eneth the stomach and belly, and the sinews that loosen-ed by sharp humours falling on them, and restraineth immoderate sweatings. The mucilage taken from the seeds of Quinces, and boiled in a little water, is very good to cool the heat and heal the sore breasts of women. The same with a little sugar, is good to lenify the harshness and hoarseness of the throat, and roughness of the tongue. The cotten or down of Quinces boiled and applied to plague sores, healeth them up: and laid as a plaister, made up with wax, it bringeth hair to them that are bald, and keepeth it from falling, if it be ready to shed.

Rhaddish, or Horse-Rhadish.

THE garden Rhaddish is so well known, that it needeth no description.

Descript.] The Horse Rhaddish hath its first leaves that rise before Winter about a foot and a half long, very much cut in or torn on the edges into many parts, of a dark green colour, with a great rib in the middle; after these have been up a while, others follow, which are greater, rougher, broader and longer, whole and not divided at first, but only somewhat rougher dented about the edges; the stalks when it beareth flowers (which is seldom) is great, rising up with some few lesser leaves thereon, to three or four feet high, spreading at the top many small branches of whitish flowers, made of four leaves a-piece; after which come small pods, like those of shepherd's purse, but seldom with any seed in them. The root is great, long, white and rugged, shooting up divers heads of leaves, which may be parted for increase, but it doth not creep in the ground, nor run above ground, and is of a strong, sharp and bitter taste almost like mustard.

Place.] It is found wild in some places, but is chiefly planted in gardens, and joyeth in moist and shadowy places.

Time.] It seldom flowereth, but when it doth, it is in July.

Government and Virtues.] They are both under Mars. The juice of Horse-raddish given to drink, is held to be very effectual for the scurvy. It killeth the worms in children, being drank, and also laid upon the belly. The root bruised and laid to the place grieved with the sciatica, joint-ach, or the hard swellings of the liver and spleen, doth wonderfully help them all. The distilled water of the

herb and root is more familiar to be taken with a little sugar for all the purposes aforehead.

Garden Raddishes are in wontonness by the gentry eaten as a sallid, but they breed but scurvy humours in the stomach, and corrupt the blood, and then send for a physician as fast as you can; this is one cause makes the owners of such nice palates so unhealthful; yet for such as are troubled with the gravel, stone, or stoppage of urine, they are good physic, if the body be strong that takes them; you may make the juice of the roots into a syrup if you please, for that use: They purge by urine exceedingly.

Ragwort.

IT is called also St. James'-wort, and Stagger-wort, and Stammer-wort, and Segrum.

Descript.] The greater common Ragwort hath many large and long, dark green leaves lying on the ground, very much rent and torn on the sides in many places; from among which rise up sometimes but one, and sometimes two or three square or crested blackish or brownish stalks, three or four feet high, sometimes branched, bearing divers such-like leaves upon them, at several distances unto the top, where it branches forth into many stalks bearing yellow flowers, consisting of divers leaves, set as a pale or border, with a dark yellow thrum in the middle, which do abide a great while, but at last are turned into down, and with the small blackish grey seed, are carried away with the wind. The root is made of many fibres, whereby it is firmly fastened into the ground, and abideth many years.

There is another sort thereof different from the former only in this, that it riseth not so high; the leaves are not so finely jagged, nor of so dark a green colour, but rather somewhat whitish, soft and woolly, and the flowers usually paler.

Place.) They grow both of them wild in pastures, and untilled grounds in many places, and oftentimes both in one field.

Time.] They flower in June and July, and the seed is ripe in August.

Government and Virtues) Ragwort is under the command of Dame Venus, and cleanseth, digesteth, and discusseth. The decoction of the herb is good to wash the mouth or throat that hath ulcers or sores therein; and for swellings,

swellings, hardness, or imposthumations, for it thoroughly cleanseth and healeth them; as also the quinsy, and the king's evil. It helpeth to stay catarrhs, thin rheums, and defluctions from the head into the eyes, nose, or lungs. The juice is found by experience to be singular good to heal green wounds, and to cleanse and heal all old and filthy ulcers in the privities, and in other parts of the body, as also inward wounds and ulcers; stayeth the malignity of fretting and running cankers, and hollow fistulous, not suffering them to spread farther. It is also much commended to help achs and pains either in the fleshy part, or in the nerves and sinews; as also the sciatica, or pain of the hips or huckle-bone, to bathe the places with the decoction of the herb, or to anoint them with an ointment made of the herb, bruised and boiled in old hog's suet, with some mastick and olibanum in powder added unto it after it is strained forth. In Sussex we call it Ragweed.

Rattle Grass.

OF this there are two kinds which I shall speak of, *viz.* the red and yellow.

Descript.) The common Red Rattle hath sundry reddish, hollow stalks, and sometimes green, rising from the root, lying for the most part on the ground, some growing more upright, with many small reddish or green leaves set on both sides of a middle rib, finely dented about the edges: The flowers stand at the tops of the stalks and branches, of a fine purplish red colour, like small gaping hooks; after which come blackish seed in small husks, which lying loose therein, will rattle with shaking. The root consists of two or three small whitish strings with some fibres thereat.

