

www.e-rara.ch

Adam in Eden: or, natures paradise

Coles, William

London, 1657

ETH-Bibliothek Zürich

Persistent Link: <https://doi.org/10.3931/e-rara-23976>

[Chap. CXI.-CXX.]

www.e-rara.ch

Die Plattform e-rara.ch macht die in Schweizer Bibliotheken vorhandenen Drucke online verfügbar. Das Spektrum reicht von Büchern über Karten bis zu illustrierten Materialien – von den Anfängen des Buchdrucks bis ins 20. Jahrhundert.

e-rara.ch provides online access to rare books available in Swiss libraries. The holdings extend from books and maps to illustrated material – from the beginnings of printing to the 20th century.

e-rara.ch met en ligne des reproductions numériques d'imprimés conservés dans les bibliothèques de Suisse. L'éventail va des livres aux documents iconographiques en passant par les cartes – des débuts de l'imprimerie jusqu'au 20e siècle.

e-rara.ch mette a disposizione in rete le edizioni antiche conservate nelle biblioteche svizzere. La collezione comprende libri, carte geografiche e materiale illustrato che risalgono agli inizi della tipografia fino ad arrivare al XX secolo.

Nutzungsbedingungen Dieses Digitalisat kann kostenfrei heruntergeladen werden. Die Lizenzierungsart und die Nutzungsbedingungen sind individuell zu jedem Dokument in den Titelnformationen angegeben. Für weitere Informationen siehe auch [\[Link\]](#)

Terms of Use This digital copy can be downloaded free of charge. The type of licensing and the terms of use are indicated in the title information for each document individually. For further information please refer to the terms of use on [\[Link\]](#)

Conditions d'utilisation Ce document numérique peut être téléchargé gratuitement. Son statut juridique et ses conditions d'utilisation sont précisés dans sa notice détaillée. Pour de plus amples informations, voir [\[Link\]](#)

Condizioni di utilizzo Questo documento può essere scaricato gratuitamente. Il tipo di licenza e le condizioni di utilizzo sono indicate nella notizia bibliografica del singolo documento. Per ulteriori informazioni vedi anche [\[Link\]](#)

or other Inflammations, doth much good; yea, it helpeth that Disease called *St. Antonies fire*, and burnings also, and is singular good to take away Wheals, and small Pusshes that rise through heat; as also against the burning heat of the Piles, or of the privy parts, to apply Cloaths wet therein, to the places. *Matthiolus* sheweth, that in the Root of this *Colts-foot*, there groweth a certain *Cotton*, or *White-wool*, which being cleaned from the Roots, and bound up in Linnen Cloaths, and boyled in Lye for a while, and afterwards some salt Nitre added unto it, and dried up again in the Sun, is the best tinder to take fire, being strokè from a Flint, that can be. The Root of *Cacalia* steeped in Wine, and eaten, is also good for the Cough and hoarsnesse, which *Galen* affirmeth of his *Cacannum*, which is thought to be the same; for it is without sharpness, and good for hoarsnesse. *Dioscorides* addeth, that the Peare-like Grains, which are found in his *Cacalia*, beaten and mixed with a Cerot, or Oyntment, doth make the Skin smooth, and will stay the falling of the hair, as *Pliny* saith.

CHAP. CXI.

Of Wood-bind, or Hony-suckle.

The Names

IT is called in Greek *περικλύμενον*; but the Greeks in these dayes call it *περικλίας*, in Latine, *Periclymenum* also, and *Caprifolium*; but *Pliny* mistaking the word *Periclymenum*, setteth down the properties of *Clymenum*, which is *Tutsan*, for it: with some it is called *Sylva mater*, and *Marris Sylva*, *Vulnerum majus*, and *Lilium inter Spinis*, and *Vinciboscum* by *Casalpinius*, according as his *Italians* called it. In English, it hath no other name but *Wood-bind*, *Honey-suckle*.

The Kindes.

There are divers Sorts of Wood-binds, some that are winding about whatsoever standeth next them; and for the most part, known throughout the Land; others are strangers, or not so well known: there are divers that wind not, but stand upright; all which being summoned together, are in number eight. 1. Our ordinary Wood-bind. 2. The German red Honisuckle. 3. Double Wood-bind, or Hony-suckles. 4. Dwarf Honisuckle. 5. Upright Wood-bind, or Hony-suckle. 6. Black berried upright Hony-suckle. 7. Blew berried upright Hony-suckle. 8. The greater upright Hony-suckle. I shall not trouble you with the description of the ordinary Hony-suckle, but of the upright red berried Hony-suckle, as being lesse known.

The Forme.

The divers stalks of the *Red Berried upright Hony-suckle*, are somewhat straight and upright, about three or four foot high, at the least, divided and spread into divers Branches, covered with a very thin whitish Bark: the Leaves stand by couples on the Branches, and two likewise at every joynt, which are of a whitish green colour, smooth, and lesser then those of the windy Wood-binds: the Flow-
ers

ers also stand by couples, at the end of short stalks, that come from the joynts, with the Leaves, and are much smaller then the other, & never opening or spreading much, of a pale whitish colour: after which come two red Berries, long, with the roundnesse; both of a bigness in the naturall places, and in some open places, but seldom so with us; for one is usually withered, and never commeth to perfection.

The Places and Time.

The first groweth abundantly in this Land, almost in every Hedge. The second came out of *Germany*. The third out of *Italy*, both which are set against our house-sides, to run about the Windows, where they keep the Rooms cool, and make a goodly shew without. The last was found by *Dr. Penny*, as *Clusius* saith, by *Danewick*. The four last were found by *Clusius* in *Germany*, *Austria*, and *Syria*, and some on the *Pyrenean hills*, and in *Savoy*, and are most of them kept in our Gardens. The first is in flowre in *June*, and the Fruit is ripe in *August*. The second and third, flowre about the latter end of *April*, and the beginning of *May*; and so do the rest, their fruit being ripe in *July* or *August*, except the second, which hath not been seen to bear any.

The Temperature.

The Flowers and Leaves of Honey-suckles, are of a cleansing, consuming, and digesting quality.

The Vertues.

A Decoction made of the Leaves, or the Flowers and Leaves of Honey-suckles, with some Figs, and Liquorice added thereunto, is very effectually for the expectorating of flegme from the Chest and Lungs, whensoever they shall be overcharged therewith. A Syrup made of the Flowers, is good likewise to be drunk, against the Diseases of the Lungs and Spleen that is stopped, being drunk with a little Wine. *Mr. Culpepper* saith, that it is fitting that a Conserve of the Flowers should be kept in every Gentlewomans House; for that he knew no better cure for an *Aschma*, then this. Besides, it takes away the evill of the Spleen, provokes Urine, procures speedy delivery to Women in Travel, helps Cramps, Convulsions, and Palsies, and whatsoever Grievs come of cold or stoppings. The Leaves or Flowers in Powder, or the distilled water of them are commended to dry up fount and moist Ulcers, and to cleanse the face and skin from Morpew, Sun-burn, Freckles, and other discolourings of the skin. Notwithstanding, *Parkinson* following *Galen* and *Culpepper* backing him, as usually he doth, be the matter right or wrong, conceiveth, that it is an error to use the decoction of the Leaves of Honey-suckles, or the distilled water of the Flowers in Mouth-waters; yet it is certainly found by experience, that the said water is good against the soreness of the Throat, or *Uvula*; and with the same Leaves boyled, or the Leaves and Flowers distilled, are made divers good Medicines, against Cankers and sore mouths, as we'l in Children, as elder people; and likewise for Ulcerations, and Scaldings in the privy parts of Man or Woman, if there be added to the decoction hereof, some Honey, and Allome, or Verdigrease; if the Sores require greater cleansing outwardly. Provided alwayes, that there be no Verdigrease put into the water, that must be injected into the secret parts. As for the provoking of Urine, care must be had, that the taking of the decoction be not continued too long; for though at first it will but provoke Urine only; yet being drunk six dayes together, it will make the Urine like blood. It causeth also barrennesse in Women, and

maketh men unable for generation. The flowers and leaves are of more uſe then the ſeed, yet they alſo help the ſhortneſſe and difficulty of breathing, and cure the Hicket.

