Class

Book

THE KATHERINE GOLDEN BITTING COLLECTION ON GASTRONOMY
Presented by A. W. BITTING
Eliz. Bess six of Dethor's
8th of June 1547
Printed by Thomas Baskfield
London 1547
From copy使人maynor

1589

1589
GASTRONOMIC LIBRARY

Katherine Goldsworthy


: panē nēm quod-

dianū da nobis hodie:

"Give us this day our daily bread"
— the universal supplication of all people in all times and places.
THE CASTEL OF HELTH
CORRECTED
AND
in some places augmented,
by the kyghte author
therof. ly? Thomas
Elyot knight,
the pere of
oure lord
1541
THE CA
STER OF WIT
CORRECTED AND
IN SOME PLACES AMENDED
BY THE AUTHOR'S OWN
EDITORS. THE YEAR OF
THE LORD 1627.
 THE PROHÉME OF
SIR THOMAS ELIOT KNIGHT
in to his boke, calyed the Castel
of helthe.

Galen the most excellent phisition
scaryd, that in wyptynge a
compendious doctrine for the curing
of syckenes, he shuld losse all his
laboure, for as moche as no man
almoiste dyd endeavoure hym selfe
to the sundryng of truche, but that all men dyd so
moche esteeme ryches, possesion, authority, and
pleasures, that they suspedde them, which were
studiously in any parte of Sapience, to be madde
or distracte of theye witnes: for as moche as they
demid the chyfe Sapience (which is in knowleage
of thynge belonging as wel to god as to man)
to have no beyng. Sens this noble wyter found
that lacke in his tyme, whan there flourished in
sundry counteries a great multitude of men excellent
in al kyndes of learning, as it yet doth appare
by some of theire warkes, why shuld I be greyped
with reproofes, wherewith some of my countrey
do recompence me, for my labours taken without
hope of temporall reward, onely for the seruent
affectyon whiche I haue ever borne toward the
publike weale of my countrey: A worthy matter,
sayth one, ly? Thomas Eliot is become a Phisition,
and wrytteth in phisik, which belenmeth not
a knyght, he mought haue ben moche better occup-
pyed.

Method. li. i. fo. i.
pied. Truly if they wil calle him a phisition, which is studiouse about the weale of his countray, I witlauke they so name me, for duryng my lyfe I will in that affections alway contynue. And why. I pray you, chulde men haue in disdayne or small reputation the science of physicke; whiche beinge wel understande, truly experienced, and discretely orderd, dothe conserve helthe, without the which all pleasures be peyneful, ryches unproftable, company anoiance; strength tourned to seblenes, beauty to lothesomnes, fensits are disperse, eloquence interrupted, remembraunce confoundyd.

which hath bene considerd of wyse men not onely of the pryuate estate, but also of Emperours, kynges, and other great pryncis, who for the unuerall necessity and incomparable utility, which they perceypyd to be in that science of phisicke, they dyd not onely aduaunce and honour it with speciall pryvileges, but also dyuerse and many of theym were therin ryght studiouse, in soo moche as Juba the kyng of Maurtania and Lybia, founde oute the vertouose qualities of the herbe called Eusorbiun. Gentius kyng of Illiria, founde the vertues of Gentiane. The herbe Lylymachia, toke his name of kyng Lylymachus. Mithridates the greate kyng of Pontius, founde fysste the vertues of Scordion, and also inuente the famous medicine aygyns popson, called Mithridate. Arthenisita queene of Caria, founde the vertues of motherwode, which in latyn beareth her name, whereby her noble renome hath lengar continued,
continued, than by the makyng of the famous
monument over her dead husbond, calypd Maufo-
leum, although it were reckynp amonge the won-
derfull warkes of the worlde: and yet her name
with the sayd herbe stil abydeethe, whyles the sayd
monument a thousand yeres passid was utterly
dissolupd. It semeth, that philosophie in this realm
hathe ben well esteemid, len the hole studye of
Salerne, at the request of a kyng of Engelande,
waste and set foorth a compendious and prospita-
ble treatysel, calypd the Gouernaunce of helthe, in
layyne Regimen sanitatis. And I truste in al-
mighty god that our soueraygne lord the kynges
mastery, who dayly preparith to stablyshe among
vs true and uncorrupted doctrines, well shortly
examine also this parte of studye, in suche wyse,
as thynge apte to medicine, growynge in this
realm, by conference with most noble authours
may be so knownen, that we shall haue lesse neede
of thynge brought out of farre countrapes, by
the corruption wherof innumerable people haue
perished, withoute blame to be given to the phi-
sctions, sauinge onely, that some of them not di-
ligent enouhe in beholdeynge their dronges on in-
creaseynce at all tymes dispensed and tried.

Belydes the sayde kynges, whom I haue re-
hered, other honoryable personages haue wryten
in this excellent doctrine, and not only of the spe-
culate parte, but also of the practysle therof:
whose warkes doo yet remayne unto their glory
immoxtall, as Abicena, Auemloar, Halis, Come-
lius

A. iii.
THE PREFACE.

Ipsus Celsus, Serenus, and whiche I shoulde have first namid, Machaon and Podallius, noble dukes in Grecia whiche came to the siege of Troy, and brought with them, xx. great shipps with men of warre. This well considerd, I take it for no shame, to studye that science, or to sette fourth any bokes of the same, beynde therto prouoked by the moste noble and vertuose example of my noble mayster Kyng Henry the.

viii. whosehelthe I hartely pray god as longe to plesure, as god hath constitue mans lyfe to continue: for his highnes hath not dysdained to be the chief author and settar fourth of an Introduction in to grammer, for the childeyne of his loving subiectes, wherby, hauing good matters, they shall moste easely and in shorte tyme apprehend the understanding and fourme of speaking of true and eloquent latyn. O royall hart, full of very nobility. O noble brede, letynge fourth the vertuose doctrine, and laudable study. But yet on thynyge moche greynch me, that notwithstanding I haue euer honoured, and specially fauorid the reverend collidge of apprized philistid, yet som of them hearyng me spoken of, haue said in derision, that all though I were pretly seene in hisstoyes, yet being not lernyd in philstoke, I haue putte in my boke diversse errours, in prest-monyge to wyte of herbes and medicines. Firste as concernyng hisstoyes, as I haue planted them in my warckes, benge wele understand, they be not too lyght of importaunce as they done esteme
ESTEEME THEM, BUT MAY MORE SURELY CURE MENNES AFFECTIONS, THAN DIVERSE PHILITIONS DOO CURE MALADES. NOZ WHEN I WROTE SYSTE THIS BOKE, I WAS NOT ALL IGNORANTE IN PHILYCE, SOZE BEFORE THAT I WAS. XP. YERES OLDE, A WORSHIPFULL PHILITION, AND ONE OF THE MOSE RENOUNED AT THAT Tyme IN ENGLAND, PERCEPYUNG ME BY NATURE INCLINED TO KNOWLEDGE, RACH INTO ME THE WORKE OF GALENE OF TEMPERAMENTS, NATURAL FACULTIES, THE INTRODUCTION OF JOHANICUS, WITH SOME OF S. APHRODISIUMS OF HIPPOCRATES. AND AFTERWARDE BY MINE OWNE STUDY, I RADDE OYER IN ODER THE MOSE PACTE OF THE WORKE OF HIPPOCRATES, GALEN, OZIBALIUS, PAULUS CELIUS, ALEXANDER TRALLIANUS, CELIUS, PULNIUS 

AND THE OTHER, WITH DIOCROIDES. NOZ I DRYD OMMIT TO READE THE LONGE CANONES OF AURICENA, S. COMMENTARIES OF AUREROIS, S. PRACTISES OF JIAKE, BAILABBAS, RALPS, MELUE, AND ALSO OF THE MOSE PACTE OF THEM WHICH WERE THEIR AGGREGATORS AND FOLLOWERS. AND ALL THOUGH I HAVE NEVER BEEN AT MOTPELLER, PADUA, NOZ SALERN, YEET HAVE I FOUSD SOME THINGE IN PHILYCE, WHEREBY I HAVE TAKEN NO LITTLE PROFYTE CONCERNYNGE MYNE OWNE HELTHE. MOREOER I WOOTE NOT WHY PHILITIONS SHOULD BE ANGRY WITH ME, SENS I WROTE AND DRYD SET FOURTH THE CASTEL OF HELTHE SOZ THEIR COMMODITY, THE UNCERTAYNE TOKENS OF DYPNES AND OTHER EXCREMENTS SHOULD NOT DECEPPE THEM, BUT THAT BY THE TRUE INFORMATION OF THE CHYKE MAN, BY ME INSTRUCTID, THEY MOUTH BE THE MOSE SURE TO PREPARE MEDINES CONVENIENT SOZ THE DISSEASIS. ALSO TO THE INTENT THAT MEN OBSERYUNG A GOOD ODER IN DIETE, AND
THE PREFACE.

...and preventing the great causys of sickenes, they shoulde of those maladys the soner be curyd. But if philsitons be angry, that I haue wryten phylsike in englyshe, let theyn remembre, that the grekes wate in greke, the Romanes in latyne, Aucena, and the other in Arabike, whiche were their owne propze and maternal tonges. And if they had bene as moche attache with enuy and contaytise, as some nowe seeme to be, they wolde haue deuysed somme particular language, with a strange synphryse or fourne of lettres, wherin they wold haue wryten their science, which lageuage or lettres no man shoulde haue knowne that hadde not profeslyd and practised phylscke: but tho. although they were painimes and Jewes, in this parte of charitie they farre surmounted vs Christianes, that they wolde not haue soo necessary a knowledge as phileicke is, to be hyd frome them, which wolde be studiouse aboute it.

Chynally god is my Juge, I wyte neyther for glory, rewarde, noz promotion, only I desyme men too deme wel myne intent, mens I clave assure them that all that I haue wryten in this boke, I haue gathered of the mosse principall wyrers in phylscke. which beinge throughe studdy and well remembyrd, shalbe profitable (I doubt not) unto the redr, and nothyng noyouse to honeste phylsytpons, that doo measure they: study, with moderate lyuinge and Christian Charite.
THE TABLE

IT MYSTE BE REMEMBERED, that the number in the Table, doth signify the leaf, and the letter A, doth signify the first page of ye, the letter B, the second page of ye.

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<td>Wynnes. fol. ri.iii.a</td>
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THE TABLE.

Watter. fol. l.b.x.lxxxri.a. rci.b
Wynter. fol. lxxxvi.b
Wyne. fol. xxxii.a C Yonge men. xxxiv.a.
Whaye. fol. lxxxviii.b.

Thus endeth the Table.
TO THE CONSERVATION
of the body of mankinde, within
the lymitation of helth (whiche as
Galene sayth) is the state of the
body, wherin we be neyther gre-
ued with peyne, nor leste from do-
inge our necessary busynesse, doth
belonge the diligent consideracion of the sorte of thynges,
that is to say,

{ Thynges Naturall,
{ Thynges not naturall, and
{ Thynges against nature.

{ Things Naturall be, vii. in number.
  { Elementes.
  { Complexions.
  { Operations and
    { Spirits.
  { Members.

These be necessary to the being of helth, ac-
cordinge to the order of their kynd: and be al-
way in the naturall body.

{ Thynges not naturall be lyre in number.
  { Ayre.
  { Emptinessse and re-
  { Meate and drinke.
    { Repletion, and
    { Slepe and watche.
    { Affections of the
    { Meinge and rest.

{ Thynges against Nature be thse.
  { Syckenesse.
  { Cause of syckenesse.
  { Accident, whiche foloweth syckenesse.

B Annexed
The Elements be those original things humpy and uncompound, of whose temperate and mixture all other things, haungge corporeal substance, be compacte: Of them be foure, that is to saye.

Erthe. Ayze and Fyze.

Erthe, is the mooste grosse and ponderous element, and of her proper nature is colde and drye.

Water, is more subtil and lyght thanne erthe, but in respecte of Ayze and Fyze, it is grosse and heuye, and of her proper Nature is colde and moiste.

Eyre, is more lyghte and subtil than the other two, and beinge not altered with any exterior cause, is properly hote and moiste.

Fyre, is absolutely lyght and cleare, and is the clarifier of other elementes, if they be hyppate o2 out of their naturall temperance, and is properly hote and drye.

It is to be remembred, that none of the sayd elementes be commonly seene or felt of mostal men, as they are in their original being: but they, whethre by our senses be perceived, be corrupted with mutual mixture, and be rather erthy, watry, airy, and fyzy, than absolutely erth, water, ayze, & fyze.
Of the complexion of Man. Cap. 2.

Complexion is a combination of two dyuers qualities of the foure elementes in one bodye, as hotte and drye of the Ayre, colde and moyste of the Water, colde and drye of the Erth. But although all these complections be assembled in every body of man and woman, yet the body taketh his denomination of those qualitie, which abounde in hym, more thanne in the other, as hereafter inseweth.

The Bodye, where heate and moysture haue souerayntie, is called sanguine, wherein the Ayre hath præeminence, and it is perceived and known by these sygnes, which do folowe,

- Carnositie or fleshynesse.
- The vapnes and arteries large.
- Heare plentie and redde.
- The visage white and cuddy.
- Sleape moche.
- Dremes of bloody thynges, or thinges pleasaut.
- Pulse great and sull.
- Digestion perfecte.
- Angry shoryly.
- Siege, brine, and sweate abundaunt.
- Fallynge shoryly in to bledynge.
- The brine redde and thickke.
THE FYRSTE


dwoyle colde with moysture preeapleth, that
body is called Fleumataike, wherin water hath pree-
eminence, and is perceived by these signes,

Fatnese, quauninge and softe.
Baynes narowe.
Hegre moche and plaine.
Colour white.
Sleape superfluos.

Fleumataike

Drene of thynges watry o; of fylyech.
Blownesse.
Dulnesse in lerninge.
Smallnesse of courage.
Pulse slowe and lyttell.
Dygeston weake.
Spynes white, abundant, and thicke.
Urine thick, white, and pale.

Cholerike is hote and dry, in whome the fyre
hath preeeminence, and is discerned by these signes folowinge.

Leanesle of body.
Costypnesse.
Hear blacke o; daure aburse curled.
Uiscage and skyn red as fyre, o; caiowe.
Hotte thynges nonsfull to hym.

Cholerike

Dreames of fyre, fyghtynge, o; anger.
Wytte sharpe and quycke.
Hardy and fyghtynge.
Pulse swiste and stonge.
Urynne hyghe coloured and cleare.
Wyrce sharpe.
Melancolyke is colde and dyse, ouer whome the earth hath dominio, is perceived by these signes
Leannesse with hardnese of skynne.
Heare playne and thynne.
Colour duskysh, oz white with leannes.
Moche watche
Dzemes fearefull.
Melanco like.
Stiffe in opinions.
Digestion slowe and yll.
Tymerous and fearefull.
Anger longe and frettinge.
Pulse lytle.
Seldome lawghynge.
Urine watry and thynne.

Besides the sayd compleions of all the hole bodye, there be in the particuler members, compleions, wherein if there be any distemperate, it hyngeth lykenesse or griesse in to the member. Wherefoe to knowe the distemperate, these signes foldowinge wold be considered. For sene, that it be remembered, that some distemperatures be symply, and some be compounde. They whyche be symply, be in symply qualities, as in heate, colde, moyste, oz dry. They whyche be compounde, are in compounde oz myyte qualities: as heate and moisture, heate and drythe, colde and moyste, colde and drye. But note syzste we wyll speake of the symply compleions, of every pryncipall member, beginning at the bryayne.
THE FYRSTE

The head and visage verpe redde
and hote.

The heare growinge faste blacke
and courled.

The bryane exceeding in
heate hath

The vaines in the epen apparant.
Supersflouose matter in the nose-
thylies, euen, and eares.
The head annoyed with hote me-
tes, dynkes, and sauours.
Slepe theyste and not sounde.

Mach supersfluiteit running
out of the nose, mouth, ea-
res, and even.

Heare streight and syne, grow-
ynge slowly, and flaren.

The bryane exceeding in cold hath
The head disposed by smalle
occasion to pooses and
murreas.
It is sone annoyed with cold
It is cold in touchinge,
Waynes of the euen not sene.

Sleapy somewhat.

Moyste in ex-
celle hath

Hears plaine.
Seldome or, neuer balde,
wopte dull.
Moch supersfluities.
Slepe moche and depe.
No superfluities runnyng.
Wythes good and redy.
The braine
Dye bathe
Heates blacke harde and fast grownyng.
Balde shortly.

Complexions compounded.

- The head akyng and heypne.
- Fulle of superfluities in the nose.
- Brayne hot and moyste distempe.
- Red hath
- The southern wind greuous.
- The norther wind holysome.
- Slepe depe, but vuquyete, with ofen wakynge, and straunge dreames.
- The sense and wytte imperfecte.
- None aboundance of superfluities, whyche maye be expelled.
- Sense perfecte.
- Brayne hot and dye dryerstemenpe.
- The head hot and ruddy.
- Sooner balde than other.
- Moche wake in chyldehoode and blacke or browne, and courlyd.

The
THE FYRSTE

Bayne
colde and
cold and
dry diste-
dry diste-
ched hath
cched hath

Moche sleape.
The head colo replenished with superfluouse moisture.
Distillations and poses of murrers.
Not shortly balde.
Soone hurte with colde.

The head colo in seyng and without colour.
The baynes not apperaynge.
Soone hurte with colde.
Often discrase.
Wyttte perfecte in childhode, but in age dulle.
Aged shortly and balde.

Of the Harte.

Moche blowinge and puffinge.
Pulse swifte and buspe.
Hardynesse and manhode moche.
Promptnes actuitie and quickenes
in doinge of thinges.
Fury and boldnesse.
The brest heary toward the lyft side.
The brest bode, with the head lytle.
The body bote, except the Lyuer do lette it.
The pulse very lytell.
The bythe lytell and lowe.
The bythe narowe.
The body all colde, except the
lyuer doth the inflame it.

The hart cold di-
stempered hath

Fearfulness.
Scrupulosite, a moche care.
Curiositie.

Slownesse in actes.
The breaste cleane without
heares.

The pulse softe.
The harte moiste
Sone angry, and sone pacysyd.
distempered hath

The body all moist, except the
lyuer dispoleth contrari.

The pulse hard.
The harte dry di-
Not lyghtly angry, but being
stempered hath

angry, not sone pacysyd.

The body dry, except the liuer
dothe dispole contrari.

The breast and stomake heary.

Promptnes in actes.
Soone angrye.

Fierishesse but not so moche as
in hotte and drye.

The harte hohte
and moyste

Pulse softe, swifte, and busy.

Bryth o2 wynd accordsinge.

Shortly falleth into diseales
causd of purtrfication.

The
The harte poulse greatte and swifste.
The byth or wind accordinge.
The breaste and stonake all heary.
The harte hotte and dype hath.
Quicke in his doinge.
Boldnes and hardinesse.
Swypst and hasty in mouinge.
Soone styxed to anger, and tyrannous in maners.
The breaste blyde, and all the body hotte and dype.

The pulse softte.
Fearfull and timozous.
Sowe.
The harte colde and mopyste hath.
The byest cleene without heare.
Not hastlye angrye, nor retayninge anger.
The breaste narowe.
All the body colde and mopyste.

The pulse harde and lyttel.
The wynde moderate.
The harte colde and dype hath.
Seldome angrye, but when it hapneth, it durcheth longe.
The breaste cleane without heare and lyttell.
All the body colde and dype.
BOKE.

Of the Lyuer.

The vapnes large and hard.
The blood thicke by reson of vehement heathe consuminge the suttel partes of moisture.
The bealy heary.

The lyuer in heete distempered hath
All the body hotte excedyngse temperance.
Moche red choler and bytter in youth.
Moche blacke choler toward age by aduultio of red choler.

The lyuer colde distempered hath
The baynes smalle.
Abundance of fleume.
The blood thinne and fleu matyke.
At the body cold in selinge, & the bealy without heare.

The lyuer moist distempered hath
The baynes losse.
Moche blonde and thynne.
All the body moist in selinge except the harte dispofeth it contrary.

The lyuer dype distempered hath
The baynes harde.
The blood lytel and thicke.
All the body dype.

Cui The
THE FYRSTE

C the complections compounde, maye be decerned by the lykke symple qualltities. And here it is to be noted, that the heate of the harte maye banquyshke the colde in the lyuer. For heate is in the harte, as in the fountayne or spynge, and in the Lyuer, as in the Kyuer.

Of the stomacke.

He digesteth welie, specially harde meates, and that will not be shortly altered.
Lyght meates, and soone altered, be therin corrupted.
The stomacke hot disctempered.
The appetite lyttell and slow.
He delytethe in Meates and dyynkes, whyche be hotte, for every natural complection delyteth in his semblable.

He hath good appetite,
He digesteth ply and slowelie, specially grosse meates and harde.
The stomack cold disctempered
Cold meates doth ware soure beinge in him undigested.
He delytethe in Meates and dyynkes, which be Cold, and yet of them he is indamnagéd.
He thirsty but seldom, yet
the stomach
moist distempered
with superfluous drink
he is hurt.
He delytheth in moist meates.

He is soon thirsty.
The stomach dry, content with a little drink.
Distempered, diseased with much drink.
He delytheth in dry meates.

It is to be noted, that the dispositions of the stomach naturally, do depend on which is of like qualities. The dispositions unnatural do depend on things of contrary qualities. Also not the stomach only causeth a man to thirsty or not thirsty, but also the ypper, the lungs, and the hartre.

Of the genytnyes or stomes of generation.
Great appetite to the act of generation.
Hot distempered, ingendynge men chyllden.
Heare soone grown aboute the members.

Small appetite to the acte of generation.
Cold distempered, ingendynge womenchyllden.
Siowe grownthe of heare about the members.

Cui Sede
THE FYRSTE

The genitozies { Sede abundaunt but thynne moist distepped and watry.
The genitozies { Sede lyttell but metely thicke dyse disempred in substance.

Lashe appetite to lechery, than in them, whiche be hot and dy.

The genitozies { Noe puissance to doo it, and with lasse damage.

Hurt by absteynyng from it.
Lesse herines than in hot and dy.

The sede thicke.

Hoche frutefulnessse of Generation.
Greatte appetite and redyness to the acte,

Hestre about the members lene grown.

Swiftnes in spedig of the act.
Sone therwith satisfied.
Damage by blspnge therof.

The sede watry and thimne.
Lyttell desyre to the acte, but more puissance than in them whiche be colde and dyse.
Lyttell heares or none aboute the members.

Heares
Heares none o2 sewe.
Little appetite out none to lechery.
Lytell puissance to do it.
Ingendynge more feminales
than men chylde inne.
That lytell sebe that is, is thicke
than in colde and moyste.

Of humours.

In the body of Man be foure principall humours, whiche contynuynge in the proportion,
that nature hath lymptt, the body is free from
all syckenesse. Contrary wise, by the increase or
dimynution of any of them in quantitie or qual-
yttee, owre or under their natural assignement,
equall temperature commeth in to the body, whiche
syckenesse foloweth more or lasse, accordynge
to the lypse or decaye of the temperatures of the
sayd humours, whiche be these folowynge.

Bloude, Chothe, Fleume, Melancoly.

Bloude hath preminence over all other humours in susteynyng of all lyynge creatures,
for it hath more confirmitt with the originall
causse of lyynge, by reason of temperturies in
heate and moppynge, alioo nouriseth more the
body, and restoreth that which is decayed, beinge
the very treyturtle of lyfe, by losse wherof, death
immediately foloweth. The dys temperature of
bloodyd haymeth by one of the other the help
hynours by the inordinate or supfluous mixture of them.
THE FYRSTE

FloÂme.

FloÂme is of two sortes, 1 Naturall and 2 Unnaturall.

1 Naturall floÂme is a humour cold and moyst, white & sweate, ouz without tait, ingendred by insuf-siciet decoctio in the second digestio of watry ouz raw partes of the matter decoct called Chilus, by last digestio made apt to be couxert into bloud, in this humour, water hath dominio most principal.

2 FloÂme unnaturall is that, whyche is myrte with other humours, ouz is alterez in his qualitie: And therof is. vili, sondy, kyndes.

watry, whyche is founde in ppettyll of great drinkez, ouz of them, which digeste yll.

Sympy ouz rawe.

Glaze, lyke to whyte glasse, thycke, viscous lyke bynde lyme and heyp.

Plastry, which is very grosse, as as it were chalky, such is found in the iones of them, which haue the gowte.

FloÂme.

Salt, which is mingled with color.

Sower, myrte with melancoly, which commeth of corrupt digestion.

Parche, thycke and grosse, which is seldome founden, which taste lyke greene crabbes ouz floes.

Styptke ouz bindinge, is not so grosse nouz cold, as harsh, and hath the taste lyke to greene coccade wyne, ouz other like, straininge the tunge.

Choler
Choler both participate with naturall heate as long as it is in good temperance, and ther- of is also two kyndes.

Naturall and Unnaturall.

Naturall coler is the some of blood, the colo; whersof is redde and clere, or more lyke to an orége colour, and is hot and drye, wherein the fire hath dominion, and is lyght and harpe, and is ingendred of the most subtil parte of matter decocte, or boyled in the stomacke, whose beginninge is in the lyuer.

Unnaturall choler is that whiche is myyte or corrupted with other humours, wheresof be foure kyndes.

Citrine or yelowe choler, which is of the mixture of natural choler and watry sleume, and therefore hath lesse heat than pure choler.

Velky, like to velkes of egges, which is of the mixture of sleume congealed,

Choler by naturall.

Choler natural, and is yet lasse hote than the other.

Greene like to lekes, whose begining is rather of the stomak, than of the lyuer.

Greene like to grene caker of mettal, that bourneth like venin, and is of exceeding adustio of choler or sleum: and by these two kides nature is mortified.
Melancolye or blacke choler is deupped in two kyndes.

Naturall, whyche is the drugges of pure bloud, and is known by the blacknes, wha it issueth either downewarde or upwarde, and is betly colde and drye.

Unnaturalle, whyche proceedeth of the aduision of colorik mixture, and is hotter and lighter, hauyngge in it violenge to kyll, with a daungerous disposition.

Meates ingendrynge choler.

Inwardes of beastes.

Lambes fleische.

Garlyke.

The synewe partes of fleische.

Onyons.

Skynnes.

Rokat.

Braynes.

Kares.

Lunges.

Lekes.

Rapes.

Mugarde.

Cucumbers.

Pepper.

Honye, Replecion.

Honye moche dзонken. Lacke of exercise.

Sweete meates

Meates ingendrynge melancoly.

Meates ingendrynge fleume.

Bieche.

Call sylyne and cleane.

Gotes fleische.

Hares fleische.

Chele newe.

Bozes fleische.

Al sylyne, specially in Salte fleische.

Stomake.

Salte sylyne.
Colewoztes. Blacke wyne.
All pulse, excepte whyte. Olde cheles.
peasen. Olde fleche.
Brownne breaddde course. Great fitches of the sea.
Thycke wyne.

Of the members.

There be diversities of members, that is to saye.
The braine.

Principal.
The harte,
members.
The lyuer,
The stones of generation.

Synewes, which do serue to the braine.
Arteries, or pulses, which do serue.

Osyclalle to the harte.
members.

Waynes, which do serue to the lyuer.

Vessels spermatike, wherein mannes seede lyeth, whyche doo serue to the stones.

Bones.

Partes called similares, soz beinge deyped, they remain in themselves.

Skinne and the flethe.

Muskels oz spletts.

Fatte.

Flethe.

Di Mem.
THE FYRSTE

Members in.

The raines.

Trumentall.
The bowelles.

All the great synewes.

These of their vertue do appetite meate & alter it.

Meates whiche do hurte

the serke.

Carlyke,

Dypons.

Very hotte meates.

Coleworistes,

Rapyke.

Swete metes & drikes

Beedynge after supper

immediately.

Makynge great oppositions.

Chykke mylke,

All sweete things.

Rye breadd.

Sweete wynes.

Meates inflatyng or wyndye

Beanes.

Lupines.

Cicer.

Mille.

Cucumberes.

All tyype of herbes.

Fygges dyce.

Rapes.

Rauewes rawe.

Mylke
Mylke.

Hony not well clarifie.

Swete wyne.

Myske.

Camomylle.

Hellypote.

Kewe.

Frankincense.

Things good for a colde head.

CCububes.

Calingale.

Lignum aloes.

Maizam.

Baulme myntes.

Gladen.

Nutmygges,

Muske,

Rosesmarye,

Roses,

Pionpe.

Hypsope,

Spype,

Xyeos.

Penproyall.

Saulge.

Clycampane.

Calampyt.

Betayne.

Sauery.

Fenell.

Labdanum.

The leues of laurell.

Ambza.

Note thinges conseryng a colde Harte.

CCynamone.

Saffron.

Cozalle.

Cloues.

Lygnum aloes.

Perles.

Macis,

Baulme myntes.

Myzabolanes,

Muske.

Nutmygges,

Rosesmarye.

The bone of the harte of a redde deere.

Maizam,

Buglosse.

Bozage.

Sewall.

Golde.

Ambza.

Cardamonum.

Basyll.

Been redde and wyte.

Betayne.

D iii. Things
Thynges good for the
Lyuer.

Cwoznewode.
Myth wynde.
Agrymonye.
Saffron.
Cloues.
Endyue.
Cypoiste.
Plantayne.
Dragons.
Rapsons greatte.
Saunders,
Fenell.
Violettes.
Rosewater.
Lettyle.

Thynges good for the
Lunges.

Glycampane.
Hylope.
Scabiose.
Lykopize.
Rapsons.
Mayden heare.
Penidies.
Almondes.
Dates.
Pystaces.

Thynges good for the
eyes.

GEyeberght.
Fenell.
Urecyn.
Roses.
Celandyne.
Agrymonye.
Cloues.
Colde water.

Thynges makeynge the ska-
make strong.

Mirabolanes.
Nutmyyges.
Organum.
Pystaces.
Oynce.
Olybanum.
Wormewode.
Saffron.
Cozalle.
Agrimonye.
Funypoze.
Galyngaleynie.
Cloues.
Lignum aloe.
Mastir.
Olpe.
Spodium.
The innermost skrine
of
of a hennes glysars. The ride of an oxegge.
Coriander prepared. Rowghe wynes.
Olue beries. Wos in wode nipped in
Rapsons. Wynne o2 ale.

Of Powers.

Anymall,
Spirituall,
Naturall.

Naturall power, Whiche dothe mynyster.
To whome is mynistred.

Appetiteth,
whyche dothe Retaineth,
mynyster,
Digesteth,
Erpelleth.