The common Yellow Rattle hath seldom above one round great stalk, rising from the foot, about half a yard, or two feet high, and but few branches thereon, having two long and somewhat broad leaves set at a joint, deeply cut in on the edges, resembling the comb of a cock, broadest next to the stalk, and smaller to the end. The flowers grow at the tops of the stalks, with some shorter leaves with them, hooded after the same manner that the others are, but of a fair yellow colour, or in some paler, and in some more white. The seed is contained in large husks, and being ripe, will rattle or make a noise with lying loose in them. The root is small and slender, perishing every year.

Place.) They grow in meadows and woods generally through this land.

Time.) They are in flower from Midsummer until August be past, sometimes.

Government and Virtues.) They are both of them under the dominion of the Moon. The Red Rattle is accounted profitable to heal up fistulas and hollow ulcers, and to stay the flux of humours in them, as also the abundance of women's courses, or any other flux of blood, being boiled in red wine, and drank.

The yellow Rattle, or Cock's Comb, is held to be good for those that are troubled with a cough, or dimness of sight, if the herb, being boiled with beans, and some honey put thereto, be drank or dropped into the eyes. The whole seed being put into the eyes, draweth forth any skin, dimness or film, from the sight, without trouble, or pain.

Rest Harrow, or Cammock.

Descript.) COMMON Rest Harrow riseth up with divers rough woody twigs half a yard or a yard high, set at the joints without order, with little roundish leaves, sometimes more than two or three at a place, of a dark green colour, without thorns while they are young; but afterwards armed in sundry places, with short and sharp thorns. The flowers come forth at the tops of the twigs and branches, whereof it is full fashioned like pease or broom blossoms, but lesser, flatter, and somewhat closer, of a faint purplish colour; after which come small pods containing small, flat, round seed: The root is blackish on the outside, and whitish within, very rough, and hard to break when it is fresh and green, and as hard as an horn when it is dried, thrusting down deep into the ground, and spreading likewise, every piece being apt to grow again if it be left in the ground.

Place.] It groweth in many places of this land, as well in the arable as waste ground.

Time.] It flowereth about the beginning or middle of July, and the seed is ripe in August.

Government and Virtues.] It is under the dominion of Mars. It is singular good to provoke urine when it is stopped, and to break and drive forth the stone, which the powder of the bark of the root taken in wine performeth effectually. Matthiolus saith, The same helpeth the disease

disease called *Hernia Carnosa* the fleshy rupture, by taking the said powder for some months together constantly, and that it hath cured some which seemed incurable by any other means than by cutting or burning. The decoction thereof made with some vinegar, gargled in the mouth, easeth the tooth-ach especially when it comes of rheum; and the said decoction is very powerful to open obstructions of the liver and spleen, and other parts. A distilled water in *Balneo Mariæ*, with four pounds of the root hereof first sliced small, and afterwards steeped in a gallon of Canary wine, is singular good for all the purposes aforesaid, and to cleanse the passages of the urine. The powder of the said root made into an electuary, or lozenges, with sugar, as also the bark of the fresh roots boiled tender, and afterwards beaten to a conserve with sugar, worketh the like effect. The powder of the roots strewed upon the brims of ulcers, or mixed with any other convenient thing, and applied, consumeth the hardness, and causeth them to heal the better.

Rocket.

IN regard the Garden Rocket is rather used as a sallad herb than to any physical purposes, I shall omit it, and only speak of the common wild Rocket; The description whereof take as followeth.

Descript.] The common wild Rocket hath longer and narrower leaves, much more divided into slender cuts and jags on both sides the middle rib than the garden kinds have; of a sad green colour, from among which rise up divers stalks two or three feet high, sometimes set with the like leaves, but smaller and smaller upwards, branched from the middle into divers stiff stalks, bearing sundry yellow flowers on them, made of four leaves a-piece, as the others are, which afterwards yield them small reddish seed, in small long pods, of a more bitter and hot biting taste than the garden kinds, as the leaves are also.

Place.] It is found wild in divers places of this land.

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

Government and Virtues.] The wild Rockets are forbidden to be used alone, in regard their sharpness fumeth into the head, causing aches and pains therein, and are less hurtful to hot and choleric persons, for fear of inflaming their

their blood, and therefore for such we may say a little doth but a little harm, for angry Mars rules them, and he sometimes will be rusty when he meets with fools. The wild Rocket is more strong and effectual to increase sperm and venerous qualities, whereunto all the seed is more effectual than the garden kind; It serveth also to help digestion, and provoketh urine exceedingly. The seed is used to cure the biting of serpents, the scorpion, and the shrew mouse, and other poisons, and expelleth worms, and other noisome creatures that breed in the belly. The herb boiled or strewed, and some sugar put thereto, helpeth the cough in children, being taken often. The seed also taken in drink, taketh away the ill scent of the arm-pits, increaseth milk in nurses, and wasteth the spleen. The seed mixed with honey, and used on the face, cleanseth the skin from morphew, and used with vinegar, taketh away freckles and redness in the face, or other parts; and with the gall of an ox, it mendeth foul scars, black and blue spots, and the marks of the small-pox.

Winter-Rocket, or Cresses.

