

THE PREFACE TO THE BOKE OF CHYLDREN

ALTHOUGH (as I doubt not) euery good mā wyl enterprete this woorke to none other ende, but to be for the comfort of them that are diseased, and wyl esteme no lesse of me by whom they profyte, than thei wyl be glad to receyue the benefites. Yet forasmuche as it is impossible to auoyde the teethe of malicious enuy, I thought it not vnnecessary to preuent the furies of some, whyche are euer gnawyng & bytyng vpon them that further any godly sciences. To those I protest, that in all my studies I neuer intended nor yet doo entende to satisfye the myndes of any suche pikefautes (whiche wyl doo nothyng but detract and iudge other, snuffyng at all that offendeth the noses of their momishe affections, howe soeuer laudable it be otherwais :) But my purpose is here to doo theym good that haue moste nede, that is to saye, children : and to shewe the remedies that god hath created for the vse of man, to distribute in englyshe to them that are vnlearned, parte of the treasure that is in other languages, to prouoke thē that are of better learnyng, to vtter their knowledge in suche lyke attemptes : fynally to declare that to the vse of many, whyche oughte not to be secrete for lucre of a fewe : and to communicate the fruite of my labours, to them that will gentilly and thankfully receyue them, whyche yf any be so proude or supercilious, that they immediatly wyl despise, I shall frendly desyre them, with the wordes of Horace : *Quod si meliora nouisti, Candidus imparti, si non, his vttere mecum,* If they know better, lette vs haue parte : yf they doo not, why repine thei at me ? why condemne they the thyng that they can not amende ? or yf they can, why dissimule they their counnyng ? how long wold they haue the people ignorant ? why grutche they phisyke to come forth in Englyshe ? woulde they haue no man to know but onely they ? Or what make they them selues ? Marchantes of our lyues and deathes, that wee shulde bye our health onely of them, and at theyr prices, no good phisicion is of that mynde. For yf Galene the prince

of this arte beyng a Grecian, wrote in the Greke, kyng Auicene of Arabie in the speache of the Arabians : If Plinius, Celsus, Serenus, and other of the Latines wrote to the people in the Latine tongue : Marsilius Ficinus (whome all men assent to be singularly learned) dysdayned not to write in the langage of Italy : generally if the entent of all y^t euer set forth any noble study, haue been to read, of as many as wold. What reason is it, that we shuld huther muther here among a fewe, the thyng that was made to be common vnto all ? Christe sayth : No manne lyghteth a candell to couer it with a bushell, but setteth it to serue euery mans nede : And these go about, not onely to couer it when it is lyghted, but to quenche it afore it be kyndled (yf they myght by malice) which as it is a detestable thyng in any godly science : so me thynketh in this so necessary an arte, it is excedyng damnable and dyuelyshe, to debarre the fruition of so inestimable benefites, whiche our heauenly father hath prepared for our comforte and innumerable vses, wherewith he hathe armed our impotent nature against the assautes of so many sycknesses : wherby his infinite mercy and aboundant goodnesse is in nothyng els more apparently confessed, by the whiche benefites, as it were with moste sensyble argumentes, spoken out of heauen, he constrayneth vs to thynke vpon our own weaknes, and to knowledge, that in all fleshe is nothyng but misery, sycknes, sorowes, synne, affliction, and deathe, no not so muche strength as by oure owne power, to relieue one membre of oure bodyes diseased. As for the knoweledge of medicines, comfort of herbes, maintenaunce of healthe, prosperitie and lyfe, they be his benefites, and procede of hym, to the ende that we shuld in common helpe one an other, and so lyue togyther in his lawes and commandementes : in the which doynge wee shall declare our selues to haue worthily employed them, and as fruitfull seruantes, be liberally rewarded. Otherwise, vndoutedly the talent whiche we haue hidden, shalbe dygged vp, and distributed to theym that shall be more diligent : a terrible confusion afore so hye a iustice, and at suche a courte, where no wager of lawe shall be taken, no proctour limited to defende the cause, none exception allowed to reprove the

wytnes, no councell admitted to qualifye the gloses, the very bare texte shall bee there alledge. Cur non posuisti talentum in fenus? Why hast thou not bestowed my talent to the vauntage. These and suche other examples, haue enforced me beyng oftentimes exercised in the study of physyke, to deriue out of the purest fountaynes of the same facultie, such holsome remedies, as are moste approued, to the consolation of them that are afflicted, as farre as God hathe gyuen me understanding to perceiue: folowyng therin, not only the famous and excellent authours of antiquitie, but also the men of hyghe learnynge nowe of our dayes, as Manardus, Fuchsius, Ruellius, Musa, Campegius, Sebastian of Austrike, Otho Brunfelsius, Leonellus, &c. with diuers other for myne oportunitie, not omitting also the good and sure experimentes that are founde profitable by the dayly practise. And where as in the regiment of lyfe, whiche I translated out of the frenche tonge, it hath appeered to some, more curious than needeth, by reasone of the straunge ingredience, wherof it often treateth: Ye shall know that I haue in many places amplified the same, with suche common thynges as may be easily gotten, to satisfie the myndes of them that were offended: or els considering that there is no money so precious as helth, I wold think no spice to dere, for maintenāce ther of. Notwithstanding I hope to see the tyme whan the nature of the Simples (whiche haue been hytherto incredibly corrupted) shall be readde in Englyshe, as in other languages: that is to say, the perfect declaration of the qualities of herbes, sedes, rootes, trees, and of all commodities that are here amongst vs, shall bee earnestly and truely declared, in our owne natiue speche, by the grace of god. To the whyche I truste all lerned men (hauyng a zeale to the common wealth) wyl apply their diligent industries: surely for my part, I shall neuer cease, duryng my breath, to bestowe my labour to the furtheraunce of it (tyl it come to passe) euen to the vtermost of my simple power. Thus fare ye well gentyll readers.

THE BOKE OF CHYLDREN

To begyn a treatise of the cure of chyldren, it should seme expedient, that we shuld declare somewhat of the principles, as of the generation, the beyng in the wombe, the tyme of procedyng, the maner of the byrthe, the byndyng of the nauyll, setting of the mēbres, lauatories, vnctions, swathynges, and entreatementes, with the circumstances of these and many other: whiche if I shoulde reherse in particles, it would require bothe a longer tyme, & encrease into a greater volume. But forasmuch as y^e most of these thinges are very true & manifest, som pertainyng only to the office of a mydwife, other for the reuerence of the matter, not mete to be disclosed to euery vyle person: I entend in this boke to let them all passe, and to treat only of the thyngs necessary, as to remoue the siknesses, wherwith the tender babes are oftētimes afflicted, and desolate of remedye, for somuche as many do suppose that there is no cure to be ministred vnto thē, by reason of their weakenes. And by y^r vayne opinion, yea rather by a foolish feare, they forsake many that myght be well recouered, as it shall appeare by the grace of God hereafter, in this lytle treatyse, when we come to declaratiō of the medicines. In the meane season for confinitte of the matter, I entend to write somewhat of y^e nource, and of the milke, with the qualities, & complexions of the same, for in y^t consisteth the chief point and summe, not only of the maintenaūce of health, but also of the fourmyng of infectyng eyther of the wytte or maners, as the Poet Virgyl when he woud describe an vncurteis churlysh, & a rude condishioned tyraunt, didde attribute the faute vnto the gyuer of the mylke, as in saying thus.

*Nec tibi diua parens, generis nec Dardanus author,
Perfide, sed duris genuit te cautibus horrens Caucasus,
hircanæque admorunt vbera tigres.*

For that diuine Poet being throughly expert in the priuities of nature, vnderstode right wel how great an alteracion euery

thing taketh of the humoure, by the whiche it hath his alymente and nourishing in the youthe: whiche thing also was considered and alleged of many wyse Philosophers: Plato, Theophrastus, Xenophon, Aristotle, and Plinie, who did al ascribe vnto the nourcement as muche effect or more, as to the generacion.

And Phauorinus the Philosopher (as writeth Aulus gellius) affirmeth that if the lambes be nourished with the milk of goates, they shall haue course wolle, like the heare of goates: and if kiddes in like maner sucke vpō shepe, the heare of them shall be softe lyke wolle. Wherby it doth appeare, that the mylke and nourishyng hath a marueylous effect in chaunging the complexion, as we se likewyse in herbes and in plantes, for let the seede or ympes be neuer so good and pure, yet if they be put into an vnkinde earth, or watred with a noughty and vnholosome humour, either they come not vp at all, or els they wyll degenerate and turne out of their kynde, so that scarce it may appeare from whēce they haue bene taken: according to the verse.

Pomaque degenerant, succos oblita priores.

Wherfore as it is agreing to nature so is it also necessary & comly for the own mother to nource the owne child. Whiche if it may be done, it shall be moste cōmendable and holosome, if not ye must be well aduised in takyng of a nource, not of ill complexion and of worse maners: but suche as shalbe sobre, honeste and chaste, well fourmed, amyable and chearefull, so that she may accustome the infant vnto mirth, no dronkarde, vicious nor sluttyshe, for suche corrupteth the nature of the chylde.

But an honest woman, (such as had a man childe last afore) is best not within twoo monethes after her delyueraunce, nor approchyng nere vnto her time againe. These thynges ought to be cōsidered of euery wise person, that wyll set their chyl dren out to nource. Moreouer, it is good to loke vpon the milke, and to se whether it be thicke & grosse, or to muche thinne and watry, blackyshe or blewe, or enclinyng to reddenesse or yelowē, for all suche are vnnaturall and euill.

Likewyse when ye taste it in your mouthe, yf it be eyther bitter, salte, or soure, ye may well perceyue it is vnholosome.

That milke is good, that is whyte and sweete, and when ye droppe it on your nayle, and do moue your finger, neither fleteth abrode at euery stering nor will hange faste vpon your nayle, whē ye turne it downeward, but that which is betwene both is best.

Somtime it chaunceth that the milke wasteth, so that y^e nource can not haue sufficient to susteine the child, for the whiche I wil declare the remedies leauig out the causes for breuity of time.

¶ *Remedies appropriate to the encreasing of milke in the brestes.*

Pasneppe rotes, and fenelle rotes, sodden in broth of chickens, & afterwarde eaten with a litle fresh butter, maketh encrease of milke within the brestes.

¶ *An other.*

The pouder of earth wormes dried and dronken in the brothe of a neates tongue, is a singuler experiment for y^e same intent.

Also the broth of an olde cocke, with myntes, cynamome and maces.

Ryce also sodden in coves milke, with the crūmes of white bread, fenell seede in pouder, and a litle suger is exceading good.

¶ *An other good medicine for y^e same.*

Take Christall, and make it in fine pouder, and myxe it with asmuche fenell seede and suger, and vse to drinke it warme with a litle wyne.

¶ *A plaister for the encrease of milke.*

Take fenell and hoorehounde, of euery one two handfulles, anys seede foure drammes, Saffron a scruple in pouder, swete butter thre oūces, seeth them in water, and make a playster to be layde vpon the nurces brestes.

These thinges haue propertie to augment the milke, dylle, anyse seede, fenelle, cristal, horehounde, fresh chese, hony, lettuse, beetes, myntes, carette rotes, parsneppes, the dugges or vdder of a cowe or a shepe, goates milke blaunched almondes, ryce porragge, a coves tounge dried and made in pouder, potched egges, saffrō, and the iuice of rosted veale dronken.

