web, and mend's the dimness of sight; it is excellent good against pestilence and poison. Pliny and Dioscorides affirm, that no serpent will meddle with him that carries this herb about him.

The Elder Tree.

I hold it needless to write any description of this, since every boy that plays with a pop-gun will not mistake another tree instead of Elder: I shall therefore in this place only describe the Dwarf-Elder, called also Dead-wort, and Wall-wort.

The Dwarf-Elder.

Descript.] THIS is but an herb every year, dying with his stalks to the ground, and rising fresh every Spring, and is like unto the Elder both in form and quality, rising up with a square rough hairy stalk, four feet high, or more sometimes. The winged leaves are somewhat narrower than the Elder, but else like them. The flowers are white with a dash of purple, standing in umbels, very like the elder also, but more sweet in scent; after which come small blackish berries, full of juice while they are fresh, wherein is small hard kernels, or seed. The root doth creep under the upper crust of the ground, springing in divers places, being of the bigness of one's finger or thumb sometimes.

Place.] The Elder tree groweth in hedges, being planted there to strengthen the fences and partitions of ground, and to hold the banks by ditches and water courses.

The Dwarf Elder growing wild in many places of England, where being once gotten into a ground, it is not easily gotten forth again.

Time.] Most of the Elder Trees, flower in June, and their fruit is ripe for the most part in August. But the Dwarf Elder, or Wall-wort, flowereth somewhat later, and his fruit is not ripe until September.

Government and Virtues.] Both Elder and Dwarf Tree are under the dominion of Venus. The first shoots of the common Elder boiled like Asparagus, and the young leaves and stalks boiled in fat broth, doth mightily carry forth phlegm and choler. The middle or inward bark boiled in water, and given in drink, worketh much more violently; and the ber-

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ries, either green or dry, expel the same humour, and are often given with good success to help the dropsy; the bark of the root boiled in wine, or the juice thereof drank, worketh the same effects, but more powerfully than either the leaves or fruit. The juice of the root taken, doth mightily procure vomitings, and purgeth the watery humours of the dropsy. The decoction of the root taken, cureth the biting of an adder, and biting of mad dogs. It mollifieth the hardness of the mother, if women sit thereon, and openeth their veins, and bringeth down their courses: The berries boiled in wine performeth the same effect; and the hair of the head washed therewith is made black. The juice of the green leaves applied to the hot inflammations of the eyes, assuageth them; the juice of the leaves snuffed up into the nostrils, purgeth the tunicles of the brain; the juice of the berries boiled with honey, and dropped into the ears, helpeth the pains of them; the decoction of the berries in wine being drank provoketh urine; the distilled water of the flowers is of much use to clean the skin from sun-burning, freckles, morphew, or the like; and taketh away the head-ach, coming of a cold cause, the head being bathed therewith. The leaves or flowers distilled in the month of May, and the legs often washed with the said distilled water, it taketh away the ulcers and sores of them. The eyes washed therewith, it taketh away the redness and bloodshot; and the hands washed morning and evening therewith, helpeth the palsy, and shaking of them.

The Dwarf Elder is more powerful than the common Elder in opening and purging choler, phlegm, and water; in helping the gout, piles, and women's diseases, coloureth the hair black, helpeth the inflammations of the eyes, and pains in the ears, the biting of serpents, or mad dogs, burnings and scaldings, the wind cholic, cholic and stone, the difficulty of urine, the cure of old sores and fistulous ulcers. Either leaves or bark of Elder, stripped upwards as you gather it, causeth vomiting. Also Dr Butler, in a manuscript of his, commends Dwarf Elder to the sky for dropsies, viz. to drink it, being boiled in white wine; to drink the decoction I mean, not the Elder.

The Elm Tree.

THIS tree is so well known, growing generally in all counties of this land, that it is needless to describe it.

Government and Virtues.] It is a cold and Saturnine plant. The leaves thereof bruised and applied heal green wounds, being bound thereon with its own bark. The leaves or the bark used with vinegar, cureth scurf and leprosy very effectually: The decoction of the leaves, bark, or root, being bathed, heals broken bones. The water that is found in the bladders on the leaves, while it is fresh, is very effectual to cleanse the skin, and make it fair; and if cloths be often wet therein, and applied to the ruptures of children, it healeth them, if they be well bound up with a truss. The said water put into a glass, and set into the ground, or else in dung for twenty-five days, the mouth thereof being close stopped, and the bottom set upon a lay of ordinary salt, that the fœces may settle and water become clear, is a singular and sovereign balm for green wounds, being used with soft tents: The decoction of the bark of the root fomented, mollifieth hard tumours, and the shrinking of the sinews. The roots of the Elm, boiled for a long time in water, and the fat arising on the top thereof, being clean scummed off, and the place anointed therewith that is grown bald, and the hair fallen away, will quickly restore them again. The said bark ground with brine and pickle, until it come to the form of a poultice, and laid on the place pained with the gout, giveth great ease. The decoction of the bark in water, is excellent to bathe such places as have been burnt with fire.

