green wounds, and speedily healeth them. The juice dropped in the ears, cleanseth them being foul, and having running matter in them.

It is very prevalent for the premises; as also for broken joints and ruptures.

Ladies Mantle.

Descript.] IT hath many leaves rising from the root standing upon long hairy foot-stalks, being almost round, and a little cut on the edges, into eight or ten parts, making it seem like a star, with so many corners and points, and dented round about, of a light green colour, somewhat hard in handling, and as it were folded or plaited at first, and then crumpled in divers places, and a little hairy, as the stalk is also, which riseth up among them to the height of two or three feet; and being weak, is not able, to stand upright, but bendeth to the ground, divided at the top into two or three small branches, with small yellowish green heads, and flowers of a whitish colour breaking out of them; which being past, there cometh a small yellowish seed like a poppy seed: The root is somewhat long and black, with many strings and fibres thereat.

Place.] It groweth naturally in many pastures and wood sides in Hertfordshire, Wiltshire, and Kent, and other places of this land.

Time.) It flowereth in May and June, abideth after seed-time green all the Winter.

Government and Virtues.] Venus claims the herb as her own. Ladies Mantle is very proper for those wounds that have inflammations, and is very effectual to stay bleeding, vomitings, fluxes of all sorts, bruises by falls or otherwise, and helpeth ruptures; and such women or maids as have over great flagging breasts, causing them to grow less and hard, being both drank and outwardly applied; the distilled water drank for 20 days together helpeth conception, and to retain the birth; if the women do sometimes also sit in a bath made of the decoction of the herb. It is one of the most singular wound herbs that is, and therefore highly prized and praised by the Germans, who use it in all wounds inward and outward, to drink a decoction thereof, and wash the wounds therewith, or dip tents therein, and put them into the wounds, which wonderfully

derfully drieth up all humidity of the sores, and abateth inflammations therein. It quickly healeth all green wounds, not suffering any corruption to remain behind, and cureth all old sores, though fistulous and hollow.

LAVENDER.

BEING an inhabitant almost in every garden, it is so well known, that it needeth no description.

Time.] It flowereth about the end of June, and beginning of July.

Government and Virtues.] Mercury owns the herb, and it carries his effects very potently. Lavender is of a special good use for all the griefs and pains of the head and brain that proceed of a cold cause, as the apoplexy, falling-sickness, the dropsy, or sluggish malady, cramps, convulsions, palsies, and often faintings. It strengthens the stomach, and freeth the liver and spleen from obstructions, provoketh womens courses, and expelleth the dead child and after-birth. The flowers of Lavender steeped in wine, helpeth them to make water that are stopped, or are troubled with the wind or cholic, if the place be bathed therewith. A decoction made with the flowers of Lavender, Hore-hound, Fennel and Asparagus root, and a little Cinnamon, is very profitably used to help the falling-sickness, and the giddiness or turning of the brain; to gargle the mouth with the decoction thereof, is good against the tooth-ach. Two spoonfuls of the distilled water of the flowers taken, helpeth them that have lost their voice, as also the tremblings and passions of the heart, and faintings and swooning, not only being drank, but applied to the temples, or nostrils to be smelt unto; but it is not safe to use it where the body is replete with blood and humours, because of the hot and subtile spirits wherewith it is possessed. The chymical oil drawn from Lavender, usually called Oil of Spike, is of so fierce and piercing a quality, that it is cautiously to be used, some few drops being sufficient, to be given with other things, either for inward or outward griefs.

LAVENDER-COTTON.

IT being a common garden herb, I shall forbear the description, only take notice, that it flowereth in June and July.

Government and Virtues.] It is under the dominion of Mercury. It resisteth poison, putrefaction, and heals the bitings of venomous beasts: A dram of the powder of the dried leaves taken every morning fasting, stops the running of the reins in men, and whites in women. The seed beaten into powder, and taken as worm-seed, kills the worms, not only in children, but also in people of riper years; the like doth the herb itself, being steeped in milk, and the milk drank; the body bathed with the decoction of it, helps scabs and itch.