To whome is Ingendiethe,
mynistred,
Pourietheth,
Feedeth.

Markynge, whyche delate eth
the harte and arteryes, and
estesoones straynethe them.
Power spirituall Woughte, whyche is styzed
by an exterio, cause to worke,
whereof cometh anger, indignation, subtilitie, and care.

That
THE FYRSTE

That whyche oz depneth, dyscerneth, and composeth.
That moueth by voluntarpe mocyon.
That whyche is called sensibly, whereof do proceode the syne wythes.

Of that which oz deineth do procede
Imagination in the sozheed.
Reason in the braine.
Remembranzce in the nodell.

Appetite by heate and drythe.
Digestion by heate and moisture.
Retynynge by colde and drythe.
Expulsion by cold and moist.

Spirit is an appy substance subtyll, styynge the powers of the body to perfourme theys operations, which is dypped into

Naturall, which taketh is beginninge of the lyuer, and by the bapynes, which haue noo poulsce, spredeth into all the holle bodye.

Vitall, which proceodeth from the harte, and by the arteryes oz pulses is sente into all the body.

Anymalle, whyche is ingendred in the bapyn, and is sente by the synewes throughout the body, and maketh sente oz selype.
Annexed to thynges natural.

Adolescency to, ex. peres, hotte and moyst, in the whiche tympe the body groweth.

Juventute unto, ex. peres, hotte and drye, wher in the body is in perspyte growthe.

Ages be foure. Senecture, unto, ex. peres, colde and drye, wherin the bodye be-ginneth to decrease.

Age decrepite, until the last time of lyfe, accidently moyst, but naturally colde and drye, wherin the powers and strength of the body be more and more diminished.

Colour.

Of inwarde causes.

Of outwarde causes.

Of equaleypie of humoures, as he that is redde and white.

Of ineqaulyte of humoures, wherof doo proceede, blacke, sa-lowe, or white onely.

Colour of in-warde causes. Redde, Blacke, Salowe, White, colde of fleume.

Redde, abunndaunce of bloudder. Salowe, choler citrine.

Blacke, melancoly or colour adult.
THE FYRSTE

Of colde or heate, as englyshe me be white, Morie's be black.

Of thynges accyndentalle, as of feare, of anger, of lo:we, or other lyke motions.

Blacke, either of abundance of col:
er inflamed, or of moche incen:
dynge o: adustion of bloudde.
Red heare of moche heate not adust.

Coloure of Grap heares of abundance of me:
heare.
lancholpe.

Whyte heares of the lacke of natur:
all heate, and by occalyon of
sleume putrifed.

Call all the resyndue concerninge thinges naturall,
conteyned in the Introduction of Ioannisiclus,
and in the lyttell crafte of Galene, If purposely
passe over for this tyme, for asmoche as it doth
requyre a reder haunynge some knowleage in phi
losophye naturall, or els it is to harde and tedp:
ouse to be understonde.

The seconde Table.

Thynges not naturall be too called, by
cause they be no portion of a naturall body,
as they be which be called naturall thinges: but
yet by the temperance of them, the body beinge in
healthe, is therin preferup.{ By the dystempe:
raunce
raunce of them, sickeness is induced, and helth is dissolved.

The fyfte of thinges not naturall is ayre, or breath which is properly of it selke, or of some mate-
rial cause or occasion, good or ill.

That which is of it selke good, hath pure va-
pours, and is of good sauour.

Also it is of it selke twisste in alteration, from hotte to colde, wherein the body is not moche pro-
uced to sweate for heat, ne to chylle for behem-
ency of colde.

Ayre among al thinges not natural, is chiefly
to be observed, so almocht as it dothe both inclose
by, and also enter into our bodyes, specially the
mooste noble member, which is the Harte, and we
can not be seperat one howse from it, for the ne-
necstitie of breathinge and fetchinge of wynde.

The causes, whereby the ayre is corrupted, be
specially soure.

\{ Influences of sundry sterres, \\
Great standyngge waters neuer refreshed. \\
Carayne lyenge longe aboue \\
grounde. \\
Moch people in small roume li-
uing unclenly and sluttisely. \\
\}

\{ Wyndes byngynge \\
hollome ayre, \\
\}

\{ East is temperat \\
South \}


Nort, which prolonge
ysk by expoulsynge ylle 
 vapours.
THE FURSTE

South, corrupted, and make

woyndes by your
keth yll vapours.
gynge yll aye.
weste, is very mutable, why,
che nature doth hate.

Of meate and drinke.

In meate and drynke we muste consider suche
thynges.

Substanse,
Quantitie,
Qualitie,
Custome,
Tyme,
Order.

Substanse, somme is good, whiche makest
good iuyce, and good bloudde: some is ylle, and
ingendeth yll iuyce, and yll bloudde.

Meates and drynkes makyng good iuyce:

Bread of pure flour of mynentes,
least somewhat leuened, felanties.
well baked, not to olde partritches or chikens,
no; to stale.

Egges of felantes hen, bydes of the fieldes.
ves or partriches newe fishe of stony ryuers,
layd, poched, meane be-
twene rete and hardes.

Mylke newe mylked fiefe not passyng the
dyonke, salynge, whereby
m is sugar, or the lea-

Pyeons

Wynson
Inwarde of beastes.
Blacke puddynges.
The hart leyuer and kyd
neys of all beastes.
The bzapnes and mary
of the backbone.
Woddex culuer.
Shell fysh, excepte cre-
upse deau doulice,
Chele harde.
Apples and pers mo-
che blissed.
Fyggex and grapis not
rype.
All rawe herbes, except
letise, bozage, & ckyopy.
Onios, coterluly catë
Garlik, spexually of the
Lekes, which be chole
ryke.
Wine in must oysoure.
Feare, fozowe, pen-
syneness.

Meates and drynkes ma-
kynge yll iuye.

Olde bycexe.
Olde mutton.
Geese olde.
Swanne olde.
Duckes of the kanell.

Meates makyng thyecke
iuye.

Rype breadde.
Mynste.
Breadde without leuen.
Cake breadde,
Sea fysh the greatte.

Shelle
THE SECONDE

Shelle fyche.  fenell.
Befse. Cheese,
The kynders.  Eggges fryed or harde.
The lyuer of a sypne, Chesten nuttes,
The stones of beastes,  Nauelues,
Myske moche codden,  Hyggges grene.
Rapes.  Appulls not rype.
All rounde rootes,  Pepper.
Cucumberes,  Rokat.
Swite wyne.  Lekes,
Depe redde wyne.  Onyons, moche blod.

THE SECONDE
BOKE.

Of Quantitie. Ca. 1.

The Quantitie of meate must be proportioned after the substaunce and qualite thereof, and accordinge to the complextion of hym that eateth. Fyrst, it ought to be remem- bred, that meates hotte and moyste, whyche are qualitites of the bloudde, are loone tourned into bloudde, and therfore moche noyr-ycliseth the body. Some meates do noyrische but lyttell, haunghe lyttell consozmitie with bloudde in their qualitites. Of them, whiche do noyrische, some are moze grosse, some lyghter in digestyon. The grosse meate ingendezeth grosse bloude, but where
where it is well concocte in the stomake, and well
digested, it maketh the fleshe more symple, and
the officiall members more stronge, thanne symple
meates. Wherefoze of men, which yse much labouz
or exercise, also of them, which haue very chole-
ryke stomackes here in Englyande, grosse meates
may be eaten in a great quantitie; and in a chole-
ryke stomake bise is better digested than a chy-
kens legge, for asmoche as in a hote stomake
symple meate be shortly adusse and corruppted.
Contrarilyse in a colde or, leumaptyke stomake
grosse meate abydeth longe undigested, and ma-
kethe putrised matter: lyght meates therefoze be
to luche a stomake moze apte and convenient.
The temperate bodye is beste nourished with a
lyttell quantitie of grosse meates; but of tem-
perate meates in substauence and qualytie, they
maye safelye eate a good quantitie. For every al-
way, that they eate withoute gourmandyse, or
leauve with sommme appetyle. And here it wolde
be remembred, that the cholerzyke stomake doth
not despyze too moche as he maye dygest: the mel-
ancholyke stomake maye nat dygeste too moche
as he despyzet. For colde maketh appetite, but
naturall heate concocteth or boyles. Not with-
standynge unnaturall or supernaturall heate di-
strophem appetite, and corrupeth dygestyon, as
it appereth in feuers. Moze ouer, frupetes and
herbes, speccyallye rawe, wolde be eaten in a small
quantitie, all thoughe the persone be very chole-
rycke, for asmoche as they do ingender symple,

corrol

Concocte or boyled

Adult or burned.

Gourmazdyse or gloutenys
wrythe bloudde, apte to receyve putryfacyton, whyche all though, it be not shotelye perceyued of theym that eyse it, at lengthe they feelen it by sondrye dyscases, whyche are longe in comynge, and shotelye scleeth, o2 be hardely esca
ped. Fynally, excelle of meates ts to be abhoz
ced. For as it is sayde in the booke called Eccle-
sastycus, In moche meate shall be lyckenesse, and inondinate appetitethe shall approche unto cho-
ler. Semblablye, the quantitie of dynke wolde be moderated, that it exceede not, no2 be equalle
unto the quantitie of meate, specially wyne, whi-
che moderately taken, apdeth nature, and com-
forteth her, and as the sayde authour of Eccle-
sasticus sayth, wyne is a recyocinge to the soule
and bodye. And Theognes saythe, in Galenes
warke, A large draught of wyne, is yll. A moder-
ate draught is not onely not yll,but also commo-
diousse o2 profytable.

Of qualitie of meates. Cap. 2.

Q valytie is in the complextion, that is to say, it is the state therof, as hotte o2 colde, moyst
o2 dry. Also some meates be in wynter colde
in acte, and in vertue hotte. And it wolde be con-
sidered, that evere complextyon temperate and
intemperat, is conserved in his state, by that
whyche is lyke therto in fourme and degree. But
that whyche excedeth moche in dynemperaunce,
by that whyche is contrarpe to hym in fourme o2
qualitie
qualytte, but lyke in degree moderately blsed. By
fourme is understand grossenesse, synenesse, thick-
kenesse, or thynnesse, by degree, as the syffe, the
seconde, the thyde, the seourthe, in heate, colde,
moysture, or drythe.

Of Custome. Capit. 3.

Custome in seedyng is not to be contenned;
lyttell regarded: for those meares, to the
whiche a man hathe bene of longe tyme accusto-
med, though they be not of substance commen-
dable, yet do they somtyme lasse harme than bet-
ter meares, wherunto a ma is not blsed. Also the
meares and drynkes, whiche do moch delyte hym
that eateth, are to be preferred before that, which
is better, but moze unsauere. But if the cus-
store be soo perynciouse, that hit needes muste
be lefte, thanne wolde it be withdwawn by lytt-
telle and lyttelle in tyme of healthe, and not of
lykenesse. For if it shoulde be withdwawn in
tyme of lykenesse, Nature shulde susteyne tre-
bble detriment, syffe by the grief induced by syk-
ness, seconde by receyvynge of medicines, third-
ly by sozbearing the thyng, wherin the deliteth.
To kepe the body in good temper, to theyn, whose natural compleion is moyst, ought to be gyuen meates, that be moyste in vertue or power. Contrarywise to theyn, whose naturalle compleion is drye, ought to be gyuen meates drye in vertue or power. The bodys untemperate, suche meates or drynesse are to be gyuen, which be in power contrary to the distemperance, but the degrees are alwaye to be considered, as welle of the temperance of the bodye, as of the meates. For where the meates doo noochte excede in degree the temperature of the bodye, they annoye the body in causyn g distemperance. As hot wynes, pepper, garlycke, onyons, and salte, be moystfull to theyn, whyche be choleryke, bycause they be in the highest degree of heate and drythe, aboue the full temperance of mannnes body in that compleion. And yet be theyn ostentymes holome to them, whiche be fleumatike. Contrarye wyse, colde water, colde herbes, and colde fruities moderately vsed, be holson to choleringe bodyes, by puttyng away the heate, excedinge the natural temperance; and to them, whyche be fleumatyke, they be unhollome, and doo byynge into them distemperance of colde and moist.
What distemperance hapneth by the excess of sundry qualities in meates and drynkes. Cap. 5.

Colde, do congele and mortisye.
Mopst, do putrisie and hasten age.
Drye, sucketh up natural moisture.
Clammy, stoppeth the issue of vapors and vitre, and ingendrette the tough fleume and grauell.
Fatte and oly, swimmeth longe in the stomake, and byngeth in lothenesse.
Meates

Bitter, do the not nouryshe.
Salte, do slette moche the stomake.
Hardyshe lyke the taste of wyde fruities, do constipate and restrayne.
Sweete chauffeth the bloudde, and causeth opilations or stoppynges of the pozes and cundytes of the body.
Sower cooleth nature, and hasteneth age.
THE SECONDE

What commoditie happeneth by the moderate use of the sayd qualities of meates and drynkes. Cap. 6.

[Content is illegible due to degradation.]

Of breade. Cap. 7.

Breadde of syne floure of wheate, haupynge no leuyn, is slowe of digestion, and make the symp humours, but it nourysheth moche: if it be leuyned, it digesteth sooner: breade haung moch bzanme, spileth the bealp with excremences, and nourysheth lytel or nothyng, but mostly descends from the stomake: the meane betweene both sufficiently leuyned, well moulded, and moderatly baken is the moste holosome to evrye age, the greatest loues do nourysh the most fast, for asnoch
as the kyre hath not exhausted the moisture of them. Hotte breaddde, moch eaten, maketh fuller and thyeste, and slowely passeth. Barley breaddde clenseth the body, and doth not nouryshe so moch as wheate, and maketh colder iuyce in the body.

Of fleshe. Cap. 8.

B"fle of Englynde to Englysshemen, whiche are in helth, byngeth stronge nouryshynge, but it maketh grosse bloude, and engendreth melauncoly: but byng of yonge open, not ercedynge the age of fowre yeares, to them, whiche haue colerike stomakes, it is more convenient, than chikens, and other lyke syne meates.

Swynes fleshe.

Aboue all kyndes of fleshe in nouryshynge the body, Galene most commendeth poyke, not being of an olde swyne, and that it be well digested of hym that eateth it. For it maketh besti iuyce, it is moste convenient for yonge persons, and them which haue susteyned moch labour, and therwith at fatigate, and become weake, yonge piggges are not commendede before that they be one monyth old, for they do brede superfluous humours.

Lambe.

Is verre myoste and slumatike, wherfore it is not convenient for aged men, except that it be verry dyrerostered, noy yet for theym, whiche haue in their stomake moche sleume.

Mutton.

Galene dothe not commendet it, not withstan-
De alim. lib. 3. 

Ding experience prooueth here in this realme, that yf it be yonge, it is a right temperate meate, and maketh good tyerce: and therfore it is yst to more than any other meate, in all diseases. And yet it is not lyke good in all places, no; the shepe, whych beareth fynest wolfe, is not the sweest in eatynge, no; the mooste tender. But I have founde in some countrys mutton, whiche in whitenesse, tenderness, and sweetenesse of the sleche, mought be well nygh compared to kydde, and in digestion have proued as holsome.

Kydde and ucale,

Of Galene is commendede nexte unto pozke, but some men do suppose, that in helth and siknes they be moch better than pozke, the trynce of them both being moze pure. And here it is to be noted, that of all beastes, whiche be dyse of their nature, the yongest be mooste holsome: of them that are moyste, the eldest are left hursfull.

Hare, Cony,

Maketh grosse bloude, it dyseth and stoppeth, but yet it prouoketh a man to poule. Cony maketh better and moze pure nourishment, and is sooner digested than hare. It is well proued, that there is noo meate moze holsome, oz that moze cleane, firmely, and temperately norpetheth than rabettes.

Dere redde and falowe.

Hippocrates assymeth the sleche of harces and hyndes, to be of yll tyerce, harde of digestion and dyse, but yet it moueth brine. Of falowe dere, he noz any other olde wrighte doth speake of, as I remember
remembred. I suppose, because there be not in all the world so many as be in England, where they consume a good part of the beast pasture in the realm, and are in nothyng profitable, sauing that of the skynnes of them is made better leather than is of calues: the hunte of them beyng not so pleaseant, as the hunte of other beestes or venery or venery, the flesh moore wholesome and unpleasant, than of a redde dree, engendering melancholy, and making many seareful dreames, and disposest the body to a feuer, if it be moare eaten: not withstanding the fatte thereof, as som learned men haue supposed) is better to be digested, than the leane.

Of Byrdes.

The flesh of all byrdes, is moch lighter than the flesh of bestes in comparison, most specially of those soules, whiche truste most to their wynges, and do byrde in high countreys.

Capons, Henes, and Chyckens.

The Capon is aboue all other soules praised, for as moche as it is easely digested, and maketh lyttell oxdure, and moche good nourishment. It is commodious to the breaste and stomake.

Hennes in wynter, are almooste equall unto the capon, but they do not make so stronge nourishment. Anye: then after, if they be rosted in the beal of a kynde of lambe, they will be the better.

Chickens in sommer, specially if they be cockrelles are very convenient for a weake stomake, and nourisheth
nourisheth a lytell. The fleshe of a cocke is hard of digestion, but the brothe, wherin it is boiled, louseth the bealy, and haunpge sodden in it cole-wortes, Polypodium, or Curramus, it purgeth thy humour, and is medicinable agaynst gowtes, joint aches, and fevers, which come by courses.

Fesant,

Greceth all sowles in swetenesse and hollesse, and is equall to a capon in nourishynge, but he is somewhat drier, and is of some men putte in comparison, meane betwene a henne & a partiche.

Parryche,

Of all sowles is most fonest digested: and hath in hym moche nutriment, comforseth the breyne, and makest sede of generation, and receueth lust whiche is abated.

Quayles,

Although they be of some men commendeth, yet experience poueth them to increase melancolpe, and are of a small nourishinge.

Larkes,

Be as well the fleshe as the broth, very hollom, eaten rosted, they do moche helpe against the collyke, as Dioscorides saith.

A plouer,

Is swowe of digestion, nourisheth lytell, and increaseth melancolpe.

Blacke byrdes or oyslys,

Amonge wylde sowle hath the chiese pryple, for lightness of digestion, and that they make good nourishment, and lytell o'dure.

Sparowes,
Sparowes
Be harde to digest, and are very hote, and flyeth up Venus, and specially the braunus of them. woodcockes,
Are of a good temperance, and meltylyghte in digestion.

Pygeons,
Be easily digested, and are very holsome to them, whiche are slematike, or pure melancholy.

Goose,
Is hard of digestion, but being yong and fatte, the wynges be easy to dyggeste in a hole stomake, and nourysheth competently.

Ducke,
Is hoter than goose, is hard to digest, maketh wars iuice, sauing the braunes on the breast bone and the necke is better than the remnaunt.

Crane and bustarde,
Crane is harde of digestion, and maketh ylle wyge, but beinge hanged by longe in the ayre, he is the lasse vnholosome. Bustarde beinge fatte, and kept without meate a day or two afore that he be kyld, to expulse his orldure, and than drawen, and hanged as the crane is, beinge rostede or baken, is a good meate, and nourysheth well, if he be well digested.

Hearon, Bytourney, Shoueler,
Beinge yonge and fatte, be lyghtlyuer dyggested than crane: and the bytourney soner than the hearone, and the shoueler soner than any of them: but all these fowles must be eaten with moche gynger.
gynger or pepper, haue good olde wine drunke after theym, and so shall they be more easilye digested, and the iuyce commynge of theym, be the laste nysfull.

The partes and members of byrdes and beastes. Cap. 9.

The wynges braynes and necke of geese, capons, hennes, fesaunt, partridge, and smalle byrdes beinge fatte, are better than the legges in digestion, and lyghter in nourishing. Of wynde foule and pygeons beinge fatte, the legges are better than the wynges; the braynes of ducke, teale, and wygeon except, which is better to digest than the residue.

The gyfar or stomake

Of a goole or henne beinge fatte with brayne and mylke, beinge well sodden or made in poulcer, is good for the stomake, in makeinge it strong to digest, and nouryseth competently.

The lyuer,

Of a capon, henne, fesaunte, or goole, beinge made fatte with mylke myrte with their meate, is not only easie to digeste, but also maketh good iuyce, and nouryseth excellently. But the lyners of beasts be pille to digeste, palle the slowly, and maketh grosse bloud, but it is strong in nourishinge.
The inwarde of beasts, as types and chytrlynges.

The flesh of them is morearde to dygest.
And therfoze although they be wel digested,
yet make they not iuycce naturall ype sanguyne or
cleane, but rawe iuycce and colde: and requyseth
a longe tym to be converted into bloud,

The lunges or lyghtes,

Are more easy to digest, than the lyuer, and lasse
nourisheth, but the nourishment, that it maketh,
is fleumatieke: albeit the lunges of a foyre, is me-
dicinable fo; them, which have liknes of f luges.
The spleene or mylte,

Is of iuycce, fo; it is the chamber of melancholy.
The harte,

Is of harde fleshe, and therfoze is not wel diges-
ted, no; paleseth shortly, but where he is wel diges-
ted, the iuycce y it maketh, is not to be disprailed.
The brayne

Is fleumatyke, of grosse iuycce, fowle in dyge-
ting, noyouse to the stomake, but where it is wel
digested, it nourisheth moche.

Marowe

Is more delectable than the brayne, it is pl for
the stomacke, but where it is well digested, it no-
cyeth moche.

The stones and vdders

Beinge well digested, do nouryche moche, but
the stones are hotter with their noystynes, the vdd-
ers colde and fleumatike, they both do increace
sade of generation, but the bloud made of the vdd-

G ii
der is better than that, whiche cometh of the stones, except it be of calves and lambs. Also the stones of cockes, maketh commendable northmert.

The head,

The flesheth thereof nouriseth moche, and augmenteth feede: but it is slowe of digestion, and noyeth the stomake, but to them, whiche vs moche exercise, it is not discommendable.

The tongue,

As of a spugy and sanguine substance, but the kernelles and gristell, whiche are in the rootes, if they be wel digested, they make good nourishment: if they be not wel digested, they make slene.

The feete

Beinge welle boyled and tender, in a holle stomake, dygesteth welle, and maketh good iuyce, and pasteth sooth easilly. Galene commendeth the feete of swyne. But I haue proued, that the feete of a yonge bullocke tenderly sodden, and layde in slowe two dapes or thre, and eaten colde in the euening, haue brought a colorike stomake into a good digestion and slepe, and therwith hath alfo expulsed salt slene and color, and this haue I found in my selfe by often experience: alway forlone, that it be eaten before any other neate, with out dynkynge immediatly after it.

Of fyssh generauly, Cap. 10

The beste fyssh after the opinion of Galen, is that, whiche swymmeth in the pure see, and is tosteth and lyfte vp with wyndes and sourges.
The more calm that the water is, the worse is the yse, they which are in muddy waters, do make moche slewe and osdure: taken in stentes and dyches by warste, beinge in freshe ryuers, and sywste, be sometime commendable: all be it generally, al kyndes of yse maketh moze thinner bloud, than fleche, so that it doth not moche nouryse, and it doth sooner passe out by vapors: to a hotte colerike stomake, or in syueres, sometime they be holosome, beinge newe, freshe, and not very harde in substance; sopmy, harde yse is harde of digestion, but the nourishment thereof is moze firme, than that, which is loft: those which haue moche grosse humours in them, ar best, poudzed.

Of Butter. Cap. 11.

Butter is also nourisynge, and profiteeth to them, which haue humours supreslawse in the breaste, or lungs, and lacketh ripynge and clesynge of theym: specially if it be eaten with sugar or hone: If it be well salted, it heatethe and clesseth the moze.

Of Chese. Cap. 12.

These by the hole sentence of all witters, leteth digestion, and is enmeyne unto the stomake. Also it ingendreth all humours, and breedeth the stone. The chese which doth leet harme, is loft chese, reasonably salted, which some men do suppose, nouryseeth moche.
Egges of fesuantes, hennes, and partryches.
be of all other meates moste agreeable unto
nature, specially if they be newe layde: If they
be rere, they do clese the throte and brest. If they
be harde, they be floue in digestion, but brynge
ones digested, they do nouryse moche. Meane
betwene rere and harde, they digest conveniently
and nouryse quicke. Egges well poched, are
better than costed. If they be fried harde, they be
of all nourishment, and do make synkynge su-
mes in the stomake, and do corrupt other meates
with whom they be myngled. They be most hol-
some when they be poched, and moste unholsome
when they be fryed. Dioscozides sayth. If they
be souped warme, before any other meat, they do
heale the grees of the bladder and rapnes, made
with gruell: also soynes of the chekes & throte,
and siptyng of bloude; and they be good ageinst
catarcs or stilling out of the hed into the stomake.


Fruit as moche as before that tillage of coxe
was inuented, and that devouringe of fleche
and sythe was of mankynde vscd, men undoubt-
edlye lyued by fruities, and Nature was there-
with contented and satisfied: but by chaungge of
the diet of our progenytours, there is caused to
be in our bodies, suche alteration frome the na-
ture, whiche was in men at the begynynge, that
nowe all fruities generally are nysfull to manne,
and do ingender all humours, and be ofte tymes the cause of putridfied seers, if they be moche and continually eaten. Not withstanding into them, which have abundance of color, they be somtime convenient, to represse the flame, which proceedeth of color. And some fruits which be styptike, or bynding in tast, eaten before meales, do bynd the bely, but eaten after meales, they be rather laxative.

Gourdes rawe be unpleasing in eatinge,yll for the stomake, and almost never digested, therefore he that will nedes eate them, must boyle them, roste them, or frye them, every waye they be without cauour, or tast, and of theyr proper nature, they gyre to the body cold and movst nourishment, and that very lyttell, but by reason of the styppernes of their substance, and by cause al meates whiche be movst of their nature, be not byndynge, they lyghtly passe forthe by the bealpe. And being well ozed, they wyll be metely concocate, if corruption in the stomake do not preeuent them: they be cold and moist in the seconde degree.

Of Melones and Pepones.

Melones and Pepones be almooste of one kynde, but that the melone is rounde lyke an apple, and the innermost parte therof, where the sedes are conteyned, is use to be eaten. The Pepon is moche greator, and somewhat longe and the inner part therof is not to be eaten: They both
bothe are very colde and moyst, and do make yll
rupye in the body, if they be not well digested, but
the pepon moch more than the melon, they do lest
hurt, if they be eaten afore meales. Albe it, if they
do synde in the stomake fleume, they be turned in
to fleume, if they finde choler, they be turned in to
choler. Not withstandyng there is in them the
vertue to clense \( \times \) to prouke brine, they be colde
and moyst in the seconde degree.

\[ \text{Cucumbers.} \]

Cucumbers do not suede so moche in moist-
iture as melons: and therefose they be not so
soone corrupted in the stomacke: but in some sto-
makes, being moderaty blede, they do digest well:
but if they be abundantly eaten, o2 moche blede,
they engender a colde and thycke humour in the
beynes, whiche neuer o2 seldome is turned in to
good bloud, and somtyme byngeth in euers. Al-
so they abate carnall lust. The sedes as well there-
of, as of melones and gourdes, beinge dyde, and
made cleane from the huskes, are very medycina-
ble against sckenesses procedynge of heate, also
the difficultie o2 let in pytynge, they be colde and
moist in the second degre.

\[ \text{Dates,} \]

Be hard to digeste, therfose beinge moche ea-
ten, and not wel digested, they annoy the head
and cause gnawynge in the stomacke, and make
grosse rupye, and somtyme cause obstructyons
o2 stoppynges in the lyuer and splene. And where
there
there is inflammation or hardnesse in the body, they are unholsome, but being well digested and temperately blest, they nouryshe and make the flesh firme, and also byndeth the beal: olde dates be hotte and dry in the first degree: newe gathered are hotte and moist in the first degree.

Of Fygges.

Fygges eaten, do shortly passe out of the stomacke, and are soone distributed in to all the partes of the body, and have the power to cleanse, specially gruelle, beinge in the raynes of the backe, but they make no substantiall nourishment, but rather somewhat lowse and wynde, but by their quicke passage, the wynde is some dissolved. Therfoze if they be rype, they do least harme of any fruities, or almoste none. Dry fygges and old, are more hotte and drye than newe gathered, but beinge moche eaten, they make pil bloudde and ype, and as some do suppose, do ingender lyce, and also anoyeth the lyuer and the spleene, if they be inflamed, but havinge the power to attenuate 02 make humours currant, they make the bodye soluble, and do cleanse the raynes. Also beinge eaten afoze dinner with gynger 02 pepper, 02 powder of tyme, 02 peny royall, they profet moch to them, whiche haue oppilations 02 harde congled matter in the inner partes of the body, 02 haue distillations 02 reumes fallinge into the briste and stomake. New fygges are hot and moist, olde fygges are hot in the first degree, and drye in the seconde.
Of grapes and raisons.

Grapes do not nourish so much as figges, but beinge ripe, they make not noche ile
uyce in the body: albeit newly gathered, they
trouble the bealpe, and ylleth the stomacke with
wynde. thefore if they be hanged up a whyle, or
they be eaten, they are the lasse nopfull. Sweete
grapes are hottest, and do lowse somewhat, and
make a man thryste. Some grapes are cold, and
do also lowse, but they are hard of digestion, and
yet they do not nourish. They whiche are in taill
byter o2 harryshe, be lyke to them that are soure.
Raisons do make the stomake firme and strong,
and do prouoke apette, and do comfoze weake
bodyes, beinge eaten asoze meales: they be hotte
in the first degree, and moyst in the seconde.

Of Cheries.

Cheries, if they be swete, they do soone flpp
downe into the stomake, but if they be soure
o2 sharpe, they be more holsome, and do lowse, if
they be eaten freshe, and newly gathered, they be
cold and moyst in the first degree.

Of Peaches.

Peaches doo lasse harne, and doo make bet-
ter uyce in the bodye, for they are not soo
come corrupted beinge eaten. Of the uyce of them
may be made a syope, very holsome agaynst the
disemperance of color, wherof proceedeth a stynt-
kyng breate. they be colde in the styntse degree,
and moyste in the seconde.
Of Appulles.

Appulles eaten sone after that they be gathered, are cold, hard to digest, and do make yll and corrupted bloudde, but being well kepte untill the nexte wynter, or the yerke folowinge, eaten after meales, they are right holsome, and doo confirme the stomake, and make good digestion, specially if they be rosted or baken, most properly in a cholerike stomake. They are beste preserued in honie, so as one touch not an other. The roughest appuls are holsome, where the stomake is weake by distemperance of heate or moche moysture; The bytter appuls, where that griefe is increased: The soure appuls, where the matter is congeled or made thycke with heate. In dystemp-erature of heate and drythe by drynkinge moch wine, they haue ben found comodious, being eaten at nyght, goinge to bedde, without drynkinge to them: they be cold and moist in the first degree.

