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ALESSIO
THE SECRETES
LONDON 1558





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LONDON, 1558

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THE
SECRETES
OF THE REVERENDE
MAISTER ALEXIS OF
PIEMOVT.

Contaynyng excellent remedies against
diuers diseases, woundes, and other accidents,
with the manner to make distillations,
parfumes, confitures, dynges, co-
lours, fusions and meltynge.
A worke well appoyned, ve-
rye profytable and ne-
cessary for euery
man.

Translated out of Frenche into English,
by Wyllyam Warde.

Imprynted at London by Iohn Kingstone
for Nicolas Inghlande, dwellinge in
Poules churchyarde.

ANNO. 1558.
M^o. N^o. 1558.

TO THE RIGHT HONORABLE
 Lorde, the Lorde Russell, Erle
 of Bedforde: Willyam warde wi-
 sheth health, longe life,
 with moche encrease
 of vertue and
 honour.



It is not vnknowne vnto you (righte honourable) that when God by his diuine power and might, created and made all thinges of nothings, hauing nether frame nor moule, nor materialle substance to fashion his woork by, but onely his woorde, wille, and eternall prouidence, did not onely geue a beeyng and encrease vnto euery thyng, but also a nature and operation, for the commoditie and profite of manne, to whom he hath made all thinges subiect, constituting him ruler of his whole woork: wherein, not onely growing on the face of the yearth, but also in the bowels of the same, he hath planted thynges, salutiferous and helthfull for man, as herbes trees, fructes, stones, rootes, waters, Iron, tinne, leade, yea, and the dewe of the ayer, so that nothings is vnprofitable, no not the very donge of beastes, and byrdes, but that it hath some wholesome operation for mannes health.

The Epistle

health. In all these things are certaine secrete vertues, whiche be manifeste signes of goddes loue and fauoure to wardes man : for he created them to thintent that men should vse them, glozifie him, and geue him thanks for them. And because the vse and knowledge of them, and their vertues, is so expedient for al creatures, God of his mere goodnes, hath not onely geuen vnto the diligent searchers therof, the gifte of perfitte vslage, and vnderstandinge of their operation in this time of Christianitie : but also vnto infideles before Christ, beyng ignorant from whence that gyfte came : who, notwithstanding their ignorance, did so reuerence the wonderful vertues of thinges created in the worlde, that they thought that eche of those thinges had had in it selfe a certaine diuine power, or els that there was of euery thinge a seueral god or creatour. Now, if they gaue suche honoure vnto thinges created, not knowinge the creatoure, what woulde they haue doen, if they had knowen and confessed God to haue bene the onely maker of the worlde, of man, and of all thinges therin, of nothinge : Trulye they woulde not haue done as some curious Christians amonge vs nowe a dayes do, whiche (as your honour well vnderstandeth) moste impudently despise all maner of medecines, and ignorantly dispute against the vertues and operation of herbes, and trees, sayinge:
that

The Epistle

that if the sicke man be appointed of God to dye, all the medecines in the worlde can not saue his life. Wherunto it may easely be answered, that euery man that is vexed with a disease, is not appointed of God to die of the same: but the infirmitie is sent him as a punishment for his offences, and yet hath God created thinges to geue him ease and remedy for his disease, which no Christē man ought to contempne or despise: for he that despiseth the worke, seemeth to contempne the workeman. And agayne, because that the appointment and determination of God, concerning the life and death of man, is so secrete, and so farre beyonde the capacitie of mans reason, and vnderstandinge, and that we know not when God hath prefixed the terme of our life, we vse in our infirmities and weaknes, those remedies that God hath created to be receaued at their handes, to whome he hath geuen the knowlledge howe to minister them vnto vs. All these thinges are abundantly ynough known vnto your honour, with a great many more reasons then I am able to alledge, and therfore I do but bring owles to Athens in declaringe this vnto you. But thus much I may well saye, that moost madde are they, and voyde of all reason & Christianitie, that wyl set so light by the workes of God: yea, they are vnprofitable members of a common welth, not worthy to bear the name of

The Epistle

Christians: for by their fond and false persuasions to the ignorant and simple ones in their diseases, against the receiving of any medicines, many times it chaunceth, that they following their foolish advise in neglecting Physick, they be cast away and perish, which otherwise might have bene saved. They thinke this should be sufficient to persuade them to embrace good and wholesome remedies: they see daylie that herbes, ointmentes, plaisters made of thinges growing on the earth, and suche like, by their vertues, do cure and heale externall and outward wounds, sores, cuttes, swellings, and other infirmities of the body, and yet they will not beleve that suche vertues can heale the internall and inward diseases. Utterly ignorant be they, that so imagine with them selues, for they that despise Physick, despise a heauenly science. But what be they that thus contempne it? Forsooth ignorant & vnlearned men, that barke at, and backbite them that take paines for the commoditie of all men. But it is comonly seene and proued. *Scientia non habet inimicum præter ignorantem.* which sayinge (I feare me) is verified more in some of vs Englishe men, than in anye other nation, I woulde God it were not. And yet I thinke there is no man so bestiall, so rude, or so blunt of wit, but that he is (by a certaine instinct of natural inclinatio) desirous to know things
not

The Epistle.

not before known, to heare newes not before heard, and to vnderstand booke in his maternall tongue, written first in a forein language, to thende not to seme altogether ignorant in matters both of the liberall sciences, and also of histories, set forth for his rudiment and instruction, as in Cosmographie, in Astronomie, in Philosophie, in Logike, in Rhetorike, and specially in Physick, whereof we had neuer so muche neede as in these our daies, considering the straunge and vnknown diseases that swarme amonge vs, and mo in number then can be found remedy for. Therefore considering with my self (right honorable) that I could not better declare my bounden duetie vnto you, nor do my countrey a greater pleasure, than to put some thinge abroade vnder youre honoures name, whereby it mighte receiue some commodite: I haue taken in hand to translate this noble and excellent worke called, *The Secretes of the Reueuerende Master, Alexis of Piemont*, firste written in the Italian tongue, and after tourned into frenche, and of late into Dutche, and nowe laste of al into English, because that as well Englishmen, as Italians, frenche menne, or Dutchmen, may sucke knowlege and profit hereof: beyng a work come out of the hands of so famous a man as Alexis is, and dedicated firste to suche a noble prince as the duke of Sauoye is, to whome trifles or fables are not

The Epistle

not to be presented, nor beinge a man vnder whose name and protection lies or bayne inuencions oughte to be sette forth. Therefore wayninge the age, the learninge and fame of the auctoz, & the nobilitie of the saied Prince, men may easely iudge that suche intollerable paynes haue not bene taken in the collection of these secretes, to blowe an vntrueth into mennes eares, but rather that this booke hath ben published and communicated to the worlde by the saied Alexis, for the care and good zeale that he had to the health of mens bodies, and that men of all countreys might haue the knowledge of that with ease, sitting at home in their studies, whiche he got with greate trauaple and labour, wandering almoste al the world ouer, as in his epistle here to the reader he declareth.

And nowe (right honourable) like as Christopher Plantine of Antwarpe, the printer of this worke in frenche, chose the Prince of Piemount, to protecte and adourne the fruites of his labours, vnder the honoure of his name: euen so I the translatour hereof into our Englishe tounge, haue thoughte it my duety (with your honours fauour) to presente this my translation vnto you, and to putte it forth vnder your honours name and protection, desiring, and humbly requiring the same, to accept my pooze good wyll, hauinge good hope that you shall finde suche thinges in the
dis

The Epistle

discourse of the whole booke, that you will not onely take pleasure in the knowledge of them: but also commoditie, if it please you to put in experience and prooffe, those that seme moste best vnto you: whereof there bee some as excellente and as easie, as were euer sette foorth in any toungue, as by your honours wisdom and iudgement, in the readyng you shall easely perceiue. I am not able sufficiently to praise the excellencie of the booke, and the diligence of the aucthour, ner to extol the wonderfull giftes of God in men, whiche accordyng to their talent, impart to the worlde the encrease and fruite of soche giftes, as he distributeth vnto them. Of the whiche giftes I thinke I should not moche erre, if I saied *Physike* to be the best and the moste necessary *Nam si corporum nostrorū, & tranquillitatis vitæ (quæ sine secunda valetudine vix esse potest) rationem habere volumus, fatebimur medicinam excellentissimam, mortalibus necessariam esse.* And euen so Cornelius Celsus whiche wrote moste excellente Bookes of *Physike*, affirmeth sayyng. *Alimēta sanis corporibus agricultura promittit: sanitatem autem ægris medicina: et idcirco deo optimo maximo gratias habere debimus, qui vitam nobis elargitus est: deinde medico, qui eam nobis conseruat, diuturnioremq; facit.*

The Epistle

All this learninge and knowledge doo the
Greke auctoꝝs affirme to be most aunciente,
and most necessary in a common welth. For,
as it is desyred of all men to liue in health of
body, so is it requisite that medecines, both
pꝛeseruatine and curatiue, be hadde and bled
amonge men, whiche not onely comforteth
the infirme and diseased bodye, but also put-
teth the soule in remembraunce of Goddes
great power and myght, that hath geuen
suche vertue vnto thinges growing on
the earth, for mannes commoditie,
pꝛeseruation, and health: which
health I pray God longe to
remayne with you, and
all your family
with
much increase of vertue and ho-
noure, vnder the protection
of almighty God,

Your humble Seruaunt
William Warde.

Don Alexis to the reader.



They that haue knowen me in
time past, or to speake plaine,
haue vsed me familiarly all my
lyfe time, can peradventure,
tel how God by his great good
nes, hath made me to be bozne
of a noble house and bloude
(accoꝝdinge to the commune,
I will not saye bayne, perswa-
sion of them, that stablish nobilitie moze in the merites
of another man, than in our own) and that besides this
I haue alwaies had my pleasures, and great plentie of
richeffe, yea farre passing the smalnes of my desertes. I
wil say yet moze (not to boast or to auance my self, but
to the ende to resourme the gentill reader, and to geue
thanks vnto God) that there be many whiche knowe,
how I being geuen euen from my first youth vnto stu-
dy, haue gotten, not onely the knowledge of the Latin,
Greke, Chyue, Caldei, and Arabic tonge, and also of di-
uers other nations and countreys: But aboue al thinge
hauinge by a natural inclinaton, taken a singuler plea-
sure in Philosophy, and in the secretes of nature, haue
wandered and trauailed abroad in the woꝝlde the space
of. xxvii. yeares, to the intent to acquainte my self with
all soꝝtes of learned and discrete men. By the which di-
ligence and curiositie, I haue learned many goodly se-
cretes, not alonely of men of great knowledge and pro-
found learning, and noble men, but also of pooze wicme
artificers, peysantes, and all soꝝtes of men. Howeuer I
haue ben thze times in Levant, and sondꝝy times haue
trauailed almost all other partes of the woꝝlde, without
resting or seiourning at any time in one place aboue. v.
moneths. How this my study and desire of knowledg,
as well of the vniuersall sciences, as of particuler secre-
tes, and althoughe it was geuen vnto me by nature, as
to the most part of men (soꝝ euery man by an inslince of
nature desyꝝeth to knowe thinges) yet haue I alwayes
ben

To the reader.

been nosed by by a certain ambition and baingloze, to knowe that, whiche an other should bee ignoraunte of: whiche thyng hath grafted in me, a continuall nigardnesse or sparing, to distribute or communicate any of my secretes, yea vnto my mosse singuler frendes that I had: sayng, that if the secretes were knowne of euery man, they should no moze bee called secretes, but publike and common.

Now, it chaunced these fewe daies past, being in Milan: in the fower scoze and twoo yere, and seven monethes of myne age, that a pooze artificer was maruelously tourmented with the stone, and had been twoo daies without making his bzine. The Cyzurgen that dressed hym, knowyng well that I had many secretes, and singularly soz the stone, came to me, and requested me that I would teache hym the receipt, or at the least to giue hym the medecine, composed and ready made, soz the health of the patiente. But I perceuyng that he would vse other mennes thinges, soz his owne profite and honour, refused to giue it hym, but willed hym to bryng me vnto the sicke man, and that I my self would minister the medecine vnto him *gratis*. The Physition, either fearyng blame if it should bee knowen, that he had recourse to the aide of an other man, hauyng peraduenture, boasted that he had the secrete hymself, or els in the meane tyme, still to make his profite in dissembling the matter, and differryng it yet twoo daies moze, with diuerse excuses and colours, vntill he brought me to the patiente, whom at my commyng I founde so nigh his ende, that after he had a little lifted vp his eyes, castyng them pitiously towarde me, he passed from this into a better life: not hauyng any neede, neither of my secrete nor any other receipt to recouer his health. With this cace I was moued to soche a compassion and sozowe, that not onely I wished my self euill, but also I desired to die: seyng my ambition and vain gloze, to haue been the cause that this pooze man was not succoured with the remedy, and gifte that God the father, and Lorde of

To the reader.

As all had giuen me. Wherefoze, so greate was the remorse of conscience in me, that, desirynge to sequestrate my self fro the woꝛlde, and not findyng my self of soche a disposition of mynde, that I could liue in a Monastrie among religious menne, better edified then I, I was at the laste fully resolued with my self, to choose a place separate from any Towne, where I haue a little lande, some booke, and a studie, soꝛ to auoide idlenes. Here I liue a life, whiche I call a Monkes life, with one seruaunte, whiche goeth to the town, not to begge, but to buie my pꝛouision, and other thynge necessarye: soꝛ to sustaine his poore life and myne, as long as it shall please God.

But yet not hauyng the power to put out of my fantasie, but that I was a verie homicide and murthrer, soꝛ refusing to giue the Physician the receipt and remedie, soꝛ the healyng of this poore manne, I haue determined to publishe and communicate to the woꝛlde, all that I haue, beyng assured that fewe other menne haue so many as I. And mindyng to set foꝛth none, but soche as bee moꝛte true and pꝛoued, I haue these daies paste (taken partly out of my Bookes, and partly out of my memoꝛie, all those that came to hand) made a collection of soche as I am certaine bee veritable, true, and experimented, not carryng if some of them be wꝛitten, oꝛ printed in any other Bookes then this. Foꝛ of this my collection the reader, as touchyng those, maie at the least take this vtilitee and pꝛofite, that whereas befoꝛe he mought haue doubted, whether soche remedies sette foꝛthe by an other manne, were true oꝛ not, he shall bee now assured, vnder the affirmance of my father: Foꝛ truely, I would not sette my selfe (beeyng in the age, and disposition, bothe of bodie and mynde, that I am nowe in) to wꝛite fables oꝛ lies, that should continue alwaies. But of one poynte I wille aduertise the reader, and that is, that he dooe the thynge with good diligence, and that in medecines concernyng

The Epistle

nyng mannes body, he vse the ayde and helpe of phisitions: Although in dede many of theim, moued with a certaine rustick, and euyl grounded enuie, with a passion of Ialousy, are wont to blame and contempne thinges that come not of them selues. Wherefoze, as wcl in this, as in euerye other pointe, if he that will vse these, should perchauce finde, that the thing would not take effecte according to his contentation, lette him beware that he abuse not him self in the confection of them, and to beginne againe with moze diligence. Assuringo him selfe, that (as I haue sayd) there is nothing in this booke but is true and experimented. And going alwayes glozy and praise vnto god onely soz all, haue a good hope, that, by meane of his diuine grace, I will consequentlve make you a present of the rest of all that I haue gotten in so manye trauayles, voyages, costes, and diligente studye.

