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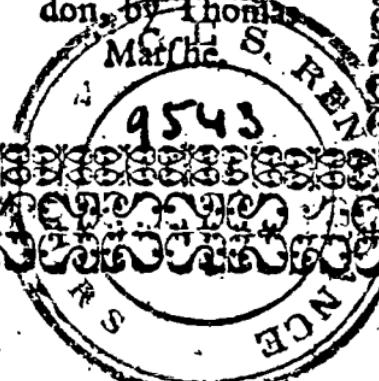
STELL OF

HEALTH COR-
rected, and in
some places
augmen-
ted,

by the first autho^r therof,
Sir Thomas Elyot
Knight.

And nowe newely im-
printed, the yere of our
Lorde. 1572.

¶ Imprinted at Lon-
don, by Thomas
Matthews.



THE PROHEME
OF SIR THOMAS
ELYOT KNIGHT
into his booke called the
Castell of Helth.



Alen the moste excellent
phisition feared, that in wry-
ting a compendious doctrine
for the curing of sicknesse, hee
should loose all his labour, for
as muche as no man almost did
endeuour him selfe to the syn-
ding of truthe, but that almen did so muche este-
me riches, possessions, authozitie, and pleasures,
that they supposed them, whiche were studious
in any parte of Sapience, to be madde or distract
of their wyttes, for as muche as they denied the
chiese Sapience, whiche is in knowledge of
thinges belonging as well to God as to man, to
haue no being. Sens this noble writer founde
that lacke in his tymie, whan there flourished in
sundry countreys a great multitudē of men ex-
cellent in al kindes of ierning, as it yet doth ap-
pare by some of their workes, why should I be
grecued with reproches, whcrewith some of my
countrey do recōpence me, for my labours taken
without hope of temporal rewarde, only for the
seruent affection, whiche I haue ever borne to-
ward the publike weale of my country? a wort-
thy matter, sayth one, Sir Thomas Elyot is be-
come a phisition, and writeth in phisike, whiche
besemeth not a knight, hee mought haue been

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much better occupied. Truely if they will call him a phisition, whiche is studious aboue the weale of his countrey, I witsaue they so name me, for during my life, I will in that affection alwaye continue. And why, I praise you, shoud men haue in disdaine or sial reputation the science of phisick? which being well vnderstande, i-aelly experienced, & discretely ordred, doth conscrue heith, without the which all pleasures be peinefull, richcise unprofitable, compayne annoyance, strength turned to feblenesse, beauty to lochsonnesse, fences are dispersed, eloquence interrupted, remembraunce confounded, whiche hath bene considered of wyse men, not onely of the priuate estate, but also of emperours, kings, and other greate princes, who for the vniuersall necessarie and incomparabile utilite, whiche they perceiued to be in that science of phisick, they did not only aduaunce and honour it with speciaall priuiledges, but also diuers and many of them were therin right studious, in so muche as Juba the kynge of Mauritania and Lybia, founde out the vertuous qualites of the herbe called Eufordium. Gentius kynge of Illiria, founde the vertues of Gentian. The herbe Lysimachia, tooke his name of kynge Lysimachus. Mythridates the great kinge of Pontus, founde first the vertues of Scordion and also inuented the famous medicine agaynst poysone, called Mythridate. Pythemiua queene of Caria founde the vertues of Motherwoorte whiche in latine beareth hir name, whereby hir noble renoume hath lenget contynewed, than by the making of the famouse monument ouer

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hir dead husbande called Mausoleum, although it were reckned among the wonderfull workes of the worlde, and yet hir name with the sayde herbe still abideth, whiles the sayd monument a thousand yeares passed, was utterly dissolved. It seemeth, that phisike in this realme, hath been well esteemed, sens the hole studie of Saslein, at the request of a kyng of England, wratz and sette foorth a compendious and profitable treatysse, called the Gouernaunce of health, in latine Regimen Sanitatis. And I truste in almighty God, that our soueraigne Lorde the kynges maiestie, who daylye prepareth to stablishe amonge vs true and vncorrupted doctrines, wyll shortly examine also this part of studie, in suche wyse, as thinges apte for medicine, growyng in this realme, by conference with molte noble authours may be so knowē, that we shal haue lesse nedē of thinges brought out of farre countreis, by the corruption whercof, innumerable people haue perished, without blame to be geuen to the phisitions, sauyng onely, that some of them not diligent enough in beholding their drugges or ingredience at all times dispensed and tried. ¶ Besides the said kinges, whom I haue rehersed, other honoorable personages haue wrytten in this excellent doctrine, and not only of the speculatiue part, but also of the practise thereof, whose workes do yet remayne unto their glory immortall, as Abicena, Auensoar, Bassis, Cornelius Celsus, Herenus, and whiche I shoud haue first named, Machaon, and Podalirius, nob'e dukes in Grecia, whiche came to the siege of Troy, and brought with thē. xxx. great shipps

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ges with men of warre. This well considered,
I take it for no shame to studye that science, or
to set forth any bookes of the same, being thereto
prouoked by the most noble and vertuous exam-
ple of my mooste noble maister kinge Henrye the
vij. whose health I hartily pray God as longe
to preserue, as God hath constitute mans life to
continue for his highnesse hath not disdayned to
be the chiese authoar and setter forth of an In-
troduction into Crainer, for the children of his
louinge subiectes, whereby, hauing good may-
sters, they shal most easilly and in short time ap-
prehende the vnderstanding and forme of spea-
king of true and eloquent latine. O royal harte
full of very nobilitye. O noble breast, settinge
forth vertuous doctrine, and laudable studye.
But yet one thinge greeueth me, that notwithstandinge
I haue euer honoured, and speciallye
faoured the reuerend Colledge of approued
Physitions, yet some of them hering mee spoken
of, haue said in derision, that althoughe I were
pretily seene in historyes, yet beinge not learned
in Phisicke, I haue put in my booke diuers er-
rors, in presuming to wryte of herbes and me-
dicines. First as concerninge historyes, as I
haue planted them in my workes, being wel un-
derstande, they be not so lighte of importance as
they do esteeme them, but may more surelye cure
mens affections, than diuers phisitions do cure
maladies. For whā I wrate first this booke, I
was not all ignorant in Phisicke. For before
that I was twenty yeares olde, a worshipfull
Phisition, and one of the mooste renouned at
that time in England, perceyuing me by nature

THE P.R O H E M E

enclined to knowledges, redde vnto me the wozkes of Galen of temperamentes, natural facul-
ties, the introduction of Johannic peace wythe
some of the Aphorismes of Hippocrates. And
afterward by mine owne studye, I read ouer in
orde the moxe parte of the wozks of Hippocra-
tes, Galen, Dibasius, Paulus Celius, Alex-
ander Trallianus, Celius, Plinius the one &
the other, with Dioscorides. Nor I did omitte
to read the long Canons of Avicenna, the com-
mentaryes of Averroys, the practises of Isake,
Haliabbas, Bass, Mcsue, and also of the moxe
part of them whiche were their aggregatours &
felouers. And although I haue never beene
at Mountpellier, Padua, nor Salern, yet haue
I found somthing in Phisike, wherby I haue
taken no litle profit cōcerning myne owne heith.
Moreover I wot not why Phisitions shoulde
be angrye with mee, since I wrate and did set
forth the Castell of health for their commodity,
that the vncertaine tokenes of bynes; and other
extrementes shoulde not deceiue them, but that
by the true informacion of the sick man, by mee
instructed, they myghte be the more sure to pre-
pare medicines conuenient for the diseases.
Also to the intente that men obscrueinge a good
orde in diet, and preventing the great causes of
sicknesse, they shoulde of those maladyes the so-
ner be cured. But if Phisitions be angrye, that
I haue witten phisike in English, let them re-
mēber that the Grckes wrote in Greeke, þ Ro-
maines in latin, Avicenna, and the other in Ara-
biak, whiche were their owne proper and mater-
nall tongues. And if they had bene as muche at-
ta-

THE PR O H E M E

tached with enuye and couctise, as some nofwe
sceme to be, they would haue deuised some par-
ticuler language, & a strange cypher or forme of
letters, wherein they would haue witten their
science, whiche language or letters no man shold
haue knownen, that had not professed and practis-
ed Phisicke: But those, althoughe they were
Paynims and Jewes, yet in this part of chari-
ty, they far surmounted vs Christias, that they
woulde not haue so necessarie a knowledge as
Phisicke is, to be hid from them, which woulde
be studious about it.

Finallye God is my iudge, I write neither
for glorie, reward, nor promocion, onely I de-
sire men to dceme well mine intent, sens I dare
assure them, that all that I haue witten in this
ooke, I haue gathered of most principall wry-
ters in Phisicke. Whiche beinge throughlye
studyd and well remembred, shal be pro-
fitable (I doubt not) vnto the reader,
and nothing noyous to honest phi-
sitions, that do measure their
studye, with moderate ly-
uing and christen cha-
ritye.



THE TABLE.



T must be remembred, that
the noumbe in the Table, doth
signifie the leafe, and the letter
A, doth signifie the firste page
or side, the letter B, the seconde
page or side.

A

Anexed to thin-
ges naturall.

fol. 1.b

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Almondes				22.	b
Enysle seede..				25.	b
Ale.				36.	b
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Affectes of the mynde.				64.	a
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Braine moiste.	ibid.	
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C

*Considerations of
thinges belonging
to health.*

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Com-

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C ucumbers.	19.b	18.a	
C heries.	21.a	D eere red and falowe.	
C hestnuttes.	22.b	fol. 19.b	
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C olewoxtes and caba- ges.	23.b	D ucke.	31.a
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Thus endeth the Table.

THE FIRST BOOKE. Fol. i


O the conseruacion of the bodie
of mankinde, within the limita-
tio of health, which (as Galene
saith) is the state of the bodye,
wherin we be neither greeued
with peyne, nor let from doyng
our necessary busnesse, deth be-
long the diligent consideracion of thre sortes of
thinges, that is to saye.

{ Thinges Naturall.
{ Thinges not Naturall, and
{ Thinges against Nature.

Thinges naturall be viij. in number.

{ Elementes Powers
{ Complexions Operations &
{ Humours Spirites.
 { Members.

¶ These be necessary to the beyng of helth, ac-
cording to the order of their kynde: and bee al-
way in the naturall body.

Thinges not naturall be sixe in number.

{ Wyre Emptines and
{ Meates & drinke repletion and
{ Slepe & watche Affections of
 { Meuing & reste the mynde.

Thinges against nature be thre.

{ Sickness.
{ Cause of sicknesse.
 { Accident, whiche followeth sickness.

An.

THE FIRST

Annexed to thinges naturall.

Age. Figure, and
Colour. Diversitie of kindes.

GThe elementes be those original things bnmixte and vncompounde, of whose temperance and mixture, all other thinges hauninge corporall substaunce be compact: Of them be foure, that is to saye.

{ Earth,
Water,
Ayre, and
Fyre.

GEarth is the most grosse and ponderous element, and of hir proper nature is colde and drye.

GWater is more subtil and light than earth, but in respect of Ayre and Fyre, it is grosse and heauy, and of hir propre nature is colde and moyst.

GAyre is more light and subtil than the other twoo, and being not altered with any extierior cause, is properly hot and moyste.

GFire is absolutely light and cleere, and is the clarifier of other elementes if they be viciate or out of their naturall temperaunce, and is properlly hott and drye.

This is to be remembred, that none of the sayde elementes be commonly seene or felt of mortall men, as they are in their originall beyng: but they whiche by our scences be perccived, be corrupted with mutuall myxture, and bee rather earthie, watric, ayrie, and fyrie, than absolute-ly earth, water, ayre, and fyre.

De

Of the complexion of
man. Cap. iij.

Complexion is a combination of two diuers qualities of the four elements in one body, as hot and dry of the fyre, hot and moiste of the ayre, colde and moiste of the water, cold and drye of the Earth. But although all these complexions be assembled in euery body of man and woman, yet the body carcketh his dominacion of those qualities, which abounde in him, more tha in the other, as hereafter insueth.

C The body, where heate and moisture haue sueraintee, is called Sanguine, wherein the ayre hath preheminunce, and it is perceiued and knownen by these signes, whiche do follow.

Carnositie or cleyntheate.

The bernes and arteries large.

Heare plente and redde.

The visage swithe and ruddie.

Sleape muche.

Dreames of bloudy thinges, or

Sanguine. thinges pleasant.

Pulse great and full.

Digestion perfect.

Angry shewe.

Sorete, byne, & sweat abundant

. and fatting shapely into bleding.

The pumpe reape and grosse.

THE FIRST

Whete cold with moisture preuaileth, that bo-
dy is called **Slematik**, wherin water hath pre-
eminence, and is perceyued by these signes.

	Fatnesse quauing and soft.
	Cleynes narrow.
	Heare much and plaine.
	Colour white.
	Sleape superfluous.
	Dreames of thinges watrie, or of fishe.
Fleuma- tike	Slownesse.
	Dutnesse in learning.
	Cowardise
	Pulse low and little.
	Digestion weake.
	Spittell white : abundante and thicke.
	Urine grosse, white, and pale.

Cholerike, is hōste & dry, in whom the fyze
hath preeminence, and is discerned by these sig-
nes following.

	Leanenes of body.
	Coldnesse.
	Heare black or darck aburn, curled
	Uisage and skinne redd as fyze, or salowe.
Chole- rake.	Hot thinges noyfull to him.
	Little sleape.
	Dreams of fire, fighting, or anger.
	wit, swite and quicke.
	Hardy and fighting.
	Pulse swifte and strong.
	Uoice high souyed and cleare.
	Worde sharpe.

SBE

Melancholike is colde and drye, ouer whout
the earth hath Dominion, and is perceived by
these signes.

Melan- colike.	Leanness with hardnesse of skin.
	Heare plaine and thinne.
	Coloure duskye, or white wythe leanness.
	Much wach.
	Dreames fearefull.
	Strife in opinions.
	Digestion slow and ill.
	Cymorous and fearefull.
	Inger long frettinge.
	Pulse little.
	Seldome laughing.
	Urine watry and thinne.

BESIDES the sayde complexions of all the hole body, ther be in the particular mem- bres, complexion, wherin if there be anye distemperace, it bringeth sicknes or grieze into the member. Wherfore to know the distem perature, these signes following would be co- mended. Forseene, that it be remembred, that sole distempertures bee simple, and some be compound. They which bee simple, bee in sim ple qualities, as in heate, colde, moist, or drye. The which bee compound, are in compounde or mixt qualityes, as heate and moisture, heate & dryth: colde and moist, colde and drye. But now wil we speake first of the simple co- plexions of every principall member, begining at the brayne.

The

THE FIRST

The brain exceeding in heat hath	The head & visage very redde and hotte.
	The heare growing fast, blacke and courled.
	The veines in the eyes appa- raunt.
	Superfluous matter in the nose thzilles, eien, and eares.
	The head annoyed with hott meates, drynkes, and sa- uours.
	Sleepe shorte and not sounde.
The brain exceeding in cold hath	Much surerflustie running out of the nose, mouthe, eares, and eyen.
	Heare streight and fine growing slowly, and flaxen.
	The head disposed by small occasson to poses and murreys.
	It is sone annoyed with colde.
	It is colde in touching. Weynes of the eyen not seene.
	Sleapie somewhat.
Moist in ex- celle hath	Heares playne.
	Seldoine or neuer balde.
	Witte dull.
	Muche superflusties.
	Sleape much and depe.

B O O K E.

The braine drye,
hath.

No superfluitie runninge.
Wittes good and ready.
watchfull,
Heares blacke, hard and
fast growing.
Balde shourtly.

Complexions compouned.

Braine horte and
moyste distempe-
red hath.

The head aking and heauy,
Full of superfluities in the
nose,
The Southerne wind gre-
uous.
The Northerne wind hol-
some,
Sleepe deepe but vnquiet
with ofteyn wakings and
straunge dreames.
The sences and wit vnper-
fect.

Braine horte and
drie distempered
hath

None abundance of super-
fluitye, which may be ex-
pelled.
Sences perfect.
Much watch.
Honer balde than other.
Much heare in childhoode,
and blacke or browne, &
curled.
The head hot and ruddy.

THE FIRST

Braine colde and moist distempered hath	The sense and wytte dull.
	Muche sleape.
	The head soone replenished with superfluous moisture.
	Distillations and poses, or murreys.
	Not shorly balde.
Braine cold and drie distempered hath,	Sone hurte with colde.
	The head colde infeling and without colour.
	The veines not appearing.
	Soone hurt with colde.
	Often discrased.
The harte hotte distempered hath	Wicte perfecte in childhode, but in age dull.
	Aged shorly, and balde.
	Of the harte.
	Much blowing and puffing.
	Pulse swiste and busie.
	Hardiness and manhode,
	Muche promptnesse, activitie, and quickenesse in doing of thinges.
	Furie and boldnesse.
	The breast heary toward the left side.
	The breast broade with the head little.
	The body hotte, excepte the lyuer doe let it.
	The

B O O K E

Fol. 5.

The harte colde distépered hath,	The pulse very little. The brest littile and slowe. The brest narowe. The body all colde, excepte the liuer doth inflame it. Fearefulnesse. Scrupulostie & much care. Curiostie: Slownesse in actes. The breast cleane without heares.
The hart moist distépered hath	The pulse soft. Sone angry & sone pacified. The body all moiste, except liuer disposes contrary.
The hart dry distépered hath	The pulse harde. Not lightly angry, but be- ing angry, not sone pacified The body dry, except the li- uer doth dispose contrary.
The hart hotte and moiste.	The brest and stomake hery, Promptnes in actes. Soone angry. Fierenes but not so much as in hotte and dry, Pulse soft, swift, and busyn. Breath or wynd according, shottly falleth into diseases caused of putrifaction.

B iij The

THE FIRST

The hearthot
and dryc.

The heart cold
and moyst.

The heart cold
and dryc hath

The hearte pulse greate and
swift.
The breathe or winde accord-
ding.
The breaste and stomacke all
hearpē.
Quicke in his doinges.
Boldnesse and hardinesse.
Swift & hasty in mouing.
Soone stirred to anger, and
tyrannous in maners.
The breast broade and all the
body hot and drye,

The pulse soft.
Feareful and tymorous.
Slow.
The breast cleane without
heare.
Not hastilye angrye, nor re-
tayning anger.
The breast narrow.
All the body colde and moist;

The pulse hard and little.
The winde moderate.
Seldome angry, but when it
happenueth, it dureth longe.
The breaste cleane without
heare and little.
All the body cold and drye.

Of the Liver.

The liver in heate
distempered hath } The bernes great.
The bloud more hot then
temperate.

The liver colde di-
stempered hath } The bernes small.
The bloud cold.
All the body cold in see-
ling.

The liver moist
distempered hath } The bernes soft.
Much bloud and thinne.
All the body moist in see-
ling, except the hart dis-
polchit contrary.

The liver drie di-
stempered hath } The bernes hard.
The bloud little and
thicke.
All the body drye.

The complexions compound may be decer-
ned by the said simple qualities. And here is to
be noted, that heate of the hart may vanquish
the cold of the liver. For heate is in the hart, as
in the fountaine or springe; and in the liver, as
in the riuier.

¶

THE FIRST Of the Stomacke.

The stomacke hot,
distempered.

He digesteth wel speci-
ally hard meates, & that
wil not be shortly altered.
Light meates & soone al-
tered, be therein corrupt-
ed.

The appetite little and
slowe.

He deliteth in meates &
drinke which be hot,
for every natural com-
plexion deliteth in his
semblable.

The stomacke colde
distempered.

He hath good appetite.
He digesteth ill & slowly,
specially grosse meates
and harde.

Colde meates doe ware
slowe being in hym vn-
digested.

He deliteth in meates &
drinke, which be cold,
& yet in them he is in-
domaged.

The stomacke
moist distem-
pered.

He drizeth but seldome, yet
he desircth to drinke, & su-
perfluous drinke he is hurt.
He deliteth in moist meates.

Hs

The stomacke dry
distempered } { He is soone thirsty.
Content with a littlic drinke:
Diseased with much drinke
He deliteth in drye meatcs.

¶ It is to be noted, that the dispositions of the stomake natural, do desire that which is of like qualities. The dispositions unnaturall, do desire thinges of contrary qualities.

¶ Also not the stomacke only causeth a man to thyoste or not thirst, but also the huer, the lun-
ges and the harte.

Of the genitories or stones of generation.

The genitories
hot distempred } { Great appetite to the acte of
generation.
Ingendring men children.
Hearre soone growen aboute
the membres.

The genitories,
cold distempred } { Small appetite to the acte of
generation.
Ingendring women childre
Slow growihe of heare a-
bout the membres.

The genitories } Seede abundant but thynne
moist distempred } and swarie.

The genitories } Seede little but metely thick
dry distempred } in substance.

Lasse

THE FIRST

Genitories hotte
and moyft.

The generitories
hot and drye.

The genitories
cold and moyft.

The genitories
colde and drye.

Lesse appitite to lecherye
than in them whiche be hot
and drye.

Moore puissance to do it,
without lesse damage.
Hurt by abstayning frō it,
Lescherines thā in hot & dry

The seede thicke
Much fruitfulnes of Ge-
neration.

Great appetite and readi-
nes to the act.
Heare about the members
soone growen.

Swiftnesse in speeding of
the act.

Sone therwith satisfied,
Damage by vsing thereof,

The seede watry and thin,
Little desire to the act, but
moore puissance than in thē
whitch be cold and dry,
Little heares or none about
the members.

Heares none or few.
Little apitite or none to le-
cherye.

Little puissance to do it.
Ingendring more females
than men childdren.
That little seede ſ̄ is thic-
ker then in cold and moist.

¶

BOOKE

Of humours,

IN the bodye of man bee foure principall humours, which continuing in the proportion, that nature hath limited, the body is fre fro all sickenes. Contrariwyse, by the increase or diminution of anye of them in quantitye or qualitye, ouer, or vnder their natural assigment, vnequal temperature commeth into the bodye, whiche sickenes followeth more or lesse according to the lapse or decaye of the temperatyses of the said humours, which be these following,

Bloude,	Choler,
Fleame,	Melandoly.

Bloude, hath preminence ouer all other humours in susteyning of al lyving creatures, for it hath more conformity with þ originall caule of lyuing, by reason of temperatnes in hcate & moysture, also nourisheth more the bodye, and restoreth that which is decayed, being the very treasure of life, by losse wherof, death immediatly followeth. The distemperature of bloude happeneth by one of the other three humors, by the inordinate or superfluous mixture of them.

Of fleame.

Fleame is of two sortes, S Naturall and
Xunnaturall.
Naturall fleame is a humour cold and moystre white and swete, or without tast, engendred by insufficent decoction in the second digestion of the watrye or raw partes of the matter decocte called

THE FIRST

called chilus, by the last digestion made apte to be conuerted into bloud. In this humour, wa-
ter hath dominion most principall.

Fleame vnnaturall is that, which is mixte
with other humours, or is altered in his qual-
ty: And therof is viii. sondry kindes,

Watry, which is founden in spetis
of great drakers, of them which
digest ill.

Slimy or raw.

Glasie, like to white glasse, thicke.
Viscous like byrde lime & heuyn.
Plastry, which is verye grosse, &
as it were chalky, such is founde
in the ioynts of them, which haue
the goute.

Fleame.

Salt whiche is mingled w choler
Sower, mixt w melacoly, whiche
cometh of corrupt digestion.

Harsh, thicke and grosse, whiche
is seldom foun den, whiche tasteth
like greene crabbes or sloes.

Stiptik or biding, is not so grosse
nor cold, as harsh, & hath the tast
like to greene red wyne, or other
like, strayning the tongue.

Choler doth participate with natural heat
as long as it is in good temperance. And ther-
of is also two kindes.

Naturall and
Vnnaturall.

Choler

Choler
naturall.

Natural choler is y some of blounde
the colour whereol is redde & clere,
or more like to an Orenge colour,
and is hot and drye, wherin the fire
hath dominion: and is light & sharp
and is engendred of the most subtil
part of matter decocte or boyled in
the stomach, whose beginning is in
the liuer.

Unnatural choler is that which is mixt or
creapt w other humours, whereol be foure
kordes.

C Citrine or yelowe choller, which is of the
mixture of naturall choler, and wattyre fleame,
and therefore hath lesse heate thā other choler.

C Yelkys like yelkes of egges, which is of
the mixture of fleame congeled, and choler na-
turall, and is yet lesse hot than the other.

C Greene like to leekes, whose beginninge is
rather of the stomaake, then of the liuer.

C Greene like to greene canker of mettall, &
burneth like venim, and is of exceeding aduision
of choler or fleame, and by these two kinds na-
ture is mortysed.

M Melancoly or blacke choler is deuise-
ded into two kordes.

Naturall, which is y dregges of pure bloud,
and is knownen by the blackenes, when it issu-
eth either downward or upward, and is verie
y cold and drye.

Unnatural, which procedeth of the aduision
of cholericke mixture, and is hotter & lighter,
having

THE FIRST

haüing in it violence to kill, with a daungerous
disposition.

Of the members.

There be diversities of members,
that is to saye:

The brayne

The hart.

The liuer.

The stones of generation.

Synnewes which doe serue
to the braine,

Arteries or pulses, whiche
do serue to the hart.

Officiall mem-
bers,

Weynes whiche do serue to
the liuet.

Messels spermatickie, wher
in mas seede lyeth, which
do serue to the stones.

Pattes called Similares;
for being deuided they re-
maine in theiur selfe like
as they were.

Bones.

Gristel.

Calles betwixt the be-
ttermost skin and the
fleshe.

Muscles or fillets.

Fatte.

Fleshe.

The stomacke.

The taynes.

The bowelles.

All the great synnewes.

Thele of theiur vertu do appetit meate & alter it.

Of povvers.

{ Animall.
Spirituall.
Naturall.

Naturall { whiche doe minister.
povver. { To whome is ministred.

VVhiche doeth { Appetiteth.
minister { Retaineth.
 { Digesteth.
 { Expellet.

To vvhom is { Ingendreth.
ministred { Nourisheth.
 { feedeth.

Povver spir-
tuall { Workyng, whiche delateth the
 harte and arteries, and est-
 sones streineth them.
 wrought, whiche is stired by
 an exteriour cause to worke,
 wherof cometh anger, indig-
 nation, subtilitie, and care.

Povver ani-
mall. { That whiche ordeneineth, discer-
 neth, and composeth.
 That moueth by voluntarie
 motion.
 That whiche is called sensible,
 wherof doe proceade the five
 senses.

THE FIRST

Of that vwhiche } Imagination in the sozched;
ordeineth dooe } Reason in the brayne.
procede. } Remembrance in the nodell,

Operations } Appetite by heate and drythe.
 } Digestion by heate and moist-
 ure.
 } Retaining by colde and drythe.
 } Expulsion by colde and moiste.

The Spirite is an ayrie substance, subtil, stirring
the powers of the body, to perfourme their ope-
rations, whiche is deuided into,

Naturall, whiche taketh his be-
ginnig of the luer, and by the
veynes whiche haue no pulse,
spieadeth into al þ whole body.
Uital, whiche procedeth fro the
hart & by the artires or pulses
is sent into al the whole body.
Animall, whiche is engendreth in
the braine, and is sent by the se-
nerves, throughout the body, &
maketh sence or feeling.

Annexed to thinges naturall.

Ages be. iiiij. } Adolescentie to. xxv. yeares hot &
 moist, in the whiche tym the
 body groweth.
 } Juuentute unto. xl. yeares hot &
 drie, wherein the body is in per-
 fect growth.
 } Senectute, unto. lx. yeares, colde
 and drie, wherin the body begin-
 neth to decrease. Age

Age decrepite, vntyll the laste tyme
of lufe, accidently moiste, but natu-
rally colde and drye, wherin the po-
wers and strengthe of the bodye be
moze and moze minished.

Colour,

Of inward causes.

Of outward causes.

Coler of in-
ward causes.

Of equalitie of humours, as he
that is redde and whyte.
Of inequalitie of humours,
wherof doe procede blacke, sa-
lowe, pale, or white onely,
Blacke. do betoken domi-
Redde. nion of heate.
Sallowe. Whyte, colde of fleurie.
Pale, colde melancholie,
Redde, abundance of bloud.
Sallowe, choler citrine.
Blacke, melancholie or choler
aduste,

Colour of
outward
causes.

Of colde or heate, as English
men be white, Moriens be
blacke.
Of thinges accidentall, as of
feare, of anger, of sorrowe,
or other like motions.

C. ii

Blacke

THE FIRST

Coloure
of heare.

Blacke, either of abou'dance of
choler inflamed, or of much in-
cending or adustion of bloud.
Redde heare, of muche heate not
aduste.
Gray heares of abundance of
melancholy.
White heares of the lacke of na-
turall heate, and by occasion
of fleume putrified.

All the residue concerning thinges naturall
conteined in the Introduction of Joannitius,
and in the little crafte of Galene, I pourposely
passe ouer for this time, for as muche as it doth
require a reader hauing some knowlege in phi-
losophie naturall, or els it is harde and tedious
to be vnderstande. Moreouer this, whiche I
haue witten in this first table, shalbe sufficient
to the conseruacio of health, I meane with that
whiche now we foloweth in the other tables.

The seconde table.

Thinges not natural be so called, because
they be no portion of a naturall bodie, as
they be, which be called natural things,
but yet by the temperaunce of them the
bodie being in health, so consisteth, by the diste-
xperiance of them, sickenesse is induced, and the
bodie dissolved.

Ch The first of thinges not natarall , is ayre,
Whiche is properly of it selfe, or of some mate-
riall

shall cause or occasion good or ill.

That which is of it selfe good, hath pure vapours, and is odoriferous.

Also it is of it selfe, swifte in alteration from hot to cold, wherein the body is not much provoked to sweate for heate, ne to chill for behemencye of cold.

Ayre among al things not naturall is chieflie to be obserued, for as muche as it doth both inclose vs, and also enter into our bodyes, specially the most noble member: which is þ hart, and we cannot be separate one houre from it, for the necessity of bresathing and fetching of wind.

The causes whereby the ayre is corrupted
be specially fourre:

VVind bringinge VVindes bringing Wayre.	<div style="display: inline-block; vertical-align: middle; margin-bottom: 10px;"> Southe, whiche prolongeth life, by expulsing ill vapours. </div> <div style="display: inline-block; vertical-align: middle; margin-bottom: 10px;"> East is temperate & lusty </div> <div style="display: inline-block; vertical-align: middle; margin-bottom: 10px;"> Weſte, corrupteth : and maketh ill vapours. </div>
	<div style="display: inline-block; vertical-align: middle; margin-bottom: 10px;"> Influence of ſendy sterres: </div> <div style="display: inline-block; vertical-align: middle; margin-bottom: 10px;"> Great ſtanding waters neuer refreſhed. </div> <div style="display: inline-block; vertical-align: middle; margin-bottom: 10px;"> Carraine lying long aboue ground. </div> <div style="display: inline-block; vertical-align: middle; margin-bottom: 10px;"> Much people in ſmal rount lying uncleanely and fluttishly. </div>

THE FIRST

Meate and drincke

In meate and drincke wee must consider sixe
thinges.