Thus much of the nource, and of the mylke: nowe will I declare the infirmities of chyldren.

Although (as affirmeth Plinie) there be innumerable passions & diseases, wherunto the bodye of man is subiecte, and as well maye chaunce in the young as in the olde: Yet for moste commonly the tender age of children is chefely vexed & greued with these diseases folowyng.

- Apostume of the brayne.
- Swellyng of the head.
- Scalles of the head.
- Watchyng out of measure.
- Terryble dreames.
- The fallyng euill.
- The Palsey.
- Crampe.
- Styfnesse of limmes.
- Bloudshotten eyes.
- Watryng eyes.
- Scabbynesse and ytche.
- Diseases in the eares.
- Neasing out of measure.
- Bredyng of teeth.
- Canker in the mouth.
- Quinsie, or swellyng of throte.
- Coughe.
- Streytynesse of wynde.
- Feblenesse of the stomake & vomiting.
- Yeaxyng or hicket.
- Colyke and rumblyng in the guttes.
- Fluxe of the belly.

Wormes.
 Swellyng of the nauill.
 The stone.
 Pyssyng in bedde.
 Brustyng.
 Failyng of the skynne.
 Chafyng of the skynne.
 Small pockes and measels.
 Feuers.
 Swelling of the coddess.
 Sacer ignis or chingles.
 Burnyng and scaldyng.
 Kybbes.
 Consumpcion.
 Leanenesse.
 Gogle eyes.

¶ OF APOSTUMES OF THE BRAYNE.

In the fylme y^t couereth the brayne chaunceth oftentimes apostemaciō and swelling, either of to much cryng of the childe, or by reason of the mylke immoderately hote, or excesse of heate in the bloud, or of cold fleume, and is knowen by these sygnes.

If it be of hote matter, the head of the chylde is vnnaturally swollen, redde and hote in the felyng: if it come of colde matter, it is somewhat swollē, pale, and colde in the touching, but in both cases the childe can not reste, and is euer loth to haue his head touched, crieth and vexeth it selfe, as it were in a frenesye.

¶ Remedy.

Make a bath of mallowes, camomyll, and lillies sodden with a shepes head, till the bones fall, & with a spōge or soft cloutes, all to bath the head of the childe in a colde apostume, with the broth hote as may be suffered, but in a hote matter, wete the broth luke warme, or in the cooling, and after the bath, set on a playster thus.

¶ *A playster.*

Take fenugreke, camomill, wormwood, of euery one an handfull, seeth them in a close vessell, till the thirde parte be consumed, then stampe thē in a mortar, and stirre them, to the which ye shall put of the same broth agayne enough to make a plaister, with a litle beane floure, yolkes of egges & saffrō, adding to thē freshe butter or duckes grease sufficient, and apply it. In a cold matter lette it lye a day: but in a hote cause ye muste remoue it euerye syx houres.

¶ OF SWELLYNG OF THE HEAD.

Inflation or swelling of the head, cometh of a wyndye matter, gathered betwene the skynne & the flesh, and sometime between the fleshe and the bones of y^e sculle, the tokēs wherof are manifest ynough to the sight, by the swellyng or puffing up, & pressed w^t the finger, there remayneth a prynte, whiche is a signe of wynde & vicious humours, ye shall heale it thus.

¶ *Remedy.*

First let y^e nource auoyde al thinges that engendre wynd, salt or slymy humours, as beanes, peason, celes, salmon saltfyshe, and lyke: then make a playster to the childes head, after this fashion.

Take an handfull of fenell, smallache and dylle, and seeth them in water in a close vessell, afterwarde stampe thē, and with a litle cummyne, and oyle of bytter almondes, make it vp, and laye it often to the chyldes head, warme. In defaulte of oyle of almons take gosegrease, addyng a litle vinegre.

And it is good to bath the place with a softe cloute, or a sponge in the broth of these herbes: Rue, tyme, maioram, hysope, fenell, dylle, cūmyne, sal nitre, myntes, radysh rotes, rocket, or some of them, euer takyng heede that there droppe no porcion of the medicines in the babes eyes, mouthe, or cares.

¶ SCALLES OF THE HEAD.

The heades of chyldren are oftentimes vlcered and scalled, as well when they sucke, and then moste commonly, by reason

of sharpe mylke, as also when they haue bene weaned, and can go alone. Sometimes it happeneth of an euil complexion of humours by eatyng of rawe frute, or other euill meates, and sometime by long continuyng in the sonne, manye tymes by droppynge of restye bacon, or of salte beefe on their bare heades.

Otherwyles they be so borne out of their mothers wombe, and in all these is no great difficultie till the heare be growen: but after that, they requyre a greater cure, and a cōning hand, notwithstanding as God shall gyue me grace, here shall be sayde remedies for the cure of thē, suche as haue bene oftentimes approued: wherein I haue entended to omyt the disputacions of the difference of scalles, and the humours wherof they do proceade, and wyl go strayght to the composicion of medicines, folowyng the good experience, here ensuyng.

¶ *Remedies for Scalles.*

If ye se the scalles lyke the shelles of oysters, blacke and drie, cleauynge upon the skinne, one within an other, ye maye make a fomentacion of hoate and moyst herbes, as fenugreke, holy hocke, beares breeche, lyneseede, and suche other, sodden al or some of them in the brothe of netes feete, and so to bathe the sores, and after that applye a soft plaister of the same herbes, with gose grease or butter, vsyng this styl, till ye se the scabbe remoued, and then washe it with the iuyce of horehound, smallach and betony, sodden together in wyne, and after the wasshyng put vpō it poudere of myrre, aloes & frankensence, or holde his head ouer a chafyngdishe of coles, wherin ye shal put frankensence and saūders in poudere. But if ye see the scabbes be very sore and mattrye wyth great payne, & burning of the head, ye shal make an ointment to coole the matter thus.

¶ *An oyntment to coole the burnyng of a sore head.*

Take white leade and lytarge, of euery one. v. drammes, lye made of the ashes of a vyne. iii. drammes, oyle of roses, an ounce, waxe an ounce, melte the waxe fyrste, than put to

the oyle & lye, with the reste, and in the ende. ii. yolkes of egges, make an oyntment, and laye it to the head. This is the composition of Rasis.

¶ *An other oyntment singular for the same purpose.*

Take betony, grounswell, plantayne, fumytory, and dayes, of euey one lyke muche, stampe them, and myngle them with a pounce of freshe swynes greace, and let them stande closed in a moyst place, viii. dayes, to putrify, thā frye them in a panne, and strayne thē into a cleane vessel, and ye shal haue a grene ointmēt of a singular operaciō for the sayd disease, and to quenche al vnkynde heates of the body.

Also ye muste vse to shaue the head, whatsoever thynges ye do lay vnto it. If there lacke the cleansing of the sores, and the chylde weaned, ye shall do well to make an oyntment of a lytle turpentyne, bulles gall, and hony, and laye vpon the sores.

Also it is proued, that the vrine of a bulle, is a singular remedy to mundify the sores, and to lose the heares by the rootes, without any peyne or pille.

The iuyce also of morel, daysye leaues & groundswel fried with greace & made in an oyntmēt, colet h al vnkind heates and pustles of the head.

Here is to be noted, that duryng this disease in a suckyng chylde, the nource must auoide al salt, and sower meates that engēder cholere, as mustarde, vineger, and such : and almaner fruites, (except a pomegranate) and she muste abstayne in this case, bothe from egges, and from other kynde of whyte meates in general, and aboue al she may eate no dates, figges, nor purcelane, for many holde opinion that purcelane hath an euill propertie to breede scabbes and vlcers in the head. Moreouer the chyldes head maye not be kept to hote, for that is oftentimes the cause of the disease.

Sometimes it chanceth that there breadeth in the head of chylde as it were litle wartes or knobbes somewhat hard, & can not be resolued by the said medicines. Wherefore when ye se that none other thing wil helpe, ye shal make a good oyntment to remoue it, in maner as hereafter is declared.

¶ *An excellent remedy for wartes or knobbes of the head.*

Take lytarge and whyte lead, of eche a like quantitie, brimstone and quicke siluer quenched with spytte, of eche a lesse quantitie, twise asmuch oyle of roses, and a sponful or two of vineger, mixe them altogether, on a marble, til they be an oyntment an lay it on the head, & whan it hath ben dry an houre or. ii. wasshe it of with water, wherein was soddē maioram, sauery and mintes, vse it thus twise a daye, mornyng and euenyng, till ye see it hole. This thing is also good in al the other kind of scalles.

¶ OF WATCHYNG OUT OF MEASURE.

Slepe is the nouryshment & foode of a sucking child, and asmuch requisite as y^e very teate, wherfore whā it is depriued of the naturall rest, all the hole body falleth in distēper: cruditie and weakenes, it procedeth commonly by corrupcion of the mylke, or to mucche aboundance, whiche ouerladeth the stomake, & for lacke of good dygestion, vapours and fumes aryse into the head, and infect the braine, by reason wherof the child can not slepe, but turneth & vexeth it self w^t crying. Therefore it shalbe good to prouoke it to a natural slepe thus, according to Rasis. Annoynt the forehead and tēples of the child, with oyle of violets, & vineger, putting a drop or two in the nose thrilles, and if ye can gette any syrupe of popye, geue it the chylde to licke, and than make a plaister of oyle of saffron, lettuse, & the iuice of poppy, or wette cloutes in it, & laye it ouerthwarte the temples.

Also the seades & the heades of popye, called chesbolles, stamped with rosewater, and myxte with womans mylke, and the whyte of an egge, beaten al together and made in a plaister causeth the chylde to receyue his natural slepe.

Also an oyntment made of the seede of popy and the heades, one ounce, oyle of lettuse, and of popy, of eche. ii. ounces, make an oyntment and vse it.

They that can not gette these oiles, may take the herbes, or iuyce of lettuse, purcelane, houseleke, and popye, & with womans mylke, make a playster, and laye it to the forehead.

Oyle of violetes, of roses, of nenuphar, are good, and oyle of populeon, the broth of mallowes sodden, and the iuyce of water plantayne.

¶ OF TERRIBLE DREAMES AND FEARE IN THE SLEPE.

Oftentimes it happeneth that the chyld is afraid in y^e slepe, & somtymes waketh sodainly, & sterteth, somtyme shrieketh and trembleth, whiche effect commeth of the arysing of stynkyng vapours out of y^e stomake into the fantasye, and sences of the brayne, as ye maye perceyue by the breath of the chyld: wherfore it is good to geue hym a litle hony to swallow, and a lytle pouder of the seedes of peonie, and sometimes triacle, in a litle quantitie with mylke, and to take hede that the chyld sleepe not with a full stomake, but to beare it about waking, tyl part be digested, and whan that it is layde, not to rocke it muche, for ouermuche shaking letteth digestion, and maketh the childe many tymes to vomyte.

¶ THE FALLYNG EUYLL CALLED IN THE GREKE TONGE
EPILEPSIA.