Descript.] WINTER-Rocket, or Winter-Cresses, hath divers somewhat large sad green leaves lying upon the ground, torn or cut in divers parts, somewhat like unto Rocket or turnip-leaves, with smaller pieces next the bottom, and broad at the ends, which so abide all the Winter (if it spring up in Autumn, when it is used to be eaten) from among which rise up divers small round stalks, full of branches, bearing many small yellow flowers of four leaves a-piece, after which come small pods, with reddish seed in them. The root is somewhat stringy, and perisheth every year after the seed is ripe.

Place.) It groweth of its own accord in gardens and fields, by the way-sides, in divers places, and particularly in the next pasture to the conduit-head behind Gray's Inn, that brings water to Mr Lamb's conduit in Holburn.

Time.] It flowereth in May, seedeth in June, and then perisheth.

Government and Virtues.] This is profitable to provoke urine, to help stranguary, and expel gravel and the stone. It is good for the scurvy, and found by experience to be a singular good wound herb to cleanse inward wounds; the

the juice or decoction being drank, or outwardly applied to wash foul ulcers and sores, cleansing them by sharpness, and hindering or abating the dead flesh from growing therein, and healing them by the drying quality.

Roses.

I Hold it altogether needless to trouble the reader with a description of any of these, since both the garden Roses, and the Roses of the briars are well enough known: take therefore the virtue of them as followeth; And first I shall begin with the garden kinds.

Government and Virtues.] What a pother have authors made with Roses! What a racket have they kept? I shall add, red Roses are under Jupiter, Damask under Venus, White under the Moon, and Provence under the King of France. The white and red Roses are cooling and drying, and yet the white is taken to exceed the red in both the properties, but is seldom used inwardly in any medicine: The bitterness in the Roses when they are fresh, especially the juice, purgeth choler, and watry humours; but being dried, and that heat which caused the bitterness being consumed, they have then a binding and astringent quality: Those also that are not full blown, do both cool and bind more than those that are full blown, and the white Rose more than Red. The decoction of red Roses made with wine and used, is very good for the head-ach, and pains in the eyes, ears, throat and gums; as also for the fundament, the lower parts of the belly and the matrix, being bathed or put into them. The same decoction with the roses remaining in it, is profitably applied to the region of the heart to ease the inflammation therein; as also St. Anthony's fire, and other diseases of the stomach. Being dried and beaten to powder, and taken in steeled wine or water, it helpeth to atay womens courses. The yellow threads in the middle of the Roses (which are erroneously called the Rose Seed) being powdered and drank in the distilled water of quinces, stayeth the overflowing of womens courses, and doth wonderfully stay the defluctions of rheum upon the gums and teeth, preserving them from corruption, and fastening them if they be loose, being washed and gargled therewith, and some vinegar of squills added thereto. The heads with the seed being used in powder,

powder, or in a decoction, stayeth the lask and spitting of blood. Red Roses do strengthen the heart, the stomach and the liver, and the retentive faculty; They mitigate the pains that arise from heat, assuage inflammations, procure rest and sleep, stay both whites and reds in women the gonorrhea, or running of the reins, and fluxes of the belly; the juice of them doth purge and cleanse the body from choler and phlegm. The husks of the roses, with the beards and nails of the Roses, are binding and cooling and the distilled water of either of them is good for the heat and redness in the eyes, and to stay and dry up the rheums and watering of them. Of the red roses are usually made many compositions, all serving to sundry good uses, viz, Electuary of Roses, conserve, both moist and dry, which is more usually called Sugar of roses, Syrup of dry Roses, and honey of Roses. The cordial powder called *Diarrhoden Abbatis* and *Aromatica Rosarum*. The distilled water of Roses, vinegar of Roses, ointment, and oil of Roses, and the Rose leaves dried, are of very great use and effect. To write at large of every one of these, would make my book swell too big, it being sufficient for a volume of itself, to speak fully of them. But briefly, the electuary is purging, whereof two or three drams taken by itself in some convenient liquor, is a purge sufficient for a weak constitution, but may be increased to six drams, according to the strength of the patient. It purgeth choler without trouble, and it is good in hot fevers, and pains of the head arising from hot choleric humours, and heat in the eyes, the jaundice also, and joint-achs proceeding of hot humours. The moist conserve is of much use, both binding and cordial; for until it be about two years old, it is more binding than cordial, and after that, more cordial than binding. Some of the younger conserve taken with mithridate mixed together is good for those that are troubled with distillations of rheum from the brain to the nose, and defluction of rheum into the eyes; as also for fluxes and lasks of the belly; and being mixed with the powder of mastic, is very good for the running of the reins, and for the looseness of humours in the body. The old conserve mixed with Arimaticum Rosarum, is a very good cordial against faintings, swoonings, weakness, and trembings of the heart, strengthens both it and a weak stomach, helpeth

