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Adam in Eden: or, natures paradise

Coles, William

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[Chap. CLI.-CLX.]

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The Verines

The decoction of *Groundsell* (as *Dioscorides* saith) being made in Wine and drunelpeth the paines in the *Stomack* proceeding of *Choler* by causing the disaffected party to *Vomit*, which the juice hereof taken in drink, or the decoction of the herbe in ale with some currants, gently performeth. It is said to be good likewise against the *Jaundise*, and *Falling sicknesse*, being taken in Wine; as also against the difficulty of making Water, it provoketh *Urine*, and expelleth *Gravell* from the Reins, a dram thereof, given in Oxymel after some walking or stirring the body: It helpeth the *Sciatica* also, and the griping paines of the belly called the *Chollick*. Some eate it with Vinegar as a sallet, accounting it good for the fadnesse of the *Heart*, and to helpe the defects of the *Liver*; It is given also by Nurses to their young Children when they are troubled with the *Frets*, as they call it, which is a distemper coming cheifely from the Nurses milke being either too Windy or too Sharp, if a few Currans and Anniseeds be stewed therewith. It is said also to provoke *Womens Courses*, &c some say also that it stayeth the *Whites* which *Matthiolus* saith cannot be, in that the one quality is contrary to the other. The fresh herb boiled, and made into a Pultis, and applyed to the *Breasts* of *Women* that are swollen with heat and paine, as also to the privy parts of *Man or Woman*, the *Seat* or *Fundament*, or the *Arteries*, *Joynts*, and *Sinewes*, when they are inflamed or swollen, doth much ease them: and uled with some salt helpeth to dissolve the *Knots* or *Kernels* that happen in any part of the body: The juyce of the Herbe, or, as *Dioscorides* saith, the Leaves and Flowers with some fine *Frankincense* in powder, used in *Wounds*, whether of the body or of the *Nerves* and *Sinewes* doth singularly helpe to heale them; and so doth the down of the Heads used with Vinegar, as the same Author saith; but if it be taken in drinke, it will choake any one. The distilled Water of the Herbe performeth well all the aforesaid properties, but especially for the inflammations of the *Eyes*, and watering of them by reason of the defluxion of the *Rheume* into them. It is much used to be given to tame *Rabbees* when they are por-bellyed through costivenesse to make them gaunt and healthfull.

CHAP. CI.

Of Radish.

The Names.

IT is called Greeke *Papavds* and *Papavis Rhabhanos* and *Rhabhanis*, and *παπαβειν quod facile apparet*, from its speedy growing, for it sheweth it selfe speedily, some say within three dayes after it is sown. It is called in *Rhabhanus*, *Radricula*, and *Radix*, which last name is given unto it, *quia quam paucissimis magnitudine credit*, because it is one of the biggest rootes that is, which though it may seeme somewhat strange here in *England*, yet in some places beyond the Seas they grow to be of a wonderfull bignesse, as *Fuchsius* reporteth. Some have called the seed hereof *Bacanon*, and *Bacanium*, and others *Cacanon*.

The

The Kinds.

There be sundry sorts of Radish, whereof some be long and white; others long and reddish; some round and white; others round or of the forme of a peare and of a blackish colour, some wild, and some tame: As. 1. Garden Radish. 2. Small garden Radish. 3. Round Radish. 4. Peare fashioned Radish. 5. Wild Radish. 6. Water Radish.

The Forme.

The Garden-Radish sendeth forth great and large Leaves, green, rough cut on both sides with deepe gashes, not unlike to the Garden Turnep, but greater. The Stalkes be round, and parted into many branches, out of which spring many small Flowers, of a light purple colour, made of foure little Leaves, after which come sharp pointed cods put or blown up towards the Stalk, full of a spongius substance, wherein is contained the seed, of a light brown colour somewhat greater then the seed, either of Turnep or Cabbage. The roote is grosse, long, white, and sometimes reddish without, but white within alwaies, and of a sharpe tast.

The Places and Time.

The four first are Inhabitants of the Garden, and require a loose ground which hath been long manured, and is somewhat fat. They prosper well in sandy ground, which is naturally cold, where they are not so subject to worms as in the other. The fifth groweth upon the borders of banks and ditches cast up, and in the borders of moor feildes. The sixth groweth in ditches, standing-waters, and Rivers. The Garden kinds are sown in February, and March, and so along till you come to November, but the best time for sowing them is June, and July for then they yeeld most, because then they will not flower nor seed till the next spring, when as those that are sown sooner run up to seed presently; yet they are more set by in April and May, then afterwards. The wild kinds flower in June and their seed is ripe in August.

The Temperature.

Radish doth manifestly heat and dry, open and make thin, by reason of the biting quality that ruleth in it. Galen maketh them hot in the third degree, and dry in the second, and sheweth that it is rather a sawce, then a nourishment.

The Vertues.

The rindes of the Roots of Radish steeped in Vinegar and Honey, mixed together, and taken in a morning fasting, and a little after a draught of warme water, do driye out Phlegme and other maligne humors of the Stomack by Vomit, as often as it is oppressed with them. It likewise provoketh Urine, dissolveth cluttered gravell, and driveth it forth from the Reines and Bladder, if a good draught of the decoction thereof be drunk in the morning. It is good against an old Cough to make thine, thick and grosse Phlegme which sticketh in the Chest. The distilled Water hereof is effectuell for the purposes aforesaid, provoking Urine mightily, and driving out Stones from the Kidneys. The root also sliced and laid over night in White or Rhemish-Wine, and drunk in the morning, worketh the same effect. The root stamped with Honey, and the Powder of a sheepes heart dried causeth the Haire to grow in a short space. The seed also causeth Vomit, provoketh Urine, and being drunk with Oxymel or Honyed Vinegar, it killeth and

The Places and Time.

This Tree or Shrub groweth in Woods and Copfes that are moyft. Mr. Gerard faith, that he found great plenty of it in a Wood, called St. Johns Wood, in the way between *Islington* and *Horsely*, on the left hand of the way, and in the Woods at *Hampstead*, and other places about *London*. It flowreth in *May*, and the Berries are ripe in *September*, the Leaves appearing in the Spring.