{ Substance.
Quantity.
Quality.
Custome.
Tyme.
Order.

Substance, some is good, whiche maketh
good iuyce and good bloud, somis ill, and unges
deth ill iuyce and ill bloud.

Meates and drinke makinge good iuyce

Bread of pare floure, of goode wheate some-
what leuened, wel baked, not tooold nor to stale.

Egges of fesauntes, hennes, or partriches
new laied, poched, meane betwene rere & hard.

Mylke new milked, dronke fasting, wherens
to suger or the leaues of mintes,
fesauntes.

Partriches or chickens.

Caponys or hennes.

Vydes of the fields.

Fish of stony riuers.

Deale sucking.

Dorke ponge.

Buse not passing 3. yeres

Pidgeons.

Alenion of red dcre.

Deale potage w mintes,

festa

Feete of swyne or calues.

Figges ripe, } before measles.
Raysons,

Bour age.

Languedebiese.

Perely.

Mintes.

Ryce with almonde mylke.

Lettysse.

Cykorie.

Grapes.

Wines good moderately taken, well fined.

Die and beare sixe dayes olde, cleane brysed,
not strong.

Myrrh and gladnes.

The lyuer and braynes of hennes and chykens
and yong geese.

Meates and drinke making ill iuyce.

Olde biese.

Olde mutton.

Geese olde.

Swanne olde.

Duckes of þ kanet.

Inward of beastes.

Blacke puddinges.

The heart, liuer and kyndies of all beastes.

The braynes and mary of the backbone.

Wood culuers.

Shell fishe, except creuisse de eau deulice.

Cheese hard.

Apples and peares much bscd.

Figges and grapes not ryppre.

All raw herbes, except lettise, boozage,

E. III,

ANV

THE FIRST

And Cykorye.

Onions, } immoderately vsed, specke
Garlike, } alleye in Cholerike stoces
Leekes, } mackes.
Wyne mustye or sowre.
Feare, sorrow, and pensifenes.

Meates ingendring choler.

Garlyke.

Onyons.

Rokat.

Kersis.

Leekes.

Mustard.

Pepper.

Honye.

Wyne much dronken.

Sweete meates.

Meates ingendring fleame.

All fymie and cleauning meates.

Cheese new.

All fishe, specially in a flemmatike stomache.

Inwardes of beastes.

Lambes fleshe.

The synnewe partes of fleshe.

Skynnes

Braynes.

Lunges.

Rapes.

Cacumbero.

Repletion.

Lake of exercise

29

GHeates ingendring melancholy.

Wiese.

Goates fleshe.

Hares fleshe.

Woozes fleshe.

Halte fleshe.

Salt fishe.

Colewoztes.

All pulse except white peason.

Browne breade course.

Chicke wyne.

Blacke wyne.

Olde cheese.

Olde fleshe.

Great fishes of the sea.

GHeates making thicke syces.

Rye breade.

Musie.

Wred without leauen.

Cake bread.

Sea fishe great.

Shel fishe.

Wiese

The kidnes.

The liuer of a swyne.

The stones of brasies.

Wilke much sodden.

Rapes.

All round rootes.

Cucumbers.

Sweete wyne.

Deepe redde wyne.

Garlike.

ST 83

THE FIRST

- Mustarde.
Dziganum.
Hysope.
Wasyll.
Fenell,
Cheese.
Egges fried or hard.
Chesten nuttes.
Rauewes.
Figges grecne.
Apples not rypp.
Pepper,
Rokat,
Leekes.
Onions.
- } much vsed

Meates vwhich do hurt the teeth.

- Very hott meates.
Nuttess.
Sweete meates and drinkeſt.
Radishe rootegſt
Harde meates.
Mylkē.
Bitter meates.
Much vomytle.
Leekes.
Fishe fatte.
Lymons.
Colewoſtſ.

Meates vwhich do hurt the eyes.

- Dzunkennesſe.
- Leekes

- Lecherye.
 Muste.
 All poulse.
 Sweete wynes and thicke wynes.
 Hempe seede.
 Very salt meates.
 Garlike.
 Drypons.
 Colewortes.
 Radishe.
 Reading after supper immediatly.
 Makinge great opilations.

Chicke milke.
 All swete things
 Rye breade.
 Swete wynes.

Meates inflating or windye.

- Beanes.
 Lupynes.
 Cicer.
 Whille.
 Cucumbers.
 All tynce of herbes.
 Figges dry.
 Rapes.
 Dauews raw.
 Mylk.
 Mori not well clarid.
 Muste. (fieds)

THE SECOND

Thinges good for the heade.	The bone of þ hatt, of a red deere.
Cucubes.	Maiozam.
Galingale.	Buglosse.
Lignum aloes.	Bourage.
Maiozam.	Setuall.
Waulme mintes:	Thinges good for the liuer
Gladen.	Wormewood.
Hutmegges.	With windes.
Muske.	Agrimony.
Rosemarpe.	Saffron.
Roses.	Cloues.
Diony.	Endyue.
Hysope.	Lyuerwort.
Spyke.	Cykory.
Camomill.	Plantayne.
Mellilote.	Dragons.
Rew.	Reasons great.
Frankinsence.	Saunders.
Thinges good for the heart.	Fenell.
Cynamome.	Violettes.
Saffron.	Rosewater.
Cozell.	Lettise.
Cloues.	Thinges good for the luuges.
Lignum aloes.	Elycampane.
Perles.	Hysope.
Macis.	Scabiose.
Waulme mintes.	Likorise.
Myzabolanes.	Baysons.
Muske.	Maidenhare.
Hutmegges.	
Rosemary.	

Pewdies,
Almondes,
Dates.
Pistaces,

Nutmegges,

Drganum.

Pystaces.

Muynces.

Olybanum.

Wormwode.

Saffron.

Cozall.

Agrimony.

Famitory.

Galingale.

Cloues.

Lignum aloes.

Mastix.

Winte.

Spodium.

The innermost skinnes
of a hennes gyfay.

Cozander prepared.

¶ Thinges good for
the eyes,

Eye bright.

Fenell.

Meruainu.

Roses.

Celandine.

Agrimonia.

Cloues.

Colde water.

¶ Thinges good for
the stomake,

Myzabolanes.

THE S E C O N D E B O O K E

of Quantitie, Cap. I.



HE Q V A N T I T I E
of meate must be portioned af-
ter the substance and qualitie
thereof, and according to the
complexion of hym that eateth.
firste it ought to bee reme-
yzed, that meates hottie and
moyste, whiche are qualitie of the bloud
sone tourned into bloud, and therfore much no-
gisheth the body. Some meates do nourish but

THE FIRST

little, hauing little conformitie with bloudde
in their qualites. Of them which do nourishe,
Some ar more grosse, some lighter in digestio.
The grosse meate engendreth grosse bloud, but
wher it is wel concoct in the stomake, and wel
digested, it maketh the fleshe more firme, and
the officiall membre more stronge, than fyne
meates. Wherefore of men, which vse much la-
bour or exercise, also of them, whiche haue very
choleryke stomaches, here in Engelande, grosse
meates may be eaten in a great quantitie: and in
a cholericke stomacke biefc is better digested thā
a chickens leg, for as much as in a hot stomacke
fyne meates be shortly aduste and corrupted.
Contrariwise in a colde or fleumatick stomake
grosse meate abideth long vndigested, and ma-
keth purifed matter: light meates therefore be
so suche a stomake more apte and conueniente.
The temperate body is beste nourysched with
a little quantitie of grosse meates: but of tempe-
rate meates in substance and qualite, they may
safely eate a good quantitie. Forseen alway
that they eare without gourmandyse, or leaue
with some appetite. And here it wold be reme-
died, that the cholericke stomake doth not desire
so muche as he may digeste, the melacholy sto-
mace maye not digeste so muche as he despeth:
for colde maketh appetite; but naturall heate
concocteth or boyleth. Not withstanding vn-
naturall or supernaturall heate destroiceth appe-
tite, and corrupteth digestion, as it appereth in
feuers. Moreouer frutes and herbes, specially
rawe, would be eaten in a small quantitie, als-
though

Thongh the person be very cholertke, forasmuch as they do ingender thinne watry bloude, apte to receiue putrifaction, whiche although it bce not shourtly perceiued of him that bsceth it, at length they sele it by sundry discases, whiche are long in comming, and shourtly sleeth, or be hardy escaped. Finally excesse of meates is to be abhozed. For as it is sayde in the booke called Ecclesiasticus, In muche meate shalbe sicknes, and inordinate appetite shal approche vnto choler. Semblably the quantitie of drinke shoulde be moderated, that it exceede not nor bee equall vnto the quantitie of meate, specially wyne, which moderately taken, aideth nature, & comforteth hir, and as the said authour of Ecclesiasticus sayeth, Wyne is a reioycing to the soule and body. And Cheognes sayeth in Galenes Worke, A large draught of wyne is ill, a moderate draught is not onely yll, but also commode-
dious or profitable.

Eccle. 17.
Eccle. 31:
Galen. de
tuenda sa-
nitate.

Of qualitie of meates. Cap. 2.

Qualitie is in the complexion, y is to say, it is the state therof, as hotte; or colde, moyste or dry. Also some meates be in wynter colde in acte, & in vertue hot. And it woulde be cōsidered, that every complexion temperate and vntemperate, is conserued in his state, by that whiche is lyke thereto in sourme and degree. But that whiche excedeth muche in distemperance, must be reduced to his temperaunce, by that whiche is contrary to hym in sourme or qualitie, but like in degree moderately bled. By sourme is vnderstād grolencelle, fines-
nelic,

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nesse, thicknesse, or thinnesse, by degree, as the
firſte, the ſeconde, the thyrde, the fourth in heate
colde, moyſtute, or dryþ.

Of custome.

Cuftome in feeding is not to be contempned, or littell regarded: for thoſe meates, to the whiche a man hath ben of long time accuſtomed, though they be not of ſtaunce comendable, yet do they ſometime leſſe harme then better meates, wherunto a man is not uſed. Also the meates and drinkeſ, whiche doe muſche delite him that eateth, are to be preſferred before that whiche is better, but more vnsauery. But if the cuſtome be ſo pernicious, **Hipocra-** that it nedes muſt be left, thaſt would it be with **cesapho.** draſwen by little and little in time of health, and **Galenus.** not of ſickneſſe. For if it ſhould be withdraſwen in time of ſickenneſſe, nature ſhould ſuſtaine treble detriment, firſt by the grief induced by ſickneſſe, ſecond by receiuing of medicines, thirdly, by forbearing the thing, wherin the deliteth.

Of the temperature of meates to be receiued. Cap. 4.

Tookepe the body in good temper, to the whose natural complexion is moist, ought to be giuen meates þ be moist in vertue, or power. Contrariwise to them, whose naturall complexion is drye, ought to bee getten meates drye in vertue or power. To bodies vntemperate, ſuch meates or drinkeſ are to be giuen,

ien, which be in power contrary to the distemperance, but the degrees are alwaye to be considered as wel of the temperance of the body, as of the meates. For where the meates do much exceede in degree the temperature of the body, they annoy the body in causing distemperaunce. As hotte wynes, pepper, garlike, onions, and salte, be noyfull to them, which be cholerike, because they be in the highest degree of heat and drythe, aboue the iust temperaunce of mans body in that complexion. And yet be they ostentaries holsome to them, which be fleumatike. Contrariwise, cold water, cold herbes, and cold fruites moderately vsed, be holsome to cholerike bodies, by putting away the heate, exceeding the naturall temperature: and to them, which be fleumatike, they be vnholosome, and do bring into them distemperaunce of colde and moiste.

VVhat distemperaunce happeneth by the
excesse of sundry qualities in meates and
drinkeſ. Cap. 5.

Meates,

- { Colde do congele and mortifie.
- { Moiſt, do putrifie and hasten age.
- { Dry, sucketh vp naturall moiſture.
- { Clamy, stoppeth the tſſue of vapours
and bigne, and ingendreth tough
fleume and grauell.
- { Fatte and oily, ſwimmeth long in the
ſtomake, & bringeth in lothſomnes.
- { Bitter, doth not nouriſhe.
- { Salte, doſtet much the ſtomake.

D

Hare

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Harrishe, like the taste of wilde
fruictes, doo constipate and
rest raine.

Sweete, chaufeth the bloud, &
causeth opilations or stop-
pings of the pores and con-
duites of the body.

Sowre coolcth nature, and has
steneth age.

What commoditie happeneth by the mo-
derate vse of the saide qualities of
meates and drinke. Cap. 6.

Meates.

Colde asswageþ the burning or
choier.

Moist, humecteth that whiche is
dryed.

Drye, consumeth super fluouis.
moisture.

Clannie, thicketh that whiche is
subtil and persing.

Bitter, cleþeth & wipeth of, also
mollifieth and expelleþ fleime.

Halte, relenteþ fleume clammy,
and dryeth it.

Fatte and vnciuous, nourisheth
and maketh soluble.

Stiptike or rough on the tōgue
bindeth and cōforteth appetite.

Sweete doth clense, dissolve, &
nourishe,

DE

B. O O K E. Fol. 19

Of fruities. Cap. 7.

FOR as much as before that tillage of corne
was inuented, and that devouiring of flesh
and fishe was of mankinde vsed, men vn-
doubtedly liued by fruictes, and Nature
was therewith contented and satisfied, but by
change of the diet of our progenitours, there is
caused to be in our bodies suche alteration from
the nature, which was in man at the beginning
that nowe all fruictes generally are noyfull to
man, and do ingender ill humours, and be ofte
times the cause of putrifid fevers, if they bee
muche and continually eaten. Notwithstan-
ding vnto them, which haue abundance of cho-
ler, they be sometime conuenient, to represse the
flame, whiche procedeth of choler. And some
fruictes, whiche be sceiptlike or bynding in taste,
eaten before meales, do bynde the bealy, but ea-
ten after meales, they be rather laxative. Now
shall it not bee vnexpedient to wryte of some
fruictes particularly, declaring their noyfull
qualities in appertaining of nature, and howe they
may be vsed with least detriment.

Of Gourdes;

Gourdes rawe be vnpleasant in eating, Galen de
yll for the stomake, and almost neuer di-
gested, therfore he that will needes eate alimen-
them, must boile them, roste them, or fry
them, euery way thei be without sauor or tast,
and of their propre nature, thei gine to the body
colde and moiste nourishment, and that very
D y tittig

THE SECONDE

little, but by reason of the slappernes of theys substance: and because all meates : which be moyste of their nature , bee not binding , they lightly passe forth by the bealy . And being well ordered, they will be metely concocte, if corruption in the stomake do not prevent them: they be colde and moiste in the second degree.

Of Melons and Pepons.

Melones and Pepones, be almost of one kinde, but that the Melone is round like an apple, and the innermost part therof, where the sedes are conteigned, is vsed to be eaten. The Pepon is much greater & somewhat long , and the inner part thereof is not to be eaten : They both are very colde and moiste, and doo make th iuyce in the body, if they be not well digested, but the Pepon muche more than the Melon, they doo least hurt, if they be eaten afore meales. Albeit, if they do synde in the stomacke fleume, they be turned into fleume, if they synde choler, they be turned into choler . Not withstanding, there is in them the vertue to cleane and to prouoke bryne : they be colde and moiste in the seconde degree.

Cucumbers.

Galen de
alimen. 2.

Cucumbers do not excede so much in moisture as Melons, & therefore they be not so sone corrupted in the stomacke: but in some stomakes, being moderately vsed, they do digest well, but if they be aboudauntly eaten

B O O K E . . . F o l 2 0

eaten or muche vsed, they ingender a colde and thicke humour in the veynes, whiche never or seldomme is turned into good bloud, and sometime bringeth in feuers. Also they abate carnall lust. The seedes as well therof, as of Melong and gourds, being dyed, and made cleane from the huskes, are very medicinable against sickenesse proceeding of heate; also the difficulte or let in pissinge; they be cold and moist in the second degree.

D a t e s .

B E hard to digest, therfore being much eaten & not wel digested, they annoy thy head and cause gnawinge in the stomacke, and make grosse iuice, & sometime cause obstructions or stoppings in the liuer and spleane. And wher ther is inflamation or hardnes in thy body, they are vnholosome, but being well digested & temperately vsed, they nourish & make thy flesh firme, and also bindeth the baly: old dates be hotte and drye in the first degree: new gathered are hot and moist in the first degree.

F i g g e s .

F igges eaten, do shortly passe out of the stomake, and are sone distributed into all the partes of the body, and haue the power to cleane, specially grauell, being in thy raynes of the backe, but they make no substancial nouishment, but rather somewhat louse & windy, but by their quicke passage, the winde is soone dissolued. Therfore if they be rype, they do ieast harme,

D. iij.

harme,

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harme of any frutes, or almost none. Dyre figges and old, are more hot and moist than newe gathered, but beinge muche eaten they make ill bloud and iuice, and as some do suppose, do ingender lice: and also annoyeth the iuer and the spleene, if they be inflamed, but hauinge the power to attenuate or make humours currante, they make the body soluble, and do clese y raignes. Also being eaten afore dinner with ginger or pepper, or powder of lime, or pimento, they profitte much to them, which haue oppilations or harde congealed matter in the inner partes of the body, or haue distillations or reuines falling into the breast and stomack. Newe figges are hot and moist: old figges are hot in the first degree, and dyre in the seconde.

Of Grapes and Raysons.

Galen de
alimen-
tus.2.

Diosco.5.

Grapes do not nourishe so muche as figges, but being ripe, they make iust much ill iuice in the body: al be it newly gathred, they trouble the bellye, and filieth y stomake with winde, therefore if they be han ged yppre a while, ere they bee eaten, they are y lessel noyfull. Sweete grapes, are hottest, and do lose somewhat, and make a man thirstye, Sowre grapes are colde, and do also loose, but they are harde of digestion, and yet they do not nourishe. They which are in salt bitter or harsh, be like to them that are sowre. Raysons do make the stomacke firme and stronge, and do prouoke appetite, and do comfort weake bodies
be-

B O O K E

Fol. 21

being eaten afore meales, they be hot in the first degree, and moist in the seconde.

Of Cherries.

Cheries if they be sweete, they doe soone slip downe into the stomake, but if they be sore or sharpe, they be more holosome, and do loose, if they bee eaten freshe and newly gathered: they be cold and moiste in the first degree.

Of Peaches.

Peaches do lesse harm, and do make better iuyce in the body, for they are not so soone corrupted being eaten: of the iuice of them maye bee made syrope, verye holosome against the distemperance of choler, wherof procedeth a stinkinge breath: They be cold in the first degree, and moist in the second.

Of Appulses.

All appulses eaten soone after that they be gathered, are cold, harde to digest, & do make ill and corrupted bloud, but being wel kept vntil the nexte winter, or the yere following, eaten after meales, they are right holosome, & do confirme the stomacke, and make good digestion, specially if they be rosted or baken, most properly in a cho'erieke stomake: they are best preserued in hony, so y one touche not an other. The roughe tasted appulses are holosome, wher the stomake is weake by distemperance of heate or much moisture. The bitter

D. iii. appulses

THE SECOND

appulles, where that griefe is increased. The
To xe appulles, where the matter is congeled
or made thicke with heate: In distemperature
of heate & drythe by drinkeinge much wyne, they
haue beeene found commodious: beinge eaten at
nighte, goinge to bedde, withoute drinkeinge to
them, they be cold and moyst in the first degree.

¶ Of Quinces.

Quinces be colde and drye, eaten afore
meales, they binde and restraine þ sto-
make, that it maye not digest well the
meate, except þ they be rosted or sodde,
the coze taken out and mixt with hony
clarifyed, or sugar, than they cause good appe-
tite, and preserueth the head from drunkennes:
taken after meate, it closeth & draweth the sto-
make together, and helpeth it to digest, and mo-
luyeth the belly, if it be abundantly taken, they
be cold in the first degree, and drye in the begin-
ning of the seconde.

Of Pomegranates.

Pomegranates be of good iuyce, and pro-
fitable to the stomacke, speciallye they
which are sweete, but in a hot feuer, they
that are sowre be more expedient and hol-
some, for than the sweete do intende heate, and
puffe vp the stomacke.

¶

B O O B E.

Folio.22

¶ Of Peares.

Peares are much of þ nature of appulles, but they are heuier, but takē after meate, rosted or baken, they are not vnholisom, & do restraine and knit the stomacke beinge ripe: they be cold and moyst in the first degree.

¶ Medlars.

Medlars are cold and drye, and constrictive or strayning the stomacke, & therefore they may be eaten after meales, as a medicin, but not vsed as meate, for they engender melancholy: they be cold and dry in the seconde degree.

¶ VValnuttes.

Valnuttes, if they be blanched, are supposed to be good for the stomake, & somewhat loosing the belly, mixt with sugar they do nourish teperately. Of two dry nutts, as many figges, and xx. leaues of Rew, with a graine of salt, is made a medicin wherof if one do eate fasting, nothing which is venemous maye that day hurte him, and it also preserueth againste the pestilence, and this is the very right Mithridate, they be hotte and dry in the seconde degree, after some opinions hotte in the thirde degree, dry in the second.

Filbers and hasyll nuttes.

They be more strong in substance, than walnuttes

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anttes, wherfore they are not so easely or fone digested. Also they do inflate the stomake, and cause head ache, but they ingender fatte. And if they be rosted, they be good to restrain reumes. Also eaten with pepper, they are good against tourmentes of the bellye, and the stoppinge of yrine. They be hotte and dry in the first degree.

Of Almondes.

They do extenuate and clese without any binding, wherfore they purge þ brest and lunges, specially bitter Almondes. Also they do mollify the bellye, prouoke sleepe and causeth to pisse well, fve or sixe of them eaten afore meate, kepe a man from being drunke: they bee hotte and moyst in the first degree.

Of Chesteyns.

They being rosted vnder the embers, or hot as shes, do nourishe the body strongly, and eate wyth honye fassinge, doe helpe a manne of the cough.

Of Prunes.

Of the Gardeyne and rype, doe dispose a man to the stoole, but they do bring no maner of nourishment. To this fruite like as to the figges, this propertye remayneth that being dried, they do prouide. The Damaske prune rather bindeth than loseth, and

B O O K E.

Fol. 23

is more commodious vnto the stomacke: they
be cold and moist in the second degree.

Olyues,

Condite in saite lycour, taken at the beginning of a meale, doth corroborate the stomake, stirreth appetite, and looseth þ bellye being eaten with vineger. They which be ripe, are temperately hot, they which þe greene are cold and drye,

Of Capers.

They nourishe nothinge after that they bee Galé de
salted, but yet the ymake the bellye loose, and alimen-
purgeth fleame whiche is therin contained. Al- ris. 2.
so stirreth appetite to meate, and openeth the ob-
structions, or stoppings of the liuer and spleene,
being eaten with oxinel, before any other meat:
they be hot and drye in the second degree.

Orenge.

The rindes taken in a little quentitye, do cō-
fort the stomacke, where it digesteth, specially
condite with sugar, and taken fasting in a smal
quantitye. The iuice of Orenge, haunige a
tost of bread put into it, with a little pouder of
mintes, sugar, and a little cinamome, maketh a
very good sauce to prouoke appetite. The iuice
eaten with suger in a hot feuar, is not to be dis-
commended. The rind is hot in the first degree,
and drye in the second, the iuice of them is cold
in the second degree, and drye in the first.

Herbes

THE SECOND

Herbes ysed in pottage, or to eate.
Cap. viij.

Generally al herbes raw and not sodden, do ingender cold & watrye iuice, if they be eaten customablye, or in abundaunce; albeit some herbes are more coonestible, and lelle harme vnto nature, and moderatly vsed, maketh meetely good bloud.

Lettise.

Among al herbs none hath so good iuice as lettise: for some men do suppose, that it maketh abundance of bloud, all be it not very pure or perfit: it doth set a hot appetite, and eaten in the euening, it prouoketh sleape, albeit, it neyther doth loose nor bind the bealy of his own property. It increaseth milke in a womans brestes, but it abateth carnal appetite, and muche vsinge thereof, hurteth the eye sight. It is cold and moist temperately.

Coleywertes and Cabages.

Before that auarice caused marchantes to fetch oute of the East & South partes of the world, the traffike of spice and sondry drongges, to content the unsaciableness of wanton appetites. Colewertes for the ver- tues supposed to be in them, were of such estimation, that they were iudged to be a sufficient medicine against al diseases, as it may appear in þ booke of wylle Cato, wherin he wryteth of hys

husbandrye. But now I will no more remem=ber, than shall be required, in that whiche shall be vsed as meate, and not pure medicinē. The iuyce therof hath vertue to purge: The whole leaues being halfe sodden, and the water pow=red out, and they being put into hottē water, and sodden vntill they be tender, so ea=tēn they doo bynde the bealy. Some do suppose if they be eaten raw with vineger before meate, it shall preserue the stomacke from surfetting, and the head from drunckenes: all be it muche vsing of them drafeth the sight, excepte the eyes be very moyst. Finally the iuyce that it maketh in the bodye, is not so commenable, as that whiche is engendred of lettise. It is hot in the first degre, and drye in the seconde.

Of Cykory or Succory.

Tis like in operation to Lettise, and tempe=retē choler wonderfully, and therefore in all cholerike scuers, the decoction of this herbe, or the water therof stilled, is right expediet. Semblably the herbe and roote boyled with fleshe that is freshe, being eaten, kepereth the sto=macke and head in very good tēper. I suppose that Sowthistle and Dentdelio, be of like qua=lities, but not so convenient to be vsed of them, whiche are hole, because they are wylde of na=ture and more bitter, and therfore causeth lasti=busnesse or lothsonnesse of the stomake. It is cold and drye in the seconde degree.

End

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Endiue and Scariole.

BE muche like in their operation to Cikosie, but they are moze conuenient to medecine than to meate. All be it Scariole called white Endiue, hauing the topes of the leaves turned in and laide in the earth, at the latter ende of sommer, & couered, becometh white and crispe, like to the great stalkes of cabbage lettise, whiche are in wynter taken vp and eaten. And to them that haue hot stomakes and dyse, they be right helosome, but being to mucche vsed, or in very great quantite, they ingēder the humour, which maketh the cholike, they be cold and moyst in the firste degree.

Malovves.

Galen de
slimen. 2.

The are not colde in operation, but rather someswhat warme, and haue in them a sippetnesse. Wherefore beyng boyled and moderately eaten with oyle and vineger, they make meetely good concoction in the stomacke, and causeth the superfluous matter therin easly to passe, and cleaseth the baly. It is hotte and moist in the firste degree.

VVhite Beetes.

The are also absterssive and louiseth the baly, but much eaten, annoyeth the stomake, but they are right good against obstructions or stopping of the liuer, if they be eaten with vyneger or mustarde, lykewylce it helpeth the Spleene. It is colde in the firste degree, and moyst in the seconde.

Durlan

Purslane.

Doth mitigate the great heate in all the inward partes of the body, semblably of the head and eyes: also it represeth the rage of Venus; but if it be preserued in salte or bryne, it heateth and purgeth the stomacke. It is colde in the thirde degree, and moist in the seconde.

Charuayle.

Is very profitable vnto the stomacke, but is may not susteyne very muche boyling, eaten with byneger, it prouoketh appetite, and also bryne. The decoction therof drunke with wine, clesmeth the bladder.

Sorell.

Being sodden, it lousehth the bealy. In a time of pestilence, if one being fasting, doo chewe some of the leaues, and sucke downe the iuyce, it maruetlously preserueth from infections, as a new practiser called Guainerius doth write. And I my self haue proued it in my houshold. The seedes therof braied & dronke with wyne and water, is very holsome against the colike & fretting of the guttes: it stoppeth fluxes, & helpeþ the stomake annoied with repletion. It is cold in the thirde degree, and drye in the second;

Persely.

Is very conuenient to the stomacke, and conforteth appetite, and maketh the breath sweete; the seedes and roote causeth bryne to passe wel, and breaketh the storne, dissolueth wyndes, the rootes boyled in water, and therof oxtmel being made

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made, it dissolueth fleume, and maketh good digestion. It is hotte and dry in the third degree.

Fenell.

Being eaten the seede or roote maketh abundance of milke, like wyse drunke with Patisane or ale. The seede somewhat restraineth flux, provoketh to pisse, and mitigateth fretinges of the stomacke and guttes, specially the decoction of the roote, if the matter, causing frettinge, bee colde, but if it be of a hotte cause, the vse therof is daungerous, for inflammation or exulceration of the raynes or bladder. It is hot in the thirde camen. li. degree, and dry in the first.

Galen.
simpli.
de medr.
camen. li.

z.ca.74.

Anyle seede.

Maketh sweet breath, prouoketh vrine, and drinck downe thinges cleaving to the raynes, or bladder, stirreth vp courage, and causeth abundance of milke. It is hotte and drye in the thirde degree.

Beanes.

They make wynde, howe so euer they be odered: the substance which they dos make, is spungy, and not firme, all be it they bee absterue, or cleasing the body, they tary longe, ere they be digested, and make grosse juice in the body: but if onions be sodden with them, they be lesse noyfull.

Pearsyn.

There miuche of the nature of beanies, but they be lesse wyndy, and passeth faster out of the body, they be also absterue, or cleasing, specially white pearyn, and they also cause metely good nowe.

nourishing, the huskes taken awaye. And the broth wherin they be sodde, clenmeth right wel the raynes and bladder.

Rape rootes and Nauerves. Cap. 9.

The juice made by them is very grosse, & therfore being much eaten, if they be not perfectly concoct in the stomake, they do make crude or rawe juice in the brynes. Also if they be not wel boyled, they cause wondres, and annoye the stomacke, and make somesyme frettinges: If they be well boyled first in cleane water, and that being castte awaye, the seconde tyme with fatte fleshe, they nourish much and do neither loose nor bynde the bealy. But Nauerves do not nourishe so muche as rapes, but they be even as wondre.

Turnepes

Being well boyled in water, and after with fatte fleshe, nourishest muche, augmenteth the seede of man, provoketh carnal lust. Catch raw ther stirre up appetite to eate, being temperately vsed, and be conuenient vnto them, which haue putrified matter in their breastes or lunges, casting them to spitte easly: but being muche and often eaten, they make rawe juice & windinelle.

Parsnipes and carrettes.

They doe nourishe with better juice than the other rootes, specially carrettes; which are hot and dry, & expellet hollid. Notwithstanding, muche vsed they engender ill juice, but carrets medica-

Gal. simp.

lib. 7.

THE SECONDE

lesse than parsnipes; the one & the other expelleth
hyne. Radishe rootes.

Pau. Ae- Haue the vertue to extenuate or make thinne,
gneta. and also to warme. Also they cause to breake
Violc.li.7 wynde, and to pisse: being eaten afore meales,
de aumé. they let the meale that it may not distende, but
looseth the heyl, though Galenius wryte con-
trary. For I, among diuerse other, by experi-
ence haue proued it: Notwithstanding they be
unholosome for them, that haue continually the
goute, or peyne in the ioyntes.