Fare well.

T H E
Secretes of the reuerent Master
Alexis of Piemont.

THE FIRST BOKE.

The maner an secrete to conserue a mannes youthe, and to holde backe old age: to maintain a man alwaies in health and strengthe, as in the fairest flower of his age.

All this is taken out of the long studie, and diuers experiences, what a gentleman made, by the space of many yeres, in the seruice of a noble Ladie. Beyng a thynge moste certain, that an old man, of thre skore and ten yeres, all withered with age, of a verie euill complexion, and subiect to diuers kindes of diseases, was altered and chaunged, as into the age of sixe or eight and thirtie yeres.



Firste, menne ought to haue alwaies in remembzaunce, and befoze their eyes, that no grace, gifte, or commodity, is to be hoped for, but of God onely. In whose greate clemencie and goodnesse, the greate prophete, beyng assured, and stablished in conscience, thzough his perfect faith, cried, sayng: Renouabitur, sicut aquilla, inuentus mea. And by the same mercie & goodnesse, he prolonged, so many yeres, the life of Czechias: & made Moyses to liue a hūdzed and. xx. yeres, and moze, and not one of his tecthe, at any time mouyng. without any dimnes of sight, or ache of heaue. He then, as a moste mightie creatoure, and father of all, hauyng assigned vnto man, the terme of his life, and leste hym to the arbitrement of his owne will: and also hauyng giuen vertue, strengthe and properties vnto thynges, and leauyng them to execute ordinarily, their mouynges and nature, hath also left power vnto humaine creatures, to preserue theim selues in health, vntill the tearme and presired ende of our life, bothe vniuersally and particularly. But, for asmoche as

The first booke

we knowe not, how to emploie thynges, accordyng as they are conuenable and meete for our nature, and our chaunces or necessities, our disordinate maner of life maketh vs to liue, the moste parte in diseases, to precipitate our youghth, and to abbreuiate moche our life. When, hauyng our thought and mynde, alwayes firme and sure in hym, and replete with faith and deuotion, sayyng in the name of his infinite goodnesse, vnto our selues: *Longitudinē dierum replebo eum, et ostendam illi salutare meum.* We will commence and begin, as inspired with hym, and assured to helpe our selues, with the vertue and strength of thynges, created in the world by his diuine power, onely for our benefite. And myndyng for a publike profite, to communicate some thing, as well searched and found out of my self, by long experience, as lately obtained and gotten, of a speciall frende of mine, whiche also, by grate diligence and experience, hath by the space of seuen yeres: proued this maner of preseruing & stablishyng, the health and youghth, & will first giue you the maner, how to make a miraculous licoure, conseruatiue and restoratiue of the naturall heate, and radicall humour, in the whiche twoo thynges consisten principally the health, the vigour, the strength, and the life of man.

To make a precious licoure, and of inestimable vertue: the whiche taken at the mouthe, strengtheneth and augmenteth the naturall heate, and radicall humidite purifieth the blood, and clenseth the stomacke from all superfluitie of humours: and by that meane conseruethe the health and youghth, and prolongeth the life of hym that vseth it.



In the moneth of Maie, at the Sonne risyng, thou shalt take vp in a peuter dishe, or some vessell of glasse, beyng very cleane, the dewe that is fallen vpon Rosemarie, Sorrage, and other good herbes, Sage onely excepted, for it is a thing moste certain, that vnder Sage certain venemous beastes, are wonte to assemble, whiche infecte and poison it, with their breathe: and though that the leaues, male

maie by washing be purified and clenſed, from ſoche ex-
 halatiō and bzeathing, yet neuertheleſſe, if the dewe that
 falleth vpon the leaues, chaunce to take ſoche venim and
 poiſon, it is not poſſible by any meanes to purifie it: and
 therefore you ſhall not take vp the dewe of Sage. Then,
 after hauyng gathered as moche dewe, as you thinke
 good, haue thzee glaſſes ready, of ſoche greatneſſe as you
 will, the whiche glaſſes you ſhall fil, ſomewhat moze then
 halfe full: the one with Sugar, the other with Hanna,
 and the third with Honnie, the reſt of the glaſſes remai-
 ning ſtill emptye and boide: and then fill them all vp, full
 with theſaid dewe, ſtopping them faſt with white ware,
 and couer them with a linen clothe. Kepe them alſo in a
 cupboarde, or ſome other place out of the Sonne, as long
 as nede ſhall be to vſe of it, as we will declare after ward.
 And then take the iuice of Quinces, & haue redie in a litle
 glaſſe, ſome good *Agaric*, broken in picces onely, and not
 in poulder: the whiche you ſhall couer, with theſaid iuice
 of Quinces, in ſoche ſorte as you haue doen with the Su-
 ger, and other thinges in the glaſſes, and kepe it well co-
 uered. Then, take the Juice of all theſe thinges follow-
 yng, of redde Roſes, or incarnate, of Succorie, of Endiue
 of Fumiterie, of Bugloſſe, of Bozage, of Pallowes, of
 Hoppes, of the leaues and flowers of Marche violettes: &
 of eche of theſe iuices a like quātitie: then mire them wel
 together. What doen, take a pound or two of *Aloes Epaticū*
 or as moche as you wil: ſoꝝ the moze there is, the better it
 ſhall be, bicauſe that theſaid Aloe beyng ſolſceped, wate-
 red, and prepared, as we will ſhew you, is a verie erqui-
 ſite & familiare medecine, to kepe in a houſe, and take of it
 by litle lumpes or pilles, ones in the weke, when a man
 goeth to bed: ſoꝝ it kepeth the body from putrifaction, and
 from all euill humours: and is very profitable and good,
 againſt the ache or paine in the iointes, and alſo ſoꝝ the
 Frenche Pockes, as herafter we will declare orderly.

Take of the ſaid Aloe, of the beſt and the freſheſt,
 ſoche a quantitie as you will, and put it in a cup of glaſſe,
 or cleane platter, as is aboue ſaid, and ſet it in a windowe

The firste booke

Some other place in the Sonne, watryng or steppng it in the said iuices mingled together, giuing it therof as often as shalbe sufficient to make it moist, and to make of it as it were a thicke sirop. Then couer the cup with a cleane linen clothe, or paper, to kepe it onely from the duste, and leaue it so in the Sonne. And when it is almoste wardenzie, embibe or water it again as befoze, and let it stand in the Sonne. This shall you doe, so often, vntill you haue made it soke and drinke vp as moche iuice, as the weight of halfe the Aloe onely: that is to saie, if the Aloe weighe two pound, make it drinke vp at diuers times, one pound of the said iuices. This doen, take these thinges following, Turbit halfe and vnce, fine Sinamom, Spica Paradi, Fole foote, alias Astrabacca, Squinantum, Carpobalsamum, Xilobalsamum, Lignum Aloes, Bdellium, Pirrhe, Gastic, of eche of them an vnce, with halfe an vnce of Safron: All these thynges beyng well beaten into pouder, and put into a cleane panne, you shall poure into them, so moche common water, that it surmounte the said matieres, a good hande breadth, lettynge them boile with a small fire, the space of an hower or moze. After this you shall straine the said decoction, and by litle and litle, water from tyme to tyme, the said Aloe in the Sonne, as you haue afoze doen: and this you shall doe so long, vntill the Aloe haue dronke vp all the decoction. This doen, take it out of the Sonne, and it shall be a precious thing, to kepe in your house, as we haue all ready declared, whiche also maintaineth the body in health, kepeth the heade cleane, and causeth to haue a good colour, and a quicke and liuely spirite, to them that vse of it. He that is not of abilitie to make this mirtion, in the maner abouesaid, maie make it in this wise. Kepe diligently the said Aloe, in litle dishes of woode, to make this that wee will speake of, here following. Take Aqua vite, not to fine, nor of the first stilling, but stilled twice, or thise at the moste. And putte in diuers litle violles of glasse (the one bigger then the other) all these thynges following, well beaten into pouder, at the lest those that maie be beaten, puttyng also

Xylobalsamum.
The wood whereof natural balme commeth,

Of Secretes.

so in eche of theim, asmoche of the Aqua vite, as shall bee thzee fingers aboue them in the Violes, doynge as hereafter foloweth. Take an vnce of smalle fine Perles, well washed thzee or fower tymes in cleare water: and then beyng dyed, and lated in the iuice of Lemons, or Cytrös, well strained, leaue theim so by the space of thzee daies: and so put the saied perles, that thei maie be with thesaid iuice, remaining in the glasse, putting to them Rose water, thzee fingers high or aboue the perles, as is afoze mentioned. Then take an vnce of fine read Corall, and put it likewise in the Juice of Lemons or Citrons, vsyng it in al pointes, like as ye did the perles, puttyng it in a glasse by it self with Rose water, with fower vnces of blew Atriol, well burned in a close pot. This doen, take the flowers & tender stalkes of Rosemarie, of Burrage, of Buglosse, of Sage, of Selandine, of Slope, of Scabiose, of Rue, of saint Johns wort, of Primroses, together with all the tender leaues of the saied herbes: and then stampe them slightly in a moyster of stone or wood, and put them altogether into one glasse, or into diuers, with as myche Aqua vite, as will be aboue them, thzee or fower fingers, as we haue saied of the other thinges, and let them stande so in the glasse, wel stopped with ware or bombase. Take after this, halfe an vnce of Saffron, well beaten into powder, and put it in a glasse by it self, with Rose water, after the maner of the other thynge: then put to it fower vnces of Triacle, with Rose water, in an other glasse, after the foresaied maner: and take one vnce of fine Cinamom, a quarter of an Unce of Cloues, an Unce of Lignum Aloe an vnce of Anise seede, and vnce of Fenell seede, halfe an vnce of Smalage seede, fixe or sixe vnces of Feniper berries, halfe an vnce of Cheruell seede, of the seede and bark of a Cedar tree, of eche of them two vnces, halfe an vnce of Myrthe, a quarter of an vnce of Storax or Styrax Liquida, an Unce of Bengelwine, an vnce of Sandall, of all sortes of Mirabolanes, of eche of the thzee vnces, of Pine apple kernelles mondified thzee vnces, of yelowe Ambre whiche the Apoticaries call Carabe, two vnces, thze vn-

The firste booke

ces of white Dittanie greene oꝛ drie, the eight parte (oꝛ as little as you will) of an ounce of Muske. Let all these thynges bee well stamped, and mixed together, and putte in a glasse with their Aqua vite, as is saied of the other. You must then stoppe well all the saied violles oꝛ glasses, oꝛ other vesselles, with ware oꝛ bombase, and with paretment ouer it: and so set them a daie in the Sonne, and the night followyng, in the aire abode. The morowe after, take some great vessell of glasse, as thicke as you can get, hauyng no couer, bicause you maie alwayes loke into it: and thereinto you shall polye faire & softly the Rose water, that is in all the glasses, eche of them beyng coloured with their substance, in soche maner that no part of the substances, whiche are in the bottome, be mixte with it. And after, hauyng put al the saied Aqua vite, into the said vessell, as is aboue saied, ye shall set it in some place, where as no Sonne can in any wise come vnto it. But beware that the thye first glasses, that is to saie, with the Sugar, the Māna, and the Honie in the dewe, ought neuer to be set in the Sonne, but must be kept vntil you put it in vze, as we wil shewe you. And after that you haue poured the Aqua vite, out of all the saied glasses ye shall put in other freshe, and set them well stopped in the Sonne, and in the night in the aire, as is afoze saied. Then put them all together with the other, in the said vessell of glasse, and put again in euery violle other Aqua vite, and doe as befoze: and thus must ye doe eight oꝛ tenne tymes, oꝛ till you see that the Aqua vite, will bee no moze coloured, oꝛ haue taken all the substance of the drooges, that are in the violles. A man can not chaunge the saied Aqua vite so often, bicause ye must passe all the saied waters of life, through a bath called *Balneum Marie* as wee will hereafter declare by the whiche ye maie passe, as well a greate quantitie as a smalle, and by this meane also, ye shall lose no parte of the vertue, oꝛ substance of the said thynges, hauyng drawn and taken it all with the saied Aqua vite, of the whiche ye must first haue made pꝛouision, of so lwer oꝛ five flagons. Then, ye must take all the saied Aqua vites, beyng
put

put into one vessell, and mixe them well together, with the thzee first violles, where the Sugar, the Hanna, and the Hönie, with the dewe, is: and then the violle with the Agarie, and thzee vnces of the saied Aloes, prepared and watred. After this, put all these thinges in a greate violle made of good and thicke glasse, to thende it be not in daunger of bzeakyng, in handelyng of it. And to be moze assured, after ye haue well mixed all together, ye maie droude all the substaunces, into diuers smalle glasses, oꝛ violles, to passe them thzough the saied Balneum Marie, at sondy tymes, oꝛ at ones in diuers litle fourneises, in this manner. You shall set and trimme the violles with strawe oꝛ Towe, in the bottome of a panne oꝛ caudron, wherein there must be water, and set the saied caudron vpon a furnaise of yearth, and this is called stillyng per Balneum Marie: Then set vnto the violle, his Limbecke, with his recipient that the substaunce take no winde oꝛ vent: then you muste make your fire so, that the caudron maie seeth oꝛ boyle faire and softly, and so shall you distille and make come into the recipient, all the Aqua vite as clere as Crystalle, the whiche, bicause it hath been passed thzough, by distillation diuers tymes, will bee better soꝛ all thynges then the other, and principally to be taken at the mouthe, bicause it kepeth parte of the vertue and strengthe of the thynges, that it was put into. Also you must vnderstande that of the fine partes onely, of all the substaunce, whiche shall be in the violle oꝛ violles thzee oꝛ fouer partes must bee distilled: and the rest to remaine in the bottome of the saied violles. This doen, let the oven oꝛ fournaise and the caudron coole, and in vndoynge the Limbecke, and the recipient, ye shall take a waie the violles, keepyng well this distilled water soꝛ to serue you, as wee haue afoze saied: and then put all the substaunce, whiche remaineth in the saied violles not distilled, into some other greate and thicke violle oꝛ glasse, wel couered oꝛ bound in wicker oꝛ osiers, stoppyng it well with ware oꝛ bombase, and aboue that, with a double parchemente, and locke it handsomely in some place, farre from the Sonne, and out of all heate.

This

The first booke

This licoure hath not his like in vertue, the whiche take every weake ones or twice, the quantitie of a sponesfull, p̄serueth health, d̄riueth awaie all euill complexiones from the body, maintaineth and strengthneth so the naturall heate, and radicall moistnesse, and vpholdeth a man in his strengthe and vigoure of the heade, and of the witte, maketh the visage well coloured, the breath swete, the bodie yong and lustie, that a mā is not able worthely to esteeme, or iudge the vertue thereof: and lesse able to expresse and praise the greate goodnesse of God the creatoure, that giueth soche vertue vnto thynges created, and openeth the witte and vnderstandyng of man to knowe them, and to vse them to the p̄ofite and conimoditie of his creatures.