CHAP. CXII.

Of Mullein.

The Names.

It is called in Greek, φλόμος & φλέγω υρο, for that it ſerved as a Weeke to put into Lamps to burn in former times, and of the Latines *Candela Regia* and *Candelaria*, becauſe the elder age uſed the ſtalks dipped in Suet to burn, whether at Funeralls, or for private Uſes; and ſo likewiſe the Engliſh name Higtaper for Higtaper, the (b) being left out, is uſed in the ſame manner, as a Taper or Torch. It hath alſo ſome other names in Latine, as *Thapsus Thlapsus* and *Tapsus Barbatuſ*, and *Lanaria*. In Engliſh alſo ſome call it Torches, ſome Bullocks Lungwort, ſome Haires beard, and ſome *Jupiters Staffe*.

The Kindes.

There are of this kind beſides the *Morb Mullein*, nine ſorts. 1. Common Mullein. 2. Dwarf Mullein of *Denmark*. 3. White Mullein with long leaves. 4. Sweet white Mullein. 5. Ordinary black Mullein. 6. Sweet black Mullein. 7. Jagged Mullein. 8. Sage leaved Mullein. 9. Small Sage leaved Mullein of *Syria*.

The Forme.

The Common white Mullein hath many fair large woolly leaves lying next the ground, ſomewhat longer than broad, pointed at the ends, and as it were dented about the Edges; the ſtalk riſeth up to be four or five foot high, if it grow in very rank ground, covered over with ſuch woolly leaves as the loweſt, but leſſer: ſo that the ſtalk can be hardly ſeen for the multitude of leaves thereon up to the flowers, which come forth on all ſides of the ſtalks, without any branches for the moſt part; and are many ſet together in a long ſpike, in ſome of a gold yellow colour, in others more pale, conſiſting of five round pointed leaves, which afterwads give ſmall round heads, wherein ſmall browniſh ſeed is contained; the root is long, white, and woody, perishing ever after it hath born ſeed.

The Places and Time.

The firſt groweth by the ſide waies, and Lanes in many places, and for its uſefulneſſe is taken into ſome Gardens, and ſo is the ſecond, but it groweth naturally only in *Denmark* in the fields between *Cronenberg*, and *Hafnia*, neer *Elſemore*. The third and fourth grow but in ſome places of our own Country, ſo that one ſhall hardly find a plant in a great way. The fifth in many places of *Kent*, *Surrey*, *Effex* and elſewhere. The ſixth is alſo ſometimes to be found wild abroad; but yet ſcarcely to be met with, and indeed unleſſe one well exerciſed in the knowledge of plants do light upon it and know it, it will be ſcarce regarded by a great many others. The ſeventh, was found by *Lobel* neer the ruines of

an old Church at *Bathe* in *England*. The eighth groweth at *Padoa* or thereabouts: and the last in *Syria*, as by its title doth appear. They all flower in *June* and *July*, and bring forth their seed the second year after the sowing, except the two last; of whose time we cannot resolve you.

The Temperature.

Mullein is of a dry temperature, the leaves have also a digesting and cleansing quality as *Galen* affirmeth.

The Vertues.

of a good kind of mullein, it is confirmed in that the Country people, especially the Husbandmen in Kent do give it their Cattle against the Cough of the lungs, it being an approved medicine for the same, whereupon they call it Bullocks Lungwort; and I therefore mention it because Cattle are also in some sort to be provided for in their diseases.

A Decoction of the leaves of Mullein, is likewise very good for the Lungs and for those also that are troubled with an old Cough; And this our assertion is confirmed in that the Country people, especially the Husbandmen in *Kent* do give it their Cattle against the Cough of the lungs, it being an approved medicine for the same, whereupon they call it *Bullocks Lungwort*; and I therefore mention it because Cattle are also in some sort to be provided for in their diseases. The said leaves being a little bruised, and laid or bound to an Horses foot, that is grievously pricked with shoeing, doth wonderfully heal it in a short space. Neither is it useful for Cattle but for men also. A small quantity of the root taken in Wine, is commended against Lasks and fluxes of the Belly; the Decoction thereof gargled in the mouth easeth the paines of the Toothach; and being drunk it is profitable for those that are bursten, and for those that have Cramps and Convulsions. If the Seed and flowers hereof, and the powder or dried Venice Turpentine be cast upon a few quick coales, in a Chafingdish or some other thing set into a Closetool, the Pan being taken out, and the party sitting bare over the fumes that is troubled with the Piles, or falling down of the Fundament, or any other pains of that place, doth give much ease and help; as also for those that have a great desire to go often to the stool and can do nothing, especially to such as have the bloody flux. An Oyl made by the often infusion of the flowers is of very good effect for the Piles also. The decoction of the root in Red Wine or in water, if there be an Ague, wherein red hot steel hath been often quenched doth stay the bloody flux. The same also openeth the Obstructions of the bladder and reins, when one cannot make water. A decoction of the leaves hereof and of Sage, Marjerom and Camomil flowers, and the places bathed therewith that have their Veins and Sinews stark with cold, or with Cramps doth bring them much ease and comfort: Three ounces of the distilled water of the flowers drunk morning and evening some daies together, is said to be a most excellent remedy for the Gout. The juyce of the leaves and flowers being laid upon rough warts; as also the powder of the dried roots rubbed on, doth easily take them away, but doth no good to them that are smooch. The powder of the dried flowers is an especial Remedy for those that are troubled with belly aches, or the paines of the Cholick. The decoction of the root and so also of the leaves, is of great effect to dissolve the Tumours, Swellings or Inflammations of the Throat. The seed and leaves boyled in wine, and applied doth speedily draw forth Thorns or Splinters gotten into the flesh, easeth the paines and healeth them. The leaves bruised and wrapped in double papers, and covered with hot Ashes and Embers to bake a while; and then taken forth and laid warm on any botch happening in the Groin or share, doth dissolve and heal them. The seed bruised and boyled in Wine, and laid on any member that hath been out of joynt, and is newly set again, taketh away all swellings and pains thereof.

CHAP. CXIII.

Of Cowslips of Jerusalem.

The Names.