Not only other ages but also lytle chyldren, are oftentimes afflicted, with this greuouse syckenes, somtyme by nature receyued of the parentes, and than it is impossible, or difficile to cure, somtyme by euyll and vnholosome diet, wherby there is engendred many colde and moyst humours in the brayne, whereupon this infirmity procedeth, whiche if it be in one that is young and tender, it is very hard to be remoued, but in them that are somewhat strong, as of seuen yeares and vpwarde, it is more easy.

I fynde that many thynges haue a natural vertue against y^e falling euil, not of any qualitie elementall, but by a singuler propertie, or rather an influence of heauen, whiche almyghtye God hath geuen vnto thinges here in earth, as by these and other.

Saphires, smaragdes, red coral, piony, mystletow of the oke, taken in the moneth of Marche, and the moone decreasyng, tyme, sauein, dylle, and the stone that is founde in the bellye of a yong swallow, being the first brode of the dāme.

These or one of them, hanged about the necke of y^e chyld, saueth and preserueth it from the sayd sickenes. Now wil I describe some good & holsome medicines to be takē inward for the same disease.

If the childe be not very young, the mawe of a leueret, dronkē with water and hony cureth the same.

¶ *A medicine for the falling sickenesse.*

Take the roote of piony, and make it into pouder, and geue it to the child to licke in a litle pappe and suger. They that are of age, may eate of it a good quantity at once and likewise of the blacke sedes of thesame piony. Item the purple violettes that creapeth on the ground in gardeins with a long stalke, and is called in englishe heartesease, dronkē in water, or in water and honye, helpeth this disease in a young chyld.

Morcouer the muscle of the oke rased and geuen in mylke, or in water & hony, is good.

Also ye may styll a water, of the floures of lind, it is a tree called in latin tilia, the same wherof they make ropes and halters of the barke, take the same floures and distill a water, and let the pacient drinke of it nowe and than a sponefull, it is a good remedy.

¶ Item the rote of the sea thistle called Eringium in latin, eaten in broth or dronken, is exccading good.

¶ Some write that cicory is a synguler remedy for thesame disease. It is ment by wylde cicorie, growyng in the cornes.

¶ The floures of rosemary, made in a conserua hath the same effect in curyng this disease.

I could declare many other remedies commended of authours, but at this tyme these shalbe sufficient.

Nowe I will entreate somewhat of the palsey.

¶ OF THE PALSEY OR SHAKYNG OF MEMBERS.

The cure of the palsey in a chyld, is not lyke to that whiche is in elder age, for the synnues of a chyld be very

nesh and tender, and therefore thei ought to haue a much weaker medicine, euermore regardyng the power of the sicknesse, and the vertue or debilitie of the griued pacient.

For sometimes the childe can not lift neither legges nor armes, whiche if it happē during the sucking, than must the nource vse a diet enclinig to hote and drie, & to eate spices, as galingale, cinamome, ginger, macis, nutmiggess & such other, w^t roasted & fried meates, but abstaine from milke and almaner fishe. And it shall be good for her, to eat a lectuarie made after this forte. Take mintes, cinamon, cūmine, rose leaues dried, mastike, fenugreke, valerian, ameos doronisi, zedoary, cloues, saunders, and lignum aloes, of euery one a dramme, muske half one drāme, make an electuary with clarified hony, and let her eate of it, and geue the chylde as muche as halfe a nut euery daye to swallow.

¶ *A playster.*

Take an oūce of waxe, and a dramme of euphorbium, at the potecaries, and temper it with oyle olyue on the fier, and make a serecloth, to comforte the backe bone, and the sinewes.

¶ *A goodly lauatory for the same purpose.*

Take lye of ashes, and seeth therin baye buries, and asmuch piony sedes, in a close vessel to the thirde part, and washe the childe often with the same.

Item a bathe of saucry, maiorim, tyme, sage, nepte, smallage, & mintes, or some of thē is very good & holsom. Also to rubbe the backe of the chylde and the limmes, with oyles of roses and spike, myxte together warme, and in stede of it ye may take oyle of baies.

¶ OF THE CRAMPE OR SPASMUS.

This disease is often sene among childrē and commeth very lightly, as of debilitie of the nerues and cordes, or els of grosse humours, that suffocate thesame: the cure of y^t which is declared of authors to be done by friccions and oyntmentes that comfort the sinowes & dissolue the matter,

as oyle of flouredeluyce, with a litle anyse, saffron and the rotes of piony.

Item oyle of camomil, fenugreke, and mellilote, or the herbes soddē, betony, wormwood, verueyne, and tyme, are exceding good to washe the chylde in.

Item the plaister of euphorbium, written in the cure of palsey.

¶ OF THE STIFNES OR STARCKENES OF LIMMES.

Sometyme it happeneth that the lymmes are starke, and can not well come together without the greater peyne, which thyng procedeth many tymes of cold, as whan a chylde is found in the frost, or in the strete, cast away by a wycked mother, or by some other chaunce, although I am not ignoraunt that it may procede of many other causes, as it is sayde of Rasis, & of Arnolde de villa noua, in his boke of the cure of infantes.

And here is to be noted, a wonderfull secrete of nature, many times approued, wrytten of Auicenne in hys fyrst Canon, and of Celius Antiquarum electionū, libro. xiii. capit. xxxvii that whan a mēber is vtterly benumbed and taken through colde, so that the pacient can not feele his lymmes, nor moue them according to nature, by reason of the vehemēt of cōgelaciō of y^e bloud, in such case y^e chiefest help or remedy is not to set thē to the fyer to receyue heate, for by that meanes, lightly we se that euery one swowneth and many dye outryght, but to sette the feete, legges, and armes, in a payle of clere colde water, which immediatly shall dissolue the congelacion, and restore the bloud to y^e former passage and fredome, after that ye may lay the pacient in a bedde to sweate, and geue hym hote drinks and caudels or a coleis of a capon hote, with a litle cinamome & saffron, to cōfort the hart. In argumēt of this cure ye may se thus. When an apple or a peare is frosen in winter, sette it to the fier, and it is destroyed: but yf ye put it into colde water, it shall as well endure as it did afore, wherby it doth appere, that the water resolueth colde, better with his moysture, than the fier can do by reason of his heate: for the water relenteth and the fier

draweth and drieth, as affirmeth Galene in his booke of elementes.

Hitherto haue I declined by occasiō, but I trust not in vayne to the reader, now to my purpose.

When a young child is so takē with a colde, I esteme it best to bath the body in luke warme water, wherein hath bene sodden maioram and time, isope, sage, mintes, & suche other good and comfortable herbes, thē to relieue it with meates of good nouryshment, according to the age and necessitie, & if neede be, when ye se the limmes yet to be starke, make an oyntment after this fourme.

¶ *An oyntment for styffe and stoynd limmes.*

Take a good handfull of nettels, and stampe them, then set them in oyle to the third part in a double vessel, kepe that oyntmēt in a drie place, for it wil last a great while, and is a singuler remedy for the styfnes that commeth of colde, & whoso anoynteth his handes & fete with it in the morning, shal not be grieued with colde all the daye after. The sedes of nettels gathered in haruest and kept for the same entente, is exceding good sodden in oyle, or fried with swines grece, which thing also is very good to heale the kybes of heeles, called in lattyn Perniones. The vrine of a goate with the donge stamped and layed to the place, resolueth the stifnes of lymmes.

When the cause commeth not by extreme cold, but of some other affectiō of the sinowes and cordes, it is best to make a bath or a fomētaciō of herbes that resolue and comfort the sinowes with relaxacion of the grosse humors, & to opē the pores, as by exāple thus. Take malowes, holyhocke and dyl, of eche a hādful or two, syeth them in the water of netes fete, or in broth of flesh without salt, with a handfull of branne and cūmine, in the whiche ye shal bath the child, as warme as he may suffer, and yf ye se necessitie, make a plaister with the same herbes, and lay it to the grieue with a litle gosegrece, or duckes grece, or if it may be gotten, oyle of camomil, of lylies, and of dyll. Cloutes wette in the said decoction, and layde about the members helpeth.

¶ OF BLOVD SHOTTEN EYES, AND OTHER INFIRMITIES.

Somtime the eyes are bloudshotten, and other whiles encreasing a filthi and white humour, coueryng the sight, the cause is often of to muche crying, for the whiche it is good to drop in the eyes a litle of the iuyce of nightshade, otherwyse called morell, and to annoynte the forehead with the same, and if the eye swell, to wette a cloute in the iuice, and the white of egges, and lay it to the grieffe.

If the humour be clammisshe and though, & cleueth to the corners of the eyes, so that the chylde can not open thē after his slepe, it shalbe remoued with the iuice of housleke, dropped on the eye with a fether.

When the eye is bloudeshotten and redde, it is a singuler remedy to put in it the bloud of a young pigeon, or a douc, or a patriche, eyther hoate from the bird, or els dried and made in pouder, as subtyll as may be possible.

¶ *A playster for swellng and payne of the eyes.*

Take quinces & crūmes of whyte bread, & seeth them in water til they be softe, then stampe them, & with a litle saffrō & the yolkes of two egges, make a plaister to the childes eies & forhead. Ye may let hym also receiue the fume of that decoction. It is also good in y^e meigrim: if ye will haue further, loke in the regiment of lyfe, in the declaration of paynes of the head.

¶ OF WATRYNG EYES.

If y^e childes eyes water ouermuch without crying, by reason of a distillacion commyng from the head. Manardus techeth a goodly plaister, to restrain y^e reumes, & is made thus.

Hartes horne brent to pouder, and washed twyse, guaiacū, otherwyse called lignum sanctum, corticum thuris, antimonie, of eche one parte, make a fine pouder, and vse it with the iuyce or water of fenel. These thiges haue vertue to staūche the running of the eyes. The shelles of snayles brent, the ticke that is found in the dugges of kyne, philypendula, frankensence & the whyte of an egge laied upon y^e forehead, flewort or the water wherin it staped, tutie, y^e water of buddes

of oke stilled, beane floure finely sifted, and with the gūme of a cheritree stepped in vineger, & layd ouer all the temples.

¶ OF SCABBYNESSE AND YTCHE.

Sometime by reason of excesse of heate, or sharpnesse in the milke, through the nourses eatyng of salt & eygre meates, it happeneth y^t a chyld is sene full of ytche by rubbyng, freting, and chafyng of it selfe, encresing a scabbe called of the Grekes Psora: which thyng also chaunceth vnto many after they be weaned, proceding of salte and aduste humoures, the cure wherof differeth in none other, but according to the difference of age, for in a suckyng babe the medicines maye not be so sharpe, as it may be suffered in one that is alredey weaned. Against suche vnkynde ytche, ye may make an oyntment thus. Take water of betony, two good hādfulles, daysye leaues, & alehofe otherwise called tūour or ground yuye, of eche one handfull, the red docke rotes, two or thre, stampe them altogether, and grynde them wel, then mingle thē with freshe grease, and again stampe them. Let them so stande. viii. daies to putrify till it be hoare, then frye them out and strayne them and kepe it for the same entent.

This oyntment hath a great effect, both in yong and olde, and that without repercussion or driuing backe of the matter, whiche should be a peryllouse thyng for a young chyld.