Now the maner how to vse it, is this: In the Sp̄yng tyme, ye maye take it alone, or with a litle broth of Ueale, Pigeons or Chickens, or els in Malaoisie, or some other good white wine. In Sommer, ye must take it with water of Buglose, or the decoctio of Borrage, Buglose, Lettise, Succorie, Endiue, or els some of thesaid herbes: and at all tymes it is good to take of it a sponesfull, putte into halfe a glasse ful of the milke of a woman, new brought a bed of a man child, or of a nurrice that giueth a man child sucke, or els in Gotes milke. And the quantitie & oft v̄sing of it must be obserued, according to the persones, & tyme: For, vnto a weake and aged man and those that haue been lately sicke, or weake of nature, ye muste giue it oftener, and a greater quantitie, then vnto a yong and lustie man. Also a man maye take of it oftener, and moze in Winter, then in Sommer. Now ye must vnderstande, that all the flowers, herbes, and other thynges v̄herbed, are not found together in one time and season: wherefore thesaid licour can not be made at v̄ne tyme, but beginning the firste or seconde weeke of Dale, it shall be at the least, the ende of September or October, before ye can make an ende: and therefore you must gather from tyme to tyme, eche thing in his season, as you maye get them, and put them in some vessell, euery one by them selues, or with the other thynges that they ought to be ioyned with, after the maner a-
bove

Of Secretes.

houe saied: and vse to dresse and trimme the said thynges, accordyng to the tyme that you maie get them in. And yett if you can not furnishe your self, with al soche thynges as I haue declared, take those that you can gette, pꝛouided, that the reste whiche you can not get, bee not of to greate impoꝛtaunce: but it should be moꝛe expedient and sure, to haue of all, seyng there is nothyng of any greate cosse oꝛ charge, oꝛ to hard to be gotten. Hoꝛeouer, if you wil haue your matter in good perfection, there resteth but to make a naturall dissolutiõ of fine gold: and when you wil take of it, take twoo partes of the said licoure, & one part of the dissolutiõ of the gold, whiche we will teache you to make hereafter: although that in this pꝛesente booke, wee will make no mention of the perfest maner, of making soche a dissolution, whiche we haue gotten by great studie, and obseruation, and by often experiẽce of the thyng, that we will doe, as well foꝛ not being verie possible to shewe it by wytyng, without makyng demonstration thercof: as foꝛ other causes: but we wil put here some other maners and waies, bothe good & true, and of soche impoꝛtaunce, that peraduenture better hath not, vnto this daie, been found.

A potion or drinke, to be vsed in steade of Sirop, good for men of al ages and complexiõs, that will be purged: the whiche, taken what daie you will, driueth awaie the euill humours, without mouyng or troublýng the good, or doing any burte: And is also very good for the greate Pockes, and all infirmities, as well of the stomacke, as of the beade: and is likewise profitable for them that be in health, to take twice in the yere, in steade of an ordinary purgation, that is to saie, in the Sprýng tyme, and in September.

Take Gallowes, and boile them in water, vntill thei bee softe, that thei can almoste bee no softer: then strain the decoction, and take pouder of Sene, and of the barke of Lignum sanctum, called Guatac, of eche of them seuen vnces, well beaten to pouder, and clensted oꝛ sifted, Salt Armoniac twoo dragmes: and in the meane tyme, set the decoction of the Gallowes vpon the fire, with halfe a pound

The first booke

of Honie, and let the saied decoction be aboute twoo common glasses in quantitie, wherunto ye must put halfe a pounce of wine lies, and then let it boile faire and softly, the space of halfe an houre, skimming well the honnie. After this, ye must straine it, and put it hotte as it is into a potte by litle and litle, where the foresaied thynges be, that is to saie, the Sene, the Guaiac, and Armoniac salte. Now in powring, you must alwaies sturre thesaied thynges with a Spone, or some other thing. And then immediately ye must couer the pot with his couer, in shutting it close, and closing it by with claie, round aboute the sides, so that nothyng maie bzeath or respire out, and so set the pot vpon the fire, by the space of twoo Water nosters, and no moze. Then take it from the fire, and wzap it in a pillowe of fethers, well warmed by the fire, or in a tubbe or barrell, full of bzanne well heated, or in some clothe very hote, to thende it maie be well nurrished and kept warme and leaue it so by the space of ten or twelue houres. Then afterward ye must open the pot, and straine thesaied substance, thzough a strainer or thicke canuelle, & you must haue ready befoze, halfe a glasse of white wine, and in the same thzee or fouer vnces of Rubarbe, cut in smalle pieces, and that the Rubarbe haue been in it, the space of a daie or twoo befoze: the whiche wine ye shall powze into the decoction of the saied thynges, as sone as it is strained, as is aforesaied: and put thereunto an vnce of Aloe Epaticum, prepared and ordered, as is aboue saied: or at the lest as the Apoticaries doe sell it, and call it Aloe Lotum, with the iuice of Roses, or other wise, the whiche ye muste put in, well beaten to powder, with halfe an vnce of Cassia Lignea, and kepe all this composition in a violle, or other vessel well couered. The maner of receiuyng it, is to heate it a litle at the bzeake of the daie, and to take halfe a glasse full or moze of it, accoꝝdyng to the crigent of the sicknesse, and the qualitie of the persone, & hauing taken it, he must kepe his bedde a while, and slepe, if it be possible: and then rise and walke aboute the house, or els where at his pleasure. Neuerthelesse, it were better that he kept the house,
and

Of Secretes.

and specially because of the mouyng of the body. And this maie be vse. v. vij. ix. x. xi. moynynges: for the pluralitie can not hurte. Also this potion or dzinke, is of soche exquisite bouitie for mannes body, that we nede to vse none other maner of purgation, or medicine.

A verie easie and good remedie, for to heale all maner of Pockes, whiche is made with litle cost, and requireth not that a manie kepe his bedde or his house, but maie vse it going in the streetes: And it is also verie good for all sortes of grief in the iointes, in what part of the bodie so euer it be.

Take. iij. poundes of rawe Honie, and a pound of the Juice of the flowers of an herbe called Solis or Lungwozte, whiche hath his leafe somewhat long, fatt, or full of carnosite, and somewhat white, his flower pelowe, fashioned like a belle: and for lacke of the flowers, the Juice of the herbe: then take halfe a pounce of Lignum Sanctum, beaten into pouder, and hauing let it boile in comon water, a good while, ye must straine it, and put the said iuice with the said Honie, into a pot, puttyng to it thre vnces of Aloe epaticum, ordered as is afore said, or as the Apothicaries sell it, washed with the Juice of Roses. And then, upon the said Aloe beaten to pouder, ye must poure as moche of the said water, wherein the Guaiacum hath boyled, as wyl mounte in the potte to wer or five fingers high: then adde thereunto two vnces of the Wineigre of Squilla, and lette it boile faire and softly, by the space of halfe an houre, or a litle moze, skummyng well alwaies the Honie, and when it hath almoste boyled inough, put vnto it thre vnces of fine Stinamō, well beaten into pouder, set it again a while vpon the fire: then, hauyng taken it of, and setten it vp to keepe, ye muste heate of it in the moynyng a glasse full: and after you haue dzonken it, cate a litle piece of a Quince, or of a fruite called in Latine Sorbum, in Frenche Corne, or grene Grapes, Rome Grapede, or of some other bindyng thyng, what ye will: and keepe your bedde, sleapyng as long as you will: and also

*Sorbū latin.
Frēcb. Corne
There groweth none in
England, &
therefore we
haue no English
name for it, sauē
som english
it, and cal it
seruis berries*

B. ij. after

The first booke

after you be risen, and haue doen your businesse, yea, out of the house, if it come so to passe. But (as we haue said) to keepe your bedde or house, is alwaies the best for you, when ye vse Physicke. And this potion or drinke, muste you take from date to date: but if the paine be not to vehement, it shall suffice being taken: wise in the weeke: and this doynge, you shall see a wonderfull operation, and ye shall not nede to vse *Lignum sanctū*, nor any other thing. This remedy onclie is sufficiente for all menne, and hath been proued and experimeted diuers tymes, and vpon diuers persones.

To dissolue and reducke gold into a potable licoure, whiche conserueth the youth and bealth of a manne, as well taken by it self, as mingled with the foresaid licoure, spoken of in the second Chapter of this presente booke, and will beale euery disease that is thought curable, in the space of seuen daies at the furthest.

TAke a glasse full of the Juice of Lemons, and heate it ouer the fire, vntill it beginne almoste to seeth: then take it from the fire, and strain it thre or fouer times through a Linnen clothe, and afterwarde distille it through a long gutter of Felte: then take two pounde of rawe Honnie, and sette it on the fire in a pot, miryng with it the said Juice of Lemons, and adding thereunto halfe a pounde of common saite, that is clene, white and well beaten: mire well all together, and let it seeth faire and softly, vntill there remaine no moze skum of the Honnie. Then take that remaineth in the pot, and distill it in a binnall of glasse, makyng but a smalle fire at the beginnyng, encreasyng it by litle and litle, and at the ende greate and sharpe: and whē all is cooled again, open the bialle, and powze the water out of the recipient, into an other bialle, stoppyng it sure for takyng vente. This dooen, ye muste breake the binnall of glasse, and take the lies that shall remain in the bottome, and put it into a couered pot, the whiche pot you muste couer ouer and ouer with clare or moyster, to the entente it maie the better endure

Of Secretes.

dure the fire : and after put it into some founesse, where glasse is made, or into a potters founesse or Lime kill, or some other semblable thing, so that it maie be in a greate fire, by the space of twoo or thzee daies. And after that the saied substaunce shall be taken out again, stampe it well, and so; a pounde of thesame, put in fower vnces of Manna, and twoo vnces of Sugar candie, and if there be moze or lesse of the substaunce, ye must put in a good proportiō of the Manna and Sugar candie, in equall quantitie with the substaunce. Then put al into an other byinall of good glasse, well claid, and powze vpon it the water, whiche you kept befoze in the violle, puttyng thereunto twice as moche fine Aqua vite, as was in the saied first violle. And hauyng trimmed and sette the byinall of Glasse vpon the founesse, with his limbecke, and his recipient, and well closyng all the iointes with clate or mozter, ye shall make the matter distill faire and softly, with a smalle fire: so; it will easely distill: & when it will distill no moze, augment your fire, so that ye maie distille all that is possible. But you must leaue the water, with the violle, vpon the founesse, without mouyng it any whit, vntill you will put it in experience. This doen, take fine golde soile, that is of rriij. Carates well fined with Antimontum: and take of the saied soile, what quantitie ye will, in a cup of glasse, in minglyng theim well with Honnie, or with Zulep ro; set or Violet, as men are wont to dresse it to write with; all, whercof we will put parfutely all the maners and fassions, in the fist boke of this volume. And after you haue well bnmixed, and purged it from the saied Honnie with hotte water, as shall bee saied in thesame place, you shall put them to stille in a violle of glasse: and then hauyng taken of the recipiente, put the saied water into a long necked glasse, well stopped with white ware, hauyng firste put vpon the saied gold, whiche is in the violle, the height of fve fingers of the saied water : and then set to the limbeck with his recipient, stoppyng well with clate the iointes, makyng the water, whiche shall be vpo thesaid gold, to distill with a small fire, not augmenting it at the ende,

The first booke

to make all to distill: and care not if the gold remain some what moist. This doen, take awaye the Limbeck fro the Viole, without takyng awaie o; vntieng the recipient from the said Limbeck, not sturryng the water out of the recipient. But take some man to helpe you, who, whiles you take the Limbeck of from the Vriall, shall powze v; pon the saied gold, thesame water that you kept in the viole, stopped with white ware: & let hym put in as moche as at the firste tyme, that is to saie, the heighte of five fingers: then immediatly set the Limbeck vpon the Vriall again, closing well with clae the iointes o; sides a newe, makyng the distillation as afoze, and so consequently, vntill all the water of the saied viole, bee distilled vpon the saied gold. And finally, ye shall powze the gold out of the viole into a glasse, somewhat greate, to holde the water that you haue distilled into it at diuers times, as we haue said in the Chapter befoze: then set to the Limbeck with his recipient, and see that by the space of. xv. o; .xx. daies, the water of the bathe be hott, without seethyng, so that yet nothing maie distille. Then after make the water to seeth, and distille all that maie be distilled: and in the bottom of the viole, the golde will remaine dissolved into a licoure moste p; cious, whiche you must keepe in some litle glasse well stopped. And if you will haue it yet finer, you maie make it without takyng it out of the said glasse, in puttyng to it again the saied water, and distillyng it a fresh, not kepyng (fo; all that) the water from seethyng, as you did befoze, but make it seeth and distille all at ones and this distillyng maie you reiterate as oftē as you will: fo; the oftener it is distilled, the better it is. Thus doing ye shall haue a right, naturall, and per fite potable golde, whereof somewhat taken alone, euery monethe ones o; twice, o; at the leaste with the saied licoure, whereof wee haue spoken in the seconde Chapter of this booke: is verie excellent to p; serue a mannes youth and health, and to heale in fewe daies, any disease rooted in a manne, and thought incurable. The saied gold will be also good and profitable, fo; diuers other operations & effectes: as good
wittes

Of Secretes.

Wittes & diligent searchers of the secretes of nature, make casely iudge. In this same maner (observing all thynges diligently) a man maie make of siluer beaten into foile, to haue likewise a potable siluer, of a merueilous vertue, yet not soche as the golde: And I assure you, that I sawe aboute .v. yeres ago, an Englishe man haue a water made of siluer, paraduventure, trimmed & dressed after an other sort, accoꝝdyng to diuers differēt waies, tēding (notwithstandyng) all to one ende, with the whiche water the saied Englishe man did many thynges, esteemed as miraculous, in healing many painfull diseases and infirmities of mā.

To beale an excrescens or growyng vp of the fleshe, within the yarde of a man, albeit it were rooted in of a long tyme.



Take the lies of Honie distilled, or, if you can not haue soche, take Honeie, and burne it in a pot: and put the blacke leese that shal remain in the bottome, into an other pot, or into an iron pan, & set it to burne or calcine in a vernishers founesse, or soche other, in a great fire, by the space of .iij. or .iiij. daies, wherof ye shal haue a substaunce as yelow as gold, the whiche will be excellent, to laie vpon all maner of woundes: for it eateth awaie the euill fleshe, mondifieth, and healeth the good, without pain or grief, whiche maketh to be moche better for all woundes, then is the Precipitatum, that the Surgeons commonly vse. Take then of this pouder an vnce, of Dogges turdes. ij. vnces, leese of wine halfe a dragme, whiche is the halfe of theight part of an vnce, fine suger a dragme, roche Alume burned a dragme, of Pill a dragme let all these thynges bee well beaten to pouder, and sifted thꝛough a fine seue: then take grene leaues of an Olive trec, and beate them in a moꝝter of stone, moisting them a litle with white wine, the whiche being well stamped, ye must strain in a pꝛesse, or betwene .ij. trāchours, for to get out the Juice, and putte to it as moche Plantaine Juice: then set it to the fire in a litle potte, and after ward put in it by litle and litle the saied pouder, minglyng altogether
continu

The first booke

continually: And laste of all ye muste adde vnto it, a litle grene ware, and a verie litle Honie rosat, that it maie be a liquide ointemente, and so keepe it. This ointemente is very pꝛecious, to consume all maner of excrescence, oꝛ growyng vp of fleshe, in any tender place of the body, as in the secrete members, oꝛ in the nose, whereunto a man dare not applicque any strong oꝛ smartyng thyng. Now when ye muste vse it foꝛ the carnosite, within a mannes yarde, you shall take firste of all a Squirte, and fill it with white wine, whercin drie Roses, and Plantaine leaues haue been sodden and boyled, wherewith also ye shall mix a litle womans milke, oꝛ the milke of a Cote: then washe well the mannes yarde within, with this Squirte: After this take a litle ware candell, somewhat long, and of soche greatnesse, as it maie enter into his yarde, at the pointe whereof ye shall put a litle of the saied ointemente, warming it a litle, and thrust it as farre into his yarde as you can, vntil you feele the Carnosite, and leaue the saied ointemente within the yarde a litle while: then take it out again, and doe thus moꝛnyng and euenyng, lying a bedde his healie vpward, when ye shall put in the candell with the ointement, and you shall see a merueilous effecte: foꝛ it shall heale hym thꝛoughly, in fewe daies, without any daunger.