I cannot find that this herb is mentioned by any Greek Authour, and therefore know not how to tell you what they called it, if they knew it. It is called in Latine by the Herbarists of later times *Pulmonaria* and *Pulmonalis*; of *Cordus Sylvestre*, or wild Comfrey, but seeing that Comfrey or the great *Confound*, is oftner found wild then this, it may more aptly be called *Symphytum maculosum*, or *maculatum*: In English spotted Comfrey, Sage of Jerusalem, Cowslip of Jerusalem, Cowslip of *Bethlehem*; and of some, Lungwort from the spotted leaves: although there be a kind of Mousse called Lungwort, of which I have intreated already; both that and this being appropriated to the Lungs. I suppose they are called Cowslips, because the flowers are of the form of Cowslips, though not the colour; and Comfrey because the leaves feel like it, but there is no reason to be given why they are called Cowslips of Jerusalem; unlesse a great quantity of them should grow thereabouts; I should have supposed them to have been brought from thence, but that I find they grow naturally here in England, as you shall hear anon.

The Kinds.

I have not yet met with any more then four sorts of Cowslips of Jerusalem. 1. Spotted Cowslips of Jerusalem. 2. Buglosse Cowslips. 3. French or golden Lungwort. 4 The lesser French or Golden Lungwort.

The Forme.

Cowslips of Jerusalem (which Gerard would have to be the true and right Lungwort) hath rough hairy and large leaves, of a brown green colour, confusedly spotted with divers spots, or drops of white; amongst which spring up certain stalks about a Span long when they are longest, but seldom above half so long, bearing at the top many fine flowers growing together in bunches like the flowers of Cowslips; saying that they be at first red or purple; and sometimes blew and oftentimes of all these colours at once. The flowers being fallen, there come small buttons full of Seed. The root is of a hard substance, and black colour, with many threds at the end of it.

The Places and Time.

They are all nourished up in Gardens, because they do not commonly grow wild, yet the first was found growing naturally neer Kingswood in Hampshire. The second was found in the *Newforrest* being in the same county, in a wood by Mr. Goodyeer, who (as I am informed) is the ablest Herbarist now living in England. He is a man well stricken in years, and his dwelling in some part of *Sussex*, the name of the place being yet unknown to me. The third groweth about *Godalmin* in *Surrey*. The place of the last I have not yet met with: they flower for the most part about the end of *March*, and the beginning of *April*, and their seed is ripe in *May*, or thereabouts.

The Temperature.

The leaves of this herb are of the same temperature with *Comfrey*, that is, cold and dry in the first degree; but the roots, seeing they are hard and woody, are of a more drying and binding quality.

The Vertues and Signature.

The divers spots or drops of white, wherewith the leaves of *Sage of Jerusalem* are marked, do perfectly represent the like spots upon the Lungs; and therefore the decoction thereof is given with very good successe to those that are troubled with any diseases of the Lungs, as Coughs, shortnesse of breath, exulcerations, stoppage by reason of thick, corrupt, or rotten matter, Spitting of blood, &c. if it be made in water and drunk. It is commended also for all the wounds or hurts that happen to any other of the Intralls and inward parts, and also for bultings, or ruptures. It is a very good Potherb, and the leaves thereof would then especially be chopped as other Pot-herbs are to be boyled in broth when any one shall be afflicted, with any of the aforesaid distemper. The flowers thereof are likewise very wholsom and are pleasant to be put in Sallets in the Spring time. It is used to heal old or new wounds, being thereunto applyed, especially if it be boyled in hogs-grease, and afterwards being strained and set a cooling, and then laid upon the wound.

CHAP. CXIV.

*Of Sanicle.**The Names.*

Neither is it found that *Sanicle* was known to any of the ancient Greek or Latine Authours, but hath, as many other vniuersary and other Herbs, been found out, and named by later Writers. It is called in Latine, *Samicula nas'* ἐξολύδ' à potiore sanandi munere, from its excellency in healing wounds by *Ruellius* and by *Brunfelsius Matthiolus*, and *Lobel Diapensia*, and by *Tabermontanus*, *Consolida quinquefolia*. There is another sort hereof called *Pinguicula*, by *Gesner*, and by some with us, *Pinguicula Eboracensis*, because it groweth plentifully in *Yorkshire*. We call it in English *Butterwort*, and *Butter-Root*, because of the Oyliness of the Leaf, which seemeth to have Oyl or Butter alwayes upon it. The Country people do think their Sheep will catch the Rot, if for hunger they should eat thereof, and therefore they call it the *White Rot*, as they do *Ros Solis*, the *Red Rot*, as I have said before.

The Kindes.

There be diuers Herbs, that the learned Writers have entituled *Sanicle*, as *Arens*, *Bears-Eares*, *Corall-wort*; but that which I here at present treat of, is *Sanicle*, properly so called, of which there be five sorts, 1. Ordinary *Sanicle*. 2. *Butterwort*,

terwort, or *Yorkshire* Sanicle. 3. Spotted Sanicle. 4. Beares Eare Sanicle. 5. The Shrub-Sanicle of *America*.

The Forms.

Ordinary *Sanicle* sendeth forth many Leaves of a middle size, somewhat deeply cut, or divided into five or six parts, and some of them cut-in also sometimes, standing upon brownish foot-stalks, of about an handfull long, and somewhat like unto the broader Leaves, of the broadest sort of *Anemonies*, but finely dented about the edges, smooth, and of a dark, green, shining colour, and sometimes reddish about the brims; from among which, riseth up small, round, green stalks, without any joynt or leaf thereon, saving at the top, where it brancheth forth into Flowers, having a leaf divided into three or four parts at that joynt with the Flowers, which are small and white, starting out of small round greenish yellow heads, many standing together on a tuft: in which afterwards are the Seeds contained, which are small, round, rough Burs, somewhat like the Seeds of Cleavers, and stick in the same manner, upon any thing that they touch: the Root is composed of many black strings of Fibres set together, at a little long head, which abideth with the green Leaves all the Winter.

The Places and Time.

I have seen the first grow by *Oxford*, in *Stow-Wood*, in severall places amongst the Bushes, and likewise by *St. Albans*, under an Hedge, that groweth between the Trench that went about old *Verulam*, and the way *Windridge*. The second, (which hath little likenesse with the first, but only for its healing vertue, being composed of foure or five fat Leaves, lying flat on the ground, of a yellowish colour) groweth in a moyst bottom belonging to the same Wood, and is commonly found upon sundry bogs in the West Country and *Wales*, but chiefly in *Yorkshire*. The third differeth not much from the first, only the Leaves are not so deeply cut in, and they are full of Red Spots. It groweth, and so doth the fourth, upon all the *Austrian* and *Stirian* Hills, in the shadowy places of them, whence they have been brought into our English Physick Gardens, as into that at *Oxford*, and that at *Westminster* also. The last came from the back part of *Virginia*, called *Canada*. The first and second flowre not untill *June*, and their Seed is ripe soon after. The two next flowre much earlier, and sometimes again in *Autumne*. The last flowreth in *July*.

The Temperature.

Sanicle is bitter in tast, and thereby is heating, and drying in the second degree, and it is astringent also.

The Signature and Vertues.