Ladies-Smock, or Cuckow-Flowers.

Descript.] THE root is composed of many small white threads, from whence spring up divers long stalks of winged leaves, consisting of round, tender, dark, green leaves, set one against another upon a middle rib, the greatest being at the end, amongst which arise up divers tender, weak round, green stalks, somewhat streaked, with longer and smaller leaves upon them; on the tops of which stand flowers, almost like the Stock Gilliflowers, but rounder, and not so long, of a blushing, white colour; the seed is reddish, and groweth to small bunches, being of a sharp biting taste, and so hath the herb.

Place.] They grow in moist places, and near to brook-sides.

Time.] They flower in April and May, and the lower leaves continue green all the Winter.

Government and Virtues.] They are under the dominion of the Moon, and very little inferior to Water Cresses in all their operations; they are excellent good for the scurvy; they provoke urine, and break the stone, and excellently warm a cold and weak stomach, restoring lost appetite, and help digestion.

Lettuce.

IT is so well known, being generally used as a Sallet-herb, that it is altogether needless to write any description thereof.

Government and Virtues.] The Moon owns them, and that is the reason they cool and moisten what heat and dryness Mars causeth, because Mars hath his fall in Cancer; and they cool the heat because the Sun rules it, between whom and the Moon is a reception in the generation of men,

men, as you may see in my guide for women. The juice of Lettuce mixed or boiled with Oil of Roses, applied to the forehead and temples procureth sleep, and easeth the head-ach proceeding of an hot cause: Being eaten boiled, it helpeth to loosen the belly. It helpeth digestion, quencheth thirst, increaseth milk in nurses, easeth griping pains in the stomach or bowels, that come of choler. It abateth bodily lust, represseth venerous dreams, being outwardly applied to the cods with a little Camphire. Applied in the same manner to the region of the heart, liver or reins, or by bathing the said place with the juice of distilled water, wherein some white Sanders, or red Roses are put; also it not only represseth the heat and inflammations therein, but comforts and strengthens those parts, and also tempereth the heat of urine. Galen adviseth old men to use it with spice; and where spices are wanting, to add mints, rochet, and such like hot herbs, or else citron lemon, or orange seeds, to abate the cold of one and heat of the other. The seed and distilled water of the Lettuce work the same effects in all things; but the use of Lettuce is chiefly forbidden to those that are shortwinded, or have any imperfection in the lungs, or spit blood.

Water Lily.

OF these there are two principally noted kinds, *viz.* the White, and the Yellow.

Descript.] The White Lily hath very large and thick dark green leaves lying on the water, sustained by long and thick foot-stalks, that arise from a great, thick, round, and long tuberous black root, spongy or loose, with many knobs thereon, like eyes, and whitish within; from amidst which rise other the like thick green stalks, sustaining one large great flower thereon, green on the outside, but as white as snow within, consisting of divers rows of long and somewhat thick and narrow leaves, smaller and thinner the more inward they be, encompassing a head with many yellow threads or thrums in the middle; where, after they are past, stand round Poppy like heads, full of broad oily and bitter seed.

The yellow kind is little different from the former, save only that it hath fewer leaves on the flowers, greater and more shining seed, and a whitish root, both within and without. The root of both is somewhat sweet in taste.

Place.] They are found growing in great pools, and standing waters, and sometimes in slow running rivers, and lesser ditches of water, in sundry places of this land.

Time.] They flower most commonly about the end of May, and their seed is ripe in August.

Government and Virtues.] The herb is under the dominion of the Moon, and therefore cools and moistens like the former. The leaves and flowers of the Water Lilies are cold and moist, but the roots and seeds are cold and dry; the leaves do cool all inflammations, both outward and inward heat of agues; and so doth the flowers also, either by the syrup or conserve; the syrup helpeth much to procure rest, and to settle the brain of frantic persons, by cooling the hot distemperature of the head. The seed as well as the root is effectual to stay fluxes of blood or humours, either of wounds or of the belly; but the roots are most used, and more effectual to cool, bind, and restrain all fluxes in man or woman; also running of the reins, and passing away of the seed when one is asleep; but the frequent use hereof extinguisheth venereous actions. The root is likewise very good for those whose urine is hot and sharp, to be boiled in wine and water, and the decoction drank. The distilled water of the flowers is very effectual for all the diseases aforesaid, both inwardly taken, and outwardly applied; and is much commended to take away freckles, spots, sunburn, and morphew from the face, or other parts of the body. The oil made of the flowers, as oil of Roses is made, is profitably used to cool hot tumours, and to ease the pains, and help the sores.