To heale all maner of inflammatiō and euill disposition of the liuer, and by this same secrete haue been healed certain persons, whiche had their faces as it were Leparie, greateswollen legges, their bandes inflamed, and rough within side.

TAke flower, oꝛ Anisum made of Barley, whiche ye shall easily finde at the Apoticaries, and seeth it halfe an houre in common water: then straine it, and put it in an other newe pot, that is cleane and net, puttyng to it a fewe Gallowes, Succorie, Hoppes, Cndiue, and Burrage: and seeth all these together, vntill it bec dissolved, and adde to it an vnce of Sandal: and then straine all, and take in a linnen clothe, as moche Cassia extracta, as will goe in to twoo Nuttes, and put it within

Of Secretes.

Within the saied linen clothe with the Callia, while the water be hote, pzeſſyng it so harde betwene your twoo fingers, that all the subſtaunce of it, maie goe into the saied water: then putte it to the Sugar oz Penides, as moche as you will. Of this dzinke, whiche is of a very amiable sauoure, ye must take from daie to daie, a litle glasse ful in the moꝝnyng, lying in your bed with your bzest vpward: then laiyng some linen clothe vpon your stomack, slepe if you can, and take of it also after you be vp, and haue dooen your necessaries, the whiche doyng you shal finde your self very well healed in fewe daies. But here note, that this must be doen in Sommer, and not in Winter: and he that hath his stomack very cold, maie weare befoze his bzest, some pece of Scarlat, oz oꝝther clothe, and sometyme annointe his stomacke with an oile, made soꝝ the weakenesse of it, the perfecte composition whercof, we will put hereafter.

To beale the Emorrhodes or Piles in a nighte, a rare secrete and verie excellent.



Take the leaues of grene Elder, and boyle them in water, vntill thei be dissolued: Then take a piece of redde cloth, a litle bigger then the palme of your hand, and stretche it a long vpo your palme. Now, must the patient be in his bed, with his bealy doune ward, bicause ye must laie the said leaues vpon the Emorrhodes, hot as thei wer taken out of the caudon, hauyng laied vpon them befoze, a litle oile Oliue. Then take an other litle piece of cloth, with other leaues, and take a waie the first, continuynng thus, and chaungyng alwaies the leaues, if not aill the night, at the least as long as ye maie: and also in the meane tyme, ye must let the patient slepe as moche as he will, who, in the moꝝnyng shal finde hym self as lustie, and as well disposed as if he had neuer had the disease.

The first booke

A singuler ointment, whiche healeth all burnynges with fire, not leauyng any cicatrice or skarre where it hath been.

TAke the white of twoo Egges, twoo unces of Tutia Alexandrina, twoo unces of quicke Lime washed in. ix. waters, an Unce of new Ware, with as moche Oyle Rosatte, as shall suffice, and make thereof an ointmente, whiche ye shall finde verie good, soz this that we haue spoken of.

A perfecte and proued remedie for them that bee weake of stomacke, and can not keepe their meate, without vomityng it vp again.

HAuyng taken twoo pounce of redde ware, and made prouision of a dishfull of oile of liue, take peces of Alabaster, and heate them in the fire, and then quenche them in the saied Oile: heate them again, and quenche them as befoze: and so thzee oz fouer times. This doen beate the Alabaster to powder, and mire it with the said ware and oile, wherein it was quenched: then put all to distill thzough a croke necked biolle, like a Bagge pipe clated rounde about, sauyng the bottome, whiche distillers beyonde sea doe vse, the Frenche men cal Retorte oz Cornue, and make soche a fire, as the Oile maie distille, w al the rest y possible maie be distilled: and then keepe it, puttyng to it halfe an unce of Myrthe, beaten in powder. And when you will put it in effecte, ye must take a litle pan of Brasse, oz Iron: and hauyng the toppes and leaues of Worme woode, whiche is a bitter herbe, put them in the saied Oile, and seeth oz frie all together: then take it, hote as it is, and rubbe the patientes breast with it, vp to the thzote, doyng thus alwaies at night, when he is in his bedde, and it shall make his stomacke strong. He must vse in his meate, as moche Rosemarie as he can, bee it rawe oz other wise, and specially in his drinke. He must vse likewise the moste excellent Aquavite, whercof we will speake hereafter.

An excellent remedie, wherewith a woman of xxxvi. yeres was healed, that had so marred her stomacke, that in the space of two yeres and an halfe, she was neuer naturally purged doune ward: and as soon as she had eatē any thing, she vomited it vp againe, so that she became yelowe, and as drie as a stick.



A Monke, of the order of sainte Augustine, a man of greates knowledge, and full of mercifulous secretes, healed the saied woman, with this remedie following: & in the space of. xvij. daies, made her as whole and sound faire, and wel coloured, as she was befoze her sicknesse.

First of all, he had made a litle oven, like vnto soche as men bake breade in, & which he did heate with rosemarie: and the sayd Oven was in facion like a Bakers Oven, wherein he baked litle pretie loaves and cakes, whiche he gaue her a lone, without any other thyng to eate, vij. or. x. daies, and gaue her white wine to drinke without water. He gaue her also gentle meates, with Sinamom and Sugar: and euery moznyng gaue her in a glasse, aboute a finger heighte of water, made after this maner following. *Aqua vite* halfe a glasse ful, wher in he put the yelowe pille of halfe a Citron, or Drenge cut in peces, the flowers of Rosemarie a handfull, fine Sinamom an vnce, Safron a quarter of a dragme, *Wegewin* a dragme, with a litle Muske: and made her to bee washed ouer and ouer, or bathed in the decoction of Rosemarie, and other swete herbes, ones a weeke: and euery night annointed her breast with the saied Oile, distilled and sodden with Wormewood. And aboue all thynges, commaunded her to keepe a Cushen vpon her stomacke, in the night tyme, and caused her to lye long a bedde in the moznyng: he made her also eate the confection of *Diambre*. And in this wise he made her in xvij. daies, as whole and as faire, as she was befoze, whom no Physicion could euer finde remedie for, durynge all the tyme of her sicknesse.

The first booke

Three remedies verie good against the wormes in
litle children.

TAke the flower of wheate well boulded, as moche
as will lye vpon thre crownes of gold, and put it
in a glasse, and powze vnto it well water, or sou-
tain water, so moche as will stiepe the said flower, and
make it looke like as it wer milke, and no thinner: then
giue the childe drinke of it, and you shall see that with
his siege, the wormes will come forth the starke dedde,
whiche is a verie good remedy.

¶ The seconde remedie.

TAke a Citron or Orenge, and make in hym a
hole, as big as a peny, by the whiche hole with
wringyng, ye shall make the licoure come out:
and hauyng made a hole into the middle and
more, ye shall powze in to it oile of Bate tree or leaues,
the Juice of Rue, the Juice of Wormewood, Triacle,
flower of a kinde of poulse corne, called *Lupinum* or *Lupinus*
in Latine, hauyng one stalke, the leafe in fise diu-
sions, the codde creuised aboute, hauyng in it fise or sixe
graines, harde, broad, and redde. Thei be common in
Fraunce & Italie, but here vnneth knowen. And seeth
all this a while: and then powze it in a dishe, and an-
noynte therewith the childes nauell, stomacke, temples
nosetrilles, and the vttermoste part of his poulses, and
ye shall immediatly see a wonderfull operation.

¶ The thirde remedie.

For children that be so litle, that a man can
not minister the medecine in at the mouth,
you shall take very good *Aqua vite*, where-
with ye shall washe or weate the stomacke,
or the breast of the childe: then powder ouer
thesaid places, with the powder of fine Mirrhe, and laie
the child doune a litle while, with his breast vpwarde,
and you shall see incontinent, that with the dunge of the
child, the worme shall come out dead.

Of Secretes.

To beale children of the Lunatike disease, whiche hap-
peneth vnto theim, by reason of a worme with two beades,
that breedeth in their bodies, the whiche worme, commyng
vnto the harte, causeth theim to haue soche a passion, that
often tymes it killeth theim.

TAke the tender stalkes of a Wildyng tree, and
dye them in the shadowe: then stampe them
well, and sifte them, and take of the saied pou-
der, and the roote of Gentian, & of long Deonie
of sche of them a quarter of an vnce, and half a quarter
of an vnce of Pirrhe. All these thynge well beaten in
pouder, ye shall put in a dissh, or in some other vessell,
as you thinke good: moist them with a litle water: then
take of it with your two fingers, and weate the lippes
and the mouthe of the child. Doe this thre or fower ti-
mes, and you shall see the worme come out deade with
his siege. This haue I often tymes seen by experience,
and many childzen, whiche, for lacke of good help, haue
died with soche maner of Wormes, the whiche after-
warde beyng opened, menne haue founde the Worme
stykynge vpon their hartes. And for thesame accidente
the other remedies, whiche we haue wrytten befoze, a-
gainst the Wormes, be also very good.

A remedie for the fallynge sicknesse.

TAke Germander gathered in May, when it is
in blosome: dye it in the shadowe, and make it
in pouder. And when you will vse it, take the
pelke of an Egge or twaine, and sturryng or
breakyng it with a sponesfull of the saied pouder: then
seeth it, and giue it to the patiente to eate. Dooe this,
Mornyng and Euenyng, eight daies long: but all this
while he must abstaine from wine, and carnall compa-
ny of women, from al sozte of poulse, as Beanes, Pea-
son, Vetches, Tares, and soche other, from Salades,
salte Fleche, and from all other thynge, whiche are of
a harde concoction or digestion. A verie goodly and no-
table secrete.

The first booke

To make oile of Brimstone, to heale all maner of Cankers diseases or sores, whiche come of a putrified humoure, and renne cōtinually, commonly called Fistules, and also to heale olde and inueterate woundes.

Take Brimstone beaten in powder, and hauyng steeped and mollified it, with common oile, put it in a Gourde, apte to still out of, so that it bee brought as it were like paste, the whiche you shall distill thzough the mouthe of thesaid Gourde: and the oile that shall drop out, ye shall put into a violle, filyng it halfe full: and afterwarde fill bp the saied violle with Plantan water, and with the Juice of *Cardus benedictus*, and so let it boile a pretie while. Then washe the wounde with *Aqua vite*, or white wine, and laie to it of thesaid oile, and in fewe daies ye shall heale it partitly.

To take awaie the venim or poyson from a wounde, made by some poisoned weapon or arrowe.

Take *Assa Fetida*, and a gomme called *Galbanum*, of eche of them an vnce, and steepe them in *Uinaigre*, the space of a night, then sette it to the fier to dissolue, and straine it thzough a Lincloth, mixing with it two vneces of *Vnguentū diabasilicū*: and laie it to the wounde, and incontinent thesaid ointmente will drawe vnto it self, and kill all the venim, so that the wounde maie afterward be healed, as all other maner of woundes bee: and in case ye lacke, or can not get *Galbanum*, it shall suffice to haue onely *Assa Fetida*, to drawe the venim out of the saied wounde.

Against the bityng of all venemous bestes.

Whosoone as the person feleth hymself bitten, with any venimous beast (or at the leaste as sone as is possible) take grene leaues of a figge tree, and presse the milke of them, thzee or fower times in to the wounde. And soz this serueth also Mustard seede mingled with vinagre.

To drawe an arrowe beade or other Iron, out of a wound.

Take the iuice of valerian, in the whiche ye shall weate a tente, and put it into the wounde, layng the said herbe stamped vpon it, then make your bindyng or bande, as it appertaineth, and by this meanes ye shall drawe out the Iron. And after heale the wounde, accoꝝdyng as it shall require.

Against a veberment cough of yong children.

Take the Juice of Wersely, powder of Commin, womannes milke, and mixe all well together: then giue the childe drinke thereof, and after, make this ointment folowing. Take the secde of Line or Flaxe, and Fenigreke, and seeth them in comon water: then pꝛesse with your hand, the substance of the saied herbes, whiche you shall mingle with Butter, and so annointe the childes bꝛeast with it, heatyng it often tymes.

For hym that hath a bunche or knobbe in his beade, or that hath his beade swollen with a fall.

Take an vnce of Baie salt, rawe Honie thꝛe vnces, Commin thꝛee vnces, Turpentine two vnces, intermingle all this well vpon the fire: then laie it abꝛode vꝑo a linen clothe, and make thereof a plaister, the whiche ye shall laie whote to his beade, and it will altoꝝgether aswage the swellng, and beale hym cleane and nete.

A good remedie for one that is deffe.



Take Mint, Sage, Pennicrofall, Rosemarie, Flope, Bugworste or Motherworste, wilde Minte, Calaminte, Camomille, Millefoile, Parrow or Roseblede, herbe sainte Ihon, Wormewood, Southernwood, Centorie, of eche of them a handfull: Seeth them in a cleane pan, with as moche good white wine, as there be herbes, and let it seeth altoꝝther

The first booke

ther, vntill the third part be diminished: then cause these oiles folowynge, to be made at the Apoticaries: old Dile two vnces, oile of Leeke, oiles of Almondcs, of eche of them an vnce, of the iuice of Rue halfe an vnce, of Maluoisie an vnce and a halfe: put all these thynges in a lög neckt glasse oz violle, and let it seeth with a smalle fier, vntill the Juice and the Maluoisie bee almoste all consumed: then take it from the fire, and putte in to it these Drogues folowynge, well beaten into powder, that is to saie, Spiknard, Coloquintida, the stone of a Beuer, called *Castoreū*, Mastic, of eche of them a grain and a halfe: stoppe wel thesaid violle, that nothyng maie take vent: then put it in a pan full of water, and make it seeth the space of thzee howers. Then take it from the fire, and powze thesaid licours in some platter, whiche you shall set in the sonne, and leaue it there vntill it shall become verie cleare, and hauyng strained it thzough some fine lincn cloth, and pzedd well the substaunce, ye shall put a grain and a half of Muske in a dishe, and incozporate it well by litle and litle, with the saied Dile, and then keepe it in a violle, well stopped with ware and Parchmente. After this, take the pan with the saied herbes, and heate theim vpon the fire: then take, for a couer oz lidde, a sonnell made of white Iron: and when ye go to bedde, couer the pan with the saied sonnell, and see that the pan be good and hote: then, by the litle hole aboue, let the patient take the smoke into his eare, by the space of halfe an hower. This doen, heate thesaid oile, vntill it be luke warme, and let it droppe into his eare two oz thzee dropes: and stoppe his eare with a litle Musked bombase, oz Cotton, and let him slepe therevpon. Now he muste, in receiuyng the parfume oz smoke into his eare, haue in his mouth some drie Beanes, and after he hath chewed theim, spit them out again, to thende that in chewynge, he maie open the conduites of his Eares. And with the grace of God, he shall find hymself healed in fewe daies, prouided, that the disease be in anwise curable. If in case this helpe not, ye neede not seeke any
other

other remedie in the worlde. If a man haue also anie bumpyng or noyse in his eares, let him vse the sayde medecine, & you shall se, with Gods helpe a wonderfull thinge: so; it will heale the deafenesse of a man, though he haue had it. xxx. yeres, so that he be not bozne deafe. Let him vse also to take pilles to purge his head, and to eate good meate alwaies.