The *Spotted Sanicle* not only seemeth to have the Signature of the Lungs, but is so effectuall for them, that there is not any Herb found, that can give such present help, either to Man or Beast, when any Disease falleth upon the Lungs. It is exceeding good to heal all green Wounds speedily, or any Ulcers, Impostumes, or Bleedings inwardly, to which the Lungs are more subject then any other part, it being fullest of blood, because of its continuall motion, and plenty of heat proceeding from thence; as also from the Vicinity and neerness of the heart: And for these purposes, the ordinary *Sanicle* is as effectuall as the other, which doth wonderfully help those that have any Tumors in any part of their Bodies, for it represseth, and dissipateth the humours, if the decoction or juyce thereof

be

be taken, or the Powder in drink, and the Juice used outwardly. It is also very good to heal up all the putrid malignant Ulcers in the Mouth, Throat, and Privities, by gargling or washing them with the Decoction of the Leaves and Root, made in water, and a little Honey put thereto. It helpeth to stay Womens Courses, and all other Fluxes of Blood, either by the Mouth, Urine, or Stool, and Lasks of the Belly, the Ulcerations of the Kidneys also, and the pains in the Bowells, and the Gonorrhoea, or running of the Reins, being boyled in Wine, or Water, and drunk. The same also is no lesse powerful, to help any Ruptures or Burstings, used both inwardly and outwardly; and briefly it is effectually in binding, restraining, consolidating, heating, drying and healing, as any of the *Confounds*, which are *Comfrey*, *Bugle*, *Self-heal*, or other Vulnery Herbs whatsoever; so that *He that hath Samcle to help himself, needeth neither Physician nor Chyrurgion.* *Butterwort* is also a vulnery Herb, and of great esteem with many, as well for the Rupture in Children, as to heal green Wounds: the Country people which live where it groweth, do use to rub it upon their hands, when they are chapt by the Wind, or when their Kines Udders are iwoln, by the biting of any virulent Worm or Vermine, or otherwise hurt, chapt, or rift. The poorer sort of people in *Wales*, make a Syrup thereof, as is of *Roses*, and therewith purge themselves and their Children: they put it likewise in their Broths for the same purpose, which purgeth flegm effectually: they also, with the Herb and Butter, make an Oyntment singular good against the Obstructions of the Liver, as hath been experimently affirmed by some Physitians of good account.

CHAP. CXV.

Of Polypodie.

The Names.

THere are divers conjectures, why the Grecians called this Herb *πολυπόδιον*. Some conceive it to be derived from *ποδός*, *multus*, and *πίς*, *pes*, because the many small narrow Leaves resemble the feet of the *Polypus*; others à *cavernosis a cetabulis seu cirris Polyporum*, from the holes in the Root, which are like to the holes that are in the said Fish; others, *quia polypum sanat*, because it cures the Disease in the Nose, called *Polypus*. It is likewise called in Latine, *Polypodium*, and *Filicula quasi parva filix*, and *Filicularis herba*; for its likeness with *Ferne*: In English *Oak-Fern*, and *VVall-Fern*, according to their places of growth, but generally *Polypody*. Yet there is another sort of *OakFera*, called in Greek *Δρυοπτερίς*'s *Dryopteris*, that is *Filix querna*, which *Oribasius* calleth *Βρυοπτερίς*'s *Bryopteris quasi Filix Muscosa*, *Mosse-Fern*, of its growing on the *Mosse* on Trees.

The Kinds.

Of *Polypody*, under which, both that of the *Wall*, and the *Oak-Fern*, are included, there be six sorts. 1. Common *Polypody* of the *Oak*. 2. Small *Polypody*. 3. *Island Polypody*. 4. *Indian Polypody*. 5. *Creeping Oak-Fern*. 6. *White Oak-Fern*.

The Forme.

Common *Polypody* of the *Oak*, is a small Herb, consisting of nothing but Roots and Leaves, bearing neither Flower nor Seed. It hath three or four Leaves rising from a Root, every one singly by themselves, of about an hand breadth, which are winged, consisting of many small narrow Leaves, cut into the middle Rib, standing on each side of the stalk, large below, and smaller and smaller, up to the top; nor dented or notched on the edges at all, (as the Male Fern is) of a sad green colour, and smooth on the upper side; but on the under side, somewhat rough, by reason of some ye lowish spots set thereon. The Root is smaller then ones little finger, yet long and creeping aslope, whereon are certain little knags and holes, as are on the tayl of the Fish *Polypus*.

The Places and Time.

There hath been of late dayes, such a slaughter of Oaks, and other Trees, all over this Land, that should I nominate any particular place, I might thereby seem to be a deceiver. I shall therefore tell you in generall, that it groweth as well upon old rotten Trunks, or stumps of Trees, be it Oak, Beech, Hazel, Willow, or any other, as in the Woods under them; and sometimes upon slated Houses, and old Walls, as upon a Wall and side of an House, in *Adderbury* Churchyard, and many other places. That of the Oak is reckoned the best; but any of the other may be used instead thereof. The Island *Polypody*, groweth in the Island *Ilua*, which is in the Mediterranean Sea, the last in *India*. It being alwayes green; and bearing neither Flowre nor Seed, may be gathered for use at any time; yet it shooteth forth green Leaves only in the Spring. The two last loie their leaves in Winter, and spring up a fresh again about *May*.

The Temperature.

It is hot and dry in the second Degree, as may be gathered from the sweetish harshness that it hath in the tast.

The Signature and Vertues.

The rough spots that are on the under sides of the leaves of *Polypody*, as also the Knags, or Excrecences on each side the Roots, is a sign that it is good for the Lungs, and the exulcerations thereof. The distilled water, both of Roots and Leaves, with some Sugar Candy dissolved therein, is good against the Cough, shortnesse of Breath, and Wheezings, and those distillations of thin Rheum upon the Lungs, which cause Pticks, and ostentives Consumptions. The Herb it selfe taken in decoction, broth, or infusion, dryeth up thin humours, digesteth tough and thick, and purgeth burnt Choer, and especially tough and thick flegme, and thin flegme also, even from the joynts; and is therefore good for those that are troubled with melancholy, or *Quartan* Agues; especially if it be taken in Whey, or honyed water, or in Barley water, or in the Broth of a Chicken, with *Epythymum*, or with Beets, and Mallowes. It is also good for the hardness of the Spleen, and for prickings, or Stitches in the sides; as also the Cholick. Some use to put to it Fennel-Seeds, or Annise-Seeds, to correct the loathing that it bringeth to the Stomach; but it may be taken without, by any person, at any time; and an Ounce of it may be given at a time in a Decodtion, if there be not *Sena*, or some other strong purger put with it. A Dram or two of the Powder of the dried Roots taken fasting, in a Cup of Honyed water, worketh gently, and for the purposes aforesaid. The distilled Water, both of Roots and Leaves, is much commended for
the

the Quartane Agues, to be taken for many dayes together, as also against Melancholy, or fearful or troublesome sleeps, or dreams. The fresh Roots beaten small, or the Powder of the dried Root, mixed with Honey, and applyed to any Member that hath been out of joynt, and is newly set again, doth much help to strengthen it. Applyed also to the Nose, it cureth the Disease called *Polypus*, which is a piece of flesh growing therein, which in time stoppeth the passage of breath through that Nostril; and it helpeth those clefts or chops that come between the Fingers or Toes. *Crollius* saith, that because it hath such rough spots on the backside of the Leaves, it healeth all sorts of scabs whatsoever by Signature. And here I might tell Mr. *Culpepper*, that the Colledge of Physitians forbid not other *Polypody*, but onely prescribe that of the Oak for the best, because every Excrecence or Plant upon a Plant, as *Polypody* commonly is, doth participate of the nature of that Tree whereon it groweth. And seeing that the Oak is of a more drying or purging quality then any of the other Trees it commonly growes upon, therefore the *Polypody* of the Oaks is best; but why do I answer for the learned Colledge, who are more able to answer for themselves, had they thought their railing Antagonist worth the taking notice of. *Creeping Oak-Fern*, hath been by some Apothecaries beyond the Sea, mistaken for *Polypody*, to the endangering of those that took it; for it hath not that purging quality proper to *Polypody*; but a pernicious operation. Yet it is a remedy to take away hairs, as *Dioscorides* saith, if the Roots and Leaves be bruised together, and applyed after sweating. *Matthiolum* saith, that the Root in Powder, with a little Salt and Bran, is given to Horses for the Worms. The last, *viz. White Oak-Fern* is moderate in taste, somewhat drying, and may be safely used instead of the true *Maidenhair*.