digestion

digestion, stayeth casting, and is a very good preservative in the time of infection. The dry conserve, which is called the Sugar of Roses, is a very good cordial to strengthen the heart and spirits; as also to stay defluctions. The syrup of dried red Roses strengthens a stomach given to casting, cooleth an over-heated liver, and the blood in agues, comforteth the heart, and resisteth putrefaction and infection, and helpeth to stay lasks and fluxes. Honey of Roses is much used in gargles and lotions to wash sores, either in the mouth, throat, or other parts, both to cleanse and heal them, and to stay the fluxes of humours falling upon them. It is also used in clysters both to cool and cleanse. The cordial powders, called Diarrhoden Abbatis and Aromatic Rosarum, do comfort and strengthen the heart and stomach, procure an appetite, help digestion, stay vomitting, and are very good for those that have slippery bowels, to strengthen them, and to dry up their moisture; Red Rose-water is well known, and of a familiar use on all occasions, and better than damask Rose-water, being cooling and cordial, refreshing, quickening the weak and faint spirits, used either in meats or broths, to wash the temples, to smell at the nose, or to smell the sweet vapours thereof out of a perfuming pot, or cast into a hot fire shovel. It is also of much good use against the redness and inflamations of the eyes to bathe them therewith, and the temples of the head; as also against pain and ach, for which purpose also vinegar of Roses is of much good use, and to procure rest and sleep, if some thereof, and Rose-water together, be used to smell unto, or the nose and temples moistened therewith, but more usually to moisten a piece of a red Rose-cake, cut for the purpose, and heated between a double folded cloth, with a little beaten nutmeg, and poppy-seed strewed on the side that must lie next to the forehead and temples, and bound so thereto all night. The ointment of Roses is much used against heat and inflamations in the head, to anoint the forehead and temples, and being mixt with *Unguentum Populneum*, to procure rest it is also used for the heat of the liver, the back and reins, and to cool and heal pushes, wheals, and other red pimples rising in the face or other parts. Oil of roses is not only used by itself to cool any hot swellings or inflamations and to bind and stay fluxes of humours unto sores, but is

also

also put into ointments and plaisters that are cooling and binding, and restraining the flux of humours. The dried leaves of the red Roses are used both inwardly and outwardly, both cooling, binding, and cordial, for with them are made both *Aromaticum Rosarum*, *Diarrhoden Abbatis*, and *Saccharum Rosarum*, each of whose properties are before declared. Rose leaves and mint, heated and applied outwardly to the stomach, stay castings, and very much strengthen a weak stomach; and applied as a fomentation to the region of the liver and heart, do much cool and temper them, and also serve instead of a Rose-cake (as is said before) to quiet the over-hot spirits, and cause rest and sleep. The syrup of damask Roses is both simple and compound, and made with agaric. The simple solutive syrup is a familiar, safe, gentle and easy medicine, purging choler, taken from one ounce to three or four, yet this is remarkable herein, that the distilled water of this syrup should notably bind the belly. The syrup with agaric is more strong and effectual, for one ounce thereof by itself will open the body more than the other, and worketh as much on phlegm as choler. The compound syrup is more forcible in working on melancholic humours; and available against the leprosy, itch, tetters, &c. and the French disease: Also honey of Roses solutive is made of the same infusions that the syrup is made of, and therefore worketh the same effect, both opening and purging, but is oftener given to phlegmatic than choleric persons, and is more used in clysters than in potions, as the syrup made with sugar is. The conserve and preserved leaves of those Roses are also operative in gently opening the belly.

The simple water of the damask Roses is chiefly used for fumes to sweeten things, as the dried leaves thereof to make sweet powders, and fill sweet bags; and little use they are put to in physic, altho' they have some purging quality; the wild Roses also are few or none of them used in physic, but are generally held to come near the nature of the manured Roses. The fruit of the wild briar, which are called Hips, being thoroughly ripe, and made into a conserve with sugar, besides the pleasantness of the taste, doth gently bind the belly, and stay defluctions from the head upon the stomach, drying up the moisture thereof, and helpeth digestion. The pulp of the hips dried into a hard

hard consistence, like to the juice of liquorish, or so dried that it may be made into powder and taken in drink, stayeth speedily the whites in women. The briar ball is often used, being made into powder and drank, to break the stone, to provoke urine when it is stopped, and to ease and help the cholic; some appoint it to be burnt, and then taken for the same purpose. In the middle of the balls are often found certain white worms, which being dried and made into powder, and some of it drank, is found by experience of of many to kill and drive forth the worms of the belly.

Rosa Solis, or, Sun Dew.

Descript.] IT hath divers small, round, hollow leaves somewhat greenish, but full of certain red hairs, which make them seem red, every one standing upon his own foot-stalk, reddish, hairy likewise. The leaves are continually moist in the hottest day, yea, the hotter the sun shines on them, the moister they are, with a sliminess that will rope (as we say) the small hairs always holding this moisture. Among these leaves rise up slender stalks, reddish also, three or four fingers high, bearing divers small white knobs one above another, which are flowers; after which in the heads are contained small seeds. The root is a few small hairs.

Place.] It groweth usually in bogs and wet places, and sometimes in moist woods.

Time.) It flowereth in June, and then the leaves are fittest to be gathered.

Government and Virtues.] The Sun rules it, and it is under the sign Cancer. Roso Solis is accounted good to help those that have a salt rheum distilling on the lungs, which breedeth a consumption, and therefore the distilled water thereof in wine is held fit and probable for such to drink, which water will be of a good yellow colour. The same water is held to be good for all other diseases of the lungs, as phthisics, wheezings, shortness of breath, or the cough; as also to heal the ulcers that happen in the lungs; and it comforteth the heart and fainting spirits. The leaves outwardly applied to the skin, will raise blisters, which has caused some to think it dangerous to be taken inwardly; but there are other things which will also draw blisters, yet nothing dangerous to be taken inwardly. There

is an usual drink made thereof with aqua vitæ and spices frequently, and without any offence or danger, but to good purpose used in qualms and passions of the heart.