The Temperatures.

The inner Bark of the *Alder-tree*, which is of the greatest use, if not only used in Physick, is of a purging and dry quality.

The Vertues and Signature.

The inner Bark aforesaid, which is of a yellow colour, being steeped in Wine or Beere, and drunk, causeth to vomit vehemently, and cleanleth the stomach. It doth also purge downward, both Choler and Flegme, and the watry humours of Hydropick persons, and strengtheneth the inward parts again afterwards, even as *Rubarb* doth: If it be boyled with Agrimony, Worm-wood, Dodder, Hops, and some Fennel and Smallage, Endive and Chicory Roots, and a reasonable draught taken every morning for some time together, it is very effectually against the Jaundise by Signature, the Dropse and evill disposition of the Body; especially, if some purging Medicine have been taken before, to avoid the grosser excrements; and then it not only purgeth, but also strengtheneth the Liver and Spleen, cleansing them from such evill humours and hardnes as they are afflicted with: It is to be understood, that these things are performed when it is dry; for if it be taken inwardly before it be dried, the superfluous moysture will cause extraordinary vomiting, pains in the stomach, and gripings in the Belly: yet if the decoction thereof be made, and suffered to stand, and settle for two or three dayes, untill the yellow colour be changed black, it will not work so strongly as before, but will strengthen the stomach, and procure an appetite to meat. Being boyled in Vinegar, it is an approved remedy to kill Lice, to cure the Itch, and take away Scabs, by drying them up in a short time. The same is singular good to wash the Teeth, to take away the pains, to fasten those that are loose, to cleanse them, and keep them sound. Though the inner Bark be so purgative, as you heard before, yet the outermost doth bind the Body, and is helpful for all Lasks, and Fluxes thereof; but this also must be dried first, or else it will not work so effectually. The Leaves are reported to be good Fodder for Cattle, especially for those that give milk, which they breed exceedingly.

CHAP. CLIII.

*Of the Oily Nut-Ben.**The Names.*

It is called in Greek *Βάλανος μυρεψική*, *Balanus Myrepfica*, that is, *Glans Unguentaria*, which name is also attributed to *Myrobolanes*, only this hath *Trogodytes* added to it to distinguish it from them; yet *Theophrastus* calleth

it only *βαλάνος*, which signifies an *Acorne*, but why no body knowes; neither the fruit it telle, nor shell, nor husk, being like to any of the kinds of *Acornes*: It is called by *Lobel*, *Glan: unguentaria*, *Cathartica*, *Siliquata*, but we in the dayes call it more usually in Latine *Nux Ben*, and the Oyle thereof *Oleum de Ben* or as the Ancients called it *Oleum Balanum*, and in English, *The Oily Nut Ben*, of which there is but one kind mentioned by any Author, therefore, in the next place, I shall present you with.

The Forme.

The Tree whereon this *Nut* groweth, for the first two or three yeares springeth up, and perisheth in Winter againe to the root, and riseth againe afresh every Spring, but after it becometh three or four yeare old, it groweth more Wooddy; It riseth up yearely after the first, with one steeme shooting forth branches of winged Leaves, or rather winged branches of Leaves, the *Barke* being whitish as the Leaves are also, but they are composed after such an order, as no other tree is, for the branches rise up with the stemme or body, divided into sundry other smaller twigges no bigger then rushes, set with two Leaves at severall spaces distant farre a tender, ending in small points like haire; but have no eyes or buds, at the feet of the Leaves, as the small branches of other trees have: The Leaves first fall away, leaving the branches bare, which then shew like unto ordinary or *Spanish Broome*, when it hath lost the Leaves, and after them the Stalkes likewise perish unto the very stemme; The root is thick, long, White, and Tuberos, as it were, yet ending in some sprays being not much wooddy, but rather fleshy and tender: It hath not been known to beare flowers or fruit in our Christian Countreyes, but the Nuts or fruits, such as have been brought over to us enclosed in their huskes, as also out of their huskes, grow some single, and some two together in an huske, the lower and upper end whereof is small and sharp pointed, being about an hand breadth long in all, round and of a darke Ash colour on the outside, and somewhat reddish on the inside, of the substance of leather, lither or easy to bow, rugged on the outside with many long streakes in it, but smooth on the inside: The Nuts themselves are three square for the most part, covered with a whitish soft and somewhat tough Wooddy shell, wherein the white kernell lyeth, which is not altogether inspid, but somewhat sharpe in tast, and oily with all, causing a kind of loathing upon the tasting almost ready to provoke vomiting; out of which is pressed an Oile, like as is out of Almonds, and not from the Shells or huskes, as some formerly supposed.

The Places and Time.

This Tree groweth in *Syria*, *Arabia*, *Aethiopia*; and *India*, where it bringeth its fruit to perfection, which it hath not been known to do in Europe, no not so much as to blossome, as I said before.

The Temperature.

The whole *Nut* is of a very purging quality: The dry pressing after the Oyle is taken out, is of a cleansing as well as of a cutting quality, and, by reason that the moisture is taken from it, of a drying effect also: The Shells or Huskes are of an exceeding binding property, fit to be used when occasion serveth for such purposes.

The Vertues.