Of Quynces.

Quynces be cold and dry, eaten afore meale, they bynde and restraine the stomake, that it may not digest well the mete, except that they be rosted or sodden, the coze taken out, and myrte with honye clarified, or sugar, than they cause good appetite, and preserueth the hed from drunkennesse: taken after meate, it closeth and dryweth the stomake togyther, and helpeth it to digeste, and molleth the bealy, if it be aboundingly taken, they be cold in the syxth degree, and dry in the begininge of the seconde.
Of Pomegranates.

Pomegranates be of good iuyce, and propytable to the stomake, specially they, which are sweete: but in a hotte feuer, they that are sowpe, be more expedient and holsome, for than the sweete do incende heate, and puffe up the stomake.

Of Peares.

Peares are moche of the nature of apples, but they are heuyer, but taken after meate, costed or taken, they are not unholsome, and do restraine and knytte the stomake, beinge rypp: they be cold and moist in the first degree.

Medlars.

Medlars are cold rypp, and costriecte rypp, straininge the stomake, and therefore they may be eaten after meales as a medycine, but not used as meate, for they ingender melancholy, they be colde and dyr in the seconde degree.

Wainnutes.

Wainnutes, if they be blanched, are supposed to be good for the stomake and somewhat losynge the bealy, myrt with sugar they do nouryse the temperately. Of two dyr nutes, as many syrgges, and xx. leaves of Rebe, with a grayn of salt, is made a medicine, whereof if one doo eate fastynge, nothynge which is venousous, may that day hure the hym, and it also preserveth against the pestilence, and this is the very ryght Whetendeate. they be hot and dry in the second degree, after some opinions hot in the third degree, dry in the second.
Fylberdes and hasyll nuttes,  

They are more stronge in substance than walnuttes, wherefore they are not so easily or soon digested. Also they do inflame the stomak, and cause head ache, but they ingenere satte. And if they be costed, they are good to restrayne reumes. Also eaten with pepper, they are good against tourmentes of the bealy, and the stoppyng of vryne. they be hotte and due in the fyfth degree.

Of Almondes.

They do extenuate and cleanse without any bynde, wherefore they pourge the breste and lunges, specially bitter almondes. Also they do molylkyse the bealy, presume cleape, and causeth to pyste well. They of these eaten afore meat, kepeth a man from beinge drunke: they be hotte and moyste in the fyfth degree.

Chestyns.

They beinge costed under the ymbres or hot ash, do nouryse the body strongly, eaten with honye fastynge, do helpe a man of the cough.

Prunes

Of the gardeyn, and rype, do dispose a man to the stooole, but they do bynyng no maner of nourishment. To this fruite lyke as to figges, this property remayneth, that beinge dyed they do profite. The damaske prune rather bindeth than lowseth, and is more commodious unto the stomake, they be cold and moist in the second degree.

Olyues

Condyte in salt lycour, taken at the begynnynge
THE SECONDE

of a meale, dothe coprobozate the stomake, strieth appetite, and louseth the bealy, beinge eaten with bynger. They whiche be rypp, are temperately hote: they whiche be grene, are cold and dyv.

Of Capers.

They nourishe nothyng after that they be salted, but yet they make the bealy louse, and pourgeth fleume, whiche is therin conteyned. Also strieth appetite to meat, and openeth the obstructions of stoppynge of the ipuer and spleen, being eaten with orinell, before any other meate: they be hote and dyv in the second degree.

Orenes.

The ryndes taken in a lyttell quantitie, do comfort the stomake, where it digesteth, specially condite with sugar, and taken fastynge in a smalle quantitie. The iuyce of orenes haunynge a coste of breadde put unto it, with a lyttell powder of myntes, sugar, and a lyttell cynamom, maketh a very good sauce to provoke appetite. The iuyce eaten with sugar in a hote feuer, is nat to be discommended. The rynde is hote in the firste degree, and dyve in the seconde. The iuyce of them is colde in the seconde degre, and dyv in the fyrst.

Herbes vsed in potage, or to eate. Cap.15.

Generally all herbes raw, and not sodden, do gengender cold & watry iuyce, if they be eaten customably, or in abundance: albeit some herbes are more comestible, and doe lasse harme unto nature, & moderatly vsid, maketh metely good blud.

Lettysle.
A monge all herbes, none hath so good iuyce as lettyse: soz some men do suppose, that it maketh abundance of bloudde, albeit not very pure or persyte. It doth sette a hotte stomake in a very good temper, and maketh good appetite, and eaten in the euenynge, it prouoketh slepe, albeit, it neither dothe lowse noz bynde the bealye, of his owne properte. It increaseth mylke in a woman's breastes, but it abateth carnall appetite, and moche blyenge therof, hurteth the eye lyght. It is colde and moyst temperately.

C olewortes and Cabages.

B efoze that avarice caused marchauntes to setche out of the east and southe partes of the world, the trastyke of syppce and sundry drouges, to content the unsaciablenes of wanton appetites. Colewoztes fo the vertues supposed to be in them, were of suche estimation, that they were jujged to be a sufficient medicine against all diseases, as it may appare in the boke of wyse Cato, wherin he writyeth of husbandry. But nowe I wyll no more remember, than shalbe requyzed, in that whyche shalbe vsed as meate, and nat pure medicine. The iuyce therof hath vertue to purge: the holle leaves beinge halfe sodden, and the water pourid out, and they being put estesones into hot water, and sodden untill they be tender, so eaten, they do bynde the bealy. Some do suppose, if they be eaten rawe with byneger, bfoze meate, it shalbe preserue the stomake from sur-

settynge
lettynge, and the head from drunkennesse: albeist moche blynyge of them dulleth the lyght, excepte the eyes be very mopste. Fynally the iuyce that it maketh in the bodye is not so commendable, as that whiche is ingendred of letpyse. It is hote in the first degree, and drie in the seconde.

Of Cykorie or suckorie.

It is lyke in operation to lettle, and tempereth color wonderfully, and therefore in all colorike feuers, the decoction of this herbe, or the water therof stylled, is ryght expedient. Semblably the herbe and rote bopled with fleshe, that is freshe, being eaten, kepeth the stomeake and head in very good temper. I suppose that Southistel \& Dent-belpon, be of lyke qualities, but not so conuenient to be vsed of theym, whiche are hole, bycause they ar wyde of nature, and moze bitter, and therfoze causeth fastidiousnesse or lothsonnesse of the stomeake. It is colde and drie in the second degre.

Endyue and Scariole.

Be moche like in their operation to Cykorie, but they are moze conuenient to medicine than to meate. Albeist Scariole callyd whyte Endyue, hauynge the toppes of the leaues turned in, and layde in the erthe, at the latter ende of sommer, and covered, becometh white and crisle, lyke to the great stalkes of cabage letypse, which taketh and eten with vineget coolth the heate of the stomeake. And to them that haue hote stomeakes and dyp, they be right holsome, but being to moch bislede, or in very great quantitie, they ingender the humour,
humour, which makes the colyke. They be colde and moist in the first degree.

Malowes

Are not colde in operation, but rather somewhat warn, and have in them a npperennesse: wherefore being hoyled and moderately eaten with oyle and byneger, they make merel good concoction in the stomake, and causeth the superfluous matter therein easily to passe, and clenleth the bealpe. It is hotte and moist in the first degree.

white betes

Are also abstersuue, and lowseth the bealpe, but moche eaten, annoyeth the stomake: but they are cygth good against obstructions or stoppyng of the lyuer, if they be eaten with byneger or mustarde. lykewyse it helpeth the splene. It is colde in the first degree, and moist in the seconde.

Pourluue

Dothe mitigate the great heat in all the inward partes of the bodye, temably of the head and eyes: also it represseth the rage of Venus, but if it be preserved in salt or brine, it heateth and purgeth the stomake. It is colde in the thirde degré, and moist in the seconde.

Cheruyle

Is verie profyttable unto the stomake, but it may not sustein very moch boiling; eten with byneger, it provoketh appetite, also brine. The decoctio therof drunk with wyne, clenleth the bladder.
Sorell

Beinge sodden, it louseth the bealy. In a tyme of pestilence, if one beinge castyng, doo chew his enemies, and sucke downe the iuyce, it mercuaplessly preserveth from iunctions, as a new practiser callid Guainerius doth write. And I my selfe have proued it in my household. The se des therof hazed and dunken with wine & water, is very holome agaynst the collyke, and frettinage of the gutses. It stoppeth fluxes, and helpeth the stomake annyoed with repletion. It is cold in the third degree, and dry in the seconde.

Perfely

It is very convenient to the stomake, and comoytheth appetite, and makes the breathe sweete, the se des and roote causeth brine to passe well, and breakest the stone, dissolueth wyndes. The rootes boyled in water, and therof oxinell beinge made, it dissolueth sleume, and maketh good digestion. It is hote and dry in the third degree.

Fenell

Beinge eten, the se de rote maketh abundance of mylke: lykewise dunken with ptyrane oze. The se de somewhat restrayneth flure, provoketh to pystle, and mitigateth frettynge of the stomake and gutses. Specially the decoction of the roote, if the matter, castyng frettyng be colde, but if it be of a hote cause, the use thereof is dangerous, for inflammation oze, erulceration of the raynes oze, bladder. It is hote in the third degree, and dry in the syxt.

Angyle
Anyse sede.

Waketh swee byeth, prouoketh brine, and dreuth downe thinges, cleaynynge to the raynes of bladder, styreth vp courage, & causeth abundance of mylke. It is hote and dry in the third degre.

Beanes

They make wynde, howe souer they be orde-red : the substance, whiche they do make, is spungye, and not firme, albeit they be abstersius or cleansinge the body, they tary longe or they be dy-gested, and make grosse iupce in the body, but ye onpons be sodden with them, they be lasse noyful.

Peasyn

Are moche of the nature of beanes, but they be lasse wyndy, and passeth faster out of the bodye: they be also abstersius or cleansing, specially white peason: they also cause metely good nourishing, the huskes taken awaye, and the bythe, wherin they be sodden, cleneth right wel the raynes and bladder.

Rape rotes and Nauews, Cap. 16.

The iupce made by them, is very grosse; And therefore beinge moche eaten, if they be not perspetely concocte in the stomake, they doo make crude or rawe iupce in the raynes. Also if they be not well bopled, they cause wyndes, and amouye the stomake, and make sometyme frettynges: If they be well bopled fyrst in cleane water, and that beinge cast a way, the second tym with fat fleche, they nouryshe moche, and doo neythwer lowse nor
bynde the bealy. But Nauets do not nouryshe so moche as rapes, but they be euyn as wyndye. ¶Turnepes,

Beinge welle boyled in water, and after with fatte sleche, norisheth moch, augmenteth the sede of man, prouoketh carnall lust. Eaten rawe, they styze vp appetite to eate, beinge temperatly blsd, and be convenient unto them, whyche haue purtrified matter in their brestes or lungs, causing them to stytse easilie, but beinge moche and often eaten, they make rawe iuyce and wyndynesse.

Parsnepes and carettes.

¶They do nouryshe with better iuyce than the other rootes, specially carettes, whiche are hotte and dyz, and expelleth wynd. Not withstandinge moche blsd, they ingender shr iuyce: but carettes lasse than parsnepes, the one and the other expel-leth brine.

¶Radishe rootes

Have the vertu to extenuate, or make thyyn, and also to warme. Also they cause to bryake wynde, and to pysse: beinge eaten afore meales, they lette the meate, that it may not discende, but beinge eaten lasse, they make good digestion, and louseth the bealy, though Galenus wyte contrarpe. For, I, amonge divers other, by experience haue proved it: not withstandynge they be unholsome for them, that haue continually the goute, or peynes in the toyntes.

Garlyke,

It dothe extenuate and cutte grosse humours, & slumy,
lypy, dissolueth grosse wyndes, and heateth all the body. also openeth the places, whiche are stop-
ped, generally where it is well digested in the stomake: it is hollome to dyuers purposes, specially in the body, wherein is grosse matter, o2 much cold inclosed. if it be sodden vntyll it louseth his tarr-
nelle, it somewhat nourisheth, and yet loseth not his properte, to extenuate grosse humours: being sodden in mylke, it proficeth moche agaynste di-
styllations from the head into the stomake.

Onions

Do also extenuate, but the longe onions more than the rounde, the red more than the whyte, the dye more than they whiche be greene: also rawe more than sodden, they stire appetitie to meat, and put away lothsomnes, and lowse the bealy, they quycken lyght: and beinge eaten in great abundance with meat, they cause one to slepe soundly.

Leckes,

Be of yll iuyce, and do make troublous dre-
mes, but they do extenuate and clense the bodye, and also make it soluble, and profouketh brine. Moze ouer it causeth one to spytte oute easily the fleume, whiche is in the breaste.

Sauge.

It heateth, and commewbat byndeth, and ther-
with profouketh brine, the decoction of the leaves and boughanches beinge drunkke. Also it stoppeth bluynde of woundes, beinge layde unto them. Moze ouer it hath ben proued, that women, whi-
che haue ben longe tyme without chylderne, and

Galen. 7.

S. cap. 138.
haue drunke x. ounces of the iuyce of sauge, with
a grayne of salt, a quarter of an houre before
that they haue companied with their husbands,
haue conceived at that tyme. It is hotte and dry
in the thyde degree, the blynge thereof is good
against palseys.

Hope,
Dothe heate and extenuate, wherby it digesteth
flymy fleune: beinge prepared with sygges, it
pourgeth fleune downewarde, with honde and
water vpwarde, boyled in byneger, it helpeth the
tothe ake, if the teethe be washed therwith. It is
hote and dry in the third degree.

Bourage
Comforsteth the harte, and maketh one merce,
eaten rawe before meales, or layde in wyne that
is drunke: Also molliseth the bealy, and prepar-
eth to the stoole. It is hote and moist in the myd:
dell of the first degree.

Sauery
Pourgeth fleune. helpeth dygestion, maketh
quyck lyght, provoketh brune, and stylzeth carnall
appetite. It is hote and dry in the third degree.

Rokat
Heateth mocz, and increaseth sede of man, pro-
vaketh courage, helpeth digestion, and somewhat
louseth. It is hote and moist in the second dege.

Tyme
Dissolueth wyndes, breaketh the stoe, expul-
lythy brune, and ceaseth freartynges. It is hotte
and dry in the third degree.

Peniriall
Penryall

Dothe extenuate, heate, and decocte, it resourceth the stomache, oppression with slume, it dothe recomfoze the sappe spirit, it expelleth melancholy by sege, and is medicinal against many diseases. It is hote and dy in the third degree.

Townecresles.

Paulus discommendeth, sayenge, that it resieth concoction, and hurteth the stomache, and maketh yll iuyce in the body, taken as medicine it helpeth many diseases. It is hote and dy in the third degree.

Rosemary

Hath the vertue to heate, and therefore it dissolveth humour congeled with colde: It helpeth against pallets, falling sicknesses, old diseases of the breste, tormentes or frettyng, it provoketh urine and sweat: it helpeth the cough taken with pepper and hony, it putreth away tothe ake, the roote beinge chewed, or the iuyce therof put in to the tothe, beinge bourned, the sume therof resieth the pestilence: the rynde thereof sodden or burned, the sune receyued at the mouth, stoppeth the reume, whiche falleth out of the head into the chokes or throote: whiche I my selfe have proved, the grene leaves broysed, doo stoppe the hemorroides, yf they be layde unto theyn. This herbe is hote and dy in the third degree.

Spices
Spyces growinge out of this realme vsed in
meate or drynke. Cap. 17.

Pepper.

Blacke pepper is hottest, and most dyv, white
pepper is nexte, longe pepper is moiste temperate. The general proprietie of all kyndes of pep-
per is to heate the body: but as Galene sayth, it perceth downewarde, and dothe not spredde in to
the baynes, if it be grosse beaten. It dissolueth
sleume and wynde, it helpeth digestion, expulseth
brine, and it helpeth against the diseases of the
breaste, procedynge of colde. It is hotte in the
first degree, and dyv in the seconde.

Gynger

Heateth the stomake, and helpeth digestion, but
it heateth not so soone as pepper: but afterward
the heat remayneth longer, & causeth the mouth
to be moist: Being grene, or well confectioned
in syrop, it comforteth moche the stomacke and
head, and quycketh remembrance, if it be ta-
ten in the mozone fastynge. It is hotte in the se-
cond degree, and dyv in the first.

Saffron

Somewhat hyndeth, heateth, and comforteth
the stomake and the harte specially, and maketh
good digestion, being eaten or drunk in a small
quantitie. It is hotte in the seconde degree, and
dyv in the seyst.

Cloues,

Hath vertue to comfort the synewes, also to con-
sume and dissolvle superfluous humours, They
be
be hotte and dy in the thirde degree: sodden with
mpleke, it comfozeth the debilitie of nature.
Maces.
Dioscozides commendeth to be drenke agaynst
spitting of blod, and bluddy fluxes, or excessiue lach-
es. Paulus Egurta addeth to it, that it helpeth
the colype: they be hotte in the second degree and
dyne in the thirde degree. It is to the stomake ve-
ry commodious, taken in a lyttell quantitie.
Nutmigges,
with their sweete odour comfozte and dissolue,
and somtyme comfozeth the power of the light,
and also the bryn in colde discrasies, and is hot
and dy in the second degree.

Of drynkes, and sytst of water. Cap. 18.

Vndoubtedly water hath the preemiunce a-
bove all other liqours, not onely because
it is an element, that is to say, a pure matter, wher-
of al other liqours haue their original substance:
but alfo sozasmoche, as it was the very naturall
and sytst drenke to all maner of creatures. Where-
soze the sayeng of Pindarus the poete, was ever
well allowed, which saythe, water is beste. And
one thyng is well considerd, that from the cre-
atjon of the worlde, untill the universall deluge
or floudde, duringge which tyme, men lyued eight
or nyne hundredde yeeres, thare was none other
drinke vsed noz knownen, but water. Also the true
folowers of Pythagor as doctrine, drenke onely
water, and yet lyued longe: as Apollonius and
other
other: and in the serchinge out of secret and ma-
nifical thynge, their wyttes excelynd. Moreover, we haue lene men and women of great age, and stronge of body, whiche neuer 0; verpe leidome, dranke other drynke, than pure water: As by example in Co: newall, although that the country be in a very colde quarter, whiche proueth, that if men from their infancy, were accustomed to none other drynke, but to water onely, modestly dramed, it shuld be sufficient to kepe naturall moisture, and to cause the meate that is eaten, to perce and discende into the places of digestion, whiche are the pouropes that drynke serveth foze. But nowe to the qualities of water, after the sentence of auncient philosophers and physitians, The rayne water, after the opinion of the most men, if it be receyued pure and cleane, is most subtil and penetrative of any other waters: the next is that, whiche issueth out of a spring in the east, and passeth swiftly among great stones or rockes: The thirde is of a cleane ruer, whiche renneth on great harde stones or pebles. There be dyuerse meanes to trie out, whiche is the beste water. For that whiche is lightest in popse 0; weight is best, also that, wherof cometh leest 0; kymme 0; frothe, when it doth bople. Also that, which wylle soonest be hot. Moreover deape linnen clothes in to sundry waters, and after lay them to dry, 0; that whiche is soonest dry, the water wherein it was deaped, is most subtil. After a great surffe, specially take with superflouuse eatings of banketynge meas-
tes,
tes, cold water drunken, is a general remedy. Hippocrates affirmed it in sharp and seuent diseases, none other remedy is to be requered, than water. And Galen wyl not, that children shuld be let fro drinking of water; but that when they sele the selves very hole, after meales, and do desire to drink water, specially of a cleane fountayne, they shuld be suffred. Also Hippocrates saith, In such sicnes where as thou fearest, lest the head shuld be vehemently greued, o2 the mynde perished, there must thou give eyther water, o2 white wynne alayd with moche water. Not withstandinge there be in water causes of dyuers diseases as of swellynge of the spleene, and the lyuer, it also fluytteth & swimmeth, and it is longe o2 it perceoth, in as moche as it is colde & slowe in decoction, it lowseth not the bealy no2 provoketh brine. Also in this it is vyctoule, that of his proper nature, it makeoth none olybere. Fynally, alway respect muste be hadde to the persone, that drynketh it. So2 to yong men, and them, that be hotte of complexion, it dothe lafte harme, and somtyme it provytteth, but to them that are feble, olde, fleumatike, o2 melancholique, it is not couene-

P
to, the wysest of all phylosophers, doth affirme, that wynne moderatly drunke, nouryseth and comforteth, as well all the bodye, as the spirites of man. And therefore god dyd ordynit so2 mankynde, as a remedy againge the incommodities of age: that therby they shulde sene to retourke
returne unto youth, and forgette sleepes. Undoubtedly wyne heareth and movest the bodye, whiche qualities chieflye conserveth Nature. And Galene of all wynes, commendeth that, whiche is yelow and clere, sayyng, That it is the hottest, and white wyne leste hotte. And the colourme meane betwene both, of semblable temperature. The yelow wyne, whiche is the proper colour of very hotte wynes, to olde men dothe bynge these commodities. For it heareth all their members: also it purgeth by brine, the watry substance of the bloud. Moreover, the wynes, whiche be pale or yelow, and full of substance, they do increase bloude, and nourish the bodye: but for the more part olde men haue nede of suche wynes, whiche do provoke brine: sozalmoche as in them doo abounde watry excrementez orz superfluitie. And they whiche do tary longe in the bealy, be not apt for aged men. Blacke orz deepe reddde wynes and thicke, do bind and coagule that whiche they doo synnde in the body, and although some of them do not long abyde in the bealy, yet they movie not brine, but rather withdaweth: but yet they doo harme to olde men, sozalmoche as they do stoppe the cundites of the spleene, the lyuer, and the rynes. Also grosse wines be best forz them, which desire to be fat, but it maketh opilations: olde wyne and clere, is better forz them, that be fleumataike. Galene also prohibiteth chylderne to dyynke any wyne, sozalmoche as they be of a hote and most temperature, and so is wyne: and thersore it heareth
teth and moyseth to moche their bodies, and sylleth their heads with vapoure. Hove over he wolde that yonge men shulde dyneke sypelle wyne, soz it shall make them pzone to sury and to loucher: and that parte of the soule, whiche is calypd rationall, it shall make troubles and dulle: not withstandinge, yet it is sometime profitable to mitigate or expell ozdure, made of color or melanco:ly. Also it profyteth against dythe, whiche happe:th in the substance of the body, either by to moche labour, or by the proper temperature of age: soz wyne moyseth and nouriseth that, whiche is to dixe, also mitigeteth and dissolueth the sharpnes of color, & purgeth it also by brine & sweate.

Finally (as Theognes saith) Much drinkinge of wyne is yle, but moderate dynekyng of wyne is not onely not yle, but also commodious and profytetale. Whiche sentence is comfirmed by Iesus Spjac, in the boke named Ecclesiastic sayinge, wyne moderately dyneke, reiopseth both the bo:dy and soule. Whersofte to conclud this chapiter, There is neyther meate noz dyneke, in the bse wherof ought to be a moze discrete moderation, than in wyne, comynderynge that byinge good and dyneke in due tyme and measure, it not only com:seruethe naturall and radicall moysture, whereby lyfe indureth, but also it helpeth the principall members, whiche belonge to digestion, to do their office: On the other parte, being yll oz corrupt, oz taken out of order and measure, it dothe contrary to all the premises, besydes that it transfoyzmeth

K iii a man
a man or woman, makynge them beastly. Moste of the qualities of wine, shall be touched hereafter in the order of dietes.

Of Mylke, Cap. 20.

Mylke is compact of the substances, creame, whey, & cruddes. The moste excellent mylke is of a woman. The mylke of a cow is thickest, the mylke of a camell is most subtile, the mylke of a goote is betwene cowe mylke, and camell mylke. Ewes mylke is betwene cowe mylke and asses mylke. Also the mylk of beastes, sedynge in large pastures, and out of fennes and marshes, is better than of them, whiche be sedde in lyttel closes, or in watry groundes. In spinge tym e mylke is most subtile, and mylke of yong bestes, is hollier, than of olde. To chyldren, olde men, and to them, which be oppressed with melancholy, or haue the fleshe consumed with a feuer ethike, mylke is convenient. And generally to all them, whiche do not fele the mylk rule in their stomakes, after that they haue eaten it; and in those persons, it doth easily purge that whiche is in the bealpe superfluous. And afterwarde it entrieth into the vaynes, and bryngeth good nourishment. Who so euer hath an appetite to eate or drynke mylke, to the entet that it shal not arise or abzaiet in the stomake, let hym put in to a vessel, out of the whiche he will recepe it a few leaves of myntes, sugar or pure honny. And in to that vessel cause the best to be mplyked, and so drynke it warne from the wonder:
dder: 02 els let hym do as Paulus Egineita teacheth, that is to say, boyle first the mylke with an epy fire, & sethe it after with a hotter fire, & skym it cleane, and with a sponge daoped in cold water, take that cleane away, which wolde be burned to the vessele, than put to the mylke, salt and sugar, & sette it often. Hope over mylke taken to purge melancholy, wold be drunke in the morning abundantly newe mylked as is before written. And he that drinketh, shuld absteyn from meate, and exercise, untill the milke be digested, and have somewhat purged the belly. For with labour it becometh sore; & therfore it requyreth rest & watch 02 to walke very softly. Finally, where men & women be bled from their childhode, for the more part, to mylke, and do eate none 02 lytell other meate, but mylke and butter, they appare to be of good complexion and faction of body, & not so moche bered with sickenes, as they whiche drynke wine 02 ale: Not withstandinge moch bse of milke in men sanguine 02 colorike, doth ingender the stone.

Of ale, bier, cyder, and whay.

I can neither here noz rede, that ale is made and bled so; a coomon drynke in any other countrey than England, Scotland, Ireland, & Boyle. The latyn wo:de Cerewcia, is indifferent as welle to ale as to bier. If the coyn be good, the water holome and cleane, and the ale 02 bier welle and perspetelye brewed and clesed, and by the space of
of spruyes or more, settled and delectate, it must
needes be a necessary and convenient drinke, as well
in syknesse as in helth: considering that barleye
corne, wherof it is made, is commended, and blased
in medicine, in all partes of the world, accom-
panied to be of a singular efficacy, in reducynge the
body into good temper, specially which is in a di-
ferent temperature of heate. For what ancient phi-
lillation is there, that in his workes commendeth
not ptypane, where is none other than pure barley,
blasted in a noxter, and sodden in water: The
same thynge is smalle and cleane ale or byere, sa-
urnge that perchance, the drieinge of the malte,
is cause of more dyrth to be in the ale, than in pty-
pane. And the hoppes in bier maketh it colder in
operation. But to say as I thinke, I suppose, y
neither ale nor bier is to be compared to wynne,
consideringe, that in them do lacke the heate and
moysture which is in wynne. For that being mo-
derately blased, is most lyke to the naturall heate and
moysture of mans bodye. And also the lyquor of
ale & bier beinge more grosse, do ingender more
grosse vapours, and corrupt humors than wynne
both, beinge dyrnke in like excess of quantitie.

As for Cyder, maye nat be good in any con-
dicion, consideringe (as I saide) that all frui-
tes doo ingender plaine humours, and doo coole to
mocht naturall heate: but to them, whiche haue
abundance of red color, moderately blased, it some-
what prospeth in mitigating of excessive heate.
But who that will diligently marke in the coun-
treys,
of Honye. Cap. 22.

Honye as well in meate as in dynde, is of incomparable efficacy, for it not only cleneth, altereth, and norisheth, but also it long tyme preserveth that uncorrupted, which is put in in to it. In so moche as Pliny sayth: Such is the nature of hony, that it suffrith not the bodies to putrisie.
triste. And he affirmeth, that he dydde an Hippo-
centaur (which is a beastie halfe man, halfe hoele)
brought in honie to Claudius the emperour out of
Egypte, to Rome. And he teleseth also of one
Pollitio Romulus, who was about a hundred ye-
res olde, of whom Augustus the emperour de-
manded, by what meanes he lyued so longe, and
ceynd ryll the bygour o2 liuelines of body and
mynd; Pollitio answered, he dyd it inwarde with
meade (which is drynke made with honie & water)
outrward with oyle. Whiche layeeng agreeoth with
the sentence of Democritus, the grete philoso-
pher: who being demanded, how a man mought
lyve longe in helthe, he aunswered, If he wette
byrn within with honie, without with oyle. The
same philospher, when he was a hundred yeres
olde and nyne, prolonged his lyfe certayne dayes
with the euaporatyon of honie, as Arcostexenus
writeth. Of this excellent matter, moste won-
derfully wroght and gathered by the lytell bee, as
twel of the pure dewe of heuen, as of the most sub-
tyll humo2 of sweete & vertuous herbes & flources,
be made bykys commodious to myyn, as mead,
methysyn, and oxynell. Meade, whiche is made
with one parte of honie, and soure tymes so moche
of pure water, and hopled byntyll no skyn do re-
mapyne, is moche comended of Galene. drynke in
sommer, for preseryng of helth. The same au-
thor, alway commendeth the byngue of honie, ey-
ther rawe eaten with byne breadde, somewhat le-
tened, o2 lodden, and recepyed as drynke. Also
meade
meade perfectly made, clenseth the breast and lungs, causeth a man to spytte easily, and to pishe abundantly, and purgeth the bely moderatly. Methyclin, which is moste used in wales, by reason of hotte herbes boyled with honie, is hotter than meade, and more comforteth a colde stomake, if it be perfectly made, and not new or very stale. Oynmell is, where to one part of oynegar is put double so moche of honye, soucreynes as moche of water, and that being boyled unto the third part, and cleane skimmed with a sether, is vled to be taken, where in the stomake is moche fleume or matter undigested, so that it be nat rede cheoler. Loke the 8e therof in Alexander Tralliano. Many other good qualities of honye. I omitt to write of, butyll some other occasion shall happen, to remember them particularly, where they shall seme to be profitable.

Sugar. Cap. 23.

Of Sugar, I do synd none aucent autho2 of grekes or latynes, do write by name, but onely Paulus Aegineta, who sayth in this wyse, after that he hath treated of honye. Moreover sug- gar, which they calle honie, that is brought to vs from Arabia, called Felix, is not so sweete as oure honie but is equal in vertue, and doth not anoy the stomake, noz causeth thirst. These be the wordes of Paulus. It is nowe in dayely experience, that Sugar is a thyngue verye temperate and nourysshynge, and where there is cheoler in the

Romake
Syrup acerole.