CHAP. CXVI.

Of Whortle-Berries.

The Names.

THere be severall Sorts of *Whortle-Berries*, whereof that with black-Berries is taken to be ἀμπελος παρασίδης, of *Theophrastus*, that is, *Vitis ex parte Idae, quam vocant Phalacras*; ἀμπελος, and *Vitis*, being both taken in a large Sense, as the word Vine must also be. The Latine followeth the Greek, in which it is called *Vitis Idaea Theophrasti*; and because all the rest have a resemblance to this, they are all called *Vites Idaeae*. The fruits are called *Vaccinia*; and therefore some have thought this sort to be the *Vaccinia Nigra* of *Virgil*; but he putteth his *Vaccinia* amongst Flowers, and not among fruits, saying, *Et nigra viola sunt & vaccinia nigra*. *Vitruvius* & *Pliny* indeed have a *Vacciniam*, which was used to dye Garments, which might very well be this; for such a Purple Colour will the juyce hereof give, if it be rightly ordered. It is also called *Myrtillus*, and by some, *Myrtillus Germanica*, because the Physitians, and Apothecaries in *Germany*, and thereabouts, took them to be true Myrtle-Berries & so used them, till they wereshewed their errour. They are called *Whorts*, and *Whortle-Berries*, and *Bill-Berries* also, in the parts about *London*.

The Kindes.

There be nine sorts of Whorts reckoned up by Authours. 1. Black Whorts, or Bill-Berries 2. The greater Bill-Berry. 3. Hungarian black Whorts. 4. Red Whorts,

Whorts, with Box-Leaves. 5. Red Whorts, with longer Leaves. 6. The Spanish Red Whort. 7. The French, Honey, sweet Whorts. 8. The talled red Whorts of Candy. 9. The lower Candy red Whorts.

The Form.

The small Bush that beareth *black Whorts*, or *Bill-berries*, creepeth along upon the ground, scarce rising half a yard high, with divers small, dark, green Leaves, set on the green branches, not alwayes one against another, and a little dented about the edges: At the foot of the Leaves, come forth small, hollow, pale, bluish coloured Flowers, the brims ending in five points, with a reddish thred in the middle, which passe into small round Berries, of the bigness and colour of *Juniper-Berries*, but of a Purple, sweetish, sharp taste: the juyce of them giveth a Purplish colour, to the hands and lips of them, that handle and eat them, especially, if they break them, containing within them divers small Seeds. The Root groweth aslope under the surface of the ground, shooting forth in sundry places as it creepeth. This loseth its Leaves in the Winter, but the red kind retaineth them.

The Places and Time.

The first groweth in many Heaths, Woods, and barren hilly places in this Land, as *Hampstead-Heath*, *Finchley*, and *St. Johns Wood*, not far from *London*, and in sundry other places. The first red sort in the *Northern* parts, as *Northumberland*, *Lancashire*, and *Yorkshire*, on the Hills, &c. The rest grow in *Hungaria*, *Bavaria*, and *Germany*, and in other Countries also. The sixth, *Clusius* found in *Spain*. The seventh groweth as *Lobel* saith, on every of the Hills in *Provence* of *France*. The two last in *Candy*. They all flower in *March*, and *April*, and the fruit of the black, is ripe in *June* and *July*; the other, later.

The Temperature.

The *Bill-berries* do cool in the second Degree, and do a little bind, and dry withall.

The Vertues.

The Berries aforesaid, are an excellent Medicine for those that are troubled with an *old Cough*, or with an *Ulcer in the Lungs*, or other Disease thereof; but if they be eaten by those that have a cold or weak stomach, they will much offend and trouble it: and therefore the Juyce of the Berries made into a Syrup, or the pulp of them made into a Conserve with Sugar, will be more familiar to such, and help those pains the cold fruit procured; and being thus prepared, they will be the more effectual in hot Agues, and to cool the heat of the Stomach and Liver, and do somewhat bind the Belly, and stay castings and loathings, with the juyce of the Berries. Painters, to colour Paper and Cards, do make a kind of Purple blew colour, putting thereto some Allome and Galls, whereby they can make it lighter and sadder, as they please. And some poor folks, as *Tragus* sheweth, do take a Pot full of the juyce strained, whereunto an Ounce of Allome, four spoonfulls of good Wine-Vinegar, and a quarter of an Ounce of the wast of the Copper forgings, being put together, and boyled all together into this liquor, while it is reasonable, but not too hot, they put their Cloth, Wool, Thred, or Yarn therein, letting it lie for a good while, which being taken out, and hung up to dry, and afterwards washed with cold water, will have the like *Turky* blew colour; and if they would have it sadder, they will put thereto, in the boyling, an Ounce of broken Galls. *Gerard* saith, that he hath made of the juyce of the red Berries, an excellent

cellent Crimson colour, by putting a little Allom thereto. The red Whorts are taken to be more binding; and therefore to be used in stopping Lasks, and Womens Couries, spitting of blood, and any other Flux of blood, or humours, as well outwardly as inwardly.

CHAP. CXVII.

Of Sweet Cicely.

The Names.

IT is called in Greek *μύρρις*, as well as *μύρρα*, and *Myrrhis*, and *Myrrha*, likewise in Latine, in imitation of the Greek; and also because of its pleasant favour, being somewhat like unto Myrrhe. *Pliny* saith, that some called *Myrrhis*, by the name of *Smurnisusa*, and others *Myrrha*; yet some have it *Smyrrhiza*, from the likenes unto *Smyrenium*. Some also call it *Cerofolium magnanum*, and some *Cicutaria*, from the likenes of the Leaves, and of some *Conilaus*. We in *England* also call it *Myrrhis*, *Sweet Chervill*, *great Chervill*, *sweet Cicely*, and *sweet Fern*.

The Kindes.

There be five Sorts of *Sweet Chervill*. 1. The ordinary Garden sweet Chervill. 2. The lesser sweet Chervill. 3. Wild sweet Chervill. 4. Wild sweet Chervill of *England*. 5. Wild sweet Chervill of *Naples*.

The Form.