Lily of the Valley.

CALLED also Conval Lily, Male Lily, and Lily Consancy.

Descript.] The root is small, and creepeth far in the ground, as grass roots do. The leaves are many, against which riseth up a stalk half a foot high, with many white flowers, like little bells with turned edges, of a strong, though pleasing smell; the berries are red, not much unlike those of Asparagus.

Place.] They grow plentifully upon Hampstead-Heath, and many other places in this nation.

Time.] They flower in May, and the seed is ripe in September.

Temper-

Temperature and Virtues.] It is under the dominion of Mercury, and therefore it strengthens the brain, recruits a weak memory, and makes it strong again: The distilled water dropped into the eyes, helps inflammations there; as also that infirmity which they call a pin and web. The spirit of the flowers distilled in wine, restoreth lost speech, helps the palsy, and is exceeding good in the apoplexy, comforteth the heart and vital spirits. Gerrard saith, that the flowers being close stopped up in a glass, put into an ant-hill, and taken away again a month after, ye shall find a liquor in the glass, which, being outwardly applied, helps the gout.

White Lilies.

IT were in vain to describe a plant so commonly known in every one's garden; therefore I shall not tell you what they are, but what they are good for.

Government and Virtues.] They are under the dominion of the Moon, and by antipathy to Mars expel poison; they are excellent good in pestilential fevers, the roots being bruised and boiled in wine, and the decoction drank; for it expels the venom to the exterior parts of the body: The juice of it being tempered with barley meal, baked, and so eaten for ordinary bread, is an excellent cure for the dropsy: An ointment made of the root, and hog's grease, is excellent good for scald heads, unites the sinews when they are cut, and cleanses ulcers. The root boiled in any convenient decoction, gives speedy delivery to women in travail, and expels the after-birth. The root roasted, and mixed with a little hog's grease, makes a gallant poultice to ripen and break plague-sores. The ointment is excellent good for swellings in the privities, and will cure burnings and scaldings without a scar, and trimly deck a blank place with hair.

Liquorice.

Descript.] OUR English Liquorice riseth up with divers woody stalks, whereon are set at several distances many narrow, long, green leaves, set together on both sides of the stalk, and an odd one at the end, very well resembling a young ash tree sprung up from the seed. This by many years continuance in a place without removing, and not else, will bring forth flowers, many standing

together spike fashion, one above another upon the stalk, of the form of pease blossoms, but of a very pale blue colour, which turn into long, somewhat flat and smooth cods, wherein is contained a small, round, hard seed: The roots run down exceeding deep into the ground, with divers other small roots and fibres growing with them, and shoot out suckers from the main roots all about, whereby it is much increased, of a brownish colour on the outside, and yellow within.

Place.] It is planted in fields and gardens, in divers places of this land, and thereof good profit is made.

Government and Virtues.] It is under the dominion of Mercury. Liquorice boiled in fair water, with some Maidenhair and figs, maketh a good drink for those that have a dry cough or hoarseness, wheezing or shortness of breath, and for all the griefs of the breasts and lungs, phthysic or consumptions caused by the distillation of salt humours on them. It is also good in all pains of the reins, the stranguary, and heat of urine: The fine powder of Liquorice blown through a quill into the eyes that have a pin and web (as they call it) or rheumatic distillations in them, doth cleanse and help them: The juice of Liquorice is as effectual in all the diseases of the breast and lungs, the reins and the bladder, as the decoction. The juice distilled in Rose-water, with some gum tragacanth, is a fine licking medicine for hoarseness, wheezing, &c.

LIVERWORT.