In the consideration of wine, for takynge of meates and wynkes, it is to be remembred, that in winter meates ought to be taken in great abundance, and of a more grosse substance than in sommer, so as much as the exterior part, whiche compasseth the body being colde, causeth the heate to withdrawe into the inner partes, where being inclosed, and gathered nygh together in the stomake and entrayles, it is of more force to boyle and digeste that, whiche is receyued in to it. Also meates rosted, are than better than sodden; flith and syske powdered, is than better than in somer. Herbes be not than commendable, specially raw, neither fruytes, excepte quynces rosted or baken: Wynke shuld be than taken in a lyttell quantitie. More ouer wynes hal neede no water, or very lyttell, and that to colorike perclones: redde wynes, and they, whiche be thick and sweete may be than mosste fully taken of them, whiche have none olutions, or the stone. Alway remember, that in wynter sleume increaseth, by reason of rayne and moystnes of that season, also the length of nites and moche rest. And therefore in that wynter colorike persons, at best at ease, temably are yong men, but to olde men wynter is enemy. It beginneth
neth the viii. day of November, and endureth un
till the viii. day of February.

The spynge tymne dothe participate the spynge
parte with wynter, the later parte with sommer.
wherefoze if the spynge parte be colde, than shal the
diete be accordinge to winter. If the ende be hote,
then shal the diete be of sommer. If both partes
be temperate, than shal there be also a temperāce
in diete; alway consynderynge, that fleume yet re-
maineth, and bloude than increaseth. And meate
wolde be lasse in quantitie thanne in wynter, and
dynke somewhat moze. Spynge tymne begyn-
neth the viii. day of February, and continueth un
till the viii. day of May.

In Sommer the inward beate is but lytel, and
the stomake dooth not digest so strongly no; quik-
ly, as in winter. Wherefoze in that season, eateinge
often, and a lyttel at ones, is moste conveniente,
And Damascenus sayth, that fastynge in Sommer
dieth the bodye, maketh the colour salowe, in-
gendereth melancholye, and hurteth the spight, also
bopled meate, byeade steped in white brothe, with
sodden lettice, or rikote, are than good to be vsed,
also varietie in meates, but not at one meale, po-
tages made with colde herbes, dyynke in moze a-
bundance, wynge alayde with water, to hotte com-
plexions moche, to colde natures lasse. In this
season bloude increaseth, and toward the ende
therof, color. And therefoze they, whiche be colde of
nature and moyst, are than best at eale, hotte na-
tures and dyne warste. Moreover childerne, and

Liii very
The seconde

Very yong men in the begininge of sommer, are hoole, olde folke in the latter ende, and in haruest. Somer beganeth the viii. day of May, and continueth untill the viii. day of August.

Autunne

Autunne beganeth the viii. day of August, and endeth the viii. day of November, that season of the yere is variable, and the ayre changeable, by occasion whereof, happen sundrylyckenesses, and blode decreaseth, and melancholy aboundeth: wherefore all sommer fruities wold than be eschewed, forasmoche as they make pil licious and wyndes in the body. In this tyne meate wold be moare abundant than in sommer, but somewhat drier: dynke must be lasse in quantyte, but lasse myxt with water. This tyne is daungorous to all ages, all natures, and in all countreys, but the natures hote and moyst, be lasse indamaged.

Diete concernyenge sundrye tymes of the yere, wrytten by the olde phisition Diocles to kyng Antigonus.

From the vii. day of December, at the whiche tyne the day is at the shortest, untill the ninth day of Marche, whiche do conteyne, xc. days, reuynes and moystures do increase, than meates and drinks naturally very hote, wold be moderatly vsed. Also to dynke wyne abundantly without alaye or with lyttell water, and to vs lycerall the company of a woman, is not unholsome to the body.

From the nyntene day of Marche, at whyche tyne
tyne is **equinoctium** kernum, unto the xxvi. daye of Appyl, swee fleume and bloud do increase, there-foze bse than thinges haungge moche iuyce and charpe, exercise the body diligenly, than maype pe bse cateslye the company of a woman.

**C**From the xxvii. day of Appyl, to the ciii. daye of June, Choler increaseth, than bse all thinges that are swee, and do make the bealy solub, for bsee carnall company with women.

**C**From the ciii. daye of June, at whiche tyne the day is at the lengest, unto the xvi. day of Sep-tember, do the melancoly reigne, for bsee carnall company of bse it moderatelye.

**C**From the xvi. daye of September, unto the xvii. daye of October, doo abounde fleume and thynue humours, than wolde all flures and dis-tillations be prohibited, than all charpe meates and dypnkes, and of good iuyce, are to be bled, and carnall occupation shulde than be excweded.

**C**From the xvii. day of October, to the xii. daye of December, increaseth grosse fleume, bse there-foze all bytter meates, swee wynes, fatte meate, and moche exercise.

Of Ages. Cap. 25.

Children, Galen. de men. sanis, lib. prius.

Hyldzen wold be norshed with meates and dypnkes, whyche are moderately hotte and mopst, not withstandinge Galene doth prohibite them the bse of wyne, bycause it mopsteth and he-teth to moche the body, and spilleth the heades of them, whiche are hotte and mopst, with vapours.

also
also he permitteth them in hotte wether to drinke clee water.

A chylde growynge faste in his members to-ward a man, so that he semeth well fedde in the body is than to be seared of fulnesse of humors, and if it be perceived, that he is replete, than must be withdawen and minished some parte of that nutriment, and according to his age, some evacuation wolde be devised, otherwise by exercise, walkeynge by and downe fastinge, and before that they eate any meate, let them exercise them selves with their owne labours, and do their accustomed busynes and eate the meates, whereto they be most bled, so that it be luche, that maye nat hurt theyn. And this nede they not to know of phisitions, but by experience and diligent serch by their stoole, their nourices shall perceyue what digesteth wel, and what doth the contrary.

But if it appere, that by excessive sedinge, the bealy of the chylde is fuller and greater than it was wonte to be, and that whiche passeth by the bealy, is corrupted, or his sweate synketh. These things known, if they eate strong meates, give them not one kynde of meate, but dyuers, that the noueltie of the meate may helpe, that they may go more easely to the stoole. For if any have an unrea-sonable appetite, he is sooner recouered, if he be pourged by a boyle or unpostume comen for the braken, before that the meate be corrupted; after that let him eate fine meates, and being ones hole retourne by lyttell and lyttell to his olde custome.

Yonge
Yonge men, excrying the age of, viii. peres, shall eate meates moe grosse of substance, colder and mopyster: also salades of cold herbes, and to drinke seldome wyne, excepte it be alayed with water. Albeit all these thynges must be tempred, according to their complections, and exercise and quietnesse in lyninge, wheresof ye shall rede in their proper places hereafter.

Olde men, in whom naturall heate & strength leneth to decay, shuld use alwaye meates, whiche are of qualitie hotte and mopyster, and therwithall easy to be digested, and abstayne utterly from all meates and drynkes, which wyll ingender thicke tyme and slgom, semblably from wyne, whiche is thyrcke, sweete, and darke reddy wynes, and rather use them, which wyll make thynne humours, and wyll purge wel the bloud by brene: thersore white or peelow wynes, and perchance frencye claret winnes are sot them very commodable. Also wyne prepared with pure hony clarified, wherin route of perselye or fenell be styped, specially if they suspect any thing of the stone, or goute. And if they moe desyre to cleanse their raynes and bladder: than is it good to use small white wyne, as rakked reniche wine, or other like to it, and somtyme to stipe over night therin a perselye rote lit, and somewhat bruised, and a lytel lykoxice. Finally, let them beware of all meates, that wyll stoppe the pozes, and make obstructions of oppression, that is to saye, with clammy matter stoppe the places, where the naturall humours are wrought & digested, the whi-
The meates I have before set in a table. But if it chance them to eate any suche meate in aboundance, let them take shortly suche thynges, as do resyste oppilations, or resolvethem. As whyte pepper bruised and myrc with their meates or drink; garlyke also, or onions, if they abhorre them nat. Alway remember, that aged men shuld eate often, and but litel at every time, so it farreth by them as it doth by a lampe, the lyght wherof is almost extintce, which by pouring in of oyle litel and litel is long kept bourninge: and with moch oyle poured in at ones, it is cleene put out. Also they must so hear all thynges, which do ingender melancoly, wherof ye shall rede in the table before: and breaude cleene without leuten is to them unholsome.

Moderation in diete, hauynge respect to the strength or weakenes of the persone. Cap. 26

Now here it must be considred, that although I have written a generall diet for every age, yet nethelesse it must be remembred, that somme chyldren and yong men, eyther by debilitie of nature, or by some accidental cause, as syckneses, or moche studye, happen to gather humours s hematik or melancoly in the places of digestion, so that concoction or digestion is as weke in them, as in those, whyche are aged. Semblabllye, some olde men synde nature so beneficall unto theym, that their stomakes and lyuers are more stronge to dygeste, than the synde yonge men, somme perchaunce haue moche choler remanynge in them.
In these cases the sayd ponege men muste bse the diete of olde men. ox nygh bnto it, bntyll the dyscraasy be renoved, havinge alway respect to they? ypuresall complections, as they, whiche are natursally colorike, to bse hotte thynges in a moxe temperance than they, whiche be sennatypke, ox melancholy by nature. The same obseruation shal to be olde men, sauning that age, of his owne propertie is colde and dype, therefor the olde man, that is cholerycke, shal hauie moxe regarde to mopiture in metes, than the ponege man, beng of the same complection. Fozesene alwaye, that where nature is offenced ox greued, she is cured by that, whiche is contrary to that, whiche offendeneth ox greucheth, as colde by heate, heate by colde, dypthe by mopiture, mopiture by dypthe. In that wherby nature shoulde be nourished, in a hole and temperate body, thinges must be taken, whiche are lyke to the nannes nature in quallitie and degree. As where one hath his bodye in a good temper, thynges of the same temperaunce dothe nourishe hym. But where he is out of temper, in heate, colde, mopiture, ox dypthe, temperate metes ox dypnkes, nothyng do prosper hym. For bing out of the meane and persyte temperature, nature requyseth to be therto reduced by contraries, remembrynge not onely, that contraries are remedye bnto their contraries, but also in every contrary, consideration be hadde of the proporzon in quantitie.
THE SECONDE

Tymes in the day concernyng meales. Cap. 27.

Besydes the tymes of the yere and ages, there be also other tymes of eatinge and drinkinge to be remembred, as the sundry tymes in the day, whiche we call meales, which are in number and distance, according to the temperature of the countrey and person: As where the countrey is colde, and the person lusty, and of a strong nature, there may no meales be bled, or the laste distance of tyme betwene the. Contrarywise in contrary con- traits and personages, the cause is aso ye rehearsed, where I haue spoken of the diete of the tymes of the yere, notwithstanding here must be also consideration of exercise and rest, which do augment o2 appaire the naturall disposition of bodyes, as albe moze declared hereafter in the chapiter of exercise. But concernyng the general blage of countreis, and admitting the bodies to be in per- fite state of helthe, I suppose, that in Englande, pong men, until they come to the age of, vii. yeres, may well eate the meales in one day, as at breke- fast, dyner, and supper, so that betwene brekefast, and diner, be the space of foure hours at the lest, betwene diner and supper, vi. hours, & the breke- fast laste than the diner, and the dyner moderate, that is to say, laste than satietie o2 suinesse of hea- ly, and the dwynke therunto mesurable, according to the dwynesste o2 mopusnes of the meate. For mo- che abundance of dwynke at meale, drowneth the meate eaten, and not only letteth convenient con- coction
coction in the stomake, but also causeth it to passe
taster than nature requireth, and therfore ingen-
deth moche fleume, and consequently reuniones,
crudenes in the baynes, deblitie and slippernes
of the stomake, contynuall flure, and many o-
ther inconueniences to the body and members.

But to returne to meales, I thyke breakefa-
stes necessary in this realme, as well for the ca-
uses befoye rehearsed, as also forasmuch as color be-
inge seruient in the stomake, sendeth by sumosi-
ties unto the bayne, and causeth head ache, and
comyme becomeaduste, and sinouidzeth in
the stomake, wherby happeneth peryllous lycke-
nes, and somyme stodayne deathe, if the heate in-
closed in the stomake haue nat other conveniente
matter to work on: this dayly experience proves,
and naturalle reason confirmeth. Therfor the men
and women not aged, haung their stomackes
cleane without putrified matter, seppinge mode-
rately and soundly in the nyght, and selinge them
selfe lyght in the moezunge, and sweate brethed, let
them on goddis name breake their fast: Colerike
men with grosse meate, men of other compleiis
with lyghter meate. Forseen, that they laboure
somwhat befoye: semblably their diner and supper,
as I haue befoye written, so that they sleepe
not incocinent after their meales. And here I wyl
not recyte the sentences of authoys, whyche had
neuer experience of Englyshe mens natures, or
of the iuste temperature of this realme of Eng-
lande, onely this counsayle of Hipocrates Hall
be
be sufficient. We ought to grant somewhat to
time, to age, to custom: not withstanding where
great Weariness, the Body, there
ought the Dinner to be the less, and the longer di-
stance between Dinner and Supper, also moche rest,
except a lytell softe walkynge, that by an up-
ryght mouynge, the meate being styed, may de-
cend. This is alway to be remembred, that where
one selleth hym selfe full, and greued with his di-
nery, or the sauour of his meate by eructation as-
cendeth, or that his stomake is weke by late syk-
nesses, moche study, than is it most convenient, to
absteyne from suppper, and rather provoke him selfe
to flepe moch than to eate or drink any thinge.
also to drinke betweene meales, is not laudable,
excepye very greate thirste contrayeth, for it inter-
errupteth the office of the stomake in concoction.
It causesthe meate to passe faster that it shoulde, and
the drinke being cold, it rebuketh naturall heate
that is workinge, and the meate remaininge raw,
it corrupteth digestion, it maketh crubenes in the
vaines. Wherefoze he ly is thristy, let him consider
the occasion. If it be of salt flame, let hym walke
faire and softly, and olde wash his mouth and his
throte, with barley water, or with small ale, or lye
downe and flepe a lytell, and so the thrist wil passe
away, or at the least be well allwaged. If it happen
by extreme heat of the aire, or by pure coler, or eat-
inge of hotte spices, let him drinke a lytell rulpe
made with cleane water and sugar, or a lytell biere
or ale, so that he drinke not a great glut, but
in a
In a leyel quantyte, let it sty de downe softly in to his stomake, as he sitteth, & than let him not move sodainly. If the thirst be in the eueninge, by eattinge to moche, and drinkinge of wine, than after the opinioun of the best lerned phisicions, and as I my selfe haue often experienced, the best remedy is, if there be no feuer, to drynke a leyell draught of cold water immediately, oz els if it be not peynesful fo hym, to vomite, to proouke hym therto with a litel warm water, & after to washe his mouth with vineger & water, and so to slepe long & sundly, if he can. And if in the morynge he fele any sumo- sties vsynge, than to drinke tulep of violette, oz fo; lacke thereof, a good draught of verpe smalle ale oz biere, somewhat warmed, without eattynge any thyngge after it.

Of diversitie of meates, wherby healethe is appayred, Cap. 28.

Nowe let this be a generall rule, that sundry meates, being dyuers in substance and qualitie, eaten at one meale, is the greatest damny to helth, that may be, that whiche ingenzeth most sKylnesse. so; some meates being grosse and hard to digest, some saine and easie to digest, do requyre dyuers operations of Nature, and dyuers temperatures of the stomake, that is to saye, moche heate, and temperate heate, whiche maye not be togyther at one tyme, therefore whanne the syne meate is suffycyentelye boyled in the stomacke, the grosse meate is rawe, so bothe tyypes, the one good
good and perfore, the other grosse and crude, at one tyne digested, and sente in to the vaynes and body, nedes must helthe decaye, and sockeenes be engendred. Lykewise in dyuers meates beinge dyuers qualities, as where some are hot & moist, some colde and blyshe, some horre and drye, some colde and dry, according therunto shall the juice be dyuers, which they make in the body. And as betweene the said qualities is contrarietie, so thereby shalbe in the body an unequall temperaturre, so as mochoe as it is not possible for man to esteeme so full a proporcion of the qualities of that which he receueth, that the one shal not exceede the other. Wherefor of the said unequall myxture, nedes muste enlue corruption, and consequently sycnes. And therefor to a hole man it were better, to seate at one meale competently on very grosse meate onyly, so that it be sweete, and his nature do not abho:re it, than on dyuers sone meates, of sundry substance and qualities. I haue knownen and sene olde men and olde women, whyche eatynge onely biese, bakon, chese, or curdes, haue continued in good healthe, whome I haue proued, that when they haue eaten sundrye sone meates at one meale, haue soone after felt them selfe greued with frettynges and head ache, and after that they haue ben hole agayne, there hathe ben gyuen to them one kynde of lyght meate, they haue done as well theirwith, as they were wonte to do with grosse meates, whan they cate it alone whiche proueth to be true that whiche I haue re-hercled.
hersed. And it is good reson, for after the generall opinion of philosophers and phisitians, the na-ture of mankynde is best contente with thynges moste symple and dumynt, all thynges tendynge to hunitie, wherein is the only perfection. Also it is a generall rule of phisyke, that where a sycknesse may be cured with symptes, that is to syape, with one onely thing that is medicinable, there shuld the phisition gyue no compounde medicine nyxt with many thynges. These thynges confydered it may sene to all men, that haue reason, what a-
buse is here in this realm in the continual gour-
mandise, and dayly sedyng in sundry meates, at one meale, the sperite of gluttony, trumphyng in amonge vs in his glorious charitote, callypd wel-
fare, dyvynge vs asoyn hym, as his prysoneris, in-
to his dungeon of surfece, where we are tournen-
ted with catarces, feuers, goutes, pluresies, sret-
tinge of the guttes, and many other syckeneses, and synally cruelly put to bede by them, oftenti-
mes in youth, oz in the most pleasant tymes of our lyfe, when we wolde moste gladly lyue. Fo; the remedy wherof, how many tymes haue there ben deyuled, oz dyvaunses and actes of counslapy, all though perchance bodily helth was nat the chief occasion thereof, but rather provision agayns te bayne and sumptuous expenses of the meane people. Fo; the nobilitie was exempted and had lybertie to abide stily in the dungeon, if they wolde, and to lyue lafte while than other men; But wha, where, and howe longe were the sayd good deu-
es
thes put in due execution, for all that therof shall succeede double profit, that is to say, helth of body and increase of substance, by eschewing of superfluous expenses in sundrie dishes. Alas how lorge wyll men fantasy lawes and good ordynances, and never determine them. Fantasy procedeth of wryte, determination of wisedome, wryte is in the devising & speakynge, but wisdom is in the performance, whiche resteth onely in execution. Here I had almost forgotten, & my purpose was to write of the order of diette, and not of lawes, but the seruente lour that I haue to the publike weale of my countrey, constrained me to digresse somewhat from my matter: but nowe wyll I procede forth to write of order, whyche in takyng of meates and drynkes, is not the least parte of diette.

Of Order in receyvyng of meate and drynke. Cap. 29.

Herbes as well sodden as unsodden, also fruytes, whiche do mollifie and louse the bealpe, ought to be eaten before any other meate, excepte that sometyme for the repeszlynge of sumolities, repelynge in the head by moche drynkyng of wyne, rawe lettysle, oz a colde apull, oz the iuyce of ozenge oz lymons maye be taken after meales in a lystell quantitie. Moreover all brootes, mylke, ree egges, and meates, whiche are purposely taken to make the bely soluble, wold be fyrist eaten. All fruytes and other meates, that are stipte of hyndyng, wolde be eaten last of all other. Frui-
tes confectionate specially with hony ar not to be eaten with other meates. But here it is to be diligently noted, that where the stomake is colerckie and stronge, grosse meates wolde be fyste eaten: where the stomake is colde or weake, there wolde fyne meates be first eaten. so in a hot stomak fine meates are bourned, whyle the grosse meate is digestynge. Contrarywithe in a colde stomake, the little heat is suffocate with grosse meate, and the fine meate left raw, so lacke of concoction, where if the fine meate be first taken moderately, it streeth up and comforteth naturall heat, and maketh it more able to concoct grosse meates, if they be eaten afterward: so that it be but in small quantite, not withstanding, as I late affirmed, one manner of meate is most sure to every complexion. for sene that it be alway most commonly in consonance of qualities, with the person that eateth. More over take heed, that supper meates be not fyste eaten, lest it draw with it to hastyly other meates or they be digested, no that strythck or restraynyng meates be taken at the begynnynge, as quinces, peaces, and medlars, lest they may let other meates, that they descende not in to the bottom of the stomake, where they shulde be digested, not with-standing the confection made with the iupe of quynces called Dacytonites, taken ii. houres afose dyner or supper, is commended of Galen. for other, so restoring appetite, or making good concoction. Also concerninge dynke at meales, it wold not be afose that somewhat were eaten. And at the begin-
ninge, the drunk wold be strongest, and so toward the end more small, if it be ale or bierie: and if it be wyne, more and more alayde with water. And after the better opinion of phisitians, the dynke wolde rather be myrte with the meate by sundrye lyttell daughtes, then with one greate daughte at the end of the meale, for the myrture tempareth well the meate without anye: a great daught with moch dynke, drowneth the meate, rebuketh natural heate, that than worketh in concoction, and with his weight dynuethe downe the meate to hastily. Note wynes x sweete, o2 confectioned with spices, o2 very stronge ale o2 bierie, are not conuenient at meales, for the meate is by them rather corrupted, then digested, and they make hote and dynkyngge vapours ascend up to the bpaynes, albeit if the stomache be very wyndy, o2 so cold and feble, that it can not concocte suche a quantitie of meat, as is required to the sufficient nourishment of the body of hym that eateh, o2 hath eaten raw herbes o2 frutes, therby he seeth some annoyance, than may he dynke lafte incontinent after his meale a lyttell quantitie of lecke, o2 good aqua vite in small ale: but if he have moche color in his stomake, o2 a headfull of vapours, it were moche better, that he dyd neither dynke the one, nor the other, but rather eate a lyttell colypander seede prepared, o2 a piece of a quynce rosteth, o2 in marmelade, and after rest, to amend the lacke of nature with clepe, moderate exercise, and plasters prepared for commodiynge of the stomacke. And here
here will I leave to write any more of the diet in eatinge and drinkynge, sauinge that I wold, that the reders shulde have in remembrance these two counsayles.  

First, that to a hole man, to proude a rule is not convenient in diet: and that the diseas- ses, whiche do happen by to moche abstynence, are wars to be cured, than they whiche come by rep- tion. And as Cornetius Celsus saith, A man that is hole and well at case, is at his lybertie, ought not to bynde him self to rules, or neede a phisition: but yet where the stomacke is feeble, as is of the moze part of citsyns, and well nygh all they that be stumpyous in lernynge or wyghtye assayres, there ought to be moze circumpection, that the meate may be suche, as that ethere in qualitie or quantitie, nature being but feeble, be not rebufed, or to moche oppresse.

To sleape and watche. Cap. 30.

The commoditie of moderate slepe appereth by this, that naturall heate, whiche is occupied about the matter, wherof procedeth nourishment, is comforted in the places of digestion, and so digestion is made better, or moze persit by slepe, the body fatter, the mynde moze quiete and clere, the humours temperate: as by moche watche all thinges happen contrary. The moderation of slepe must be measured by helthe and lyckenes, by age, by tyme, by emptynesse or fulnesse of the body, or by naturall complections.  

First to a hole man having no debilitie of nature, and digesting pers-
THE SECONDE

lyply the meate that he eateth, a lyttel sleepe is sufficient; but to them, which haue weake stomakis, & do digest slowly, it requirith that sleepe be moch longer. semblable temperance is required in youth and age, wynter and sommer. The body bringe full of yll humors, very lyttell sleepe is sufficient, except the humors be rude or raw, for thā is sleepe necessary, whiche digesteth theym better than labour. Semblably, where the body is long empty by longe syknesse or abstinence, sleepe conforteth nature, as well in the princiall members, as in all the other. Also regarde must be had to the complection, for they that are hot, & do eate lyttell & digest quickly, a lyttell sleepe serueth, specially to coleryke persons, for in them moche sleepe augmenteth heathe, more than is necessary, whereby hot suves & inflamations are often ingendred, & sometime the natural color is aduste or putrified, as experience teacheth. Fleumatiske persons are naturally inclyned to sleepe; and because they ingender moche humors, they require more sleepe than sanguine or colorishke. Persons haunge natural melancholy, not proceedinge of color aduste, do reuyse very moch sleepe, which in them conforteth the powers animall, vital, and natural, which ye may finde written in the tables precedinge. Sleepe wold he taken not immediatly after meales, for before that the meate is descended from the mouth of the stomake. For theby is ingendred penes & noyse in the bely, digestion corrupted, the sleepe by ye vapors ascending made yuquiet & troublous.
Moreover, immoderate sleep makes thy body apt unto palsies, apoplexies, falling sickness, remines, impostumes, also it maketh the wits dull, and the body slowe & unapt to honest exercise. Similarly, immoderate watch dieth to mort the body, and doth debilitate the powers animall, letteth digestion, maketh the body apt to consume, wherefore in these things, as well as all other, a diligent temperance is to be used. The moderation is best collected (for it is hard perfectly to know it) by the sensible lightness of all the body, specially of the brain, the browes and the cies, the passage downe of the meat from the stomake, the well to make brine, to go to the stoole. Contrarywise, heuynes in the body & cies, and savour of the meat before eaten signifies that the sleepe was not sufficient. They that are hole must sleepe lytt on the right lyde, because the meat may approche to the lyuer, which is to the stomake, as lytt under the pot, by hym is digested. To them, which have seble digestion, it is good to sleepe prostrate on their beales, or to have their bare hand on their stomakes. Lienghe upright on the backe is to be utterly abhorr'd.

The commoditie of exercise, and the tyme when it should be used. Cap. 31.

Every meuyng is not an exercise, but only that which is vehement, thende whereof is alteration of the breath or wynde of a man. Of exercise do proceede two commodities, euacuation of excrements, and also good habit of the body, for

Exercice
Exercise being a vehement motion, therof nedes must ensue hardnes of the members, whereby labour shall the lesse greue, and the body be the more stronge to labour. also therof commeth augmentation of heate, whereby hapneth the more attraction of thynges to be digested, also more quycke alteration, and better nouryschyng. More ouer, that all and singular partes of the body, be therewith somewhat humected, whereby it hapneth, that thynges harde be mollified, moyste thynges are extenuate, and the punities of the bodye are more opened. And by the byolence of the breathe or wynde, the punities are clenched, and the slyche in the bodye naturally expelled. This thyng is soo necessary to the preseruation of helth, that without it, no man may be longe without sycenessesse, which is affirmed by Cosnclius Celsus, sapeng, that slygges hyttes dulche the body, labour doth strength it, the firste bringeth the incommodities of age mote, the last maketh a man longe tympe lusty. Not withstandyng, in exercise ought to be seult very thinges diligentely considered, that is to say, the tympe, the thynges precedyng, the qualyte and the quantitie of exercise.

Cfyst as concernynge the tympe convenient for exercise, that it be not wha there is in the stomake or bowels, greate quantitie of meate not sufficently digested, or of humours cruide or rawe, lesse therby peryll moughte insue by conueynance of them in to al the members, before those meates or humours be concert or bopled sufficiently. Galen sayth.
Sapth, that the tympe mosste convenient for exercise is, when bothe the firste and seconde digestion is complete, as well in the stomake, as in the vaines, so that the tympe approcheth to eate estiones. So if ye do exercise soner or later, ye shal lyther spill the body with crude humours, or elles augment yellowe color. The knowlege of this tympe is perceived by the colour of the brine, so that which re sembleth unto clere water. Betokeneth, that the tympe, which come from the stomake, is crude in the vaynes: that which is well coloured, not to high or base, betokeneth, that the second digestion is nowe perfecte: where the colour is very high or redde, it lygnsfeth, that the concoction is more than sufficient. Wherefoze when the danye appeareth in a temperate color, not red nor pale, but as it were gil, thã shuld exercise haue his begining.

Of friseries or stubbynges preceding exercise. Cap. 32.

As touching thinges preceding exercise, so as much as it is to be fered, lest by vehement exercise any of the excrementes of the belly or bladder, shuld hastily be received into the habit of the body, by the violence of hete, kynedly by exercise; also lest some thine, which is hole, be by heupnes of excrementes, or lyvolent motion, broken or pullyd oute of his place, or that the excrementes, by violence of the byth, shuld stop the poyes, or cundites of the body, it shalbe necessary lytell and lytell, by chastinge the body, first to mollify the partes.
tes consolidate, to extenuate or make thinne the humours, and to louse and open the poozes, and than shall ensue to hym that exerciseth, no perill of obstruction or rupture. And to brynge that to passe, it shall be expedient, after that the bodye is clenched, to rubbe the bodye with a course linnen cloth, first softly and easily, after to increase more and more, to a harde and swift rubbing, untill the flesh do swell, and be somewhat ruddy, and that not only down right, but also overthwart and cold. Some do these stricacies in this form. In the morēning, after that they have ben at the stoole, with their thirteene or bare hande, if their flesh he tender, they do first softly, afterward faster, rub their breasts, and lydes downeware, and overthwart, not touching their stomake or bealy, and after cause their servant semblably to rubbe overthwart their sholders and backe, begynnynge at the nekkebone, and not touchynge the rapynes of their backe, excepte they do sele there moche colde and wynde, and afterward their legges from the knees to the ancle: last their armes, frome the elowe to the handeweste. And in this forme of stricacy, I my selfe have founden an excellent commoditie. Olde men, or they, which be very dys in their bodies, if they put to some sweete oyles, as Yrimum, Nardinum, Chamemelinum, or other lyke, myxt with a lyttell sweete oyle of roses, I suppose they do wel. I wyll not here speke of oymentemtes vled in olde tyme ammonge the Romayns and Grekes, in stricacies or rubbynges. For I suppose, they were
were never here bled, and in the sayd places, they
be also leste, onles it be in palseys, oz apoplexies,
zagaynst the rigour, whiche hapneth in seers,
only I yyl remember the laying of Hippocrates.
Fricalye hath power to louse, to bynde, to increase
fleshe, and to muryne the it. Fo; harde fricacies doo
bynde o; consolydate, softe rubbynge dothe louse
o; mollifie, moch doth mnythe fleshe, meane rub-
bynge doth augment o; increase it. He that wyll
knowe moze abundantly hereof, let hym rede the
voke of Galen of the preservation of helth, called
in latyn De humana sanitate, thynslated moost truely
& eloquently, out of Greke in to latyn, by doctour
Linacre, late phisiton of moost worthy memory to
our coursayne lozbe kyngge Henry the eght. The
same matter is written moze brefely of Paulus
Aegintea, Oribasius, Actius, and some other late
writere, but bunto Galene not to be comparde.