To heale a woman that hath the Matrice out of her naturall place.

TAke a Flinte stone that hath bene alwaies in the earth, and not taken the ayer, and put it in some basket, couered in a greate fire: and whan it is verie hote, put it in a litle Tubbe or barrell, and weete it wyth Vinagre cast vpon it, and cause the woman to stand ouer it, to receiue the smoke or parfume of it, and than let her go to bed, so; this must be doone at night. Ye shall, after this, take of the iuice of Rue, & make a litle rounde balle of Cotton, wherunto ye shall tie a threed: and than dippe the saied balle in the sayd iuice of Rue, and put it into the mouth of the Matrice, the which will incontinent take the balle, and draw it in, and than it will returne into his naturall place agayne. But you muste binde and tie the ball sure and well, least peraduenture it should remayne within. After this, make an oymnt as foloweth, wherwith ye shall annoynte the reynes of her backe. Take an herbe called in Creeke *Ciclaminos*, of the latines *Rapum*, *Tuber terræ*, or *Umbilicus terræ*, of the Apoticaries *Panis porcinus*, of the Frenche men *Pain de porc*. and Rue, as muche of one as of the other, and stampe them well: and than seeth it in a pan with olde oyle, vntill the whole be diminished by the thirde part. This doone, let it coole againe, and hauing pessed out all the substaunce, ye shall powder it into another new pan, adding to it a litle new ware, and beating it all together, vntill it be well incozpozated: thā annoynte her reynes with all, and lay hote Tow vpon

The first booke

it, and than swaddel her as women do yonge infantes. And so she must be layed in her bed, with her belly upward, and her head lower than her buttockes. Thys must ye do from night to night, thzee times, & she shall be healed. She must also eat whote thinges in operation, as Pigeons, and Hennes, with spices and other like thynge. She shall be healed without any greefe, and if she had had it. xxx. yeres.

To make a womans milke to come and encrease.

Take the greene leaues of Fenell, & make therof a decoction, be it in wine or water, wherof ye shall geue the woman drinke, as wel at her meales, as other wise, as often as may be, and she shall be abundant in milke. Furthermoze, if the woman haue not ordinarilie her naturall purgacion called Floures, this will serue her for a good medecine.

A verie goodly secrete for the gommes or burgeons that remaine of the great Pockes, as well olde as new.

A defēse is made when a surgien will lay any drawing or healing plaister vpon or to a wounde, he maketh some oyntment restrain tūe because it shall not drawe or heale to fast, and that is called a defēse.

Take Bole armenick, Vinagre, and oyle Roset, and make thereof a defēse, or oyntment, annoynting the burgeons round aboute. iij. or. iij. fingers large: thā take. y partes of the oyle of an herbe called *Euphorbium*, first founde out by Iuba the kyng of Libia. Looke *Ruellius, Lib. 3. cap. 53.* and one part of oyle Violet: and mire them together, and annoynt the burgeons with all, haupnge first well washed them with Redde wine, verie hote. And whan you haue thus annoynted them, with the sayd oyle of *Euphorbia*, lay vpon it some litle bande annoynted with Butter, leauing it so thzee or foure houres, or as longe as you will: than vncouer the Burgeons, and if you finde no bladders, do once agayne as befoze, vntill you se some. And than you make pꝛicke and bzeake the saied bladders, or let them bzeake of them selues: & than ye may heale them with some healyng oyntment.

Another

Another remedie for the same bourgeons of the Pockes.



Take the burgeons with Wine, and make the defensif aboue saied: than take. iij. partes of *Vnguentum aureum*, and one parte of *Sublimatum*, well broken or beaten: mingle the saied *Sublimatum* wth the saied ointment, and lay it with a plaster vpon the burgeons, lea- uing it therupon, a day or moze, if you can, & ye shal find the burgeons or buddes, and the flesh sayze and neate, whiche will seeme to be a miraculous thyng, and if it worke not well at the firste, ye must renew it agayne, twice or thise, acco^{rdyng} as the burgeons shalbe hard and olde. Now, whan they be thoro^wlie dissolued and leused, take Butter washed with Wine, and lay it vpon a linnen cloth, and put it vpon them, and so shall you heale them perfectlie. Note also that the saied ointment, with the *Sublimat*, will draw vnto him all the aquosite, and euil humours of the arme or legge, wher- vnto it is layde. Wherfoze it will not onlie heale the place where you laye it, but will also purge the whole member of all euill humours, that is in it, and therfoze there is a verie good water confect and made of it, soz to heale scabbes, as we will tell you afterwarde. It healeth also all other accidentes, wherupon you make any outwarde application: and (as we haue sayed) draw- weth to him selfe al the watrishnes, and humour of the member, wherupon it is layde. Now, whan you wyl lay it vpon the burgeons, or vpon anie corrupte place, weete wel the linnen clothe, and the band that you wil binde it withall: weete well also rounde aboute the in- fect or soze place: soz the saied medecine, will draw all the corruption thro^w the saied places. And this is a verie worthie and erquisite secreete, soz all thinges, so that it be well vsed, made and applied.

A verie easie and parfite remedie for him that hath anie blow with a sworde, staffe, or stone, or other like thyng, yea, though he were greuouslie wounded.

Take

Take

The first booke

Take *Taxue barbatus*, and stampe it, and take the iuice of it: and if the wounde bleede, wipe it, and make it cleane, washinge it with white wine, or water: than lay of the sayd iuice vpon the wounde, and the herbe vpon it, of the whiche you toke the iuice, and than make your bindinge, and let it be on it a whole daie: and you shall se a wonderfull effecte.

A water to heale all maner of woundes in short space: whiche is a thinge that euerye man ought alwayes to haue in his house, for the accidentes and chaunces that maye fall, seyng it is easye to bee made, and wyth litle cost, and that it is of so meruelous an operation.



Take a pounce of newe yelowe ware, or as muche as you will, and lette it melte vpon a fier in a cleane panne: and then powze it into another panne, or dishe, wherein must bee *Malinsey*, *Muscadel*, or other white wyne that is very good: afterwarde take it out of the wine and melt it agayne: then powze it again vpon the said wine, doing so. vij. times. And then take the said ware, & melt it vpon the fier, mixyng with it a handfull of byicke finely beaten into dust: incorporate all well together, & put it into a crooke necked vialle of glasse, which distillars, call a *Wagpipe*, claid about vpon to the middes of the necke: & let it distill first with a litle fier, by the space of. vij. houres: & afterward make your fier greater, & at thende verie greate. But you must aboue all thing, close wel the sydes and ioyntes of the said vessell, and of the recipient, which must be somewhat greate. After that the ouen & all the other thinges bee colde agayn, you shall take the water out of the recipient, and shall powze it into a viall well stopped with ware and cyzed clothe, so that in no case it maye take vent: neither set it in a place where anye heate of the sonne or fier maye come to it: for it is of so fine a substance, that it woulde flie and vanishe away

a waie immediatlye. The saide lycour is merucyous good for all kinde of woundes: and ye must wate and moist the wounde with it, and bynde vpon it a piece of linnen clothe steeped in the sayd water. And amonge all the experiences that hath been scene, thys was experimented and proued vpon a seruaunt of a noble man called Feonello Pio de Carpe, resydent in Venise, the yere 1548. the whiche seruaunte hauinge receyued a stroke with a dagger vpon the insteppe of the foote, whiche is a place verie dangerous, did nothing but laye therto a lytle of the sayde water, whiche a gentell man of the saide Senyoz Leonello had in his house: & in the space of two daies he was so healed that skant coude a man perceyue the cicatrice oz skarre where the cut was: it is also exceding good for shonken synowes. And if thys sozsayd water bee well and naturally made oz distilled the second time, it is of so fine and persyng substance, that if a man laye of it vpon the palme of his hande, ye shal see it perse thozowe incontinent and in a moment, and leaue the place drie as though it had neuer been layde there. Wherefoze they that haue any knowledge maye helpe diuers diseases, in adding to it some other licour oz pouder, suche as they woulde haue perse into the fleshe.

To make oyle of S. Iohns wort, which is called in Venise, and in diuers other places redde oyle: and is of suche vertue that a man can skantly expresse it, as well to heale woundes, as other infinite diseases, whereof we wyll shewe the most notable, and those that haue been founde true by experience.

You must gather in the moneth of May and June, the herbe called of the Greekes Hypericon, of the Latynes Perforata, of the Frenchmen Millepertuis, and of vs in Englande S. Iohns wort, before it begin to flozpe oz haue floures: and stampe it in a mortar of marble, oz of wood very cleane, and putte it so stampe
D. ij. iii

The firste booke

in a violle or glasse : and then powze to it as muche white wine as will couer it all ouer , and adde to it of good oyle olyue aboute the height of two syngers , leauyng it so in the saide glasse wel stopped, and after that ye must gather the said herbe with his blossomes vpon S. Iohns day in the moznyng after the sonne is rysen, and puttyng the blossomes a part, ye must stampe wel the herbe with the stalkes, and after ye haue cut it very small , take it out of the mozter, and stampe it in the same mozter also a litle, the floures or blossoms whiche you kepte a parte, and mingle them with theyr herbe, whiche was stampe before. But the blossomes muste wey foure times or very nigh as muche as al the herbe that ye gathered in the moneth of Maye, and before S. Iohns day, and was putte in the saide violle or glasse, with the wine and oyle olyue. You muste after this mingle al these things together, and put them in some violle or glasse, or els in some pan of earth very cleane, with the said wine and oyle olyue, and put to it againe other wine and oyle, vntil al bee couered as before: and then set al this in the Sonne in some vessell well stopped. And twelue or fiftene daies after when the seede of S. Iohns wort shalbe ripe, you must gather of it in the mozning after the Sonne is vp: and stampe it well, and so mingle it with the saide herbe, and blossomes: but you must put no wine to it, sauyng onely the oyle oliue. And the saied seede muste in quantitie wey as much as the fourth or thirde parte of the sayd herbe before the wyne bee putte to it: also the oyle must bee of suche quantitie, as maye be aboue all the substaunces a good handfull or twoo. After this set a caudzon of water on the fier, with hey or strawe in the bottom: and put the saied violle into it so that it bee not in daunger of breakyng, when the water beginneth to seeth. This maner of setting the violles or glasses in a caudzon of boylng water, is called of our moderne Philisophers, *Balneum Marie*, and it is dyessed and trimmed in thys sozte, as well soz to distill with a Lymbecke, as soz to
make

make putrefaction, euapozation, or dissolution: of the whiche thinges we wyll speake afterwarde, when we comme to the matter of distylling. Then muste you make the water in the saide caudzon to seeth, with the substance whiche is in it, by the space of thye or foure houres, according to the quantitie of the said substances, vntyl the wine, or at the least the most part of it be dzonke and consumed, which ye shal know in this manner. Take a litle of the substance on the ende of a sticke, and cast it in the fier, and if it burne withoute anye noyse, it is a signe that there is no moore wyne left. The sayde violle muste bee vncouered whyle the water boyleth, because the wyne maye euapozate and bzeathe out. And if the sayde substance bee so great in the violle, that it passe fyue or fyre pounce, ye shal put to it these thinges folowing, according to the weyght and measure that we wyll shewe you, and kepe alwaies good ppozition, accordinge to the quantitie of the weyghte of the water, whiche shalbe moore or lesse then fyue pounce. Fyrst take quicke byrmstone, or els when it is made into long canes or sticke half a pound, commune white salte, eyght vneces, of smallage a dishfull wel washed, fyrst in water, and then in honnye rosat, or other honnye (so that it bee sodden and skymmed) foure vneces: ten vneces of Turpentyne, washed once or twice in well, ryuer, or conduite water, of the iuyce of *Taxus barbatus*, of the iuyce of white or blacke *Dickamum*, of eche of them foure vneces, of Saffron thye vneces, rootes of *Dickamum*, rootes of Scytian, the rootes of *Imperatoria* the rootes of the herbe called *Crocodilium* or *Carolina*, the rootes of Valerian, and the rootes of Helandynne, of eche of them two vneces. And if the sayd rootes be greene, you muste stampe them wel: if they be drie, ye must beate them into powder: an vnce of myzre, two vneces of redde ware, two vneces of fyne Triacle, an vnce of the seedes of a Cedar tree, thye vneces of pyp seede thozowe rype, foure vneces of the seede of a Bay tree thozowe rype, fyre vneces of *aqua vita*, an vnce of Synamon,

The first booke

Synamom, half an vnce of *lignum Aloe*. Let all these be well stamped, and put in a violle or byinall with the saide herbe, blossomes, and oyle: ye muste stoppe well the saide violle, that the substance haue no maner vent or euaporation. Then make a fier vnder the caudron so that the water maie be hotte without seething, and keepe it so the space of two or thre dayes: and the longer the better. If in case the fier go out in the night there is no greate daunger: ye maie make it againe in the morning, but you must kepe it so much the longer. Having then taken the violle out of the caudron, and left it in the Sonne all the rest of the Sommer, kepe it in your house well conered: and the older suche oyle wareth, the better it will bee. But it shalbe good to put to it euerye yeare newe iuyce, of the saide herbe *S. Johns wort*, and of the blossomes and seede well stamped, and that the saide blossomes, herbe, or seedes bee sodden, by the space of foure or sixe houres in oyle oliue: and then muste you pswze all the oyle with the substance into iome vessell, and presse well all the blossomes and the herbe, and cast them away, and put in other: and yf ye shoulde dooe so euerye yeare the oyle woulde not be the worse but rather better. If al these foresaid things can not be gotten in one season or time it is no matter: for a man maye put them in as he findeth them: and if ye can not get them all, ye may put in theim that ye can finde or get. The vertues of this excellent oile are infinite, of the which we will speake onely of the chiefest, & those that haue been proued by experience, as wel of vs as of other in our presence, and by our appoyntment and orderinge. First, it hath as muche or moze vertue, then the true and right baulme, and it is good for all colde griefes, as well within as without the bodie: for the *Sciatica*, and colde goute, in heating it and rubbing the place withal: for a quartayne, tertian, or quotidian ague, when a man anointeth the raines of the backe an houre befoze the ague come. Also it healeth meruelous well *Colicam passionem*, when a man rubbeth or anoynteth

teth warmly his best o2 stomacke withall, and when it is put in glisters with other substaunces, as we will declare in the chapter of the Colicke passion. And if ye annoynt the place about the priuie membez of a man o2 woman, it will make them to vyne o2 pisse well. If a woman haue her fruit dead in her wombe taking thzee o2 foure dragmes of the saide oyle, she shalbe deliuered incontinent. It is likewise good fo2 all griefes of the best o2 stomacke. It is a thing aboue all other most excellent and miraculous fo2 the plague, annoynting the rai- nes of the backe, and in drinkeing two dragmes o2 two dragmes and a halfe in good white wine: but note that it must bee dronke befoze the sixte houre after the sick- nesse is begonne, and rubbe the place of the sicknesse with it, it beinge heated. It healeth mozeouer all ma- ner vlcers, sozes, boyles, botches, and corrupte matter within the skinne couered with a skabbe, as well olde as new, & also b2usings, o2 knockes. And good fo2 other infinite thinges, as euery man maye dayly p2oue by ex- perience. And specially it is verie good fo2 the retracti- on o2 drauinge againe of woundes o2 such like.