The *Kernells* of the *Nuts* aforefaid being bruifed, and drunk with Water and Vinegar mingled together, doth purge the body from groffe, and thin *Phlegme*, also, and thereby is helpfull to thofe that are troubled with the *Wind-Cholick*, if a few *Annifeeds*, and *Fennel feeds* be put unto it; the oyle that is drawn out of the *Nuts* doth the fame alfo, and provoketh *Vomiting*, and cleaning the *Stomack* of much foul matter gathered therein; yet the Nut it felfe doth much trouble the *Stomack* in the meane time; but if it be toasted at the fire, it lofeth much of that evill quality, oftentimes caufing them to purge downwards only: It is to very good effect alfo given in *Glifters* for the fame purpofes. The Oyle drop- ped into the *Eares*, helpeth the noife of them, and the deafenefie alfo; a dram of the *Kernell* taken in *Posfet-drink*, doth foften and difsolve the hardneffe of the *Spleene* and *Liver*, the remainder of the kernell after the Oyle is preffed from it helpeth the *Itch*, the *Lepry*, and *running fores*, and taketh away the ruggedneffe of the *Skin*, *Morphew*, *dry Scabs*, *scarres*, *freckles*, *wheales* or *pimples* from the face or body, epecially if it be ufed with Vinegar; and *Niter*, with which it well agree- eth and performeth the Cures, much better; it is alfo ufed with the meale of *Ora- bus* or bitter *Vetch*, or the meale of *Darnel*: in manner of a plaifter to be laid to the fide to confume the *spleene*; it helpeth the *Gout* alfo, being ufed in the fame manner; Ufed with barley meale it comforteth the *Sinewes* that are pained with cold, and all *Spafmes* or *Cramps*; and ufed with *Honey*, it difsolvethe all *knots* and *hard-swellinges*. The Oyle that is preffed out of the *Nuts*, is alfo much ufed of *Perfumers*: for although it have no sweet fcent of it felfe to commend it; yet it is of fo excellent a quality, that being kept never fo long, it will not grow ranke, and therefore it doth both preserve the sweet smells of *Muske*, *Civet*, *Ambegriſe*, and the like, mixed with it, and keepeth the *Gloves*, *Leather*, and o- ther things that they fhall not admit of any *spots*, or *staines*; or ever grow moldy as thofe things which are perfumed with Oyle of *Almonds*, will doe, then which it is much fitter alfo to receive any sweet thing to be steeped in it for retaining the fcent thereof, for being utterly without fcent it felfe, and not growing ranke by long keeping; the fcent of any thing will be fooner infufed, and longer retained.

CHAP. CLIV.

Of Sena.

The Names.

IT is generally held by all good Authors, that this Plant was not known to the ancient Greeke or Latine Writers, as *Dioſcorides*, *Theophrastus*, *Galen*, *Pliny*, &c: though ſome imagine it was. And the Arabians, who were the firſt diſcoverers of its Vertues, call it *Sena*; but *Hermolaus* calleth it *Senna*. There is a baſtard kind hereof called in Greeke *καλιτραία*, and in Latine *Colurea*; of both which I ſhall intreate in this Chapter.

The Kinds.

There being but two sorts of true *Sena*, I have added five more of the bastard kind called *Colutca* which make seaven in all, As. 1. *Sena* of *Alexandria*. 2. The *Sena* of *Italy*. 3. Ordinary bastard *Sena*, with bladders. 4. The great Scorpion podded bastard *Sena*. 5. The lesse Scorpion bastard *Sena*. 6. Small Sea bastard *Sena*. 7. Ever-greene bastard *Sena* of *Valentia*.

The Form.

Sena of *Alexandria* which is that true *Sena* which is used in the shops groweth not, as is supposed, higher then a cubit with slender *branches*, set with many *Leaves* together on a rib like unto *Liquorice*, being narrow and pointed, which being dried and brought over unto us, if they be fresh, will smell very like unto new made Hay: the *Flowers* stand at the tops of the branches, one above another of a yellow colour, after which come crooked thin husks fashioned somewhat like an halfe-Moone: in the middle part whereof, (the skins of the huskes growing so close together, that they can hardly be parted) grow flat seeds, very like unto Grape kernells, but of a blackish greene colour, and somewhat flat; the whole plant perisheth (as it is said) every yeare, and therefore must be new sown of them that will have it.

The Places and Time

The first groweth (as it is generally thought) in *Arabia Felix*, and in *Syria* also as some say, and brought to *Alexandria* in *Egypt*, as many other things are, and from thence transported into this, and many other Countreyes. The second, as *Matthiolus* saith, was in his time frequently sown in the Duke of *Florence*, his Dominions in *Italy*. The third, and fourth, grow about *Trent* plentifully, and are kept in many Gardens, with us, as the *Physick-Garden* at *Oxon*, &c: The fifth groweth at the root of certaine hills neere the *Alpes*, amongst the hedges and borders of the Vineyards about *Danubius*. The sixth groweth neere the Seashore by *Teracinum*. The last was found by *Clusius* in the fields of *Salamanca*, as also in the Kingdome of *Granado* and *Valentia*, in sundry bottomes of the hills: the two first flower in the Summer monerhs, but in *Italy* it must not be sowne untill *May*. The rest flower, in *June* and *July*.

The Temperature.

The *Leaves* of *Sena*, which are only in use, are a little inclining towards the first degree of heat, but more then the third in drynesse; It is of a purging faculty and that by the stoole in such sort, as it is not much troublesome to mans nature, having withall a certaine binding quality, which it leaveth after the purging.

The Vertues

Sena openeth the inward parts of the body which are stopped, and is profitable, against all griefes of the principall members of the body, amongst which, the *Stomack* is detervedly reckoned, and therefore it not only cleanseth it but comforterh it also, especially if some stomachicall helper, as *Anni-seed*, *Caraway-seed*, or *Ginger*, be put with it; for *Mesue* saith, it hurteth the *Stomack*, but *Monardus*, & *Mattholus* deny that it can do so, because *Sena* hath somewhat a bitter tast, partaking of heat and drynesse, all which qualities are known rather to strengthen the *Stomack*, then to trouble or weaken it: It doth also purge *Melancholy*, *Choler* and

and flegme from the Head and Brain, the Lungs and Heart, the Liver and Spleen, cleansing all those parts of such evill humours, as by possessing them, are causes of those Diseases incident unto them, if a dram thereof be taken in Wine or Ale, or Broth fasting: It strengtheneth the senses both of sight and hearing, and procurereth mirth, by taking away the inward humour, and is useful in madness, the Phrensie, &c. It is given also in all Head-aches, and Palsies, the Falling-sickness, and foul Diseases of the Skin, as the Scab, Itch, Leprosie, &c. It is very profitable in the Obstructions of the Spleen, and Hypochonders, and against hard swelling thereof: as also in Chronicall Agues, whether *Quartan*, or *Quotidian*. It caugeth a fresh, quick, and lively habit of the Body, and cleanseth, and purifieth the Blood. The Lye wherein *Sena* and *Camomile* Flowers have been boyled, is commended for weak Brains, to comfort and strengthen them, if the Head be washed therewith: the same Lie is very profitable for the Sinews that are stiff with cold, or shrunk with the Cramp. *Sena* likewise is a speciall Ingredient among other things put into a bag, to make purging Ale or Beer, fit to be taken in the Spring of the year, not only for the Diseases aforementioned, but also to cleanse the blood from all sharp humours, mixed or running therewith. The Bastard *Sena* purgeth vehemently, both upwards and downwards, not without great trouble to the Stomack and Bowels, avoiding tough Flegm and Cholert: the Seed is more forcible in each of those qualities; and therefore is said, to avail in pains of the joynts, yet it is seldom given but to strong Bodies, when no better purgers are at hand. *Theophrastus* saith, it fatteneth Sheep wonderfully, and therefore much used in those Countries where he lived, but as seldom proved in ours.