The ordinary *Garden Sweet Chervill*, which is so like *Hemlock*, that many have mistaken it for the same; yet it groweth not so high, but hath large spread Leaves, cut into divers parts, tasting as sweet as the *Anniseed*, that riseth to be two foot high, or better, being crested, or hollow, having the like Leaves at the Joynts; but lesser, and at the tops of the branched stalks, umbels, or tufts of white Flowers: after which come large, & long-crested, black-shining Seed, pointed at both ends, tasting quick, yet sweet and pleasant, like the Leaf or *Anniseed*: the Root is great and white, growing deep in the ground, and spreading sundry long Branches therein, in tast and smell, stronger then the Leaves or Seed, and continuing many years.

The Places and Time.

The first is planted in divers Gardens here in *England*, & in *Germany* also, though it be thought by some, to grow wild in the fields of that Country, which the 3^d sort may haply do with them, as well as with us in *England*, near unto the ditch sides, and other water courses: The second is a naturall of *Geneva*, and the parts thereabouts, as *Lobel* saith: but was sent also by *Aicholzius*, from *Vienna* to *Narunberg*, to *Camerarius*, as he saith, and is likely to be naturall of those parts also. The fourth was found by *Columna*, upon some of the Hills in *Naples*. The last hath been seen growing in some wast places of this Land. These Herbs do flower in *May*, and their Seed is ripe in *July*.

The

The Temperature.

Galen saith, that *Myrrhis*, that is, *Sweet Cicely*, is hot in the second degree, with some tenuity of parts.

The Vertues.

The Root of the ordinary *Garden sweet Chervill*, boyled in the broth where-in flesh hath been sodden, doth cleane the breast from flegm, and all corruption, and is very good for such as be lean and weak, or falling into a consumption of the Lungs, to make them strong and lusty. It is likewise good to help the Ptitick, if it be boyled but in Beer. Being drunk with Wine, it provoketh Womens Courses, it expelleth the dead Child and After-birth, and purgeth Women after their deliverance; it provoketh Urine, and is good against all venomous bitings. If the Root be sliced, and laid to steep in White-wine all night, and drunk in the morning with Sugar, it will give the party that taketh it three or four stools. It procureth an appetite to meat, and helpeth to expell wind. The juyce, with Powder of burnt Allom, healeth the Ulcers of the Head and Face; and killeth the Canker in the Mouth or Throat, being annointed therewith. The Candid Roots of this *Chervill*, are held as effectually as *Angelica*, to preserve the Spirits from infection, in the time of a Plague: as also to warm, and comfort a cold weak stomach. Both Leaves, Seeds and Roots, are so fine and pleasant in Sallets, as there is no Herb comparable unto it, and giveth a better relish to those it is put with: the Seeds while they are fresh and green, sliced, and put among other Herbs, make them tast very pleasant: the Root boyled, and eaten with Oyl and Vinegar, or without Oyl, if any one millike it, doth much please and warm a cold or old stomach, oppressed with flegm or wind, and those that have the Ptitick, and Consumption of the Lungs.

The Lungs and the particular Diseases thereof, being thus spoken to, I shall descend unto the Heart, which is the first thing in a Man that lives, and the last that dies: upon the wel-fare whereof, the wel-fare of all other parts depends, and therefore especially to be provided for, so that I shall muster up a little Regiment of Simples to defend it from those poisonous enemies, which would otherwise assault it, to the endangering of the whole Microcosme. And I shall begin with *Angelica*, because it relates both to that which goes before, and that which comes after.

CHAP. CXVIII.

Of *Angelica*.*The Names.*

IT is not yet known, whether any of the Ancients knew this Herb, or by what name the Greeks did call it, however it hath gained many worthy names of the Latine Writers; for some have called it *Sancti Spiritus radix*, and have been blamed for it already; others, *Lacuna*; and *Dodonæus* thinketh it to be some kind of *Laserpitium*: some have taken it to be *Smyrnum*, and some *Panax Heracleum*; but generally, it is called *Angelica*, for the rare smell, and Angel-like properties therein, and that name it retains still, all Nations following it so near as their Dialect will permit.

The Kinds.

Former times knew but two sorts hereof, but now there are found out two more, 1. Garden *Angelica*, 2. Wild *Angelica*, 3. Mountaine Wild *Angelica*, 4. The great Water *Angelica*.

The Forme.

The Garden *Angelica*, hath divers large and fair spread and winged Leaves, half a yard long or better sometimes, made of many great and broad ones, set usually one against another on a middle rib, of a pale but fresh green Colour, and dented about the edges, from among which usually riseth but one round hollow stalk being very thick, and four or five foot high, with divers great joynts and Leaves set on them, whose foot-stalks do compasse the main stalk at the bottom, and from thence also towards the top, come forth branches with the like, but lesser Leaves at them, and at their tops large, round, spread umbels of white flowers; after which cometh the seed which is somewhat flat, thick, short, and whitish, two alwayes set together, as is usuall in all these umbelliferous plants, and a little crested on the round seed; the root groweth great and woody, when it flowreth, with many great long branches to it, but perisheth after seed, which being suffered to fall of its own accord, will more certainly grow, then that which is gathered and sown by hand, at any other time.

The Places and Time.

The first is very Common in our English Gardens, and was brought hither as is conceived from beyond the Seas or from the Rocks, not farr from *Barmick*, upon which it groweth. It is found in great plenty in *Norway*, and in an Island of the North call *Iceland*, where it groweth very high, and is eaten of those that come into that Country for want of other food, the bark being pilled off. It groweth likewise in divers mountains of *Germany*, and especially of *Bohemia*: The second Sort is wild both in many places of *Essex*, *Kent*, and neer *Kentish-Town* by *London*, and in other places: The third groweth on divers mountains of *Germany* and *Hungary*: The last is not onely naturall to grow in watery ditches, but in moist grounds, also in moist places of *England*. They flower in *July* and *August*, whose roots for the most part do perish after the seed is ripe; and therefore they which desire to preserve them must keep it from seeding by cutting off the Leaves to Still, and so both the root and plant may be continued divers years together.

The Temperature.

Angelica, especially that of the Garden is hot and dry, some put it in the second, and others in the third degree; howsoever it openeth, attenuateth, or maketh thin, digesteth, and procureth sweat. The whole plant both Leaf, and Seed, and Root, is of an excellent pleasant scent, and tast very comfortable, being not fierce or sharp, but rather sweet, and giveth a most delicate relish when it is tasted or used: the Leaves be the weakest, and some hold the seed to be next, and the root to be the strongest, especially being not ready to grow up for stalk.

The Vertues.