Garlyke.

It doth extenuate and cutte grosse humours
and symie, dissolueth grosse wyndes, and heat-
eth all the body, also openeth the places, which
are stopped, generally where it is well digested
in the stomake: it is holsom to diuers purposes,
specially in the body, wherin is grosse matter,
& muche colde inclosed, if it be sodden vntill it
looseth his tartnesse, it somewhat nourisheth,
and yet looseth not his propertie, to extenuate
grosse humours, beynge sodden in mylke, it pro-
freeth much against distillations from the head
into the stomake.

Onyons.

Do also extenuate, but the long onyons more
than the round, the red more than the white, the
drye more than they whiche be grene: also rawe
more than sodden, they sturre appetite to meat,
and put away lothsonneth, and loose the heyl.
they quicken sighte, and beynge eaten in great ab-
undance with meale, they cause one to sleepe
sounde.

B O O K E . I T Fol. 27

soundly. Leekes.

We of ill iuyce, and do make troublous drea-
mes, but they do extenuate and cleane the body, Galen. 7.
and also make it soluble, and prouoketh vrine. cap. 138.
Moreover it carseth one to spitte out easilly the
fleume whiche is in the breast.

For Sage.

It heateth, and somewhat bindeth, and ther-
with prouoketh vrine, the decoction of the lea-
ves and braunches being dronke. Also it stop-
peth bleeding of woundes, being layde vnto
them. Moreover it hath been proved, that wo-
men, whiche haue been long time without chil-
dren, and haue dronke 5. dunces of the iuyce of
sage, with a grayne of salte; a quarter of an
houre before, that they haue compaignied with
their husbandes, haue conceiued at that tyme.
It is hotte and drye in the thirde degree, the b-
ring thereof is good against palseis.

Isope.

Doeth heate and extenuate, wherby it di-
stretches slyme fleume: being prepared, with syg-
ges, it poureth fleume downward, with honyn
and water vpward, boyled in vineger it helpeth
the tooth ake, if the teeth be washed therewith,
it is hotte and drye in third degree.

Bourage.

Comforteth the harte, and maketh one mery,
eaten rawe before noates, or layd in wine that
is dronke, Also it mollifieth the dealy, and pre-
pareth to ther stooole. It is hot and moist in the
middest of the first degree.

E g Sauers

THE SECONDE

Sauery.

Pourgeth fleume, helpeth digestion, maketh
quicke sight, prouoketh vrine, and stiketh car-
nal appetite. It is hot and dry in þ third degree
Rokat.

Heateth much, and increaseth seede of man,
prouoketh courage, helpeth digestion, and som-
what louseth. It is hotte and moyste in the se-
cond degree.

Tyme.

Dissolueth wyndes, breaketh the stóne, expell-
eth vrine, and ceasteth frettinges. It is hotte
and drye in the third degree.

Peniroyall.

Doeth extenuate, heate, and decoct, it refour-
meth the stomake oppressed with fleume, it doth
recoisort the faynt spirite, it expelleth melan-
coly by siege, and is medicinable against many
diseases. It is hot and drye in the third degree.

Toynecresses.

Paulus discomendeth, saying: that it resteth
concoction, & hurteth the stomake, & maketh yll
wice in þ body, take as medicinc, it helpeth ma-
ny diseases. It is hot & dry in the third degree.

Rosemary.

Hath the vertue to heate, and therfore it dissol-
ueth humours congeled with colde: It helpeth
against palseis, falling sicknesse, old diseases of
the breast, tourmentes or freiting, it prouoketh
vrine & sweat: it helpeth the cough taken with
pepper and hony, it putteth away tooth ake, the
roote being chched, or the iuyce therof put into
the

BOOKE S H T . Fol. 28

the tooth being bourned, the fume thereof, resteth the pestilence; the rinde thereof sodden or burned, the fume receyued at the mouth, stoppeth the reume, which falleth out of the head into the cheeke or throte; which I my selfe haue proued, the greene leaues bruised do stoppe the Hemoroides, if they be lased vnto them: That herbe is hot and drye in the first degree.

Spyces greyvinge out of this Realme vied
in meat and drinckes; Chap. xxvii. 1. 1. 2.

Pepper and Peppercornes

BLacke pepper is hottest, and most drye; white pepper is next, long pepper is most temperate. The generall propertie of all kinds of pepper is to heate the body, but as Galen sayth, it perçeth downwarde, & doth not spreade into the beynes, if it be grosse beaten, it dissolveth fleame & wind, it helpeth digestion, expelleth vrine, and it helpeth against the diseases of the breast, proceeding vnto the heart. It is hot in the first degree, and dry in the second.

Ginger and

Heateth the stomake, and helpeþ digestion, but it heateth not so sore as peppers but aperteþ ward the heate remayneth idone, and causeth the mouth to be moyt: Bringre grecche, or well confectioned in syrope, ic comforþeþ muche the stomake & heade, and quickneth remembrance, if it be taken in the morning fastinge. It is hot in the secound degree, and drye in the first.

E.ij.

Ginger

Pixelot THE SECONDE

¶ Saffron. ¶ Saffron. ¶ Saffron. ¶ Saffron.
 ¶ Some what bindeth, heateth and comforteth
 the stomake, and the hart specially; and maketh
 good digestiſh, being eaten or drunke in a ſmal
 quantite: It is hote in the ſecon d degree, and
 drye in the firſt. ¶ Saffron. ¶ Saffron.
 ¶ Saffron. ¶ Saffron. ¶ Saffron.

Hath vertue to confortethe ſkinnewes, alſo to
 conſume and diſſolve ſuperfluouſ humours.
 They be hot & drye in the thirde degree, ſodden
 In milke, it coldeſteth the debility of nature.

Maces.

Dioscorides comendeth to be dronke againſt
 Spitting of bloud, and bluddy ſluxes, and excesſ
 ſue farces. Paracelsus. Teginera addeth to it, that
 it helpeth the tolleſe. They behot in the iij. degré
 and drye in the viij. degré. It is to the ſtomacke
 þer compodiſh, taken in a little quantite.

Nutmegges.
 With their ſpacerodour comfort and diſſolve,
 and ſomtime compiſteth the power of the ſight,
 and alſo ſee þraſhe in cold diſcrasies, and is hot
 and dry in the iij. and degré.

Of bread, Cap. ii.

Galen de
alimen-
tis. 2.

Bread is flower of food, heaty, haſtinge
 noteuen, is flower of diſtillation, and ma-
 kith ſlyng humours, but it nouriſheth
 much, if it be leauened, it diſteſteth ſoner.
 Bread haſtinge much branne, filleth the bellye
 with extremites, and nouriſheth little or no-
 thing but chlopis diſtendereth from the ſtomake.
 The meane betwene both, ſufficiently leauened
 well.

B-O-O-K-E 2 h 1 Fol. 28

Well moulded, and moderatelye baken, is the
most holshane to every age. The greatest loues
doe vndrishe most faste, soz as mythe as the fyre:
hath not exhausted the moisture of them. Hot
bread slowly passeth. Warty bread cleaseth the
body, and doth not nourish so much as wheate,
and maketh cold iuice in the body.

Of Helle. Cap. 12

Buse of England to Englishmen, whiche
are in health, bringeth strong nourishing,
but it maketh grosse bloude, and ingenia-
deth melancolye, but being of yong Ox-
en, not exceeding the age of fourte yeres, to them
whiche haue cholerick stomatices; it is more
conuenient thā chickens, & other like fine meats.

Swynes Helle.

Above all kindeg of fleche in nourishinge the
body, Galen most commendeth porke, not beinge
of an old swyne, and that it be well digested of
him that eateth it. For it maketh best iuice, it is
most conuenient for yong personnes, and them
whiche haue sustayned much labout, and therewith
are fatigate, and becom weake. Yong pig-
ges are not commended, before that they be one
moneth olde, for they do brede much superflous
humours.

Lambe.

Is very moist & fleumatike, wherfore it is
not conuenient for aged men, excepte that it bee
very drye rosted, nor yet for them, whiche haue
in their stomakes much fleame.

Ciuij, Mutton

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Mutton.

Galen doth not commend it, notwithstanding ex-
perience prooveth here in this Realme, þ if it be
yong, it is a right temperate meat, and maketh
good tuyce: and therfore it is bled more thā any
other meate, in al diseases. And yet it is not like
good in al places, nor þ sheepe which beareth fi-
nest wool, is not the sweetest iu eating, nor þ most
tender. But I haue found in som countries mut-
ton, which in whitenes tendernes & sweetenes
of the flesh, mought be wel nigher comparred to
kid, and in digestion haue proved as holosome.

Kidde and veale.

Of Galen is commended next unto porke, but
some men do suppose, þ in health and sicknes
they be much better than Porke, the juice of the
both being more pure. And here it is to be no-
ted, that of al beasts, which be dñe of their na-
ture, the yongest be most holosome, of them that
are myȝt, the eldest gre least hurtfull.

Hare, Conyer.

Hippo de
ratione vi
Etus.li.2
Cap.19.
Plin.28

Maketh grosse blood, it dryeth and stoppeth,
but yet it prouoketh a man to pis. Cony maketh
better and more pure nourishment, and is soner
digested then hare. It is wel proved, that ther
is no meate more holosome, or that more cleane
firminly, and temperatly nourisheth thā rabbets.

Deere red and fallowve.

Hippocrates affirmeth that fleshe, of hartes
and hindes to be ill iuice, harde of digestion,
and drye, but yet it moueth byrnes. Of falowe
deere, he noȝ any other olde wrter doth speake;

of

B O O K E . 3 I T Fol.30

of, as I remember. I suppose, because there be not in all the world, so many as be in Englaud, where they consume a good part of the best pasture in the realme, and are in nothing profitabile, sauing that of the skinnes of them is made better lether than is of calues, the hantinge of them being not so pleasant as the hanting of other venery or herewine, the flesh much more wholesome and unpleasant than of a red deere, engendring melancholy, and making many fearefull dreames, and disposeith the body to a fever: if it be much eaten; notwithstanding the fat ther of (as some learned men haue supposed) is better to be digested than the leaner.

Of birdes.

The fleshe of all birdes is much lighter, than the flesh of beasts in comparison, most speciallye of those foules which trust most to their winges, and do breede in high countreyes.

Caponis, hennes, and chickens.

The capon is aboue al other foules praised, for as muche as it is easilie digested, and maketh little ordure, and much good nourishment. It is comodious to the brest & stomake. Hennes in winter are almost equall unto the capon: but they do not make so stronge nourishment. Auicen sayth, if they be rosted in the belly of a kid or lambe, they wil be the betier. Chickens in sommer, specially if they be cockrels, are very conuenient for a weake stomake, and nourisheth a little. The fleshe of a cocke is hard of digestion, but the broth, wherin it is boyled, loseth the belly, and hauling sodde in it colewoort.

Poly-

THE S E C O N D

Polyppodium. Cartamus, it purgeth ill humours. & is medicinable against goutes, joint aches, and fevers, which come by courses.

Fesaunt:
Excedeth all foules in sweetenesse, and hol-
somes; and is equal to a capon in nourishing,
but he is somewhat drier, and is of some menne-
put in comparision, meane betwene a henre and
a partriche.

Pattriche.

Of all foules is most soonest digested: and
hath in hym muche nutrimente, conforteth the
braine, & maketh seede of generation, and renu-
eth lust, which is abated.

Quayles:

Although they be of some men commended,
yet experiance proveth them to increase melan-
colye, and are of a small nourishing.

Larkes.

We as well the fleshe as the brothe verye hol-
some: eaten rested, they do much helpe against
colike, as Dioscorides sayth.

A Plouer.

Is clowe of digestion, nourisheth little, but
creaseth melancholy.

Blacke birdes or ousyls.

Among wildould hath the chiese praysie, for
lightnes of digestion, and that they make good
nourishment, and little ordure.

Sparoyves.

We hard to digest, and are very hot, and stir-
reth vp Venus, & specially the braunes of them.

Wood-

B O O K E I F Fol. 30

VVoodcockes.

Are of a good temperaunce, and metely light
in digestion.

Pygeons.

Be easly digested, and are verpe holosome to
hem, which are fleumatlike, & putre inclately.

Goose.

Is hard of digestion, but being yong and fat,
the winges be easly to digest in a hole stomake,
and nourishest competently.

Ducke.

Is hotter than goose, and hard to digest, and
maketh worse iuyce, sauing the haefones on
breast bone, and the necke, is better thanne the
remainant.

Crane and Bustarde.

Crane is harde of digestion, and maketh ill
iuyce, but being hanged by long in the ayre, he
is the lesse vnhelsum. Bustard being fat, and
kept without meate a day or two afore that he
be killed, to expulse his ordure, and than draw
wen, and hanged as the Crane is, beinge rosted
or bakern, is a good meate, and nourishest well,
if he be well digested.

Héaron, Byttour, Shouelat.

Being yong and fat, be lightlyer digested than
crane, and the byttour sooner than the hearon.
And the shouelar soner than anye of them, but
all those fowles must be eaten with much gin-
ger or Pepper, and haue good did wyne drunke
after them, and so shall they be more easlye di-
gested, and the juice comynge of them be the
lesse vbyfull.

The

THE SECOND

The partes and members of birdes
... and beastes. Cap. 13.

The winges, brafones, & necke of geese, eates
pons, hennes, fesaunt, partrich, & smal bries
des being fat, are better, than þ legges in
digestio, & lighter in nourishing. Of wildfoule
and pigeons being fat, the legges are better than
the wings, þ brafones of ducke, teale & wygeo
except, which is botter to digest than the residue.

The gysar or stomake.

Of a goose or henne, being fatte with branne
and milke, being wel sodden or made in poula-
der, is good for the stomake, in making it strog
to digest, and nourisheth competently.

The liuer.

Of a capon, henne, fesaunte, or goose beinge
made fat with milke mixte with their meat, is
not only easye to digest, but also maketh good
tynce, and nourisheth excellently. But the liuers
of beastes be ill to digest, passeth slowly, and
maketh grosse bloud, but it is strog in nourishig

The iuyvard of beastes, as tynpes,
and chitterlinges.

The flesh of them is more hard to digest.
And therefore although they be wel digested,
yet make they not iuice naturallie sanguine or
clene, but rawe iuice and colde, and requyret
long time to be conuerted into bloud.

The lunges or lightes.

Are more easye to digest than the liuer, and
lesse nourisheth, but the nourishmente that it
maketh

maketh, is flematiyke. Will be it the lunges of
a Foxe, is medicinable for them, whiche haue
sickenesse of the lunges.

The Splene or Mylt.

Is of il iisce, for it is the chāber of melançoly.

The harte.

Is of harde fleshe, and therfore is not soone
digested, nor passeth shortely, but where he is
well digested, the iuyce that it maketh, is tot to
be dispaysed,

The Brayne,

Is flematike, of grosse iuyce, slowe in dige-
sting noyouse to the stomake, but where it is
well digesteth, it nourisheth much.

Maroyye.

Is more delcctable than the brayne, it is yll
for the stomake, but where it is well digested,
it nourisheth mucche.

The Stoones and Vdders.

Being well digesteth, do nourishe much, but
the stones are hotter with their moistnesse, the
vdders colde and flematike: they both do in-
crease sede of generation: but the bloude made
of the vdder is better than that which commeth
of the stones, except it be of talucs and lambes:
Also the stones of cockes, maketh commendable
nourishment.

The head.

The fleshe therof nourisheth much, and au-
gmenteth sede, but it is slowe of digestion, and
noyeth the stomake, but for heith, whiche vsē
muche exercize, it is not commendable.

The tonge.

Is of a spungy and sanguine substance, but
the

THE SECONDE

the kernelles and gristell, which are in the roostes, if they bee well digested, they make good nouryshment, if they be not well digested, they make fleume.

The feete.

Weyng well boyled and tender, in a hole stomacke, digesteth wel, and maketh good iuyce, & passeth forth easely. Galene comendeth the feete of swyne: but I haue proued, that the feete of a yong bullocke, tenderly sodden, & layd in sowse two daies or thre, and eaten cold in the euening, haue brought a cholerike stomacke into a good digestion and siepe, and therewith hath also expulised salt fleume and choler; and this haue I found in my selfe by often experiance; alwaye forseen, that it be eaten before any other meate, without drynking immediatly after it.

Of fishe generally. Cap. 14.

The best fishe after the opinion of Galen is that, whiche swimmeth in a pure sea, and is tossed and lift vp with windes & surges. The more caulinie that the wa-
ter is, the worse is the fishe. Thel which are in
muddy waters, do make much fleume & ordure,
taken in fennes and dyches be worse, being in
freshe ryuers and spitt, be sometime commen-
dable: All be it generally all kindeg of fishe ma-
keth more thinner bloud than fleshe, so that it
dothe muche nouryshme, and it doth the sooner
passe ouer by vapours: to a hot cholerike sto-
macke, or in feuers, sometyme they beholosome,
being

beyng newe, freshe, and not very harde in substance or slimy, hard fyshe is harde of digestion: but the nourisement therof is more firme, than that whiche is lost: those whiche haue mucche grosse humours in them, are best powdred.

Of Butter. Cap. 15.

Butter is also nouryshing, and profiteth in them, whiche haue humours superfluous in the brest or lungenes, and lacketh riping and cleensing of them, specially if it be eaten with sugar or hony. If it be well salted it heateth and clenleth the moze.

Of Cheese. Cap. 16.

Chese by the hole sentence of all auncient writers, letteth digestion, and is enemyn unto þ stomake. Also it ingezeth il humors, & bredeth þ stone: the chese whiche doth least harme is soft chese resonably salted, which some men do suppose nourisheth much.

Of Eggess. Cap. 17.

Egges of lesantes, hennes, and partriches, be of all other meates most agreeable unto nature, specially if they be newe layde: if they be reare, they do clese the throte & the brest. If they be harde, they be slowe in digestion: but being ones digested, they do nourishe mucche. Meane betwene reare and hard, they digest conueniently, and nourishe quickly. Egges wel poched, are better than rosted. If they be fried hard, they be of a nourishment, and do make stinking fumes in the stomake, & do corrupt other meates, with whiche they be mingled. They be moste holosome, whan they be poched.
and

T H E . S E C O N D E .

and most vnholosome, when they be frysed. Diogenes saith. If they be supped warm, before any other meate, they do heale the grieses of the bladder, and raines, made with grauell: Also soorenesse of the chekcs and throte, and spitting of bloud: and they be good against cattares or stilling out of the head, into the stomake.

Ofrinkes, and first of ywater. Cap. 18.

VIdoubtedly water hath preeminence aboue al other licoys, not only because it is an element, that is to say, a pure matter, wherof all other licours haue their originall substance, but also so: as muche, as it was the very naturall & first drinke, to all manner of creatures. Wherefore the saying of Pythagoras the poete was ever wel allowed, which saith, water is best. And one thing is to wel considered, that from the creation of the world, vntill the uniuersale deluge or floudde, duringe whiche tyme, men liued eyght or nyne hundred yeares, there was none other drinke vsed nor knownen but water. Also the true folowers of Pythagoras doctrine, dranke onely water, and yet liued long, as Appolonius, & other, and in the searching out of secrete and mysticall things, they wrytes excelled. Moreover wee haue sene men and wemen of great age, and stronge of body, which never, or very seldomme, dranke other drynke, than pure water: As by example, in Cornewal, although that the countrey be in a very colde quarter, whiche proneth, that if menne from their infancie were accustomied to

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hone other drinke but to water onely moderat=ly vsed, it shold be sufficient to keepe naturall moisture, and to cause the meate that is eaten to perce and discende vnto the places of digestion, whiche are the purposes that drinke serueth for. But now to the qualities of water, after þ sentence of auncient philosophers and phisicions. The taine water, after the opinion of the most men, if it be receiuued pure and clene, is most subtil and penetratiue, of any other waters: The next is that, whiche issueth out of a spring in the east, and passeth swifly among great stones or rockes: The third is of a clene riuier, whiche renneth on great hard stones or pebbles. Ther be divers meanes to try out whiche is the best water for that whiche is lightest in poise or swaignt is best. Also that, wherof cometh least skumme or froth, whan it doth boyle. Also that whiche wil sonkest be hot. Moreouer dype liuere clothes into sundrie waters, & after lay them to drye, and that whiche is soonest dry, the water wherin it was diped is most subtil. After a great surfeit, specially taken with superfluous eating of þetting meates, colde water dronken is a generall remedy. Hippo affirmeth, that in sharp and feruent diseases, none other remedy is to be required than water. And Galene will not, that children shold be let from drinking of water, but that when they feele them selues very hot, after meales and do desire to drinke water, specially of a clene fountain, ther shold be suffered. Also Hippo saith: In suche sickenes wheresoever thou fearest, least the head shold be vehemently greued,

F

De ratione
ne victus
in mor. a-
cuis. li. 3.
greued,

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greued, or the minde perished, there muste thou geue either water, or white wync alayed with much water. Notwithstāding there be in wa- ter causes of diuers diseases, as of swelling of the splene and the liuer, it also flietteth & swimmeth, and it is long or it perceth, in as much as it is colde and slowe in decoction, it looseth not the bealp, nor prouoketh brine. Also in this it is vicious, that of his propre nature, it maketh none ordure. Finally, alway respecte must be had to the person that drinkeith it: for to younge men, and them that be hot of complexion, it dothisse harne, and somtyme it profiteth: but to thē that are feble, olde, fleumatike, or melancholy, it is not conuenient.

Of vyne. Cap. 19.

Platon, the wyseſt of all philosophers, doth affirme, that wyne moderatly dronke, noriſheth and comforteth, as wel al the body as the ſpirites of man. And therfore God did ordene it for mankind, as a remedy againſt the incommodities of age . that thereby they ſhould ſceme to retourne unto youth and forget heuynelle. Undoubtedly wine heateth, and moisteth the body, whiche qualities chiefly conſtrueth nature. And Galene of all wines, com mendeth that which is yelowe and clere, ſaying that it is the hottest , and white wine leaſt hot. And the colour meane betwene both, of ſembla ble temperature. The yelowe wyne whiche is the propre coulour of very hottie wines, to olde men doth bring theſe commodities. First it heateth all their membris, alſo it pourgeth by vyn the

the watry substance of the bloud. Moreover, the wines which be pale or yellowe, and full of substance, they do increase bloud, and nourishe the body; but for the more parte olde men haue neede of such wines, whiche do prouoke bryne: for as muche as in them do abounde watry excrements, or superfluities, and they whiche do tary long in the bealy, be not apt for aged men. Blacke or deepe red wynes and thicke, do binde and congele that whiche they do finde in the bo-
dy, and although some of them do not longe abide in the bealy, yet they moue not bryne, but rather withdraweth: but yet they do harme to olde men, for as much as they doo stop the con-
duites of the spleene, the liuer & the raynes. Also grosse wines be best for them, whiche desire to be fatte, but it maketh oppilations: olde wyne
and cleere is better for them that be sicke. Galene also prohibith chindren to drinke any
wyne, for as muche as they be of an hot & moist
temperature, and so is wyne: and therefore it
heateth and moisteth to much their bodies, and
filleth their heades with vapours. Moreover,
he wold, that young men shold drinke little
wyne, for it shall make them prone to furie, and
to lechery, and that parte of the soule whiche is
called rationabile, it shall make troublous and
dull: notwithstanding, yet it is sometime pro-
fitable to mitigate or expel ordure, made of cho-
icer or melancholie. Also it profiteth againste
drie, whiche happeneth in the substance of the
body, either by to muche labour, or by the pro-
pre temperature of age: for wine moisteth and

Galen de
tuer. san-
lib. i.

ſy nouris

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nourisheth that, whiche is to drie, also mitigateth and dissoluech the shapnesse of choler, and purgeth it also by brine & sweat. Finally (as Theognes saith.) Much drinke of wyne is ill, but moderate drinke of wine is not onely not ill, but also commodious and profitable, which sentence is confirmed by Iesus Syrac, in þ booke named Ecclesiasticus, saying: wine moderately dronke, reioyseth bothe the body & soule. Wherfoze to conclude this chapter, there is neither meate nor drinke, in the use wherof ought to be a more discrete moderation, than in wine, consideringe that being good and dronke in due time and measure, it not only conserveth naturall and radicall moisture, wherby life indureth, but also it helpeth the principall members, which belong to digestion, to do their office: on the other part being ill or corrupt, or taken out of order and measure, it doeth contrary to al the premisses, besides that, it transformeth a man or woman, making them beastly. More of the qualities of wyne, shall be touched hereafter in the order of diete.

Of Mylke. Cap. 20.

Mylke is compacte of three substances, creame, whare, and cruddes. The mooste excellent milke is of a womā. The milke of a cowe is thickest, þ milke of a camel is most subtil: the milke of a goate is betwene cowe mylke and camell milke. Ewes milke is betwene cowe mylke and asses milke. Also the milke of beastes feeding in large pastures, and gut of fennes and Marshes, is better than of them.

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them which be fed in little closes, or in watrye grounds. In spring time milke is most subtil, and milke of yonge beastes is holssomer than of old. To children, old me, and to them, which be oppresed with melancoly, or haue the flesh consumed with a feuer, thicke milke is conuenient. And generally to al them, which do not feele þ milke rise in their stomaks after that they haue eaten it: & in those persons, it doth easly purge þat, which is in the belly superfluous. And af-
 terward it entereth into the beyngs, and brins-
 geth good nourishment. Whosoever hath an ap-
 petite to eate or drinke milke, to thentent that it
 shal not arise or abraide in the stomake, let him
 put into a vessell, out of the which hee will re-
 ceiue it, a few leaues of mint, sugar or pure ho-
 ny.. And into the vessell cause þ beast to be mil-
 ked and so drincke it warme from the vdder, or
 els let him do as Paulus Aegineta teacheth, þ
 is to say boyle first the milt with an easre fier,
 and seeth it after with an hotter fier, and skim
 it cleane, and with a spung dropped in cold wa-
 ter, take that cleane away, which would be bur-
 ned to the vessell, than put to the milke salt and Oribasi-
 sugar, and stere it often. Moreouer milke taken iunctione tus de cō-
 to purge melancholy, would be druncke in the ciborum,
 morning abundantly, new milked, as is before Lib. 3.
 written. And he that drinketh, should abstaine
 from meate and exercise, vntill the milke be di-
 gested, and haue somewhat purged the bellye.
 For with labour it becommeth sowre, and ther-
 fore it requireth rest and watch, or to walke be-
 ty lofelye. Finallye, wher men and women
F.ij. he

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be vsed from their childhood, for the moze part, to milke, and to eate none or little other meate but milke and butter, they appere to be of good complexion and fashio of body, and not so much vexed w sickenes, as they whiche drincke wine or ale, notwithstanding muche vse of milke in men sanguine or cholericke, doth ingender the stone.

Of ale, biere, cydre, and vvhay. Cap. 21.

ICAN neither here nor reade, that ale is made and vsed for a common drincke in anye other countrey, than England, Scotland, Irelad and Powie. The latine word Ceruisia, is in different as wel to ale as to biere. If þ corne be good, the water holysme and cleane, and the ale or biere wel and perfittly breswed and clenched and by the space of vi. daies or moze, settled and defecate, it must needes be a necessarye and convenient drincke, as wel in sicknesse as in health: considering þ barley corne, wherof it is made, is commended and vsed in medicinе, in all partes of the world, and accompted to be of a singuler efficacie in reducing the body into good temper, speciallye whiche is in a distemperature of heat. For what auncient Phisition is there, þ in his workes coniendeth not Prysane, whiche is none other than pure barley braied in a morter and sodden in water, the same thing is smal and cleane ale or biere, sauinge that perchaunce, the dryng of the malte is cause of moze drithe to be in the ale, than in Prysane. And the hoppes in biere maketh it colder in operation.

But to saye as I thincke, I suppose, þ neither ale

ale nor biere is to bee compared to wyne, considering that in them do lacke the heate and moisture, which is in wyne. For that being moderately vsed, is most like to the naturall heate & moisture of mans bodye. And also the licour of ale and biere, being more grosse, do ingender more grosse vapours, & corrupt humours than wyne doth, besyng dranke in like excesse of quantity.

As for Cider maye not be good in any condic-
tion, considering (as I say) that all frutes do
ingender ill humours, and do coole to much na-
turall heate: but to them, whiche haue abun-
dance of redde choler, moderately vsed it some-
what profiteth in mittigatiō of excessiue heate.
But who that wil diligently mark in the cou-
tries, wher Cider is vsed for a commō drinke,
the men and wome haue the colour of their vi-
sage paled, and the skinne of their visage rive-
led, although that they be yonge,

Whay, if it be left of the butter, being swel or-
dered, & not dronke, vntil it haue a thicke curde
of milke ouer it, like to a hatte, is a right tempe-
rat drinke, for as much as by the vniuersall of
the butter, wherof the whey reteineth som por-
tion, it is both moist & nourishing, & clenseth þ.
breast, & by the subtilnes of it selfe, it descendeth
sone fro the stomake, & is shortly digested. Al-
so by reason of the affinity whiche it hath with
milke, it is conuertible into bloud & flesh, speci-
ally in those personnes, whiche do inhabite the
North parts, in whiche natural heate is conglu-
tinate, & therefore is of moxe puissance & vertue
in the office of concoction. Also custom fro child-

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Hoode, dothe eleuate the power of meates and
drinke in their disposition, notwithstandinge
that the loure humors, saugine, choler fleume
and melancholy, must also be cōsidered as it shal
appeare in diuers places hereafter.

Of honye. Cap. 22.

Clinili.
22.

Hony as well in meat as in drinke, is of
incomparable efficacy, for it not only cle-
seth altereth & nourisheth, but also it long-
time preserueth that vncorrupted, whis-
che is put into it. In so muche as Clinie sayth:
such is the nature of hony, þt suffereth not the
bodies to putrisye, And he affirmeth that he did
see an Hippocentaure (which is a beaste halfe
man, halfe horse) brought in hony to Clodius
the Emperour, out of Egyp to Rome. And he
telleth also of one Pollio Romulus, who was
aboue a hundred yeares old, of whom Tugus-
tus the Emperour deniaūded by what meanes
he liued so long, and retayned still the vigour or
liueliness of body and minde: Pollio aunswere-
red, that he did it inwarde with meade (which
is drinke made with hony & water) outwarde
with oyle. Which saying agreeth with the sen-
tence of Democritus, the grcate Philosopher:
who beinge demaunded, how a man myght liue
longe in health : hee aunswered : If he weete
him within w honye, withoute with oyle. The
same Philosopher, whā he was a hundred yeres
olde and nine, prolonged his life certaine dayes
with the euaporation of hony, as Aristoxenus
writeth. Of this excellency matter, most won-
derfully wrought & gathered by the little Bee,
as

BOOBE, T T Folio.38

as wel of the pute dew of heauen, as of y molte
 Subtil humour of sweete and vertuous herbes
 and stoures, be madc licours cōmodious to man
 kinde, as Meade, Metheglin, & Oximel. Mead
 which is made w̄ one part of hony, and fourt
 mes so muche of pure water, and boyled vntill
 no s̄kun do remaine, is much commended of Gas Lib. 4. de
 len, druake in sommer for preseruing of health? tuenda sa-
 The same Author alwaye commendeth the v̄ nitate.
 sing of hony, eyther raw eaten with fyne bread
 somewhat leuened or sodden, and receyued as
 drinke. Also Meade perfectlie made cleiseth y
 brest and lunges, causeth a man to spit easilly, &
 pisse abundantly, and purgeth the bellye mode-
 rately. Metheglin, which is most vsed in wa-
 les, by reason of hot herbes boyled with hony,
 is hotter thā meade, and more comforteth a cold
 stomake, if it be perfectly made and not new or
 very stale. Oximel is, whereto one part of vi
 negar is put double so much of hony, fourt
 mes as much of water, and þ being boyled vntill
 the third part, and cleane skinned w̄ a fether,
 is vsed to be taken, wherin y stomacke is much
 cleame or mater vndigested, so that it benot red
 choler. Loke the vse therof in Alexandro trallia-
 no. Many other good qualities of hony I o-
 mit to w̄rit of, vntill some other occasion shall
 happen, to remember them peticularly, wherē
 they shal seeme to be profitable.