The herbe water betony alone, is a great medicine to quenche al vnkynde heates without daūger, or the sething of it in cleare well water, to annoynte the membres. It is a commen herbe, & groweth by ryuers sydes, & smal renning waters, & wette places, arysing many times the heyght of a mā out of the grounde, where he reioyseth, with a stalke foure square, and many braūches on euery side, and also it beareth a whitishe blewe floure very small, & in haruest it hath innumerable sedes, blacke, and as fine as the sede of tutson or lesse, the leues bygge and long, according to the ground, full of iuyce, iagged on the sydes lyke a sawe, euen as other betonye, to whome it approacheth in figure, & obtaineth his name of water betony. The sauoure of the leafe is somewhat heauye,

moste lyke to y^e sauour of elders or walwort, but when it is brused it is more pleasaūt, whiche thyng induceth me to vary frō the myndes of them that thynke this herbe to be Galiopsis in Dioscorides, wrytten of hym that it should stynke when it is stamped, but the more this herbe is stamped, the more swete and herbelike it sauoreth: therefore it can not be galeopsis, and besides that, it is neuer founde in drie and stony groūd as the Galiopsis is. Neyther is thys herbe mencioned of the newe or olde authours, as farre as I can se, but of only Vigo, y^e famous surgion of oure tyme in Italy, whiche writeth on it, that this herbe exceedeth al other in a malo mortuo (so calleth he a kynde of lepry elephantycke, or an vniuersal & fylthy scabbe of all the body:) and in lyke manner he sayeth, it is good for to cure a canker in the breastes. Ye may reade these thinges in his secōd boke, Capitul. iii. and his fiftē booke of the Frenche pockes, in the third chapter: where he doth describe this aforesayd herbe, with so manifeste tokens, that no man wil doubt it to be water betony, conferryng the boke and the herbe duly together. Moreouer he nameth in Italy a brydge where it groweth in the water in great aboundaunce, and is called of that naciō Alabeueratore which in dede the Italians that come hyther and knowe both the place and the herbe, do affirme playnly, it is our water betony.

And where as he allegeth Dioscorides in climeno, which by cōtemplacion of both hath but smal affinity or none with this herbe, it was for nothyng els but lacke of the tōges, which faute is not to be so highly rebuked in a mā of his study, applying him selfe more in the practyse of surgery, & to handye operaciō, wherin in dede he was nere incomparable, then he did to searche y^e variaūce of tonges, & rather regarded to declare y^e operaciō of thinges with truthe, then to dispute vpon the properties or names with eloquence.

Thus haue I declined againe from my matter, partly to shew the discripcion of this holsome herbe, partely to satisfie the mindes of the surgions in Vigo, which haue hitherto redde the sayd places in vaine, and furthermore because there is yet none that declareth manifestly thesame herbe.

¶ *An other remedy for scabbes and ytche.*

Take the rootes of dockes, and frye thē in fresh grease, thē put to it a quātitie of brimstone in poudre, and vse to rubbe y^o places twise or thrise a day. Brimstone poudred & souped in a rere egge healeth the scabbes, which thyng is also very good to destroy wormes.

¶ *A goodly swete sope for scabbes and ytche.*

Take white sope halfe a pounce, and stepe it in sufficient rosewater, till it be well soked, then take two drammes of mercury sublimed, dissolue it in a lytle rosewater, labour the sope & the rosewater well together, & afterwarde put it in a litle muske or cyuette, and kepe it. This sope is exceding good to cure a great scabbe or ytche, and that without perill, but in a childe it shall suffyce to make it weaker of the mecury.

¶ *An other approued medicine for scabynesse and ytche.*

Take fumitorie, docke rootes, scabiouse, & the roote of walwort, stampe them al, & set thē in fresh grece to putrifye, then frye them and strayne thē, in which lycour ye shal put turpētine a litle quantitie, brymstone and frankensence very finely poudred and sifted a porciō, and with sufficient waxe make an ointment on a softe fyre: this is a singuler remedy for the same purpose. But in this cure ye ought to giue the child no egges, nor any egre or sharpe meate, & the nource also muste auoyde thesame, and not to wrappe it in to hotte, and if neade be, to make a bathe of fumitory, centaurye, fetherfewe, tansie, wormwood, and sauge, alone yf ye se the cause of the ytche or the scabbe to be wormes in the skinne for a bitter decoction shall destroy thē and dry vp the moistures of the sores.

¶ OF DISEASES IN THE EARES.

Many diseases happē in the eares, as payne, apostumes, swellings, tynkyng and sound in the head, stoppyng of the organes of hearyng: water, wormes, & other infortunes gottē into the eares, wherof some of them are daungerous and

harde to be cured, some other expelled of nature without medicine.

¶ *Remedy for payne in the eares.*

For payne in the eares without a manifest cause, as often chaunceth, it is a singuler remedy to take the chest wormes, that are foūd vnder barkes of trees, or in other stumpes in the groūd, & wil turne round like a pease, take of them a good quantytie, and seeth them in oyle, in the rynde of a pomegranarde on the hote ymbres, y^t it brenne not, and after that straine it and put into the eares a droppe or two luke warme, and then lette hym lye vpon the other eare, and reste : Ye may geue this to all ages, but in a child ye must put a very litle quantitie.

¶ *An other.*

The hame or skynne of an adder or a snake, that she casteth, boyled in oyle, & dropped into the eares, easeth y^e paine, & it is also good for an eare that mattereth mingled with a litle hony, and put in luke warme. It is also good to droppe into the eares the iuyce of organye and mylke.

¶ FOR SWELLING VNDER THE EARES.

Paynters oyle, which is oyle of lynescdc, is exceding good for y^e swellng of the eares, and for paine in the eares of all causes.

Item a plaister made of linescede and dill, with a litle duckes grease & hony. If ye se the apostume breake, and renne, ye may clense it with the iuyce of smallache, the white of an egge, barley flour and hony, which is a common plaister to mundifie a sore.

When the eares haue receyued water or any other licour, it is good to take and stampe an onion and wring out y^e iuyce with a litle gosegrease, & drop it hote into the eare as it may be suffred and lay hym downe on the contrarye syde an houre, after that cause him to nese if his age will suffer, with a litle pellitory of Spayne, or nesng pouder, and then enclnye his eare downewarde, that the mater may issue.

¶ FOR WORMES IN THE EARES.

Take mirre, aloes, and the seede of colocinthis, called coloquintida of the apothecaries, a quantity of eche, seeth thē in oyle of roses, & put a litle in the eare. Mirre hath a great vertue to remoue the stenche that is caused in the eares by any putrefactiō, and the better with oyle of bitter almons, or ye may take the iuyce of wormwood with hony and salte peter.

¶ FOR WYNDE IN THE EARES AND TINKLYNG.

Take myrre, spykenarde, cummine, dylle, and oyle of camomyll, and put a droppe in y^e eares. Thei that haue not all these, may take some of them, and applye it accordyng to discretion.

To amende deafnesse, ye shall make an ointmēt of an hares galle, and the grease or dropping of an ele, which is a souerain thyng to recouer hearing.

¶ OF NESYNG OUT OF MEASURE.

When a chyld neseth out of measure, that is to saye with a long continuance, and therby the brayne and vertues animall be febled, it is good to stoppe it, to auoyde a further inconuenience.

Wherefore ye shall annoint the head with the iuyce purcelane, sorell, and nyghtshade, or some of them, and make a plaister of the whyte of an egge, and the iuyce, with a litle oyle of roses, & emplayster the forehead and temples, with the mylke of a woman, oyle of roses, and vyneger a litle.

If it come of cold reume, ye shall make a plaister of mastike, frākēsence, mirre wine, & apply it to y^e former parte of y^e head. A fume of y^e same receiued in flax, & layd vpō y^e chilles head, is holsome.

¶ BREEDYNG OF TEETH.

About y^e seuenth moneth, somtyme more, sometime lesse, after y^e birth, it is naturall for a chylde for to breede teeth, in whiche time many one is sore vexed, with sōdry diseases

& peines, as swelling of y^e gūmes & iawes, vnquiete crying, feurs, crāpes, palsies, fluxes, reumes, and other infirmities, specially when it is long or the teeth come forth, for the soner thei appere, the better, and the more ease it is to y^e chylde.

There be diuers thinges y^t are good to procure an easy breeding of teeth, amōg whom the chiefest is to annoint the gummes, with the braynes of an hare, myxt with asmuch capōs greace and hony, or any of these thynges alone, is exceedyng good to supply the gummes and the synewes.

Also it is good to washe the chylde twoo or three tymes in a weeke, wyth warme water, of the decoction of camomyll, hollyhocke and dylle.

Fresh butter with a litle barly floure, or hony, with the fine pouder of frankinsence & liquorice, are commēded of good authoures for the same entente. And when the peyne is greatte, and intollerable, with apostume or inflāmacion of the gummes, it is good to make an ointmēt with oyle of roses w^t the iuyce of morelle, otherwyse called nyghtshade, and in lacke of it, annoint the iawes within, with a lytle freshe butter and hony.

For lacke of the hares brayne, ye may take the conies, for they be also of the kyndes of hares, and called of Plinie Dasypodes, whose mawes are of the same effecte in medicine, or rather more than is written of authoures, of the mawes of hares.

If ye se the gummes of the chylde to apostume or swelle with softe fleshe, full of matter and paynfull, the beste shall be to anynt the sore place with the brayne of an hare, & capōs greace, equally myxt together, and after that ye haue vsed this, ones or twyse, annoynt the gummes and apostumacions with hony.

Thirdly if this helpe not, take turpentine mixte with a litle honye in equal porcion: And make a bath for the head of the chylde, in this fourme.

Take the floures of camomyll and dyl, of eche an handfull, seeth them in a quarte of pure rennyng water, vntil they be tender, and washe the head afore any meate, euery mornyng,

for it purgeth the superfluytie of the braynes, through the seames of the skull, and wythdraweth humours from the sore place, finally cōforteth the brayne & all the vertues animal of the childe.

To cause an easy breedyng of teethe, many thiges are rehersed of autours, besydes the premisses, as the first cast toath of a colte, set in siluer & borne, or redde coralle in lyke maner, hanged about the necke, wher vpon the chylde shuld oftētimes labour his gummes, and many other lyke, whiche I leaue out at this time, to auoid tediousnes, onely content to declare this of coral, that by cōsent of all authours, it resisteth the force of lightenyng, helpeth the chyldren of the fallyng cuyll, and is very good to be made in pouder & dronken against al maner of bleeding of the nose or fundament.

¶ OF CANKER IN THE MOUTH.

Many tymes by reason of corrupcion of the milke, venemous vapours arising from the stomake, & of many other infortunes there chanceth to breede a cāker in y^e mouthes of childrē, whose signes are manifest ynough that is to say, by stinkyng of y^e mouth, peine in the place, continuall renning of spittle, swellng of the cheke, and when the mouth is opened against the sonne, ye maye see clerelye where the canker lyeth. It is so named of the latter sort of phisicians, by reason of crepyng and eatyng forwarde and backward, and spreadethe it selfe abrode lyke the feete of a creues, called in latine cancer, notwithstanding I knowe that the Grekes, and auncient latynes, gyue other names vnto thys dysease, as in callynge it an vlcer, other whyles aphte, nome, carcinomata, and lyke, whiche are all in englyshe knowen by the name of canker in the mouthe, and although there be many kindes according to the matter, wherof they be engendred, & therefore require a diuersitie of curyng, yet for the moste parte, whan they be in children, the cure of them all differeth very litle or nothyng, for y^e chiefe entent shall be to remoue the malignitie of the sore, and to drie vp the noysome matter and humours, than to mūdify & heale, as in other kyndes of vlcers.