CHAP. CLV.

Of Daffodills.

The Names.

It is called in Greek *Νάρκισσος*, in Latine *Narcissus*, from their Narcotick quality, which in Greek is called *Νάρκωσις*, or of the Fish *Torpedo*, called in Greek *Νάρκη*, which benumeth the hands of them that touch him, as being hurtful to the Sinews, and bringing dulness to the Head, which property belongeth to the *Narcissuses*, or *Daffodills*, whose smell causeth drowsiness, as *Pliny* and *Plutarch* affirme. And this I take to be the right Etyymology of the word, though I am not ignorant of what the Poets have written hereof, especially *Ovid*, who describeth the transformation of the fair Boy *Narcissus*, into a Flower of his own Name, saying,

*Nusquam corpus erat, croceum pro corpore florem
Inveniunt, foliis medium cingentibus albis.*

As for his Body none remain'd, instead whereof they found
A yellow Flower with milk-white Leaves, new sprung out of the ground.

The Kinds.

Gerard reckoneth up fifteen Sorts of *Daffodills*, as 1. Purple circled *Daffodill*. 2. Timely Purple-ringed *Daffodill*. 3. More timely Purple-ringed *Daffodill*. 4. The very hasty flowering *Daffodill*. 5. The late flowering small *Daffodill*. 6. Primrose Pearls,

Pearls, or the common white Daffodill. 7. French Daffodill. 8. Italian Daffodill. 9. The double white Daffodill of *Constantinople*. 10. Milk-white Daffodill. 11. Rush Daffodill. 12. Late flowering Bush-Daffodill. 13. The *Persian* Daffodill. 14. The great Winter Daffodill. 15. Small Winter-Daffodill. The sixth sort of Daffodill is that which is most common in Country Gardens: the description whereof followeth.

The Form.

The common Daffodill hath long, fat, and thick leaves, full of a slimy juyce; among which riseth up a bare thick stalk, hollow within, and full of juyce. The Flower groweth at the top, of a yellowish white colour, with a yellow Crown, or Circle in the middle. The Root is white, and of a Bulbus or Onyon fashion, yet not without divers effects by which it is propagated.

The Places and Times.

The Daffodills with Purple Coronets do grow wild in sundry places of *France*, but chiefly in the Meadows of *Burgundy* and *Switzerland*. The Rush-Daffodill groweth wild in *Spain*, among Grasse and other Herbs in some watery places. But it mattereth not much, to seek out their places of growing wild, seeing they are most of them to be found in our English Gardens about *London*, and elsewhere. The common white Daffodill groweth wild, in fields, and sides of Woods in the West parts of *England*. They flower for the most part in the Spring, that is, from the beginning of *February*, unto the end of *April*. The *Persian* and *Winter-Daffodills*, do flower in *September* and *October*.

The Temperature.

The Roots of *Narcissus* are said to be hot and dry in the second Degree.

The Vertues.

Besides the Ornamentall use of *Daffodills* for decking *Garlands* and *Houses* in the Spring-time, it hath many Physicall properties: amongst which, there is none more eminent, then that the Roots thereof do move Vomit, whether they be eaten or drunken; and being stamped and strained, and given in drink, they help the Cough and Cholick, and those that be entred into a Prissick. If two drams of the Root newly gathered, be boyled in Wine or Water, with a little Anniseed or Fennel-seed and a lirtle Ginger, and drunk, it driveth forth by stool, tough and clammy Flegme, and to help all Diseases that come thereof. The same taken with Honey, and the Seed of Nettles, purgeth the Disease, which causeth those spots in the Body, called *Ephelis* and *Alphus*. And their qualities in drying are so wonderful, that they glew together very great wounds: as also rifts, gashes, or cuts that happen about the veins, sinews, and tendons. They have also a certain wiping, cleansing, and attracting faculty. Being stamped with Honey, and applyed Plaster-wise, they help them that are burnt with fire, and are effectuall for the great wrenches of the Ancles, the Aches, and pains of the joynts. The same stamped with Barrows-grease, and Leaven of Rye-bread, hasteneth to suppuration, hard Impostumes, which are not otherwise easily brought to ripeness. Being stamped with the Meal of Cocle and Honey, it draweth forth Thorns and stubs out of any part of the Body; and being mingled with Vinegar and Nettle-seed, it taketh away Lentills and spots in the face. There are besides the sorts afore-

mentioned, the double yellow Daffodill, and the common yellow Daffodilly, which purge by stool, tough and flegmatick humours, and alio waterish, and is good for them that are full of crudities; especially, if there be added thereto a little Anniseed and Ginger, which will correct the churlish hardness of the working. The distilled water of Daffodils doth cure the Palsie, if the Patient be bathed and rubbed with the said liquor, by the fire, as hath been proved by that diligent searcher of nature, Mr. *Nicholas Belfon*.

CHAP. CLVI.

Of White Hellebore.

The Names.

IT is called in Greek *ἐλλέβορος λευκός*, and sometimes *ἐλλέβορος* without the aspiration, *quod cibum corporis eripiat*, because it deprives the Body of nourishment, in Latine also *Elleborus albus* & *Elleborum*, and also *Helleborus* and *Helleborum*, and *Veratrum album*, *Veratrum*, *quod mentem vertat*, or rather, *à verando*, because it cureth them that are counted mad, which were formerly called *Veratores*, and *Veraculi*; and *album*, to distinguish it from the black, this being white, in respect of that: In English 'tis called *Hellebore* and *Neese-wort*, because it provoketh Neefing.