To make an oyle of a redde dogge, by the meane wher- of (beside other infinite vertues that it hath) I haue bealed a frier of S. Onofres, who had by the space of xij. yeres, a lame and drye withered arme lyke a sticke, so that nature gaue it no more nourishment.

Make a yonge dogge of redde heare, and keepe him thze daies without meate: and then stran- gle him with a corde, and lette him lye dead a quarter of a houre, and in the meane time boile a kettle of oyle vpon the fier, and putte the dogge in whole o2 in pieces, it maketh no matter how, so that he bee all there with the skinne and heare: and make him seeth so vntill he bee almost sodden to pieces, keping al- waies the kettle close couered. In the meane time take Scorpions to the number of foure skoze o2 a hundzeth, and putte theym in a basyn on the fier, vntill they bee
C. l. thozowly

The first booke

aches called
of the apotie
caries bisma
lua or ma
luisus and
in Latyne
hibiscus or
Athæa,

thoroughly burned. When putte them into the said ket-
tle wth the oyle & the dogge, putting to it a good dishfull
of great grounde wormes, or smallage well washed, a
good handfull of S. Johns wort, a handfull of wyld
or marthe mallowes, and a handfull of wallwort, with
an vnce of Saffron. Seeth all these thinges well toge-
ther, vntill the fleshe of the dogge be broken and fallen
in piēces. And because ye must haue much oyle, ye may
at the firste putte into the ketle two partes of water,
and one parte of oyle: and in seething ye may powze in
water, vntill the dogge bee all together broken, as is
alreadie saide: then let it ware colde. After this ye shall
take the bones of him and the herbes, and when ye
haue pressed and squished them well, that all the sub-
stance remaine in the saide oyle, caste them away.

This doen, you shall take only that which is aboue vp-
on the water: that is to saie, the oyle and the grease,
and cast away the water, if there be muche; but if there
be but a litle, so that you can skant discerne the oyle fro
the water, ye shall take all together, for a litle water
can not bee but good. When straine it thorough a strap-
per or canuēse, firste weated or steeped in white wine:
and take then vnguentum Agrippe seuen or eyght vn-
ces, of the marie of the gambon and bones of a hogge, a
pounde, of the marie of the hinder thighes of an asse a
pounde, or as muche as you maye get. Put all these
thinges together, with the saide oyle and grease: and
make it seeth vpon the fier: then adde to it a dishfull
or an halfe of oyle rosat: & when it seetheth, you shall put
to it thze vnces of Mastick, two vnces of Gomme Elemi,
eyght vnces of redde Ware: but the Masticke
and the Gomme muste bee well beaten into pouder
and sifted. And when all this hath boyled the space of
halfe an houre, let it coole againe, and sette it in the
Sonne in some kinde of vessel wel covered by the space
of certaine daies. When shall you haue an excellent sub-
stance and matter for all kinde of colde infirmities,
and for many other. And as I haue alredie said, I haue
seene

seene the experience of it in a Frier of S. Dunstrey, that is to saie: of them that weare an habit of Roan colour: but (as he saied) he dwelt not in the monasterie, because of the said infirmitie of his leftte arme, whiche was as drie as the bzaunche of a withered tree. Moreover, he saied vnto me, that he did not remember noz coulde tell whether that chaunced vnto him, either by sicknesse, oz by some wounde oz hurte. The saide arme was become smaller then the other almoste by halfe, so that the saide arme had almoste no strength at all, and coulde not helpe it selfe in no wise. I caused him then to be annointed with the saide oyle (whiche I had set in the Sonne the Sommer of the ycare 1547.) by the space of .v. miseres, & made him tarie in the Sonne vntill the saied oyle was cleane dzyed vp, and had perced thozowe the saied arme: and within .lv. daies, men did perceyue and see perfitelpe that the veynes gaue nourishment vnto the membe. Nine daies after, the arme was as full of fleshe as the other: and with the helpe of god, was as whole and sound, as though it had neuer been hurte. This saide oymntment oz oyle is a pzeious thing, and good fo2 al colde infirmities, & fo2 the gout: and specialpe fo2 all contractions oz shynkinges together of synowes oz membes, and woundes, albeit, the man were wounded in the middes of the bodie, in putting into it this oyle, shal a miraculous thing bescend: and it is also good fo2 the synowes. As I came from Jerusalem in tye yere 1518. in a shippe, of the whiche the maister was called Peter de Choggia, he & were set vpon by fine foystes of Pirates, on this side Corphu, and one of the Matiners so attainted with the Aroke of a gonne that he had his arme bzused and bzoken, and with the same blowe another hurt in the best. The Phisition would haue cut of the arme. But among other things that I caried about with me, I found a bore of the saide oymntment, wherwith I anoynted his arme, and in the space of sixe oz seuen days, he was healed miraculouly. I haue made many experiences, aswel vpon my self, as

C.v. vpon

The first booke

vpō others: and hauing giuen of it vnto diuers men to
apde them selues withall, they haue tolde me that they
haue found in it a meruelous vertue & operation. If you
make this oyle in the time when the herbe of S. Iohns
wozt is found, ye shal putte in the herbe, the blossome,
and the seede: but if it be in the time when it can not be
found, after ye haue made the first decoctiō of the dog, as
we haue said, ye shal boyle the oyle & the grease once a-
gaine, putting to it the oyle of S. Iohns wozt, whercof
we haue spoken afoze, oz as ye may get it: that is to sai,
halfe as much as al the oyle and grease is. And if ye can
not find *bismalua* oz wild mallowes, ye may put in stede
of it, y^e oyntment called *Dialtea*, which is found comon-
ly at the Apoticaries. And when ye wil boyle the dog in
the kettle, it shalbe good to put to it, thze torteses that
liue on the lande and not on the water, and so shall the
said oyntment be very excellent foꝛ the gout. A certain
man of mine acquaintaunce, of the age of thirtie yeres,
bered with the gout, whome I made take of this oyle,
and anoynt himself a litle in the place of the grieſe, and
about it, putting to it two partes of oyle rosat, one part
of oyle violet, & two partes of the said oyle of the dogge,
told me that he had found a merueylous ease and helpe
by it. And the said grieſe returning againe foure times
at sondꝛie times, yet anoyntinge himselfe therewith
thze times (as is afozesayde) the paine came vnto hym
no mooze in the space of thzee yeaes that wee were in
Rome together, whiche was the yere 1514. And thys
man was called *Diego*, a Portugall, and dwelte at the
mount Jordan. Sith that tyme, being gone to Aenise,
and from thence into Leuaunt, I haue heard nothyng
of hym.

*To make an oyntment, the most excellent in the worlde,
whose vertues are infinite, as we will declare afterwarde.
Whiche, Princes ought to commaunde to be made and kept
in their comon wealthes: and that it should be made in the
presence of Physitions, as Triacle is made: or at the least eue-
rie*

vie man ought to haue it in his house, and speciallie bycause a man may make a great quantite of it : and the lenger it is kept the better it waxeth.



TAke first oyle Roſet, the oyle of Aloſettes, the Oyle of Neuphar, oyle of Spick, oyle of the herbe called *Coſtum* commonlie called *Cocus* oꝛ *herba marie*, the oyle of Bay, oyle of Nutmegges, the oyle of the bloſſomes of Iaſemin, of eche of them a pounde. The oyle of Nutmegges, and of Sinamon, is made in ſeething, Nutmegges, oꝛ Sinamon wel ſtamped, in oyle Oliue. And in the like maner, ye may make the oyle oꝛ decoc- tion of *Xilobalsamum*, of *Carpobalsamum*, of *lignum Aloe*, of Mirrhe, of Frankenſence, of the gūme of Gaie, of Baſticke, and of Cloues, and it ſhall ſuffiſe onely, to put in the oyle of theſe ſaid ſpiccs, half as much as eche of the other mounteth vnto, that is to ſay, half a pound. Like- wiſe muſt ye make oyle of Campher, but ye muſte not ſeeth it, but onely warme the oyle Oliue, in a litle pan and poure it ſo vpon the Campher a good way of from the fire : than muſt you ſoudaynlie couer it : foꝛ the Campher is ſo fine and delicate, that it would inconti- nent bꝛeath out and vaniſh away : and therefore dothe the Campher cleaue vnto the lidde, and ſides of the pan bicauſe it cannot get out. You muſt put onlie halfe an vnce of Campher, foꝛ euerie two oꝛ thꝛee pounde of the whole quantite of the other oyles together : than adde to it, a pounde of the oyle of Turpentine, made by di- ſtillation, and thꝛee vneces of the oyle of *Stozax liquida*: after this, put all theſe oyles lo mingled together, into a great caldꝛon oꝛ kettell tinned within, which muſte be high and narrow, to the ende that all the thynges, that ye will put in, maie afterwarde be well couered, with the ſaid oyles: And the ſayde caldꝛon, ought to haue a couer that maie cloſe him well and tuſtly : than ſet it vpon a ſmall fire, and put in thꝛce of theſe blacke

The firste booke

Ripers, *liij.* Codes. *x.* of these litle beastes, called in latine *Tarantula* or *Stelliones*, which be like vnto *Lisardes*, hauinge spottes on their backes like *Starres*, and *i.* *Scorpions*. And if ye can get anie other venimous beastes, put them in quicke, if not at the first time, at the least at euerie time whan ye can haue them: and after you haue well couered and closed the caldron, giue it but a light fire, the space of *v. or vi.* daies. It shall be good to set the saied caldron, in maner of a *Fornayse*, as it were to make *Salt peter*, or as *Sope caldrons* be set: than after, by the space of a day, make the fire a litle greater, vntill all the venimous beastes be broken into pieces, and almost consumed in the sayd oyle, wherinto it should be good, to haue put first, a pot of good white *Wine*. Than hauing taken the caldron from the fire and taken all the sayde beastes, presse them or wringe them hard in some canuelle or linnen cloth, weate with white *Wine*. Than take the oyle of *Sainte Johns wort*, compounde, as we haue befoze declared, halfe as muche as all the oyle of the sayde beastes, and the thyrd part of the oyle of the redde dogge, mingle all well together, and put to it the blossomes of *Selandine*, the blossomes of *Sainte Johns worde*, suche a quantite as you will, puttinge also to it, a handefull of white salte, the iuice of *Taxus barbatus*, and of white *Dictamn*, at your discretion: the iuice of *Crispina rubra*, if ye can gette it. This *Crispina rubra* is a herbe like vnto a *Whiule*, and is taken of *Ioannis Agricola*, to be the byer called *Respis*: but it hath leaues lesser, and tenderer than a *Whiule*, and is eaten almost in euerie place, in *Italie*, in *Salades*. And there it is called in some places, *Cardonello*, and in *Genise*, *Sigone*. The red *Crispin* is in al pointes like vnto the white and greene, and differeth in nothyng, but in colour: it is a verie precious herbe. I saw once a man, that cleft a yonge *kidde* head, almost a sunder: and after layde to it, onely the iuice of the sayde redde *Crispin*: and ioyned the head together, and bounde it with a bande: and in two daies the *kidde* was healed,

as founde as he was befoze. Also it is verie good, in the time of a Plage or pestilence, as wee will afterwarde declare. Than, if you can get of the iuice of the saied *Crispina*, or *Cardonello*, ye shall put a pound of it with the saio oyles, and as much of the iuice of *Carduus benedictus*, a pounde of the flowers or blossomes, of the said *Carduus benedictus*, an vnce of *Lignū Aloe* in powder, and an vnce of Saffran. Set all these thinges well mixed together, in the Sunne, all the whole Sommer time, in diuers vessels of glasse, or of earth leaded within, wel couered with paper or linen clothe. And keepe it as a precious thng: whose vertues to expresse, it is impossible. The saied oyle is excellent good, principallie for all maner of contractions, and shrinkings of the members, of a mans bodie, and of woundes, as well olde as freshe, against *Fistules*, *Cankers*, and the disease called in Latin *Struma*, whiche is a swelling in the throte, of gathered matter and bloud, whiche wee call in English, the *Kinges eul*, or the *Dainnes*, whan the place of the soze is rubbed with it, or when *Towe* weate in the sayde oyle is laied vnto it, and beginnyng in the first quarter of the wane, or decreasyng of the Moone, (with the grace of God) the sayd accidentes, shall be healed befoze the new Moone. Also the saied oyle, is good against all maner of venim or popson, beyng annointed about the hart, if the Popson be taken at the mouth: and if a man be bitten with anie venomous beast, or hurte with anie intoricated weapon, ye must wyng well the bloud out of the wounde: and than rubbe the place, and round aboute it with the saied oyle. It is also good for anie member that is stiffe, and nonne, and almost for all diseases that can chaunce vnto mans bodie, wherunto anie outward application is made of it.

¶ A verie true and proued remedie, agaynst a Quar-
terly ague.

The first booke

Me must firste of all, cover the patient, well in his bed, about halfe an houre, befoze his fitte come, and set some coles oꝛ embers, beside his bed: than let him take and dzinke, a glasse ful of Muscadell oꝛ Malmscy, with as muche powder of *Assarabac*, as will lie vpon two crownes of gold, oꝛ a litle moze: and the wyne must be hote, oꝛ luke warme, and the patient well couered in his bedde, soꝛ to make him sweate: and the moze he shalbe moued to vomite, the better it is, soꝛ it is a signe of good operation. Also the sayde patient, must endure the sweate, as muche as he may, & wipe him self with some linnen cloth, & after his fit is past, he may keepe his bed, oꝛ rise if he will. When you must take Sage, Rue, and the herbe called in *Latin Bursa pastoris*, as muche of the one, as the other, and stampe them wel together, and water them with white vinaygre, verie stronge: and so binde it to his poulse oꝛ wꝛest of his arme, beneth the ioynte of the hande, lea- uynge it so, by the space of a daie, and the moꝛow after, take it a waie. When the fitte cometh agayne, ye shall take likewise of the said greene herbes, arowled wyth vinaigre, as befoze, and binde them to his arme, and take againe of the powder of *Assarabac*, keepynge the patient in his bed, as we haue saied, vntill he sweate luste- lie. And thus must he do. iij. times, and with the help of God, he shalbe thowwlie healed. There be many, that haue bene healed, at the seconde time, and other some, at the first. This way is the easiest to do in the woꝛlde, soꝛ such a sickenesse, and is no lesse good foꝛ a Tertian. Some haue not taken the powder in at the mouthe: but haue vsed onlie, the remedie vpon the arme, withoute keepynge their bedde: and walking vp and downe, haue founde them selues healed. Other haue ben healed, by takynge onlie, the powder with the Wyne, not vsynge the sayd herbes at all.

