Tutsan, or, Park Leaves.

Descript.] It hath brownish shining round stalks, crested the length thereof, rising two by two, and sometimes three feet high, branching forth even from the bottom, having divers joints, and at each of them two fair large leaves standing, of a dark blueish green colour on the upper side, and of a yellowish green underneath, turning reddish toward Autumn. At the top of the stalks stand large yellow flowers, and heads with seed, which being greenish at the first, and afterwards reddish, turn to be of a blackish purple colour when they are ripe, with small brownish seed within them, and they yield a reddish juice or liquor, somewhat refinous, and of a harsh and stypick taste, as the leaves also and the flowers be, altho' much less, but do not yield such a clear claret wine colour, as some say it doth, the root is brownish, somewhat great, hard, and woody, spreading well in the ground.

Place.] It groweth in many woods, groves, and woody grounds, as parks and forests, and by hedge-sides in many places in this land, as in Hampstead wood, by Ratley in Essex, in the wilds of Kent, and in many other places needless to recite.

Time.] It flowereth later than St John's or St Peter's-wort.

Government and Virtues.] It is an herb of Saturn, and as most noble antivenerean. Tutsan purgeth choleric humours, as St Peter's-wort is said to do, for therein it worketh the same effects, both to help the sciatica and gout, and to heal burning by fire; it stayeth all the bleedings of wounds, if either the green herb be bruised, or the powder of the dry be applied thereto. It hath been accounted, and certainly it is, a sovereign herb to heal either wound or sore, either outwardly or inwardly, and therefore always used in drinks, lotions, balms, oils, ointments, or any other sorts of green wounds, old ulcers, or sores, in all which the continual experience of former ages hath confirmed the use thereof to be admirable good, though it be not so much in use now, as when physicians and surgeons were so wise as to use herbs more than now they do.

Garden Valerian.

Descript.] THIS hath a thick short greyish root, lying for the most part above ground, shooting

forth on all other sides such like small pieces of roots, which have all of them many long green strings and fibres under them in the ground, whereby it draweth nourishment. From the head of these roots spring up many green leaves, which at first are somewhat broad and long, without any divisions at all in them, or denting on the edges; but those that rise up after are more and more divided on each side, some to the middle rib, being winged, as made of many leaves together on a stalk, and those upon a stalk. in like manner more divided, but smaller towards the top than below; the stalk riseth to be a yard high or more, sometimes branched at the top, with many small whitish flowers, sometimes dashed over at the edges with a pale purplish colour, of a little scent, which passing away, there followeth small brownish white seed, that is easily carried away with the wind. The root smelleth more strong than either leaf or flower, and is of more use in medicines.

Place.] It is generally kept with us in gardens.

Time.] It flowereth in June and July, and continueth flowering until the frost pull it down.

Government and Virtues.] This is under the influence of Mercury. Dioscorides saith, That the Garden Valerian hath a warming faculty, and that being dried and given to drink it provoketh urine, and helpeth the strangury. The decoction thereof taken, doth the like also, and taketh away pains of the sides, provoketh womens courses, and is used in antidotes. Pliny saith, That the powder of the root given in drink, or the decoction thereof taken, helpeth all stoppings and stranglings in any part of the body, whether they proceed of pains in the chest or sides, and taketh them away. The root of Valerian boiled with liquorice, raisins, and anniseed, is singular good for those that are short-winded, and for those that are troubled with the cough, and helpeth to open the passages, and to expectorate phlegm easily. It is given to those that are bitten or stung by any venomous creature, being boiled in wine. It is of a special virtue against the plague, the decoction thereof being drank, and the root being used to smell to. It helpeth to expel the wind in the belly. The green herb with the root taken fresh, being bruised and applied to the head, taketh away the pains and prickings there, stayeth rheum and thin distillation, and being boiled in white wine, and a drop

thereof

thereof put into the eyes, taketh away the dimness of the sight, or any pin or web therein; It is of excellent property to heal any inward sores or wounds, and also for outward hurts or wounds, and drawing away splinters or thorns out of the flesh.

VERVAIN.

Descript.] THE common Vervain hath somewhat long broad leaves next the ground deeply gashed about the edges, and some only deeply dented, or cut all alike, of a blackish green colour on the upper side, somewhat grey underneath. The stalk is square, branched into several parts, rising about two feet high, especially if you reckon the long spike of flowers at the tops of them, which are set on all sides one above another, and sometimes two or three together, being small and gaping, of a blue colour and white intermixed, after which come small round seed, in small and somewhat long heads; The root is small and long, but of no use.