Endive.

Descript.] COMMON garden Endive beareth a longer and larger leaf than succory, and abideth but one year, quickly running up to a stalk and seed, and then perisheth; it hath blue flowers, and the seed of the ordinary Endive is so like succory seed, that it is hard to distinguish them.

Goverment and Virtues.] It is a fine cooling, cleansing, jovial plant. The decoction of the leaves, or the juice, or the distilled water of Endive, serveth well to cool the excessive heat of the liver and stomach, and in the hot fits of agues, and all other inflammations in any part of the body; it cooleth the heat and sharpness of the urine, and excoriations in the urinary parts. The seeds are of the same property, or rather more powerful, and besides are available for fainting, swoonings,

ings, and passions of the heart. Outwardly applied, they serve to temper the sharp humours of fretting ulcers, hot tumours, swellings, and pestilential sores; and wonderfully help not only the redness and inflammations of the eyes, but the dimness of the sight also; they are also used to allay the pains of the gout. You cannot use it amiss; a syrup of it is a fine cooling medicine for fevers. See the end of this book, and the English Dispensatory.

ELECAMPANE.

Descript.] IT shooteth forth many large leaves, long and broad, lying near the ground, small at both ends, somewhat soft in handling, of a whitish green on the upper side, and grey underneath, each set upon a short foot-stalk, from among which rise up divers great and strong hairy stalks, three or four feet high, with some leaves thereupon, compassing them about at the lower end, and are branched towards the tops, bearing divers great and large flowers, like those of the corn marigold, both the border of leaves, and the middle thrum being yellow, which turn into down, with long, small, brownish seeds among it, and is carried away with the wind. The root is great and thick, branched forth divers ways, blackish on the outside, and whitish within, of a very bitter taste, and strong, but good scent, especially when they are dried, no part else of the plant having any smell.

Place.] It groweth in moist grounds and shadowy places oftener than in the dry and open borders of fields and lanes, and in other waste places, almost in every county of this land.

Time.] It flowereth in the end of June and July, and the seed is ripe in August. The roots are gathered for use, as well in the Spring before the leaves come forth, as in Autumn or Winter.

Government and Virtues.] It is a plant under the dominion of Mercury. The fresh roots of Elecampane preserved with sugar, or made into a syrup or conserve, are very effectual to warm a cold windy stomach, or the pricking therein, and stitches in the sides caused by the spleen; and to help the cough, shortness of breath, and wheezing in the lungs. The dried root made into powder, and mixed with sugar, and taken, serveth to the same purpose, and is also profitable for those who have their urine stopped, or the stopping of wo-

mens courses, the pains of the mother, and of the stone in the reins, kidneys or bladder; it resisteth poison, and stayeth the spreading of the venom of serpents, as also putrid and pestilential fevers, and the plague itself. The roots and herbs beaten and put into new ale or beer, and daily drank, cleareth, strengtheneth, and quickeneth the sight of the eyes wonderfully. The decoction of the roots in wine, or the juice taken therein, killeth and driveth forth all manner of worms in the belly, stomach, and maw; and gargled in the mouth, or the root chewed, fasteneth loose teeth, and helps to keep them from putrefaction; and being drank is good for those that spit blood, helpeth to remove cramps or convulsions, gout, sciatica, pains in the joints, applied outwardly or inwardly, and is also good for those that are bursten, or have any inward bruise. The root boiled well in vinegar beaten afterwards, and made into an ointment with hog's suet, or oil of trotters, is an excellent remedy for scabs or itch in young or old; the places also bathed or washed with the decoction doth the same; it also helpeth all sorts of filthy old putrid sores or cankers whatsoever. In the roots of this herb lieth the chief effect for the remedies aforesaid. The distilled water of the leaves and roots together, is very profitable to cleanse the skin of the face, or other parts, from any morphew, spots, or blemishes therein, and make it clear.