Sugar. Cap.23.

Of sugar I do finde none auncient authoř
 of Greekes or latines, to w̄rite by name,
 but onelye Paulus Regineta, who sayth
 in

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In this wise, after that he hath treated of hony,
Moreover sugar, which they call hony, that is
brought to vs from Arabie, called Felix, is not
so sweete as our hony, but is equal in vertue, &
doth not annoy the stomake, nor causeth thirste.
These be the wordes of Paulus. It is now in
daily experience, that sugar is a thing very tem-
perate and nourishing, and where there is cho-
lier in the stomacke, or that the stomacke abhor-
reth hony, it may be vsed for hony in al things,
wherin hony is required to be. With sugar and
vinegar is made syrope acetole.

Ofryme, Cap. 24

Winter. **I**n the consideration of time, for takinge of
meates and drinckes, it is to be remembred,
that in winter meates oughte to be taken in
greate abundance, and of a more grosse sub-
stance than in sommer, forasmuche as the exte-
rior ayre, which compasseth the body being cold,
causeth the heat to withdraw into ymre par-
tes, where being inclosed, & gathered nigher to-
gether in the stomake & entrailes, it is of more
force to boile and digest that, which is received
into it. Also meates rosted, are than better thā
sodden, & fleshe and fish poudred, is than better
than in sommer, herbes be not then comedable,
specially rawe, neither frutes, except quinces
rosted or baked. Drinke shoulde be than take in
little quanity. Moreover wynes shal neede no
water, or very little, and that to cholericke per-
sons; red wines, & thei which be thick & sweete
may be than most surelye taken of them, which
haue no oppilaciōs, or the stome; alway remem-
ber

her þ in winter fleame increaseth by reason of
raime and moistnes of the season, also the length
of nightes and much rest. And therfore in that Gal. in
time cholerike persons are best at ease, sembla- cōment
bly are yong men, but to old men winter is en- in aph.
nemy. It begineth the viii. day of Nouember, 2.lib.3.
and endureth vntil the viii. day of February.

The Spinge time doth participate the first Spinge
part with winter, the latter parte with Sommer- time.
mer. Wherfore if the first parte be colde, than Hippo-
shall the diete be according to winter. If the crates de- natura hu
ende be hot, than shal the diet be of Sommer, mana.
If both partes be temperate, than shoulde there
be also a temperance in diete: alwaye consid-
ring, that fleame yet remayneth, and bloud thā

increaseth. And meate woulde be lesse in quan- Galen cō.
titie thā in winter, and drinke somwhat moze. aph.18.
Spring time beginneth the viii. day of Februa-
ry, and continueth vnto the viii. day of May. lib.1.

In Sommer the inwarde heate is but little, & Sommer,
the stamacke dothe not digest so strongiye nor
quickly, as in winter, wherfore in that season,
eating often, and a little at ones, is most conve-
nient. And Damascenus sayth þ fasting in Sommer
dryeth the body, maketh the colour salow,
engendreth melancholy, and hutteþ the sight: al Hippo.
so boyled meate, breade steeped in white broth,
wyrh soddn lettise or cycory, are than good to de humo-
be vsed, also varietey in meatex, but not at one ribus.
meale, potages made with cold herbes, drincke
in more abundance, wine alaied with water, to
hot complexions much, to cold natures lesse.
In this season bloude increaseth, and towarde
the

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Gal. in
cōment
in apho.

the end therof, choler. And therfore they, whiche
be cold of nature and moist, are then beset at easē
hot natures & dry wōrſ: Whereouer children, &
very yong men in þ beginninge of Hōmer, are
holeset, old folk in the latter end and in haruest,
Hōmer beginneth the 8. day of May , & conti-
nueth vntil the 8. day of August, Autumne be-
ginneth the 8. day of August, & endeth þ 8. day
of November, þ season of the yere is variable, &
the ayre changeable, by occasion wherof, happē
sondry sicknesſes, bloud decreſeth & melancholy
aboudeth: Wherfore al ſōmer fruits would thaſ
be eſche wſd, for as much as they make iliuice &
winds in þ body. In th s time meat would be
more abundante tha in Hōmer, but ſomewhat
dryer: drinke muſt be leſſe in quantitye, but leſſe
mirt w water. This time is dangerous to all
ages, al natures, and al countries : but the na-
tures hot and moist be leaſt endamaged.

¶ Diet concerning sondry times of the yeare
writte[n] by the old Phisition Diocles
to king Antigonus.

From þ xij. day of December, at the whiche
time the day is at the ſhortest, vntill the 9.
day of Marche, whiche do continue lxxxv.
daies, reumes and moistures do encrease,
than meates and drynkes naturally very hotte,
would be moderatly vſed, Also to drinx abun-
dantly wyne without alay or with little water,
and to vſe liberallie the company of a woman,
is not vnholsome to the body.

From the ninthe daye of Marche, at which
time

time is Equinoctiū vernum, vnto the. xxu. day
of Apill, sweete fleume and bloud do increase;
therfore vse thou thinges hauing muche iuice
and sharpe, exercise the bodye diligently, than
may ye vse safely the company of a woman.

C from the. xx. day of Apill, to the. xiiij. day
of June, Choler increaseth, than vse all things
that are sweete, and do make the bealy soluble,
forbeare carnall company with women.

C from the. viij. day of June, at which time
the daye is at the lengest, vnto the. xij. daye of
September, doth melacoly reigne, forbeare car-
nall company, or vse it moderatly.

C from the. xij. daye of September, vnto the
xviij. daye of October, doo abounde fleume and
thinne humours, than would all fluxes and di-
stillations be prohibited, than al sharpe meates
and drynkes and of good iuice, are to be vsed, &
carnall occupations should than be eschewed.

C from the. xviij. daye of October, to the. xij.
day of December, increaseth grosse fleume, vse
therfore all bitter meates, sweete wynnes, latte
meate, and muche exercise.

Of Ages. Cap. 25.

Childre would be nourished with meates and drynkes, which are moderatly hot & moiste, notwithstanding Galene doeth prohibite theim vse of wyne, because it moisteth and heateth to muche the bodye, and filleth the heade of them, whiche are hottie and moist with vapours. Also he permitteth the ir hot wether to drinx clere water of y fountaine. Galen de tuen. sanck lib. i. A childe

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Oribasius
de rebus
plic.lib 1.

A child growing fast in his meches toward a man, so that he semeth well fedde in the body, is than to be scared of fulnesse of humours, and if it be perceiued, that he is replete, than muste be withdrawen and minished some part of that nutriment, and accordaninge vnto his age, some euacuation would be deuised, otherwhile by exer-cise, walking vp and downe fasting, and before that they eate any meate, let them exercise them selues with their owne labours: & do their owne accustomed busynesse, and eate the meates wherunto they be most vsed, so that it be suche that may not hurt them. And this nedeth them not to know of phisitions, but by experiance and diligent serche by their stoole, their noyses shall perceiue what digesteth well, & what doth not.

But if it apereth by excessiue feeding the bealy of the childe is fuller and greater than it was wont to be, and that which passeth by the bealy is corrupted, or his swete stinketh, these thinges knownen, if they eate stronge meates, geue them not one kinde of meat, but diuers, that the noueltie of the meate may helpe, that they may goe more easly to the stoole: For if any haue an unreasonable appetite, he is soner recovered, if he be purged by a boile or impostume comen forth and broken, before that the meate be corrupted, and after that lette him eate fine meates, & being ones whole, retourne by little and little vnto his olde custome.

Yong men, exceeding the age of. xiiiij. yeares, shall eate meate moare grosse of substance, colder and moister, also salades of colde herbes, and

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to drinke sedome wine, except it be alayd with water. Albeit, al these thinges must be tempred accordyng to their complexions, exercise and quietnes in living, wherof ye shal rede in their propne places hereafter. Old men, in whom natural heat & strenght semeth to decay, should vsse alway meates, whiche are of qualite hotte and moist, and therwithall easy to be digested, and absteyn utterly fro all meates & drynkes, whiche wil engendre thicke iuyce and slimy, semblably from wine, whiche is thick, sweete, and dark red wines, and rather vsse them, whiche wyll make thinne humours, and wil purge well the bloud by urine, therfore white or yelow wt wynes, and perhaunce frenche slaret wines are for the very comendable. Also wine prepared with pure hony clarified, wherin rootes of persly or fenell be steeped, spccially if they suspecte any thyng of the stone or goute. And if they moxe desyre to Paul. Aelencie their raines and bladder: than it is good gine.lib.r cap.23.

night therin a persely roote slyt, and somewhat bruised, and a little licorice. Finally, let them beware of all meates that will stoppe the pores, and make obstructions or opilations, that Opilacis to say, with clammy matter stoppe the plazys what &c where the naturall humours are wrought they are, and digested, the whiche meates I haue before sett in a tabule. But if it chaunce them, to eat any suche meate in abundaunce, lette them take shortly suche thinges, as doo resist opilations, & resolute them. As white pepper, bruised and myrtle

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mixt with their meates or drynkes, garlike also
or onions, if they abhorre them not. Alway re-
member that aged men shoulde eate often, & but
little at every tyme, for it fareth by theim, as it
doth by a lampe, the light wherof is almost ex-
tingue, whiche by pouing in of oyle little and
little, is long kepte burning: and with muche
oyle poured in at once, it is cleane put out. Also
they must forbeare all thinges whiche doo in-
gender melancholy, wherof ye shall reade in the
table before: and breade cleane without leauen,
is to them vnholsome.

Moderation in diet, having respecte to the
strength or weakenes of the person. Ca.26.

Nowe here it must be considered, that al-
though I haue writtē a general dict for
every age, yet neuerthelesse it must be re-
membred, that some chylldren & yong men,
either by debilitie of nature, or by some accide-
tall cause, as sicknes, or much study, happen to
gather humours fleumatike or melancholy in the
places of digestion, so that concoction or digestio
n is as weake in the, as in those which are aged.
Emblably some olde men finde nature so be-
neficiall vnto them, that their stomakes and ly-
uers are more strong to digeste then the sayed
yonge men, some perchaunce haue muche choler
remayning in them. In these cascs the sayed
yong men must vse the diete of olde menne, or
trig h vnto it, vntill the discrasy be remoued, ha-
ving alsoye respecte to their vniversall com-
plexions

plexions, as they whiche are naturally cholerike to vse hotte thinges in a moze temperance than they, whiche be flemmatike, or melancholy by nature. The same obseruation shalbe to olde men, sauing that age, of his owne propertie is colde and drye, thereforec the olde man, that is cholerike, shall haue more regard to moisture in meates than the younge man being of the same complexion. Foreseen alwaye, that where nature is offendid or greeued, she is cured by that, whiche is contrary to that, whiche offendeth or greueth, as cold by heate, heate by colde, drythe by moisture, moisture by dryth. In that wher-
Hippoc.
aphor.
 by nature should be nourished in a whole & temperate body, thinges must be taken, whiche are like to the mans nature in qualitie and degree. As wher one hath his body in a good temper, thinges of the same temperance doeth nourishe him. But where he is out of temper, in heate, colde, moisture or drythe, temperate meates or drinke nothing do profit him. For being out of the meane and perfitt temperature, nature requireth to be therto reduceth by contraries, remembryng not onely, that contraries are remedie vnto their contraries, but also in every contrary, consideration must be had of the proportion in quantitie.

Galen. in
commen.

Tymes in the day concerning
meales. Cap. 27.

BEsdes the times of the yeaſe, and ages, there be also other times of eatynge and drinking to be remembred, as the sondry time

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time

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times in the day, whiche we call meales, whiche are in nombre and distaunce, according to the temperature of the countrey and persone. As where the countrey is cold, and the person lusty, and of a strong nature, there may mo meales be vsed, or the leesse distaunce of time betwene them. Contrariwise in contrary countreys and personages, the cause is afore rehearsed, where I haue spoken of the diet of the times of the yere, notwithstanding here must be also consideracion of exercise and rest, whiche do augment or appeire the naturall disposition of bodies, as shalbe more declared hereafter in the chapter of exercise. But concerning the general vsage of countreys, and admitting the bodies to the perfect state of health, I suppose that in England yongemen, vntill they come to the age of. xl. ye-
res, may wel eate three meales in one day, as at breakfast, dynner, and supper, so that betweene breakfast and dynner, be the space of. viij. houres at the least, betwene dinner & supper. vi. houres, and the breakfast lesse than the dinner, & the dinner moderate, that is to iaye, lesse than facietie or suinnesse of beaþy, and the dynne thereunto measurable, according to the drynesse or moistnesse of the meate. For muche aboundinge of dynne at meale, oþer wþeth the meate eaten, and not onely letteth conuient concoction in the stomacke, but also causeth it to passe faster then nature requireþ, and therfore ingedþeth muche flume, and consequently reumes, and crydenes in the vcynes, devilitic and slippernesse of the stomacke, continuall fluxe, and manye other incon-

Inconueniences to the body and members.

But to returne to meales, I thinke breakestes necessary in this realme, as wel for þ can-
ses before rehersed, as also forasmuch as choler being feruent in the stomake, sendeth vp sumo-
sties vnto þ braine, & causeth head ache, & some
time becometh aduste, & smouldreth in the sto-
make, wherby hapneth perillous sicknes, & som-
time ladein death, if the heat inclosed in the sto-
make haue not other conuenient matter to work
on: this daily experience proueth, & natural rea-
son confirmeth. Therfore men & wome not aged,
hauing their stomakes cleane without putrified
matter, sleeping moderatly and soundly in the
night, and feeling them selfe lighte in the mor-
ning, and sweete breathed, let them on goddes
name breake their faste: Cholerike men with
grosse meate, men of other complexions with
lighter meate: forseen, that they labour some-
what before: semblably their dinner and supper,
as I haue before wrytten, so that they slepe not
incontinent after their meales. And here I wil
not recite the sentences of authořs, which had
neuer experiance of Englishe mens natures, or
of the iuste temperature of this realme of En-
glane, onely this counsell of Hippocrates shall Hippoc.
be sufficient. We ought to graunt somewhat to apho. 18.
tyme, to age, and to custome: notwithstanding, Li. i. Gal.
Wher great sweriness or dirth, greueth the bo-
dy, there ought the dinner to be the lesse, and the de tuenda
lenger distance betwene dinner and supper. Also sanitare.
muche reste, excepte a little soft walking, that
þy an hþright moving the meate beyng lyzed

G h

may

Brea-
fast.

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may descend. This is alway to be remembred, that where one feleth him selfe full, and greued with his dinner, or the sauour of his meat by ex-
eructatio ascendeth, or that his stomake is weak
by late sickenesse or much study, than it is most
conuenient to abysteine from supper, and rather
prouoke him selfe to sleape muche, than to eate
or drincke any thing. Also to drinke betweene
meales, is not laudable, except very great thirst
constraineth: for it interrupteth the office of the
stomacke in concoction, and causeth the meat to
passe faster than it shold do, and the drincke be-
ing cold, it rebuketh natuall heate that is wor-
king, and the meate remaining rawe, it corrup-
teth digestion, and maketh crudinesse in the
veines. Whertoze he that is thirsty, let him co-
sider the occasion. If it be of salt fleume, let him
walke fayre and softly, and onely wasshe his
mouthe, and his throte with barley water, or
small ale, or lye downe and sleepe a little, and
so the thirste wyll passe awaie, or at the least be
well asswaged. If it happen by extreme heat of
theaire, or by a pure choler, or eating of hotte
spices, let him drinke a little Iulcp made with
cleane water and sugar, or a little small biere
or ale, so that he drinke not a great glutte, but in
a little quantitie, let it stiil downe softly into
his stomake, as he sitteh, and than let him not
move sodeinly. If the thirst bee in the euening
by eatinge to muche, and dynking of wyne,
than after the opinion of the best learned phis-
cions, and as I my self haue osten experienced,
the besl remedic is, if there be no feuer, to drinke
a good

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a good draught of cold water immediatlye, or
els if it be not painfull for him to vomit, to pro-
uoke him thereto with a littel swarme water, &
after to wash his mouth with vinegar and wa-
ter, and so to sleape long and soundly, if hee can.
And if in þ morning hee seele any fumosities ri-
sing, than to drinke Julep of violettes, or for
lacke therof, a good draught of very smal ale or
biere somewhat warmed, without eating anye
thing after it.

Of diversities of meates eaten, wherby
health is appayred.

Cap. 28.

Now let this be a general rule, that sondrye meates, being diuers in substance
and qualite, eaten at one meale, is the
greatest ennemy to health that may be, &
that engendreth most sicknesse, for some mea-
tes being grosse and harde to digest, some fine &
easye to digest, do require diuers operations of
nature, & diuers temperatures of the stomake,
that is to say much heate and temperate heate,
which may not be together at one time.

Therefore when the fine meate is sufficientlye
boyled in the stomake, the grosse meate is raw,
soe both iuices, the one good & perfitt, the other
grosse and crude, at one time digested, and sente
into the bernes & body, needes must health de-
cay, and sicknesse be ingedred. Likewise in di-
uers meates being of diuers qualities, as wher
some are hot and moyst, some colde and moyste,

G.ij. some

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Some hot and drye, some colde and drye, accordyng thereto shall the iuice be diuers, whiche they make in the body. And like as betwene the said qualities is contrariety, so therby shal bee in the body an bnequal temperature, forasmuch as it is not possible for man to esteeme so iuste a proporcio of the qualities of þ, whiche he receiuesth, that thone shal not excede thoþher in quantity. Wherfoze of the said bnequall mixture, nedes muste ensue corruption, and consequentie sicknesse. And therfoze to a hole mā, it wer better, to feede at one meale competently on verye grosse meat only, so þ it be sweete, and his nature do not abhorre it, than on diuers fine meates, of sondry substance and qualityes. I haue knownen and seene old menne and olde women, whiche eating only biefe, baken, cheese or curds, haue continued in good healthe, whom I haue proued, þ when they haue eaten sondry fine meates at one meale, haue sone after left them selfe greeued with frettings and head ache, and after that they haue bene hole againe, ther hath beeene geeuen to them one kind of lighte meate, they haue done as wel therwith, as they were wont to do with grosse meates, whan they eate it alone, whiche proueth to be true that whiche I haue rehersed. And it is good reason, for after the general opinion of Philosophers & Phisitions, the nature of mankinde is beste content with thinges most simple and bnmixt, al thinnges tending to bunitye, wherin is the only perfection. Also it is a general rule of Phisicke þ wheresoever a sicknes maye be cured with simples, that

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that is to say, with one only thing þ is tieable, there shold the phisition geue no compound medicine mixt with many thinges.

These thinges considered, it maye seeme to all men, þ haue reason, what abuse is here in this Realme in þ continual gourmandise and daily feeding on sondry meates at one meale the spirit of gluttony triumphinge amonge vs in his glorious chariot called welfare, druyng vs afore him, as his pyloners, into his dungeon of surfeit, wher we are tormented with catarres, feuers, goutes, pleuresies, freeting of the guttes and many other sickenesse, and finally cruelly put to death by them, oftentimes in youth, or in the most pleasant time of our life, whā we would most gladly liue. For þ remedy whersof how many tynes haue there bene deuised ordinaunces and actes of counsaile although per chance bodily health was not the chiefe occasson thereof, but rather prouision against vayne and sumptuous expences of the meane people. For þ nobility was exempted, and had libertye to abide still in the dungeon, if they would, and to liue lesse while than other men: But whan, where, and how long were the said good deuises put in due execution, for al þ therof shoulde succede double profit, that is to saye, healthe of body, and increase of substance, by eschewinge of superfluous expenses in sondry dishes: Alas how long wil men fantasy lawes and good ordinances, and never determine them. Fantasy procedeth of witte, determination of wise some witte is in the deuisinge and speakeinge,

Gluttonie.

G.ith, bus

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but wisedome is in the perfourmance, whiche resteth onlye in execution. Here I haue almost forgotten, that my purpose was to wryte of þ order of diete, and not of lawes: but the seruent loue that I haue to the publique weale of my countrey, constrained me to digresse, somewhat from my matter: but now wil I procede forth to wryte of order, whiche in taking of meates & drynkes, is not the least part of diete.

Of order in receyuing of meate
and drinke. Cap.29.

HErbes as wel sodden, as vnsodden, also fruities, whiche do mollifye and loose the bellye, oughte to be eaten before any other meate, except that sometime for the repressing of fumosities, rysing in the heade by much drynking of wyne, raw lettysse, or a cold appull, or the iuice of Drenches or lymons may be taken after meales in a litle quantity. More ouer all brothes, milke, rere egges, and meates whiche are purposelye taken to make the bellye soluble, would first be eaten. Al fruities and other meates that are stiptike or binding, would be eaten last after all other. Fruites confectionate specially with hony, are not to be eaten wþ other meates. But here is to be diligently noted, that where the stomacke is cholerick and strong, grosse meates would be first eate, wher the stomake is cold or weake, there would fine meates be first eaten: for in a hot stomacke, fine meates are bourned, while the grosse meate is digesting,

digesting. Contrarywise in a cold stomake, the little heate is suffocate with grosse meat, and þ fine meate left raw, for lacke of concoctiō, wher if the fine meate be first taken moderatly it stirreth vp and comforteth naturall heate, and maketh it moze able to concoct grosse meats if they be eatē afterward: so that it be but in smal quātitye: notwithstanding, as I late affirmed, one maner of meate is most sure to every complexiō, foreseen that it be alwaye most commonlye in conformitie of qualties, with the person þ eateth. Moreouer take heed þ slipper meats be not first eaten, lest it draw with it to hastilye other meates, ere they be digested, nor that stip-
tis or restrayning meates, be taken at the begin-
ning as quinces, peares, and medlars, lest they
may let other meats .that they dissend not into
the bottome of the stomacke, wher they should
be digested, notwithstanding the confection made
þ the iuice of quinces, caled Diacytonites takē
two houres aloze dinner or supper, is comended
of Galen and other for restoringe appetite, and
making good concoctiō. Also concerning drinck
at meales, it wold not be afore that somwhat Drincke
wer eaten. And at the beginning þ drinck wold
be strongest, and so toward þ end more smal, if
it be ale or biere, & if it be wyne more & more a-
laied w Water. And after the better opinion of
Phisitions, the drinck wold rather be mixt w þ
meat by sondrye little draughtes, than with one
great draught at thend of the meale, for the mix-
ture tempreth wel the meat without aniiance,
a great draught with much drinck, drosweth þ
meate,

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meate, rebuketh naturall heate that than woz-
keth in concoctiō, and with his waight drineth
downe the meate to hastily: Hot wynes and
sweete, or confectioned with splices, or verye
strōg ale or biere are not conuenient at meales;
for the meate is by them rather corrupted than
digested, and they make hotte and stinking va-
pours ascend vp to the braynes. Albeit if the
Stomacke be very windy, or so cold and feble
it cannot concoct such a quantitye of meate, as
is requyzed to the sufficient nourishment of the
body of him that eateth, or hath eaten raw her-
bes or fruities, whereby he feeleth some annoy-
ance, than may he drinke last incontinent after
his meale, a little quātity of secke, or good aqua-
uity in small ale, but if he haue muhe choler in
his stomacke, or a head full of vapours, it wer
much better, that he did neither drinke the one,
nor the other, but rather eate a little colander
seede prepared, or a piece of a quince rosted, or
in a marmelade, & astrr rest, to amend the lacke
of nature with slepe, moderate exercise, and plat-
ters prouided for comforting of the stomacke.
And here wil I leaue to writte any more of the
diete in eatinge and drinkinge, sauinge that I
would, that the readers should haue in remem-
brance these two counsailes. First, that to an

Cornel. hole man, to p̄ccise a rule is not conueniente in-
Cel. li. i. diete, and that the diseases, which do happen by
Cap. i. i- to much abſtinence, are worse to be cured, then
dem.ca.2. they which come by repletion. And Cornelius
Celsus saith, A man that is hole & wel at ease,
and is at his libertye, ought not to bind himself

to rules or neede a p̄fisition: but yet wherethe stomacke is feeble, as is of the more part of C̄tizens, and wel nigh al they that be studious in larning or waighty assayres, there ought to be more circumspection, þ the meate may be such as þ either in quality or quantity, nature being but feeble, be not rebuked or to much oppresed.

Of sleepe and vwatche Cap.30.

The commodity of moderate sleepe apperaseth by this, that naturall heate, whiche is occupied about þ matter, wheroft procedeth noxismēt, is cōforted in the places of digestion, and so digestiō is made better, or more perfit by sleepe, the body fatter, the mide more quiet and clere, the humours temperate: & by much vwatche all thinges happen contrarye. The moderatiō of sleepe must be measured by health and sicknes, by age, by time, by emptiness or fulnesse of the body, and by naturall cōplexions. First to a hole mā, hauing no debilitie of nature, and digesting perfectly the meatē that he eateth, a little sleepe is sufficient: but to them whiche haue weake stomackes, and do digest slowly, it requyret, that sleepe be muche lenger: scimblable temperaunce is requyred in youth and age, winter and Sommer. The bo- dy beinge full of ill humours very little sleepe, is sufficient, except the humoṛs be crude or rawer than is sleepe necessary, which digesteth the better than labour. Scimblably, wher the body is long empty, by longe sickenes or abstinence, sleepe cōforteth nature, as wel in the principal membreſ

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membris, as in all the other. Also regarde must be had to the complexion, for they that are hotte and do eate little, and digest quickly, a little slepe serueth specially to cholericke personnes, for in them much sleape argmenteth heate, more than is necessary, wherby hot fumes and inflammations are often ingendred, and sometime the naturall choler is aduste or putrifyed, as experiance teacheth. Sleumatike persons are naturally inclined to slepe: and because they ingeder much humors, they require more slepe than sanguine or cholericke. Persons hauing natural melancoly, not proceding of choler adust, do requie very much sleape, which in them comforteth the powers animall, vitall, and naturall, which ye may finde wrytē in the tables proceeding. Sleape would be taken not immediatlye after meales, and before that the meate is discended frō the mouth of the stomacke. For therby is ingendred paynes and noyse in the belye, & digestion corrupted, & the sleape by ill vapours ascending, made vnquiete and troublous: more ouer immoderate sleape maketh the body apte vnto palseis, apoplexis, falling sicknes, reumes and impostumes. Also it maketh the wittes dul, and the body slow and vnapt to honest exercise. Semblably immoderat watch dryeth to much the body, and doth debilitate the powers animal, letteth digestion, and maketh the body apt to consumptions. Wherefore in these two shinges, as well as all other, a diligentē temperance is to be vsed, the moderatio is best cōrected (for it is hard perfectly to know it) by sensiz

sensible lightnes of all the body, specially of the brayne, the browes, and the eyes, the passage downe of the meate from the stomacke, the will to make vaine, and to go to the stooie, contrarywyse, heuines in the body & eyes, and saour of the meate before eaten, signifith that the sleape was not sufficient. They that are whole must slepe first on y right side, because the meate may approche to the liuer, which is to the stomacke, as fire vnder the potte, and by him is digested. To them, which haue feeble digestio, it is good to slepe prostrate on their bellies, or to haue their bare hand on their stomakes. Lying vp-right on the back, it is to be utterly abhorred.

The commoditie of exercise, and the tyme
whan it shold be vsed. Cap. 31.

Every meuing is not an exercise but onely that whiche is vehement, y end wherof, is alteration of the breath or wind of a man. Of exercise do procede two commodities, euacuatio of excrementes, & also good habite of the body: for exercise being a vehement motion, thereof needes muste ensue hardenesse of the members, whereby labour shall the lesse grewe, and the body be the more strong to labour. Also therof cometh augmentation of heate, wherby happeneth the more attraction of thinges to be digested, also more quicke alteration, and better nourishing. Moreouer, that all and synguler partes of the bodye, bee therewith somewhat humected. Wherby it happeneth, that thinges

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thinges hard e be mollified , moiste thinges are extenuate , and the pores of the bodie are more opened . And by the violence of the breathe or wynde , the pores are clensed , and the sylthe in the body naturally expelled . This thing is so necessary to the p[re]seruatiō of heith , that with out it , no man may be long without sicknesse , whiche is affirmed by Cornelius Celsus , say-

Cor. Cel. ing , that sluggishnes dulleth the body , labour doeth strength it , the first bringeth the incommodities of age shortly , the laste maketh a man long time lusty . Not withstanding in exercise ought to be fourē thinges diligently consydered , that is to saye : the tyme , the thinges precedding , the qualitie , and the quantitie of exercise . **F**irst as cōcerning the time conuenient for exercise , that it be not whan there is in the stomacke or bowelles greate quantitie of meate , not sufficiently digested , or of humors crude or rawe , least therby perill mought infue by conveyaunce of them into all the members , before those meates or humours be concocte or boiled sufficiently . Galene sayth , that the time moste conuenient for exercise is , whan bothe the firste and seconde digestion is complete , as well in the stomake , as in the veines , and that the time approacheth to eate eststones . For if ye doo exercise sooner or later , ye shall either fill the bodie with crude humours or els augmet yelow choleric . The knowledge of this time is perceiued by the colour of the vrine , for whiche resembleth vnto clere water , betokeneth that yuyce which commeth from the stomacke , is crude in the

**Lih. 2. De
tuenda sa-
nitate.**

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the beynes : that whiche is well coloured, not to highe or base, betokeneth that the seconde digestion is now perfect : where the colour is veray high or red : it signifieth that the concoction is more than sufficient. Wherefore whan the vaine appereth in a temperate colour, not redde nor pale, but as it were gilte, than shoud exercise haue his beginning.

Of Fricasies or rubbings preceding exercise. Cap. 32.