ROSEMARY.

OUR garden Rosemary is so well known, that I need not describe it.

Time.) It flowereth in April and May with us, sometimes again in August.

Government and Virtues.] The Sun claims privilege in it, and it is under the celestial Ram. It is an herb of as great use with us in these days as any whatsoever, not only for physical but civil purposes. The physical use of it (being my present task) is very much both for inward and outward diseases, for by the warming and comforting heat thereof it helpeth all cold diseases, both of the head, stomach, liver, and belly. The decoction thereof in wine, helpeth the cold distillations of rheums into the eyes, and all other cold diseases of the head and brain, as the giddiness or swimmings therein, drowsiness or dulness of the mind and senses like a stupidness, the dumb palsy, or loss of speech, the lethargy, and falling-sickness, to be both drank, and the temples bathed therewith. It helpeth the pains in the gums and teeth, by rheum falling into them, not by putrefaction, causing an evil smell from them, or a stinking breath. It helpeth a weak memory, and quickeneth the senses. It is very comfortable to the stomach in all the cold griefs thereof, helpeth both retention of meat, and digestion, the decoction or powder being taken in wine. It is a remedy for the windiness in the stomach, bowels, and spleen, and expels it powerfully. It helpeth those that are liver-grown, by opening the obstructions thereof. It helpeth dim eyes, and procureth a clear sight, the flowers thereof being taken all the while it is flowering, every morning fasting, with bread and salt. Both Dioscorides and Galen say, That if a decoction be made thereof with water, and they that have the yellow jaundice exercise their bodies presently after the taking thereof, it will certainly cure them. The flowers, and conserve made of them, are singular good to comfort the heart, and to expel the contagion of the pestilence; to burn the herb in houses and chambers, correcteth the air in them. Both the flowe and leaves are very profitable for

for women that are troubled with the whites, if they be daily taken. The dried leaves shred small, and taken in a pipe, as tobacco is taken, helpeth those that have any cough, phthisic, or consumption, by warming and drying the thin distillations which cause those diseases. The leaves are very much used in bathings; and made into ointments or oil, are singular good to help cold benumbed joints, sinews, or members. The chymical oil drawn from the leaves and flowers, is a sovereign help for all the diseases aforesaid, to touch the temples and nostrils with two or three drops for all the diseases of the head and brain spoken of before; as also to take one drop, two, or three, as the case requireth, for the inward griefs: Yet must it be done with discretion, for it is very quick and piercing, and therefore but a very little must be taken at a time. There is also another oil made by insolation in this manner: Take what quantity you will of the flowers, and put them into a strong glass close stopped, tye a fine linen cloth over the mouth, and turn the mouth down into another strong glass, which being set in the sun, an oil will distil down into the lower glass, to be preserved as precious for divers uses, both inward and outward, as a sovereign balm to heal the diseases before-mentioned, to clear dim sights, and take away spots, marks, and scars in the skin.

Rhubarb, or Raphontic.

DO not start, and say, This grows you know not how far off; and then ask me, How it comes to pass that I bring it among our English simples? For tho' the name may speak it foreign, yet it grows with us in England, and that frequent enough in our gardens; and when you have thoroughly pursued its virtues, you will conclude it nothing inferior to that which is brought out of China, and by that time this hath been as much used as that hath been, the name which the other hath gotten will be eclipsed by the fame of this; take therefore a description at large of it as followeth:

Descript.] At the first appearing out of the ground, when the Winter is past, it hath a great round brownish head, rising from the middle or sides of the root, which openeth itself into sundry leaves one after another, very much crumpled or folded together at the first, and brownish; but

afterwards it spreadeth itself, and becometh smooth, very large and almost round, every one standing on a brownish stalk of the thickness of a man's thumb, when they are grown to their fullness, and most of them two feet and more in length, especially when they grow in any moist or good ground; and the stalk of the leaf, from the bottom thereof to the leaf itself, being also two feet, the breadth thereof from, edge to edge, in the broadest place, being also two feet of a sad or dark green colour, of a fine tart or sourish taste, much more pleasant than the garden or wood sorrel. From among these riseth up some, but not every year, strong thick stalks, not growing so high as the patience, or garden dock, with such round leaves as grow below, but smaller at every joint up to the top, and among the flowers, which are white, spreading forth into many branches, consisting of five or six small leaves a-piece, hardly to be discerned from the white threads in the middle, and seeming to be all threads, after which come brownish three square seeds, like unto other docks, but larger, whereby it may be plainly known to be a dock. The root grows in time to be very great, with divers and sundry great spreading branches from it, of a dark brownish or reddish colour on the outside, with a pale yellow skin under it, which covereth the inner substance or root, which rind and skin being pared away, the root appears of so fresh and lively a colour, with fresh coloured veins running through it, that the choicest of that Rhubarb that is brought us from beyond the seas cannot excel it, which root, if it be dried carefully, and as it ought (which must be in our country by the gentle heat of a fire, in regard the sun is not hot enough here to do it, and every piece kept from touching one another) will hold its colour almost as well as when it is fresh, and hath been approved of, and commended by those who have oftentimes used them.