If the Root of *Angelica* be taken in powder to the weight of half a dram at a time, with some good Treacle in *Carduus* water, or if treacle be not at hand, take

take the root alone in *Carduus* or *Angelica water*, and sweat thereupon, it resisteth poyson by defending the *Heart*, the blood and spirits; and giveth heat and Comfort to them, and it doth the like against the Plague and Infection of the Petulance, and so do the stalks or roots candyed, and eaten fasting at such times, and also at other times to warme and Comfort a cold and old stomack. The root also steeped in Vinegar, and a little of that Vinegar taken sometimes fasting, and the root smelled, unto are both good, Preservatives also for the same purpose. A water distilled from the Root simply, or steeped in Wine and distilled in grasse much more effectually then the water of the leaves: and this water drunk two or three spoonfulls at a time, easeth all paines and torments coming of Cold and Wind, so as the body be not bound; and some of the root taken in powder at the beginning helpeth the Plurisie, and all other diseases of the Lung and Breast, as Coughs, Pthiick, and Shortnesse of breath, and a Syrup of the stalks doth the like: It helpeth likewise the torments of the Colick, the Strangury, and stopping of the Urin, procureth womens Courses, expelleth the Afterbirth, openeth the obstructions of the Liver and spleen, and briefly easeth and discusseth all inward tumors and windinesse. The decoction drunk before the fit of an Ague, that they may sweat if possible before the fit come, will in two or three times taking, rid it quite away: it helps digestion and is a remedy for a surfit. The juyce or the water being dropped into the eyes or eares, helps dimnesse of sight, and deafnesse, and the juyce put into an hollow Tooth easeth the paines. The roots in powder made up into a Plaister with a little pitch, and laid on the biting of a mad dog, or any other Venemous Creature, doth wonderfully help. The juyce or the water dropped, or Testis wet therein, and put into old filthy deep Ulcers, or the powder of the Root (in want of either) doth cleanse them and cause them to heale quickly by covering the naked Bones with flesh: The distilled water applyed to places pained with the Gout or Sciatica, doth give a great deal of ease. The green or dry Leaves boyled in Beer, or put therein upon the Tunning up, maketh it more wholesom, and giveth thereunto a most excellent relish. The decoction taken helpeth inward bruises & congealed blood, strengtheneth the stomack & is effectually for the Suffocation of the Muther. The root taken dry or drunk in any Liquor, will abate the rage of Lust in young persons. The root being used green, helpeth such as be Short-winded, and thole that are troubled with stuffings in their Stomach. The Wild *Angelica* is not so effectually as the Garden, although it may be used for all the purposes aforesaid. The root of the garden *Angelica* is a better substitute in *Tberiac* *Andromachi* or Venice Treacle, and Mithridate, then many others, that have been used therein.

CHAP. CXIX.

Of Saffron.

The Names.

IT is called in Greek *κρόκος*, in Latin *Crocus* and *Crocum* which are the Names used in the shops of Apothecaries, in English *Saffron*. The Poets say, it was called *Crocus*, from a young man of that name who pining away for the love of *Smilax*, was turned into this Flower; *Ovid* testifying as much, in the verse following,

Et Crocum in parvos versum cum Smilace flores.

It may not unfitly be called, *Filius ante patrem*, or the Father before the Son. Because it first putteth forth the Flowers, and then the Leaves.

There

The Kinds.

There being but one kind of the true manured Saffron I shall put down five of the more Common wild sorts; 1. Wild Saffron flowering early with an Ash-coloured streaked flower. 2. Wild, yellow, Spring Saffron. 3. Broad leaved Wild-Spring Saffron with a Purple flower. 4. Autumne Wild Saffron, with white Flowers. 5. Small Wild Saffron.

The Form.

The manured true *Saffron*, hath its Flower first rising out of the ground, nakedly without any Leaves, shortly after which, riseth up its long small grassy Leaves, seldom bearing Flower, and Leaves at once, the root is small, round, and Bulbous. The Flower consisteth of six small blew Leaves, tending to Purple, having in the middle many small yellow strings or threds, amongst which are two or three or more thick fat Chives, of a fiery colour, somewhat reddish, of a strong smell when they be dryed, but being newly gathered, and but rubbed upon ones hand, they will make it very yellow.

The Places and Times.

Euchsius saith, that heretofore the best *Saffron*, grew upon the Mountaine *Corycus* in *Cicilia*, and the next to that upon *Olympus* a Mountaine in *Lycia*; but since the profit that ariseth from this commodity hath been discovered, it hath beene planted in *Germany*, and likewise in *England*, in divers places, but especially in *Cambrigeshire*, about *Walden*, which is therefore called *Saffron-Walden*, where there be divers feilds full of it. It beginneth to Flower in *September*, and presently after the Leaves Spring up and remaine green all the Winter-long, dying againe in *April*, when it commonly putteth forth another Crop of Flowers, which must be gathered as soon as it is blown, or else the Chives in the middle, which are the Commodity, will perish; so that it is allowed to be gathered on the Sabbath day, by that strict Sabbatarian *Mr. Greenham* in his Treatise on that subject, because it is conceived that God who hath made the *Saffron* so to Flower, would not that a thing so usefull for mans health, should be lost for want of gathering. This information I had from my learned friend *Mr. Hudson*, Minister of *Putney*, the place of my abode at the writing hereof. The *Wild Sorts* were brought some out of *Italy*, and some out of *Spaine*, and are growing in divers of our *London Gardens*: they Flower for the most part in *January* and *February*, but that with Flowers, groweth upon certaine craggy Rocks, in *Portugall*, not far from the Sea side, which hath been brought over into *England* also, and flowreth in *September*.

The Temperature.

Saffron is a little astringent or binding, but his hot quality doth so over rule in it, that in the whole essence it is in the number of those herbes which are hot in the second degree, and dry in the first: therefore it hath also a certain force to concoct, which is furthered by the small astringtion that is in it, as *Galen* saith.

The Vertues.

There is not a better Cordial amongst herbs then *Saffron* is; for it doth much comfort the Heart, and recreateth the Spirits, and makes them cheerfull that use it, and therefore it is called *Cor hominis* the Heart of man, and when we see a man
over

over merry, we have a Proverb *Dormivit in sacco Croci, He hath slept in a bagge of Saffron.* It expells Venemous Vapors from the Heart, and therefore is very usefull in the Plague, Pestilence, and small Pox, strengthneth the stomach, preserveth the Entralls, helpeth Concoction and naturall heat; It is called by some *Anima Pulmonum*, because it is very profitable for the Lungs, and the Consumption thereof, as also for the shortnesse of breath. It is likewise very profitable for the Head, Stomach, Spleen, Bladder, Womb, Animal, Vital and Naturall Spirits, and is usefull in cold diseases of the Braine and nerves, and quickens the memory, and senses. It is good in the Pleurisy, openeth the stoppings of the Liver, and Gall, and therefore is usefull in the yellow Jaundise, which it cureth by signature, and against Melancholly, provoketh Urine, and Venus, hastneth Child-birth, procures a good colour to them that use it. It is profitable, in fits of the Mother, especially the Tincture thereof: It is best for old persons that are phlegmatick and Melancholick, and that in the Winter Season. It is outwardly used against the Gout, to ease the paine thereof, being mixed with the Yolke of an Egge and Oyle of Roses and applyed. A Cataplatme or Pultis made of Saffron, Milke, and the crums of Bread being applyed, mollifyeth Tumors and Apothums, it easeth sore Eyes and blood-shotten, being used with red-Roses and the white of an Egge, being mixed with red-Rose-water, and Womans Milke; it preserveth the Eyes from the small Pox, and Measles, and being made up in a stay and put under the Throat of one that hath the small-Pox, keepeth them from that place which would otherwise be much more troublesome, if the life not hazarded. It is used against *Erysipelas*, or Wild-fire, and Inflammations; it helpeth deafenesse, if it be mixed with Oyle of bitter-Almonds, and put into the Eare warme, or dip black wooll in some of it, and put it into the Eares. It killeth the Itch, and is used in pultisses for the Matrix and Fundament, to ease the paine thereof, and also for old Swellings, and Aches. Too much of it causeth the Head-ach, offendeth the Brain and Senses, brings drowsinesse, and hurts the sight: it causeth a loathing of the stomach, & takes away the appetite, and provokes laughter. Some write, that if two or three drams thereof be taken, it brings death; it is not safe to give to Women with Child. The weight of ten graines of Saffron, the kernells of Walnuts two ounces, Figs two ounces, Mithridate one dram, and a few Sage Leaves, stamped together with a sufficient quantity of Pimpernell water, and made into a masse or lump, and kept in a Pot for your use, and thereof twelve graines given in the morning fasting, preserveth from the Pestilence, and expelleth it from those that are infected. Infinite advantage hath been made of this commodity, by those that Planted it, there being no Saffron comparable to the English, but now it is manured by so many, that it is not so profitable, as formerly.

