens.

Time. Their flower time is towards the middle, or end of July, and the seed is ripe in August.

Government and Virtues.] The Cabbages or Coleworts boiled gently in broth, and eaten, do open the body, but the second decoction doth bind the body. The juice thereof drank in wine, helpeth those that are bitten by an adder, and the decoction of the flowers bringeth down womens courses: Being taken with honey, it recovereth hoarseness, or loss of the voice. The often eating of them well boiled, helpeth those that are entering into a consumption. The pulp of the middle ribs of Coleworts boiled in almond milk, and made up into an electuary with honey, being taken often, is very profitable for those that are purfy and short-winded. Being boiled twice, an old cock boiled in the broth and drank, it helpeth the pains, and the obstructions of the liver and spleen, and the stone in the kidneys. The juice boiled with honey, and dropped into the corner of the eyes, cleareth the sight, by consuming any film or cloud beginning to dim it; it also consumeth the canker growing therein. They are much commended, being eaten before meat to keep one from surfeiting, as also from being drunk with too much wine, or quickly make a man sober again that is drunk before. For (as they say) there is such an antipathy or enmity between the Vine and the Coleworts, that the one will die where the other groweth. The decoction of Coleworts taketh away the pain and ach, and allayeth the swellings of sores and gouty legs and knees, wherein many gross and watry humours are fallen, the place being bathed therewith

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