Place.] It groweth in gardens, and flowereth about the beginning or middle of June, and the seed is ripe in July.

Time.] The roots that are to be dried and kept all the year following, are not to be taken up before the stalk and leaves be quite withered and gone, and that is not until the middle or end of October, and if they be taken a little before the leaves do spring, or when they are sprung up, the roots will not have half so good a colour in them.

I have

I have given the precedence unto this, because in virtues also it hath the pre-eminence, I come now to describe unto you that which is called Patience, or Monk's Rhubarb; and next unto that, the great round leaved Dock, or Bastard Rhubarb, for the one of these may happily supply in the absence of the other, being not much unlike in their virtues, only one more powerful and efficacious than the other. And lastly, shall shew you the virtues of all the three sorts.

Garden-Patience, or, Monk's Rhubarb.

Descript.] THIS is a Dock bearing the name of Rhubarb for some purging quality therein, and groweth up with large tall stalks, set with somewhat broad and long fair green leaves, not dented at all. The tops of the stalks being divided into many small branches, bear reddish or purplish flowers, and three-square seed, like unto other docks. The root is long, great and yellow, like unto the wild docks, but a little redder; and if it be a little dried, sheweth less store of discoulered veins than the next doeth when it is dry.

Great round-leaved Dock, or, Bastard Rhubarb.

Descript.] THIS hath divers large, round, thin, yellowish green leaves rising from the root, a little waved about the edges, every one standing upon a reasonable thick and long brownish foot-stalk, from among which riseth up a pretty big stalk, about two feet high, with some such like leaves growing thereon, but smaller; at the top whereof stand in a long spike many small brownish flowers, which turn into a hard three-square shining brown seed, like the garden Patience before described. The root groweth greater than that, with many branches of great fibres thereat, yellow on the outside, and somewhat pale; yellow within, with some discoloured veins like to the Rhubarb which is first described, but much less than it, especially when it is dry.

Place and Time.] These also grow in gardens, and flower and seed at or near the same time that our true Rhubarb doth, viz, they flower in June, and the seed is ripe in July.

Temperature and Virtues.] Mars claims predominancy over all these wholesome herbs: You cry out upon him for an infortunate, when God created him for your good

(only he is angry with fools.) What dishonour is this, not to Mars, but to God himself? A dram of the dried root of Monk's Rhubarb, with a scruple of ginger made into powder, and taken fasting in a draught or mess of warm broth, purgeth choler and phlegm downwards very gently and safely, without danger. The seed thereof contrary doth bind the belly, and helpeth to stay any sort of lasks or bloody-flux. The distilled water thereof is very profitably used to heal scabs; also foul ulcerous sores, and to lay the inflammation of them; the juice of the leaves or roots or the decoction of them in vinegar, is used as a most effectual remedy to heal scabs and running sores.

The Bastard Rhubarb hath all the properties of the Monk's Rhubarb, but more effectual for both inward and outward diseases. The decoction thereof without vinegar dropped into the ears, taketh away the pains; gargled in the mouth, taketh away the tooth-ach; and being drank, healeth the jaundice. The seed thereof taken, easeth the gnawing and griping pains of the stomach, and taketh away the loathing thereof unto meat. The root thereof helpeth the ruggedness of the nails, and being boiled in wine helpeth the swelling of the throat, commonly called the king's evil, as also the swellings of the kernels of the ears. It helpeth them that are troubled with the stone, provoketh urine, and helpeth the dimness of the sight. The roots of this Bastard Rhubarb are used in opening and purging diet-drinks, with other things, to open the liver, and to cleanse and cool the blood.

The properties of that which is called the English Rhubarb, are the same with the former, but much more effectual, and hath all the properties of the true Italian Rhubarbs except the force in purging, wherein it is but of half the strength thereof, and therefore a double quantity, must be used; it likewise hath not that bitterness and astriction; in other things it worketh almost in an equal quantity, which are these: It purgeth the body of choler and phlegm, being either taken of itself, made into powder, and drank in a draught of white wine, or steeped therein all night, and taking fasting, or put among other purges, as shall be thought convenient, cleansing the stomach, liver, and blood, opening obstructions, and helping those griefs that come thereof, as the jaundice, dropsy, swelling of the spleen,

spleen, tertain and daily agues, and pricking pains of the sides; and also it stayeth spitting of blood. The powder taken with cassia dissolved, and washed Venice turpentine, cleanseth the reins, and strengtheneth them afterwards, and is very effectual to stay the running of the reins, or gonorrhea. It is also given for the pains and swellings in the head, for those that are troubled with melancholy, and helpeth the sciatica, gout, and the cramp. The powder of the Rhubarb taken with a little mummia and madder roots in some red wine, dissolveth clotted blood in the body, happening by any fall or bruise, and helpeth burstings and broken parts, as well inward as outward. The oil likewise wherein it hath been boiled, worketh the like effects, being anointed. It is used to heal those ulcers that happen in the eyes or eyelids, being steeped and strained; as also to assuage the swellings and inflammations; and applied with honey, boiled in wine, it taketh away all blue spots or marks that happen therein. Whey or white wine are the best liquors to steep it in, and thereby it worketh more effectually in opening obstructions, and purging the stomach and liver. Many do use a little Indian spikenard as the best corrector thereof.