Descript.] COMMON Liverwort groweth close, and spreadeth much upon the ground in moist and shady places with many small green leaves, or rather (as it were) sticking flat to one another, very unevenly cut in on the edges, and crumpled; from among which arise small slender stalks an inch or two high at most, bearing small star-like flowers at the top; the roots are very fine and small.

Government and Virtues.] It is under the dominion of Jupiter, and under the sign Cancer. It is a singular good herb for all the diseases of the liver, both to cool and cleanse it, and helpeth the inflammations in any part, and the yellow jaundice likewise: Being bruised and boiled in small beer, and drank, it cooleth the heat of the liver and kidneys, and helpeth the running of the reins in men, and the

the whites in women; it is a singular remedy to stay the spreading of tetters, ringworms, and other fretting and running sores and scabs, and is an excellent remedy for such whose livers are corrupted by surfeits, which cause their bodies to break out, for it fortifieth the liver exceedingly, and makes it impregnable.

Loosestrife or Willowherb.

Descript.] COMMON yellow Loosestrife groweth to be four or five feet high, or more, with great round stalks a little crested, diversly branched from the middle of them to the tops into great and long branches, on all which at the joints there grow long and narrow leaves, but broader below, and usually two at a joint, yet sometimes three or four, somewhat like willow leaves, smooth on the edges, and of a fair green colour from the upper joints of the branches, and at the tops of them also stand many yellow flowers of five leaves a-piece, with divers yellow threads in the middle, which turn into small round heads, containing small cornered seeds; the root creepeth under ground, almost like couchgrass, but greater, and shooteth up every Spring brownish heads, which afterwards grow up into stalks. It hath no scent or taste, but only astringent.

Place.] It groweth in many places of this land in moist meadows, and by water sides.

Time.] It flowereth from June to August.

Government and Virtues.] This herb is good for all manner of bleeding at the mouth, nose, or wounds, and all fluxes of the belly, and the bloody-flux, given either to drink or taken by clyster; it stayeth also the abundance of women's courses; it is a singular good wound-herb for green wounds, to stay the bleeding, and quickly close together the lips of the wound, if the herb be bruised, and the juice only applied. It is often used in gargles for sore mouths, as also for the secret parts. The smoak hereof being burned, driveth away flies and gnats, which in the night time molest people inhabiting near marshes, and in the fenny countries.

Loosestrife, *with spiked heads of Flowers.*

Descript.) THIS groweth with many woody square stalks, full of joints, about three feet high

at

at least; at every one whereof stand two long leaves, shorter, narrower, and a larger green colour than the former, and some brownish. The stalks are branched into many long stems of spiked flowers half a foot long, growing in bundles one above another, out of small husks, very like the spiked heads of lavender, each of which flowers have five round pointed leaves of a purple violet colour, or somewhat inclining to redness; in which husks stand small round heads after the flowers are fallen, wherein is contained small seed. The root creepeth under ground like unto the yellow, but is greater than it, and so are the heads of the leaves when they first appear out of the ground, and more brown than the other.

Place.) It groweth usually by rivers, and ditch-sides in wet ground, as about the ditches at and near Lambeth, and in many other places of this land.

Time.] It flowereth in the months of June and July.

Government and Virtues.) It is an herb of the Moon, and under the sign Cancer; neither do I know a better preserver of the sight when 'tis well, nor a better cure of sore eyes than Eyebright, taken inwardly, and this used outwardly; 'tis cold in quality. This herb is no whit inferior unto the former, it having not only all the virtues which the former hath, but some peculiar virtues of its own, found out by experience; as namely, The distilled water is a present remedy for hurts and blows on the eyes, and for blindness, so as the Christalline humour be not perished or hurt; and this hath been sufficiently proved true by the experience of a man of judgment, who kept it long to himself as a great secret. It cleareth the eyes of dust, or any thing gotten into them, and preserveth the sight. It is also very available against wounds and thrusts, being made into an ointment in this manner: To every ounce of the water, add two drams of May butter without salt, and of sugar and wax, of each as much also; let them boil gently together. Let tents dipped into the liquor that remaineth after it is cold, be put into the wounds, and the place covered with a linen cloth doubled and anointed with the ointment; and this is also an approved medicine. It likewise cleanseth and healeth all foul ulcers, and sores whatsoever, and stayeth their inflammations by washing them with the water, and laying on them a green leaf or two in the Summer,

or dry leaves in the Winter. This water gargled warm in the mouth, and sometimes drank also, doth cure the quinsy, or king's evil, in the throat. The said water applied warm, taketh away all spots, marks, and scabs in the skin; and a little of it drank, quencheth thirst when it is extraordinary.