A touching things preceding exercise, as muche as it is to be feared, lest by vehement exercise any of the excremente s of the belly or bladder should hastein be receyued into the habite of the body, by the violence of heat, kindled by exercise, also lest some thing which is hole, be by heuiness of excremente s or violent motion, broken or pulled out of his place, or that the excremente s, by violence of the breathe, shoud stoppe the pore s or funduites of the body, it shalbe necessary lyttle and little, by chafyng the bodye, syrst to mollifie the partes consolidate, and to extenuate or make thinne humours, and to loose and open the pores, and than shall insue to him that exerciseth, no perill of obstruction or rupture. And to bring that to passe, it shall be expediente after that the body is clenched, to rubbe the body with a course linnen clothe, first softly and easly, and after to increase more and more, to a hard

Galenus.
Paulus.
Oribasius
Actius.

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harde and swift rubbing, vntill the fleshe doo
 swell, and be somewhat ruddy, & that not only
 downe right, but also ouerthwart and rounde:
 Soeie do vse fricasses in this forme, in the mor-
 ning, after that they haue ben at the stoole, with
 their shirt sliues oþ bare hand, if their fleshe be
 tender, they do first softly, and afterward faster
 rubbe their breste and sydes downewarde, and
 ouerthwart, not touching their stomake oþ bea-
 ly, and after cause their scruaunt semblably to
 rubbe ouerthwart their shulders, and backe,
 and beginning at their neckbone , and not tou-
 ching the raynes of their backe, except they deo-
 feele there much cold & winde , and afterwards
 their legges fro the knees to þ ancle : last their
 armes from the elbow, to the hand west. And
 in this forme of fricasie I my self haue founden
 an excellent comoditie. Old men oþ they which
 haue very drye in their bodies, if they put to some
 sweete oyles, ag Yrinum, Nardinum, Chamelinum,
 oþ other like, mixte with a little sweete oyle of
 Roses, I suppose they do wel. I will not here
 speake of oynimentes vsed in olde time among
 the Romaines and Greckes, in fricasses oþ rub-
 binges. For I suppose , that they were never
 here vsed, and in the sayde places , they be also
 left, onles it be in palseies, oþ apoplexies , oþ a-
 gainst the rigour, whiche hapneth in feuers on-
 ly. I wil remember the saying of Hippocrates.
 Fricase hath power to loose, to bynde , to in-
 crease fleshe, and to minishe it. For harde frica-
 ses doo bynde oþ consolidate, softe rubbynge
 doth loose oþ molifie, muche doo minishe flesh,
 meane

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meanes rubbing doth augment or increase it.
He that will knowe more abundantly hereof,
let him reade the booke of Galen of the preser-
uacio of health, callcd in latine De tuenda sanitate,
translated most trulye and eloquentlye, out of
Grecke into latine, by doctour Lynacre, late
Phisition of most worthy memory to our soue-
raigne lord king Henry the eight.

The same matter is written more brefelye of
Paulus Aegneta, Dribasius, Petius, & some
other late writters, but unto Galen not to be
compared.

The diuersities of exercises. Cap. 33.

The quality of exercise, is the diuersities
therof, forasmuch as therin be many dif-
ferences in mouinge, also some exercise
moueth more one part of the body, some
an other. In difference of mouing some is slow
or soft, some is swift or fast, some is stronge or
violent, some be mixt with strength and swifte-
nes. Strong or violent exercises be these, deliv-
ing (specially in tough clay and heat) bearing
or suspeyning of heauy burdes, climminge or
Walking against a stiepe bynight hill, holdinge
a rope, and climbing up therby, hanging by
handes on anye thing aboue a mannes reache,
that his feete touche not the ground: standinge
and holding up, or spreadinge the armes, wyth
the handes fast cloased, and abyding so a longe
tyme. Also to holde the armes stedfast, cau-
inge an other manne, to assayre, to pull theyng

H.

out,

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out, and notwithstandinge he keepeth his arme stedfast, inforsing thereto the synewes & muscules. Rastling also with the armes and legges: if the persons be equall in strength, it doth exercise the one and the other: if the one be stronger, than is it to the weaker a more violente exercise. All these kindes of exercises, and other like them, do augmente strength, and thereforee they serue onlye for yonge men, whiche be inclined, or be apt to the warres. Swift exercise withoute violence is, runninge playng with weapons, tenniſe, or throwing of the ball, trottinge a space of grounde forwarde and backeward, going on the toces, and holdinge vppe the handes. Also stirring vppe and downe his armes, without plummlettes. Ichement exercise is compounde of violente exercise, and swifte, whan they are ioynd together at one time, as daunsinge of galyardes, thowinge of the ball, and running after it: footeball playe maye be in the number therof, thowinge of the long darte, and continuing it many times, running in harness, and other like. The moderate exercise is long walkinge or goinge a journey.

The partes of the bodye haue sondryse exercises appropried vnto them, as runninge and goinge is the most proper for the legges. Mouing of y armes vp and downe, of stretchinge them oute, and playng with weapons, seruch most for the armes and shoulders, stowpinge and ryſinge of entimes, as liftinge greate waigtes, taking vp plummlettes or other like poyses on the endes of staves, and in likewyſe listinge vp
in

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In enerþe hānde a speare or morispike by the endes speciallye crossinge the handes, and to laye them downe againe in their places: these do exercise the backe and loynes. Of the bulke and lunges the proper exercise is mouinge of the breath in singinge or crying. The entrayles, which be vnderneath the middresse, be exercised by blowinge, eyther by constrainte, or playinge on shalmes or sackbottes, or other like instrumentes which do requyre mucche winde.

The muscules are best exercised by holdinge the breath in a long time, so that he, which doth exercise, hath wel digested his meate, and is not troubled with much winde in his body.

Finallye loude readinge, counterfaite battaille, tenyse, or throwing the ball, running, walking, adde to shooting, which in mine opinion excede all the other, do exercise the body commodously. Alwaye remember, that the ende of violent exercise is, difficulty in fetching of breath. Of moderate exercise, alteration of breath onely, or the beginning of sweate.

Moreover in Winter, running and wazellinge is conueniente. In Sommer wazellinge a little, but not running. In verye colde weather, mucche walkinge, in hotte weather, rest is more expedient. They whiche seeme to haue moyste bodyes, and lyue in idlenesse, they haue neede of violente exercise. They whiche are leane and cholericke, muste walke softlye, and exercise themselues verye temperatelye. The Plummettes, called of Galene Altercs, whiche are nowe mucche vsed wþt great

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H.y.

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great men, beinge of equall weighte, and according to the strength of hym, that exerciseth, are very good to be vsed fasting, a little before breake fast or dinner, holding in euery hand one plummet, and liftinge them downe with mucche violence, and so he maye make the exercise violent, or moderate, after the poyse of the plummettes, heavier or lighter, and with much or little labou ring with them.

Of gestacion , that is to saye, vwhere one is carried, and is of an other thinge moued and not of himselfe. Cap, 34.

Paul. egi.

Actius.

There is also an other kinde of exercise, which is called Gestacion, and is mixte with mouing and rest. Forasmuch as the bodi sitting or lying seemeth to rest, and notwithstandinge it is moued by þ, which beareth it, as lying in a bed, hanging by coards or chaynes, or in a cradell, sittinge in a chayre, whiche is carryed on mennes shoulders wþt staues, as was the vse of þ ancient Romaines, or sitting in a boate or barge, which is rowed, ryding on a horse, which atumbleth very easilly, or goeth a very soft pace. The bedde, cradell, and chayre carryed, serueth for them that are in long and continual sicknesse, or be lately recovered of a feuer. Also them whiche haue the frensie or litharge, or haue a light tertiane feuer, or a cotidiane. This exercise sweetely asswageth troubles of the minde, and prouoketh sleepe,

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stepe, as it appeareth in children, whiche are rocked. Also it is conuenient for them, whiche haue the palsey, the stone, or the goute. Gestacion in a chariot or wagon hath in it a shakinge of the body, but some behement, and some moze softe, the soft serueth in diseases of the head, & where any matter renneth down into the stomake and entralles. But the behement shakinge is to be vsed in the grieses of the breast and stomake. Also in swellinge of the bodye and legges in dropsyes, palsyes, migrimes, and scotomyes, whiche is an imaginacion of darcknesse & beinge retourned at the end of his tourney, he must sit vp, and be easilly moued. I haue knownen sayth Petius, many persons in such wise cured without any other helpe. Nauigation or rowyng nigh to the lande, in a calme water, is expediet for them that haue dropsies, lepries, palseys, called of the bulgar people, takinges, and fransies: To be caried on a roughe water, it is a violente exercise, and induceth sondrye affections of the minde, somtime feare, sometime hope, now co-ward hart, now hardines, one while pleasure, an other while displeasure. These exercises, if they be wel tempered, they may put oute of the body all long during sicknesses. For that whiche is mixt with rest and meauing, if any thing els may, it most excellently causeth the body to be well nourished. Celsus doth prohibite Gestacion, where the bodye feeleth paine, and in the beginning of fevers, but whan they cease, he alloweth it. Rydinge moderatelye and withoute griefe, dothe corroborate the spirite and bodye

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aboue

Celsus. 2.

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aboue other excrcises, specially the stomacke, it clenseth the sences, & maketh them more quicke: Albeit to the brest it is very noyful. It ought to be remembred, that as well this, as all other kindes of exercise would be vsed in a hole countrey, and where the ayre is pure and vncorrupte. For seene, that he y wil exercise, do go first to the stoole, for the causes rehearsed in the last Chapter.

Of vociferation. Cap.15.

The chiche exercise of the brest & instruments of the voice, is vociferation, whereto is the property that it purgeth natural heat, and maketh it also subtill and stable, and maketh the membris of the body substantiall and strong, resisting diseases. This exercise would be vsed, of personnes shorte winded, and them which cannot fetche their breath, but holdinge their necke streighte vp righte. Also of them, whose fleshe is consumed, speciallye aboue the brest and shoulders. Also which haue had a pollhumers broke in their brestes: moreouer of them that are hoarce by the much moisture, and to them which haue quartaine feuers, it is conueniente: it looseth the humour that sticketh in the brest, and dryeth vp the moistnes of y stomacke, whch properly the course of the quartaine is wont to bringe with hym, it also profiteth hem which haue feble stoniaks, or do vomit continually, or do breake vp sowenes out of the stomacke. It is good also for grieses of the

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the head. He that intendeth to attempt this exercise, after that he hath bcene at the stoole, and softly rubbed the lower parts, and washed his handes, let him speake with as base a voice as he can, and walking begin to singe lowder and lowder, but still in a base voice, and to take no heede of sweete tunes or armony, For that nothing doth profite vnto health of the body, but to inforce himselfe to singe greate, soz thereby much ayre draawē in by fetching of breath, thru-
steth forth the breast and stomacke, and openeth and enlargeth the poores. By high crying and lowde readinge, are expelled superfluous humours. Therefore men & women, hauing their bodyes feeble, and their fleshe loose, and not firme, muste reade oftentimes lowde, and in a base voyce, extending oute the windē pype, and other passages of the breath. But not with standing this exercise is not vsed alwaye, and of all persons. For they in whom is abundance of humours corrupted, or be much diseased & crudite in the stomacke and veines, those do I counsele to abstaine from the exercise of the voyce, leaste mucche corrupted iuice or vapours, maye therby be into all the body distributed.

And here I conclude to speke of exercises whiche of them that desire to remaine long in hea'th, is most diligently, and as I might saye, moste scrupulously to be obserued.

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The

THE THIRDE BOOKE.

Of Replecion. Cap. primo.



Eplecion is a superfluous abundance of humours in the bodye: and that is in two maner of wise, that is to saye in quantitye, and in qualitye. In quantitye as where all the fourre humours are moze in abundance, than bee equall in proportion to the bodye, that containeth them, or where one humour much exceedeth the remaunt in quantity. In qualitye, as where the bloude, or other humour, is hotter, or colder; thicker or thinner, than is conuenient unto the body. First where all the humours, being superfluously increased, filleth and extendeth the receptoires of the body, as the stomake, the veines, and bowells, and is most properlye called fulnesse, in Greeke Pletora, in latin Plenitudo. The other is where the body is infarced, either with choler, yellow or blacke; or with fleame, or with wairy humours, & is properly called in greeke Eccechymia, in latyn viscosus succus. in English it may be called corrupte iutce. I wil not here write the subtil and abundant definitions and descriptions of Galen in his booke de Plenitude, and in his commentaryes upon the Physio-

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phorissines of Hippocrates. For it shal here suffice, to shewe the operations of replecion, good or ill, remitting them, which be curious, and desire a moze ample declaration, to the moste excellent workes of Galen, where he may be satisfied, if he be not determined to repugne against reason. Hippocrates sayth, where meate is received much aboue nature, that maketh sicknes. Galen declaringe that place sayth: moze meate than accordeth with natures measure, is natura plus, med replecion. And afterward he expoundeth ingestus, that wood aboue nature, to signifie to muche and superfluouslye, as whoe sayth, where ths meate is superfluouslye taken, it maketh sickenesse. For meate but a little exceedinge tempe
tance, maye not forthwith make sickenesse, but may yet keepe the bodye within the latitude or boundes of health, for the meate that shal make sickenes, muste not a little exceede the exquisite measure. The incommoditie, which happeneth therby is, that moistnesse is to muche extended, and natural heate is debilitate. Also natural heate resolueth somewhat of the superfluous meate and drinke. And of that, which is resolved of meate vndigested, proceedeth fumositye grosse and vndigested, which ascending vp into the head, and touching the ryne, wherein the brayne is wrapped, causeth heade ache, trembling of the members, dulkyness of the sight; and many other sicknesses, also by the sharpnes thereof, it pricketh and annoyeth the synewes, which make sensibilitye, the rootes of whom, are in the braine, & from thens passeth through all

li.2.aph.
Apho.15.
Vbi cibus
præter na
turā plus,
est,hic
morbū
facit.

Galen in
commen.
loco præ
dicto.

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all the body. finally, the said fumositie ingested
died of replecion, pearcing the innermost parte
of the saide fnewes called sensible, greuously
annoyeth the powet animall, there consisting,
by þ occasion wherof, vnderstandinge and rea-
son, as to the vse of them, are let and troubled.
And also the tongue whiche is reasons exposi-
tor, is deprived of his office, as it appeareth in
them which are dronke, and them whiche haue
grecuous paynes in their head, proceedings of
replecion. Signes of replecion be these, losse
of appetite, delite in nothig, slouthfulnes, dul-
ness of the wit and sences, moxe sleape thanne
was accustomed to be, crampes in the bodi, stir-
ring or salcion of the membres, fulnes of þ bey-
nes, and thickenesse of the pulses, horour or
shroueling of the body mixt with heate. The
remedies are abstinence and all euacuacions,
whereof I will make mencion in the nexte
Chapter.

Of Euacuation. Cap. 2.

The meates and drinckes receyued into þ
bodye : if the stomake and liuer do theyr
natural office, be altered by concoction &
digestion, in such wise, that the best part
therof goeth in the nourishmente of the bodye:
the worste beinge seperate by the members of-
ficiall, from the residue, are made excrements in
sondrye fourmes and substances, whiche are
like in qualitye to the naturall humour, whiche
than reigneth most in the body.

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These excrementes bee none other, but matter superfluous, and vnsaucry, which by naturall powers maye not bee conuerted into fleshe, but remayning in the body, corrrpote the members, and therfore nature abhorringe them, desireth to haue theim expelled. These excrementes be thre in nomber, ordure, vrine, humour superfluous. Whoreover there be two sortes of ordure, that is to say, one digested, which passeth by siege, the other vndigested, whiche is expelled by vomit. Where I saye digested, I meane that it is passed the stomacke, and tourned into an other figure. Likewise I cal that vndigested, which stil reteyneth the figure of meate. Uryne is the watrye substance of the bloudz, Urine. like as whaye is of milke, which out of þ meat that is altered and concoct or boyled in the stomacke, is strayned in the veynes called Miseraice, which procedeth from the holowe part of the lyuer, and sent by the raynes into the bladder, passeth by the instrument, the which is ordayne as wel to þ purpose, as for generation. Humor superfluous is in thre sortes, either superfluous mixt with any of the four humours, called natural, or els it is gathered into the braine, or it is betweene the skinnes and the fleshe, or lyeth among the synewes, Muscules, or toynts. Of humours some are moze grosse and colde, some are subtil and hot, and are called vapours. Now for to expell the said excrementes, are ix. sondrye kindes of euacuation, that is to saye, abstinence, vomit, purgation by siege, letting of bloud, scarifyinge called cuppinge, sweatinge

prouo-

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pronocation of vaine, spitting, bleedinge at the nose, or by hemozoides. And in women their naturall purgations. Of these euacuations I will brieslye declare, Wyth the commodities, which by the discrete vse of them do happen vnto the body.

Of abstinence. Cap.3.

Cor. cel.

lib.2.

Hippo. a-
phor. li.7.

Conside-
rations
in absti-
nience.

Aph. li. 1.

Gal. in
cōment.

Abstinence is a forbearing to receyue any meate or drinke. For if it be but in part, it is than called rather temperance than abstinence. It ought to be vsed on ly after repiccion, as the proper remedy therefor. And than if it be moderate, it consumeth superfluities, and in consuming them, it clarifyeth the humours, maketh the body fayre coloured, and not only keepeþ out sicknes, but also wher sicknes is entred, nothing more helþeth if it be vsed in sead. To them, which haue very moist bodyes, hunger is righte expediente, for it maketh them more drye: notwithstandinge there ought to be considerations, in the meate before eaten, in the age of the person, in the time of the yare, and in custome. First in the meate before eaten, if it be much in excesse or verye grosse, or not much exceeding, or light of digestion, and accordinge thereunto, woulde abstaine more or lesse be proportioned. Concerninge age: Hippocrates sayth, olde men may sustaine fastinge easly: next vnto them, men of middle age, yong men maye worse beare it, childdren worst of all, speciall yc they that bee lustye: notwithstandinge here Galen correcteth Hippocra. saying: he shold haue excepted men very olde, who, as expes

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experience declareth, must eate often and little. As touchinge time it musse be remembred, that in winter and spring time, the stomakes be naturallye very hot, and siepe is longe, and therfore in that time meates would be more abundant, and although much be eaten, it wil be sooner digested. Wherfore abstinence would not be thā so much as in Sommer, al be it to abstine much in Sommer, except it be after repiccion.

Damascene sayth, it dryeth the body, it maketh the colour saio w. it engendreth melancholy, and Damascene hurteh the sight. Moreouer, custome may not be forgotten, for they whiche are vsed from child hood, to eate sondry meales in the day, would rather be reduced to fewer meales, and little meate, than to be compelled to abstine utterly, to the intente that nature, whiche made by custome, be not rebuked, and the powr digestive therby debilitate. And note wel, þ by to much abstinence, the moisture of the body is withdrawen: and consequently the body dryeth, and waxeth leane, naturall heate, by withdrawing of moisture is to much incended, & not findinge humour to worke in, turneth his violence to þ radical or substancial moisture of the body, and exhausting that humour, bringeth the body into a consumption. Wherfore Hippo. sayth, that to scarce and exquisite an order in meate and drinke, is for the more parte more daungerous than that, which is more abundant. Contrariwise moderation in abstinence, according to þ saide consideracions, is to healthe a sure bals Marke.

Apho.
lib. 2.

¶

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Of Vomite. Cap.4.

Actius.
lib.1.

The meate or drinke superfluous, or corrupted in the stomak, is best expelled by vomit, if it be not vey greeuous to him which is diseasedd. Also the moderate vsse of it purgeth fleame, lighteth the head, causeth þ the excesse of meates or drynkes, shall not annoye or bring sickenesse. Moreouer it amendeth the affectes of the raynes, bladder, and the foudrement. It also helpeth against lepries, cakers, goutes, dropsies, & also divers sicknesse proceeding of the stomake. Soz if any griefe happeneth of the heade, vomit is than uncommodious. It is better in winter thā in Sommer. Also good for them, which are replete, or very cholerike, if they haue not well digestid, but it is ill for them that be leane, or haue weake stomakes. And therefore where one feeleth bitter vapours rysing out of his stomacke, wþtch griefe and weightinesse, in the ouer partes of his boþdye, let him runne forthwith to this remedye. It is also good for him þ is hart burned, & hath muche spittle, or his stomacke wambleth, and soz him that remoueth into sondrye places.

Cor.cel.
lib.1.

Yet I counsaille sayth Celsus, him that wil be in health, and would not beso lone aged, that he vsse not this dailye. And I my selfe haue known men, which daily vsing it, haue broughte therby their stomaks into such custom, þ what soever they did eate, they could not long retaine it, wherby they shorthen their lives. Wherfore it would not be vsed, but onely wþ her great surset,

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set, or abundāce of fleame do requyze it. He that will vomit after meate, let him drincke sondrye drynkes mixte together, and laste of all, warme water: or if that be to easye, let him mixe therewith salt or hony. If he wil vomit fasting, let him drincke water and honye sodden together, or I slope with it, or eate of a radishe roote, and drincke warm water vpon it. Also water wher in radishe is boyled, & afterwarde prouoke hym selfe to it. Them that wil haue more violent purgacions, I remit to Phisicions learned.

But yet I doe eftsones warne them, þ therein they be cyrcumspēct, and do not much vse it.

Mozeouer in vomits, þ matter brought forth, would be considered, accordinge to the rules of Hippocrates, in his second book: of pronostications, þ is to say, if it be mixte with fleame & Hippo- choler, it is most profitable, if it be not in verye prædag. greate quantity, nor thicke, the lessc mixture it hath, the worse it is. If it be grene like to leekē blades thinne or blacke, it is to be iudged ill.

If it haue all colours, it is extreme perillous. If it be leady coloured, & sauoureth horriblye, it signifieth a shōrt abolicion, or dissolucion of nature. For as Galen affirmeth there in his comment, such maner of vomit declareth corruption with extincting of nature. Also every pu-

trified and stinking sauour in vomit is ill. These things be right necessary to be looked for wher one doth vomit withoute anye difficulte: but to enforce one to vomit, which canot, is very odious and to be abhozred.

Hippo.
2.cap.7.Galen de
locis af-
fectis.
lib. I.

¶f

THE THIRDE
Of purgacions by siege. Cap. 5.

Cel. li. r.
Actius.
Lib. 3.

If the head be heauy, or the eyen dimme, or if there be peyne felte of the colike, or in the lower part of the bellie, or in the hippes, or some cholericke matter or sleame in the stomacke. Also if the breath be hardlye fetchid, if the bellyc of himselfe sendeth forth nothing, or if being costiuie, one feeleth ill sauour or bitterness in his mouthe, or that whiche maketh hath an horrible sauour, or if abstinence do not, at the first put away the feuer, or if the strenght of the body may not susteyne letting of bloud, or els the time therfore conuenient is past, or if one haue dronke muche before his sicknesse, or if hee which oftentimes b unconstrained, hath had greate sieges, be sodainlye stopped: In al these cases, and where it is painfull to vomit, and in gnawinge or frettinges of the stomacke finallye in all replecions, where a manne can not or will not be let bloud or vomit, it is expedient to prouoke siege by purgacions, which are received by two wayes: Upwarde at the soundement by suppositoires or clisters. Downward at the mouth, by pocions, electuaries, or pylles. Suppositories are vsed, where the patient is weake, and may not receive anye other purgacions. Sometime for as much as the straite gutte is stopped with excremente, whiche are drye and hard, sometime wher there needeth none other purgation, specially in burning feuers, whereof the matter ascendeth into the head, than clisters may do harme, and by the bes-

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benefit of suppositoies, excrements are brought forth without anye annoyance. And oftentimes it bringeth forth that, whiche clisters may not. Suppositoies are made sometime with hony only, sodden, rolled on a boord, and made rounde : smaller at one ende, than at the other, and of the lengthe and greatnessse, accordinge to the quantitye of the body that taketh it.

Sometime there is mixte with the honye, salte dryed, or salt pepper, or the pouder of such thinges, as doe eyther purge the humour whiche offendeth, or dissolueth grosse windes, or other matter : they bee sometime made wþt̄ rosin, pitch, waxe or guimmes, sometime of rootes, or the leaues of Mercurie greene, very small bryued. Also þ figges or raisons, the stones taken out, or of white sope, made in the figure aforesaid, and beinge made in the fourme aforesaid, they must bee put in at the foudemente, to the great ende, and the paciente must keepe it there the space of halfe an houre or more.

Clysters are made of licour sometime simple, as water sodden, milke, oyle or wyne, sometime mixte, as water and oyle together, or decoctions, as wherē herbes, rootes, fruities, seedes, or gumes, having property to make softe, dissolve drawe forth, or expell matter that greeueth, bee boyled, and the lycour therof, sometime warme, sometime hotte, is receyned at the foudement into the body by a little pype of golde or siluer, yuoyre, or woode, therfore ordeyned and called a clyster pype. This is necessary wher the stomacke is weake, and may not sustaine the wox.

J. king

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king of medicines received at the mouth, also in feuers, colickes, and other diseases in the bowels, griefe in the raines of the backe or huckle bone, dentosities in the bellye, inflamation or exulceracion in the guttes or bladder. It is a conuenient & sure medicine, and least hurt doth ensue of it. The making and ordyning thereof, I will omit to write in this place, partly that I would not that Phisitiōs should to much note in mee presumption, partly that an other place may be moze apt to that purpose.

The particular commodities of euery purgation. Cap.5.

In pocions, electuaryes, and pilles, ought to be muche moze obseruation, than in clisters or suppositories, forasmuche as these do enter no further than into the gutte wher the ordure lyeth, & by þ place onlye, bringeth forth the matter which causeth disease. But thother entringe in that waye that meates and drinkeſ do commeth into the stomake, and there is boyled, and sente into the places of digestion, and afterward is mixte with the iuice, wheresof the substance of the bodye is made, and expellinge the aduersarie humours, somewhat thereof doubtlesſe remayneth in the bodye Wherfore menne haue neede to beware, what medicines they receiue, that in theym bee no venenosite, malice or corruption, least for the expelling of a superfluous humor, which perchance good diet or som brothes made of good herbs, or the saide euas

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enacuacion, with suppostoye or clister, might bring forth at leysure, by desyrringe of two hastly remedy, they reteine in medicine, that which shall ingender a venemous humoure, and vnu-
itiable destruction into all the bodye. And therfore happye is hee, which in sickenesse findeth a discrete and well learned Phisition, and so true a Doctricarie, that hath alway drugges vncorrupted, & whom the Phisition may surely trust, to dispence his thinges trulyc.

But now to returne to the said fourme of purgation, I will now set forth some counsailes, concerning that matter, which I haue collected out of the chiefe Authors of Phisicke.

Bodies hot and moiste, maye easilye sustaine purgacion by the stooole. They which be leane or thynne, hauinge the members tender, maye take harine by purgacions. To men that are cholericke, and them that eate little, purgacions are greuous. In yonge children and olde men, it is daungerous to loose much the bellye. To them that are not wont to it, purgation is woyfull. Hee that liueth in a good order of diete, needeth neyther purgacion nor vomit. After that the purgation hath wrought, thirstynesse and sounde sleepe bee signes that the bodye is sufficiellye purged. By dailye takinge of medicines, Nature is corrupcione. Whan yee wil purge anye thinge, make first the matter flowing and soluble. Medicine to purge ought not to be mingled with meate, but to be taken fourre houres at the least before meales or three houres after meales, except certaine easp-

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pilles make to clese and comfort the stomacke, which shold be taken at the beginning of supper, or after supper, a little before that one goeth to bedde, making a light supper or none. After purgation taken, the pacient shold rest and not walk, vntil þ medecine hath wrought, nor eate nor drinke in the meane space. These things haue I remembred, because I haue knoþen right good Phisitions, to haue forgotten to instruct therof their pacientes. Now wil I set forth the table of such things, which of their propertye do digest or purge, superfluous humours particularlye, whiche I haue gathered out of the booke of Dioscorides, Galen, Paulus Aegineta, Oribasius, and Aetius, and other late writers: notwithstandinge, I haue not written all, for asinuche as there be diuers thinges, wherewnto wee haue not yet founden any names in Englishe.

Digestives of choler.	Warberyes, Roses.
Endiue.	Violets the leafe and flowre.
Lettyse.	Sozell.
Cykorye.	Lyuerwort.
Scabiose.	Sozell de boyse
Maydenheare.	Whay clarifysd.
Malowes.	The fourre great colde sedes, that is to say, of gourdes, cucumbers, melones, and citruis.
Mercurye.	Psilium.
The iuice of pomegra nades.	Eynes.
Pourselane;	
Popy.	

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Wyneger.	Perseley the rootes.
Saunders.	Smallage.
Barley water.	Capers.
Prunes.	Lawzell.
Tamaryndes.	Senep
Pourgers of choler.	Puly.
Wylde hoppes.	Maroram.
Wormewood.	Penitroyal.
Centorie.	Wilde parsnip seede.
Fumytorpe.	Mynt.
Whay butter.	Pympernell.
Violettes.	Hozemint.
Mercurie.	Gladen.
Prunes.	Agrimony.
Juice of roses.	Calamint.
Eupatorpe.	Nep.
Tamarindes halfe an ounce in a decoction.	Becayne.
Manna vi. drammes at the leaste, and so to xxv. in the brothe of a henne or capon.	Sauge.
Reubarbarū by it self from twoe drammes, vnto foure, infused or stiped in licoure, from 4. drāmes vnto viii.	Kadishe.
Digestiues of fleame.	Mugworste.
Fenell.	Juniper.
	Hyslope.
	Pyonie.
	Wauline.
	Hony.
	Ginger.
	Squilla.
	Pristolochia.
	Cynamome.
	Pepper.
	Cumine.

3. iii.

Pour-

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Pourgers of
fleame.

Centorye.

Pettyli.

Agrimonye.

Alder.

Polyppodiū of the oke.

Myzabolani kebuli,
infused from halfe an
ounce to an ounce, and
2. drammes. In sub-
stance from two dram-
mes to halfe an ounce.

Agaricus, fro a dram
to two drammes, infu-
sed from .ii. drammes
to fwe.

Yeos.

Maydenheare.

Sticados.

Pourgers of
melancholy.

The broathe of cole-
woortes, lighte boiled.
Baulme minte.

Sticados.

Tyme.

Scene, boiled in whit
wyne, or in the broath
of a henne.

Lased sauerie.

Epithimus.

Unswrought silke.

Organum.

Calamint.

Worage.

Hartes tongue.

Quickbeme.

Maydenheare.

Withwinde.

Pulyall moun-
taine.

Hony.

Sugar.

Melancholy for the thinnesse and subtilnesse
of the humour, needeth no digestiue.

They whiche will take sharpe purgacions,
or compound with diuers things let them take
the counsaile of an honest and perfect Phisitiō,
and not aduenture to mixte thinges together,
without knowinge the temperaunce of them in
degrees

degrees, and that he canne propozcion theym to the bodye that all shall receiue them in simples, as they be written. And so hee maye vse them without peril, against the humours, wherewyn they serue.

Letting of bloud. Cap.6.

The part of enauacion by letting of blud is incision or cuttyng of the beyne, wherby the bloud, which is cause of sicknesse or grieve to the hole bodye, or anye particular part thereof, doth most aptly passe. Arnoldus de villa noua.