Place.] It groweth generally throughout this land in divers places of the hedges and way-sides. and other waste grounds.

Time.] It flowereth in July, and the seed is ripe soon after.

Government and Virtues.) This is an herb of Venus, and excellent for the womb to strengthen and remedy all the cold griefs of it, as Plantain doth the hot. Vervain is hot and dry, opening obstructions, cleansing and healing; It helpeth the yellow jaundice, the dropsy and the gout; it killeth and expelleth worms in the belly, and causeth a good colour in the face and body, strengtheneth as well as correcteth the diseases of the stomach, liver, and spleen; helps the cough, wheezings, and shortness of breath, and all the defects of the reins and bladder, expelling the gravel and stone. It is held to be good against the biting of serpents, and other venomous beasts, against the plague, and both tertian and quartan agues. It consolidateth and healeth also all wounds, both inward and outward, stayeth bleedings, and used with some honey, healeth all old ulcers and fistulas in the legs or other parts of the body; as also those ulcers that happen in the mouth; or used with hog's grease, it helpeth the swellings and pains of the secret parts in man or woman, also for the piles or hæmorrhoids; applied with some oil of roses and vinegar unto the

forehead

forehead and temples, it easeth the inveterate pains and ach of the head, and is good for those that are frantic. The leaves bruised, or the juice of them mixed with some vinegar, doth wonderfully cleanse the skin, and taketh away morphew, freckles, fistulas, and other such like inflammations and deformities of the skin in any parts of the body. The distilled water of the herb when it is in full strength, dropped into the eyes cleanseth them from films, clouds, or mists, that darken the sight, and wonderfully strengthens the optic nerves; The said water is very powerful in all the diseases aforesaid, either inward or outward, whether they be old corroding sores, or green wounds.

The Vine.

THE leaves of the English vine (I do not mean to send you to the Canaries for a medicine) being boiled, make a good lotion for sore mouths; being boiled with barley meal into a poultice, it cools inflammations of wounds; the dropping of the Vine, when it is cut in the Spring, which country people call Tears, being boiled in a syrup, with sugar, and taken inwardly, is excellent to stay womens longings after every thing they see, which is a disease many women with child are subject to. The decoction of Vine leaves in white wine doth the like; Also the tears of the Vine, drank two or three spoonfuls at a time, breaks the stone in the bladder. This is a very good remedy, and it is discreetly done, to kill a Vine to cure a man, but the salt of the leaves are held to be better. The ashes of the burnt branches will make teeth that are as black as a coal, to be as white as snow, if you but every morning rub them with it. It is a most gallant Tree of the Sun, very sympathetical with the body of man, and that is the reason spirit of wine is the greatest cordial among all vegetables.

Violets.

BOTH the tame and the wild are so well known, that they need no description.

Time.] They flower until the end of July, but are best in March, and the beginning of April.

Government and Virtues.) They are a fine, pleasing plant of Venus, of a mild nature, no way harmful. All the Violets are cold and moist while they are fresh and green,

green, and are used to cool any heat, or distemperature of the body, either inwardly or outwardly, as inflammations in the eyes, in the matrix or fundament, in imposthumes also, and hot swellings, to drink the decoction of the leaves and flowers made with water in wine, or to apply them poultice-wise to the grieved places: It likewise easeth pains in the head, caused through want of sleep; or any other pains arising of heat, being applied in the same manner, or with oil of roses. A dram weight of the dried leaves or flowers of Violets, but the leaves more strongly, doth purge the body of choleric humours, and assuageth the heat, being taken in a draught of wine, or any other drink; the powder of the purple leaves of the flowers, only picked and dried and drank in water, is said to help the quinsy, and the falling-sickness in children, especially in the beginning of the disease. The flowers of the white Violets ripen and dissolve swellings. The herb or flowers, while they are fresh, or the flowers when they are dry, are effectual in the pleurisy, and all diseases of the lungs, to lenify the sharpness of hot rheums, and the hoarseness of the throat, the heat also and sharpness of urine, and all the pains of the back or reins, and bladder. It is good also for the liver and the jaundice, and all hot agues, to cool the heat, and quench the thirst; but the syrup of Violets is of most use, and of better effect, being taken in some convenient liquor: and if a little of the juice or syrup of lemons be put to it, or a few drops of the oil of vitriol, it is made thereby the more powerful to cool the heat, and quench the thirst, and giveth to the drink a claret wine colour, and a fine tart relish, pleasing the taste. Violets taken, or made up with honey, do more cleanse and cool, and with sugar contrary-wise. The dried flowers of Violets are accounted amongst the cordial drinks, powders, and other medicines, especially where cooling cordials are necessary. The green leaves are used with other herbs to make plaisters and poultices for inflammations and swellings, and to ease all pains whatsoever, arising of heat, and for the piles also, being fried with yolks of eggs, and applied thereto.