LOVAGE.

Descript.) IT hath many long and green stalks of large winged leaves, divided into many parts, like Smallage, but much larger and greater, every leaf being cut about the edges, broadest forward, and smallest at the stalk, of a sad green colour, smooth and shining; from among which rise up sundry strong, hollow green stalks, five or six, sometimes seven or eight feet high, full of joints, but lesser leaves set on them than grew below; and with them towards the tops come forth large branches, bearing at their tops large umbels of yellow flowers, and after them flat brownish seed. The root groweth thick, great and deep, spreading much, and enduring long, of a brownish colour on the outside, and whitish within. The whole plant and every part of it smelling strong, and aromatically, and is of a hot, sharp, biting taste.

Place.] It is usually planted in gardens, where, if it be suffered, it groweth huge and great.

Time.] It flowereth in the end of July, and seedeth in August.

Government and Virtues.] It is an herb of the Sun, under the sign Taurus. If Saturn offend the throat (as he always doth if he be occasioner of the malady, and in Taurus is the Genesis) this is your cure. It openeth, cureth and digesteth humours, and mightily provoketh womens courses and urine. Half a dram at a time of the dried root in powder taken in wine, doth wonderfully warm a cold stomach, helpeth digestion, and consumeth all raw and superfluous moisture therein; easeth all inward gripings and pains, dissolveth wind and resisteth poison and infection. It is a known and much praised remedy to drink the decoction of the herb for any sort of ague, and to help the pains and torments of the body and bowels coming of cold. The seed is effectual to all the purposes aforesaid (except the last) and worketh more powerfully. The distilled water of the herb helpeth the quinsy in the throat, if the mouth and

throat

throat be gargled and washed therewith, and helpeth the pleurisy, being drank three or four times. Being dropped into the eyes, it taketh away the redness or dimness of them; it likewise taketh away spots or freckles in the face. The leaves bruised, and fried with a little hog's lard, and laid hot to any blotch or boil, will quickly break it.

LUNGWORT.

Descript.] THIS is a kind of moss, that groweth on sundry sorts of trees, especially oaks and beeches, with broad, greyish, tough leaves diversly folded, crumpled, and gashed in on the edges, and some spotted also with many small spots on the upper-side. It was never seen to bear any stalk or flower at any time.

Government and Virtues.] Jupiter seems to own this herb. It is of great use to physicians to help the diseases of the lungs, and for coughs, wheezings, and shortness of breath, which it cureth both in man and beast. It is very profitable to put into lotions that are taken to stay the moist humours that flow to ulcers, and hinder their healing, as also to wash all other ulcers in the privy parts of a man or woman. It is an excellent remedy boiled in beer for broken-winded horses.

MADDER.

Descript.] GARDEN Madder shooteth forth many very long, weak, four-square, reddish stalks, trailing on the ground a great way, very rough or hairy, and full of joints: At every one of these joints come forth divers long and narrow leaves, standing like a star about the stalks, rough also and hairy, towards the tops whereof come forth many small pale yellow flowers, after which come small round heads, green at first, and reddish afterwards, but black when they are ripe, wherein is contained the seed. The root is not very great, but exceeding long, running down half a man's length into the ground, red and very clear, while it is fresh, spreading divers ways.

Place.) It is only manured in gardens, or larger fields, for the profit that is made thereof.

Time.) It flowereth towards the end of Summer, and the seed is ripe quickly after.

Government and Virtues.] It is an herb of Mars. It hath an opening quality, and afterward to bind and strengthen. It