The commodities wherof, being in a moderate quantity, and in a due time taken, be these that folow, it clarifypeth the witte, and maketh good memorie, it clenseth the bladder, it dryeth the braine, it warmeth the marow, being in the bones, it openeth the hearinge, it stoppeth teares or droppinges of the eyen, it taketh away loth-somnesse, and confirmeth the stomacke, it nourisheth that, whiche is proper to nature, and the contrarye expelleth. It is thought that therby life is prolonged, and the matter making sickenesse shortly consumed. Wherfore lettinge of bloud is not onlye expediente for them, whiche are ful of bloud, or haue abundaunce of strengthe, but also for theym, in whom wythoute n̄æ complitude called fulnesse, inflaniations beginne to bee in their bodyes, or by some outward stroake, the bloude beinge gathered within, by collection therof, do feele grieve or disease.

Also where there is muche payne felte,

¶
¶
¶

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or debilitye of some member, wherof is supposed to be engendred som greuous disease. More ouer they, whiche vse excesse of meates & drinke, may be cured by letting of bloud. But those, whiche bee temperate, keepinge good diete, be holpen without letting of bloud: as by fricasses, vsinge of bathes, exercise, walkinge, & ryding moderatelye. Alsounctions with oyles and ointments, called Diaphoretice, whiche by euapoacion, do shortly evacuate the fulnesse. All be it, if the fulnesse be of melancholy bloude, than alway needes must be lettinge of bloude. Abundance of melancholy bloude is knowen by these signes. There is felt within the entrailes, or within the boulke of a man or woman, a weightinesse with tension or thrustinge outward, and all that part, which is aboue the nauell, is more heauy than it was wont to be. Also much vrine and fatty, the residence or botome, thicke, troublous and fatte, sometime black poushes or boyles, with inflamation and much peine. These must be shortlye let bloud, and the melancholy humour purged by siege. They, whiche haue crude or rawe humours, must be warely let bloude, before that sickenesse engender, but hauing the feuer in no wylle. Concerning letting of bloud, these thinges following, would be had in continual remembrance, and be afore thoughte on. In abundance of the bloude, the qualitie and quantite, the greatnessse of the sicknes, and if it be presente, or looked for. Also the diete procedinge, the age and strenght of the person, the naturall tourne of his

Aetius.
lib. 3.

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his body, the tyme of þ yere, the region or countrey, the present state of the ayre, the disuse of accustomed exercise, the cassinge of euacuacions vsed before. In qualitee consider, of what humour the fulnesse proceedeth. In quantitye the abundance of that, which is to be pourged. In sicknesse, if it be daungerous or tollerable: if the sicknes bee presente, it requireth the more diligence, if it be loked for, it may be the better proportioned. In diete, the custome in eatinge and drinking, must be specially noted. In yong men and women, lettinge of bloude woulde be more liberall. In olde menne and yonge children, it woulde be scarser: strong men may sustaine bleeding, they whiche are feeble, may not endure it. Large bodyes haue greater vessells, than they, whiche be litle. Leane men haue moze bloud, corporeate men haue moze fleshe. The tyme of the yere must be specially marked. For in the beginnyng of spring tyme it is best lettinge of bloude, as Oribassius sayth, and so doth continue, after the opinion of Arnold, vnto the eight kalendes of June. Petius affirmeth, that in winter, or in a cold countrey, or wher the person is of a very colde nature, the veines shoulde not be opened. And Damascene sayth: They whiche in youthe haue vsed to bee muche let bloude, after they be mas. in thre score yeres old, their nature wareth colde, and natural heat is in them suffocate, specially if they were of a colde complexion, but that is to be understand, wher they that are in health, are often let bloud. For in the lapsē from heith, and in diuers diseases, wherin the bloude is cor-

Oribasius
sup. Arn-
oldus,
devilla
noua dc
flobotho-
mia.

Io. Da-
mascene
ar. med.

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corrupted, or wher it ingendreth imposthumes
or resortheth to any place, where it ought not to
be, or passeth by any other conduite, then nature
ordayned, or where it is furious or inflamed, or
by anye other meanes breedeth greeuous disea-
ses, in al these cases it ought to be practised, yea
sometime in aged persons, women with child, &
yong infantes. For in extreme necessity, it wer
better experience some remedye, than to doe no-
thing. All other thinges concerning this mat-
ter, pertaine to the parte curative, whiche trea-
teth of healing of sickenesse, wherof I wit not
now speake, but remit the readers to the coun-
saile of discrete Phisitions.

Of scarifyinge called boxinge or
cuppinge. Cap.7.

Galen.

Forasmuche as it is not conueniente, to be
let bloude oftentimes in the yeare, because
much of the vitall sprite passeth forth with
the bloud. which being exhaust, the bodye
wareth colde, and naturall operacions become
the moze feeble, I therefore do counsaile (sayth
Galen) that the base partes of the body, as the
legges, be scarifyed, whiche is the most sure re-
medye, as well in cōseruing health, as in repay-
ring therof being decayed. For it cureth the
eyen being annoyed with long distillaciōs. It
profiteth also the head, and ouer part of the bo-
dy, against sondrye diseases. In what member
the bloud is gathered, the body being first pur-
ged by scarification, the grieve may be cured:

Actius
lib.3.

Also

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Also Oribassius affirmeth the same, & alſo addeth therto, that it helpeth ſquinances, or quincies in the throte, and diſſolueth the conſtipacions or ſtoppinges made of all places, if the places be ſcarifyed: notwithstandinge application of cinze cō-
boxes about the ſtomacke, in hot ſeuers, where pendio. reason is troubled, or to be eſchued, for feare of ſuffocacio. Likewise put to the head vndiscretely, it hurteth both the head and the eyes. The Aetius. late Authors do affirme, that ſcarifying is in y
ſteede of letting bloud, where for age, debility, or time of the yeare, or other like conſideration, a man may not ſusteine bloud letting, & it bringeth forth the thinne bloude, which is nexte to the ſkinne.

Of bloud ſuckers or leaches. Cap.8.

There is alſo an other forme of euacuation by wormes, founde in waters calle d bloude ſuckers or leaches, which beinge put vnto y body or meber, do draw out bloud. And their drawing is moze conueniente for fulnesse of bloude, than ſcarifying is, for as much as they fetch bloud moze deeper, & is moze of the ſubſtance of bloud, yet the opinio of ſome men is, that they do drawe no bloude but that which is corrupted, and not proporcionalle vnto our bodi. And therfore in griefes, which happen betwene the ſkinne and the fleſhe of bloud corrupted, theſe are moze conueniente then ſcarifying. But therfore that they be put vnto anye parte of the bodye, they muſte be firſt kept all one

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one day before, geting vnto them a litle bloude
in fresh flesh. And than put them in cleane wa-
ter, somewhat warme, and with a sponge wipe
away the slime, whiche is about them, and than
laye a litle bloude on the place grieued, and put
them than to it, and lay on them a spoung, that
whan they bee full, they maye fal awaie, or if
pee will sooner haue them of, put a horse heare
betwene their mouthes, and þ place, and drafte
them away, or put to their mouthes salte or as-
hes, or byneger, and forthwy ih they shal fall,
and than washe the place with a sponge, and if
there do issue much bloud, laye on the place the
pouder of a spong, and pitche burned, or linnen
cloth burned, or gaule s burned, or the herbe cal-
led Wursa pastoris, bruised. And this suffiseth
concerning bloud suckers.

Of Hemoroides or Pyles.
Cap; 9.

Hemoroides be veines in the foundemēt,
of whō do happen sondry passions, som-
time swelling without bledig, sometime
superfluous bloude, by the pvisaunce of
nature, is by them expelled, and than be they ve-
rye conueniente, for by them a man shall escape
many great sickenesse, whiche be engendred of
corrupted bloud, or of melacholy. Semblably,
if thei be hastily stopped from the course, which
they haue beene vsed to, thereby do increase the
saide sickenesse, whiche by them were expelled
as drospies, consumptions, madnesse, fran-
ges

sies, and diners diseases of the head, and other sickenesses: palenesse of the visage, grieve in the raines of the backe, and thies. And if they flow to much, there insueth feblenes, leannesse of þ bodye, alteration of colour, great paynes in the lower partes of the bodye. And if the fluxe be bnmoderate, it ingēneth mischeuous diseases: Wherfore it would be diligentlye taken heede, that they runne in measure, or els to vse some things moderately, whiche may restraine them.

Concerninge other euacuacions, I doe pur= posevle omit to writte of them in this place, for as much as in this realme, it hath beene accom= ted not honest, to declare theym in the vulgar tongue, but only secretely.

Of affectes of the minde. Cap, 10.

The last of thinges called uot naturall, is not the least parte to bee considered, the whiche is of affectes and passions of the minde. For if they be immoderate, they do not only annoy the body and shorte the life, but also they do appaire, and somtyme loose vt= terlye a mans estimation. And that much more is, they bringe a man frō the vse of reason, and sometime in the displeasure of Almighty God. Wherfore they do not only requyre the helpe of Phisicke corporeal, but also the counsaile of a man wise & wel learned in moral Philosophie. Wherfore after that I haue recited, what they be, I wil brieselye declare such counsayles as I haue gathered. And as concerning remedies

of

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of Phisicke, sauinge a fewe simples, whiche doe
comfofte the hearte and spirites, the residue I
will remitte to the counsaile of Phisitions, like
as I haue done in euacuation. Affectes of y
minde wherby the body is annoyed, & do bring
in sickenesse, be these, Ire or wrothe, heuinesse
or sorrow, gladnesse, or reioyning.

Of Ire. Cap.II.

IRE is kindled in the hart, inordinately cha-
sing the spirites there, and than is sent forth
into the membris, and dothe superfluous heate
heatethe them, and disturbeth reason, wher the
bodyes be hot afoze, wher naturall heat is fe-
ble, the heate may not be dispersed vnto the ex-
treme partes, and than doth the extreme mem-
bris, that is to saye, whiche are farre from the
hart, remain cold and trembling. Of this affec-
tion commeth sometime feuers, sometime apo-
plexis, or priuacion of scences, trembling, pal-
seis, madnesse, fransyes, deformitye of vsylge:
and that woorse is, outragious swearing, blas-
phemye, desire of vengeance, losse of charite,
amitye, credence, also forgetfullnesse of benefite
procedinge, and of obedience, dutye, and reue-
rence. These also do succede, contention, char-
geable suite, vnquietnesse of minde, lacke of ap-
petite, lacke of sleepe, feeble digestion, scorne,
disdaine, and hatred of other, with perill of
losing of al good reputation. These incommo-
dities of Ire, perfectly had in remembrance, and
at the firste motion thereof on them thoughte
on

on, maye happen to bringe in his fellowes, and thereby the flame maye be quenched, or let hym that is angrye euuen at the firste consider one of these thinges, that like as he is a man, so is also the other, with whom he is angrye, and therfore it is as lawfull for the other to be angrye as unto him, and if he so be, than shall y anger be to him displeasant, and stirre him more to be angrye. Whereby it appeareth that Ire is to him lothsome. If the other be pacient, than let hym abhorre that thinge in himselfe, the lacke whereof, in the other contenteth hym, & allwa= geth his malice. Moreover, let hym before, that occasion of Ire doth happen, accustome hymselfe to behoide and marke well them that be angrye, with the successe of that anger, and ruminante it in his minde, a good space after. And in that time, let hym remember, howe Christe, the sonne of God, and God, whoc (as hee himselfe said) mighte haue had of God his father, if hee would haue asked them, legions of Angels, to haue defended hym, yea with lesse than a winke might haue slaine all his aduersaries, yet hee notwithstanding, being rebuked, scorned, falsely accused, plucked hither & thither, striped, bounden with halters, whipped, spitte on, buffeted, crowned with sharpe thorne, laded with a heare piece of timber, his owne proper tourment, haled, and driven forth like a calfe to the slaughter house, eftsones beaten and ouerthowen, retched forth with ropes, armes & legges layed on the Crosse, and therevnto with longe yron gayles through the handes & fecte naled, wþch many

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many strokes of hammers, with many prickinges, or euer the nayles might perce by his tender and mooste bickled fleshe and synewes, quite through the hard timber, vp to the heads of the nayles: and all this beinge done for the offence of mankinde, and not his: yet with the men, whiche did it, his mooste vnkinde countreymen, his most vnnaturall kinsmen, whom hee firste made of nothinge, preserued by myracles, deliuered from perilles, and cured of diseases, in all his vexacion and trouble, hee was never scene or perceiued angrye. If one wil say, that anger is naturall, let him also consider that in Christes manhoode were all natural powers. If he wil saye, that yre is taken of courage, and in Christe it lacked not, whom both angelles and deuilles trembled and feared. The premisses often revolued, and boorne in the minde, I will not saye, shall vitterlye extincke all motions of wrath, whiche is not possible, but it shall whan it kindleth lightly reppresse it, and let that it shal not grow into flame. And in speakinge here of wrath, I doe not meane that whiche good men haue against byces: or wyle and discret gouernours and maisters, against the defaultes or negligences of their subiects or seruauntes, vsed in rebuking them, or moderately punishing them. For that is not proprely yre, but rather to bee called dispicature, and is that wheresof Exod. 32. God speaketh by his Prophet Dauid sayinge, Leui. 10. Be you angrye and do not sinne. And that manner of anger hath beene in diuers holy men, prophetes and other. And it appeared in Christe, whan

Psalme. 4.

Gene. 31.

Exod. 32.

Leui. 10.

Marc. 21.

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Whan he dRAue out them, which made their mar-
ket in the holy temple of God, wher ther ought
to be nothing but prayer. And in likewise whē
he rebuked the hypocrites, But if none of these
things may come so shortly to his remembraunce,
that is moued with anger, at the leaste let him
thinke on the lesson, that Appollodorus ḡ Philo-
sopher, taughte to the Emperour Octavian,
that before he spake or do anye thinge in anger,
he do recite in order, al the letters of ḡ A.B.C.,
and remoue somewhat oute of the place that he
is in, & seeke occasion to be otherwise occupied.
This shal for this time suffice, for the remedies
of yre. And he that wil know more of this mat-
ter, let him read in my Worke called the Gouer-
nor, wher I therof do write more abundantly.

Of dolour, or heuinesse of
minde. Cap. 12.

There is nothinge more ennemy to life,
then sorrow, called also heuinesse, for it
exhausteth both natural heate and moy-
sture of the body, and doth extenuate or
make the body leane, dulleth the wit, and darke-
neth the spirites, letteth the vse and iudgement
of reason, & oppresseth memory. And Salomon Pro. 17.
sayth: That sorrow dypeth vp the bones. And and 25.
also like as the moathe in the garniente, and the
worme in the tree, so doth heuinesse annoye the Eccle. 25.
heart of a man. Also in the booke called Eccle- and 38.
siasticus. Sorrow hath killed manye, and in it
selfe is found no commodity. Also by heuinesse
K. i. death

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death is hastened, it hideth vertue or strength, and heauiness of hart boweth downe y necke. This is so puissant an ennemye to nature and bodilye health, that to resist the malice and violence thereof are required remedyes as well of the hol som cōsailes found in holy Scripture, and in the booke s of morall doctrine, as also of certaine herbes, fruities, and spicis, hatinge the propertie to expell melancholike humours, and to comfort and keepe lively the spirites, which haue their proper habitacion in the hart of man, and moderate nourishinge of the natural heate and humour, called radical, which is the base or foundation, wher vpon the life of man standeth, and that failing, life falleth into ruine, and the body is dissolved. Nowe first I will declare some remedyes againte sorrowfulnes of harte, concerning necessary cōsaile.

Sometime this effecte happeneth of ingratitude, eyther where for benefit, or speciall loue employed, one receiueth damage, or is abandoned in his necessitie, or is deceived of him, who hee trusted, or findeth him of whom hee hath great expectation, for getfull or negligent in his comodite, or perceiued the person, whom of longe time hee hath loued, to bee estrangled from him, or to haue one of later acquaintance in moxe estimation. This affection nippeth the hart, yea of most wise men, for they loue moste hartelye, not prouoked by carnall affection, but rather by good opinion, ingēdred by similitude of honest studis, and vertuous maners of long time mutually experienced. And it is not onely
vnto

vnto man greuous, but also vnto God most displeasent and odious, as it is abundantly declared in Scripture. Wherfore y person, which feeleth himselfe touched with this effect, before that it groweth into a passion, and waxeth a sickenesse, let him call to remembrance these articles followinge, or at the least waxes some of them. For euerye eche of them maye ease him, though perhaunce they cannot foythwith perfectly cure him.

Consider, that the corruption of mans nature is not so much declared in any thing, as in les against ingratitude, wherby a man is made worse, than ingratituders brute beastes. The little ante or Emot tude. helpeth uppe his fellowe, whom he seeth ouerthrown with burdeine, or by other occasion. Also whan Olyphantys do passe ouer any great water, the greatest and most puissant of them deuide themselues, and settinge the weakest in the middle part, go before trying the deepenesse & perilles, part come after, succouring the weakest or least, with their longe noses, whan they see them in danger. The same beastes haue bene seene not only bring men out of desertes, which haue lost their wayes, but also reviving the displeasures done to them, the whiche gaue them meat as one that lew hin, which had comyncted aduontrye with his maisters wyfe. The terrible Lions and Panthers, haue beene seene in their maner, to render thankes to their benefactours, yea and to obiect their owne boordes and lues for their defence. The same we may daily behold in our owne dogges,

B.ij;

Chan

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Than in whom thou findest the detestable vice
of Ingratitude, reputing him among the worst
sortes of creatures, thincke not that thou hast
lost a frende, but thinke that thou art deliuered
from a Monster of nature, that devoured thy
loue, and that thou arte nowe at libertye, and
hast wonne experiance to chose thee a better.

Sene.de
benefi. 7. But if this may not suffice, than estlones con-
sider, that if thou looke well on thy selfe, per-
chaunce thou maiest find the fault wherof thou
complainest, within thine owne bosom. Call to
thy remembrance if thou hast alwaye rendered
vnto every man condigne thankes or benefit, of
whom thou haste kindnesse receyued, or if thou
hast alway remembred every one of them, that
hane done to thee any commodity or pleasure.
Thou shalte well perceiue, that what thinge
that thou receiuedst in childehooде, thou forga-
test or diddest little esteeme, whan thou cam-
mest to the state of a man. And what thou did-
dest remember in youth, in age, thou diddest li-
tle thinke on : thy nourices pappe, her rockin-
ges, watchinges, thou hast not alway remem-
bred, or equaliye compensated. The Schole-
maisters studye, his laboure, his diligencie in a
like degree, thou hast not requited. What gre-
ater frende haste thou had, of whom thou coul-
dest receive anye greater benefites, than thy
nourishinge and preseruinge of thy life, in thy
most sclenes, thine erudicion, wherby thy na-
ture was made more excellent. Remembinge
this, leauie to be angri or sorrowful for so com-
a vice : yet it ceale not to greeue thee, conferre
the

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the ingratitude that doth vexe thee, with þ ingratitude, which was shewed by þ Isralites, whom God chose for his own people, deliuering from seruage, shewed for them wonders, preserved them forty yeares in desert, destroyed for them kinges, gaue to them the countrey, which flowed milke and honye, defended them against all outward hostilitye, sent vnto them such abundance of riches, that siluer was in Hierusalem, as stoncs in the street, and his tabernacle and afterward his most holy Temple amonge them, which he did daily visitte with his deuine maiestye, made their kinges to raigne gloriouselye, and spake with their Prophctes familiarlye, and corrected their errours most gentlye: and yet for all this, theis imbracinge the Papists Idolatrie, they leste so gracious and loyning a Lorde, & lyuinge God, and to his grete despite, gaue deuine honors to calfes of brasse, and other monstrous Images, and at þ laste put to most cruel death, the only sonne of God, that had done so much for them.

And if we Chistien men do loke well on our selues, reuoluinge the incomparable benefite, whiche wee haue receiued by Chistes passion, and consider the circumstaunce of his most excellent pacience, and most seruente loue toward vs, with our forgetfulnes, and the daily breach of our promise, whiche wee made at oure Baptisme, conferring our mutuall vnkindnes vnto, there shal appere no ingratitude, þ should offend vs. Finallye for a conclusion, behoide well abouthe thee, and thou shalte all daye finde

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The childezen ingrate to their parentes, and swynges to their husbandes. And wilst thou looke that thy benefite, or vaine expectation, shoulde make the moze free frō ingratitude of thy frend whom chaunce hath sent thee, than nature may the parentes to their childezen, or the coniunction of bodyes by lawfull mariage, take vnkindnesse from the swynges towardē the husbandes. The vice therfore of ingratitude, being so common a chaunce, make no worldlye frendship so precious, that life or health therfore shold be spent or consumed. I haue beene the longer in this place, because I haue had in this grieſe ſufficient expeſience.

Death of childezen. If death of childezen bee cauſe of thy heauynesse, call to thy remembrance ſome childezen (of whom there is no little nomber) whose liues eyther for vncorrigible byces, or infortunat chaunces, haue beene moze greeuous vnto their parentes, than the death of thy childezen oughte to be vnto thee: conſider that death is the discharger of al grieſes and myſeries, and to them that die well, the firſte entrie into lifē euerlaſting.

Loſte of goodes. The loſſe of goodes or auctoritie doe greeue none but fooles, whiche do not marke diligentlie that like as nether the one nor the other doth alway happen to them that are worthy, ſo we haue in daily experience, that they fal from him ſodenly, who in increasing or keping them ſeeuenthe most busye.

Lacke of promociſon. Oftentimes the repulſe from promotion is cause of diſcomforde. But than conſider, whyz ther

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ther in the opinion of good men, thou art demed worthy to haue such auauncement, or in thine owne expectacion and fantasye. If good men so iudge thee, thanke thou god of that felicity, and laugh at the blindnesse of them, that so haue refused thee. If it procede of thine owne folly, abhorre al arrogancye, and inforce thy selfe to be aduaunced in mens estimation, before thou cast thy selfe worthy in thy proper opinion.

Al other chaunces of fortune, esteeme as nothing, and that long before they do happen.

Chances

The oft recordinge of miserye, prepareth the minde to feele lesse aduersity. And the contempt of fortune, is sure quietnesse, and moste pefitte felicitye.

This nowe shal suffice concerning remedyes of moral Philosophie. Now wil I write somewhat touching counsaile of Phisicke, as in relieving the body, whiche either by the said occasions, or by the humour of melancholy, is brought out of temper.

The first counsaile is, that during the time of that passion, eschewe to be angrie, studious, or solitarie, and rejoyce thee with melodye, or els be alwaies in such company, as best may content thee.

Auoyde all thinges that be noyous in sight, smelling and hearinge, and imbrace all thinge þ is delectable.

Flee darckenes, muche watche, and busynesse of minde, muche companyng with wemen the vse of thinges very hot and dry, often purgations, immoderate exercise, thyrist, muche abstinence.

B.iii.

Abstinence.

THE THIRDE

stinenesse, drye windes and cold,
 Absteine frō datly eating of much old bisefe or
 olde mutton, harde cheese, hares fleshe, boozes
 fleshe, venison, saltfish, colewortes, beanies, and
 peason, verye course breade, greate fishes of the
 sea, as thurle, pold, porpise, and surgeon, and oþ
 ther of like natures, wyne red and thicke, mea-
 tes beþ very salt or sowre, old, burned, or fried,
 garlike:onyons and leekes.

Use meates which are temperatelye hot, and
 therewith somwhat moist, boyled, rather than
 rosted, light of digestion, and ingēndridg bloude
 clere and fine. As milke hot from the vdder, or
 at the least new milked, euen these, sweete Al-
 monds, the yolkes of rere eggis, little birdes of
 the bushes, chickens & hennes. Wyne white or
 claret, clere & fragrant. Sweete sauors in wi-
 ter hot, in somer cold, in þ meane time tēperat.

Confortatiues of the
 hart hot.
 Bourage the floure or
 lease.
 Buglossie.
 Bauline mint.
 Elicampane.
 Cloues.
 Cardamomum.
 Rosemary.
 Lignum aloewes.
 Muske.
 Ambergrise,
 Saffron.

The bone of the hearte
 of a redde deere.
 Myntes.
 The rinde of Citron.
 Beene.
 Cububes.
 Wasilli.
 Confortatiues of
 the hart cold.
 Violettes.
 Perles.
 Cozall.

The unicornes horne.	Confortatiues
Olde appulles whiche be good.	temperate. Jacincte.
Roses.	Saphire
Haunders.	Emerauldes.
The Oliphantes tootehe.	Myzabolanes, called kebuli.
Water lyllies.	Buglosse.
Coriander prepared.	Gold, siluer.

Of Ioye.

Ioye, or gladnesse of hart doth prolonge the life, it fatteth the bodye that is leane wyth troubles, bitinge the humours to an equali temperaunce, and drawinge naturall heate outwarde. But if it be sodayne and feruente, it oftentimes slayeth, for as muche as it draweth to sodainly and excessiuelye naturall heat outewarde. And therefore diuers men and women haue beene seene to fall in a sounde, whan they haue sodainly beholde the persons, whom they feruently loued.

A woman in Rome, hearinge first, that her sonne was slaine in battaille. After whan hee came to her, shee seinge him aliue, embracinge eche other, she died in his armes. This wel considered, againste suche inordinate gladnesse, the best preseruatiue is to remember, that the extreame partes of mundaine ioye is sorow & heauiness: And that nothinge of this worlde, may so muchre ioyce vs: but occasio may cause it to be displeaunt vnto vs,

T. Livius

The

THE THIRDE.

The dominion of sondrye complexions. Cap. 13.

TE seemeth to mee not inconueniente, that I doe declare as well the counsayles of aunciente and approued Authoرس, as also myne owne opinion, gathered by diligente markeinge in dailye experiance, concerninge as well the necessarie diete of eucrye complexion, age, and declination of healthe, as also the meane to resist the discrasies of the bodye, before sicknes be therin confirmed, leauinge the residue vnto the substantial learning and cyrcumspect practise of good Phisitions, whiche shall the moxe easilie cure their pacientes, if theyz pacientes do not disdaine to beare awaie and follow my counsaile.

And first it ought to be considered, that none of the 4. complexions haue solely such dominion in one man or womans bodye, that no parte of any other complexion is therewith mixt. For when we call a man sanguine, colerike, fleumalike or melacoly, we do not meane that he hath bloud only without anye of the other humors, or choler withoute bloude, or fleame withoute bloud or melancholye, or melancolye withoute bloud or choler. And therfore the man, whiche is sanguine, the moxe that he draweth into age wherby natural moisture decayeth, the moxe is he cholericke, by reason that heat surmounting moisture, needes must remaine heat and dryth. Semblablyc the cholericke man, the moxe that he

hee waxeth into age, the more naturall heate in him is abated, and drithe surmounting naturall moisture he becommeth melancholike, but some sanguine man hath en the proportion of temperaturs, a greater mixture with choler, than an other hath. Like wise the cholericke or fleumaticke man with the humour of sanguine or melancholy. And therfore late practisers of Phisiche are wout to cal men, according to the mixture of their complexions, as sanguine colerike, fleumaticke sanguine &c. Moreouer, beside the naturall complexions, whiche man receiueth in his generation, the humours, whereof the same complexions doe consist, beinge augmented superfluouslye in the body or members by any of the saide thinges called not naturall, euerye of them do semblablye augmente the complexion, whiche is proper vnto him, and bringeth vnequall temperature vnto the body. And for these causes, the sanguine or fleumaticke man or woman, feelinge any discrasie by choler happened to them by the saide thinges, called not Naturall, they shall vse the diete described hereafter to him, which is naturally cholericke. Semblable the cholericke or melancholike man or woman, hauinge anye discrasie by fleame to vse the diete of him which is naturally fleumaticke, alwaye remembryng, that sanguine and fleumaticke men haue moze respecte vnto drithe, cholericke and melancholye vnto moisture, and that alway as the accidentall complexion decayeth, to resort by little and littlic to the diete, pertayning to his naturall complexion.

The

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The times appropriated to euery naturall humour. Cap. 14.

But first it must be considered, that where the four humours be alway in man, and in some man commonlye one humour is more abundant than an other naturally, that is to say, from his generacion. The saide humours haue also peculiar times assignd to euery one of them, wherein eche of them is in his moste power & force, as after insueth, after the description of Soranus.

Soranus Fleame hath most pvisaunce in winter, from the viii. Idus of November, vnto the viij. Idus of February, wherby are ingendred Catarres or reumes, the buula, the coughe and the stiche. This humour is part in the head, parte in the stomacke. It hath dominion from the 3. houre of nighte, vntill the ninth houre of the same night.

Ephesius Bloud increaseth in Springe time from the viii. Idus of February, vnto the viii. Idus of May, whereof are ingendred feuers, and swete humours, which do shortly putrify: the power of this humour is about the hart, and hath dominion from the ninth houre of night, vntil the third houre of the morning.

Redde choler hath power in Sommer from the viii. Idus of may, vntill the viii. Idus of August, wherby are ingendred hot and sharpe feuers: this humor is specially in the liuer, and hath dominion from the third houre of day, vntill the ix. houre of the same day.

Yellowe

Yelowe choler, wherof is engendred y sleame
of the stomacke, is nourished in Autumne, which
beginneth the viii. Idus of Auguste , and du=
ring unto the viii. daye of November, and ma=
keteth shaking feuers and sharpe: the blacke cho=
ler that increaseth, and than foloweth thicknes^s
of the bloud in the veines. Blacke choler or me=
lancholye most raineth in the spleene, and it ray=
neth from the ix. houre of day, vntill the thyrd
houare of night.

Peculiar remedyes against the distempe=
raunce of eueryc humour.

If the distemperaunce be of bloude, helpe it
with thinges cold , sharpe and dry, for bloud
is moist, hot, and sweete.

Soranus

If it be of red choler, gene thinges colde,
moyst, and sweete, for red choler is bitter and
syrie. If it be of blacke choler, gene thinges
hot moist and sweet. for blacke choler is sharpe
and cold. If the disease be of salt sleame, gene
thinges sweet hot and drye , thus sayth Soza=
nus. Notwithstanding wher there is aboun=
dance of cold sleame not mixt wyth choler, there
thinges verye sharpe and hot be moste conuenient,
as tart vineger with hot Roses and seedes
or wynges, strong and roughe honye being sod=
den in the one and the other, or wher choler is
mixt with sleame: syrope acetose made with vi=
negar and sugar boyled, somtime with herbes,
rootes, or seedes, which maye dissolve sleame &
digest it.

Diet

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Diet of them, vvhich are of sanguine
complexion. Cap. 15.

Forasmuch as in sanguine me, bloud most
reigneth, which is sone corrupted, it shal=
be necessary for them which are of that co=
plexion, to be cyzcumспект in eating meat,
that shortlye will receiue putrifaction as the
more part of frutes, spcciallye not beinge per=
fectlye rype, also meates that bee of ill iuice, as
lesh of beastes to olde or yonge, bdders of bea=
stes, baynes, except of caponis & chickens, ma=
tow of the backbone, much vse of Onions, lee=
kes, garlick, much vse of old fygges, muche vse
of rawe herbes, and all thing wherin is excesse
of heat, cold, or moysture, meates that be stale,
fishes of the fennes or muddye waters, and to
much sleepe, as experiance sheweth.