The diversities of exercises. Cap. 33.

The qualitie of exercise is the diversitie ther-
of, sozاسmoche as therin be many differences
in mouynge, and also some exercise moueth moze
one part of the body, some an other. In difference
of mouynge, some is low o; softe, some is twiste
o; faste; some is stronge o; byolent, some be myxt
with strength & swistnesse. Stronge o; byolente
exercises be these, deluyng (specially in toughe
clay and heuy, bearlyng o; sufferyngnge of heuy
burdeyns, clymmyng o; walkyng agaynst a stipe
upryght hyl, holdynge a rope, and clymmyngge by
thereby, hanging by the hands on any thing, above a man's reach, that his feet touch not the ground: standing and holding up, or slanting the arms, with the hands fast closed, and abiding so a long time. Also to hold the arms fast, causing another man, to assaile, to pull them out, and not withstand they he keepeth his arms fast, in forcing the darts into the sinews and muscles. Assailing also with the arms and legs, if the persons be equal in strength, it doth exercise the one and the other: if the one be stronger, than is it to the weaker a more violent exercise. All these kinds of exercises, and other like them, do augment strength, and therefore they serve only for young men, which be inclined, or be apt to the wars. Swift exercise without violence is, running, playing with weapons, tense, or throwing of the ball, trotting a space of ground to ward and backward, going on the toes, and holding up the hands. Also stirring up and down his arms, without plummets. Vehement exercise is compound of violent exercise and swift, when they are joined together at one time, as dancing of galliards, throwing of the ball, and running after it, football play may be in the number thereof, throwing of the long dart, and continuing it many times, running in harneys and other like. The moderate exercise is long walking or going a journey. The parts of the body have sundry exercises appropos'd unto them, as running and going is the most proper for the legs.
Mouinge of the armes by 3 downe, 2 stretching them out, 2 playeng with weapons, serueth most for the armes and shoulders, stouping and rising of ten tym, 2 lyftinge great weightes, taking by plummetes 2 other lyke poples on the endes of staues, 2 in lykewise, listynge vp in euery hande a speare 2 moyespike by the endes, specially cros- sing the handes, and to lay them downe a-gaine in their places, thes do exercize the backe 4 lynes.

Of the bulke 4 lunes the proper exercize is me- tryng of the breath in syngyng 2 crieng. The entrayles, which be underneth the myddesse, be excercised by blowinge, ether by constraint, 2 play- eng on shaulmes, 2 sackbottes, 2 other lyke in- strumentes, which do require moch wynde. The muscules are best exercised with holding the breth in, a longe tym, so that he, whiche dothe exercize, hath well digested his meate, and is not troubled with moche wynde in his bodye. Fynallye lowde reddyngge, counterfayte bactAPE, tenysle, 2 thow- winge the ball, runnyngge, walkeinge, adde to thoy- tyngge, which in myne opinion exceede all the other, do exercize the bodye commodiously. Alway re- member, that the ende of bysolent exercize, is diffi- cultie in fetchyng of the breth. Of moderate exerc- cise, alteration of breath only, 2 the beginninge of sweate. Moreover in wynter, runnyngge, and wasslyngge is commodious. In sommer wasslyngge altyll, but not runing. In very cold wether, mo- che walkeinge, in hote wether, rest is more expedi- ent, they which sene to hauo moist bodies, flue
in delnes they haue neede of violet exercis. The
which ar lean and colerke, must walke softly, and
exerciseth themselfes very temperately. The plum-
ettes, called of Galen Alteres, which are nowe
moche vsed with grete men, being of equall weight
& according to the strengthe of him that exerciseth,
are verie good to be used fastynge, a lytel befoe
breakefast o dyner, holdynge in every hande one
plumete, and lyftynge them on high, and bring-
ing them downe with moche vviolence, and so he may
make the exercis violent, o moderate, after the
poyse of the plumettes, heuuer o lyghter, and
with moche o lyttell labourynge with them.

Of Gestation, that is to say, where one is cas-
ryed, and is of an other thyng meued,
and not of hym selfe. Cap. 34.

There is also another kynde of exercis, whi-
che is called Gestation, and is myxt with mo-
uyng and rest. For as moche as the body settynge
o lyenge, someth to rest, and not with standynge it
is meued by that, which beareth it, as lienge in a
bedde, hanginge by coazes o chapnes, o in a cra-
dell, lyffynge in a chaire, whiche is caried on mens
chuldres with staves, as was the use of the aun-
cient Romayne, o lyfynge in a boote o barge,
whiche is rowed, rydynge on a horse, whiche am-
bleth very easly, o gothe a very softe pace. The
bed, cradel, and chaire caried, serueth for them, e
ar in longe & continuall siknes, o be lately recou-
red of a feuer. Also them, whiche haue the fransy
o
diz letharge, diz have a lyghte terciane feuer, diz a
cordisane. This exercyce shetely asswagheth trou-
bles of the mynde, and powoketh slepe, as it ap-
pereth in chylderne, whiche are rocked. Also it is
convenient fo3 them, whichh have the palsey, the
stone, diz the gowte. Gestation in a charpyt, diz wa-
gon hath in it a chakynge of the body, but som
behement, and some mo3e softe. the softe scrueth in
diseases of the heade, and where any matter run-
neth downe in to the stomake and entrayles. But
the behement chakynge is to be vse in the grie-
fes of the breast and stomake. Also in swellyng of
the body and legges in drophies, palseys, mygrie-
mes, and scotomies, which is an imagination of
darkenes, beynge retourned, at the ende of his
journey, he muste lytte up and be eashly moved.
I have knowen, say the Actius, many persones
in suche byle cured without any other helpe. Na-
uigation diz rowynge nygh to the land, in a calme
water, is expedient fo3 them that have drophies,
lepries, palseys, called of the vulgare people, ta-
kynge, and transies. To be carped on a rou3e
water, it is a hyvolyent exercyce, and induceth sund-
dype affections of the mynde, sometyme seare,
sometyme hope, nowe cowarde harte, nowe hard-
dynesse, one whyle pleasure, an o3er whyle dys-
pleasure. These exercyces, if they be wel tempred,
they may put out of the body, all longe durynge
sicknesses. For that whichh is nyxe with reste
and meyrong, if any thinge els may, it most excl-
ently causeth the body to be well nourished.Cel-
lius
Celsus, 2.

Sus doth prohibit gestation, where the body seeth peny, and in the begynynge of seueres, but when they ceaseth, he aloweth it. Rydyng moderately, and without grese, it doth corroborate the spirite and body aboue other exercises, specially the stomache. It clenseth the sences, and maketh them more quicke; albeit to the breste, it is verpe noyfull. It ought to be remembred, that as well this, as all other kyndes of exercise, wold be vsed in a hole counraye, where the ayre is pure and uncorrupted. Forzene, that he that wol exercise, do go first to the doole, for the causes rehearsed in the laste chapter.

Of vociferation. Cap. 35.

The chiefe exercise of the breste instrumentes of the boype is vociferation, which is syn-gynge, redynge, or crieinge, wherof is the proper-tie, that it purgeth naturall heate, and maketh it also subtyll and stabe, and maketh the members of the body substanstiall and stronge, resistinge disea-ses. This exercise wolde be vsed of perones whose wynded, and them, which can nat fetch their brethe, but holdinge their necke streight vp right. Also of them, whose stelhe is consumed, specially about the breste and shulders. Also whiche have had apostumes broke in their brestes: mozoeuer of them that are hooze by to moch moisture, and to them, which haue quarteyn seueres, it is conueniente, it louseth the humour, that spcketh in the breste, and drieth by the moystues of the stomake, whiche
which properly the course of the quartal is wont to bring with hym, it also prostheth them, which haue feble stomakes, or do vomite continually, or do breake by somynes out of the stomake. it is good also for griefes of the head. He that intende to attempte this exercise, let he hath ben at the stool, and softly rubbed the lower partes, and washed his handes. Let him speake with as base a boype as he can, and walkynge, begynne to syngyn lowder, and lowder, but styly in a base boype, and to take no hede of sweete tunes or armony, for that nothinge both prostheth into helche of the body, but to infyce him selse to syngyn great, for therby moche aire drawn in by fetching of breth, that the stomach, and the breasts, and the stomake, and opened and inlargeth the pooses. By high crieng, and loude redyng, are expelled superfluous humors. Therfore men and women, haunghe their bodies feble, and their flesh the louste, and not firme, must reade oftentimes loude, and in a base boype, extendynge out the wynd pipe, and other passages of the brethe. But not withstanding this exercise is not blest alway, and of all persons. For they, in whom is a abundance of humours corrupted, or be much diseased with crudite in the stomake and vaynes, those do I counsale, to absteyn fro the exercit of his boype, lest moche corrupted juice or vapors, may therby be into all the body distributed. And here I conclude to speake of exercise, which of the, that desire to remain long in helth, is most diligently, as I mought say, most scrupulously to be obserued.
REPLECION IS A
superfluous abundance of hu-
mours in the body: and that is in
two manner of wyse, that is to say
in quantitie, and in qualitie. In
quantitie, as where all the four
humours are more in abundance, than be equall
in proportion to the body that containeth them;
or where one humour inchoe exceedeth the remai-
nants in quantitie. In qualitie, as where the
bloud, or other humour, is hotter or colder, thyn-
ker, or thinner, than is convenient unto the body.
Fyrste, where all the humours, beinge superflu-
ously increased, swelleth and extendeth the recept-
ories of the bodye, as the stomacke, the vaynes,
and bowelles, and is moodie properly called ful-
nesse, in greke Plethora, in latyne Plenitudo. The
other is, where the bodye is unfarced, ethere with
coler, yellow or blacke, or with slemne, or with wa-
tery humours, and is properly called in greke Co-
cochymia, in latyne Viciosus succus, in english he it
may be called corrupt fyrece. I wyll not here wyte, the
subtile and abundant deinitions and discrump-
tions of Galene in his bokes de Plenitudine, and in
his cointermaries upon the aphoristhes of Hippo-
ocrates.
ocrates. For it shall here suffice, to shewe the operations of replection, good or ill, remitting them, which be curious, and desire a more ample declaration, to the most excellent workes of Galene, where he may be satisfied, if he be not determined to repugne against reason. Hippocrates saith, where meat is receyved moche above nature, that maketh lyckenesse. Galene declarynge that place saith: Moze meate than accordeth with nature's measure, is named Replection. And afterwaide he expoundeth that wo:de above nature, to sygne to moche and superfluously, as who saith, where the meate is superfluously taken, it maketh lyckenesse. For meate but a lyttel excendyng temperance, may not forthe with make lyckenes, but may yet kepe the body within the latitude of boundes of helche, for the meate that shall make lyckenes, must nat a lyttel excede the erquisite measure. The incommoditie, whyche hayneth thereby is, that mostnesse is to moche extended and naturall heate is debilitate. Also naturall heate, resolueth somewhat of the superfluouse meate and drynke. And of that, whyche is resolvd of meate undegyfted, procedeth summatyce, grosse and undgysted, which asendyng vp into the head, and touchycne the syne, wherein the brynne is wrapped, causeth head ache, trembling of the members, duskyshnes of the sight, and many other lyckenesse: also by the charpnes therof, it pytkeyth and anogeth the sinewes, which make sensibilitie, the roots of whom, arc in the braine.
and from thence pasteth through all the body. 

Finally, the said sumonisie, engendered of reflection, perceiving the innermoste parte of the said synews, called sensible, it greuously annoyeth the power animal, there consistinge, by the occasi

Section whereof, understandyng and reason, as to the use of them, are lette and troubled. And also the tongue, whiche is raylons exopstour, is depriued of his office, as it appereth in them, whyche are drunke, and them, whyche haue greuous penneys in thei head, proceedyng of reflection.

Synes of replicyon be these, losse of appetite, dryth in nothyng, slouthfulness, dulness of the wytte, and sences, more sleepe, than was acquustomed to be, crampes in the body sterpyng or sallcon of the members, fulness of the baynes, and thynkness of the poules, hoysour or thynelyng of the body inryt with heate. The remedies are abstinence, and all evacuations, whereof I will make menció in the next chapite r.

Of Evacuation. Cap. 2.

The meates and drynkes receyued in to the body, if the stomake and lyuer doo their naturall office, be altered by concoction and digestió in suche wise that the best parte therof goth in the nourishment of the body: the worst, beinge separe by the members officiall, from the residue, are made excreentes in sundrye fources and substances, whiche are lyke in qualitie to the natural humour, whiche than raigneth most in the body.
These excrementes be none other, but matter superfluous and unslauery, whiche by naturall powers may not be couerct in to fleshe, but remaynynge in the body corrupt the members, and therefore nature abhorrynge them, desireth to haue the expelled. These excrementes be thre in number, ordure, urin, humour superfluous. Hoze ouer, there be two sortes of ordure, that is to saie, one digested, whiche passeth by siege, the other undigested, whiche is expelled by vomyte. Where I digested saie digested, I meane, that it is passed the stomake, and tourned into an other fpyrygure. Lyke wyse I calle that undigested, whyche spyl retayneth the fpyrygure of meate. Urine is the watry substance of the bloudde, lyke as whay is of mylke, whiche out of the meate that is altered and concreted boyled in the stomacke, is stratyned in the raynes called Mesaraice, whiche procedeth frome the holowe part of thelynner, and sente by the raynes in to the bladder, passeth by the Instrument, the whiche is ordained as well to that purpose, as for generation. Humor superfluous is in, iii. sortes, either myrte with any of the soure humours, called natural, orsels it is gathered in to the brain, or it is betwene the skyn and the fleshe, or lyeth among the sinewes, muscles, or bones. Of humours some are moze grosse and colde, some are subtyle and hot, and are called vapours. Now for to expell the sayd excrementes, are ir sundry kyndes of evacuation, that is to say, abstinence, vomyte, purgation by siege, lettyng of bloud, scaf
Abstinence is a forbearynge to recepue any meate or drinke. For if it be but in parte, it is than called rather temperance than abstinece. It ought to be used onely after repavan, as the proper remeedy thereof. And then if it be moderate, it consumeth suerfluitics, & in consuminge them, it clariscieth the humours, maketh the body saine coloured, and not onely kepeth out sickenes, but also where sickenes is entred, nothyng more helpeith, if it be bleu in season. To them, whyche haue very moyst bodies, hunger is right expedient for it maketh them more drye, not withstandyng there ought to be consideratiōs, in the meate before eaten, in the age of the person, in the tyme of the yere, & in custome. Fyʃt in the mete before eaten, if it be moch in excesse or very grosse, or not moch exceedinge, or lyght of digestion, and accordinge thereto, wolde abstinençe more or lasse be proportioned. Concernynge age, Hipocrates saith, old men may susteyn fastinge easilie; next unto them, men of myddel age, yong men may wars beare it, children want of all, specially they that be lusty; not withstanding here Galen correcteth Hipocrates, saying, that he shuld haue excepted men very old, who
who, as experience declareth, must eate often and lytell. As to changeinge tyne, it must be remembred, that in wynter and springe tyne, the stomakes be naturally very hole, a slepe is longe, a therfore in tyne meates wolde be more abundunt, a all though moche be eaten, it will be sone digested. Wherefoze abstinence wold not be thas so moch as in sommer, albeit to absteyn moch in sommer, ex-
cept it be after repelcion. Damascene sayth, it dze-
eth the body, it maketh the colour slawe, it inge-
dzeth melancholy, and hurteth the sight. Mozoeuer custome may not be forgotten for they, whiche are 
bred from childhode, to eate sundry meales in the 
day, wold rather be reduced to fewe meales, a li-
tell meate, than to be compelled to absteyn utterly, 
to thintent, that nature, which is made by custom, 
be not rubbed, a the power digesture the by debt 
lisate. And note well, that by to moche abstinence, 
the moysture of the body is withdazwen and con-
sequently the body dzeth, and wareth leane: na-
turall heate, by withdazweninge of moysture, is to 
moche incende, and not syndynge humoure to 
warke in, tourneth his hystence to the radycz 
z substantiall moysture of the body, and exha-
undynge that humoure, byngeeth the body into a co-
sumption. Wherefoze Hippocrates saythe, that to 
scarfe and exquiste an order in meate and dznke, 
is for the more parte more dangerous than that, 
whiche is more abundunt. Contrarywysse modera-
tion in abstinence, according to the sayde con-
siderations, is to heith a sure bulwarke.
T
The meate or drynke superfluous, or corrupted in the stomak is best expelled by vomyte, if it be not very greuous to hym, whych he is diseased. Also the moderate use of it, pourgeth fleume, lighteth the head, causeth that the excelle of meates or drynkes, shall not annoy or bunge syckenes. More ouer, it amendeth the affectes of the raynes, the bladder, and the fundament. It also helpeth against lepises, cankers, goutes, dyspieses. It also dyrers syckenes of the stomacke.
For if any grese happeneth of the head, vomite is than uncommodious. It is better in winter than in sommer. Also good for them, which are repelete or very coleryke, if they have not welle digested, but it is still for them that be leanest, or have weake stomakes. And therefore where one feeleth better vapours, risinge out of his stomacke, with greese and weightynes, in the out partes of his bodye, let him runne forthe with to this remedy. It is also good for him that is hart burned, and hath moche spittel, or his stomake wambleth, and for him that remeeteth into sundry places, yet I counsale saith Cellus, hym that will be in helth, and wold not be to soone aged, that he use not this dayelye.
And I my selfe have knowen men, whiche daylye vsinge it, have brought therby their stomakes in to suche custome, that what so ever they dyd eate, they coude not longe retaine it, wherby they shorten their liues. Wherefore it wold not be vsed, but onely where great surfte, or abundance of fleume do
do require it. He that will vomyte after meate, let hym drinke sundry drinke myrte together, and last of all, warme water: o, if that be too eate, let hym myrte therwith salt o, honey. If he will vomite fastynge, let him drinke water and honey sodden together, o, if he with it, o, eate of a radish the roote, and drinke warme water upon it. also water, wherein radish he is boyled, and afterward prooke hym selfe to it. Then, that will have more violent purgations, I remytte to phisicions learned. But yet I do estiones warne them, that therin they be circumspect, and do not moche bile it.

Moreover in vomytes, the matter brought forth, would be consideréd, according to the rules of Hippocrates, in his seconde boke of pronostications, that is to say, if it be myrte with slemne and color, it is most profitable if it be not in very great quantity, no thick, the latter mixture it hath, the wars is it. If it be greene, like to leke blades, thyn o, black, it is to be iuged yll. If it have all colours, it is extreme perillous. If it be ledy coloured, it suavourith horribly, it signifieth a short abolution, or dissolution of nature. For as Galene affirmeth there in his commente, suche maner of vomite declareth corruption with extinctinge of nature. Also every putrisied and synkyng sauour in vomyte is yll. These things be ryght necessary, to be loked for, where one doth vomyte without any difficulty: but to inforce one to vomyte which can not, is very odious, and to be abhorred.
Of Purgations by siege. Cap. 5.

If the bed be heavy, or the eien dimme, or if there be payne felt of the colyke, or in the lower parte of the bely, or in the hipples, or some coletike matter, or slemme in the stomake. Also if the breath be hardly fetched, if the bealy of hym selke sendeth forth nothing, or if being costued, one sleeth ye sauour, or bytternes in his mouth, or that which he maketh, hath an horrible sauour, or if abstinence do not, at the first putte awaye the feuer, or if the strength of the body may nat susteyne letttiuge of blud, or els the tyme therofo convenient is past, or if one have drunke moche before his lyckenes, or if he whiche oftentypes unconstrainted, hath had great sieges, be sodeynly stopped: in all these cases, and where it is pepnfull to vomyte, and in gnawinge or stretinges of the stomake, finally in all replications, where a man cannot or shall not be let bloudde o’ vomyte, it is expedient to prouoke the siege by purgations, whiche are receyued by two wayes: bywarde at the foundement by suppositoies o’ clysters, Downewarde at the mouth, by potions, electuaries, o’ pyles. Suppositoies are used, where the patient is weake, and maye not receyue any other purgations, sometyne so as moche as the strait gutte is stopped with excremente, which are d: p and hard: sometyne where there nedeth none other pourgation, specially in bourninge feuers, wherof the matter ascended in to the head, than clisters may do harme, by the benefit of suppositoies, excremente are brought forthe...
forthe without any annoyance. And oftestymes it
hingeth forthe that which clysters may not.
Suppositories are made somtyme with hony on-
ly, sodden, rolled on a bourde, and made rounde,
smaller at the one ende than at the other, 2 of the
length and greatnes, according to the quantytie of
the body that taketh it. Somtyme there is myrte
with the hony salt dyed, 2 salt peter, 2 the pow-
der of suche thinges, as do ethere purge the hu-
moz, which offedeth, 2 dissolueth grosse windes,
2 other matter: they be somtyme made with ro-
cyn, pitche, ware, 2 guymes, somtyme of rotes, 2
the leaues of mercury grene, very small bruised.
also with figgis 2 reisons, the stones take out, 2
of white sope, made i the figure aforesayd. 2 being
made in the soyme aforesayd, they must be put by
in at the fundement, to the great end, and the pa-
cient must kepe it there the space of halfe an houre
2 moze. Clysters are made of lycur, sommytme
symple, as water sodden, mylk, oyle, 2 wyne. Som-
tyme myrte, as water and oyle togethier, 2 decocti-
ons, as where herbes, rotes, frutes, sedes, 2 gu-
mes, haunynge propertie to make softe, dissolu-
drawe sothe, 2 expelle matter that greueth, be
boyled, and the lycur therof, somtyme warme:
soyme hote, is receyved at the fundement into
the body by a lyttell pipe of golde 2 spluer, pur-
tie 2 wodde, thesfoze 2 depned and calleth a cly-
ster pipe. This is necessary, where the stonake is
weake, and may not susteyn the warkinge of me-
dicines receyved at the mouth. also in feuers, co-

lykes, and other diseases in the bowels, griece in
the rapnes of the backe or huckle bone, ventoses
ties in the bealpe, inflamation or exulcation in
the guttes or bladder. It is a convenient and sure
medicine, and left hurt doth ensue of it. The ma-
kinge and optringe thereof, I wyll omptte to wyte
in this place, paritly that I wold not, that phisici-
ons chuld to moch note in me presumption, par-
ly that an nother place may be moze apte to that
pourpose.

The particular commodities of every
pougation. Cap. 6.

In potions, electuaryes, and pyles ought to be
moche moze observation, than in eysters or sup-
positories, for as moche as these do enter no fur-
ther than in to the gutte, where the ordure lieth,
by that place only, byngeth forth the matter, whi-
che cauleth disease. But the other entringe in that
way, that meates and drinkes do, commeth in to
the stomache, and there is boyled, and sente in to
the places of digestion, and afterwaerde is mixe
with the tuyce, wherof the substance of the body
is made, and expellynge the adversary humours,
somewhat therof doubtesle remayneth in the bo-
dy. Wherfoze men haue nede to beware, what me-
dicines they receypue, that in them be no beneno-
sifie, malyce, or corruption, lest for the expelinge
of a superfluous humor, whiche perchance good
diete, or some brothes made of good herbes, or the
sayde evacuacion, with suppositorie or eyster,
mought
ought bring forth at pleasure, by delayinge of to hasty remedy, they receipue in medicine that, which shall ingender a venomous humour, and not suitable destruction unto all the body. And therefore happy is he, whiche in sycknes syndeth a discrete and well learned phisition, and so true a poticary, that hath alway drowges uncorrupted, to whom the phisition may surely trust, to dispence his things truely. But now to returne to the sayd soyme of purgation, I wyll nowe set forth some counsayles, concernynge that matter, which I have collected out of the chiese authours of phisike.

Bodies hotte and moyst: may easely susteyn purgation by the stoole. They, whiche be icane ou thyn, hauynge the members tender, may take harme by purgations. To men that are colerike, and them, that eate litell, purgations are gredious. In yong chyldren and olde men, it is daungerous to loue moche the bealy. To them that are not wont to it, purgation is noyfull. He that liueth in a good order of diet, nedeth neither purgation no vomite.

After that the purgation hath wrought, chirstines and sounde lepe, he signes that the body is sufficiently purged. By dayly takynge of medicines, nature is corrupted. When ye wyllle purge any thing, make first the matter flowing and soluble.

Medicines to purge ought not to be mingled with meate, but to be take foure horas at the least before meales, or three horas after meales, excepte certayne easy pylles made to cleanse and comforting the stomake, whiche wold be taken at the beginnyng.
ring of supper, or after supper, a little before that one goth to bed, making a light supper or none. After purgation taken, the patient should rest, and not walk, until the medicine hath wrought, no; eate or dyntke in the meanes space. This is a general rule concerning excrements, that is cause of rectapynge of them beinge perceived, the contrarys into that cause wolde be given, as if a lytell quantitie and dyntke be the cause, than to take more in quantitie, and that whiche is moste of dyntke be the cause onely, than not to increase the quantitie, but that whiche is moste. If the cause be of taking soure thynges or byter, than to be competently thynges sweete, or fatte. Lykewyse in order of meales, as if he whyche was wonte to eate twyse in one day eareth but ones, and therby is dissased, he must seade not onely twyse in one day, but also ofter, haunge respect to a convenient quantitie. These things haue I remembred, because I haue knowne right good phisitions, to haue forgoten, to instruct therof their patientes. Nowe wyll I sette fo; the table of suche thynges, which of their propertie do digest or purge superfluous humors particullarly, whiche I haue gathered out of the bokes of Dioscorides, Galen, Paul, Eginita, Oribalsius, Aetius, and other late writers, not with standynge, I haue not witten all, so as moche as there be pryuers thynges, wherunto we haue not yet founden any names in englishe.
§ Digestines of Choler

Endype.
Lettysse.
Cyktozie.
Scabiose.
Maydenheare.
Malowes.
Mercurye.
The iuyce of pomegranades.
Pourselane.
Poppe.
Berberyes.
Roses.
Violettes, the leafe and flower.
Sozell.
Ayuerwozet.
Soyell de boyle.
Whay clarified.
The great soure colde sodes, that is to sawe, of gourdes, cucumbers, melones, and citruls.
Psillium.
Vineger.
Saunders.
Barley water.
Prunes.
Tamarindes.

§ Fourgers of Choler.

Cwoylde hopses.
Wonnewode.
Centozie.
Fumitozie.
Whay of butter.
Violettes.
Mercurye.
Juyce of roses.
Prunes.
Agrimony.
Tamaryndes halfe an ounce in a decoction:
Manna, vi. drammes at the leaste, and soo to rxb. in the brothe of a hemne oz capon.
Reubarbar by it selle from two drammes, to foure, infused oz, stipped in lycour, from two drammes into viii.

§ Digestines of Aecume.

Fenell, the rotes.
Persely.
Smaltage.
Capers.
Lawzetz.
Synup
The Thirde

Synuye.
Pulp.
Maioram.
Penpropall.
Wylde parsnyp sed.
Wynt.
Pympernell.
Pozemyt.
Gladen.
Agrymonye.
Calampyt.
Rep.
Betyane.
Sauge.
Radyshe.
Mugwozte.
Junpper.
Hylope.
Pyonye.
Baulme.
Honpe.
Gynger.
Squilla.
Aristolochia.
Cynamome.
Pepper.
Cumynye.

Agrimone.
Alder.
Polypodis of the oke.
Myzobalani kebult, in-
sulfed from half an ounce
to an ounce, and ii. dras-
mes. In substance, from
two dramoses to halfe
an ounce.
Agaricus from a drasme
to two dramoses infused,
from ii. drasmes to five.
Yreos.
Maydenheare.
Sticados.

Purgers of melane
colye.

The broth of cole-
woztes lyght boyled.
Baulme mynte.
Sticados.
Tyme.
Seene, boyled in white
wine o2 in the broth of
a henne.
Laced lavoury.
Erichinus.
Unwrought yylke.
Organum.
Calampyt. Bourage

Purgers of fleume.

Ccentozie.
Nettyll.
Bourkege.  wyth wynde.
Partisongue. Pulpall montayne.
Quickbome.  Bone.
Mayndenheare.  Sugar.

It Melancoly for the thyynesse and subtynesse of the humour, nedeth no digestiu.

They whiche wyll take sharper purgations, o2 compound with dyuers things, let them take the counsalye of an honest and perfitte phisition, & not adventur to myyte thynges together, with out knowing the temperance of them in degrees, and that he can proportion them to the body, that shall receyve them in lymples, as they be written. And so he may use them without peryll, ageynste the hounours, wherunto they serue.

Lertynghe of bloudde. Cap. 7.