To heale Wartes, a secrete verie excellent, and easie to be done: proued and experimented vpon diuers persons.

Take

Take a crowne of Gold, or a gold ryng without a stone, or els some other peece of gold, & heate it glowing hote in the fire, than seare the wartes with it. And if you haue no golde, do it with some peece of hote yron, or cole of fire, and leaue it so a litle while, washing the after with strong lie. Do this thzee times in one daie, or in manie. Than take a Radish (suche as men eate rawe) some what greate, and make a hole in it, as greate as you maie, the whiche ye shall fill with common salt, well beaten into pouder, and so close vp the hole, with the peece that ye toke of, and put the Radish so in a dishe, the space of a night: in the morning ye shal find that the water of the radish, shal be aboute in the dishe, wherwith, you shal washe often times in a daie, the saied Wartes, puttinge vpon them some cotten or woll, or some linnen cloth, weate with the saied water: Than shall you se, that within twoo daies, that the Wartes shall fall of, or at the least easie to be plucked of. This done, annoynt the place with an oymntment, called *Inguentum aureum*, or washe them with the same water. If you haue no greate Radish, ye maie make the saied water of litle Radishes, cutte in smale peeces, laied in order, or rankes in a dishe, a ranke of Salt, and another of Radishes, and you shall finde the foresaied water. This water is also meruelous good for deffenesse, as we will tell you afterwarde, moze at large.

A verie profitable and easie remedy to be made against pluresies, whiche in two daies healed a Smith, that was almost dead, and had not slept in two nightes.

Take an Apple, whiche is called in Italian *Melo appio*, in Latin *Malum appianum*, and is yelow, I take to be a
 and smelleth verie well: if you can not get such pomeroial.
 one, take some rials, or els some other Apple, like vnto it, of the delicatest, that men commonlie eate: make in it a hole, takynge awaie some part of it with in, so that the hole passe not thoro w. Put into that hole

The first booke

iiij. oz. iiij. graynes of Frankensence, of the male kynde otherwisse called *Olibanum*: than couer agayne the saied hole, with the litle peece that you toke of first, & rosse it so vpon the embers, so that it burne not, but that it may ware tender. Than take it from the fire, and bzeake it into. iiij. partes, with all the Frankensence in it: and so giue it the pacient to eate, it will by and by, make the Apostume to bzeake, & heale him cleane. The foresaied Smith, had al readie shutte his teeth, so that men were fayne to open them with a spoone oz knife: and so they put of it into his mouthe, as well as they coulde, and straight way he tourned with his bzeast, vpon the beddes side, and spitte out a great parte of the matter, that was come forth of the Apostume bzen: and therupon slept moze than. ix. houres, and whan he waked, he called foze meate, & found him self thozowlie whole, which was a thyng worthie to giue God thankes foze.

Another secret, or remedie, agaynst the saied disease of the Pleuresye.

Take the flower, that sticketh on the bourdes and walles of a Mille, and make therof paste with water: and so make litle cakes, of the bignesse of a grote, oz somewhat moze, and hauing baked oz fried them, in an yron ladle, oz in a fryng pan, with the oyle of Scorptions, lay one of them so vpon the placc, where the patient feeleth his greef, and that as hote as he maie endure, rubbynge, and annoynting it with the saied oyle of Scorptions: and whan one of the cakes is almost colde. Lay to another very hote, & heate the first againe in the saied oyle, and so consequentlie take a wale one, and put to another. x. oz. xv. times, and shortly after the Apostume shal bzeake, and in spitting the matter oute, the pacient (with Gods ayde) shall be healed.

Another good secret agaynst the same disease.



Den a white lufe new bairt, in the middle, and spzead it well with good Triacle, on bothe the halves, on the crommie side, and heate it at the fyre: than laie one of the halves, vpon the place of the disease, and the other half on the tother side of his body directly: and so binde them, that they sturre not, leauynge them so a daie and a night, oꝛ vntill the Apostume bzeake: which I haue sometime seen doen, in. ij. houres oꝛ lesse. And than take awaie the bzeade, and immediatlie the patient will begyn to spit, and voide the putrifaction of the Apostume, and after he hath slept a litle, ye shal giue him some meate, and with the helpe of God, he shall be shortly healed.

Another remedie against the same disease.

Take a toothe of a wilde Boze: and if the payne holde him in the right syde, ye muste take the tooth of the right iawe: if otherwise, ye must take the lefte tooth: yet not withstandynge, it hath been founde by experience, to be all one of whiche iawe so euer it were. Scrape the saied tooth with a knife, vpon a cleane table, oꝛ vpon a paper: than take of the same scrapynge, as muche as you maie laye vpon two grotes, and giue the pacient dzinke of it, with a litle Barley water, oꝛ in the bzothe of litle redde graines like vnto Ciche peason, oꝛ with white Wyne with a litle water. This hath alwaies bene founde verie good and true.

To make a water, good for the breast or stomake, of the which men vse to giue them drinke, that be tourmented or greued with the stitche in the side, or pleuritike Apostumes the which water is of a verie good sauour, and mondifiet & meruelous well the breast or stomacke.

The first booke



Thou shalt take the rootes of the herbe which the Apoticaries call *Bismalus*, or *Maluaniscus* in English wilde Mallo w, and scrape from them cleane their skinne or barke, and take awaie the harde substaunce, that is within them: than cut them in smal peeces, and after you haue stamped them well, take halfe a pounce of theim, and seeth it in a great panne, with these thinges folowing. Honnie roset, or rawe Honnie, half a pounce, Barley husked or excozticated, a pounce and a half, of the fruite called of the Apoticaries *Iuiuba*. iij. vnces, drie Figges, iij. vnces, pressed Raisins, or other Raisins (which must haue their litle kurnels within, taken awaie) iij. vnces, of the herbe *Scobiosa*, with the rootes well mundified ij. pounce, iij. Apples called *Appiana mala* (whiche is a kinde of Apples, as great as Quinces, hauyng as great a sauour, as they, and of collour redde) or some suche sweete and delicate Apples, that men vse to eate, cut in small peeces, of Frankensence the male kynde, called *Olibanum* an vnce: and if you may haue *Cardus benedictus* drie or greene, ye shall putte in a litle handfull. Than seeth all this, vntill it be broken in peeces: and hauyng so sodden it, poure out the iuice of it, & presse or wyngge the herbes, and the Barley a litle: and giue the patient drinke therof, as well at his meales, as other wise, and at night, befoze he go to bedde: the moze he drinketh of it, the better he shalbe: so that he drinke by litle and litle, because it maie not descend with to much violence. A man may vse this water, whether he vse the saied remedies or not: soz of it self, it clenseth the bzeast and stomacke, ripeth and causeth the Apostume to bzeake: also a man must vse it, a daie or two, after the Apostume be broken, and voyded, to the ende to mundifie and clense the bzeast and stomacke the better. The saied water, is also meruelous good, soz all maner of coughes, and all other paines in the bzeast & stomacke. This water was giuen me at *Bolonia*, the yeare. 1543. of a gentilman, called *Girolamo Russell*, with the which, the same yeare, he

he was healed of the same disease, in a short space without letting blood, or vsing any other medecine, but onlie this water.

¶ Agaynst all diseases of the mouth, palate, throte, and gummes, or iawes.

Take Oliue leaues, and stampe them wyth Plantaine water, presse them, and wyngge out as muche iuice of theim, as you can. The which iuice only I some time vsed myself, and also gaue of it vnto others, against all diseases of the mouth, and haue founde it alwaies, to be of a meruelous vertue. But if the greef or dolour of the palate, or mouthe, were so great, that there were anye corrupte flesh that augmented, and eate alwaies moze and moze: than I gaue them, halfe a glasse full of the said iuice of Oliue leanes, halfe a glasse full of Rose water, or somewhat lesse, an vnce of Honnie Roset, of the inside of Cassia, the quantite of a beane, Alam of the Rocke burned, two dragnies, the Lies of wine, the. viij. parte of an vnce, fine or course Suger, balfe an vnce, Plantayn water an vnce, of the decoction of Bismalua, or Maluauiscus, a glasse full. Al the which thinges, I let seeth faire and softlie, by the space of two Water noster: than I let it coole againe, and caused the patiente, to gargell and washe his throte often times in a daie. It is a thynge, that hath not his like: but sometime, when the disease was extreme, I caused to be put to it, a quarter of an vnce of Synople or red lead. The said water is also meruaylous good, to heale all euill cankerous accidents, aboute the pziue members.

¶ For all woundes and soores of the legges bee they recent, or olde, although the legges were couered ouer wyth them, and eaten vnto the bone.

Take Agrimoyne, and boyle it in white wyne, and after hauing stamped it, adde to it asmuche of the leaues of an oliue tree stamped likewise, and white roses, let all this seeth together, by

f. ij.

the

The first booke

the space of two *Miserere*: and then washe the legge well (that is to saye the wounde and rounde aboute the wounde) with the said wine luke warme. Then take these pouders folowing, that is to saye, *Aristolochia*, both of long and rounde, *Masticke*, *Myrre*, *Dragons blood*, called in Englische *Bellytozie* of Spaine, *Aloe epaticum*, *Pyll*, called in Latync *Tutia*, the barke or rync of gourdes burned, of eche of these an vnce, *Nummia*, or as some call it, *Humia*, and *Boale armoniacke*, of eche of them a quarter of an vnce well stamped, and strayned, laye all vpon the said grieffe: than take the herbes boyled in wine, as is aforesaide, and binde them vpon the wounde with a bande, in chaungyng it twice a day, or at the least once, and you shall see the legge healed in fewe daies.

To beale swollen knees or legges, redde, and full of humours: a secreete merueylous good, easie to bee made, and of lytle charge, and often times proued.

Take the skinne of a dogge, yf you may get it: or if not, take a white lambes skynne, or elles the skinne of a kidde, and cut a piece of it as broade as the palme of youre hande, or mooze, and another piece of the length of your hande, or some what mooze: then melte in a pan on the fier these thinges folowing: rosen of a Pine tree two pounce, *Galbanum*. v. unces, *Masticke* an vnce, *Muske*, *Amber*, *Cyuet*, of eche of them sixe graynes, or as muche as you wyll, & bryake the *Masticke* betwene two papers: then put the rosen and the *Galbanum* to melte in a panne with a small fier, and when it is well melted, ye shall putte the *masticke* to it, and sturre them well with a lytle sycke, to the entent that nothing burne. After this lay it abrode whote as it is, vpon the saide skinne halfe a synger thicke. Then take twelue or fiftene of these litle beastes called *Donkes peason* or *solwes* (whereof is founde a greate quantitie vnder stones in moyste places) and theym in a moztar, with a litle *Barrowes grease*:
make

make thereof an vnction or oyntment to laye vpon the saide plaister of the skinne, heatyng the sayd skynne at the fier, and laye it vnder the knee, or vnder the calfe of the legge, harde bonnde, and leaue it so two or thre dayes: but if the legge be hearie, ye must haue the hear awaye with a rasour, so the plaister woulde els cleaue to it, when you take it of agayn, if you find that it hath made litle bladders, perce them, and wipe them cleane. This doen, walsh them with the wine, wherin the decoction of the Agrimoyne, the Olive leaues, the Roses, and plantaine was made: and so wype and dye theynt againe. Make cleane also the saide plaister, remouynge and sturryng a litle the oyntment: and after haupngz heated it againe by the fyze, lay it againe vpon the leg. Dooe thus euery thirde or fourth day, and you shall see that the plaister shall haue drawen vnto it selfe in a small tyme a great aquositie of the legge, and shall haue taken awaye the rednesse, inflammation, and swellinge. And if there bee a wounde, you shall heale it, as we haue aboue sayde.

A verye sure and perfect remedie agaynst a Sciatica, often tymes proued and experimented in diuers partes of the worlde.



Reste make this confection that foloweth. Take thre pounce of rawe honny, and put it in a panne with two glasses full of water, and make it seeth or boyle together, vntill you see the skūme or froth mounte vp, the whiche you muste take away. Then take the rootes of the herbe called in Latine *Scorus* and in English Galingale, or of the herbe called yelow Gladen, make them cleane, cut them in smal pieces, and stampe them well. Take of these herbes one pounce for the sayde thre pounces of honnye, and put them by litle and litle into the sayde panne, alwaies sturryng them a litle, letting them so boyle, by the space of a good houre. Then put to it also an vnce of fine Synameom wel beaten

The firste booke

ten into powder, take it so from the fier, and keepe it in the same panne, or in some other vessell. Giue vnto the patient of this conserue at night when he goeth to bed, about foure or fyue sponesfulls, and in the moynge early as muche or more. Giue him also thereof befoze his meales and after: the oftner he eateth of it the better he shal be. If it be in winter, heate it soz him a lytle: and while he thus vseth it, let him alwaies sit vpon his buttockes, that is to say: vpon the bone or huckle wher the *Sciatica* is, with the plaister declared in the chapter befoze, that is to say, of *h Rosen, Galbanū, Masticke*, the litle beastes called *Donkes peason* or *solwes*, with the rest there mencioned. Then, at the ende of ten dayes take it of, and laye it other ten dayes vpon his thigh. And from thence take it agayne, making it cleane, mixing and stirring it a newe, and laye it vnder the calfe of the legge tenne dayes more: and at euerye tyme you shall see that it wyll haue engendred litle puffes or bladders, and drawn to it self al the aquositie and watrishnes, in suche sorte, that it wyll take awaye the grieue and heale it. This is a verye rare secreete agaynst suche a disease, whiche verye fewe Whisitions colde hitherto fynde certayne remedie soz. If in case the disease bee olde or hath runne longe, giue the pacient sometyme this glister folowynge. Take *Walls wes, Mercurie, Fenell, greene or drie, Worme wode, Rue, wilde Cucumbers* broken, as muche of the one as of the other: than, put to it two handfulls of branne, seeth all in common water, vntill the thirde parte bee diminished: and so let it coole againe. After this, take a dishe and a halfe full of this decoction, thzee sponesfulls of skimmed Honnye, oyle of Camemille, and oyle of Rue, of eche of them an vnce and a halfe: mingle all well together, and make a Glister of it, whiche you shall minister vnto the Patient in the moynge: and so make him lye vpon that side wher the *Sciatica* is. Two dayes after ye shall giue him another Glister, after thzee dayes another: and than foure dayes after yet another, continu-

ing

ying so a moneth together. If the griefe be so indured and hardened that it wyl not be healed by the aforesaid remedies, you maye giue him Pilles the thyrde daye after, the fourth daye, the fyfte daye, and so vnto syre or seuen tymes. But the Pilles wyl profit the Patient nothing at all vnlesse he abstayne from eatinge salte or sharpe meates, and from all sortes of pulse cozne, as Pease, Beanes, Tares, and Fitches, and suche other: lyke wise from drinkeing water, or white wyne. Manye haue been healed onely with the saide plaister, not leauinge to dooe their businesse abrode notwithstanding: other haue also vsed the conserue. But in so manye peres I haue had but two vpon whome (so to take awaye the disease beinge olde and farre goen) I was constrained to vse the sayde Pilles and Blisters, whereby they were healed. I had also one, whiche vsed but only the plaister and the conserue, of whom the huckle bone was out of ioynt, and hardened, and with the saied remedie he was perfittly healed in the space of thre skoze and tenne daies, and the saied bone retourned againe into his former place and state: but he tolde me that whilst he vsed the said plaister and conserue, a ponne counseyled him to take from daye to daye, foure times, the bignesse of a Nutte of Turpentine washed in Bozrage water, and that he should not tell me of it, whereby he founde him selfe healed in short time.