Diete of cholericke persons. Cap. 16.

TO them which be colerike, beig in their
naturall temperature, and hauinge not
frō their youth vsed the contrarie, grosse
meates moderatelye taken, be moze con=
uenient, than the meats that be fine, and better
shal they digest a piece of good bife, thā a chic=
kens legge. Choler of his propertye rather
burninge than well digestinge meates of lighte
substaunce, notwithstandinge some gentlemen
which be nicelye brought vp in their infancye,
maye not soe well sustaine that diete as poore
men, bringe the moze parte vsed to grosse meas=
tes,

tes, wherfore their diet must be in a temperāce, as yonge biefe, olde veale, mutton, and venison poudred, yonge geese, and such like, concerning their complexion with meates like thervnto in qualitye and degree, accordinge to the counsaile of Hippocrates. And as he perceiueth choler to abounde, so to interface meates whiche be colde in a moderate quantitye, and to alay their swine more or lesse with water, eschewinge hot spycs, hot wines, and excessive laboure, whereby the body may be much chafed. Also he may eate oftner in the day than anye other: for seene, that there be suche distancē betwene his meales, as the meate before eaten be fullye digested, which in some person is more, in some lesse, according to the heate and strengthe of his stomachke, noting alway that the cholericke personne digesteth more meate than his appetite desireth, the melancholike person desireth by false appetite more than his stomachke may digest. And to a cholericke person it is righte dangerous, to vse longe abstinence: for choler, finding nothing in the stomake to concocte, it fareth than, as wher a little pottage or milke, beinge in a vessell ouer a great fyre, it is bourned to the vessell, & unsaucrye fumes and vapours doe issue oute therof. Likewise in a cholericke stomake, by abstinence, these inconueniences doe happen, huzmours adust, consuming of naturall moisture, fumosities and stinkinge vapours, ascendinge vp to the head, wherof is engendred duskinge of the eyes, heade aches, hot and thinne reumes after euerye little surfe, and manye other incon-

THE THIRDE

noyfull, whiche are verye colde, viscous or sly-
 mye, sat or sone putrifyed, eating much and of-
 ten, specially meates ingendring fleame, which
 be remembeed in the table procedinge. All thin-
 ges be good, which are hot and drye, also mea-
 tes and drinckes which be lower: Onions al-
 so, and Garlike moderatly vsed, be verye com-
 mendable: in pure fleame not mixt with choler,
 muche vsinge of salt, specially dryed. Pepper
 grosse beaten, and eaten with meate, oughte to
 bee with all fleamaticke persons familiar, also
 ginger is right conuenient, but not to be so fre-
 quentely vsed as pepper, forasmuche as the na-
 ture of pepper is, that beinge eaten, it passeth
 throughe the bodye, heatinge and comfortinge
 the stomake, not entring into the beynes, or an-
 noyinge þ liver, whiche vertue is not in ginger.
 Ginger condite, the which wee doe call greene
 ginger, speciallye condit with sugar, if it maye
 be gotten, and also Mirabolanes called kebuli
 condite in India be most excellent remedyes a-
 gainst fleame, also the herbes, which are reme-
 bred afore in the Table of digestives of fleame,
 and the rootes of Drseley, Fencll, Yreos, E-
 licampane, & carretes be very commendable. Ex-
 ercise twise in a day, the stomakes being almost
 emptye, so that sweat begin to appeare, is very
 expedient, cleasing of the body from all filthyn-
 esse, with rubbinge and wypinge, oftentimes
 with washing, speciallye the heade and partes
 there about, moderate sweatinge in hot bathes
 or stoues, be to this complexion necessarye, spe-
 cialllye whan they haue eaten and dronken ex-
 cessiue.

settlyly. The head and feete to be kepte from cold, and to dwel high and farre from moores, and marshes, is a rule right necessary, also to abstain from eating herbes and rootes not boyled, and generally from all meates which will not be easely digested.

The diuision of melancoly, and the diet of persones melancolike Cap.xvijj.

Melanoly is of two sortes, thone is calld naturall, whiche is only cold & dype, the other is called adust or burned. Naturall melanoly is (as Galene saith) presence or dregges of the bloud: & therefore is colder and thicker than the bloud. Melancholy adust is in foure kindes, either it is of naturall melanoly adust, or of the moxe pure part of the bloud adust, or of choleric adust, or of salt fleume adust. But of al other, that melanoly is woxst, whiche is engendred of choleric, finally all adust melanoly annoyeth the witte and iudgement of man. For whan that humor is hette, it maketh men mad, & whan it is extincte, it maketh men foolis, forgetful and dul. The naturall melanoly kept in his temperance, profiteth muche to true iudgement of the witte, but yet if it bee to thick, it darkeneth the spirites, maketh one timorous, and the witte dull: If it be mixt with fleume, it mortifieth the bloud with to muche colde, wherloze it may not be so little, that the bloud and spirites in their sequentnesse, be as it were vnbrialed. Whereof do happen vnsablenesse of witte, and slipper remembraunce, nor yet so much, that by y weight therof (soz it is hea-

Ex Marsilio
ficino
de vita
sanata

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the approuching nigh to the earth) that we seme
to be alway in depe, and nedē a spurre to prickē
vs forward. Wherefore it is right expedient, to
kepe that humour as thinne as nature wil sul-
fer it, and not to haue to much of it. But nowe
to the diete pertaining to them, whom this hu-
mour annoieth. The knowlage that melancoly
reigneth, is oftentimes, heuinesse of mynde, or
feare without cause, sleppynes in the membris,
many crampes without repletis or emptinesse,
sodein fury, sodein incontinencie of the toungue,
muche solicitude of light thinges, with plaine-
nesse of the visage, and fearfull dreames of ter-
rible visions, dreming of darkenesse, depe pit-
tes, or death of friendes or acquaintance, and of
all thyng that is blacke. The meates conueni-
ent are they; whiche be temperatly in heate, but
specially they that be moiste meates soone dige-
sted, and they rather boyled then rosted, tempe-
ratly mixte with spices, mylke hotte from the
udder, or late mylked, is verye conuenient for
that complexion, swete almondes blanched, and
almond mylke, the yelke of rere egges, and fi-
nally all thinges, whiche engender pure bloud,
and all that is written in the chapter of age. All
these be ill for them. Wine thicke or troublous,
specially red wine, meates hard, drye, very salts
or sowre, burned meate, fried meat, much biese,
haires flesh, beanes, roket, colewortes, mustard,
radiske, garlyke, except there be much winde in
the bodie, for than is it very holsome, onyons,
lekes, finally all thinges whiche heateth to
muche, keeleth to much, or dryeth to muche, also
swath,

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Watthe, feare, compassion, sorowse, much studie
or care, mucche idlenesse or restre, all thyng that
is greuous to see, to smell, or to heare, but most
specially darkenesse. Moreouer much dryng of
the bodye, either with longe watche, or with
much care & tossing of the mynde, or with much
lecherie, or mucche eating & drynking of thinges
that be hotte and drye, or immoderate euacua-
tion,labour, abstinence, thirst, going in the aire
bytemperatly hot, cold, or dry, all these thinges
doo annoye them that be greued with any me-
lancoly. It is to be diligently consydered, that
where melancoly happeneth of choler aduste,
there meates whiche be hot in working, would
be wisely tempered, and drynking of hot wynes
would be eschewed, semblable cautelle would be
in sauours. Not withstanding moderate vse of
small wynes cre and well verdured, is hcreui
besy committendable, the humour thereby beyng
clarified, and the spirates clensed, but the abuse
or excesse thereof, doth as mucche damage.

Also it is right expedient, to putte into wine or
ale, a gadde of siller or gold, glowyng hot out
of the fyre, to teper hot meates with roses, bio-
lettes, saunders, rose water, borage, buglosse,
baulme called in latine Melissa, or the water of
al thre drycken with good wine, white or claret,
or made in a iulep with suger, is wonderfull hol-
som, chewyng of lykoyise, or raisons of cozance,
is right expedient, but most of all other things,
mirth, good company, gladnes, moderat exercise,
with moderat fedig. And thus I leave to speke
of diets, aptly belodging to the. iiiij. complexion.

Lij . Ths

THE F O V R T H B O O K E.

VVhat crudite is, and remedies
therefore. Cap. primo.



VVill somewhat write
of two discrasies of the bo-
die, whiche doe happen by
the excesse or lacke of things
called not naturall, wherof
I haue spoken before. The
one is called crudite, the
other lassitude, whiche al-
though they be wordes made of latine, hauing
none apt Englishe word therfore, yet by the dis-
finition & more ample declaration of them, they
shalbe vnderstande sufficiently, & from hence-
forth vsed for english. But first it shal be necel-
sary to consider that concoction is an alteratio
in the stonake of meates & drinke, accordyng
to their qualitie, whereby they are made like
to the substance of the body. Crudite is a vici-
ous concoction of thynges receyued, they not
being holely or perfectly altered. The cause ther
of is, sometime the distēperature of the stomake,
sometime inflammatiōns, sometime matter con-
geled, or imposthumes in the stomatke, other-
while ingurgitation of meate and drinke: or for
the vicious qualitie of the same meates or drin-
kes, or the receiuing therof out of order, or lack
of

Conco-
tiō what
it is.

Crudite
what it is
The cau-
se of cru-
dite.

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of exercise, or of conuenient euacuation. Gas-
len sayth, that in crudite or vicious concoctiō
it must be considered, as well if the iuice be bt-
terly corrupted, and may not be sufficiently co-
copte, as also if it be in the waye of concoction,
for if it be corrupted it must be expelled by s̄weat
or bryne, if it be halfe concoct, than muste suchē
thinges be ministred, as maye helpe to profite
concoction, hauinge regarde to the qualitie and
temperaunce of the iuice, that is to saye, whe-
ther it be thicke or thinne, fleumatike or chole-
rucke: whiche shalbe percepued by the diet pro-
ceding, and also by other things named not na-
turall, for fleumatike meates eatē in great quā-
titye or often maketh fleumaticke iuice.

Likewise doth lacke of conuenient exercise, to
much rest or idlenesse, as cholericke meates and
vehemente labours doe make cholericke iuice in
Sommer, & melancholike iuice in Autumne,
speciallye where labours be continual or longe
duriung. Also wher the labour is with inuche
sweate, there is the bryne more grosse: where
it is without sweate, ther is it thinner. More-
suer the colour and substance of the bryne de-
clareth the temperaunce of the iuice, which shal
be hereafter declared in the table of brynes.

Semblablye the colore of the bodye declareth
the iuice that is in it, for beinge whiter than it
was wonte to bee, it signifieth abundaunce of
seame, being more pale or yelow, it betokeneth
excesse of choler, if it be blacker, it signifieth me-
lancoly, if the ill iuice be much in quantitye and
the bloud little, the ill iuice woulde be digested,

L.ij.

and

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and expelled with suche thinges as do serue for that temperature, but if the bloud be much, and the ill iuice little in quantitie, there woulde the vaine be opened, and after sufficiete bleeding a conueniente purgation geuen, hantinge regarde as well of the quantitye of the iuice, as of the kind therof, in case þ either for age or for tymorousnes, a man will not be let bloud, than must he be purged by siege in moze abundaunce.

But if he in whom is little good bloud, & much ill iuice, and feeleth a lassitude or wearinesse in all his bodye, he shoule neither be let bloud, nor receive purgation, nor yet labour or walke mucche: but abide in muche quiet, and assay to sleepe much, and receyue such meates, drinke, and medicines, whiche dothe extenuate or make thynne, cutte, and digest grosse humors, withoute behemente heate, whereof it is written in the table of digestiues: in the nomber of whom is Drimel, beinge well made, or Acetosus simplex, where the iuice is muche cholerike or melancholike. Semblabli, tapers with syle and vinerger be praysed of Galen. Whan there appeareth in the vaine a residence lighte and white, than wyne white or claret moderatelye taken, helpeth to concoction, maketh a good iuice, and prouoketh vaine, than increase fricacions and exercise by little and little, and than let him retourne to his naturall diete. In whom is abundance of rawe iuice, and outwardly feeleth a lassitude, to theym Galene counsayleth, the second or third day to geue Heath, wherein Rose is boyled, afterward to vomit.

The

B O O K E

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The meane to escape crudity, is to be diligente in obseruation of the counsels before written, concerninge the thinges called not natural, not much vsing meates that be verye harde to coocet, also fat meate, and meates longe kept, also corrupted or stinking, sweete fruities, and banckettinge dishes, hastye feedinge withoute good chewinge, also muche or verye oste drinking at meales, very much heate, or very much cold after meate.

Furthermore it muste be considered, that all things which bringeth griefe to the body, is in gendre either of to much abundance of iuice, or of the vicious quality therof: He that is sickie of abundance, the diete of him wholye consisteth in reducing the iuice to a conuenient quantitye. He thit is greeued with the vicious quality of the iuices, his order resteth in making the iuyce equall in temperature. Moreover, where þ which passeth out of the body, is lesse than that whiche is receyued into the bodye, there happeneth sicknesse, whiche comineth of abondance. In the whiche case it oughte to be diligently foreseen, that ther be obserued a conuenient meane of meates and drinckes, in respecte of that whiche is expelled out of the body, whiche maye be done if the quantitye of eche of them be wyllye considered. And where abundance is, there þ quantity or quality, or both be tempred. Alway remember, that of crude iuyce be diuers kindes, some be colde and fleumaticke, some be hot and cholerike, other be more thin and swarie, some of blacke choler or melancolike. They

L.iiij.

whiche

THE FORTYTH

Which do abound in any of them, must abstaine from such meats and drinke, which do ingender such iuste as doth annoye them: those meates and drynks be declared in tables proceding.

Aetius ser Aetius also woulde that hee shoulde drincke a
mone .9. draught of cold water, assyninge, that thereby the stomacke beinge corroborate, driueth out of him downe into the bellye, that which cleaueth fast to it. If my selfe belling to drinck fasting, verye smal biere or ale, whan I haue bene in that case haue founed ease by it. Paulus Aegineta wileth, that at the beginninge, the legges and armes should be rubbed wⁱth a course linnen cloth, the legges downward to the feete, the armes to the toppes of the fingers, and whā they be wel chafed, than to rubbe them againe with some oyle, that doth open the pores, and discusse the vapors, as oyle of Camomill, oyle of anete, and other like, he prayseth much Mulse, or the waſter of honye, speciallye if some Iſope be boyled in it. Galen, & al other do agre, that in this case pepper bruised and eaten with meate, is verye expedient: And wher there is much wind in the stomake, than to eate all times of the day of the medicine made of þ threc kinds of pepper, time, anise seede, and hony clarifyed, which is called Diatrion piperion, or that which is called Diaſpoliticon, or Diapiganon, whiche is made of Cummine ſtieped one daye & a nighte, or longer in tart vineger, and after fryed or layd on a burning hot ſtone, and made in pouder, alſo pepper and rue dried ſomwhat, and made into pouder all in equall portions, and mixte with clarifyed hony

hony. Galen addeth thereto salte peter, called in latin Nitrum. The confection made with the juice of quinces, and is called Diacitoniten, is very excellent. But it is to be diligently noted, that where crudite is in a cholerick personne, there would the said medicines be temperately vsed, & the saide Diacitoniten, to haue little or no spices in it. And for my parte, being of a cholericke humour mixt w fleame, many yeres continually in cruditye, I never found any thinge better then fine Reubarbe chewed with raisons of corens, whiche I toke by the counsaile of the worshipfull and well learned phisition, master doctour Augustine, whoe in his makers decla-
reth the getlenesse of his auncient bloud, which medicine I do not leauue to vse dailye fastinge, when I feele some cruditye to begin. Also syrope acetose, that is to say, sugar sodde in pure vineger, and litte water, vntill it be thicke as a syrope, is sometime conuenient, and that as wel to cholericke persons, as vnto fleumaticke: and if fleame be abundat than with rootes and seedes of fenell and perseley sodden with it. Also in that case Dixinell, that is to saye, honye and water sodden together, with the saide rootes and seedes, and a quantity of vineger put thereto in the boyling, is very commendable. If the paciente bee verye costiuie than the medicine of Galen called Hierapicra, from halfe an ounce to an ounce, taken in water of honye or ale, or then in pylices the wayghte of a grote, and a halfe, or two grotes, if the stiffe bee good, wyl pourge the body sufficiently, without making
the

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the body weaker. Also that medicine by cleasing the stomacke and body, delivereth a man & woman, from many perillous sicknesses.

If the humors in the stomake be not putrified, but that it is greued with abundance of salte sleame, I haue found that milke newe milked, wherin is put a quantite of good hony or suger, and thre leaues of good speare mints, and a little boyled, so being dronke warme fasting, the quantity of a pinte, and resting on it, without eating or drinking any other thing y space of thre houres after, haue abundantly purged and comforted the stomacke, but where there is no sleame, but onely choler, it is not so hol som, but rather hurteth, makinge fumosities in the head, wherof comineth head ache.

Of distillations called commonlye reumes,
and of some remedies against them
right necessary. Cap.2.

Forasmuch as at this presente time in this Realme of Englande, there is not any one more annoaunce to the health of mans body, than distillations from the head called reumes, I will not let to write somewhat of them, whereby men maye take benefite if they will, althoughe some Phisitios, more consideringe their market, than their duity to God and their countreye, will be neuer so muche offended, with mine honest enterprize.

Distillation is a droppinge downe of a liquid matter out of the head, and fallinge either into

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into the mouth, or into the nose thrilles, or into the eyes, & sometime into the cheeke and ears: that whiche falleth into the mouthe, is receiuued of the throte, into that part, whiche is the instrumente of the boyce, whiche at the firste maketh hoarcenesse, and in proesse of time maketh the boyce litle, and bneath to be heard. And if the reume be sharpe, it raiseth the inner skinne of the throte, and sometime it doth exulcerate the lun- ges. If it doth fall into the Stomacke, the reume being colde, it altereth the body into a colde di- stemperance, if it be hot it maketh a hot distem- perature, and doth somewhat exulcerate in pro- cesse of time: And at the beginninge abateth ap- pitite, and maketh feeble concoction. The colde reume, maketh concoction slow, and also crudite, and ingendreth foure fumes in the mouth. If it be corrupted, it tourneth also nourishmet unto corruption, whiche maketh vphaydinge & sumishe or sharpe, or of some ill quality, whiche cannot be expressed. If the matter do descend lo- wer, it tozineteth the guttes called ieiunium & colon, and toucheth other vessells, from whence procedeth digestion. In this discrasy. n. things are to be prouided for, first to let that the reume doe not distill into the saide places, or if it hath done, that it be shortly expelled from thence. First to let that it shal not distill, it shal be ne- cessary to eate some meate the soner in the mor- ning, if there hath not proceded repletion. Where the temperature of all the body is cole- rike, & the stomake is weake, the stomake wold be made stronge with suche thinges as of their
yros

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property do conforte the stomacke, foreseenynge they be moderately cold and moiste: And that which is alreadye fallen into the stomake, must be expelled with vomit or siege, prouoked with wormewood stieped all one day and a night in a little smal white wyne, or small ale and stale, which haue vertue only to woppe away þ filthe from the stomake, but if it be sucked deepe into the filthes of the stomake, than is it better to take the medicine called Hierapicra, eyther in pouder with drinke warmed, or els in pilles, to the nomber of fiue or moe in the morninge, vi. houres before anye other meate or drincke taken, afterward to nointe the mouthe of the stomacke with oyle of Mastike or Hardinum teperately warme. Whiche if a hot reume do fall into a hotte stomacke, then meates and drinkes whiche be cold in vertue would onelye be vsed, wherethe stomacke is distempered with heate, and the reume distilleth into a cold heade, there is þ discrasie hard to be cured: And they whiche be so affect or diseased, muste take such thinges as maye dissolute the fleame, and cleane the stomacke withoute heatinge thereof, of the whiche vertue we know Oximell to be of.

If the stomacke and heade be both distempered with colde, than must be vsed meates drinkes and oyntementes, whiche onlye be hot, and utterly to forbeare all that is cold.

By these distillaciōs and reumes happeneth manye other greeuous diseases, besydes those wherof I haue spoken, as in the head whirlings, called in latine Vertigines, sodeine soundinges

dinges, falling sickenesse, poses, stinking of the nose, called Polipus, sores in the mouth, toothache, pinne and webbe in y eies, dulnesse of hearing, quinces, fretting of y bowels, with fluxes, shortnes of bretch, grief in the heart, palseies, ache in the muscles and ioyntes, wherfore it is not to be neglected. And I do much maruell that our phisitions do not moze studiously provide therfore remedies. I my selfe was by the space of fourre yeres continually in this discrasie, and was cunsayled by diuerse phisitions to kepe my head warme, and to vse Diatrion pipcrion, and suche other hottie thinges as I haue rehersed: at the last feling my self very feble, and lacking appetite and sleape, as I hapned to reade the boke of Galen, De tēperamentis, which treateth De inquali temperatura, and afterwarde the. vi. booke, De tuenda sanitate, I perceiued that I had bene long in an errour. Wherfore firste I did thowse awaie my quilted cappe, and my other close bonettes, and onely did lye in a thinn coysse, whiche I haue euer since vsed both Wynter and Sommer, and ware a light bonet of veluet onely, than made I oximell after the doctrine of Galen, sauing that I boyled in the vineger rootes of persely and fenell, with endire, cykory, and betayne, and after that I had taken it thre daies continually, every daye thre spones full in the morning warme: than toke I of the same oxymell, wherin I had infused & stiped one dramme of Agarise, and halfe a dramme of fine Reubarbe, the space of, iii. days and, iii. nightes, which I re-

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receiued in the morning, eating no meate syx
 houres after, and that but a little brothe of a
 boyled henne, wherof insued eight stooles abu-
 dant of choler and fleume: soone after I slepte
 soundly, and had good appetitite to eate. After
 supper I would either eate a fewe coliader se-
 des prepared, or swalowe downe a little fine
 mastix, and forbare wyne, and dranke only ale,
 and that but little and stale, and also warmed.
 And somtime in the morning would take a par-
 fume of Storax calamita, and nose it and than
 I would put into my nosethilles either a leafe
 of grene laurell, or betain, or water of maiozam
 bryyled, which caused the humour to distyll by
 my nosethilles. And if I lacked storax, I toke
 for a perfume the ryndes of olde rosemary and
 burned them, and held my mouth over the fume
 cloasing mine eies: afterwarde to comforde my
 stomake and make it strong, sometime I would
 eate with my meate a little white pepper grosse
 bruised, sometime Galens electuarie made of
 the iuyce of quinces, called Diacitonites, some-
 time marmalade of quinces, or a quince rosted.
 And by this diete, I thank almighty God, unto whom only be geuen all glory, I was redu-
 ced into a better state in my stomake and head,
 than I was. xvi. yeares before, as it maye ap-
 peare unto them, which haue long knownen me.
 ¶ And this haue I not written for vain glory
 or of presumption, but to the intente that they
 whiche haue their bodies in like temperature
 as mine was, that is to say, beyng cholericke of
 complexion, and haning reumes falling out of
 a herte

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Fol. 7^r

a hotte head, may if they liste assaye mine expe-
rience, or in the stede of my saide infusion, take
Hierapicra, with ale or water to ourge them,
Wherof shall not issue so muche peryll, as of
corrupted syropes, and other confectiones cal-
led Magistralles, made with olde rotten drug-
ges, though the phisitions be never so wel ier-
ned. In bodies of other temperature, I would
not that mine experiēce shold be practised but
with distretion, tempering the medicine, as the
qualities of the stomake and head doo require,
remembryng alway, that hot reumes be thinnē
and subtil, colde reumes be for the moste parte
thicke. Also that they whiche be thinnē, shold
be made thicke, that they perce not so fast. And
that they whiche be thicke, shold be made thin,
that thei may the soner be purged. Finally this
dare I affirme, that the reumes, whiche of late
time haue bene more frequēt in this realme, the
thei were wont to be. xl. yeres passed, haue hap-
ped of none occasion more than of bankettings
after supper, & dyrking much, specially wine
a little after slepe. An other thing is the keping
the head to hotte or to long couered, wherby the
braine, whiche is naturally colde, is distempred
with hot vapořs ascending from the stomake,
those same vapours being let to euaporate or
pasſe foorth out of the head, & therfore be cōcrete
or gathered into humour superfluous, whiche
stilleth downe effsones out of the head into the
places before rehersed. Yet nowe a dayes if a
boy of. viij. yeres age, or yong man of. xx. yeres,
haue not, n̄. cappes on his head, he & his frends

Wyll

THE FORTYTHREE

Wyll thinke that he may not cōtinue in health. And yet if the inner cappe bee not of veluet or satyne, a seruing man feareth to loose his credence. A parson, bycar, or parish prieste, by vsing their veluet cappes embzoudzed with laces, doe make some men thinke that they be ashamed of their crownes, that reuerende token of the order of priesthooде, the whiche notable abuse, I much meruayle that the byshops will suffer, specially they which haue had leasure to reade the woorkes of saint Cypriane, sainte Hierome, Chrysostomus, saint Ambrose, and sundry decrees made by the olde fathers, concerning þ honest vesture of priests, whiche althoough it seeme a light matter to some men, yett it augmenteth or minisheth not a little in prie-
stes, the estimation of their conditions. Salomon confirming the same, saying: The garnet
the gate, and laughter of a man declareth what
he is. But this matter wil I leue to an other
place, where I intend to speake more abundat-
ly of it, if it be not the sooner amended. Howe-
to conclude, as long as the said occasions con-
tinue, so long men shal not be without reuynes
although they were all perfect phisitions.

By what tokens one may knowve vwhether
the stomake and head be hotte
or colde.

Now to retурne to the remedies against
the sayd annoyance, wherof hapneth so
many great sicknesses, I wil be bold to
swyppe

Wyte a little out of the workes of the moste famous and expert phisitions. First the cause of þ reume must be digested, after expulſed, thirdly diuerted, that is to say, tourned from the eyn or throte, into the nose, from whence it may be more easely pourged. Fourthly it may be stopped, that it shall not distill. In hotte distillations the head is very hotte in ſeeling, the reame being in the mouthe is thinne and warme, the tōgue or cheekeſ within bliftered, the face ſometime redder than it is accuſtomed to bee, ſomeſtyme a burning within the nose. To the whiche haue this hotte reume, may be geuen the ſeede of white popy. Diacodion made of the headeſ of white popy and rayne water. Amylum with mylke, if there be no ſeuer, penidees, malowes, orange, gourdeſ, and ſpynage, boyled and eaten with oyle of almondeſ, ſyrrope of violetteſ, neſnupher, or the wine of ſweete pomegranateſ, þ water of a greate cucumber, boyled with a little ſugar, beinge dronke, doeth mitigate cholar, ſtoppeth the reume, and easily loſeth the heaty, the ſeedeſ of mylons brayed in a morter with water, and ſtrayned with ſoſte bread, hauynge ſugar put to it, makeith an excellent good meatē againſt the hotte reumeſ, plaifters made of batley brufed, violetteſ, popy, and camomyll boyled in water, wherein ſpoungeſ or linnen cloaſthes being dipte, ſhoule be laþed on the head, and the genitozieſ or leggeſ therewith waſhed. If the ſickē man can not ſleepe, than the ſayed parteſ with the heaty and foundeinent ſhall be noynted with the oyleſ of violetteſ and hennet-

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phar, the sauour of camphar in rosewater with violettes is good in that case . Galene exhorteth and I haue proued , that in a very hotte reume, whiche hath styld faste , the pouirynge of colde water vpon ones head had stinted the reume. He that is therin diseased muste exchewe goyng in the sunne , or to come nyghe a great fyre, or to stande or be long couered, or to weare muche on his head, he muste rest muche, and prouoke him selfe to sleape a night, but not very long, and to lie on the one syde on a harde bedde, hauing his head highe , also rubbing of his legges before meales is very holsom . Cold reumes be perceived by coldnes of the humour and head with palcnesse of the visage , all colde thinges increasing the reume . These thynges are good against it , the decoction of cicer with hony and rayslings, fylberd nuttes tolsted eaten after meales , nothinge is more holsome then abstinence, specially in the euening, they which haue it , muste beware of Northren wyndes, the Mooneshyne by nyght, wasshynge in colde water, and to be long bareheaded . The seeedes of Nigella a little tolsted and put into a piece of thinne sarcenet and suelled vnto , stoppeth the reumes.

Cleesynge in the beginning of the reume is dispraised of Galen, but after that the matter is digested, it is very holsome : that may be made with leaues of laurel or betein put into the nose thiylis, the iuice of colewortes, the rootes of red beetes, water of Maiorā . A pretay medicine for that purpose proued . The iuice of yong beetes and

and Majoram of euerche : one ounce , good white wyne eight ounces , saffron the weighe of twoo pence , that being hette and taken in the mouthe , shall be drawen vp with breath to the place , wherby the distillation falleth out of the nose into the mouthe . And if the reume doe dis-
till into the cheeke and teeth , I haue proued ,
that the juice of grounde Rose , and that herbe
whiche we cal Mouse eare , taken within a quyl
into the nosethyngles , oftentimes purgeth ex-
ceedingly the reume , and taketh away the ache
of the teethe .

Gargarising , if it bee not discretely vsed ,
may do moze harm thā good , bring down much
abundance of matter vndigested , but taken in
order with water , honys & pepper , or with I=
sope and figges boyled in white wine , and take
very hot in a gargarine is right conuenient .

For compassion whiche I haue of them that
be vexed with toothe ache caused of reumes , I
wyll by the leaue of phisicions conclude this
chapter with an excellente medicine against the
said passion , whiche is witten of an honoura=ble
Phisition of late yeares , whiche inedicine
also maketh teethe faste whiche bee loose , and
also stoppeth the superfluous bleeding of gum-
mes , wherwith the breath is made unsauery .

Take the ryndes of Caper rootes , the rootes
of brembles , whiche dooe beare blacke bearies ,
the flowers of pomegranates called Balaustia
of euery of them , the weight of twoo ducates ,
pelytozie of Spaine one ducate , seede of white
henbane , the ryndes of mandrage , of euery of

M y g them

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them one ducate and a halfe, spourge of the gardeine one handfull, alumme of the rocke two ducates, boyle all this in whyte wyne or clarette, whiche is very rough in taste, and straine it, therewith let the pacient oftentyme washe his mouthe. Albeit I will counsayle theym, whiche will take this medicine or any other, firste to pourge the cause of the reume, as before is rehearsed, or in any other wyse, as they shalbe counsayled by well learned and discrete phisicions.

Of lassitude. Cap. 3.

Actius.
lib. 3.