¶ *Remedies for the canker in the mouth of chyl dren.*

Take drie redde roses, and violets, of eche a like quantitie, make thē in pouder, and mixt them with a litle hony, this medicine is very good in a tender suckyng chylde, & many tymes healeth alone without any other thīg at all. But if ye se there be great heat and burning in the sore, with exceding payne, ye shall make a iuice of purcelane, lettuse & nightshade, & washe the sore with a fyne piece of silke, or driue it in with a spoute, called of the surgions a sprynge.

This by the grace of God, shal abate the brennyng, aswage the peyne, and kyll the venime of the vlcer.

But if ye see the canker yet encrease with great corrupciō & matter, ye shall make an oyntment after this maner.

Take mirre, galles wherewith they make ynke, or in defaute of them oken apples dryed, frankynsence, of eche a like much, of the blacke buries growyng on the bramble, taken from the bushe while they be grene, the. iii. part of al the rest, make them al in pouder, and mixt them with asmuch hony and saffron, as is sufficient, and vse it.

¶ *A stronger medicine for the canker in the mouth of children.*

Take the roote of celidonye dryed, the rinde of a pomegranate, redde coral in pouder, & the pouder of a hartes horne, of eche a lyke, roche alume a litle. First washe the place with wyne, or warme water, and hony, and afterwarde putte on the foresayde pouder very fyne and subtile.

¶ *An other singuler medicine for the canker in the mouth of all ages.*

R. ysop, sage, rue, of eche one good handfull, seeth them in wyne and water, to the thirde part, then straine thē out, and put in it a lytle whyte coperose, according to necessitie: that is to saye, when the sore is great, put in the more, whan it is smal, ye may take the lesse, than adde to it a quantitie of hony clarified, and a sponefull or two of good aqua vite, washe the place with it, for it is a synguler remedye, to remoue y^e malice in a short whyle, whiche done, ye shall make a water incarnatiue and healyng thus.

R. rybwoort, betonye and daysies, of eche a handfull, seeth them in wyne & water, and washe his mouthe twoo or thre times a daye with thesame iuyce. Moerouer some write y^t cristal made in fine pouder, hath a singuler vertue to destroye the canker, and in like maner y^e pouder of an hartes horne brent with asmuche of the rude of a pomegranade, and the iuyce of nyghtshade, is very good and holsome.

¶ OF QUINSY AND SWELLYNG OF THE THROTE.

The quinsy is a daūgerous sickenes, both in young and olde, called in latin sangina, it is an inflammacion of the necke with swelling & great pain, sometime it lieth in the very throte, upon the wesaunt pype, and than it is excedyng perylous, for it stoppeth the breath, and strangleth the pacient anone.

Otherwhyles it breaketh out lyke a bonche on the one side of the necke, and than also with very greate difficultie of breathynge, but it choketh not so sone as the first doeth, and it is more obedient to receyue curacion. The signes are apparaunt to syght, & besydes that the chyld can not crye, neyther swallowe downe his meate & drinke without payne.

¶ *Remedy.*

It is good to annoint the grieffe with oyle of dyll, or oyle of camomyll, and lylies, and to laye vpon the head, hote cloutes dypt in the waters of rosemary, lauender, and sauery.

The chiefest remedy commended of authours in this outragious sickenes, is y^e pouder of a swallow brent w^t fethers and all, and myxte with hony, wherof the pacient muste swallowe downe a litle, and the rest annoynted vpon the payne. They prayse also the pouder of the chyldes dunge to the chyld, and of a man to a man, brente in a pot, and annointed with a litle hony. Some make a compounded oyntmente of both, the receite is thus. R. of the swallow brent one porcion, of the second pouder another, make it in a thicke fourme with hony, and it wyll endure longe for the same entent.

Item an other experiment for the quinsy and swelling vnder the eares.

Take the musherom that groweth vpon an elder tree, called in englysh, Iewes cares (for it is in dede crōcled and flat, muche lyke an care) heat it against the fyer, and put it hote in any drynke, the same drinke is good & holsome for the quinsye.

Some hold opinion, that whoso vseth to drinke with it, shall neuer be troubled with this disease, and therefore cary it about with them in iourneis.

¶ OF THE COUGH.

The cough in childrē for the moste part, procedeth either of a cold, or by reason of reumes, descending from the head into the pipes of the longes or the breast, and that is moste cōmonly by ouermuche abouūdauce of milke corrupting the stomake and brayne: therefore in that case, it is good to fede the childe with a more slender diete, & to annointe the head ouer with hony, and nowe and than to presse his tong with your fynger, holdyng downe hys head that the reumes may issue, for by that meanes the cause of the cough shall runne out of his mouthe, and auoyde the childe of many noughty and slimy humours: whiche done, many times the paciente amendeth without any further helpe of medicine.

¶ *For the cough in a childe.*

Take gumme arabike, gūme dragagant, quince sedes, liquirice and penidies, at the apothecaries, breake thē altogether, and geue the childe to sup a litle at once, w^t a draught of milke newly warme, as it cōmeth frō the cowe.

Also stampe blaunched almonds, and wring them out with the iuice of fenell, or water of fenell, and geue it to the childe to fede with a litle suger.

¶ *Against the great cough and heate in the body.*

The heades of white poppye, and gūme dragagant, of eche a like much, long cucumer sedes, as muche as all, seeth thē in whay, with reasons & suger, & let the childe drinke of it twyse or thryse a daye, luke warme or colde.

¶ OF STRAITNESSE OF WYNDE.

Against y^e straitnesse of breathing, whiche is no quinsie, the consent of authours do attribute a great effect, to linesede made in pouder, & tempered with hony, for the child to swallow downe a litle at once. I finde also that the milke of a mare newly receiued of the childe with suger, is a singuler remedy for y^e same purpose. Which thig moreouer, is exceding holsom to make the belly lax without trouble.

¶ OF WEAKENES OF THE STOMAKE, AND VOMITING.

Many times the stomake of y^e child is so feble that it cannot retayne eyther meate or drynke, in whyche case and for all debilitie thereof, it is very good to washe the stomake with warm water of roses, wherein a lytle muske hathe beene dissolved, for that by the odour and naturall heate geueth a comfort to all the spyrituall members.

And then it is good to rost a quince tender, & with a litle pouder of cloues & suger to geue it to the chyld: to eat conserua quinces, w^t a litle cinamome and cloues, is synguler good for the same entēt. Also ye may make a iuice of quinces and geue it to the childe to drinke with a litle suger.

¶ *An oyntment for the stomake.*

Take gallia muscata at the pothecaries. xx. graine weight, mirrhe a very litle, make it vp in oyntment fourme, with oyle of mastike, and water of roses sufficient, this is a very good ointment for the stomake.

¶ *An other synguler receipt.*

Take mastike, frankinsence, and drie redde roses, as much as is sufficient, make them in pouder, and temper thē vp with the iuyce of myntes, and a sponefull of vineger, and vse it.

¶ *An other.*

Take wheat floure and parche it on a panne, tyll it begynne to brenne and waxe redde, than stampe it with vineger, and adde to it the yolkes of twoo egges harde rosted, mastike,

gumme, & frankinsence sufficiēt, make a plaister and laye it to the stomake.

¶ *To recouer an appetite lost.*

Take a good handfull of ranke and lusty rewe, and seeth it in a pynt of vineger to the thirde parte or lesse, and make it very strong, whereof if it be a chyld, ye may take a toaste of brown bread, and stampe it with the same vineger, and laye it plaisterwise to the stomake, and for a strōger age besides the plaister, lette hym suppe morning and euenyng of thesame vineger.

This is also good to recouer a stomake lost, by coming to a fyer after a lōg iourney, & hath also a singuler vertue to restore a man that swowneth.

¶ *An experiment often approued of Rasis for the vomite of children.*

Rasis a solemne practicioner among phisicians, affirmeth that he healed a great multitude of this disease, only with y^e practise folowing, which he taketh to be of great effect ī al like cases.

First he maketh as it were an electuarye of apothecarye stuffe, that is to saye, lignum aloes, mastike, of euery one half a dramme, galles half a scruple, make a lectuarye with syrupe of roses, and gallia muscata and suger.

Of this he gauē the children to eate a very lytle at once and often. Afterwarde he made a plaister thus. R. mastike, aloes, sloes, galles, frankensence, and brent bread, of eche a like porciō, make a plaister with oyle & syrupe of roses, to be laid to the childes stomake hote.

¶ *An other oyntment for the stomake, described of Wilhel. Placentino.*

Take oyle of mastike or of wormewood. ii. ounces, waxe. iii. ounces, cloues, macis, and cinamome, of eche thre drammes, make an oyntment adding in the ende a lytle vineger.

The yolke of an egge hard rosted, mastike, frankinsence & gūme, made in a plaister with oyle of quinces, is excedyng good for the same purpose.

¶ OF YEAXING OR HICKET.

It chaunceth oftentimes that a child yeaxeth out of measure: wherfore it is expedient to make y^e stomake eigre afore it be fed, & not to replenish it with to muche at once, for this disease commonly procedeth of fulnes, for if it come of emptines, or of sharp humors in the mouth of the stomake, which is seldome sene: the cure is then very difficill and daungerous.

¶ *Remedye.*

When it commeth of fulnesse that a childe yeaxeth incessantlye without measure and that by a lōg custome, it is good to make him vomit with a fether or by some other lighte meanes, y^t the matter whiche causeth y^e yeaxing, may issue & vncomber the stomake, y^t done, bryng it a slepe, and vse to annoynte the stomake with oyles of castor, spike, camomill, and dyll, or twoo or. iii. of them, ioined together warme.

¶ OF COLIKE AND RUMBLYNG IN THE GUTTES.

Peine in the belly is a common disease of childrē, it commeth either of wormes, or of taking cold, or of euil mylke, the sygnes thereof are to well knowen, for the chyld can not rest, but cryeth and fretteth it selfe, and manye tymes can not make their vryne, by reason of wynde, that oppresseth the necke of the bladder, and is knowen also by the member in a manne chyld, whiche in this case is alway stiffe, and pricking, moreouer the noyse and rüblyng in the guttes, hither and thider, declareth the childe to be greued, with wynde in the belly, and colyke.

¶ *Cure.*

The nource must auoyde all maner meates that engēder wynd, as beanes, peason, butter, harde eggcs, and such.

Than washe the chyldes belly with hote water, wherein hath bene sodden cūmine, dyll and fenel, after that make a playster of oyle and waxe, and clappe it hote vpon a cloth vnto the belly.

¶ *An other good plaister for the same entent.*

Take good stale ale and freshe butter, seeth them with an handful of cūmine poudred, and after put it all together into a swynes bladder, & bynde the mouth faste, that the lycoure yssue not out, thē wind it in a cloth, & turne it vp and doun vpon the belly as hote as the paciēt may suffer, this is good for the colyke after a sodayne colde, in all ages, but in chyldren ye muste beware ye applie it not to hote.