The Kinds.

And of this *Hellebore* there are eight varieties that present themselves. 1. Ordinary white Hellebore, or Neefing Root. 2. The early white Hellebore, with dark red Flowers. 3. The great wild Hellebore, or our Ladies Slipper. 4. The small white Hellebore, with a white Flower. 5. The small white Hellebore, with blush Flowers. 6. Wild white Hellebore, with whitish green Flowers. 7. Wild white Hellebore, with dark red Flowers. 8. Variable wild white Hellebore.

The Forme.

The ordinary white Hellebore riseth at the first out of the ground, with a great round whitish green head, which growing up, openeth it self into many goodly fair large green Leaves, plaited as it were with eminent Ribs all along the Leaves, compassing one another at the bottom; from the middle whereof, riseth up a strong round stalk, with divers such Leaves, but smaller, to the middle thereof, from whence to the top it is divided into many branches, having many small yellowish, or whitish green Star-like Flowers, all along upon them, which after turn into small, long, three-square whitish Seed, standing naked without any husk to contain them: the Root is reasonable thick, and great at the head, having a great many white strings running down deep into the ground, whereby it is strongly fastened.

The Places and Times.

The two first sorts grow in sundry places of *Germany*, and *Anstria*, as *Clusius* saith: as also in some Islands of *Russia*, where, as *Tradescant* the elder saith, the ordinary sort groweth exceeding plentifully. And, if I mistake not, of this sort was that *Hellebore* that grew in *Anticyra* so abundantly, that if any one seemed to be troubled with melancholy, it was presently proverbially said unto him, *Naviga*

viga Anticyram, intimating that there was *Hellebore* enough to cure him: the other sorts grow many of them in our own Land, as well as beyond Sea, namely, the third, fourth, and sixth, especially the third in a Wood called *Helks* in *Lancashire*, near the Borders of *York-shire*. The first flowreth before the second, though it spring earlier out of the ground, being not in Flower untill the end of *July*, the rest flower about *May*, some earlier, and some later.

The Temperature.

The Root of white *Hellebore* is hot and dry in the third degree.

The Vertues.

The Root aforesaid taken without preparation of the Body, worketh very strongly, and churlishly, provoking extream vomiting: yet that being dieted by the advice of some learned Physician (without whom the meddling with it will proye dangerous) it is good for them whose constitutions can endure the working of it, causing much tough viscous, clammy, and corrupt humours that offend the stomach, to be avoided; for which purpose the *Oxymel Helleboratum* may be administered with least danger, a while after the Patient hath eaten somewhat. It is useful against madness and melancholy, also against the swimming in the Head, Falling-sickness, Leprosie, Cancer, Elephantie, and foul diseases of the Skin: as also the *Quartane Ague*. It brings down the Courses, and kills the Child in the Womb: it helps the old Cough, Dropsie, Sciatica, Gout, Cramp, pains in the Joynts and Sinews. It killeth Mice and Rats, being boyled in Milk, or mingled with Flower, and Honey, or Butter, or boyled in Milk, and set where Flies, Wasps, Gnats, &c. do much resort, it kills as many as touch it. It is used also to provoke sneezing, being put into the Nostrils, and purgeth the Head of superfluous humours, and is good in the Lethargy, and such like sleepy Diseases, especially, if some Leaves of Marjerome in Powder be put to it. It cures the Leprosie, Scab, Itch, and such like foul Diseases of the Skin, being used in Hogs-grease, or mixed in Oyntments. The juyce of the Root dropped into the Ears, helps the noise and ringing thereof; and being boyled in Lie, and the Head washed therewith it killeth and helperh the running Scabs and Sores thereof, boyled in Vinegar, and the mouth washed therewith, it easeth the Tooth-ach: The same decoction helperh Itch, and Scabs in the hands, and cleanseth foul Sores and Ulcers in the Legs and other parts, and put into Fistulaes, it taketh away the hardness of them. A Pessary made thereof, and put up, brings down the Courses and dead Child. It is given in decoction in infusion, and in substance; in decoction or infusion from a dram, to two drams; in substance, from ten grains, to a scruple. The lesser wild sort are not known to be used in Physick.

CHAP. CLVII.

Of purging Cassia:

The Names.

IT is called in Greek *κασσία μέλαινα*, *Cassia Nigra*, from the black pods wherein it groweth, and in Latine *Cassia Fistula Cassia*, or *Cassia solutiva*: It is called *Cassia*, as some think from the Greek word *κασσιός*, *Quod coriaceum vocant*, because pods are like Leather; or as others conceive, from the sweetness of the Flowers, like

like unto *Cassia Aromatica*, or *Odorata*. It is in English called *Pudding-Pipe*, because the Cod is like a *Pudding*.

The Kinds.

Heretofore there was known but one sort of purging *Cassia*; but now there is another called *Purging Cassia of Brasil*.

The Form.

The purging *Cassia* Tree, groweth to be a Tree of a large size, or bigness, whose Wood is solid and firm, yellowish towards the sap, or out-side, and blackish like *Lignum Vita* at the heart, covered with a smooth, soft, and ash-coloured bark, very like unto the Walnut-Tree: the Branches are not very great, and but thinly stored with winged Leaves, consisting of eight or ten lesser, for the most part five standing on each side of the stalk, without any odd one at the end: the Flowers are yellow and large, many growing together on a long stalk, and hanging down, consisting commonly of four, and sometimes of five Leaves, with many greenish threds in the middle, standing about a long, slender, crooked umbone or Horn, of a very sweet scent, especially in the morning before the Sun shine upon them; but grow weaker in smell, as the Sun groweth hotter: The small Horn in the middle of the Flower, groweth to be the pod, which is first green, then purple, and afterwards black, being of divers sizes both for length and greatness, some a foot, and some a foot and half long, and some longer, with a hard, round, woody wrinkled shell, not very thick, nor very hard to break, with a seame as it were, or a list all along the back, and another small one over against it on the other side, which causeth it to be easily broken into two parts by the middle, long wayes and distinguished inwardly into many skinny wood-like partitions: on both sides of which, groweth a soft, black substance, sweet like Honey, which is that part only, which is to be used; between the said partitions, lie round and flat gristly Seed, of a dark brownish colour: the Roots are great, and grow deep in the ground: the choyce of the best Cods is, that they be moyst within, and that the Seeds do not rattle, when they are shaken.