Meadow-Rue.

Descript.] MEADOW-Rue riseth up with a yellow stringy root, much spreading in the ground, shooting forth new sprouts round about, with many herby green stalks, two feet high, crested all the length of them, set with joints here and there, and many large leaves on them, above as well as below, being divided into smaller leaves, nicked or dented in the fore-part of them, of a red green colour on the upper side, and pale green underneath: Toward the top of the stalk there shooteth forth divers short branches, on every one whereof stand two, three or four small heads, or buttons, which breaking the skin that inclioseth them, shooteth forth a tuft of pale greenish yellow threads, which falling away, there come in their places small three cornered cods, wherein is contained small, long and round seed. The whole plant hath a strong unpleasant scent.

Place.] It groweth in many places of this land, in the borders of moist meadows, and ditch-sides.

Time.] It flowereth about July, or the beginning of August.

Government

Government and Virtues.] Dioscorides saith, That this herb bruised and applied, perfectly healeth old sores, and the distilled water of the herb and flowers doth the like. It is used by some among other pot-herbs to open the body, and make it soluble; but the roots washed clean, and boiled in ale and drank, provoke to stool more than the leaves, but yet very gently. The root boiled in water, and the places of the body most troubled with vermin and lice washed therewith while it is warm, destroyeth them utterly. In Italy it is used against the plague, and in Saxony against the jaundice, as *Camerarius* saith.

Garden-Rue.

GARDEN-Rue is so well known by this name, and the name Herb of Grace, that I shall not need to write any further description of it, but shall only shew you the virtue of it, as followeth.

Government and Virtues.] It is an herb of the Sun, and under Leo. It provoke h urine and womens courses, being taken either in meat and drink. The seed thereof taken in wine, is an antidote against all dangerous medicines or deadly poisons. The leaves taken either by themselves, or with figs and walnuts, is called Mithridate's counter-poison against the plague, and causeth all venomous things to become harmless; being often taken in meat and drink, it abateth venery, and destroyeth the ability to get children. A decoction made thereof with some dried dill leaves and flowers, easeth all pains and torments, inwardly to be drank, and outwardly to be applied warm to the place grieved. The same being drank, helpeth the pains both of the chest and sides, as also coughs and hardness of breathing, the inflammations of the lungs, and the tormenting pains of the sciatica and the joints, being anointed, or laid to the places; as also the shaking fits of agues, to take a draught before the fit comes; being boiled or infused in oil, it is good to help the wind cholic, the hardness and windiness of the mother, and freeth women from the strangling or suffocation thereof, if the share and the parts thereabouts be anointed therewith: It killeth and driveth forth the worms of the belly, if it be drank after it is boiled in wine to the half, with a little honey; it helpeth the gout or pains in the joints, hands, feet or knees, applied there-

thereunto; and with figs it helpeth the dropsy, being bathed therewith: Being bruised and put into the nostrils, it stayeth the bleeding thereof; it helpeth the swelling of the cods, if they be bathed with a decoction of Rue and bay leaves. It taketh away wheals and pimples, if being bruised with a few myrtle leaves, it be made up with wax, and applied. It cureth the morphew, and taketh away all sorts of warts, if boiled in wine with some pepper and nitre, and the place rubbed therewith, and with almond and honey, helpeth the dry scabs, or any tetter or ring-worm. The juice thereof warmed in a pomegranate shell or rhind, and dropped into the ears, helpeth the pains of them. The juice of it and fennel, with a little honey, and the gall of a cock put thereunto, helpeth the dimness of the eye-sight. An ointment made of the juice thereof with oil of roses, ceruse, and a little vinegar, and anointed, cureth St. Anthony's fire, and all running sores in the head; and the stinking ulcers of the nose, or other parts. The antidote used by Mithridates, every morning fasting, to secure himself from any poison or infection, was this: Take twenty leaves of rue, a little salt, a couple of walnuts, and a couple of figs, beaten together into a mess, with twenty juniper berries, which is the quantity appointed for every day. Another electuary is made thus: Take of nitre, pepper, and cummin seed, of each equal parts; of the leaves of Rue clean picked, as much in weight as all the other three weighed; beat them well together, and put as much honey as will make it up into an electuary (but you must first steep your cummin seed in vinegar twenty four hours, and then dry it, or rather roast it in a hot fire-shovel, or in an oven) and is a remedy for the pains or griefs in the chest or stomach, of the spleen, belly, or sides, by wind or stitches; of the liver by obstructions; of the reins and bladder by the stopping of urine; and helpeth also to extenuate fat corpulent bodies. What an infamy is cast upon the ashes of Mithridates, or Methridates (as the Augustines read his name) by unworthy people. They that deserve no good report themselves, love to give none to others, *viz.* That renowned King of Pontus fortified his body by poison against poison. *(He cast out devils by Beelzebub, Prince of the devils.)* What a sot is he that knows not if he had accustomed his body to cold poisons,

hot

hot poisons would have dispatched him? on the contrary, if not, corrosions would have done it. The whole world is at this present time beholden to him for his studies in physic, and he that useth the quantity but of an hazel-nut of that receipt every morning, to which his name is adjoined, shall to admiration preserve his body in health, if he do but consider that Rue is an herb of the Sun, and under Leo, and gather it and the rest accordingly.