Galen. de
tuenda sa-
nitate. li. 3

Lassitude is a dispositio toward sicknesse, wherin a man feeleth a sozenesse, a swelling or an inflamatio. Sozenesse happeneth of humours sharpe and gnatwyng, as after great exercise and labours, which lassitude happeneth to the, whose bodies are ful of ill iuice and excrementes. Also after crudite in them which are not exercised, or doe abide long in the heat of the sunne. It may also be in the body, wherin is good iuice, if he be fatigate with immoderate exercise. In them, which doo seele this lassitude, the skin appereth thicke and rough, and there is felt a grieve sometime in the skynne onely, sometime also in the fleshe, as it were of a soze. The cure therof, is by much and pleasant rubbing with sweet oyles, whiche haue not the vertue to restrayne or close, & that with many handes, and afterward to exercise moderately, and to bee bayned in water sweete and tempe-

temperate in heate, also thā must be geuen mea-
ses of good iuyce, potage but seeld, wine is not
to be forþboden, for vnto wine vnethe any thinge
maye be compared, that so wel digesteth crude
humours : it also prouoketh sweate and vrine,
and maketh one to sleape soundly. But if this
lassitude do abide the night and day following,
or wareth more and more, than if the pacient be
of good strength and yong, and hath abundance
of bloud, let him be let bloud, or prouoke the he-
moroïdes or pilles to blede, if they do appeare.
But if it procede of the malice of any humoure,
wout abundance of bloud, than resorte to pur-
gations, apt for the humour that greueth. The
tokens wherof shal appere as wel by the colour
of the skinne and dicte proceedinge, as by vrine,
ordure, sweate, thirst, and appetite, as it is re-
herfed before in the complexions. If þ ill bloud
be little in quantitye, and the crudē humours a-
bundant, than shall he not be let bloud, nor be-
hementlye purged, neither shal exercise or moue
himselfe, nor be bayned. For all exercise carieth
humours throughout al the body, and stoppeth
the powres. Wherfore these maner of persons
should be kept in rest, and such meates drinke
and medicines shoulde be geuen to them whiche
should attenuate or dissolve the grosseſſe of þ
humors withoute notable heate, as Drimeli,
barlye water, and mulse, if the pacient abhorre
not hony. And forasmuch as in the said per-
sons, commonly there is abundance of winde
about the stomakes, therfore pepper, speciallie
long pepper, or white, is very conuenient to be

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bled.

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used, and the medicine before written, called di-
aspoliticum. Whan the humours are dissolved,
than is it good to drincke white wyne, or small
claret wine moderately.

Lassitude extensiu. Cap. 4.

VWhan one thinketh that hee doth feele a
swelling or boylng of the body; where
in decide there doth not appeare in sighte
or touching any swelling, that is called
lassitude extensiu, if it happeneth without ex-
ercise or vehement mouing. This doth happen
of excessive multitude of humors, which do ex-
tend the muscules or fillettes. In this no soze-
nes is felt, but onyl an heurincsse with extencion
or thrusting out of the body. And because that
there is abundance of blood in the body, best re-
medye is to be letten bloude aboute the elbowe
or ancle, after to be pourged, than to bise soft fri-
casies with oyles afore rehearsed, afterwarde
muche reste and temperate bathes, and meates
lacking sharpenes, and being abstensiue.

Lassitude vwith the feeling of in- flammation. Cap. 5.

If without any mouinge, the muscules
and flesh rise vp in the body, as it swel-
led, with greate paynes and exceedinge
heate, than soone after followeth molte
hottest feuers, except it be prevented by letting
of

of blonde and that in abundance, and almoste to
sowning, but it were more sure to be let bloude
twise in one daye, the first time withoute sow-
ning, at the next time sowning is not be feared.
If the griefe be in the necke or heade, the bloud
must be let of the beyne called Cephalea, or the
shoulder vein. If it be in y bulke or uppermost
parte of the bodye, than muste the veine be cut,
whiche is called Bassica, or the innermoste
veine. If all the bodye be greued, than cut the
veine which is named Medianus, or the middle
veine. If a feuer remaine after bloud lettinge,
than order him with the diet of them that haue
feuers, whiche yee shal finde written hereafter.
If no feuer remaine, than use moderate frica-
cions, and little eating, and that of meates hauing
good iuice, increasinge by litle and litle to the
natural dict.

Diete of them that are ready to fall
into sickenesse. Cap. 6.

Now to returne aftesones to speake of diet,
it is to be remembred, that they, whiche are
ready to fall into diseases, they are prepa-
red ther unto, either by replecio or super-
fluous humors, or els by crudite or malice of
humors whiche are in them. As touching y first
the general diet must be such, as therby the hu-
mours may be attenuate, and by conuenient e-
vacuation, brought to a moderate quantity.
As soz the seconde must be corrected with mea-
tes and drinke of contrarye qualitez, hauing
M. iiiij. alwaye

THE FORTHE

alway respecte to the age of the person, time of the yere, place of habitacion, and most specially the bniuersal complexion. For choler offending in an old man, in winter time in a cold country, or the person being of his natural complexion, aleumaticke or melancholy, would not be so abundantly expulised or subdued as if it be in yōg and lusty, in the hot sommer, in the countryes, where the sunne freuently burneth, or the person of his proper nature is very cholericke. And in likewyse contrarye. Wherefore everye man knowinge his owne natural complexion, with the quality of the humour that offendeth, let him make temperaunce his chiefe cooke, and remembryng that whiche I haue before declared, ordaine to himselfe suche diete, as maye refoune the offence with none or littel aunoyance to his bniuersall complexion. And if hee can so do, hee shall hapilye escape, not onlye diuers sicknesses, but also the most pernicious daunger, proceeding of corrupted drugges or spyces, whereto some couertous Poticaryes doo make medicines, maugre the heads of good and well learned Phisitions.

Sicknesse most common to parricular times
of the yere and ages. Cap.7

Although I do not intend to write of yōcure of egitudes or sicknesse confirmed as wel because it righte bee reputed in me a greare presumption, as also forasmuch as it were very perillous, to deuulgate yō noble

noble science, to common people not learned in libertall sciences and Philosophie, which be required to be sufficiently in a Phisition. And moreover many bookeſ of Hippocrates & Galen ought to be read, before that one do take vpon him the generall cure of mennes bodys: yet notwithstanding, I trust I may withoute any note of arrogancye write, what diseases do most commonlye happen in sondry times of the yeare and ages of men and women, with ſome ſignifications, wherby the diſcrasye or diſtemperature of the body is perceiued, to the intent that the Phisition being farre of, may be trulye informed, conſidering that vrines farre caried, do often deceiue them, and likewife lacke of the ſight of the paciente, and inquisition of things, whiche do proceede or follow the ſickneſſe. And wyrth this I truſte none honest and charitable Phisition wil bee offendēd, but rather geeue to me thankes for my diligēnce, in the aduauncing of their estimation, whiche by lacke of perfect inſtruction hath beene appayzed.

Sickenesſes of ſpring time.

Diseaſes proceſſinge of melancholy, as madneſſe, falling ſickenes, bleedings, quinces, poſſes, hoarcenesſe, coughes, lepyes, ſcabbes, ache in the ioyntes.

Sickenesſes of Sommer.

Many of the ſaid diseases alſo feuers conti-
nual

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annual hot fevers, fevers tertiane, quartaine,
 vomits, fluxes, watering of eyes, paynes of the
 eares, blisters and soares of the mouth & swel-
 lings.

Sicknesses of Autumne.

Divers of Sommer sicknesses, also oppilati-
 ons of the sycne, dropyses, consumptions,
 strangulations, costifenesse, ache in the huckle
 bones, shorines of winde, fretting of the bowel-
 les, falling sicknes, and melancholike diseases.

Sicknesses of winter.

Stitches and grieses in the sides, inflamation
 of the lunges, reumes, coughes, paynes in the
 brest, sydes, and loynes, head ache, and palscis.

Sicknesses happening to children.

When they be new borne, there do happen to
 them sores of the mouthe called Aphte, vomit-
 ing, coughes, swatchinge, scarefunesse, infla-
 mations of the nauell, moisture of the eares.

Whan they breedeth teeth, itching of the gum-
 mes, feuers, crampes, and laskes.

Whan they ware elder, than be they greeued
 with kernels, oppennesse of the mould of y hed,
 shorthenesse of winde, the stoone of the bladder,
 wormes in the belly, waters, swelling under y
 chinne, and in Englannde commonlye purpilles,
 mealeis, and smai pockes.

Sick-

Sickneses happening to yong men from
xiiii.yeares of age.

Feuers cotidiane,terciane,quartaine,hot feuers, spitting or vomittinge of bloude,pleures, diseases of the sydes, inflamation of the lunges, lethargies, fransie, hot sickneses, cholericke passiōs, costiuences of vehement laskes.

Sickneses of age.

Difficultye of breathe, reulmes with coughes, strangulion, and difficulty in pissi:ig, achc in the toyntes diseases in the raynes, swi:ninges in the head, palsies, itching of al the body, lacke of sleepe, moysture in the eyes and eare:es, dulnesse of sight, hardnes of hearing, tisicknesse, or shor:nesse of breathe.

Although manye of the said sickeneses dooe happen in euerye time and age: yet because they be most frequent in the saide times and ages, I hane written them, to thintent that in the ages and times most inclined vnto them, suche thinges might be then eschewed, which are apte to engender the said diseases.

The general significations and tokens of sicknes. Cap.8.

If the body be hotter,colder, moyster, drier, leaner,fuller, the colour more pale or swarth the eyes more hollow than is accustomed to be, it signifieth that the body is disposed to sicknesse, or already sick.

The

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The braine sicke.

Baining.
Forgetfulness.
Fantasye.
Humours comminge from
the rouse of the mouth,
the eyes, the nose, or the
earres.
Watches.
Sleepe,

The heart sicke.

Difficultye of breath,
Trembling of the
harte.
Beating of the pulse.
Feuers.
Cold.
Diversitey of colours.
Griefe about the
heart.

The liver sicke.

Lacke or abundaunce of
humours.
The fourme of the bodye
altered.
Palenesse.
Concontion.
Digestion.
Alteration of excrementes
accustomed.
Paine in the place of the
liver.
Swelling.
Difficulty of breath.

The

The stomachke sick.	Concoction slowe or quicke.
	Appetite of moist or dry, dull or quicke.
	Separation of extremes moist or hard with their colours.
	Veryng.
	Welking.
	Hometing with peyne & difficultie of bretch.
	Urine much or little with the colour & substance to redde or to paale, to thicke or to thinnes.
	Difficultie of bretch.
	Cough.
	Spitting.
	Peyne in the breast.

This haue I wrytten, not to gene iudgement thereby, but only for the pacient to haue a redines, to thintent that what so euer he feeleth or perceiueth in euery of the sayd things, therof to instruct his phisition, wherunto he may adapt his counsayle and remedies.

Of vrines. Cap. 9.

¶ As much as now a dayes the most common judgement in sickenes is by vrines, which being far caried or much meued or stading long

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long after that it is made , the fourme therof is so altered , that the phisition shall not perfittly perceiue the naturall colour, nox contentes, al- though it be never so well chaufed at the fire, as Accuarus & other great learned men do af- firme . I will therfore somewhat speake of v- tines, not so muche as a phisition knoweth, but as much as is necessary to euery man, for to per- ceiue the place and cause of his griefe, wherby he may the better instructe the phisition.

First in brine, four things are to be con- sidered, that is to say, the substance, the colour, the regions or partes of the brine, and the con- tentes or thinges therein conteined.

Also forasmuche as in the body of man bee four qualities, heate, colde, moisture, & dryeth, twoo of them, heate, and colde, are causes of the colour, dryeth and moysture are causes of the substance.

Horcouer in brine, being in a vessell apte therunto to be scene, ar thre regions. The lowest region in the bottom of the brinall, contyning the spaces of, y. fingers or little more. The mid- del region, from whence the lowest ended unto the cerkle. The highest region is the cerkle.

Che highnes of the colour signifieth heate: the pale, blacke, or grene, signifieth colde.

Also the grossenes or thickenes of the brine signifieth moysture, the clerenes or thinnesse, signifieth dryeth.

The colours of the vrines.

Colour of bright golde. 2 Perfitte dige-
Colour of gyte. 3 stion.

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Red as a red apple or chery.
 Base redde, lyke to bole ar- } Excesse of di-
 menake, or iaffron drie } geston.
 Redde glowyng like fire.

Colour of a beastes lyuer.
 Colour of darke red wine. } Adustion of hu-
 Grene like to colewothes. } mours.

Leaddye colour. } Feblenes or mortification
 Blacke as inke, } of nature, except if be in
 Blacke as honie. } purgeing of melancoly.

Whyte clere as water
 Gray as a horne.
 White as whay.
 Colour of a camels heare.

Pale lyke to broth of fleshe sodden. } The beginning of di-
 geston.

Citrine colour or yelowe. } The middle of di-
 Subcitrine or paler. } geston.

Whyte and thinn, betokeneth melancoly to haue dominion.

Whyte and thicke, signifieth fleume.
 Redde and thicke, betokeneth sanguine.

Redde and thinn, betokeneth choler to haue the souerayntie.

The

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The substance of the vrine.

Cap. 10.

AT the first pissing, all vynes wel nighe do appere thinne, as long as they abide warme, for naturall heate, during the time that it preuaileth, suffreth not that the lycour, whiche is the substance of the vrine, to congele or be thicke for any occasion: but after that heate is gone, some vynes shortly, som a longer tyme after, waxe thick. Likewise lome time, some are pissed thicker, and after waxe cleare, some remayne styll as they were made, some be metely thicke, as they were troubled, some very thicke and grosse. They that waxe cleare, some doo gather that, whiche is thick into the bottoone of the vynall: some remayne troubled the grossenes, notwithstanding gathred in the bottome. Semblably the diuersitie of thyinne or subtiless, must bee perceived, that is to saye, that some are very subtyll as water, lesse subtyll, some in a meane betwene thycke and thinne.

COf thinges contayned in the vrine, some doo descend down to the bottome, and be called in a greke word Hypostasis, in englishe some call it the groundes, some the residence, whiche if it be white, light rising up from the bottome of the vynal, like a pear, it signifieth health, if it be of any other figure or colour, it betokeneth some a noyantie. If like thinges be scene in the middel of the vynal, they be called sublacions, if they approche unto the highest region of the vrine, they

they be named cloudes, in latine Nebulæ. The groundes or residences not perfect, some is like little red betches, and is called in latin Orobea, some is lyke to branñe of wheate grounde, and seueren from the meale, and is called branñe residence, in latin Furfurea, some bee lyke vnto plates hauinge bredthe and lengthe withoute chickenesse, and may be named platie residence, in latine Laminea. some is like to meale, wheate, or barley, and may be named mealy residence, in latine Similacea.

¶ There is also seen in the brine like to white heares, some longer, some shorther, sometime like to ragges, somewhat redde. There is also sene in the uppermost part of the brine, sometime a some or froth, sometime belles or bubbles, sometime there swimmeth in the brine a thing like a cobwebe, otherwhile there is about the cerkle, as it were the renting of clothe, sometime there is in the brine like motes of þ sunne, sometime like the matter of a soze, otherwhile lyke the sede of a man, also grauell or sande. And in these things may be diuers colours, som white, some redde, some betwene bothe, some yelowe, some graye, and some blacke. All this must be diligently marked, and thereof separately to aduertise the phisition, vnto whom I referre the iudgement of the sicknesse, for the cause afore rehersed, and for as muche as the iudgement of them is very subtil.

¶ Semblably of ordure, whether it be verye thinne or very thicke: what other matter issueth out with it, what colour it is of, the saour

¶

very

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very great little or none, if it were easely expulsed, or peynefull, howe ofte or howe sel-dome.

GMoreover of sweate, what colour it is of and of what sauour, if in tastinge it be salte, sowre, bitter, or unsauerie.

GAlso the vomite, if it be of one colour or manie, if it doo smell horrible, of what humour it had most abundaunce, if it were fasting, or after meales, if it were paynefull or ease.

GLikewyse spittell, whether it be thicke or thinne, or mixte with bloud, or matter corrupt, accordingly of the humour issuyng oute at the nose, and if that the bloud, than whether it be redde, watrie, or blacke.

GMoreover, it maye not be forgotten, to adue the phisition of the diet vsed by the pacient, as well assoe the sickenesse, as in the time of the sickenesse, his age, the strengthe of his body, his exercise, and place, where he legest abode in his youth whether it were hie or lowe, watrie or drye, hott or colde.

GThis I trust shalbe sufficient to instruct a phisition: he that desireth to know more particularly hereof, let hym reade the booke of Hippocrates, Galene, Cornelius Celsus, Ac-tuarius, Paulus, & diuers other late writers, for this little treatise may not receive it.

The

The preceptes of the auncient phisicion
 Diocles vnto kyng Antigo-
 nus. Cap. II.

WE wyll nowe deuide in body of man into fourte partes, the head, the bulke, called in latine, Thorax, which conteineth the breast, the sides, the stomacke, and entrayles. The healy, called in latine Enter, contyneth in the paunce and bowelles. Also the bladder, called in latine Vesica, in the which named is also contained the conduites, by the whiche urine passeth. Whan anye disease approacheth to the head, these tokenes dooe commonly procede, Swymming in the head, head ache, heuinesse of the browes, sounding in the eares, prickynge in the temples, the eyes in the morning do swatter or ware dimme, the smelling is dul, the gumes do swell. Whan thou feelest suche tokenes, forthwith purge the head with somwhat, not with vehement medicines, but taking I sope of Diganum, and the croppes of them boyle with whyte or claret wyne, halfe a pynce, and therewith gargarise your mouthe fasting, vntyl the fleume be purged out of your head; this is the easiest medicine in discrasies of the head. It is also very holsome to gargarise the mouthe and breast with hony water, wherinto mustarde is put and mingled, but first the head must be rubed with a warme clothe, that the fleume maye easily come out of the head. And if these tokenes be neglected, these maner of sickenesse doo followesone after, bleared eyes, and humours let-

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ting the sight, cleftes in the eares, swellings in the necke full of matter, called the kinges cuill, corruption of the braynes, posies or reumes, heunesse of the head, and tooth ache.

When the bulke is like to suffer any sicknes, it is perceiued by these tokenes, al the body is in a sweat, þ bulke most specially, þ tongue war eth thicke, the spittle is either salte or bitter, or cholerike, the sydes and shoulders do ake without any occasion, the paciente gapeth often, also therre doth happen muche walkinge, suffocationis or lacke of breth, thirst after i leape, þ mind is vexed with heunesse, also the brest and armes are very cold, and the handes do tremble. Against these thinges this remedie may be provided. After a moderate supper assay to vomit without any medycine, vomit is also profitable, whiche meate doth follow. He that in such wyse will vomit, let him eate hastilye small radishe rootes, townterses, roket, senuyn, or pouarslane, and drinke after it a great quantitye of warme water, and prouoke hymselfe to vomit.

Hee that setteth little by the saide tokenes, let him feare these sicknesses following, the pleurisy, the sicknesses of the longes, melancholy or madnesse, sharpe feuers, the letargie, inflammation with yexing.

If anye sickness be towarde the bellye, they may be espyed by these tokenes, the belly is first wrappyd together, and in it selfe is troubled, al i cales and drynkes do seeme bitter in tast, hee feeleth heauines in his knees, a stynnes in his loynes, a weariness in all his bodye, without any

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any occasion, a sleepines in his legges; with a little feuer: whan thou feelest these tokenes, mol- lify thi belly, not with medecine, but with good order of diete, for it is best and moste sure to vse those thinges, wherof lightiye may ensue none annoyauice, in the nomber of theym are beetes boyled in water of honyp, garlike sodden, malo- wes, sorrell, mercurye and all thinges conduite in honyp. All these do expell the ordure of the bellye, but if any of the sayde signes doth more and more ercrease, the licour, wherein the seede of Carthamus, called also Cneus, is boyled is a pleasant sure medicin, smal coleworstes boyl- led in a good quantity of watet, the lycour ther of in measure two pintes, sauring the third part of a pint, with honyp and salte beinge dronken, shall profit much. Cicer and the pulse called in latin Cruum, in English (I suppose) chittes in water dronke fasting hath the same effect.

To them which do set litte by the said tokenes, these diseases do sodenly happen. Fluxe of the belly, bloudy fluxe, slippernesse of bowels, paines in the guttes, ache in the huckle bones, the feuer tertian, y goute, y appeplexie or palse in the lummes, hemoroides, aking of ioyntes.

Whan the bladder is towarde any sicknesse, it is perceiued by these tokenes, fulnes felt after litte meate, breakinge winde downewarde and vpward, palenesse of colour in all the body, he- uie or troublous sleepes, the vaine pale, & pas- sing forth painfully, swelling about the coddes and priuye membris. When these tokenes ap- pere, than is it expedient to haue remedy of odo-

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riterous

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tiferous thinges, whiche do expell vrine, whiche shall be done without any peril, with y rootes of ienel and perlecy steeped one or two dayes in good white wine, and to drinke therof fastinge euery morning thre ounces and two diammes, with the water of wild carets, or Elicampane whiche of these is nexte at hande, euerye of them haue like effect. Also water wherein the peaseyn called in latine Ciceres are steeped, being dronke with wyne is like comodious: he that neglegeth the said tokenes, let him looke for these sickneses following, the dropsye, the greatnessse of the splene, griefe in the liuer, the stome,ache of the backe, or paynes in the raynes, the difficultye of vrine, fulnesse of y belly. In al these thinges that we haue spoken of, wee shall geue to children most easye medicines, to menne, those whiche be stronger in working. This diete of Diocles, althoughe at this time it seemeth not most pleasannte, nor accordinge to the practise now vsed, yet beinge tempred with that whiche I haue before remembred, some thinge maye be found in it, whiche being experienced, may be as comodious for the helth of mans body, as that diet whiche is more curious or pleasant.

Of them in whose stomake meate
is corrupted. Cap. 12

They in whom customably meate is corrupted, let them afore that they eate any meate assay to vomit, drinke sweete wyne, absteine from meate, that ingeder botz

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botches, inflamations, fumous ructuacions or vapours, and take such as nourishe good iuice, and chose them oute whiche do moistifie the bellye, and at sondrye times take them. It is also good to take temperatlye that whiche loseth the bellye; as the medicine called Picra, and to absteine from such things wherby ill iuice is gaþred, and doe ingender sicknesses, harde to be cured or never, as goutes, bone ache, paynes of the raynes, &c.

Of the vertue of meates. Cap. 13.

HE that is studious about þ conservacion of health, he needeth to know the vertue of meates. The meate whiche hath vertue to extenuate, or make humours subtil, it openeth the pores, & bringeth forth þ whiche is fast in the fleshe, it maketh þ whiche is clammye subtil, and doth extenuate or relent þ whiche is fatte, it bringeth forth that whiche abideth long in þ belly, but that whiche is eaten, is a superfluyc, watrye and cholerike, and at length maketh melancholike bloude, wheresoþ much vsing of them is prohibited, speciallye to them that are cholerick, and onelye serueth for them that are replete with fleame, crude or undigested humours, clammy or fat. The diet of sattinge thinges doth nourishe abundantlye, so that the stomake and liuer do digest well meate of good iuice, maketh good blud, but yet it stoppeth the liuer and splene. These do theri whiche make fatte humours onelye, as the pulse called

P. iii.

Lene

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Lenticula, & they that are slimie like malowes, some do make fat humours, and be also slimie, as fishes with hard shelles. Finallye the diete, which doth extenuate and make leane, is more sure for keeping of health, than that which fatteneth much. Nourishing meates would be therfore moderatelye vsed, whan a man perceiued himselfe to haue neede thereof, it maye be moste surely vsed of them that be exercised temperately, and can slepe whan they list. They that can not slepe by reason of exercise, let them eschew fattening meates, let none idle person attempt to vse them. In the preseruation of health, sluggardy is the greatest mischiefe. Like as temperate mouing is good, so is the meate which be twene thicke and thinne, is to mans heale most conuenient, which ingedreth bloud, according to the competent constitution of mans boode, and therfore it is to be chieflye vsed. Meate of ill iuice is alway noyfull, wherfore it ought to be eschewed. Likewise y^e varietie of meates is to be obserued diligently, for it is a great thing to couple well together, thinges of contrarye vertues, for if they bee not well digested, that which is received, may bring displeasure.

A dictio

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A diet preservatiue in the time of
pestilence Cap:14.

The bodyes most apte to be infected, are speciallye sanguine, nexte colericke, than fleumatike, last melancolike, for in them the humour being colde and drye is most bnapte to receiue putrifaciō, hauing also strait passages, by the which venim must passe. The diete conuenient for that tyme is to abstaine from meates, inflaiming and operinge the pores: also from heate of the Sunne, from to muche heate, or fyre, or garmentes, from euery hot herbe, and much use of tart thinges, excepte Onions and cikorye or radishe with vineger, for they do resist against venime, from swyne verye sumishe, exercise incontinence after meales, from sweatinge, from al thinges that will cause oppilitacion and putrifaciō, from things hot and moist, where moisture hath the dominion in degree, speciallye beinge not sufficientlye boyled, also from milke, except it be in a litle quantite, and that with a litle sugar. Fruites and herbes colde and drye, and therewith swerte or somewhat bitter, are not prohibited. If yee eate figges, grapes, or swete cheries, eate after them of an Oȝeng with salt. If yee eate thinges cold and moyste, as cucumbers, melons, fishe softe, and freshe, or Damlyns, eate by and by after, some fenel, and Oȝeng with salt, drinking therewith a drought of good swyne. Beware of musheroms, muche purslane, gourdes, and all other thinges, whiche soone putrefyse: not swyth

THE FORTY

Withstanding I will not forbide eatinge of let-
tise, with a fewe mintes, or mixte with Cyna-
mom. All things so wze are commended, as wel
in diete conseruatiue, as in that which is cura-
tive or healeth, except where there is straunesse
of the breast, or weakenesse of the stomacke, the
dught they to be tempered with sugar, salt, Al-
mond milke, cynamom, pepper, feni, Saffron,
egges, and some thing that is fat or vnguous.
Capers are good to be vsed w vineger. These
verye fat and salte, is not commended, no more
is colewoortes, or any kind of pulse, except chit-
tes: great peason, rapes, nor spynache is good.

Also there be forboden rokat and mustarde,
much wyne and egges, excepte they be eaten w
sozel sauce, vineger or juice of orange, persely,
and also parsnipes be good. Neweswynes be
noyfull, let the meate be somewhat more than
drinke, but yet sustein not to muche hunger nor
thirst, beware of iccherie, of a cloude weather
and close, eschue much resort of thonge of peo-
ple, windes comminge from fennes or moores,
from sleepe at noone: vse wth your meate this
powder, Sanders redde, halfe an ounce, Cyna-
mom three drammes and a halfe, saffron halfe a
dramme. After your meate, eate a litle of cozi-
ander seede, well prepared. In the morning at
a temperate fyre bemy your head backward,
clensc your bodye and head of all superfluities,
vse also moderate fricasies, wth sweete parfu-
mes and odours, washe oftentimes your face
and handes wth pure vineger mixte with rose
water. In colde weather mixe it with mintes

baulme

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baulme, rue or mintes, and sometime with clo-
nes. In hot Sommer with roses or violets.
Aboue all things vse to make whit wine, good
white byneger roset, water of roses, in equall
porcions, put therewnto a litle setual, or of the
rinde of a citron, and drinke thereof a litle, and
oftentimes washe therewith your handes and
visage. Medicines preseruative against the pe-
stilence, whiche be alwaye most redye, are these,
a figge with rue, and a walntit eaten fastinge,
also triakle, or mithridate, to olde men a drame
swight, to young men halfe a diamme, or a scrup-
ple dissoluued in vinegar and Rosewater, or in
water of tormentill, scabiose or baulme, if the
plague be in Sommer, if it be in winter, put to
the waters some white wyne. Also the pylles
called commonlye Pillule Rasis (but in dede
they were inuented by Rufus) are verye excel-
let specially if the aloe, which is in it be washed
and therwnto added a litle Bolus armenus, & Terra
sigillata. And if the person be of hot complexio,
a quantity of sozel seede, and red corall, this co-
rall, this confectioned with syrope of citrons,
in cold complexions, or to old men with white
wyne, vse them euerye thirde daye, one pill at a
time, three houres or fourre afore dinner or sup-
per. If ye take tryakle or Mithridate, absteyne
from meate at the leaste sixe houres after. A
peece of the roote of setual, boorne in the mouth,
preserueth from infection. In likewise doth
sozel chewed fastynge, and the iuyce sucked
downe. To poore men Marsilius was wonte
to geue a toaste of breade steeped in Vneger
with

THE FORTHE

With a piece of an Onyon or Rue. All thynges
 which be cordiall, that is to saye, whiche do in
 any wise comfort the heart, do resist pestilence,
 vehement anger, or heuinesse, be very pernici-
 ous. Other more exquisite and costly preserua-
 tives, I purposely passe ouer. Whiche Mars-
 lius, and other phisitions doo wryte so aboun-
 dauntly, for as muche as I desyre to be in this
 woozke compendious. One thinge I had al-
 moste forgotten, that there is no better preser-
 uative, than to flee from the place corrupted,
 besyine and farre of, and to let none approache
 you, that hath made their abode, where the
 plague is feruent. Moreouer, receive not into
 your house any stiffe, that commeth out of a
 house, wherin any persone hath bene infected.
 For it hath bene sene, that suche stiffe, lying in
 a coffer faste shutte by the space of two yeres,
 after that the coffer hathe bene opened, they
 whiche haue stande nigh to it, haue ben infected,
 and soone after haue died. But here I alwaye
 except the power of God, which is wonderful,
 and also mercifull, aboue mans reason or coun-
 sell, preseruing or stryking whome, whan, and
 whare it shall lyke his maiestie, to whome bee
 glory and prayse euerlasting. Amen.

¶ Thus make I an ende of this treatise, des-
 iring them that shall take profite therby, to de-
 fend it against eniuious disdayne, on whome I
 haue set the aduenture, for the loue that I beare
 to my countrey, requiring all honest phisitions
 to remembre, that the intent of my labour was,
 that men and wemen reading this woozke, and
 oþer

obseruing the counsayles therin, shoule adapte
therby their bodies, to receiue moze sure reme-
die by the medicinces prepared by good Phisici-
ons in dangerous sickneses, they keeping good
diete, and infourming diligently the same phi-
siions of the maner of their affectes, passions,
and sensible tokenes. And so shall the noble and
most necessarie science of phisick, with the mi-
nisters therof, escape the sclander, whiche they
haue of long tyme susteined, and according to
the precept of the wyse man, be worthely ho-
noured, soz as muche as the highest God
did create the phisition soz mans neces-
sarie. And of the earth created medi-
cine, and the wise man shall not
abhoze it. Thus fare ye wel
gentill readers, and soz
get me not with your
good reporte,
and
praye to God that I be
neuer worse oc-
cupied.

FINIS.

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neare vnto saint Dunstones Churche
by Thomas Marthe.

Socrates is my brother
 he had always a strong body
 Lollus & I walking in the
 country side for a walk
 D. said if it was
 plague all Athens
 the city Compt. of the
 infected was to give of
 City.

Aug. 243.

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