The Places and Time.

India is conceived to be the naturall place of the first, and that it was brought thence into *Syria*, and *Armenia*, and from thence into *Egypt*, where they plant it in their Orchards, and afterwards into *Arabia*, where the use of it was first discovered. Most of that which is spent in *Europe*, is brought from *Hispaniola*, where the *Spaniards* have planted abundance of them: The other groweth in *Brasil*, whence it was brought into the'e parts. The first flourisheth chiefly in *June*, and the fruit hanging upon the Tree all the year, is gathered much about the time of the flowing; for the Tree holding his green Leaf all the Winter, hath usually both blossoms and green fruit, and ripe all at one time. The time of the other is not yet known.

The Temperature.

Cassia Fistula is hot and moyst in the first Degree.

The Vertues and Signature.

Cassia being taken with *Rubarb*, and a few Anniseeds and Liquorish, to correct the windiness thereof, cleaneth the Stomach, Liver, and Mesentery Veins from

from Choler and Flegme, clearing the blood, and quenching the heat thereof, and is therefore profitable in all hot Agues and Feavers. It is also profitable for such as are troubled with the Pleurisie and Jaundie, or heat of the Liver, mixed with convenient Liquors. It is good likewise for the heat of the Reins and Kidneys, and bringeth forth the Stone with Gravel, being also a good preservative against it, if it be taken with a decoction of Liquorice & Parsley Roots. It is very effectual against all Rheums, & sharp distillations, & against cholerick & melancholick Diseases. It is also often used in all kinds of pectorall Diseases, as old Coughs, shortness of breath, wheezings, and the like, if it be taken with Agarick, as some advise. Being outwardly applyed to those that have the Gout, it easeth the pains thereof, & is a good Gargle to assuage & mitigate the tumours and swellings of the Throat. It is used in Plaisters and Ointments against hot Pimples, and other eruptions or breakings out of the Skin, & to take away the roughness thereof. It is a safe Medicine, and may be given to Women with Child, and all other persons at any time, except to such as have moist, weak, and slippery Bowels, yet given with Spicknard, Mastick, or *Hiera picra*, there is little danger, especially to the Guts, to which *Crollius* doth appropriate it by Signature, there being some similitude between them. The young Cods taken whilst they are small and green, boyled a little, and then laid in the shadow a while to dry, and after boyled in Sugar, or Honey, doth purge the Body, as the pulp or black substance, and is a delicate medicine for tender and weak stomachs, that abhorre all other Physick; and hereof the usuall quantity is 3. or 4. Ounces, to be taken at a time by elder persons, and an Ounce by the younger. The other sort of *Cassia*, which groweth in *Brasil*, is more effectual in purging, then that of *Hispaniola*; for it hath been tryed by experience, that one Ounce hereof is as forcible as two Ounces of the other, and is as effectual for all the aforesaid Diseases.

Having thus largely insisted on those simples which purge the Stomack, both upwards and downwards, to which purpose there are divers other which might be added, (were they not treated of in the Antecedent part of this work) as Aloes, Agarick, Afarabacca, the Rinds of Wallnuts, the Seeds and Flowers of Dill, the Roots of Betony, &c. and also some of those which are reserved for the subsequent part, as the Roots & Seeds of Orrach, the Flowers of Peaches, the middle Bark of Elder & Dane-wort, the Seed of Rocket, &c. most of which are very windy, and troublesome to the stomach, unless some corrective means be used, I shall therefore in the next place, set down such correctors as have not been yet handled, Anniseeds, Mastick, Cinamon, Fennel-seed, Raisins, &c. being already spoken to.

CHAP. CLVIII.

Of Carawayes.

The Names.

It is called in Greek *Karos*, *Caros* and *Carum* in Latine, or *Carui*, as it is in the Apothecaries Shops. *Simcon Sethi*, calleth it *Carnabadiou*, others *Caruum*, and *Caruum*, which names it took, as *Dioscorides* saith, from the Country of *Caria*, from whence it was first brought. We call it *Caraway*, and *Carawayes* in English.

The Kinds.

Most Writers have set down but one kind of *Caraway*, yet there being two other Herbs that nearly resemble it, I shall put them together as others have done before me. 1. Ordinary Caraway. 2. Mountain Caraway. 3. Meadow Caraway.

The Forme.

The ordinary *Caraway* beareth divers stalks, of fine cut Leaves, lying on the ground, somewhat like to the Leaves of Carots, but not bushing so thick, of a little quick taste in them; from among which, riseth up a square stalk, not so high as the Carrot: at whose joynts are set the like Leaves, but smaller and finer, and at the top, small open tufts, or umbels of white Flowers, which turn into small blackish Seed, lesser then the Anniseed, and of a quicker and hotter taste: The Root is whitish, small, and long, somewhat like unto a Parsnep, but with a more wrinkled Bark, and much lesse, somewhat of a little hottish taste, and quick also, and stronger then a Parsnep, abiding after Seed-time.

The Places and Time.

The first, though it be sowed in our English Gardens, yet it is said by *Tragus*, to grow wild in *Germany*, in many places in the fields, and by the way sides: the second was found on the *Pyrenean Hills*, and the last in the Fields, and Meadows of *Germany*, as *Tragus* saith also. They all flower in *June* or *July*, and their Seed is ripe quickly after.

The Temperature.

The Seed of *Caraway*, which is most used in Medicines, is hot and dry, as *Galen* saith, almost in the third degree, having withall a moderate sharp quality.

The Vertues.

