ulcers, and cankers in the mouth, throat, or behind the ears, and no less for the hardness and swelling of the testicles, or of womens breasts.

Nailwort, or Whitlowgrass.

Descript.] THIS very small and common herb hath no roots, save only a few strings: neither doth it ever grow to be above a hand's breadth high, the leaves are very small, and something long, not much unlike those of chickweed, among which rise up divers slender stalks, bearing many white flowers one above another, which are exceeding small; after which come small flat pouches containing the seed, which is very small, but of a sharp taste.

Place.] It grows commonly upon old stone and brick walls, and sometimes in dry gravelly grounds, especially if there be grass or moss near to shadow it.

Time.] They flower very early in the year, sometimes in January, and in February; for before the end of April they are not to be found.

Government and Virtues.] It is held to be exceeding good for those imposthumes in the joints, and under the nails, which they call Whitlows, Felons, Andicons and Nailwheals. Such as would be knowing physicians, let them read those books of mine of the last edition, *viz.* Reverius, Riolanus, Johnson, Vestingus, Sennertus.

Nep, or Catmint.

Descript.] COMMON Garden Nep shooteth forth hard four-square stalks, with a hoariness on them, a yard high or more, full of branches, bearing at every joint two broad leaves like balm, but longer pointed, softer, white, and more hoary, nicked about the edges, and of a strong sweet scent. The flowers grow in large tufts at the tops of the branches, and underneath them likewise on the stalks many together, of a whitish purple colour. The roots are composed of many long strings or fibres, fastening themselves stronger in the ground, and abide with green leaves thereon all the winter.

Place.] It is only nursed up in our gardens.

Time.] And it flowereth in July, or thereabouts.

Government and Virtues.] It is an herb of Venus. Nep is generally used for women to procure their courses, being taken

taken inwardly or outwardly, either alone, or with other convenient herbs in a decoction to bathe them, or sit over the hot fumes thereof; and by the frequent use thereof, it takes away barrenness, and the wind, and pains of the mother. It is also used in pains of the head coming of any cold cause, catarrhs, rheums, and for swimming and giddiness thereof, and is of special use for the windiness of the stomach and belly. It is effectual for any cramp, or cold achs, to dissolve cold and wind that afflicteth the place, and is used for colds, coughs, and shortness of breath. The juice thereof drank in wine, is profitable for those that are bruised by an accident. The green herb bruised and applied to the fundament, and lying there two or three hours, easeth the pains of the piles; the juice also being made up into an ointment, is effectual for the same purpose. The head washed with a decoction thereof, it taketh away scabs, and may be effectual for other parts of the body also.

Nettles.

NETTLES are so well known, that they need no description; they may be found by feeling, in the darkest night.

Government and Virtues.] This is also an herb Mars claims dominion over. You know Mars is hot and dry, and you know as well that Winter is cold and moist; then you may know as well the reason why Nettle Tops eaten in the Spring consumeth the phlegmatic superfluities in the body of man, that the coldness and moistness of Winter hath left behind. The roots or leaves boiled, or the juice of either of them, or both made into an electuary with honey and sugar, is a safe and sure medicine to open the pipes and passages of the lungs, which is the cause of wheezing and shortness of breath, and helpeth to expectorate tough phlegm, as also to raise the imposthumed pleurisy; and spend it by spitting; the same helpeth the swelling of the almonds of the throat, the mouth and throat being gargled therewith. The juice is also effectual to settle the palate of the mouth in its place, and to heal and temper the inflammations and soreness of the mouth and throat. The decoction of the leaves in wine, being drank, is singular good to provoke womens courses, and settle the suffocation, strangling of the mother, and

all other diseases thereof; as also applied outwardly with a little myrrh. The same also, or the seed, provoketh urine, and expelleth the gravel and stone in the reins or bladder, often proved to be effectual in many that have taken it. The same killeth the worms in children, easeth pains in the sides, and dissolveth the windiness in the spleen, as also in the body, although others think it only powerful to provoke venery. The juice of the leaves taken two or three days together, stayeth bleeding at the mouth. The seed being drank, is a remedy against the stinging of venomous creatures, the biting of mad dogs, the poisonful qualities of hemlock, henbane, nightshade, mandrake, or other such like herbs that stupify or dull the senses; as also the lethargy, especially to use it outwardly, to rub the forehead or temples in the lethargy, and the places stung or bitten with beasts, with a little salt. The distilled water of the herb is also effectual (though not so powerful) for the diseases aforesaid; as for outward wounds and sores to wash them, and to cleanse the skin from morphew, leprosy, and other discolourings thereof. The seed or leaves bruised, and put into the nostrils, stayeth the bleeding of them, and taketh away the flesh growing in them called polypus. The juice of the leaves, or the decoction of them, or of the root, is singular good to wash either old, rotten, or stinking sores or fistulas, and gangrenes, and such as fretting, eating, or corroding scabs, manginess, and itch, in any part of the body, as also green wounds, by washing them therewith, or applying the green herb bruised thereunto, yea, although the flesh were separated from the bones; the same applied to our wearied members, refresh them, or to place those that have been out of joint, being first set up again, strengtheneth, drieth, and comforteth them, as also those places troubled with aches and gouts, and the defluction of humours upon the joints or sinews; it easeth the pains, and drieth or dissolveth the defluctions. An ointment made of the juice, oil, and a little wax, is singular good to rub cold and benumbed members. An handful of the leaves of green nettles, and another of wallwort, or deanwort, bruised and applied simply themselves to the gout, sciatica, or joint aches in any part, hath been found to be an admirable help thereunto.