The parte of evacuation by lettinge of bloud is incision o2 cuttynghe of the bayne, wherby the bloud, whiche is cause of lyckenes o2 grieve to the hool body, o2 any particular part thereof, doth most aptly passe. The commodittees wherof, beinge in a moderate quantitie, and in a due tyne taken, be these that folowe, it clarifie eth the wytte, and maketh good memory, it clenseth the bladder, it drie eth the bayne, it warmeth the marowe, beinge in the bones, it openeth the herynge, it stopeth teares o2 doppynge of the eyen, it taketh away lothsonnes, and confirmeth the stomake, it nozlytheth that which is prope to nature, and the con-

Arnoldus
de uilla
nuna.
THE THIRDE

contrary expelleth. It is thought, that therby life is prolonged, and the matter makyng heckenesse mostly consumed. Wherefore lettyng of bloude is not only expedient for them, which are full of bloude, or haue abundance of strength, but also for them, in whom, without plentitude, callyd fulnesse, inflammations begin to be in their bodies, or by some outwarde stroke, the bloude being gathered within by collection therof, do fele greke or disease. Also where there is moche peyne felt, or de-bilitie of some member, wherof is supposed to be ingendred some greuous disease. Moreover they whiche vs excelle of meates and wynkes, maye be cured by lettyng of bloude. But those, whiche be temperate, keppyng good diete, be holpen without lettyng of bloude: as by fricthyng of baches, exercise, walkynge, and rydnyng moderately. Alsounctions with oples and opamentals, callyd Diaphoretices, which by evaporation, do shortly evacuate the fulnessse. All be it, if the fulnessse be of melancolye bloude, than alwaye neves muste be lettyng of bloude. Aboundance of melancolye bloude is known by these lygne. There is felt in the entraples, or within the bulke of a man or woman, a weyghtynesse with tenti- on or thrustynge outwarde: and all that part, whiche is aboue the nauell, is more heuy, than it was wont to be. Also moch brin and fatty, the residere 0; bottom chycke, troublous, and fatte, sometyme blacke pouaches 0; hoples, with inflammation and moch peyne. These must be shortly let bloude, and the
The melancholy humors also purged by sige. They which have crude or raw humors, must be warely let bloode, before that sycnesse ingender, but hauynge the feuer, in no wyse. Concernynge let-
tynge of bloud, these thinges followinge wold be
hadde in continual remembrance, and be asoyn
thought on. In abundance of the bloud, the qua-
litie and quantitie, the greatnesse of the sycnes,
and if it be present, or loked so, also the diette pre-
cedynge, the age and strength of the peronne, the
naturall fourme of his body, the time of the per,
the region or country, the present state of the aire,
the dibyl of accustomed exercise, the settinge of e-
uacuations bled before. In qualitie consider, of
what humour the syliness proceedeth. In quanti-
tie the abundance of that, whiche is to be purged.
In sycnes, if it be dangerous or tolerabyl; if the
sycnes be present, it requireth the more diligence: if
it be loked so, it may be the better proportioned.
In diet, the custome in eating and drinking must be
specialy noted. In yong men and women, lettinge of
bloud wold be more liberall. In old men and yonge
children, it wold be starker: stronge men may su-
fterne bledinge, they which are feble, may not en-
dure it: Large bodies have greater vessels, than
they, whiche be littell, leane men haue more bloud,
cozpozate men haue more fleshe. The tymc of the
peron must be specially marked. For in the begin-
tynge of sprynge tymc is the best lettinge of bloud,
as Orbasius sayth, and so doth the continue, after
the opinion of Irnole, unto the eighte calendes
THE THIRDE

Oriba. su.
Arnoldus
de uilia
noua de
flobothos-
mia.
Io. Dama
scenus in
artem ed.

of June. Aetius affirmeth, that in wynter, oz in a colde countrey, oz where the person is of a very colde nature, the daynes shulde not be opened. And Damascene saythe, They whiche in yowthe have blod to be moche let blod, after they be the scoze yerers olde, their nature wareth colde, and naturall heate is in them sufforate, specially ye they were of a colde compleion, but that is to be understande, where they that are in helth, are of ten let blod. Foz in the lype from helth, and in dyuers diseases, wherein the bloud be corrupted, oz where it ingedaleth impostumes, oz resorteeth to any place, where it ought not to be, oz pasteth by any other cundyte, than nature hath ozdeyned, oz where it is furious oz inflamed, oz by any other meanes hzedeth greuous diseases, in all these ca-

les, it ought to be practised, ye sometime in aged persons, women with childe, and yonge infantes. Foz in extreme necessitie it were better experience some reignedy, than to do nothyng.

All other things concernynge this matter, partayn to the part curative, which treateth of healynge of lycknes, wherof I wyll not nowe speake, but remytte the reders to the counsaille of discrete phisitions.

Of scariffynge called boxyng or cuppyng. Cap. 8.

Galenus.

F oz as moche as it is not conuenient, to be let bloud oftentimes in the yere, because moch of the bytall spirite, pasteth fowth with the bloudde, which being exhaust, the body wareth colde, and naturall operations becom the more feble, I ther-

fote
foze do countayle (sayth Galen) that the base partes of the body, as the legges, be scarified, which is the moste sure remedy, as well in conteruynge helthe, as in repayrynge therof, beinge decayed. For it cureth the eyen beinge annoyed with longe dystickations. It profiteth also to the head, and othyer partes of the body against sundry diseales. In what member the bloud is gathered, the body being fyrst purged by scarification, the grese maye be cured. Also Oribatius affirneth the same, and also addeth therefo, that it helpeth suynances, or quynnes in the shote, and dissolueth the constipa-
tions or stoppings made of all places, if the places be scarified: not withstanding application of boxes about the stomake, in hot feuers, where reason is troubled, ar to be eschewed, for feare of suffocation. Lykewise put to the head undiscreetely, it hurteth both the head and the eies. The late authores do affirme, that scarifying is in the stede of lettinge bloudde, where for age, debilitie, or tyne of the yere, or other lyke consideracion, a manne may not susteyn bloud lettynge, and it bynygethe forth the thynd bloud, which is next to the skynne.

Of bloud suckers or leaches. Cap. 9.

There is also an other fourme of evacuation by wormes, founde in waters called bloudde suckers, or leaches, which beinge put into the body of member, doo drawe out bloudde. And ther drawynge is more convenient for suynesse of blod thanne scarification is, for as moche as they fetche bloude
THE THIRDE

bloude moze deper, and is moze of the substaunce of bloude. yet the opinion of somme men is, that they do drawe no bloude but that, whiche is corruppted, and not proportionable unto our body. And therefor in greses, whiche happen betwene the skynne and the fleshhe of bloude corruppted, these are moze convenient than scarifienghe. But before that they be put unto any part of the body they must be spurre kept all one day before, giuinge unto them a lyttell bloude in fresshe fleshhe. And than put them in a clene water, somewhat warme, and with a spounge wyse away the skyme, whiche is about them, and than lay a lyttell bloud on the place greued, and put them than to it, and lay on them a spounge, that when they be full, they may saffe awaye, or if ye will sooner haue them of, putte a horse heare betweene them mouthes, and the place, and drawe them awaye, or putte to their mouthes saltte or ashes, or byneger, and forthwith they shall saffe, and than wash the place with a spounge: and if there doo souse moche bloude, laye on the place the pouder of a spounge, and pytte bourned, or linnen clothe bourned, or galles bourned, or the herbe calleed burna pastoris bryped. And this sufffleth concerning bloud suckers.

Q of hemoroides or pylles. Cap. 10.

Hemoroides be baynes in the foundement, of whome do happen sundry passions. sometyme swellynge, without bledynghe, sometyme su-

perfluous
perfluous bloud by the puissance of nature, is by them expelled, and than be they very convenient.
for by them a man shall escape many great sicknesses, which be engendred of corrupted bloude, or of melancholy. Semblably, if they be hastily stopped frome the course, which they haue bene used to, thereby do increase the said sicknesses, which by them were expelled, as dropsies, coloumptions, madness, franties, and divers diseases of the head, and other sicknesses, palenes of the byslage, gresse in the raines of the backe, and thies. And if they flow to moch,there influet feblenes, leanenes of the body, alteration of colour, great peynes in the lower partes of the bodye. And yf the fluxe be unmoderate, it engendreth myscheuous diseases. wherfore it wolde be diligently taken hede, that they runne in mesure, or els to bse some thinges moderatly, which may restrayn them.

Concerninge other evacuatiōs, I do purposefully omytte to wyte of them in this place, for as moche as in this realme, it hath bene accompted not honest to declare them in the vulgar tongue, but onely secretely.

Of affectes of the mynde. Cap. ii.

The last of thynges callid not naturall, is not the least parte to be considered, the whyche is of affectes and passions of the mynde. For yf they be immoderate, they do not onely annoype the body, and shorten the lyfe, but also they do appaire, and somtyme lose utterly a mans estimation.
that moche moze is, they bringe a man from the
ys of reason, and sometyme in the displeasure of
almighty god. wherefoze they do not only require
the helpe of phylyke cozpoall, but also the coun-
sell of a man wylle and well lerned in mozall phi-
losophye. wherefoze after that I haue recpted,
what they be, I wyll briesely declare suche coun-
sayles, as I haue gathered. And as concernyng
remedies of phylke saunge a few symbles, which
do comfort the harte & spirites, the residu I wyll
remyte to the counsayle of phisitious, lyke as I
haue done in euacuation. Affectes of the mynde,
wheryby the body is annoyed, and do being in sik-
ness, be these vze of wrath, heynes o2 forow, glad
nes, o2 retopynge.

Of Ie. Cap. 11.

Ke is hendlyd in the harte, indzynatyly chaun-
saye the spirites there, and than is sent fo the
in to the members, and doth superfluously heate
them, and disturbeth reason, where the bodyes be
bothe afoze. Where naturall heate is seebly, the
heate may nat be dispersed into the extreme par-
tes, and than dothe the extreme members, that is
to say, which are farre frome the harte, remayne
colde, and tremblynge. Of this affectio cometh
sometyme feuers, sometyme appoplexies, o2 prava-
tion of sensits, tremblynge, palleps, madnes, fran-
ties, des2mittie of bilage, and that ware is, outr-
cagious swearynge, blasphemy, des2r of venge-
ance, losse of charitie, amittie, credence, also forget-
sulnes
fulnesse of benawte expedynge, and of Obedyence, 
duete, and reuence. There also do succeed contention, chargeable suite, unquietnesse of mynde, 
lacke of appetite, lacke of clepe, seeble digestion, 
scoyne, disdayne, and hatrede of other, with peryll 
of losynge of all good reputation. These incom-
moditities of Ire, perfectely had in remembrance, 
that at the first motion therof one of them thought 
on, may happen to brynge in his felowes, ther-
by the flame may be quenched. O? let hym that is 
angry, euene at the first consider one of these thin-
ges, that lyke as he is a man, so is also the other, 
with whom he is angry, and therfore it is as le-
kfull for the other to be angry, as unto hym:and if 
he so be, than shall that anger be to hym displea-
sant, and there hym more to be angrye. Wherby it 
appereth, that Ire is to hym lothsome. If the o-
ther be patient, than let hym abhorre that brynge 
in hym selve, the lacke whereof, in the other con-
tenteth hym, and asswageth his malice. Wbere o-
ter, let hym before, that occasion of Ire doth hap-
pen, accustome hym selve to beholde, and marke 
well them that be angry, with the successe of that 
anger, ruminate it in his mynde, a good space 
after. And in that tyme, let hym remember, how 
Christe, the sonne of God, and God, who (as he 
hym selve sayd) mought have had of God his fa-
ther, if he wolde haue asked them, legions of an-
gels to haue defended hym, ye with lassethan a 
brynge, mought haue slayne all his aduerclaries: 
yet he not withstandinge rebuked, scoyned, fallately 
accused
accused, plucked by thyr, & thyrth, styrped, boun-
den with halteres, whyped, lypped, bussetted, 
crowned with shapre thonne, laded with a heuyse 
piece of tymber, his owne proper toynent, halyd, 
& dyesen forth lyke a calf to the slaughter hous, 
estones beaten and ouerthrowen, retched forth 
with ropes, armes and legges layd on the crosse, 
and therunto with long p'non nailpes through the 
handes and sete nailped, with many strokes of hâ-
mers, with many prickynge, or euer the nailpes 
mought perce by his tender & most blessed fleshe, 
and synews, quyte throughghe the harde tymber, 
by to the heads of the nailpes, and all this being 
done for the offence of mankynd, and not his, yet 
with the men, whichu dyd it, his mooste vuipnede 
country men, his moost vnaturall kympesmen, 
whom he lyprke made of nothyng, preserued by 
mypracles, delpurered from perysles, and cured of 
dysplases, in all his vexation and trouble, he was 
never sene or percepyted angry. If one wyll saye, 
that Anger is naturall, lette hym also consyder, 
that in Christis manhoode were all naturall po-
wers. If he wyll saye, that Ire is token of cou-
rage, and in Christe it lacked not, whome both an-
gels and deyls trembled and feared. The pre-
mysles often revolued, and boyn in the mynde, If 
wyll not say, shall wythly extinte all motions of 
wrath, whiche is not possible, but it shall, when it 
kyndleth lyghtly repzelle it, and lette that it shall 
not growe into flamme. And in speakyng here of 
wraide, I do not meane that, whiche good menne 
hau
have against vice: or wise and discrete governors, and maisters, against the deuotes, or negligence of their subiectes, or servauntes, vied in rebukynge them, or moderately punydestyghe them. For that is not properly vise, but rather to be called displeasure, and is that wherof God speketh, by his prophet Dauid, layenge, Be you angry, and do not lyme. And that maner of anger, hath ben in dyuers holy men, prophets, and other. And it apperred in Christe, when he draue outhe them, whyche made their markete, in the holy temple of God, where there oughte to be no thyng, but prayre. And in lykewise, when he rebuked the hypocrites. But if none of these thynges may come to moystely to his remembrance, that is meued with anger, at the leaste, lette hyrn thinke on the lesson, that Apollodore the phys- lopher, taught to the emporour Octauian, that before he speake or do any thyng in anger, he do recite in order, all the letters of the A.B.C., and remoue somwhat out of the place, that he is in, and seke occasion to be otherwyse occupied. This al for this tymhe sufliseth, for the remedys of Ire. And he that wil knowe moe of this matter, lette him rede in my warke, calyde the Gouernour, where I therof do wrighte moe abundantly.

Of doynt or heuynesse of mynde.

Capitulo. 12.

There is nothyng moe enempe to lyfe, than ynowe, calyde also heuynees, for it exhausteth both
bothe naturall heate and moysture of the bodye, and dothe extenuate or make the body leane, dulleth the wyte, and darkeneth the spyrites, leteth the ble and judgemen of reason, and opprffeth menoye. And Salomon sayth, that soowe deth by the bones. And also, lyke as the mothe in the garment, and the wourme in the tree, so dothe heupynesse annoye the harte of a manne. Also in the boke calld Ecclesiasticus, soowe hath kyll many, and in it selfe is founde no commoditie. Also by heupynesse deth is hastened, it hydeth vertue or strengthe, and heupynesse of harte boweth downe the necke. This is so puissant an enemie to nature and bodily helth, that to resiste the mal-lyce and violence therof, are required remedies, as well of the holsome counsayles founde in holy scripture, and in the bokes of mozell doctrine, as also of certayne herbes, fruities, and spyces, haupynge the prophets to expelle melancolyke humours, and to comfort and kepelyue the spyrites, whyche haue their proper habitation in the harte of man, and moderate nourishynge of the naturall heate and humour callyd radicall, which is the base or foundation, wherbyon the lyfe of man standeth, and that sapling, lyfe falleth in ruine, and the body is dissolved. Nowe spyrte I wyll declare some remedies a gypnst soowfulnesse of harte, concernyng necessary counsayle.

Sometyme this affecteth hapneth of Ingratitude, ether where soz benefyte, o2 speciall love employede, one receypteth damage, o2 is abandoned in his
In his necessitie, o2 is deceued of hym, whome he trusted, o2 syndeth hym, of whom he hath greate expectation, fogetfull o2 negly gent in his commodoitie, o2 percepyeth the persone, whome of longe tymhe he hath loued, to be estranued from him, o2 to haue one of later acquyntance in moze estymacion. This affection nyppteth the harte, ye of most wyse men, fo2 they loue most hartily, not prouoked by carnal affection, but rather by good opinion, ingedzed by similitude of honest studies and vertuous maners of longe tymen mutually experienced. And it is not only unto ma greevous, but also unto god most displeasent and odious, as it is abundantly declared in scripture. Wherefore the persone, whiche seleth hym selfe touched with this affeecte, before that it growe into a passion, and wareth a sycknesse, lette hym call to remembrance these articles solowinge, o2 at the lest ways some of them, fo2 everycshe of them maye ease hym, though perchauncly they can nat forthe with persitely cure hym.

Consider, that the corruption of man's nature is not so moch declared in any thing, as in ingratitud, wheryby a man is made warke, the dyuers brute beasts. The lytell ant o2 emote helpe by his folow, whom he seeth ouerthowen with burdeyn, o2 by other occasion. Also whan ol翰hantes do passe ouer any great water, the grettest and most puissant of them deuide them selfes, and settyng the weakest in the myddell, part go before, tryng the depenes and peryls, parte come after, success-

Consait show against ma gratitud.

Appianus in varia his toria.
ringe the weakest of least, with there longe noses,
when they see them in danger. The same beatres
have ben seene not onely bynge men out of deserts,
which have lost their ways, but also reuenge
the displeasures done to them, the which gaued
them meate, as one that clewe him, which had co-
emptted aduoutrie with his mapsters wyse. The
terrible Lyons and Panthers, have ben seene in
their maner, to render thankes to their benefact-
tours, ye and to objecte their owne bodyes and
lyues for their defence. The same we maye dayly
beholde in our owne dogges. Tha in whom thou
syndest the detestable wyse of Ingratitude, repu-
tynge hym amongst the warste of creatures,
thinke not that thou hast lost a frende, but thinke
that thou arte deluercd from a monster of na-
ture, that devoured thy loue, that thou art now
at libertie, and haist won experience to chese the a
better. But if this may not suffise, than estones
consyder, that if thou loke well on thy selfe, per-
chance thou mayst synde the same of whom thou complaynest, within thy owne bodome. Calle to
thy remembrance, if thou hast alway rended un-
to every man condigne thankes or benefitt, of
whom thou hast kyndnes receuued, or if thou hast
alway remembred, every one of them, that haue
doone to the any commoditie or pleasure. Thou
shalte well percepye, that what thynges thou re-
cepyedst in childhode, thou forgettest, diddest
litel esteme, when thou camist to the state of a ma.
And what thou dyddest remember in youthe, in
age
age thou dydest lytell thynke on: thy nouryces pappe, her rockynge, her watchynge, thou haft not alway remembred, or equally recompened.

Thy schole maysters study, his labour, his dyly-gece, in a like degre, thou haft not required, what greter fredes haft thou had, of whom thou couldest receyue any greter benefites, than thy nozi-chynge and preseruinge of thy lyfe, in thy most fe-blenes, or thyne crudici, whereby thy nature was made moze excellent. Remembrynge this, leave to be angry or sozowsfull soz sozomon a byce, yet if it cesse not to greue the, cöserre the ingratitute that doth brete the, with that ingratitute, whiche was chewed by the Israeltis, whome god chose fo; his owne people, deleyuered from seruage, chewed fo; them wöders, presuered them fozy peres in desert, destroyd fo; them kynges, gawte to them the countryp, whiche slowed mylke and hony, de-fendered them ageyns all outwarde hostilitie, sente unto them such abundance of ryches, that synuer was in Hierusalé, as stones in the strete, had his tabernacle, and afterwarde his moste holye tem-ple amonge them, whiche he dyd aply bylit with his divyne maiestie, made their kynges to reigne gloriously, and spake with their prophetes fam-lyparly, and cörected theyz erroors mooste gentilly; and yet fo; all this, they inbacyynge the papynms idolatrie, they left so gracious and lo-ynyng a lodde, and lyuyngg god, and to his greatte dispite, gawte divyne honours, to calues of brasse, and other monstruous images, and at the laste,
put to moste cruell death, the onely sonne of god, that had done so much for them.

And if we christen men, do loke well on our selues, revoluyng the incomparable benefite, whiche we haue receyued by Chris leaving passion, and consider the circumference of his moste excellent patience, and moste fervent loue toward vs, with our forgetfulness, and the daply brache of our promise, whiche we made at our baptysme, conferringe our mutuall vnkyndnes therunto, there shal appere none ingratitude that shulde offende vs. Fynally for a conclusion, beholde well about the, and thou shalt all day synde the chylde ren ingrate to their parentes, and wyues to their hulbandes. And wylte thou loke that thy benefite of barren expectation, shuld make the more fre from ingratitude of thy frende, whose chaunce hath sent the, than nature maye the parentes toward their children, or the contiuction of bodies by lefull mariage, take vnkyndenesse from the wyues toward their hulbandes. This vice therto of ingratitude, being so common a chance, maketh no worldly freundshyp so precious, that lyfe or helthe therto se shulde be spent or consumed. I haue bene the longer in this place, bycause I haue hadde in this greiue sufficient experience.

If death of chylde ren be cause of thy heuyness, call to thy remembrance some chylde ren (of whome there is no lyttell number) whose lyues either for uncorrigible bices, or infortunate chances, haue ben mote greuous unto they? parentes, than
than the death of thy children, ought to be unto thee: considering that death is the discharger of all griefs and mysteries, and to them that dye well, the best entry in to lyfe euerlastynge.

The losse of goodes or authority doe grieve losse of none but fools, which do not marke diligently, goodes, that lyke as nether the one no the other doth alway happen to them that are worthy, so we have in daily experience, that they falle from hymdeeply, who in increasyng no kepynge theynse meth moste buspe.

Oftentymes the repulse frome promotion is cause of disconsolate, but than conlyder, whether in the opinion of good men, thou art demed worthy to have such aduancement, or in thyne owne expectation and fantasy. If good men so judge the, thanke thou god of that felicitie, and laughe at the blyndnesse of them, that so haue refused the. If it procede of thyne owne folpe, abhore at arrogance, and infozze thy selte to be advanced in mens estimation, befoze thou canst synde thy selte worthy in thy proper opinion.

All other chaunces of fortune, esteme as noo thyng, that lone before they do happen. The ofte recogynge of myserie, prepareth the mynde to sele lesse aduersitie. And the contempt of fortune is sure quietenesse and most perfite felicitie.

This nowe shall suffice concerninge remedies of no, all philosophie. Nowe wyll I write somewhat touchynge the counsayle of phisycke, as in reliucynge the bodye, which esther by the capde occasi-
occasion, or by the humour of melancholy is brought out of temper.

The sythe counsayle is, that durynge the tyme of that passion, eschewe to be angry, studious, or solytarie, and reioys the with melody, or els be al way in suche company, as beste may content the. Auyoyde all thynges that be noyous in syighte, smellyng, and heryng, and unbrace al thinge that is dilectable.

Flee darknes, moche watche, and busynesse of mynde, moche companieng with women, the use of thinges very hote and drye: often purgations, immoderate exercise, thirst, moche abstinence, dry wyndes and colde.

Absteyne from dayly eatinge of moch olde biese, or olde mutton, harde chese, bare flesh, boozes flesh, venison, saltyshe, colewoztes, beans, and peacon, very course breadd, greatte sythes of the see, as thurlepole, popple, and sturgeon, and other of lyke natures, wyne redde and chycke, meates beinge very salte or lowe, olde, burned, or fried, garlyke, onyons, and lekes.

Use meates, whiche are temperatly hotte, and therewith somewhat moyste, bopled rather than rosted, light of digestion, and ingendying bloude clere and fine. As mylke hot from the ydder, or at the lest newe milked, rouen chese, sweete almondes, the pelkes of rare egges, nitel bydes of 9 bushies, chykens, thennes, wyne white, or clarette, clere, or fragraunte. Sweete sauours, in winter hot, in sommer colde, in the meane tyme temperate.
Confortatines of the Harte botte.

Bourage, the floure of leafe.
Bagloose.
Baulme mynte.
Elycampane.
Cloues.
Cardamomum.
Rofemarye.
Lignum aloe.
Musk.
Ambergrise.
Saffron.
The bone of the harte of a redde dere.
Mynets.
The rynde of Cytron.
Been.
Cububes.
Valpyle.

Confortatines of the Harte colde.

Jolettes.
Perles.
Cozalle.
The unicoznes hozne.
Olde appulles whiche be good.
Roses.
Saunders.
The olyphantes to the.
Water lyllies.
Coriander prepared.

Confortatines temperate.

Jacincte.
Saphire.
Emerauldes.
Myzabolanes, callyd kebuli.
Bagloose.
Golde, syluer.

Of Ioye.

Dye 02 gladnesse of harte dothe prolonge the lyfe, it fattereth the body that is leane with troubles, byinginge the humours to an equall temperance, and drawinge naturall heate outwarde. But if it be sodapne and seruzente, it oftentymes seeth, so as moche as it draweth to sodapny and excisesthe:
excessively natural heat outwards. And therefore dyuers men and women have ben sene to sally in a sounde, when they haue sodenly beholde the persones, whom they serenely loued.

As a woman in Rome, herynge syste, that her sonne was slayne in battayle. After whan he cam to her, she seynge hym a lyue, imbrazynge eche oter, she dyed in his armes. This well conseyred ageynst suche inordinate gladnes, the beste preservacion is to remember, that the extreme partes of mundayne ioye is sozowe and heynesse: And that nothing of this world, may so moche rejoyce vs; but occasion maye cause it to be displeasent vnto vs.


It semeth to me not inconuenient, that I doo declare as well the counsayles of ancient and approued authoys, as also myne owne oppinion gathered by diligent marking in dayly experiencēe, concernyng as well the necessarie diet of euerie complection, age, and declinacon of helth, as also the meane to repytte discrieties of the body, before syckeynes be therin confirmed, leaunynge the resi-
due vnto the substaciale lernynge and circumspect pructice of good phisitons, whiche shall the moaxe easiliy cure the pacientes, if their pacientes do not disdayne to beare away and folowe my counsell.

And syrste it ought to be conseyred, that none of the foure complections, have sooly suche domini-
on in one man or womanes body, that no parte of any
any other complexion is therwith myrc. For what we call a man sanguine, colertike, fleumatike, or melancolye, we do not mean, that he hath bloud only without any of the other humours, or color without bloude, or fleume without bloude or melancoly, or melancoly without blod or color. And therfore the man, which is sanguyne, the more that he draweth into age, whereby naturall moisture decayeth, the more is he colertike, by reason that heate, surmountynge moisture, needes must remaine heate and dythe. semblably the colertike man, the more that he wareth into age, the more naturall heate in hym is abated, and by the surmountynge naturall moisture, he becometh melancolyke: but some sanguyne man hath in the proportion of temperatures, a greater nypture with color, than an other hath. Likewise the colertike or fleumatike man with the humour of sanguine or melancoly. And therfore late practisers of phisike are wont to call men, accordyng to the nypture of their complexions, whiche man receyveth in his generation, the humours, whereof the same complexions do consyst, beinge augmented superfluosly in the body or members by any of the said thinges called not natural, every of them do semblably augment the complexion, whiche is proper unto hym, and bynge the unequall temperature unto the bodye. And for these causes, the sanguine or fleumatike man or woman, selynge any discretion by choler hapned to them by the said thynges called not Naturall, they shall vs the
The Third

Dyete descriped hereafter to hym, whyche is naturally colerike. Semblably the colerike oz melancholyke man oz woman, haunynge any discrasye by fleume, to vs the dier of hym, which is naturally sleummatike, alway reemembrynge, that languye and sleumaticke men haue more respecte vnto drithe, colerike and melancholyke vnto moisture, and that alway as the accidentall complexio decayeth, to resor by lyttell and lytel to the dier, pertaynyng to his naturall complexion.


But if ye it muste be consideredyd, that where the soure humours, be alway in manne, and in somme man commonly one humoure is more aboundant than another naturally, that is to saye, from his generation. The sayde humours haue also peculiear tymes assignyed to euery oone of theyn, wherein eche of them is in his most power and force, as after enclueth, after the description of Soranus.

Soranus Ephesus.

Fleume hath moste puissance in wynter, from the, viii. Idus of November, vnto the, viii. Idus of February, whereby are ingestred Catarres oz reymes, the buula, the cough, and the slyche. This humour is part in the head, part in the stomake. It hath dominyon from the thynde houre of nyghte, vnsyl the synathe houre of the same nyghte.

Bloudde increaseth in Spyngle tyme, frome the
the. viii. Jdus of February, unto the. viii. Jdus
of May, wherof are ingendred, feuers, and sweete
humours, whyche do mostrly putrisye, the power
of this humour is about the hart, and hath domi-
nion from the ix. houre of night, untyll the thirde
houre of the mognynge.

Chedde choer hath power in sommer from the
viii. Jdus of May, untyll the viii. Jdus of Au-
gust, whereby are ingendred hotte and charpe fe-
uer, this humour is specially in the lyuer, and
hath dominion from the thirde houre of day, un-
tyll the ix. houre of the same day.

Cyellowe choer, wherof is ingendred the flene
of the somake, is nourished in Autumnne, why-
che begynneth the viii. Jdus of August, and du-
reth unto the. viii. Jdus of November, and ma-
keth chakynge feuers and charpe, the blakke co-
ler than increaseth, and than foloweth thynknesse
of the bloude in the baynes. Blakke coler ou mel-
ancoly moste raigneth in the spleene, and it raign-
neth from the unthe bowze of daye, untyllle the
thirde bowze of nyght.

\[ Peculyar remedies against the distempe-
rance of every humour. \]

If the distemperance be of bloude, helpe it with
thynges colde, charpe, and d2ye: for bloude is
moyste, hotte, and sweete. If it be of redde coler,
gyue thynges cold, moyst, and sweete, for redde co-
ler is better and spy. If it be of blakke coler gyue
thynges hotte moyst and sweete, for blakke coler is
charpe
charpe and colde. If the disease be of salt fleume, gyue thynge sweeete hot and dype, thus saith So-
canus. But withstandinge where there is abundance of colde fleume not myrke with color, there
things very harpe and hote be mooste convenient, as tarte byneger with hote rotes and sedes.
02 bynes stronge and rough, hony beinge sodden
in the one and the other, 02 where choler is myrke
with fleume, hyope acetose made with byneger
and sugar boyled, sometyme with herbes, rootes,
02 sedes, which may dissolue fleume and digesit it.

[Die of them, whiche are of sangayne
complexion. Cap. 15.

Diasmoche as in sangayne men bloud moiste
raigneth, whiche is soone corruppt, it shal be
necessary fo3 them, whiche are of that complexti,
to be circumspecte in eatyng/meate that shortely
vyll receyue putrisfaction, as the moze parte of
frutes, spacially not beinge perfictly ripe, alsse mea
tes that be of pi lupyce, as fleshe of beatles to olde,
02 to yonge, ydders of beatles, hynes except of
capons and chykenes, marowe of the backe bone.
mocche yce of onpons, lekes, garlyke, mocche yce
of olde piggges, mocche yce of rawe herbes, and al-
thynge, wherein is excesse of hete, colde, 02 mope-
iture, meates that be stale, fyshes of the fennes 02
muddye waters, and to mocche slepe, as experi-
ence cheweth.