Caraway-Seeds eaten alone, or mixed with any Aliment or Medicine, are very pleatant and comfortable to the stomach, breaking Wind, and helping digestion. *Matthiolus* saith, in *Germany* they are used to be put whole into bread, and to spice meat, as they are in *Italy* also; and if the use of them among Us were more frequent, those which are troubled with Wind, would receive a great deal of benefit from them, they being also very conduicable to all the cold griefs of the Head, as well as the Stomach, the Bowels or Mother, as also the Wind in them. The Comfits made hereof, are by some people used when they eat Apples, or other Fruit, to break windiness of them; and to that end, they are also mixed with those purging Medicines which would otherwise afflict the stomach by their windiness, being one of the four greater carminative Seeds. It is said, that the said Seeds quicken and clear the Eye-sight; especially, if they be powdred, and sprinkled upon hot Barley-Bread, the Eyes being held over the Vapour thereof. It also provoketh Urine, helpeth the Cough, and is good against the Phrensie, and venomous bitings. Being put into a Poultis, it taketh away black and blew spots of blowes, or bruises; and with Allom, it helpeth Scabs and Tettors, and the falling off of the hair. The Herb and Root are also in use: the one to be eaten raw in Sallets, with other Herbs, or boyled in them, and the other to be boyled onely, and eaten as Parsneps, then which they are said to be better, in as much as Parsneps cause Wind, but these break it, and are pleatant and comfortable to the stomach, helping digestion. The Herb it self, or with some of the Seed bruised and fried, laid hot in a bag or double Cloth to the lower parts of the Belley, doth ease the pains of the Wind-Cholick, and is good against hot swellings.

CHAP. CLIX.

Of Cummin.

The Names.

IT is called in Greek *κμινον*, and in Latine also *Cuminum*, and *Cyminum*; the Ancient Authours as *Dioscorides*, *Theophrastus*, &c. made hereof many kinds, calling them from the sundry Countreyes where they grew, as *Aegyptium*, *Galatium Syriacum*, &c: Yet it is confidently held they were not differing in *specie*, but in *loci prerogativa*; for although one sort of seed was rough or hairy and white, and called *Cuminum Ethiopicum*, which *Hippocrates* called *Regium* as the best; another not rough or hairy, called *Aegyptium*: not that they were severall sorts, but that one was better then another, as the Country gave it goodnesse or excellency. In English it is called *Cumin*, and *Cummin*.

The Kinds.

Besides the *Syrian*, *Aegyptian*, and other *Cumins* which many good Authours make to be but one kind as I said before, there are three other which I shall joyne to it; 1. Ordinary *Cumin*; 2. Small sweet *Cumin* of *Malta*; 3. Great sharp *Cumin* of *Malta*. 4. Wild *Cumin*.

The Form.

Ordinary *Cumin* groweth up with tender and low *Stalks*, not above halfe a yard high, growing white at the last, and brancheth our more, having store of *Leaves* which are small and long, like unto *Fennell*: The *Flowers* are somewhat reddish at the tops of the *Stalkes*, which turne into small whitish yellow *seed*, somewhat long, and almost round, crested or straked on the rounder side, and swelling strong; The root is small, long, and white, perishing yearly.

The Places and Time.

The three first grow familiarly in the hot Countreyes, as *Spaine*, and *Italy*, and the Isles of the Mediterranean Sea, whereof *Malta* is one, and in *Syria*, and the other East Countreyes where it is sowed; It seldome cometh to good here in *England*, unlesse the yeare be kindly, and then it must be sowed in the middle of the Spring, howbeit it will be late with us (though in the aforesaid Countreyes it be not so) before it be ripe. The last groweth plentifully in *Narbone*, about *Aguas Sextias*, and other places of *France*, and is somtimes sowed in our Gardens; but seldome comes to maturity.

The Temperature.

Galen saith, that *Cumin-seed* is in the third degree of heat, and in the same degree almost of drynesse, and as *Dioscorides* saith, it heateth, bindeth, and dryeth, but *Dodonaus* insisteth there against, shewing that it doth discusse humors by attenuating and digesting them, and doth not repressse them by binding or astringen.

The Vertues.

Cumin-seed is also another of the foure great Carminative-seeds, and therefore it doth veth *Wind* in any part of the body, and easeth the paines of the *Cholick*, being boyled in Wine and drunk, and is used as a *Corrector*, of any Windymeate or Medicine. For one that hath a *Stinking breath*, if it proceed of corrupt fumes, rising from the *Stomack*, it may be used thus; Take two handfulls of *Cuminseed*, and boyle it in a pottle of good White-Wine, till halfe be wasted, then streine it, and drink it first in the morning, for fiftene dayes together, and last at night also, halfe a pint at a time, hot or cold: it healeth also those that are bitten by Serpents taken in the same manner. The same taken in Beere or Posslet drink, is good for those that are short-winded, or are otherwise troubled with an old *Cough*, or the disease of the *breast*, to boyle the same with Figs in Wine. It is also very usefull in the *Dropsy* called *Tympany*, and in *Giddinesse* of the *head*. If it be used often, it is said to make the party looke pale, and therefore it was in great request in the time of the *Monks* and *Friers*, that thereby their bodies might seeme the more mortified. It is said also, that if any one that hath eaten *Cuminseeds*, do breathe on a painted face, the *fittitious colour* will vanish away straight, being used in bread or meat, it giveth a relish to them, and therefore it both was, and yet is in sundry places amongst the poorer sort, substituted in stead of *Pepper* being pleasing as well to the *Stomack*, as the *tast*. Boyled in Water, and the face washed therewith, it causeth the face to be clearer and fairer, so that it be used now and then, for by too often using, it causeth *Palenesse*, and therefore may be of request with those that are high coloured. Being boyled in Wine, and so made into a Pultis, it quickly taketh away the swelling of the *Codds*, caused by any *Wind* or *Waterish humor*, if it be applyed thereto with Barly Meale, and so it cureth all other cold paines or swellings. It stoppeth also *bleeding* at the *Nose*, being mixed with Vinegar and meere to, and being used in the same manner, it retaineth *Vomiting*; and if it be boyled in Water, and the lower parts bathed therewith, it stayeth the *abounding Courses* of *Women*, Bruised and tryed with an hard *EGge*, and laid to the nape of the *Neck*, it easeth an old head-ach, and stayeth the *Rheume* that falleth into the *Eyes*, or are bloud-spotten, or else the *Powder* mixed with *Waxe* into the forme of a *Plaster*, and applyed to the *Eyes*, will soone help it, and take it away. Being applyed to the belly, with Wine and Barly meale boyled together in the forme of a *Poultis*, it easeth the *gripings* and *torments* of the belly. Being quieted in a litle bagge, with a small quantity of Bay-salt, and made hot upon a Bedpan, with fire or such like, and sprinked with good Wine Vinegar, and then applyed to the side very hot, it taketh away the *Stitch* and paires thereof, and easeth the *Plurisy*. The herb and likewise the root are also in use. The seed of the *Wild Cumin* is also effectvall against either the *Windinesse* of the *Stomack* or of the *Belly* and *Bowells*, which bringeth *Tornoring paines*, and *swellings* with it, being taken in *Wine*, and expelleth the *Poyson* of any *Verminous Beasts*: It is good to moist *Stomacks* that are troubled with raw cruce humors; taken with Vinegar, it stayeth the *Hiccok*: and if it be applyed with Honey and raisins to the face or other place that is black or blew by strokes it will take them away.