Calamagrostis, and in Kew, at Mr. Knapp's mistle not. The fourth...
one of the few Countries and groweth well in the Physick-Garden at Oxford;
they do all Flour in the months of June and July; except the Cyprian Flower,
which I saw flourish both in the Spring and in August, and their seed both
ripens quickly after; both ripened & flowered in one time be gathered from
many of these.

The Garden plants are temperate, and accounted rather hot and moist in the
 other cold herbs as conducing to the like effect.

CHAP.

The leaves, flowers and seeds of Borage, all or either of them are very cold,
 ball, and helps to expell rheume and melancholy, being without manner
 cold.

CHAP. CXX.

Of Borage.

The Names.

IT is called by the Greeks *εσπροσύνη*, *Esphrosyne* ab efficienda animi voluptate from causing mirth. *Apuleius* said, that *Buglossum* (meaning our Borage) was called by them of *Luca*, *Corrago*, *quod cordis affectibus medetur*, because it is very Cordiall, which by the alteration of one letter is *Borrage*, and from thence as is supposed came the name *Borrage*, which is not found in any of the ancient Writers, whom I can perceive to make little or no difference between it and Buglosse, but rather that it is the same that was formerly so called, yet we have them growing in distinct formes in our Gardens.

The Kinds.

And of Borage commonly so called, I find five sorts; 1. Garden Borage with blew Flowers; 2. Garden Borage with white Flowers; 3. Everlasting Borage; 4. Small creeping Borage; 5. Small wild Borage.

The Forme.

And because the first Garden Borage, is so well known, I shall describe the Everlasting Borage, which hath very many broad Leaves, rough and hairy, of a black darke green colour, amongst which rise up stiffe hairy stalkes, whereupon do grow faire blew Flowers, ripe seed, and buds for new Flowers all at once, whereupon it is called Everlasting, and that very properly, because it lasteth both Summer and Winter, and is seldom without Flowers, buds, ripe or unripe seed, whereby it greatly increaseth. The roore is very durable.

The Places and Time.

The first groweth in most Gardens, and there increaseth very much after it is once sown, the second and third are not so common, yet found in divers Gardens of those that affect rarities; the last in *Germany*, as *Lobel* saith: and in *Naples*, as *Columna* saith; and in *Kent*, if *Mr. Parkinson* mistake not. The fourth came to us out of the Low-Countrys, and prospereth well in the Physick-Garden at *Oxford*; they do all Flour in the moneths of *June* and *July*; except the Creeping Borage, which *Lobel* saith flowreth both in the Spring and in *August*, and their seed doth ripen quickly after; both ripe seed & Flowers, may at one time be gathered from many of them.

The Temperature.

The Garden kinds are temperate, and accounted rather hot, and moist in the first degree then cold, and yet for their cordiall properties, are often used amongst other cold herbs, as conducing to the like effect.

The Vertues.

The Leaves, Flowers, and Seeds of Borage, all, or either of them are very Cordiall, and helpe to expell sadnesse and melancholy, arising without manifest cause

cause, whereof came the saying *Ego Borrage gaudia semper ago: I Borage bring all-waies Courage.* It helpeth also to clarify the blood, is to very good purpose, used in all putrid or Pestilentiall Feavers to defend the Heart, and to help to resist and expell the poyson, or the venome of other Creatures. The Juice made into a Syrup, prevaileth much to all the purposes aforesaid, and is also put with other cooling, opening, and cleansing herbs to open obstructions, and to help the yellow Jaundise, to coole and cleanse the blood, and temper the heate and sharpnesse thereof, especially with *Fumitory*, and thereby to helpe the Itch, Ring-wormes or Tettors, or other spreading Scabs or Sores, that arise from acut and sharp humors, and for that purpose is put into the *Syrupus Byzantinus* which worketh to the same effect. The Conserve made of the Flowers, or the Flowers candied are helping also in those causes, but are chiefly used as a Cordiall, and good for those that have been long sick or in a Consumption, to comfort the Heart and Spirits, and is thereby good for those that are troubled with often swooning or passions of the Heart. The distilled Water, is no lesse effectually to all the purposes aforesaid, and the eyes washed therewith helpeth the rednesse or inflammation of them. The dryed Herb is almost uselesse, yet the Ashes thereof boiled in Meade or Honyed water is available against Inflammations & Ulcers in the mouth or Throat, to wash and gargle it therewith. The green Leaves and stalkes with the Flowers on them are frequently used in the summer-time to be put in Wine or Beere; for the comforting the Heart, and giving a better relish thereunto. Syrup made of the Juice of Borage and Sugar, having some of the powder of the Heart-bone of a Hart put into it, is good against swooning, the Cardiack passion of the Heart, against melancholly, and the falling sicknesse. The wild Borage is, somewhat hotter and dryer, and is very neere the property of *Vipers Buglosse*, which differeth little from what hath been already said of Borage, as you shall here hereafter.

CHAP. CXXI.

Of Violets.

The Names.

THe Garden Violet is called in Greek *Ἰὸν πορφυρῶν* *Viola purpurea* by *Dioscorides*, and *Ἰὸν μέλαν* *Viola nigra*, and *Melanion* by *Theophrastus*. Some would have the name to come from *Io*, whom *Jove* transformed into a *Com*, because she fed on them, chiefly; Others from certain Nymphes of *Jonia*, who first gave of the Flowers to *Jupiter*, for a present others think it to be derived *Ἰὸν ἔστιν ἰσχυρὰ ἀσπίς, ἢ ἀπὸ τοῦ πρώτου προσηγορίας: veris enim pravia, est Viola*; because it is one of the first herbs that flowreth. The Latines call it *Viola Martia*, and *Herba Violaria*, *Heart-sease*, which is also a kind of Violet, is called in English *Pansyes*, as also *Love in idleness*, *Call me to you*, and, *Three faces under a hood*: in Latine, *Viola Tricolor*, &c: of the three colours therein.

The Kinds.

There are many sorts of *Violets*; 1. Single purple *Violets*; 2. Single white *Violets*; 3. Double purple *Violets*; 4. Double white *Violets*. 5. Upright *Violets*. 6. Smal narrow Leafed *Violets*. 7. Mountaine *Violets* with jagged Leaves. 8. Yellow *Violets* of *Virginia*. 9. *Yorkshire* striped red *Violets*. 10. Wild *Violets*. 11. Garden *Pansyes*. 12. Wild *Pansyes* or *Heart-sease*.