Diee
TO them, which be cholerike, beinge in their naturall temperaturie, and haveinge nor from their youth vsed the contrary, grosse meates moderatly taken, be more covenient, than the meates that be synne, and better shal they digeste a piece of good biefe, than a chykens legge. Choler of his propertie rather burnyng than well digestsynge meates of lyght subsaunce, not withstandynge suche gentylmen, which be nygely brought vp in theyr infancy, may not so well susteyne that dieze as poore men, beinge the moze parte vsed to grosse meates. whersoever theyr dieze muste be in a temperance, as yonge biefe, olde beale, mutton, and venkyson powdered, yonge geese, and suche lyke, conseruyng their complection with meates lyke theyr dynto in qualitie and degree, accoyznde to the counsale of Hipocrates. And as he percezveth choler to abolde, so to interlacye meates, whiche be cold in a moderate quantitie, to alay their wynes moze oz lasse with water, escheyngge hotte spices, hotte wines, and excessiue labour, wherby the bodye maye be moche chaufed. Also he maye eate offtener in the day, than any other: sozlyne, that there be suche distance betwene his meales, as the meate befoze eaten be fully digested. whiche in some person is moze, in some lasse, accozdinge to the heate and strength of his stomake, no tyngge alwaye. that the colorike persone digestseth moze meate than his appetite desireth, the melan-
olypke person desyreth by false appetite more than his stomacke may digest. And to a choleryke person, it is right dangerous, to use longe abstience; for choler, synypinge nothynge in the stomacke to concocte, it fareth than, as where a lytell potage or mylke, beinge in a vessele over a great fire, it is burned to the vessele, and unsauery fumes & vapours do issue out therof. Likewise in a choleryke stomake, by abstience, these inconueniences do happen: humours adulat, consumpyinge of natural moisture, sumolities and synkynge vapours, ascendyng ye to the head, wherof is ingendred, duskynge of the eyes, head aches, hotte and thyn reumes, after every lyttel suftete, and many other inconueniences. Wherefore besyde the oppinion of best leered men, myne owne peynfull experience also moueth me, to erhozte them, whiche be of this complexion, to eschewe moche abstynence. And although they be studyous, and the lyttell exercise, yet in the moynynge, to eate somewhat in lyttell quantite, and not to study immediately, but lytte to lytte a whyle, and after to stand or walke soffely, whiche synypge these two yerces, and also other, that haue longe known me, haue perceived in my body a greate alteration, that is to say, from yile astrate to better. Alway remember, that if any other humour do abound in the choleryke person, as fleume, or melancholy, than vntill that humour be expelled, the diethe muste be corrective of that humour, and therefore moze hote and fine, than the naturall diethe before rehearsed: but
yet there wolde be alwaye respecte had to the naturall complexion, sometyme sufferynge the person to eate or drynke that, which nature working, sequently desireth.

Dyete of fleumatike persones. Cap. 17.

It is to be remembred, that pure fleume is properly cold and moyste, and lacketh tast. Salte fleume is mytre with choler, and therfore hath not in hym so moche colde noz humiditie, as pure fleume hath: therfore it requyseth a temperance in things hot and dyr, wherby fleume is digested or expulsed. To fleumatike persons al meates are not full, which are very cold, viscous or flyny, fat or sone putrified, eating moch and often, specialy meates ingendringe fleume, whiche be remembred in the table procedynge. All thynges be good whiche are botte and dyr, also meates and dyrynes whyche be sowse: onyons also, and garlyke, moderatelye blsde, be very commendable, in pure fleume not mytre with choler, moche dyrnee of salt, specialy dyrned. Pepper grosse beaten and eaten with meate, ought to be with all fleumatycke persons sampliar, also gynger is ryghte conuenient, but not to be so frequently blsde as pepper, so as moche as the nature of pepper is, that being eaten, it pallseth thorough the bodye, heatynge and compatinge the stomake, not entrynge into the baynes. 02 anopengye the lypyr, whiche verue is not in gynger. Gynger condyte, the whiche we do call grene Gynger, specially candyd with sugar.
Sugar, if it may be gotten, and also Myzobalanes, called kebuli, condite in India, be most excellent remedies against fleume. Also the herbes, which are remembred above in the table of digestives of fleume, and the rootes of persely, fenell, pse- os, Elycampane, and caretes be very commendable. Exercise twice in the day, the stomake being almost empty, so that sweate begynne to appeare, is very expedient, clenlinge of the body from all filthynesse, with rubbye and wypinge, often tymes with washinge, specially the head and partis therabout, moderate sweatyng in hot bathes or stufes be to this compleiotion necessary, specially when they have eaten or drunken excessively. The head and fete to be kept from cold, to dwell hypph and far from noxes and marches, is a rule right necessary. Also to absteyne from eatinge herbes and rotes not boyled, and generally from all meates, which wyll not be easily dygested.

The division of melancoly, and the diet of persons melancolike. Cap. 18.

Melancolye is of two sortes, the one is called natural, which is onelye colde and dye, the other is callepid aduste or burned. Naturall melancolye is (as Galene saythe) the residence or dregges of the bloud: and therforwz is colder and thycer than the bloud. Melancoly aduste is in foure kyndes, epyther it is of naturall melancoly aduste, or of the more pure parte of the bloud be aduste, or of choler adust, or of salt fleume adust.
But of all other that melancholy is warst, which is ingender'd of choler: synally all adust melancholy annoyeth the wytte and judgement of man. for when that humour is hotte, it maketh menne madde, and when it is extincte, it maketh menne fooles, forgetfull, and dulle. The natural melancholy kepe in his temperance, proveth moche to true judgement of the wyte, but yet if it be to thicke, it darkeneth the spirites, maketh one timorous, and the wytte dulle. If it be myrte with sleume, it mortifieth the bloute with to moche cold. Wherefore it may not be so littell, that the bloute and spirites in their seruences, be as it were vnbrild, wherof do happen unstablenesse of witte and slipper remembrance: no yet so moche, that by the weight therof (for it is heuy, approchynge nyghe to the erthe) that we seme to be alwaie in sleape, and nede a spurre to ppcke vs forwarde. Wherefore it is ryght expediente, to kepe that humour as thyn as nature wyll suffer it, and not to have to moche of it. But nowe to the diete pertaynyng to them, whom this humor, annoyeth. The knowledge, that melancholy reigneth, is oftentimes heynesse of mynde, o2 seare without cause, sleynesse in the members, many crampes without repelenct of the tongue, moche sollicitude of lyght thynges, with palenesse of the bylage, and searefull dreams of terrible hyphons, dreameynge of darkenes, depe pyttes, o2 deathe of frendes o2 acquyntance, and of all thinge that is blacke. The
THE THIRDE

meates convenient are they, which be temperate in heate, but specially they that be moist: meates some digested, and they rather boiled than rosted, temperately myrte with spices, mylke hotte from the badder, oz late mylked, is very convenient for that complexion, swee almondes blanched, and almonde mylke, the pelkes of ree egges, and specially all thinges, which ingender pure bloude, and all that is written in the chapter of age. All these be all for them, wyne thycke oz troubloule, specially rede wyne, meates harde, bp, very salt, oz bowre, bourned meate, fried meate, moche bief, hares flesh, beans, roket, coleworstes, mustard, radyle, garlyke, excepte there be moche wynne in the body, for than is it very wholesome, onyons, lekes, specially all thinges, whyche heateth to moche, keleth to moche, oz drieeth to moche, alfo wath, feare, compassion, oz ow, moche study oz care, moche ydelnesse oz reste: all thinge that is greuoule to see, to smell, oz to here, but most specially dargnose. Moreover moche drieinge of the body, eryther with longe wathche, oz with moche care and toffynge of the mynde, oz with moche lecherye, oz moche eatynge and dynakynge of thinges that be hotte and drye, oz with inmoderate evacuatyon, labour, abstynence, thyrst, going in the aire vntemperately hotte, colde, oz drye, all these thinges do anoeye them that be greued with any me- lancolye. It is to be diligently considere, that where melancholye happeneth of choler adultle, there meates, whyche be hotte in warpyng, wold
wolde be wyselye tempered, and dyuikynge of hotte wynes wolde be eschewed: semblable cau-
tele wolde be in sauourys. Not withstandynge
moderate use of small wynes, clere, and well be-
dured, is herein very commendable, the humour
terby being clarified, and the spirites clyned,
but the abuse or excess therof doth as moche da-
nage. Also it is ryghte expedient, to putte into
wyne o' ale, a gadde of syluer o' golde, glowinge
hotte oute of the fyre, to temper hotte meates
with roses, Upolettes, Saunders, Rose water,
hourage, Bugloses, baulme callyp in latyne Me-
lysa, o' the water of all the drunken with good
wyne, whyte, o' clarette, o' made in a Julep
with sugar, is wonderfull holsome, chuyynge of
lykors, o' raisons of cozaunce is ryght exped-
ente: but mooste of all other thynge, myysthe,
good companye, gladnesse, moderate exerçise,
with moderate seedynge. And thus I leaxe to
speake of dyetes aptely belonginge to the foure
complexiions.

The
What Crudity is, and remedies therefore. Capitulio. 11.

VVYL SOMEWHAT WYTE
of two discourses of the body, which doo happen by the excessive or lacke of thynges calyed not natural, wherof I haue spoken before. The one is calyed Crudity, other

lattitude, whyche although they be wordes made
of latyn, haupynge none apte englyshe wordes therefore, yet by the defynytions and more ample declaration of them, they shalbe understande sufficiently, and from henceforthe bled for englyshe. But syde it shall be necessarie, to constider, that concoction is an alteration in the stomake of meates and dyynkes, accordynge to their qualities, whereby they are made lyke to the substance of the body. Crudity is a vycious concoction of thynges receyued, they not beinge holylye or percytelie altered. The cause therof is, sometyme the distemperation of the stomake, sometyme inflammations, sometyme matter congealed, or impositiones in the stomake, otherwhyle ingurgitation of meat and dyynke: or the vycious qualitie of the same meates or dyynkes, or the recepyng therof out of order, or lacke of exercise, or of convenient evacuation. Galene sayth, that in cruditye or vicious concoction it must be conside
as well if the iuyce be utterly corrupted: and may not be sufficiently concocte, as also if it be in the way of concoction, so if it be corrupted, it must be expelled by sweate or bryne, if it be hale concocte, than must suche thynges be unystred as many helpe toposite concoction, haunynge regarde to the quality and temperance of the iuyce, that is to saue, whether it be thycke or thynne, fleuematike or cholericke: whychs shall be perceived by the diet preceding, and also by other thinges named not natural, for fleuematike meates eaten in great quantity or often, maketh fleuematike iuice. Lykewise doth lacke of convenient exercise, to moche rest or poydelness: as cholerike meates and behemest labours do make colerike iuyce in somer and melancolike iuice in Autumne, specially where labours be continuall or longe duryng. Also where labour is with moche sweate, there is the bryne more grosse: where it is without sweate, there is it thynner. Moreover the colour and substance of the brine, declareth the temperance of the iuice, whiche shall be hereafter declared in the table of brynes. Semblably the colour of the body declareth the iuyce that is in it, for bence white then it was wont to be, it signifieth abundance of fleume: bence more pale or yellow, it beokeneth excess of coler; if it be blacker, it signifieth melancolpe, if the iuyce be much in quantity and the bloude lyttell, the iuyce wolde be digested and expelled with suche thynges as dote serve for that temperance; but if the bloude be moche,
and they'll iuyce lytell in quantitie, there wold the
bayne be opened, and after sufficient bledyngge, a
conuenient purgation gyuen, haupnyge regardde
alwel of the quantitie of the iuyce, as of the kinde
therof, in case that either for age or for timozous-
telle, a man wyl not be lette bloude, than muste
he be purged by sege in moze abundance: But if
he in whom is iuyce good bloude, and moche
pill iuyce, and seeleth a lattitude or werpineste in all
his body, he shulde neither be lette bloude, no;
receve purgation, no; yet labour o; walke moche:
but abyde in moch quete, & assay to sleape moche
and receve such meates dynkes and medicines,
whiche doch attenuate o; make chynne, cutte, and
digest grosse humours without vehement heate,
whereof it is written in the table of digestypyes: in
the number of whom is oxinell, being wel made,
o; A cetosis simplex, where the iuyce is moche chole-
rike o; melancholike. Semblably capers with oyle
and dynerger be pryased of Galene, whan there
appereth in the brynne a residence light and white,
than wyne white o; clarette moderately taken hel-
peth to concoction, macketh good iuyce, and pro-
uketh brynne: than increaice frications and exer-
cise by letel & letel, and than let him returne to his
natural dyete. In whom is abundance of raw
iuyce, and outwardly seeleth a lattitude, to them
Galene counsylleth, the seconde o; thirde daye,
to giue Meate, wherin Istoype is bowled, and af-
terward to boonite. The meane to escape cruditie,
is to be diligente in obseruation, of the counceles
befoye

Galenis,
Lb. 6.
before wptten, concernynge the thynges called not naturall, not moche bynge meates that be very harde to concotte, also fatte meate and meates longe kept, also corrupted oz bynpynge, swee fuyties, and banketbyngye dyches, hastly sedynge without good chetynge, also moche oz very oft byynkynge at meales. Very moche heate, oz very moche colde after meate.

Furthermore it must be considered, that all thynges which byngeth grievse to the body, is ingendred either of to moche abundance of iupce, oz of the byacious quality therof. He that is lycke of abundance, the dyete of hym holp consisteth, in reducinge the iupce to a conuenyent quantyte. He that is greued with the viciouse qualytie of the iupces, his ord resteth in makynge the iupces equall in temperature. Moreover where that which passeth out of the body, is lesse than that which is receypt into the body, there hayneth lyckenesse, whiche commeth of abundance. In the which case it ought to be diligently soyledene, that there be observed a conuenyent meane of meates and dynkkes, in respect of that which is expelled out of the body, whiche may be done if the quantyte of ech of them be wisely considered. And where abundance is, there the quantyte oz qualyte, oz both be tempred. Alway remember, that of crude iupce be dyuers kyndes, some be colde and sleumatiske, some be hotte and choleriske, other be moze thyynge and watty, some of blakke color oz melancholyke. Thep whiche do abounde in any of them, muste absteyne
THE FOURTHE

absteyne from suche meates and drinke, whiche do ingender suche iuyce as dothe annoype theym: those meates and drynkes be declared in tables preceding. Actum also wold, that he shold drinke a draughte of cold water, affirmynge, that thereby the stomake being rotebozate, djueth out of him downe into the belly, that which cleaneth fast to it. I my selfe vslinge to drinke fastyng, very small brewe or ale, when I have ben in that case, hauing found case by it. Paulus Legneta wylleth, that at the begynymenge, the legges and armes shoulde be rubbed with a courte lynnen clothe, the legges downewarde to the fete, the armes to the toppes of the fyngers, and when they be wel charshed, tha to rubbe them agayne with some oyle, that dothe open the poosen, and dyscussse the vapours, as oyle of camomylle, oyle of anete, and other ipke; he prayseth moche Mische, or the water of houye, specially of some Ispore be boyled in it. Galene, all other, do agree, that in this case Pepper bypysed and eaten with meate, isvery expedient: And where there is moche wynde in the stomake, than to eate all tymes of the day of the medycke made of the thre kindes of pepper, tym, anysse seede, and hone clarified, whiche is called Diacrion popierczon, or that which is called Diaspolition, or Diapiganon, whiche is made of cumpynne, steyped one daye and a nyght, or lenger in tarte byneger and after steyped or lapyde on a burnynge hot stone, and made in powlder, also pepper, and rewe dyed somewhat, and made into powlder, all in equall

portions, and myt myt with clarified honey. Galene
addeth therto saute peters, called in latyn Nitrum.
The concoction made with the iuyce of quynces,
and is called Diacynoniten, is very excellent, but it
is to be diligently noted, that where cruditie is in
a cholerike personne, there wolde the lapde medici-
cines be temperatly used, and the lapde Diacynoni-
ten, to haue lyttell or no speces in it. And so my
parte, being of a cholerike humour myt myt with
sclume, many peres continually in cruditie, I ne-
ever found any thing better than syne Reubarbe,
chewed with tapsons of corns, whiche I toke by
the counsayle of the worshipfull and well lerned
philitton, master Doctour Augustine, who in
his maners declareth the gentylnesse of his aun-
tient bloukke, whyche medycyne I do not leaue
to use delycetely fastynge, when I feele suche crudis-
tie to begynne. Also syrope acetose, that is to say,
sugar sodden in pure byner, and lyttell water,
butyl it be thyeke as a syrope, is sometyme con-
uenent, and that as well to cholerike personnes,
as bnto sclume syrope: and if sclume be aboun-
dant, than with rootes and sedes of senelle and
persely sodden with it. Also in that case Drymel,
that is to saye, honry and water sodden together,
with the lapde rootes and sedes, and a quantite
of byner put thereto in the boyllynge, is very
commendable, if the patient be very colyrie than
the medicine of Galene, called Hierapierea, frome
halfe an ounce to an ounce, taken in water of hon-
ye or ale, or taken in pytles the weught of a grote
and
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and a halfe, or two grotes, yt the stiffe be good. wyll purge the bodey sufficiently, without makynge the body weaker. Also that medicine by clentunye the stomake and body, deliuereth a man and woman, from many perillous syckenesses. If the humours in the stomake be not putrified, but that it is grened with abundaunce of sylke sleyne, I haue founde that mylke newe mylked, wherin is put a quantitie of good hone, oz sugar, and three leaves of good speare myntes, and a pytill boyled, so beynge dünke warme sakyng, the quantitie of a pynte, and rethyng on it, with out eathyng oz dünkyng any other thynge the spase of thre houres after, haue abundantly purged and comforstede the stomake, but where there is no sleyne, but only choler, it is not so sylmesse, but rather hurteeth, making sumosities in the hed, wherof commeth head ache.

Of destillations called commonly Rewmes, and of some remedies agaynst them ryght necessary. Cap. 2.

For as moche as at this present tym in this realme of England, there is not any one more annoynance to the helth of mans body, than destillacions from the head called rewmes, I wyll not let to wryte somewhat of them, whereby men may take benefite, if they wyll: although some philisitrons, more confydering their market than their duyte to God and their countrey, wyll be never so moch offended with myne honnest entyrprise.

Destillati-
Destillation is a drossyng downe of a le-
gyde mater out of the head, and fallynge epyther
in to the mouth, or in to the nose, theles, or in to
the eyes, and sometime into the chekes and eares,
that whiche fallemth in to the mouth, is receyued
of the thzote in to that parte whiche is the instru-
ment of the voice, which at the first maketh horde-
nesse, and in process of tympe maketh the voice lit-
tell, and vneth to be harde. And if the reume be
charpe, it raiseth the inner skyn of the thzote, and
sometime it doth exulcerate the lungs. If it doth
fall into the stomake, the reume beynge colde, it
altereth the body in to a colde distempe rance, if it
be hot it maketh a hot distemperance, and dothe
sometime exulcerate in process of tympe: And at
the begynyninge abateth appetite, and maketh fe-
bile concoction. The cold reume maketh concocti-
on fowle, and also cruptye, and ungendzeth sowe
fumes in the mouthe. If it be corrupted, it tour-
neth also nourishment into corruption, which
maketh vpzadinges fumiste or sharp, or of some
pll qualitie, which can not be expressd. If the
mater do discende lower, it tozmenteth the guttes
called jeunnum, and colon, and toucheth other bessie-
les, from whence procedeth digestion. In this dis-
crecy two thynges are to be proued to, first to
lethe that the reume do not destyll in to the sayde
places, or if it hath done, that it be shortly expelled
from thensel. First to lethe that it shall not destyll,
it shall be necessary to eate some meate the moner in
the moning, if there hath not preceded replecion.

where
The temperature of all the body is colde, and the stomake is weake; the stomake wold be made stronge with suche thynge as of theymly properly to comfort the stomake, 

foreseene that they be moderately cold and moist: And that which is all colde fallen into the stomake, must be expelled with bonyt o2 siege, prouoked with warm wode sepid all one day and a nyght in a lyttell small white wyne, o2 small ale and stale, whiche hath vertue onely to wypp away the filth from the stomake, but if it be souked depe in to the filth of the stomake, than is it better to take the medycyne called Hierapica, ethier in pouder with drinke warmyd, o2 els in pellis, to the number of fye o2 mo in the moynynge, bi. hours before any other meate o2 drinke taken: afterwardes to nyppnt the mouthe of the stomacke with spile of Hastpke o2 Pardinium temperately warme. Alway if a horte rewme do fall in to a horte stomake, than meates and dyeokes whiche be colde in vertue wold only be hsed, where the stomacke is distempered with heat, and the rewme destilleth into a cold he2 there is the discracy harde to be cured: And the which be so affecte, o2 diseased, must take suche thynge as may dissolute the fleume and cleanse the stomak without heathinge therof, of the whiche vertue we knowe oppynell to be of.

If the stomake and head be bothe distempered with colde, than must be hsed meates dyeokes and oyntmentes, whiche onely be horte, and etterly to copheare all that is colde.
By these destillations or reumes hapneth many other grousse diseases, besydes those wherof I haue spoke, as in the head whyringlyes, called in lattyn Vertigines, sodayne soundynges, fallynge spe-
ness, polis, synkynge of the nose, calypd Polypus, 
closes in the mouthe, tothe ache, pyrme and webe 
in the eyes, dulnesse of heringe, quynces, frettinge 
of the bowelles with flizes, noztntes of brethe, 
grieve in the harte, palseyes, ache in the muscules 
and roynites, wherofe it is not to be neglected.
And I doo moche meruaile, that our phisitions 
do not moze studiuously proude therfore reme-
dies. My self was by the space of fourre yeres 
continually in this discrasy, and was countayled 
by dyuers phisitions, to kepe my hed warne, and 
to use Diarrion pipertion, & such other hot thinges as 
I haue recerfed, at the last fellynge my selfe very 
feeble, and lackinge appetite and slepe, as I hap-
ned to reade the boke of Galene De temperamentis, 
whiche treatith De inaequali temperatura, and after-
warde the. vi. boke, De tuenda sanitate, I percepyed 
that I had ben longe in an error. wherofe first 
I dyd thowe away my quyvted cappe, and my o-
thern close bonettes, and onely dyd lye in a thynne 
copfe, whiche I haue euersens blsed both wynter 
and somer, and ware a light bonet of veluet only, 
than made I orynel after the doctrine of Galen, 
sauynge that I dvdled in the byneger rootes of 
perstely and senell, with endyue, cuchop and, be-
tayne, and after that I hadde taken it the dapes 
continually, every day thee sponesful in the mo-
ynge
nynge warme: than toke I of the same oxymell, wherein I had infused 02 strapid one dramme of Angyke, and halfe a dramme of lyne Keubarbe, the space of iii. dayes and iii. nyghtes, whyche I receyued in the moynge, eatyngne noo meat vi. houres after, and that but a lyttell brothe of a boyled henne, wherof ensulyd viii. stoles abundaut of cholr and cleume: soone after I slepte soundly, and had good appetite to eate, after supper I wolde eythe eat a fewe colander sedes prepared 02 swallowe downe a litel lyne mastyr, 02 beare wyne, and dranke only ale, and that but lyttell and stale, and also warmed. And sometyme in the moynge woulde take a perfume of storax calamita, and now and than I wolde put in to my nosethzilles eythe a leafe of grene laurell 02 betaine, 02 water of maiozame burnt, which caused the humour to distill by my nosethzilles. And if I lacked storax, I toke fo a perfume the ryndes of oide rosemary and burned them, and held my mouth ower the fume cloypnge myne eyes, afterward to comfozt my stomake and make it strong sometyme I wold eate with my meat a litel white pepper grosse brypsed, sometyme Galens elecruaty made of the juice of quinces, called Diaxytonites, sometyme marmalade of quynces, 02 a quynce rosted. And by this diete I thanke almighty god unto whome onely be gyuen all glory, I was reduced to a better state in my stomacke and head, than I was. cbi. peces before, as it maye appere unto them, whiche haue longe knowne me. And this
this have I not written for any more or of presumption, but to the intent that they which have their bodies in like temperature as mine was, that is to say, being choleryke of complexion, and having reumes fallynge out of a hot head, may if they like assay myne experience, or in the sude of my said infusion, take Hierapicta, with ale or water to purge them, whereof shall not ensue so moche peril, as of corrupted siropes, & other confectiones called Magistrales, made with olde rotten drugs, though the phisitians be neuer so well lerned. In bodies of other temperature, I wold not that myne experience shulde be practised but with discretion, tempering the medicyn, as the qualities of the stomake and head do requyre, remembering alway, that bote reumes by thyne and subtell, colde reumes be for the moare parte thicke. Also that they which be thyne wold be made thike, that they perce not to fast. And that they which be thycke, wolde be made thynne that they maye the sooner be purged, by what tokens one may knowe whether the stomake and head be hot or cold. Finally this dare I affirme, that the reumes which of late time have ben moare frequent in this realm, than they were wont to be, for, yeres passed, have hapned of none occasion more than of bancketinges after souper and drinking much, specially wyne a lyttell after sleepe. An other thinge is the kepyng the head to hote or to long covered whereby the byayne which is naturally cold is distempered with hote vapours ascendsynge from the stomake.
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make those same vapours beinge lette to evaporate or passe forth out of the head, and therefoze be concrete or gathered into humour superfluous, whiche stillleth downe extemes out of the head in to the places before rehearsed. Yet now a dayes if a boye of, vii., peres age, or a yonge man of, xx., peres haue not two cappes on his hed, he and his fren- des wil thinke that he may not continue in helth. And yet if the inner cappe be not of veluet or satin, a seruinge man scarce that lose his credence. A persone vicare of, pariche preste, by pinsinge their veluet cappes embroidered with laces, do make some men thinke that they be ashamed of thei3 crownes that reverend toke of the order of preesthode, the whiche notable abuse, I moch merueile that the byshoppes wyl suffer, specially they whiche haue hadde leaslour to reade the warkes of laynt Cypriane, laynt Hierome, Chistostomus, laynt Ambrose, sundry decrees made by the olde fathers, concerninge the honest vesture of preestes, whiche although he seene a lyght matter to some men, yet it augmenteth or miniseth not a lytel in preestes, the estimation of their conditions. Salo- mon confirming the same, saying. The garmet, y gate, and lawghter of a ma declarith what he is, but this matter wil I leue to a nother place where I intend to speake more abundantly of it, if it be not the sooner amended. Nowe to conclude, as longe as the same occasions continue, so longe men haue not be without remes, although they were all periste phisitions.

Nowe
How to retourn to the remedies against the
sapyde anopance wherof hapneth so many great
syckeines. I wyll be bolde to wyte a lytell out of
the wackes of the mooste famouse and expert phis-
isitons. Fyrst the cause of the reume must be di-
gested, after expulshed, thryldly duerted, that is to
say, turned from the eypen o\n throte, into the nose
from wher it may be more easily purged, fourth-
ly it may be stopped, that it shall not destyll. In
hote destillations the head is very hot in felinge,
the reume being in the mouth is thyn and warine,
the tonge o\n chokes within blistered, the face som-
tyme redder than it is accustomed to be, somtyme
a burninge within the nose. To them which haue
this hote reume, may be gyuen the sede of white
popy, Diacondion made of the heddes of white popy
and rayne water. Amylum with mylke, if there be
no feuer, penidees, malowes, o\n age, gourdes, and
spinage, bopled and eaten with oyle of almondes,
istroke of violettes, nemiphar o\n the wine of swete
pomegranates, the watres of a great Cucumber,
bopled with a lyttell sugar, beinge drunke, dothe
mitigate color, stoppeth the reume, and easilly lou-
sich the beig, the seides of melons b\n ayed in a mo-
ter with water, and strained with softe b\ade ha-
uyngue sugar put to it, maketh an excellent good
meate agaynste the hot reumes, playsters made of
barly b\pped, violettes, popy, and camouyl bop-
led in water, wherin spounge\s o\n linen clothes be
inge dep, shulde be layd on \n hed, the genitopes
o\n legges therwth washed. If the sick ma can not
stepe
Neape, than the sayde partes with the bealy and
tundement shal be noynted with the oyles of
bidets and Nemiphar, the sauer of Camphar
in rosewater with gyrollettes is good in that case.
Galens chiptoth and I have proued, that in a ve-
ry hole reume whiche hath stilled faste, the pow-
tynge of cold water in upon ones head hath stin-
ted the reume. He that is therin diseased must ex-
chewe goinge in the sonne, 02 to come nigh a gre-
tyze, 02 to stande 02 be longe covered, 02 to were
moche on his hed, he must rest moch and prouoke
him selfe to slepe a nyght, but not very longe and
to lye on the one tyde on a harde bedde, haunenge
his head hygh, allo rubbynge of his legges be-
ioze meale is very holsome. Cold reumes be per-
ceived by coldnesse of the humour and head with
palenesse of the byglage, all colde thynges increas-
tinge the reume. These thinges are good against
it, the decoction of ricer with honpe and raylons,
sylberd nuttes tost ed eaten after meales, nothing
is moze holsome than abstinence. Specially in the
euynge, they whiche haue it must beware of
Northern windes, the moneshine by nyght, water-
thenge in cold water, and to be long bareheded.
The sedes of Rigella a lyttell tosted and putte in
to a pyce of thyme sarcenet and smelled into,
Hoppeth the reumes.

The begynnyng of the reume is
vity praised of Galen, but after that the matter is
dyggested it is very holsome that maye be made
with leaues of laurel or betayne put into the nose
thrilles
thistles, the iuyce of colewoztes, the rootes of red beetes, water of Maiowame. A pretie medycine for that purpose proved. The iuyce of yonge betes and Maiowame of euerciche one ounce, good whit wyne. iii. ounces, saffron the weight of it, pence, that beinge hette and taken in the mouth, halbe drawn vp with breath to the place wherby the destillation falleth out of the nose in to the mouth. And if the reume do destill in to the cheeke and teeth, I have proved that the iuice of ground iuy, and that herbe whiche we call House eare, taken within a quyll in to the nolethiillles, oftentimes purgeth exceedingly the reume and taketh away the ache of the teeth.

Gargarising if it be not discreetly bled, may do more harme than good, bynge downe moche abundance of water undigestede, but taken in order with water hony and pepper, oz with slope and sygges hopled in white wyne, and taken very hote in a gargariste is right convenient.

For compassion which I haue of them that be vexed with toothache caused of reumes. I wyll by the leaue of phisitions conclude this chapter with an excellent medicine against the said passion, whiche is witten of an honoable phisition of late peres, which medicine also maketh teethe fast whiche be louse, and also stoppeth the superfluouse bledinge of goumes, wherwith the breath is made unsauiet. Take the rindes of Caper rotes, 5 rotes of byemblies whiche do beare blacke beryes, the floures
The Fourth.

Flowers of pomegranates called Balsamia, of every of them, the weight of n. ducats, pelytoppy of Spain oune ducate, sede of white henbane, the rinds of mandragoe of every of the one ducate and a half, spurge of the garden one handful, alum of the roke, ii. ducates, boyle all this in whit wine ou clarette, which is very rough in tast, & strapne it therwith, let the patient osteynmes wash his mouthe. Albeit I will counsayle them which will take this medicine ou any other, syzte to pourge of cause of his urine as before is rehearsed, ou in any other wysse, as they shal be counsayled by well lerned and discrete phisitions.

Of Lassitude. Cap. 3.