¶ OF FLUXE OF THE BELLY.

Many tymes it happeneth, eyther by taking colde, or by reason of great paine in breading of teeth, or els through salte and eiger fleume or cholere engendred in the bodye, that the chylde falleth in a sodayne laxe, which if it long continue and be not holpen, it maye bring the patient to extreme leannes & consumpciō : wherfore it shal be good to seke some holsom remedy, & to stop the running of the fluxe thus.

¶ *Remedy for the fluxe in a childe.*

First make a bath of herbes that do restraine, as of plantain, saint Iohns weede called ipericon, knotgrasse, bursa pastoris and other suche, or some of them, and vse to bath him in it as hote as he may wel suffer, then wrap him in with clothes, & lay him down to slepe.

And if ye se by this twise or thrise vsing, that the belly bee not stopped : Ye may take an egges yolke harde rosted and grinde it with a lytle saffron, myrrhe and wyne, make a plaister, & apply it to the nauil hote. If this succede not, then it shalbe necessary for to make a poudre to geue him ī his meat with a litle suger, and in a small quātitie thus.

Take the poudre of hartes horne brēt, the poudre of goates clawes, or of swines clawes brent, the poudre of y^e sede of roses which remayn in the bery when the rose is fallē, of euery one a porcion, make them very fyne, and with good redde wyne or almon milke, and wheat floure, make it as it were a paste, and drie it in litle balles til ye se necessitie, it is a synguler remedy in al suche cases.

Item the mylke wherin hath bene sodden white paper, and afterwarde quenched many hote irons or gaddes of stele, is exceding good for the same entent to drinke. And here is to be noted, that a naturall fluxe is neuer to be feared afore the seuenth day, and except there issue bloude, it ought not to be stopped afore thesayd tyme.

Pouder of the herbe called knotgrasse or the iuice therof in a possette dronkē, or a plaister of thesame herbe, and of bursa pastories, bolcarmony, & the iuice of plantaine with a litle vyneger, and wheate floure is excedyng good for the same cause.

Also the rindle maw of a young suckyng kydde geuen to the chyld, the weight of. x. graines, with the yolke of an egge softē rosted, and let the paciēt abstayne from milke by the space of. ii. houres before and after, in stede wherof ye maye geue a rosted quynce or a warden with a litle suger and sinamome to eate.

¶ *Item an other goodly receyte for thesame entent.*

Take sorel sede, and the kernelles of greate raysyns dried, acorne cuppes, and the sede of white popie, of eche. ii. drammes, saffron a good quantitie, make them in pouder and temper thē with the iuice of quinces, or syrupe of red roses, this is a soueraine thing in al fluxes of the wombe.

Many other thinges are written of authours in the sayd disease, which I here leaue out for breuitie: & also because the afore rehersed medicines are sufficiēt ynough in a case curable: yet wyll I not omytte a goodly practise in the sayde cure. The pesill of an hart or a stagge dried in pouder and dronken, is of great and wonderful effect in stoppyng a fluxe. Which thing also is approued in the lyuer of a beast called in Englyshe an otter. The stones of him dronkē in pouder, a litle at ones. xxx. daies together, hath healed men for euer of the fallyng euill.

¶ OF STOPPING OF THE BELLY.

Euen as a fluxe is daungerous, so is stopping and hardenesse of the belly greuous & noysome to the chyld,

and is often cause of the colicke and other diseases. Wherefore in this case ye must alway put a litle hony in the chyldes meate, and let the nource gyue hym hony to sucke vpon her fynger, and if this wil not helpe, then the next is to myxe a lytle fyne and cleare turpentine with hony, and so to resoluē it in a saucer, and let the chyld suppe of it a lytle.

This medicine is described of Paulus aegineta, & recited of diuers other as a thyng very holsome and agreing to the nature of the chyld: for it doth not only losen the belly without grieffe or daunger, but doeth also purge the lyuer and the longes, with the splene and kidneies, generally comforting al the spirituall membres of the body.

The gall of an oxe or a cowe layed vpon a cloute on the nauylle, causeth a chyld to be loose bellyed, lykewyse an emplaister of a rosted onyon, the gall of an oxe, & butter layed vpon the bellye as hote as he may suffre. If these wyl not helpe, ye shall take a litle conten, and rolle it, and dipped in the sayd gall, put it in the fundament.

¶ OF WORMES.

There be diuers kindes of wormes in the belly, as long, short, round, flat, and some small as lice, they be all engendred of a crude, grosse, or phlegmatike matter, & neuer of choler nor of melancholy, for all bitter thynges killeth them, & all swete meates that engendre fleume, nourysheth and fedeth the same. The signes differ according to y^e wormes. For in the long & roūd, the paciēt cōmonly hath a drie cough, paine in the belly about y^e guttes, som tyme yeaxing & trēbling in y^e nighte, & starte sodainly, and fal a slepe agayne, other whiles they gnasshe and grynd their teeth together, the eies waxe holowe, with an eygre loke, & haue great delyte in slombryng and silence, veye loth when they are awaked. The pulse is incertayne, and neuer at one staye, sometime a feuer with great colde in y^e ioyntes, whiche endureth thre or foure houres in the night or day, many haue but small desyre to meate, and when they desyre, they eate very gredelye, whiche if they lacke at their appetite, they

forsake it a great whyle after, the hole body cōsumeth and waxeth leane, the face pale or blewe: somtime a fluxe, somtimes vomite, & in some the bellye is swollen as stiffe as a taberet.

The long and brode wormes are knowen by these signes, that is to say yelownesse or whittishnesse of the eyes, intollerable hunger, great gnawynge and gryppyng in the belly, specially afore meate, water comming out at the mouth, or at the fundament, cōtinuall ytche and rubbyng of the nose-thrilles, sonken eies and a stinkyng breath, also when the person doth his easement there appeareth in the donge litle flat substaunces, muche like the seedes of cucumers or gourdes.

The other lesse sorte are engendred in the great gutte, & may well be knowen by the excedyng ytche in the fundament within, & are oftentimes sene commyng out with the excrementes. They be called of phisiciōs ascarydes.

¶ *Remedy for wormes in chyldren.*

The herbe that is found growyng upon oisters by the seas syde, is a synguler remedy to destroie wormes, and is called therfore of the Grekes Scolitabotani, that is to say, y^e herbe that kylleth wormes: it muste be made in pouder, and geuen with swete mylke to the chylde to drinke. The phisiciōs call the same herbe coralline.

¶ *A singuler receyte for to kyll wormes.*

Take the gall of a bull or oxe, newly kylled, and stampe in it a handfull of cummyne, make a playster of it, and lay it ouer all the belly, remouyng the same euery syxe houres.

Item the gall of a bull with seedes of colocinthis, called coloquintida of the apothecaries, and an handfull of baye berries, wel made together in a playster, with a sponefull of strong vineger, is of great effect in the same case. If the chylde be of age or strong complexion, ye may make a fewe pilles of aloes, and the pouder of wormesede, then wynde them in a pece of a singing lofe, and annoynte them ouer with a litle butter: and let them be swallowed downe hole without chewyng.

¶ OF SWELLYNG OF THE NAUILL.

In a childe lately borne, and tender, somtyme by cutting of the nauyll to nere, or at an inconueniente season, sometyme by swadlyng or bindyng amyse, or of muche crying, or coughyng, it happeneth otherwhiles, that the nauill aryseth and swelleth with great pain & apostemaciō, the remedy wherof is not muche differente from the cure of vlcers, sauing in this that ye ought to applye thynges of lesse attraction, then in other kynde of vlcers, as for exāple, ye may make an oyntment vnder this fourme. Take spike or lauender, halfe an oūce, make it in pouder, and with thre ounces of fyne and cleare turpentine, tēper it in an oyntment, addyng a portion of oyle of swete almonds. But if it come of crying, take a lytle beane floure, and the ashes of fyne lynnē cloutes brent, and tēper it with redde wyne and hony, and laye it to the sore.

¶ *A plaister for swellyng in the nauyll.*

Take coves donge, and drye it in pouder, barley floure, and beane floure, of eche a porcion, the iuyce of knotgrasse a good quantitie, cummine a litle, make a playster of all and set it to the nauyll.

¶ *An other.*

Take coves donge and seeth it in the mylke of the same cowe, and lay it on the grieffe. This is also marueylouse effectuall to helpe a sodayn ache or swellyng in the legges.

¶ OF THE STONE IN CHYLDREN.

The tender age of chyldren as I sayde afore, is vexed and afflicted with manye greuous and perilous diseases, among whome there is fewe or none so violent or more to be feared in them, then that whiche is moste feared in al kindes of ages, that is to say, the stonc, an hougē and a pitifull disease, euer the more encreasyng in dayes, the more rebellyng to the cure of phisicke.

Therefore is it excedyng daungerous whan it falleth in chyldren, for asmuch as neither the bodies of them may be well purged of the matter antecedent, called humor peccans,

nor yet cā abide any vyolent medicine hauyng power to breake it, by reason wherof the said disease acquireth suche a strengthe aboue nature, that in processe of tyme it is vtterly incurable.

Yet in the beginning it is oftentimes healed thus.

First let the nource be well dyeted, or the chylde, if it be of age, abstaining from al grosse meates, and hard of digestion, as is beafe, bacon salt meates, and cheese, than make a poudere of the roote of peonye dryed, and myngle it with as much hony as shalbe sufficient, or if y^e child abhorre hony, make it vp with suger, molten a litle vpon the coales, and geue thereof vnto the chylde, more or lesse, according to the strengthe, twice a daye, till ye see the vryne passe easely, ye may also geue it in a rere egge, for without dout it is a synguler remedy in chyldren.

¶ *An oyntment for thesame.*

Oyle of scorpions, if it may be gotten, is exceding good to annoint withall the membres, and the nether parte of the belly, ryght against the bladder, ye may haue it at the apothecaries.

¶ *A singuler bath for the same entēt.*

Take mallowes, holyhocke, lyly rotes, lynesede, and parietary of the wal, seeth them all in the broth of a shepes head, and therin vse to bathe the chyld oftentimes, for it shall open the straitnes of the condites, that the stone may issue, swage the payne, and brynge out the grauell with the vrine, but in more effect whan a plaister is made, as shal be sayd hereafter, and layed vpon the raynes and the belly, immediately after the bathyng.

¶ *A plaister for the stone.*

Take parietarie of the wal, one portion and stampe it, doues donge another porcion, and grinde it, than frye them both in a panne, with a good quāitie of freshe butter, and as hote as may be suffered, lay it to the belly and the backe, and from. iiii. houres to. iiii. let it be renewed.

This is a souerayne medicine in al maner ages.

Item an other powder which is made thus.

Take the kernels or stones that are found in the fruite, called openers or mespiles, or of some medlars. Make them in fyne powder, whiche is wouderfull good for to breake the stone without daunger, both in yoũg and olde.

The chestwormes dried and made in fyne powder, taken with the brothe of a chycken, or a litle suger, helpeth them that can not make their vrine.

¶ OF PISSING IN THE BEDDE.