NIGHT-

NIGHTSHADE.

Descript.) COMMON Nightshade hath an upright, round, green, hollow stalk, about a foot or half a yard high, bushing forth in many branches whereon grow many green leaves, somewhat broad, and pointed at the ends, soft and full of juice, somewhat like unto Bazil, but longer and a little unevenly dented about the edges: At the tops of the stalks and branches come forth three or four more white flowers made of five small pointed leaves a-piece, standing on a stalk together, one above another, with yellow pointels in the middle, composed of four or five yellow threads set together, which afterwards run into so many pendulous green berries, of the bigness of small pease, full of green juice, and small whitish round flat seed lying within it. The root is white, and a little woody when it hath given flower and fruit, with many small fibres at it: The whole plant is of a waterish insipid taste, but the juice within the berries is somewhat viscous, and of a cooling and binding quality.

Place.] It groweth wild with us under our walls, and in rubbish, the common paths, and sides of hedges and fields, as also in our gardens here in England, without any planting.

Time.] It lieth down every year, and riseth again of its own sowing, but springeth not until the latter end of April at the soonest.

Government and Virtues.] It is a cold Saturnine plant. The common Nightshade is wholly used to cool hot inflammations either inwardly or outwardly, being no ways dangerous to any that use it, as most of the rest of the Nightshades are; yet it must be used moderately. The distilled water only of the whole herb is fittest and safest to be taken inwardly; The juice also clarified and taken, being mingled with a little vinegar, is good to wash the mouth and throat that is inflamed; But outwardly the juice of the herbs or berries, with oil of roses and a little vinegar and ceruse laboured together in a leaden mortar, is very good to anoint all hot inflammations in the eyes. It also doth much good for the shingles, ringworms, and in all running, fretting and corroding ulcers applied thereunto. A pessary dipped in the juice, and dropped into the matrix, stayeth the immoderate flux of womens courses; a cloth wet therein, and applied to the testicles or cods, upon any swelling therein, giveth much ease, also to the gout

that cometh of hot and sharp humours. The juice dropped into the ears, easeth pains thereof that arise of heat or inflammations. And Pliny saith, it is good for hot swellings under the throat. Have a care you mistake not the deadly nightshade for this; if you know it not, you may let them both alone, and take no harm, having other medicines sufficient in the book.

The Oak.

IT is so well known (the timber thereof being the glory and safety of this nation by sea) that it needeth no description.

Government and Virtues.] Jupiter owns the Tree. The leaves and bark of the Oak, and the acorn cups, do bind and dry very much. The inner bark of the Tree, and the thin skin that covereth the acorn, are most used to stay the spitting of blood, and the bloody flux. The decoction of that bark, and the powder of the cups, do stay vomitings, spitting of blood, bleeding at the mouth, or other flux of blood in men or women; lasks also, and the involuntary flux of natural seed. The acorn in powder taken in wine, provoketh urine, and resisteth the poison of venomous creatures. The decoction of acorns and the bark made in milk and taken, resisteth the force of poisonous herbs and medicines, as also the virulency of cantharides, when one by eating them hath his bladder exulcerated, and pisseth blood. Hiprocrates saith, he used the fumes of Oak leaves to women that were troubled with the strangling of the mother; and Galen applied them, being bruised to cure green wounds. The distilled water of the Oaken bud, before they break out into leaves is good to be used either inwardly or outwardly, to assuage inflammations, and to stop all manner of fluxes in man or woman. The same is singular good in pestilential and hot burning fevers: for it resisteth the force of the infection, and allayeth the heat: It cooleth the heat of the liver, breaketh the stone in the kidneys, and stayeth womens courses. The decoction of the leaves worketh the same effects. The water that is found in the hollow places of old Oaks, is very effectual against any foul or spreading scabs. The distilled water (or concoction, which is better) of the leaves, is one of the best remedies that I know of for the whites in women.