Lassitude is a disposition towarde slozeneselle, wherein a man sleeth a slozeneselle, a swellinge ou an inflammation. Slozeneselle hapneth of humours sharpe and gnawing, as after great exercise and labours, whyche lassitude happeneth to them, whose bodies are full of pil iuyce and excrements. Also after cruditie in them, which are not exercised, ou doo abyde longe in the heat of the somme. It may also be in the body, wherein is good iuyce, if he be fatigate with immoderate exercise. In them, which do sleth this lassitude, the skinne appereth thicke and rough, & there is felt a grese comtyme in the skynne only, comtyme also in the fleshe, as it were of a sloze. The cure therof, is by moche and pleasant rubbinge, with sweete oyles, whiche haue not the vertue to restrayne ou close.
close, and that with many handes, and afterward
to exercise moderately, and to be bayned in water
swete and temperate in heate. Also than must be
guyen meates of good iuyce, potage but selde,
wyne is not to be forbozden. fo: unto wyne bneth
any thyng may be comparde. that so well dyge-
steth crude humours. it also prouoketh sweate &
brine, and maketh one to slepe soledy. but if this
lastitude do abyde the nyght and day folowinge,
oz wareth more and more, than if the pacience be
of good strength and yonge, and hath abundance
of bloude, let hym be let bloud, o2 prouoke the he-
mozoide o2 pises to blode, if they do appere. But
if it plocede of the malyce of any humour, with-
out abundance of bloude, than resoz to purgazio
s apte fo: the humour that greeueth. The tokens
whereof, shall appere as well by the colour of the
skynne and diete precedynge, as by brine, o2 dure,
sweate, thirste, and appetite, as it is rehezled be-
foze in the complezions. If the yll bloude be ly-
tell in quantitize, and the crude humours abund-
dant, than shal he not be let bloud, no: vehement-
lly pourged, neyther shal exercyte o2 more hym
self, no: be bayned. fo: all exercise carizeth humoz
throughout all the body, and stoppeth the powers.
wherezfoze these maner of persons chulde be kept
in rest, and suche meates dyznkes and medicines
shulde be gyuen to them, which shulde attenuate
o2 dissolue the grossenes of the humoz, without
notable heate, as ozymell, barley water, & mulse.
If the pacient abhrozre not hony. And fo: as nooch
as in
as in the sayde persones, commonly there is abundance of wynde about their stomackes: therfor epepper, speciallye longe pepper, or whyte, is very convenient to be yssed, and the medicine before witten, called Diaspoliricum. Whan the humors are dissolved, thā is it good to dynke white wyne, or small clarette wyne moderately.

**Lactitude extensive. Cap. 4.**

V than one thynketh that he doth sele a stellynge o2 bollynge of the bodye, wher in dede there dothe not appere in lyght o2 touchynge any stellynge, that is callyd Lactitude extensive, if it hapnythe without exercice o2 vehement mouynge. This doth happen of exceedinge multitude of humors, which do extende the muscules o2 fyllettes. In this no soynes is felt, but onely an heupnesse with extention o2 thrustinge out of the body. And bycause that there is abundance of bloude in the body, best remedy is to be letten bloude about the elbowe o2 ancle, after to be purged, than to yse softe tricapes with oples afoze reheersed, afterward moche rest and temperate bathes, and meates lacking sharpnes, and being abstenerye.

**Lactitude with the stellynge of inflammation. Capitulo. 5.**

If without any mouynge, the muscules and skiehe rise vp in the bodye, as it swelled, with great peynes and exceedinge heate, than one after foloweth most hottest feuers, except it be pruener-
ted by letting of bloud, and that in abundance, and
almost to sownyng, but it were more sure to be let
bloud twice in one daie, the firste tyme without
sownyng, at the next tyme sownyng is not to be
served. If the grese be in the neck or hed, the bloud
must be lette of the vein called Cephalea, or the
shulder vein. If it be in the bulke or uppermost
part of the body, than must the vein be cut, which
is called Basilica, or the innermost vein. If
all the body be greued, than cut the vein, which is
named Mediana, or the myddel vein. If a feuer
remayne after bloud letting, than order him with
the diet of them that haue feuers, which ye shall
synde written hereafter. If noo feuer remayne,
than use moderate frictacles, and lyttel eating, &
that of meates haunynge good iuyce, increaung by
lyttell and lyttel to the naturall diet.

Diet of them that are redy to sall into syckenesse. Capitul. 6.

Nowe retourne estelones to speake of diet, it
is to be remembred, that they, which are
redy to fall into diseases, they are prepared ther-
unto, either by repletion of superfluous humours,
or by cruditie or malpye of humours, which are
in them. As touchyng the first, the generall diet
must be suche, as therby the humours may be at-
tenuate, and by convenient euacuation, brought
to a moderate quantitie. As so; the seconde must
be corrected with meates and drinks of contra-
ry qualities, hauntinge alway respecte to the age of
the
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the person, tyme of the yere, place of habitation, and most specially the univercall complexion. For choler offeynderge in an olde manne, in wynter tyme, in a colde countreye, or the persone beinge of his naturall complexion fleumatike or melancholy, wolde not be so habudantly expulsed or subdewed, as if it be in one yong and lusty, in the hot sommer, in the countreys, where the sonne recurrently burneth, or the persone of his proper nature is verye colerike. And in lykewise contrarye. Wherefore every manne, knowynge his owne natural complexion, with the qualitie of the humour that offendeth, lette hym make temperance his chife coke, and remembrynge that whiche I haue befoxe declared, o destroyer to hym selfe suche diet, as may refourne the offence with none o2 lytell annoyance, to his univercall complexion. And yf he can so do, he shal happily escape, not only divers lykenesses, but also the most pernicious danger, proceeding of corrupted douges o2 spices, wherof som counteons poticaries do make medicines, may the hedes of good and well lerned phisitions.

Sickenes moste commune to particular tymes of the yere and ages. Cap. 7.

Althoughte I do not intende to write of the cure of egritudes o2 lykenesses confused, as well bycause it moughte be reputed in me a great presumption, as also forasmoche as it were very perillous, to divine that noble science, to commune people, not lerned in lyberall scien-
ces and philosophy, which be requyzed to be suffici
ciently in a phisition. And moreover, many bokes of Hipocrates and Galene ought to be radde, be
to that one do take upon hym the generall cure of mennes bodies; yet not withstandinge, I trust
I maye without any note of arrogauce wyte, what diseases do most commonly happen in sundry tymes of the yere and ages of men and wo
ten, with some signification, whereby the dys
crafty or distemperation of the body is perceived, to the intet that the phisition beynge farre of, may be treuly informed, considering that brines farre car
ted, do often decepe them, and lykewise lack of the lyght of the paciet, and inquisition of thing
ges, whiche do precede or follow the lycynes. And with this I trust none honest and charitabe phis
ition wyll be offended, but rather gyue to me thankes for my diligence, in the aduauncinge of their estimation, whiche by lacke of persyffe in
struction hath ben appaired.

Syckenesse of springe tymes.

Diseases procedynge of melancholye, as mad
nesse, sallynye syckenesse, bleedynges, quynces, poles, hooplenes, coughes, leprosies, scabbes, ache in the tepynes.

Syckenesse of Sommer.

Many of the layde diseases, also feuers con
tinual, hot feuers, feuers terrciane, quartains, bo
ymes, flyces, warringhe of etes, peynes of the eares, blisters of the mouth sweattynge.
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Syckenesse of Autumnne.

Syckers of somer sycknesse, also oppilations of the spleene, dropsies, consumptions, strangulyons, costuuenesse, ache in the huckle bones, chostness of wynde, freetyng of the bowelles, fallinglyng of the bones, and melancholyke diseases.

Syckenesse of wynter.

Sytches and greses in the sides, inflamation of the lungs, reumes, coughes, pepnes in the brest, sydes, and lopynes, head ache, and palseyes.

Syckeness happenyng to children.

Whan they be newe bozne, there do happen to them sores of the mouth called Apyte, bomingyn, coughes, watchinge, fearesfulnesse, inflamations of the nauell, moppiture of the cates.

Whan they bzed to thete, pytching of the gummes, fevers, crampes, and laskes.

Whan they ware elder, than be they greued with kernetles, opennesse of the mould of the head, chostness of wynde, the stone of the bladder, wozines of the bealy, waters, swellinges under the chynne, and in Engelande comunely purpils, measles, and small pockes.

Syckeness happenyng to yonge men from, xiii. yeres of age

Feuers cottobiane, tercape, quarteyne, hotte feuers, spyttynge oz bomytinge of bloude, pleurelies, diseases of the sydes, inflamuation of the lungs, lethargies, strans, hote syckenesses, cholerike passions, costuuenes oz behemen lackes.

Sycke-
Syckenesses of age.

Difficulty of breath, reumes with coughes, strangulony, and difficulty in pyssynge, acke in the topynes, diseases of the raynes, swynnynge in the head, palseyes, ptyhynge of all the bodye, lacke of slepe, moysture in the eyes and eares, dul
ness of light, hardness of heayynge, tissynge or shorynes of breath.

Although many of the saide sycknesses do hap-
pen in euerpy tyme and age: yet because they be most frequent in the saide tynes of ages, I haue
written them, to thintet, that in the ages of tynes moste inclyned unto them, such thynges mought be than etchedewd, which are aptte to ingendze the saide dyseases.

The generall significations and tokens of syckenes. Cap. 8.

If the body be hotter, color, moystere, dyper,
leaner, fuller, the colour more pale, or swart,
the eyes more holowe, than is accustomed to be,
it signifieth that the body is disposed to sicknes,
or alredy sicke.

Slaunynge.

Forgetfulnessse.

Fantasye.

The brain sicke.

Humours commynge frome the rouse of the mouthe, the eyes, the nose, or the eares.

Wache.

Slepe.

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Difficultie of breste.
Tremblynge of the hert.
Beatyngse of the pulse.

The harte lycke.
Feuers.
Colde.

Diversitie of colours.
Griefe about the hart.

Lacke or aboundanche of humours.
The forme of the body altered.
Paleness.

Concoction.

The luyer lycke.
Digestion.
Alteration of excremente as accustomed.

Peyne in the place of the luyer.

Sweypynge.
Difficultie of bryth.

Concoction, slow o2 quicke.
Appetite of moyse o2 dry, dul o2 quycke.

Separation of excremente moist o2 hard with their colours.

The stomake sick.

Vomityng.
Belkyng.

Vomityng with peyne and difficultie of bryth.

Urine moch o2 litel with the colour and substance, to red o2 to pale, to thick o2 to thin.
Difficultie of breath.

The breeth.

Cowbge.

Spytinge.

Peyn in the breeth.

This haue I written, not to gyue judgement thereby, but onely for the patient to haue in a redynesse, to thintent that what so euer he seleth or perceveth in every of the sayde thynges, therof to instructe his phisition, wherunto he maye adapt his counsape and remedies.

Of vrines. Cap. 9.

Ozasmoch as now a dayes the most common judgment in spackeness is by brynes, whiche brynge farre caried or moche meued, or standinge longe after that it is made, the fourme therof is so altered, that the phisition shal not percyptly perceue the natural colour, no contentes, although it be never so wel chaufed at the fyre, as Actuaruis and other great lerned men do asserme. I wil therfore somewhat speake of brines, not so moche as a phisition knoweth, but as moche as is necessarie to every man, so to perceue the place and cause of his griefe, whereby he maye the better instruct the phisition.

Fyrst in brine, foure thinges are to be conside-dered, that is to saye, the substaunce, the colour, the regions or partes of the bryne, and the conten tes or thynges therin conteyned.

Also ozasmoch as in the body of man be foure qualities
qualities, heate, colde, moysture, and dypt, two of them, heate and cold, are causes of the colour, dypt and moysture are causes of the substance.

Moreover in brine, being in a vessell apt therunto to be seen, are the regions. The lowest region in the bottome of the brynall, conteyninge the space of two syngers or lyttell moze. The myddel region, from whens the lowest ended, unto the cerkle. The hyghest region is the cerkle.

The hyghnesse of the colour signifieth heate. The pale, blacke or grene, signifieth colde.

Also the grossenes of thickenesse of the brynne signifieth moysture, the clerenes or thynnes, signifieth drythe.

The colours of yrones.

Colour of hyght golde. Persyte de digestion.

Colour of golde. Colour of gylte.

Red as a red apple or chery.

Base redde, lyke to bole armenake, or saffron dy.

Redde glowynge lyke fyre.

The excess of dygestion.

Colour of a beasts lyuer.

Colour of darke red wine.

Adustion of humours.

Leaddy colour. Feyledes or mortification of nature, excepte it be in the purging of melancholy.

Blacke as ynke.

Blacke as hosome.

White
Lacke of digestion.

Pale lyke to brothe of stede sodden.

Citrine colour yeallow, of the myddell of digestion.

Whyte and thyne betokeneth melancolye to haue dominion.

Redde and thycke, signifieth fleume.

Redde and thycke betokeneth languard.

Redde and thyne betokeneth choler to haue the couerayntie.

The substance of the drine. Cap. 10.

At the first pissyng, all drines well nigh do appere thyne, as longe as they abide warme.

Soe natural heate, during the tyme that it preuappeareth, suffreth not that the lycour, which is the substance of the drine, to congele or be thycke for any occasion: but after that heate is gone, some drines shortly, some a longer time after, were thick.

Likewise sometime, some are pissed thicker, and after ware clere, some remayne stylle as they were made, some be metely thycke, as they were troubled, some very thick and grosse. They that ware clere, some do gather that, which is thycke into the bottome of the drinal: some remayn troubled, the grossenes not withstandinge gathered in the bottome.
tome. Semblably the diversitie of thyn o2 subtyl
brines, must be perceyued, that is to say, that som
are very subtyll as water, some lasse subtyll, some
in a meane betwene thicke and thinne.

Of thynges contained in the brine, some doe
descende downe to the bottome, and be called in a
greke worde Hypostasis, in englyshe some calle it
the groundes, some the reydence, whiche if it be
whyte, lyght, risynge vp from the bottome of the
brinall, lyke a peare, it signifieth helth, if it be of
any other lyght figure o2 colour, it betokeneth some
anoyance. If lyke thynges be sene in the myddell
of the brinall, they be called sublations, yt they
approche unto the hyghest region of the bryne,
they be named cloudes, in latin Nebulae. The gron-
des o2 residences not perfete, some is lyke lytle
redde vetches, and is callyd in latyn Orobeh, some
is lyke to byanone of wheat grounde, and severed
from the meale, and is calle byanone residence, in
latyn Furfurca, some be lyke unto plates, haunynge
bredth and length without thycknes, and may be
named platy residence, in latyn Laminae, some is
lyke to meale, wheate, o2 barley, and may be na-
mep mealy residence, in latyn Similacea.

There is also sene in the bryne lyke to whyte
beares, some lengar, some short, sometime like to
ragges som what red. There is also sene in the upp-
permoste partie of the brine, sometyme a some o2
froth, sometyme belles o2 bobles. Sometyme there
swymmeth in the brine a thinge like a copwebbe,
otherwhilether is about the cerele, as it were the
ren-
rentynge of clothe, somptyne there is in the brine lyke notes of the soune, somptyne lyke the matter of a soze, otherwhile lyke the sede of a man, also grauelle oz lande. And in these thyngez mape be dyuers colours, some whyte, some red, some betwene bothe, some yellow, some graue, and some blacke. All this muste be diligently marked, and therof seperatly to aduerise the Physicion, unto whome I refere the judgement of the lyckenesse, for the cause afoze rehearsed, and for as moche as the judgement of them is very subtill.

Semblably of ozure, whyther it be very thin oz very thicke: what other matter yssueth out with it, what colour it is of, the sauour very great, lytell oz none, if it were easely expulsed, oz peynefully, how oft oz how selbome.

Woezouer of sweat, what colour it is of, and of what sauour, if in tastinge it be salt, sowze, bitter, oz bnsauery.

Also the vomyte, ys it be of one colour oz many, if it doo smell hopribly, of what humoure it had most abundaunce, ys it were tastinge, oz after meales, if it were peynesfull oz easly.

Lykewise spetel, whyther it be thicke oz thin, oz myxt with bloude, oz matter corrupt accordyngly of the humoure isynyngg out at the nose, and is that be bloude, than whyther it be red, watrye, oz blacke.

Woezouer, it mape not be forzotten, to aduer tyle the Physicion of the diete zled by the paczent, aswell afoze the lyckenesse, as in the tyme of the
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lyckenesse, his age, the strength of his body, his eareyse, and place, where he lengest abode in his youth, whether it were hys or lowe, watry or dry, hotte or colde.

This I trust shall be sufficient, to instruct a phisitton: he that desyreteth to know more particularly hereof, let him rede the boke of Hippocrates Galene, Cœnelius Cellus, Actuarius, Paulus, and dryuers other late writers, so this lyttell trea

tyle may e not receyue it.

The preceptes of the auncient phisicton Diocles vnto kynge Antigonus. Cap. xi.

V the wyll nowe diuide the body of man in to foure partes, the head, the boulke, called in latyn thorax, which conteyneth the brest, the sides, the stomake, and entraples. The bely called in latyn venter, conteyneth the panche and the bowels. Also the bladder, called in latyn vesica, in the which name is also conteyned the cundytes, by the which drine passeth. Whan any dysease approcheth to the head, these tokens do commonly pre-

cede, swysterbe in the head, head ache, heines of the bowes, soundyng in the eares, pruckyn-
ges in the temples, the eyes in the moynynge do water, or waxe drymne, the linellyng is dull, &
gunnies do swele. Whan thou selest suche to-
kens, so with pourage the head with somwhat, not with behemenent medicines, but takinge Jhope or Organum, and the croppes of them boyle with whyte or claret wyne halfe a pynte, and therwith gas-
gargarise your mouth fastinge, butyll the fleume be purged out of youre head, this is the easest medicine in discrasies of the head. It is also very hollome to gargarise the mouthe and brest with hony water, wherinto mustarde is putt and mingled, but firste the head must be rubbed with a warme clothe, that the fleume maye easly come out of the head. And if these tokens be neglected, these maner of sicknesse do followe one after, bleared eyes, & humer lettynges light, cleftes in the eares, swellings in the neck ful of matter, called the kinges eupill, corruptio of the brain, poses, oze reunmes, heypnes of the bed, and tooth ache.

When the bulke is lyke to suffer any syckenes, it is perceived by these tokens, all the body is in a sweatte, the bulke most specially, the tunge waxeth thycke, the spettyll is eyther salt or bytter, or choleryke, the fydes and shoulders do ache without any occasion, the patient gapeth often, also there doth happen moche wakynge, suffocations or lacke of byth, thirste after slepe, the mynde is sered with heypnesse, also the brest and armes are very colde, and the handes doo tremble.

Against these thynges this remedy maye be proyved. After a moderate soupper, aslape to vomite withoute any medycyne: vomite is also provytable, whiche meate dothe followe: He that in suche wyse will vomite, let hym eate hastly small radishes, townkersis, rokatte, synup, oze purslane, and hyynke after it a greate quantite of warne water, and prouoke hym selfe to vomye.
impte. He that setteth lye tell by the sayde tokens, lette hym seare these seckenesses solowyng, the pleurestie, the sickenes of the lunges, melancolpe, or madnes, sharpe feuers, the transe, the letargye, inflamation with perunge.

If any seckeness bee toward the bealy, they may be espied by these tokens, the bealy is bylde wrapped together, and in it selfe is troubled, all meates and dynnkes do seeme bettter in tast, he setteth heupnesse in his knees, a stynkenes in his loynes, a wearinesse in all his body without any occasion, a steepnesse in his legges, with a lyttell feuer, when thou setteth these tokens, mollystie the bealy, not with medyczne, but with good order of diet, for it is best and most sure, to bee those thynge, whereof lyghthly may ensue none annoyance, in the number of them are betes boyled in water of honie, garlike sodden, malowes, foze, mercury, and all things condite in honie. All these do expel the ordure of the bealy; but if any of the said signes do the more or more increase, the lyqour, wherein the seide of Carnhamus, callyd also Cnicus, is boyled, is a pleasant and sure medicine. Small colewoces boyled in a good quantitie of water, the liqour thereof in measure, ti. putes, launype the third parte of a pint, with honie and salt being drunken, shall profite much. Cicer, or the pulse called in latyn erhum, in englishe I suppose chirites in water drunke fasting, hath the same effect. To them, which set lyttell by the said tokens, these diseases do lodenly happen, Fluex of the bealy, bloody fluex, ayppernes of the bowels
bowels, petes in the guts, ache in huckle bones, the fever tertiane, the gowre, the apoplexie or pale in the lymnes, hemopoies, skinge of toyntes.

When the bladder is toward any sickenesse, it is perceived by these tokens, fullness felt afterely tell meat, breaking wynde downewarde and upwarde, paleness of colour in all the body, heyp or troublesome sleeapes, the vynne pale, and palsyng e forth peynfully, swellynges about the coddes & privy members. When these tokens appeare, that is it expediet to have remedy of odorous therings, which do expell brine, which shall be done without any perill with the rotes of senell & per seley steiped one or two dapes in good white wyne, and to drinke therof fasting every morning the ounces and two drymes, with the water of wilde caretes, or elcaycampe, which of these is next at hand, every of them have lyke effect. Also water wherein the peasyn called in latyn Ciceres, are steiped, beinge drunkke with wyne, is lyke commodious: he that neglecteth the sedy tokens, let him take so; these sickenesses solowyng, the dysep, the greatnes of the spleene, griefe in the lyuer, the stone, ache of the backe, or pesnes in the capynes, the difficultie of brine, fulness of the bely. In all these things that we have spoke of, we that drine to childre most easie medicines, to men, those which be stronger in workinge.

This diet of Diocles, although at this tyme it seemeth not most pleasant, nor according to the practise nowe used, yet beinge tempered with

that,
that, which I have before mentioned, some thing may be foude in it, which being experienced, may be as commodious for the heith of mas body, as that diete, which is more curpous of pleasant.

Of them in whose stomakes meat is corrupted. Cap. 12.

They in whom customably meate is corrupted, let them afose that they eate any meate, assay to vomyte, drinke here sweete wyne, absteyne from meate, that ingender botches, inflammations, humorous ructuations or vapours, and take suche as nourishth good iuyce, and chase them out which do mollyfy the bely, let sundry simples take them. It is also good to take temperatly which lowseth the bely, as the medicine called Pira and to absteyne from suche thinges, whereby ill iuyce is gathered, and do ingender lyckenesses, hardes to be cured or neuer, as goutes, boneache, penes of the raynes &c.

Of the vertue of meate. Cap. 131.

That is studiouse aboute the conservati on of healthe, he redeth to knowe the vertue of meate. The meate whiche hath vertue to extenuate, or make humours subtile, it openeth the pooses, and byngeth for the that whiche is feste in the flesh, it maketh that whiche is clamype, subtile, and doeth the extenuate, or relent that which is feste, it byngeth for the that whiche abideth longe in the bely, but that which is eaten, is a superfluitle watty and colerike, and
at length makest melancholye bloude. Wherefor to mothc blinge of them is prohibited speciallye to them, that are colerype, and only serueth for them that are replete with fleume, crude, or undigested humours, clammy or fatte. The diet of fattynge things, doth nourishe abundantly, so that the stomake and lyuer do dygest well: meate of good tyme, makest good bloude, but yet it stoppeth the lyuer and spleene. These do they, which make fat humours only, as the poule calleth Lenticule, and they that are flamy lyke malowes, some do make fat humours. They be also flamy, as fishes with hard chelles. Finally the diet, which doth extenuate and make leane, is more sure for keeping of helth, than that which fatteth much. Poxinginge meates wold be therefor moderately blced, when a ma percepheth hym selke to haue need thereof, it may be most surely blced of them that be exercised temperate, and can slepe when they list. They that can not slepe by reason of exercise, lette theym es-
chew fattynge meates, lette none ybelle persone attempte to bse theym. In the preservation of helth, sluggardie is the greattest mischief. Lyke as the temperate mouinge is good, so is the meate whiche betwene thycke and thynne, is to mannes helth most convenient, which ingendr eth bloude, according to the competent constitution of mans body, thersore is it to be chesly blcd. Meate of slly tyme is alway nopfull, whereas it ough to be eschewed. Lyke wbye the varietye of meates is to be observed diligently, for it is a great thynge to dit couple
couple wel together things of contrary vertues, so without well digested, that which is receyved, may bringe displeasure.

A diet preservative in the yme of pes silence. Capitulo, 14.

The bodies most apte to be infected, are specially sanguine, next colericke, thāe leumatiike. laste melancholyke. so in them the humour beinge cold and dyspe. is most dnap to receyve putrisfaction, havinge also straipate passages, by the which venim must passe. The diet convenient so yme is to abtein fro metes, insanig p openig p pozes also from the heat of the somme, fro to moch heate of fire, oz garments, from very hot herbes, a moche vte of tare things, except onions and cikoy. oz radishe with brieger. so they do resist against venim, from wine very sumenthe, exercise incontinent after meales, from wetting, from al things that will cause oppilations p putrisfaction, from things hot p moist, where moisture bath the dominion in degree, specially beinge not sufficiently boiled; also from milke, except it be in a litel quarte, that with a litel sugar. frutis p herbis cold p dyspe, therwith soure oz somewhat bitter, are not prohibited. If ye eate figges, grapes, oz sweete cherries, eate after them of an ozenge with salt. If ye eate things cold p moist, as cucubers, melones, spryfe soft and freelle, oz damlyns, eate by and by after some fencel, and ozenge with salt, oynkyngs therwith a draughte of good wyne, Beware of mushe.
mushrooms, moch purslane, gourdes, and all other things, which will beone puttrike: not withstandinge, I will not fobypd eatinge of lettyfe, with a fewe myntes, oz mynt with cynamom. All things thus are commended, as well in diet conservatiue, as in that which is curatiue or healeth, except where there is straptntes of the breste, or weake
nes of the stomak, than ought they to be tempred with sugar, salt, almond milke, cnamom, pepper, fenell, fassron, egges, and some thing that is fatte
or vntctuous. Capers are good to be used with vineger. These very fatte and salt, is not comended, no more is colewoztes, oz any kynde of pulse, except chittes: great peason, rapes, no; spynache is good. Also there be forvombie rokat and mustard, moche wine and eggges, except they be eaten with sozell sauce, vneger oz iyne of ozenges: persoely and also parshipes be good. newe wynes be nos-
full, let the meate be somewhat more than d?ynke, but yet lustyn not to moch hunger no thy?st. be ware of lechery, of a clowdy wether and close, el-
chewe moche resorte oz th?onge of people, wyn-
des commynge from warmes oz mozes, from hepe at none: use with your meate this pouldre, land-
ders redde, halfe an ounce, cynamom the dr;am-
mes and a halfe, fassron halfe a dramente. After your meate, eate a lyttell of coriander sede, welle prepared. In the mornynge, at a temperate type kenne yor hed backward, clenese your body and head of all superfuitutes: use also moderate sri-
cales, with swee perfumes, and odours, walke
a iii often-
oftentymes your face and handes with pure by-
neger myxt with rose water. In cold weather myxt
it with myntes, baulme, rue, myntes, and some
myntes cloues. In hotte sommer with roses or byo-
lettes. Above all thynges use to take whpte wine
good, white bynegere rosette, water of roses, in e-
quall porcions, put therunto a lyttel setuial, of
the cynde of a citron, and dunke therof a lyttell,
and oftentimes wash therwith your handes and
byrseage. Medicines preseruative against the pe-
stilce, which be alway most redy, ar these, a figge
with rue, and a wal nutte eaten fastynge, also tri-
skal, oz. mithridate, to old men a dramme weight,
to pongs men halse a dramme, oz. a scruple disso-
led in bynegere and rose water, oz. in water of to-
mentill, scabiose, oz. balme, if the plage be in som-
mer: if it be in wynter, putte to the waters some
white wine. Also the pilles called commonly Pillule
Rais, but in dede they were inuented by Rufus) are
very excellent, specially if the aloe, whiche is
in it, be washed, and thereunto added a lyttel Bole
armenis, & terræ sigillata. And if the person be of hot
complexion, a quantitie of sozell sede, and red co-
 rall, this confectioned with syrope of citrons, in
cold complections, oz. to old men with white wyne,
ble tham euery thryd day one pille at a tyme, three
hourse oz. soure afoxe diner oz. supper. If ye take
triaskle oz. Mithridate, absynye from meate at the
least 3rde hourse after. A piece of the rote of setual,
horne in the mouth, preserueth from infection. In
likewise doth sozell chewed fastyng, and the wyne
lucked
sucked downe. To pouze menne, Marsilius was wont to gyue a toste of breede steped in vineger, with a piece of an onyon or rewe. All things whiche be coxidial, that is to say, which do in any wise comfort the hart, do resist pestilence, vehement anger, or beynesthe, be very pernicious, other moxe exquisite and costly preseruationes. I purposely passe ouer, which Marsilius, & other phisicions, do wryte of abundantly, sozasmoch as I desyze to be in this warke compendious. One thing I had almost forzotten, that there is no better preseruation, than to flee from the place corrupted, betyme and farre of, and to let none approse thee, that hath made their abode, where the place is fertet. Moreover receyve not into your hous any stufse, that commeth out of a house, wherin any person hath ben infeced. For it hath bene sene, that suche stufse lyenge in a cozer fast shutte by the space of two percs, after that the cozer hath ben opened, they which haue stonde nigh to it, haue ben infeced, & sone after haue dyed. But here I alway except the power of god, which is wonderful, & also mercifull, aboue mas ratione, consell, cleruynge of strikig whom, wha & where it shall like his maistrie, to whom be glory & prayse everlastinge. Amen. 

Thus make I an ende of this treatise, deplzyinge them that shall take profite theerby, to defende it agaynst enuyouse dysdayne, on whome I haue set the adventure, for the loue that I bare to my countrey: requyzyinge all honest phisicions to remember, that the intent of my labour was, 

men
men and women redeinge this warke, and obseruinge the counsayles therein, shulde adapte the-
by their bodies, to recepue more sure remedy by
the medicines prepared by good phisitians in da-
gerous syckenesses, they kepynge good depet, and
insoumyng he diligently the same phisitians, of maner of their affecctes, passions, and sensible
tokens. And so shal the noble and most necessarie science of phisike, with the ministers thereof, es-
cape the sclaunder, which they haue of long tyme susteyned, and accorpyng to the precepte of the
wyse man, be worthily honoured, sozamoche as the hyghest god byd create the phisition, foz mas
necessite. And of the earth created medicine, and wyse man shal not abhorne it. Thus fare ye wel
gentlyl reveres, and forger me not with your good
repose, and pryay to God that I be neuer wars occupied.

LONDINI in adibus Thoma Berthe-
eti typis impress.
Cum privilegio ad impressen-
dum solvm.