Rupture-wort.

Descript.] THIS spreads very many thready branches round about upon the ground, about a span long, divided into many other smaller parts full of small joints set very thick together, whereat come forth two very small leaves of a French yellow, green coloured branches and all, where groweth forth also a number of exceeding small yellowish flowers, scarce to be discerned from the stalks and leaves, which turn into seeds as small as the very dust. The root is very long and small, thrusting down deep into the ground. This hath neither smell nor taste at first, but afterwards hath a little astringent taste, without any manifest heat; yet a little bitter and sharp withal.

Place.] It groweth in dry, sandy, and rocky places.

Time. It is fresh and green all the Summer.

Government and Virtues.] They say Saturn causeth ruptures; if he do, he doth no more than he can cure; if you want wit, he will teach you, though to your cost. This herb is Saturn's own, and is a noble antivenerean. Rupture-wort hath not its name in vain; for it is found by experience to cure the rupture, not only in children, but also in elder persons, if the disease be not too inveterate, by taking a dram of the powder of the dried herb every day in wine, or a decoction made and drank for certain days together. The juice or distilled water of the green herb, taken in the same manner, helpeth all other fluxes either of man or woman; vomitings also, and the gonorrhea or running of the reins, being taken any of the ways aforesaid. It doth also most assuredly help those that have the strangury, or are troubled with the stone or gravel in the reins or bladder. The same also helpeth stitches in the sides, gripping pains of the stomach or belly, the obstructions

tions of the liver, and cureth the yellow jaundice; likewise it kills also the worms in children. Being outwardly applied, it conglutinateth wounds notably, and helpeth much to stay defluctions of rheum from the head to the eyes, nose and teeth, being bruised green, and bound thereto; or the forehead, temples, or the nape of the neck behind, bathed with the decoction of the dried herb. It also drieth up the moisture of fistulous ulcers, or any other that are foul and spreading.

Rushes.

ALTHOUGH there are many kinds of Rushes, yet I shall only here insist upon those which are best known, and most medicinal; as the bulrushes, and other of the soft and smooth kinds, which grow so commonly in almost every part of this land, and are so generally noted, that I suppose it needless to trouble you with any description of them: Briefly then take the virtues of them as followeth.

Government and Virtues.] The seed of the soft Rushes, (saith Dioscorides and Galen, toasted, saith Pliny) being drank in wine and water, stayeth the lask and womens courses, when they come down too abundantly; but it causeth head-ach: It provoketh sleep likewise, but must be given with caution. The root boiled in water, to the consumption of one third, helpeth the cough.

Thus you see that conveniencies have their inconveniencies, and virtue is seldom unaccompanied with some vices. What I have written concerning Rushes, is to satisfy my countrymens questions: *Are our Rushes good for nothing?* Yes, and as good let them alone as taken, there are remedies enough without them for any disease, and therefore as the proverb is, I care not a rush for them; or rather, they will do you as much good as if one had given you a Rush.

Rye.

THIS is so well known in all the counties of this land, and especially to the country people, who feed much thereon, that if I did describe it, they would presently say, I might as well have spared that labour. Its virtues follow.

Government and Virtues] Rye is more digesting than wheat; the bread and the leaven thereof ripeneth and breaketh imposthumes, boils, and other swellings: The

meal

meal of Rye put between a double cloth, and moistened with a little vinegar, and heated in a pewter dish, set over a chafing dish of coals, and bound fast to the head while it is hot, doth much ease the continual pains of the head. Matthiolus saith, that the ashes of Rye straw put into water, and steeped therein a day and a night, and the chops of the hands or feet washed therewith, doth heal them.

Saffron.

THE herb needs no description, it being known generally where it grows,

Place.] It grows frequently at Walden in Essex, and in Cambridgeshire.

Government and Virtues.] It is an herb of the sun, and under the Lion, and therefore you need not demand a reason why it strengthens the heart so exceedingly. Let not above ten grains be given at one time, for the Sun, which is the fountain of light, may dazzle the eyes, and make them blind; a cordial being taken in an immoderate quantity, hurts the heart instead of helping it. It quickeneth the brain, for the Sun is exalted in Aries, as he hath his house in Leo: It helps consumptions of the lungs, and difficulty of breathing: It is excellent in epidemical diseases, as pestilence, small-pox, and measles. It is a notable expulsive medicine, and a notable remedy for the yellow jaundice. My opinion is, (but I have no author for it) that hermodactyls are nothing else but the roots of Saffron dried; and my reason is, that the roots of all crocus, both white and yellow, purge phlegm as hermodactyls do; and if you please to dry the roots of any crocus, neither your eyes nor your taste shall distinguish them from hermodactyls.

Sage.

OUR ordinary garden Sage needeth no description.

Time.] It flowereth in or about July.

Government and Virtues.] Jupiter claims this, and bids me tell you, it is good for the liver, and to breed blood. A decoction of the leaves and branches of sage made and drank, saith Dioscorides, provoketh urine, bringeth down womens courses, helps to expel the dead Child, and causeth the hair to become black. It stayeth the bleeding of wounds, and cleanseth foul ulcers or sores. The said decoction