Eringo, or Sea-Holly.

Descript.] THE first leaves of our ordinary Sea-Holly, are nothing so hard and prickly as when they grow old, being almost round, and deeply dented about the edges, hard and sharp pointed, and a little crumpled, of a bluish green colour, every one upon a long foot stalk; but those that grow up higher with the stalk, do as it were compass it about. The stalk itself is round and strong, yet somewhat crested, with joints and leaves set thereat, but more divided sharp, and prickly; and branches rising from thence, which have likewise other small branches, each of them having several bluish round prickly heads, with many small jagged prickly leaves under them, standing like a star, and sometimes found greenish or whitish: The root groweth wonderfully long, even to eight or ten feet in length, set with rings and circles toward the upper part, cut smooth and

and without joints down lower, brownish on the outside, and very white within, with a pith in the middle; of a pleasant taste, but much more, being artificially preserved, and candied with sugar.

Place.] It is found about the sea coast in almost every county of this land which bordereth upon the sea.

Time.] It flowereth in the end of Summer, and giveth ripe seed within a month after.

Government and Virtues.] The plant is venereal, and breedeth seed exceedingly, and strengthens the spirit procreative; it is hot and moist, and under the celestial Balance. The decoction of the root hereof in wine, is very effectual to open obstructions of the spleen and liver, and helpeth yellow jaundice, dropsy, pains of the loins, and wind cholic, provoketh urine, and expelleth the stone, procureth womens courses. The continued use of the decoction for fifteen days, taken fasting, and next to bedward, doth help the stranguary, the pissing by drops, the stopping of urine, and stone, and all defects of the reins and kidneys; and if the said drink be continued longer, it is said that it cureth the stone; it is found good against the French pox. The roots bruised and applied outwardly, helpeth the kernels of the throat, commonly called the king's evil; or taken inwardly, and applied to the place stung or bitten by any serpent, healeth it speedily. If the roots be bruised, and boiled in old hog's grease, or salted lard, and applied to broken bones, thorns, &c. remaining in the flesh, they do not only draw them forth, but heal up the place again, gathering new flesh where it was consumed. The juice of the leaves dropped into the ear, helpeth imposthumes therein. The distilled water of the whole herb, when the leaves and stalks are young, is profitably drank for all the purposes aforesaid; and helpeth the melancholy of the heart, and is available in quartan and quotidian agues; as also for them that have their necks drawn awry, and cannot turn them without turning their whole body.

Eyebright.

Descript.) COMMON Eyebright is a small low herb, rising up usually but with one blackish green stalk a span high, or not much more, spread from the bottom into sundry branches, whereon are small and almost round

yet

yet pointed, dark green leaves, finely snipped about the edges, two always set together, and very thick; At the joints with the leaves, from the middle upward, come forth small white flowers, steeped with purple and yellow spots, or stripes; after which follow small round heads, with very small seed therein. The root is long, small and thready at the end.

Place) It groweth in meadows, and grassy places in this land.

Government and Virtues.) It is under the sign of the Lion, and Sol claims dominion over it. If the herb was but as much used as it is neglected, it would half spoil the spectacle makers trade; and a man would think, that reason should teach people to prefer the preservation of their natural before artificial spectacles; which that they may be instructed how to do, take the virtues of Eyebright as followeth:

The juice, or distilled water of Eyebright, taken inwardly in white wine or broth, or dropped into the eyes, for divers days together, helpeth all infirmities of the eyes that cause dimness of sight. Some make conserve of the flowers to the same effect. Being used any of the ways, it also helpeth a weak brain, or memory. This tunned up with strong beer that it may work together, and drank; or the powder of the dried herb mixed with sugar, a little mace, and Fennel seed, and drank, or eaten in broth; or the said powder made into an electuary with sugar, and taken, hath the same powerful effect to help and restore the sight decayed thro' age; and Arnoldus de villa Nova saith, it hath restored sight to them that have been blind a long time before.

Fern.

Descript.] OF this there are two kinds principally to be treated of, *viz.* the Male and Female. The Female groweth higher than the Male, but the leaves thereof are lesser, and more divided and dented, and of as strong a smell as the male; the virtue of them are both alike, and therefore I shall not trouble you with any description or distinction of them.

Place.] They grow both in heaths and in shady places near the hedge-sides in all counties of this land.

Time.] They flower and give their seed at Midsummer.

The Female Fern is that plant which is in Sussex, called Brakes,