Many times for debilitie of vertue retentive of the reines or bladder as well old men as children, are oftentimes annoied, whā their vrine issueth out either in their slepe or waking against their willes, hauig no power to reteine it whan it cōmeth, therefore if they wil be helpē, first they must auoid all fat meates til the vertue retentive be restored againe, & to vse this powder in their meates and drinks.

Take the wesande of a cocke, and plucke it, thā brenne it in powder, and vse of it twyse or thryse a daye. The stones of an hedgehogge poudred is of the same vertue.

Item the clawes of a goate, made in powder dronken, or eaten in pottage. If the pacient be of age, it is good to make fyne plates of leade, with holes in them, and lette them lye often to the naked backe.

¶ OF BRUSTYNG.

The causes of it in a chylde are manye, for it maye come of verye lyght occasions, as of greate cryeng, and stoppyng the breath, byndyng to strayghte, or by a fall, or of to greate rockyng, and suche like, may cause the filme that spreadeth ouer the belly, to breake or to slacke, and so the guttes fall downe into the cod, whiche if it be not vtterly vncurable, may be healed after this sorte.

Firste laye the pacient so vpon hys backe, that his heade maye be lower than his heeles, than take and reduce the bowels with your hande into the due place, afterwarde ye shall make a plaister to be layde vpon the coddess, & bounde with a lace round about the backe, after this fourme.

Take rosin, frankynsence, mastyke, cūmyne, pouder of osmunde rootes, that is to saye, of the brode ferne, the. iiii. parte of all, make a plaister with sufficient oyle olyue, and fresh swynes greace, and sprede it on a lether, and let it continue (except a great necessitie) twoo or thre wekes, after that applye an other lyke, tyll ye see amendement. In this case it is very good to make a pouder of the heares of an hare, & to temper it with suger or conserua roses, and geue it to the child twyse euery daye.

If it be aboute the age of. vii. yere, ye may make a singuler receite in drinke to be taken euery day twyse, thus.

¶ *A drinke for one that is brusten.*

Take matfelon, daysies, comfery, and osmundes, of euey one a lyke, seeth them in the water of a smythes forge, to the thirde part, in a vessell couered, on a soft fyer, than strayne it and giue to drinke of it a good draught at ones mornyng and euenyng, addyng euermore in his meates and drinkes, the pouder of the heare of an hare, beyng dried.

¶ OF FALLYNG OF THE FUNDAMENT.

Many times it happeneth that the gut called of the latines rectum intestinum, falleth out at the foundament, and can not be gotten in agayne without peine and labour, whiche dyscase is a cōmon thyng in chyldren cōming oftentimes of a sodaine colde or a long laxe, and may well be cured by these subscribed medicines.

If the gutte hath bene long out, and be so swollen that it cānot be reposed, or by coldnes of the ayre be congeled, the best counsell is to let the chylde sit on a hote bathe, made of the decoction of mallowes, holyhocke, lyneseede, and the rootes of lylycs, wherin ye shall bathe the foundament with a softe cloute, or a sponge, and whan the place is suppled thruste it in agayne, which done, than make a pouder thus.

¶ *A pouder for falling of y^e fūdamēt.*

Take the pouder of an hartes horne brēt, the cuppes of acornes dried, rose leaues dried, goates clawes brent, the

rinde of a pomegranate, and of galles, of euerye one a porcion. Make them in pouder, and strowe it on the fundament. It shal be the better if ye put a lytle on the gut, afore it be reposed in y^e place, & after it be setled, to put more of it upon the fundamēt, than binde it in with hote linnen clothes, and gyue the childe quinces or a rosted warden, to eate with cinamome and suger.

¶ *Another good pouder for thesame.*

Take galles, myrre, frankinsence, mastike, & aloes, of euerye one a litle, make them in a pouder and strowe it on the place.

A lytle tarre with gosegreace, is also very good in this case.

¶ *An other good remedy.*

Take the wolle from betwene the legges, or of y^e necke of a shepe, whiche is full of sweate and fattie, than make a iuyce of vnsette leckes, and dippe the wolle in it, and laye it to the place as whote as may be suffered, and whan it waxeth cold remoue it and apply an other hote, this is a very good remedy for fallyng of the fundament.

If the chylde prouoke many tymes to seege, and can expell nothyng, that dysease is called of the Grekes tenesmos, for the which it shalbe very good to apply a playster made of gardeine cressis and a cummine in like quantitie, frye them in butter, and laye it on the belly as hote as he may suffer.

It is also commended, to fume the nether partes with turpentine & pitche, and to sit long vpon a bourd of ceder or juniper, as may be possible.

¶ CHAFYNG OF THE SKYNNE.

In the flankes, armeholes, and vnder the eares, it chaunceth oftentimes that the skynne fretteth, either by the chyldes owne vryne, or for the defaute of wasshyng, or els by wrappyng and keping to hote.

Therefore in the beginning, ye shall annoynt the places with fresh capons greace, then if it will not heale, make an oyntment, and lay it on the place.

¶ *An oyntment for chafyng and gallyng.*

Take the roote of the floure deluyce dryed, of redde roses dryed, galingale, and mastike, of eche a lyke quantitie, beate them into moste subtile poudre : than with oyle of roses, or of lynesede, make a soft oyntment.

Item the longes of a wether dryed, and made in very fyne poudre, healeth al chafynges of the skinne : and in like maner the fragmentes of shomakers lether brent and cast vpo the place, in as fyne poudre as is possible, hath the same effect, whiche thing is also good for the gallyng or chafyng of the fete, of whatsoeuer cause it cometh.

Item beane floure, barly floure, and the floure of fitches tempered with a lytle oyle of roses, maketh a soucraine ointment for thesame entent.

If the chafynges be great, it is good to make a bath of holihocke, dill, violettes and lynesede, with a litle branne, than to washe thesame places oftentymes, and laye vpon the sore, some of thesame thinges. The decoctiō of plātayne, bursa pastoris, horsetaile and knotgrasse, is exceading good to heale all chafynges of the skynne.

¶ OF SMAL POKES & MEASILLES.

This disease is cōmon & familier, called of the grekes by the generall name of exanthemata, and of Plinie papule et pituite eruptiones, notwithstanding y^e cōsent of writers, hath obtained a distinctiō of it in. ii. kindes : that is to say, varioli the measils, and morbilli, called of vs the small pokes.

They be bothe of one nature, and procede of one cause, sauynge that the measils are engendred of the inflāmacion of bloud, and the small pokes of the inflammacion of bloude myngled with cholere.

The signes of them both are so manifest to syght, that they nede no farther declaracion, for at the first some haue an ytche and a frettyng of the skinne as if it hadde bene rubbed with nettels, paine in the head and in the backe, the face redde in coloure and flecked, feare in the sleepe, great thirst, rednesse of the eyes, beatyng in the tēples shotyng and pryckyng

through al the body, then anone after when they breake out, they be sene of diuers fashions and fourmes, sometimes as it were a drye scabbe or a lepry spredyng ouer all the members, other whiles in pushes, pimples and wheles, rennyng with muche corrupcion and matter, and with great peyne of the face and throte, drinesse of the tōgue, hoarcenes of voyce, and in some quiuering of the hert with swownyng.

The causes of these euil affectiōs, are rehersed of authours, to be chieflī. iiii. First of y^e superfluties which might be corrupt in the wōbe of the mother, the chylde there being, and receiuyng the same into the pores, the whiche at that tyme for debilitie of nature, could not be expelled, but the child encreasing afterwarde in strength, bee driuen out of the veines into the vpper skynne.

Secondarily it maye come of a corrupt generacion, that is to say, whan it was engendred in an euill season, y^e mother being sycke of her natural infirmitie, for suche as are begotten that tyme very seldome escape the disease of leprye.

The thyrde cause may be an euyll diete of the nource, or of the childe it selfe, whan they fede upon metes that encrease rotten humours, as milke & fyshe both at one meale, lykewyse excesse of eating & drinking, & surfitte.

Fourthly this disease commeth by the waye of contagion, whan a sycke person infecteth an other, & in y^t case it hath great affinitie with the pestilēce.

¶ *Remedye.*

The best and moste sure helpe in this case, is not to meddle with anye kynde of medicines, but to let nature worke her operaciō, notwythstandyng if they be to slowe in comyng out, it shall be good for you to geue y^e chylde to drinke sodden milke and saffron, and so kepe hym close and warme, wherby they maye the soner issue foorth, but in no case to administer any thyng that myght eyther repress the swelling of the skynne or to coole the heate that is within y^e members. For if this disease whiche should be expelled by a naturall acciō of the bodye, to the long health afterward of the pacient, were by force of medicine cowched in againe, it were euen

inough to destroy y^e chyld. Therefore abide y^e ful breaking out of y^e said wheales, and then (if they be not rype) ease the chyldes payne by makyng a bath of holyhock, dil, camomyl, & fenel: if thei be ripe & matter, thē take fenel, wormwood and sage, and seeth them in water, to the thirde part, wherin ye maye bathe him with a fyne cloth or a sponge. Alwaies prouided y^t he take no cold duryng the time of his sicknesse. The wyne wherin fygges haue bene sod, is singuler good in thesame case, & may be wel vsed in all times & causes.

If the wheales be outragious and great, with much corrosion and venyme, some make a decoction of roses & plātaine, in the water of oke, and dissolue in it a litle englishe hony & camphore.

The decoction of water betonye, is approued good in the sayd dyscasc.

Likewyse the oyntmente of herbes wherof I made mencion in the cure of scabbes, is excedyng holsome after the sores are rype.

Moreouer it is good to droppe in the pacientes eyes. v. or. vi. times a daie a litle rose or fenell water, to comforte the sight, lest it be hurt by cōtinual rening of matter. This water must be ministred in y^e sommer cold, & in y^e winter ye ought to apply it luke warm.

Thesame rose water is also good to gargle in his mouth, if the chyld be then payned in the throte. And lest the cōdites of the nose shuld be stopped, it shalbe very expedient to let him smel often to a sponge wete in the iuyce of sauery, strōg vineger, and a litle rose water.

To take away the spottes & scarres of the smal pockes and measels.

The bloud of a bul or of an hare is much cōmended of authours to be annointed hote vpō the scarres, & also y^e licour y^t issueth out of shepes claws or goates claws, het in the fier. Item the dripping of a cignet or swanne laid vpon the place oftentimes hote.

¶ FEUERS.

If the feuer vse to take the chyld with a great shakynge, and afterwarde hote, whether it be cotidian or terciar, it shal

be synguler good to geue it in drynke, the blacke seedes of peony made in fyne poudere, searced & myngled with a litle suger.

Also take plantain, fetherfewe, & verueine, and bath the childe in it once or twyse a daye, bynding to the pulces of the handes and fete a plaister of the same herbes stāped, & prouoke y^e child to sweate afore the fitte commeth.

Some geue counsell in a hote feuer, to applye a colde plaister to the breast, made in this wyse. Take the iuyce of wormewood, plantain, mallowes and housleke, and temper in them asmuch barley floure as shall be sufficient, and vse it. Or thus, and more better in a weake pacient.

Take drye roses and poudere them, then temper the poudere with the iuyce of endiue or purcelane, rose water, and barley floure, and make a plaister to the stomake.

Item an ointment for his temples, armes and legges, made of oyle of roses, and populeon, of eche lyke muche.