CHAP.

CHAP. CL.

Of Camels Hay.

The Names.

It is called in Greeke *χοϊvos ἀρωματιστός ἢ μυρρίκιος*: *χοϊvos*, à *loris et funibus* dicitur; *ἀρωματιστός*, *odoratus*: and of some *μυρρίκιος* *unguentarius*, because it is sometimes used in Oyntments; in Latine *Juncus*, a *jungendo*. Some do call it *Schœnanthos*, quasi *Schœniantos*, *flos junci*, and corruptly in Shops *Squinanthum*. Some also call it *Juncus Odoratus Rotundus*, to difference it from the sweet *Cyperus*, which is called *Juncus odoratus angulosus vel triangularis*. It is also called *Palea de Mecha*, and *Pastus Camelorum*: in English, the sweet smelling *Rush*, or *Camels Hay*.

The Kinds.

Of this sweet *Rush*, there be two sorts, a finer and a courser, or the true, and a Bassard kind, although the ancients have mentioned but one sort, which is the finest and truest.

The Forme.

The finer sort of *Camels Hay* growing in these parts, hath many tufts or heads of long rush-like *Leaves*, thick set together, one compassing another at the bottome, and shooting forth upwards, the outermost whereof are bigger or grosser then those that grow within, which are a foot long and better, small round and stiffe, or hard and much smaller from a little above the bottome of them then any rush with us, of a quick and spicy tast, somewhat pleasant, and of a fine sweet gentle scent: It flowreth not with us, yet in some places which are the most naturall to it, it beareth strong, round, hard joynted *Stalkes*, having divers, short, brownish or purplish *bushes* on the top, containing within them, mossy, whitish, short threads or haire, wherein lyeth a chaffy seed; the *root* is stringy or full of long fibres which are very hard, as they are brought to us, which have the smallest scent of any other part.

The Places and Time.

They grow naturally in *Arabia*, *Syria* and *Mesopotamia*, and all that Tract of the Easterne Countreyes, as also in some places of *Africa*, whence they are brought by the *Merchants*, and sold to our *Druggists*, who furnish the *Apothecaries* with them, at whose shops they may be had. It commeth not to flowering in these colder Countreyes, and therefore *Clusius* and others have thought it an annual Plant, but assuredly it dyeth not every yeare in those hotter parts, it flowreth in the Summer-time.

The Temperature.

Camels Hay is hot and dry in the second degree having in all the parts thereof some kind of astringtion, but especially in the rootes.

The Vertues.

The Decoction of the *Flowers* of *Camels Hay* being drunk, as *Dioscorides* writeth, is very effectuell for the diseases and greives of the *Stomack*, *Lungs*, *Liver* and *Keines*, as also for the curing of those that spit blood. The same Author likewise affirmeth that it provoketh *Urine* and *Womens courses*, discusseth all *Swellings* and *Wind*, but is somewhat offensive to the head: it gently cutteth or breaketh humors and digesteth them and looseth the *breathing places* of the *Veines*. It is good also against *Poyson*, and the *Venome* of *Serpents*, and therefore it is a good ingredient in *Antidotes* used for that purpose. A dram thereof taken with a like quantity of *Pepper* every morning fasting for certaine dayes together, is very effectuell for those that have a loathing in their *Stomacks* to meat, and is a very good remedy for the *Dropsy*, and for *Convulsions* or *Crampes*: The same also is good against the *Wind-Collick*, *Phlegme*, and raw matter in the body, or any member of the same, the powder thereof being drunk with *Wine*. The decoction thereof being late in, by women that are troubled with the *Mother* profiteth very much; for as *Galen* saith it openeth obstructions, digesteth crudities, expelleth corrupt humors, cutteth tough *Phlegme*, and consumeth congealed matter in the body, and therefore it is of excellent use, for the stopping of *Urine* or *Womens Courses* (as is said before) taken either in drinke or by fomentation, and being so applyed, it also allayeth the inflammations of the *Liver*, *Stomack*, and other parts of the body. The whole Plant is used to be boiled in the broth of a *Chickin*, as very hellfull to ease the paines of the *VVombe*, that *VVomen* feele after childing; and the Powder thereof is singular good for those that are troubled with *sores* in their *month* or any *creeping Ulcer*: Being taken with *VVine* and *Vinegar*, it is effectuell for those that have an *Ulcer* in their *Stomack*, if the *Stomack* or *belly* be fomented with the decoction thereof, for so it taketh away all inflammation therein, and easeth the paines that proceed from thence.

CH AP. CLXI.

Of Ginger.

The Names.

IT is called in Greeke *Zingiberis* and in Latine *Zingiberis* and *Zingiber*, and *Gingiberis*, and *Gingiber*, in English *Ginger*; all which words no doubt come from an *Indian* Originall, the plant coming from that coast, and is followed by all other Nations, as here as their Language will permit as *Tobacco* and *Hysop* are, the one having an *Indian*; the other an *Hebren* Originall.

The Kinds.

There be but two sorts of *Ginger*, that I can meet with, and the first is the *East India Ginger*, with a white flower, and Leaves like unto a flower de Luce having a white root. The second is the *Brasil-Ginger* with the Black roote,