Viper's Bugloss.

Descript.] THIS hath many long rough leaves lying on the ground, from among which arise up divers

divers hard round stalks, very rough, as if they were thick set with prickles or hairs, whereon are set such like rough, hairy, or prickly sad green leaves, somewhat narrow; the middle rib for the most part being white. The flowers stand at the top of the stalk, branched forth in many long spiked leaves of flowers, bowing or turning like the turnsole, all opening for the most part on the one side, which are long and hollow, turning up the brims a little, of a purplish violet colour in them that are fully blown, but more reddish while they are in the bud, as also upon their decay and withering; but in some places of a paler purple colour, with a long pointel in the middle, feathered or parted at the top. After the flowers are fallen, the seeds growing to be ripe, are blackish, cornered and pointed somewhat like the head of a viper. The root is somewhat great and blackish, and woolly, when it groweth toward seed-time, and perisheth in the Winter.

There is another sort, little differing from the former, only in this, that it beareth white flowers

Place.] The first groweth wild almost every where. That with white flowers about the castle-walls in Lewes in Sussex.

Time.] They flower in Summer, and their seed is ripe quickly after,

Government and Virtues.] It is a most gallant herb of the Sun; it is a pity it is no more in use than it is. It is an especial remedy against the biting of the Viper, and all other venomous beasts, or serpents; as also against poison, or poisonful herbs. Dioscorides and others say, That whosoever shall take of the herb or root before they be bitten, shall not be hurt by the poison of any serpent. The root or seed is thought to be most effectual to comfort the heart, and expel sadness, or causeless melancholy; it tempers the blood, and allayeth hot fits of agues. The seed drank in wine, procureth abundance of milk in womens breasts. The same also being taken, easeth the pain in the loins, back, and kidneys. The distilled water of the herb when it is in flower, or its chief strength, is excellent to be applied either inwardly or outwardly, for all the griefs aforesaid, There is a syrup made hereof very effectual for the comforting the heart, and expelling sadness and melancholy.

WALL-

WALL FLOWERS, or Winter Gilliflowers.

THE garden kind are so well known that they need no description.

Descript.] The common single Wall-flowers, which grow wild abroad, have sundry small, long, narrow, dark green leaves, set without order upon small round, whitish, woody stalks, which bear at the tops divers single yellow flowers one above another, every one bearing four leaves a-piece, and of a very sweet scent: after which come long pods, containing a reddish seed. The roots are white, hard and thready.

Place.] It groweth upon church walls, and old walls of many houses, and other stone walls in divers places; The other sort in gardens only.

Time.] All the single kinds do flower many times in the end of Autumn; and if the Winter be mild, all the Winter long, but especially in the months of February, March, and April, and until the heat of the spring do spend them. But the double kinds continue not flowering in that manner all the year long, although they flower very early sometimes, and in some places very late.

Government and Virtues.] The Moon rules them. Galen, in his seventh book of simple medicines, saith, That the yellow Wall-flowers work more powerfully than any of the other kinds, and are therefore of more use in physic. It cleanseth the blood, and freeth the liver and reins from obstructions, provoketh womens courses, expelleth the secundine, and the dead child; helpeth the hardness and pains of the mother, and of the spleen also: stayeth inflammations and swellings, comforteth and strengtheneth any weak part, or out of joint; helpeth to cleanse the eyes from mistiness or films upon them, and to cleanse the filthy ulcers in the mouth, or any other part, and is a singular remedy for the gout, and all achs and pains in the joints and sinews, a conserve made of the flowers, is used for a remedy both for the apoplexy and palsy.

The WALNUT TREE.

IT is so well known, that it needeth no description.

Time.] It blossometh early before the leaves come forth, and the fruit is ripe in September.

Government and Virtues.] This is also a plant of the Sun. Let the fruit of it be gathered accordingly, which you