¶ *A good medicine for the ague in chyldren.*

Take plantain with the roote, and washe it, then seeth it in fayre running water to the third parte: wherof, ye shall geue it a draught (yf it be of age to drinke) with sufficient suger, & laye the sodden herbes as hote as maye be suffred, to the pulces of the handes & fete. This must be done a litle afore y^e fit, & afterward couer it with clothes.

The oyle of nettles wherof I spake in the title of stifnes of limmes, is exceding good to annoint the members in a cold shakyng ague.

¶ OF SWELLING OF THE CODDES.

To remoue the swellynge of the coddes, procedyng of ventositie, or of any other cause (except brustig) whether it be with inflammacion or without, here shal be rehersed many good remedies, of whiche ye may vse, according to the qualitie and quantitie of the grieffe: alwaye prouided, that in this disease, ye maye in no case applye any repercussiuues, that is to saye, set no colde herbes to driue the matter backe, for it would thā returne again into the body, and the congelacion

of such a sinowye member, would peradventure mortifie the hole. And aboue al, ye may set no plaister to the stones, wherein humlocke entreth, for it wyll depriue thē for euer of their growing, & not only thē, but the brestes of wenches, whā they be annoited therwith, by a certain qualitie, or rather an euyl propertie beyng in it.

¶ *A goodly plaister for swellng of the stones.*

Take a quart of good ale wort and sette it on the fier to seeth, wyth the crummes of browne breade stronglye leuened, and a handfull of cūmyne or more in pouder, make a playster with al this and sufficient beane floure, and applye it to the grieffe, as hote as may be suffered.

¶ *An other.*

Take coves donge, and seeth it in mylke, than make a plaister and lay it metely hote vpon the swellng.

¶ *An other.*

Take cummine, anisesede, and fenugreke, of eche a like porcion, seeth thē in ale and stampe them, then temper them with fresh maye butter, or a litle oyle olyue, and apply it to the sore.

¶ *An other.*

Take camomyl, holihocke, lynesede, and fenugreke, seeth them in water, & grynde alltogether, then make a plaister with a handfull of beane floure, and vse it.

¶ *An other in the begynnyng of the grieffe.*

If there be muche inflammacion or heate in the coddess, ye maye make an oyntment of plantaine, the whyte and yolke of an egge, and a porcion of oyle of roses, styrrer them well about, & applye it to y^e grieffe twice or thrise a day.

When the payn is intollerable, and the child of age, or of strong cōplexion, if the premisses will not helpe, ye shall make a plaister after this sorte. Take henbane leaues, an handfull and an halfe, mallowe leaues, an handfull, seeth them

well in cleare water, then stampe thē and stirre them, and with a litle of the broth, beane floure, barley floure, oyle of roses and camomil sufficient, make it vp and set on the swelling luke warm. Henbane as Auicēne sayth, is excedyng good to resolue the hardness of yē stones by a secrete qualytie. Notwithstanding, if it come of wynde, it shalbe better to vse the sayd plaisters y^t are made with cūmine, for that is of a singuler operaciō in dissoluyng wīde, as affirmeth Dioscorides writing of the qualities of cūmine.

¶ OF SACER IGNIS OR CHINGLES.

In Greke herisipelas, and of the Latines Sacer ignis, oure Englyshe women call it the fyre of Saint Anthony, or chingles, it is an inflammacion of mēbers with excedyng burnyng and rednesse, hard in the feling, and for the moste parte crepeth aboute the skynne or but a litle depe within the fleshe.

It is a greuouse paine, & may be likened to the fyre in consuming. Wherefore the remedies y^t are good for burnyng, are also verye holsome here in this case. And first the grene oyntmēt of herbes discribed in the chapter of ytche, is of good effecte also in this cure: moreouer the medicines that ar here discribed. Take at the apothecaries of vnguentum Galeni an ounce and an halfe, oyle of roses two oūces, vnguenti populeon one oūce, the iuice of plantain, & nyghtshade one ounce or more, the whites of thre egges, heate them altogether, and ye shall haue agood ointmēt for thesame purpose.

¶ *An other.*

Take earthwormes and stampe them in vineger, then anoint the grieffe euery two houres.

Item y^e dong of a swan, or in lacke of it, the dong of a gose stamped with the whyte and yolke of an egge is good.

Item doues dong stamped in salet oyle or other, is a synguler remedy for thesame purpose.

¶ OF BURNYNG AND SCALDYNG.

For burning and scalding whether it be with fier, water, oyle, leade, pitch, lyme, or any such infortune: Ye must

beware ye set no repercussive at the first, y^t is to saye, no medicine of extreme cold, for y^t might chaūce to driue the feruent heat into the sinowes, & so stoppe y^e pores, that it could not issue, wherof should happen much inconuenience in a great burnīg (but in smal it could not be so daungerous :) wherfore the best is when ye see a member either brēt or scalded, as is sayd afore. Take a good quantitie of brine, which is made of water and salt, not to excedyng eyger or stronge, but of a meane sharpnes, and with a clout or a sponge bathe the member in it colde, or at the least bloud warm, thre or four houres together, the longer the better: For it shall asswage muche of the peine, open the pores, cause also y^e fier to vapour, and geue a great comfort to the weake member. Thē annoint the place with one of these medicincs.

Take oyle of roses one part, swete creme two partes, hony halfe a parte, make an oyntment and vse it.

Item all the medicines described in the last chapter, are of great effecte in this case, likewise the grene ointment made of water betony.

Item a souerain medicine for burnynge and scaldinge, and all vnkynde heates, is thus made. Take a dosen or more of hard rosted egges, & put the yolkes in a pot on the fier by thē selfe, without licour, styrre them and braye them with a strong hand, tyll there arise as it were a froth or spume of oile to the mouth of the vessell, then presse the yolkes and reserue the licour, this is called oile of egges: a very precious thyng in the foresayd cure.

Moreouer there is an oyntment made of sheepes dounge fried in oyle or in swynes greace, than putte to it a lytle waxe, and vse it.

Also take quicke lime and washe it in veriuice. ix. or. x. tymes, than mingle it with oile, & kepe it for thesame entent.

Item the iuyce of the leaues of lylies. v. partes, and vineger one part, hony a lytle, maketh an excellent medicine, not onely for this entent, but for al other kynd of hote and rūnyng vlcers. Note that whatsoeuer ye vse in this case, it must be laid vnto bloud warm. Also for auoyding of a scarre kepe the sore alway moyste with medicine.

[¶ OF KYBES.

The kybes of the heeles, are called in Latyne perniones, they procede of cold, and are healed with the subscribed remedies. A rape root rosted with a litle fresh butter, is good for the same grieffe. Item a dosen figges, sodden, and stamped with a litle gosegrease, is good. Earth wormes, sodden in oile, hath the same effecte.

Item the skin of a mouse claped al hot vpon the kibe : with the heare outward, and it should not be remoued during three daies.

¶ *A plaister for a kibed hele.*

Take new butter, oile of roses, hennes grease, of eche an oūce, put the butter and y^e grece in a bigge rape roote, or in lacke of it in a great apple or onion, and when it is rosted soft, bray it with oile, and lay it plaister wise vpon the kibe.

¶ *An other.*

Take the meat of appels and rapes rosted on the coles of ech. 3. oūces, fresh butter. 2. ounces, duckes grease or swannes grece, an ounce stampe them al in a mortar of lead if it may be had, or els grinde them on a fayre marble and vse it.

[¶ OF CONSUMPTION OR LEANES.

When a childe consumeth or waxeth leane w^out any cause apparant, ther is a bath commēded of authoures, to wash the childe many times, and is made thus. Take y^e head & fete of a wether, seth thē til y^e bones fal a sūder, vse to bath y^e childe in this licour, and after anoint him with this ointment folowing. Take butter without salt, oile of roses and of violets, of ech an ounce, the fat of raw porke, half an ounce, waxe a quartern of an oūce make an ointmēt, wherw^t the child must be rubbed euery day twise, this with good feding shal increase his strength by the grace of God.

[¶ OF GOGGLE EYES.

This impediment is neuer healed but in a very yong child, euen at the beginning wherunto there is appointed no

manner kind of medicine, but only an order of keping, that is to say, to lay the childe so in his cradell, that he may behold direct against the light, & not turne his eies on either of both sides. If yet he begin to gogle, then set the cradell after suche a fourme, y^t the light may be on the cōtrary syde: that is, on the same syde from whence he turneth his eies, so that for desier of light he may direct thē to thesame part, and so by custom bring thē to the due fashiō, and in the night, ther ought to be a candel set in likewise to cause him to beholde vpon it, and remoue his eyes from the euil custom. Also grene clothes, yellow, purple, are very good in this case to be set, as is said afore. Furthermore a coife or a biggin standing out besides his eies, to constraine the sight to beholde dyrecte forward.

¶ OF LISE.

Sometimes not onely children but also other ages, are anoied with lice they procede of corrupt humour and are engendred with in the skinne, creeping out a lyue through the pores, whiche if they begin to swarme in exceeding number, that disease is called of the Grekes Phthiriasis whereof Herode died, as is written in the actes of Apostles: and among the Romaines Scilla, which was a great tirant and many other haue been eaten of lice to death, whiche thing, whē it hapeneth of the plague of god, it is past remedy, but if it procedeth of a natural cause, ye may well cure it by the meanes folowing. Fyrst let the pacient abstaine from all kinde of corrupt meates, or that breeds flume, & among other, figs and dates must in this case be vtterly abhorred. Then make a lauatory to washe & scoure the body twise a day, thus, Take water of the sea, or els brine, and strong lye of ashes, of eche a like por]cion, wormwood a handfull, seeth thē a while, and after washe the body with thesame lycour.

¶ *A goodly medicine for to kyl lyce.*

Take the groūdes or dregges of oyle, aloes, wormwood, & the gall of a bull, or of an oxe, make an ointment which is singuler good for thesame purpose.

¶ *An other.*

Take mustarde, and dissolue it in vineger, with a litle salte peter, and annoynt the places, where as the lice are wont to brede.

Item an herbe at the apothecaries called stauesacre, brimstone, and vineger, is excedyng good.

It is good to giue the paciēt often in his drinke, pouders of an hartes horne brente.

Stauisacre w^t oyle is a marueilouse holsome thing in this case.

¶ *An expert medicine to driue away lyce.*

Take the grōudes or dregges of oyle or in lacke of it, freshe swines greace, a sufficiēt quātitie, wherin ye shal chase an oūce of quicksiluer til it be al sōkē into the greace, thā take pouders of stanisacre serced, and mingle al together, make a gyrdyll of a wollen list meete for the middle of the paciēt, & al to annoynt it ouer with the sayd medicine, than let him weare it continually next his skinne, for it is a singuler remedy to chase awaye the vermyn. The only odour of quicksiluer killeth lyce.

These shalbe sufficient to declare at this tyme in this litle treatise of the cure of children, which if I may know to be thankfully receyued, I will by Gods grace, supplie more hereafter: neyther desyre I any longer to lyue, than I will employ my studyes to the honour of God, and profit of the weale publike.

¶ Thus endeth the boke of chyl dren,
 composed by Thomas Phayer,
 studiouse in Philosophie &
 Phisicke.