A water for to beale in siuei dayes at the moste, all maner of great skabbes, as well inwarde as outwarde: and is a water cleare and white, and is of an odoriferous sauour, such as a man may present to a Queene.

TAke Plantaine water two glassefulles, Rose water a glassefull, of the water of the floures of Citrons or Dzenges halfe a glasse full, or lesse: put all thys together in a cleane panne or violle of glasse: and put to it an vnce of Sublyme, that is to say: quicke siluer, such as commonly is founde at the Apoticaries: it muste bee well beaten to pouder. Then let it boyle

The first booke

faire and softlpe the space of a quarter of an houre: and hauing taken it from the fier, let it coole, then put it in some violle: washe the skabbie places withall at night, and then let them dye againe of them selues, and let them alone so the next day without washing them, and then washe them againe the thirde daye, but not the fourth. At the firste and seconde time that you washe them, it will make all the skabbes within the bodie to bzeake out: and at the thirde time ye shall so dye it vp, that you shall finde all nete and cleane, bothe withoute and within. There is no remedie in the woꝛlde moꝛe noble then this, noꝛ easier to bee made: and forsakinge all maner of stinking oꝛntmentes, bathes, oꝛ thinges that men take at the mouthe. This water maketh a mannes fleshe white. And seinge it dꝛaweth out so all the euill, salt, and coꝛrupt humours, as well within as without the bodie, it is an easie thing to beleue, that it is verie good foꝛ the Dockes, the Goute, and manye oꝛther infirmities, accoꝛdinge to the iudgement of him that will putte it in effecte, and namelpe, because that the saide Sublimat is verie good foꝛ to eate awayne all the coꝛrupte and dead fleshe, and to heale all woundes thought incurable, as we wyll shewe you hereafter.

Agaynst the disease or grieffe of the flaukes and the Colicke passion, experimented and proued dyuers tymes.



Because it seemeth alwaies that with the paine of the side, is also ioyned the grieffe of the Raines, oꝛ the Stone, it shall bee good to vse euer these two remedies pꝛeseruatiuues, verie easie to bee made of euerie man of what condition oꝛ estate he bee. The first is to haue alwaies in his house the kernelles of Beches, and to eate of them euery daye siue oꝛ syre befoꝛe dinner and supper, with salte and bread, the whiche beside that they pꝛeserue a man from the paine of the side, they keepe him also from beinge dꝛonke, and that

that the wine hurte not his braine or head : they cause to haue a good appetite, they confozt the stomacke, and the brest, and dzine out of the bodie, likewise all maner of woꝝmes. The other pꝛeseruatine is, to eate often in Salades Mugwoꝝte or Motherwoꝝte, or elles in youre pottage. Manye in Italy in stecde of Mugwoꝝt take the herbe called of the Apoticaries *Matricaria*, in Englyshe soote Maioꝝam or Maioꝝam gentle, whiche is of a sauour berse bitter: but it is not the same that I meane. But the Mugwoꝝte or Motherwoꝝte that I speake of, is an herbe that hath leaues like vnto Perseley: but muche longer, and hath a stalke in the middes, that is harde, and is of the colour of a darke Greene aboue, white vnderneath. And in manye places men call it herbe S. Iohn, that menne and women weare aboute theym on Midsummer euen. This herbe hath no sauoure at al, neither swete noꝝ bitter, so that in chewing, it is rather found swete then bitter, hauing somewhat the sauour of Malloves, and therfoꝝe it is good to be eaten in Salattes, in Pottage, or other wyse. If you can not get him alwaies greene, ye maye keepe him dꝛye, or in powder, or distilled: and the moꝝe you vse of it, the better it is. Beside that it pꝛeserueth one from the payne of the syde, of the raynes, and from the stone: it is also good agaynste all dyscases of the bodye. Nowe, when anye man shall feele him selfe sycke of the saied payne of the syde, it shall bee good to vse Gliffers, and pꝛincipallye of thys folowynge.

Take the dunge of a blacke Ass, if you can get it: if it not, let it be of a white Ass: and the dunge must bee fresh and new, the whiche you shall seeth or boyle in white wine, putting to it a handfull of Annis, a lytle oyle of Camomille, a litle oyle of Capers, with a handfull of Bizan: let all boyle together, by the space of one *Miserere*, or a litle longer: than, take it from the fire, and pꝛesse the substaunce out, whiche shall remayne in the wine, wherof you shall make a Gliffer, soꝝ the sicke man, as hote as he may endure it, and let him keep it in

The first booke

his bodie, as longe as he male, and he shal finde it verie excellent.

Another remedie against the same disease.

TAke half a glasse, or lesse, of the iuice of Barberies, when they be verie redde, and ripe, and put into it as much red Cozall, well beaten in powder, as will lie vpon two grotes, and giue the patient drinke therof.

Another perfect remedie against the same disease, and to make a man pisse that hath bene. iij. or. iiij. daies without makinge water, and that in the space of half an hower, and will breake the stone within. x. or. xij. daies.

TAke fine powder of *Virga aurea*, and put a sponefull of it, into a new laied Egge, soft roste, and giue the patient drinke therof, in the mozninge at hys breakfast, and lette him not eate at the least in foure houres after, and than shall he make water in lesse thā halfe an hower. If ye vse this continuallie, the space of x. or. xii. daies, as is aforesaid, you shall make him pisse out the stone without anie paine or grieefe.

Another remedie agaynst the Stone and payne of the reynes.

TAke the seedes of blew Violetttes, or march Violetttes, the seedes of common Burres, with theyr litle poddes and all, or ripe Burres a pounce, put them to drie in an Ouen (for otherwise it wil be a hard thynge to stampe them) stamping them after ward with their seedes. This doone, take a quicke Hare, & strangle him with a corde, so thentent there be none of the bloud lost: put him so whole, or in peeces into some vessel, feete, guttes, head and all: than put him to burne in an Ouen, so that all, as wel the bones, and the skinne, as the flesh bee brought to powder, this dooen, ye shall stampe it well, and mingle the powder with the two other powders aforesaid: drie Oken leaues, well beaten
to

to powder. *iiij.* vnces, drie Harifrage or Sampire, halfe a pounce, Bay berries. *v.* vnces. Let all these thynges be well beaten in powder, sifted, and mixte together. Giue of this powder vnto the pacient, as much as wyll lye vpon a grote, makynge him to drinke it, in the morning, to his breakfast, in white wine, and let him doo this often times. It is the most exquisite thyng in the worlde, as well for the grauell, as for the stone: but for the grauell, you must take lesse, and not so ofte as for the Stone.

The last, and the moste excellent remedie of all, agaynst the stone, be it in the reignes, or in the bladder, of what qualite or quantite, so euer it be.



D the moneth of Maie, when Dren go to grasse, or be at pasture, ye shall take of their dunge, not to fresh, nor to drie: than distille it faire and softlie (to thende it sniell not of the smoke) into some vessell of glasse, or earth leaded within, of the whiche dunge will come a water, without sauour or euill stench, whiche will be verie good, to take of all maner of spottes, or blemishes in the face, if you washe it, with it, morninge and eveninge. You shall keepe the saied water, in a Viole well stopped: than take. *iiij.* or. *iiij.* Radishes, such as menne eate in salettes, cut them small, & put them in a Viole, and fill vp the viole with wine greeke, or good Palmsey, or other good white wine, lettynge it stand so in the Sunne, and in the ayre, a daie and a night. Than take one parte of that wine, two partes of the saied water, of the Dre dunge, halfe a parte of the water of Strawberies. *iiij.* or. *iiij.* droppes of the iuice of Limons, or Citrons: and let there be of all these waters, so proportioned together, halfe a glasse full, or some what more, into the which, you shall putte a peece of Sugar, or a litle Honnie roset: for the one and the other, serue as wel to the sauour, as to the profite of the substaunce. After this, you shall put to it some of the powder mentioned in

G.ij. the

The first booke

the Chapter befoze, as much, as will lie vpon a grote, and than giue the patient drinke of it, and shortly after you shall se a wonderfull effect: for manie, vnto whome I haue giuen of it, haue not carried half an hower, but they haue pissed, in the whiche pisse, they haue founde so manie litle stones, that all together, came to the bignesse of a Walnutte, and of others, vnto the quantite of a harsel Nutte: in vsinge often the saied remedie, they haue finally bene perfectly healed. I caused once a gentelman of Millan, to take of it by the space of. xii. daies, whome the Physicians esteemed as dead, & would haue cut him, but in the space of the saied. xii. daies, I made come out of him so many stones, that all together came to the quantite of an Egge, I made him make his water thow a linnen cloth, laied ouer an Urnall, to the intente, to take vp the stones together: and the thirde morninge, he woulde take the glasse, a litle more than halfe full, and shortly after, beyng about to make water, he began to crie out, for the great paine he felte in his yarde: after this payne was paste, looking in the linnen cloth, he founde a stone as longe and as bigge, as a Bene, somewhat pointed at one of the sides, which peraduenture, in passyng thow his yarde, caused him to haue all that payne. Now, although that manie, as well of olde time, as now of late daies, haue witten diuers and sondre remedies, against the saied disease, yet was there neuer founde a surer, truer, or presenter remedie, than this. The saied water and the pouder, may be kept longe, but you must at euerie time renew the wine of the saied Radish, and the iuice of the Limon or Citron, for in the space of two daies (the wine chiefly) giueth such a sent, that a man maie skant endure it.

For him that spitteth bloud, by hauing some veyne of his breast broken.

TAke Myse dunge, beaten in pouder, as muche, as will lie vpon a grote, and put it into half a glasse full, of the iuice of Plantain, with a litle Sugar, and

and so giue the patient drinke therof, in the moynnge befoze his bycakefast, and at night befoze he go to bed. Continuyng this same, you shall make him whole and sounde.

Agaynst the greefe in the Lungen, and spittinge of bloud, a thynge experimented.

TAke an herbe called *Farfara*, or *Tussilago*, of the Apocricaries *Vngula caballina*, Coltes foote in English, the Frenche men call it, *pate de lion*. Incorporate it wcl, with the larde of a Hogge, chopped, and a new laied Egge: boyle all together in a panne: and giue the patient of it to eat, doynge this. iij. moynnges, and you shall se a meruelous thynge. This is also very good, to make a man fatte.

Agaynst the paine of the flankes, of the reynes, and all other greefes.

TAke thzee quarters of an vnce of *Stozar liquida*, Capons grease, or Hennes grease, the grease of a Goose, the grease of a Ducke, of eche of theim. v. dragmes, of oyle roset. liii. dragmes, of redde Wax. ii. dragmes and a halfe, of Butter half a dragme: melt the greases, the oyle, and the Butter altogether, power them together, and mingle them. Than hauyng put to it the *Stozar*, spredde it vpon a linnen cloth, and so laie it hote vpon the place of the greefe, and you shall incontinent se him whole.

¶ Agaynst the stinkinge of the breath.

TAke *Rosemarie* leaues, with the blossomes, if you can get them, and seeth them in white wine, with a litle *Myrthe*, *Sinamom*, and *Bengewin*: and takynge of the laied wine often times in your mouth, you shall finde a maruelous effect.

¶ Agaynst the bytyng of a madde dogge, and the rage or madnesse that foloweth the man after he is bitten.

Take

The firste booke

TAke the blossomes or flowers of wilde Thistles, dried in the shadow, and beaten into powder, giue him drinke of the same powder, in white Wine, halfe a Walnut shell full, and in thise takynge it, he shall be healed: A thyng founde true by experience.

To take a waie the dead flesh, that commeth or groweth in the nose.

TAke the iuice of Leekes, that haue not bene twice planted, and adde to it a litle greene war, and make an oyntment therof, puttyng to it a litle of the fine powder of the leese of wine, and put often times of this oyntment in the nose of the patient, and you shall se a merueious thyng.

For one, which (with falling from some high place) feareth to haue some thinge broken in his body.

TAke halfe a glassefull of oyle Oliue: and put into it, powder of the seede of Cresses, the quantitie of halfe a Walnut shellfull, than giue it the patient to drinke, at once, or at twice. It shalbe good to let hym bloud, immediatlie after he is fallen, or as soone as is possible, and as soone as he is let bloud, giue him thys drinke. And he that cannot drinke the oyle, let him take the powder with wine. If you cannot get the seedes of Cresses, giue him of the powder of Vene, of the which there is alwaies inough found at y Apoticaries: if he be buzsed or hurt outwardlie, annoynt the soze place with oyle Roset, and than lay vpon it, the leaues of Myrris, and of dried Roses, and so shall you heale him partitie.

A verie good and easie remedie, against the disease, called the Kinges euill.

TAke the herbe called Fayfara, Fole foote in English, well stamped with his rootes, and beyng myngled with the flower of the seede of Line or Flare, and the grease of a Barrow: make therof a plaster, and laie it vpon the soze, changyng it twice a daie,
and

and all the sores of the disease, shall bee resolved into sweate. After thei be healed, washe often the place with white wine, by the space of, x. o2. xv. daies.

Another remedie against the same disease.

TAke the stones of a horse, and put them in a fier pan, among the embers and coles, leauyng them there, vntill they may be beaten into powder, than giue the patiente drinke of the saied powder, in white wyne, the quantite of two pennie weight, continuyng this the space of. xxi. daies: by this meanes you shall make him cast out at his mouth, all the ozdure and filth of the euill, and shall heale him thozowly.

To know whether a woman, shall euer conceiue or not.

TAke of the ruen of a Hare, and hauing frayed and consumed it, in hote water, giue it the woman to drinke, in the moznyng at her breakfast, than let her stande in a hote bathe: and if there come a greefe o2 payne in her bellie, she maie conceiue: if not, she shall neuer conceyue.

Coagulum
Leporis
de la pressure
de licure.

A verie rare remedie for to take the kernels out of a mannes throte, in fiftie daies at the farthest.

SAke the rootes of Malwozt, well washed, and boyled in white wine, and take also, these thinges folowynge: Sponge burned half a pound, & two hundred coynes of Weper. Al these thynges beyng well beaten into powder, boyle them, in the saied wine, with the Malwozt rootes: and hauinge sodden them wel, poure out the wine, and kepe it in a viol wel stopped in some moyst place, than giue the patient of this wine to drinke, thzee times a day, at euerie time a glasseful, that is to say, moznyng, noone, and night. And while he vseth this, he must eate no other breade but Barley breade, and drinke his wyne without water. He must also abstayne from eatyng any maner herbes, Fysh, Barlick, Beetes, o2 other such like. Thys

vj.

maner

The first booke

maner of regiment, ought a man to begyn, at the full moone, continuynge vntill the ende of the same, and after vntill the quarter encreasyng, of the next Moone: that is to saie. xlv. daies, and without doubt the patient shal be healed.

Another remedie, easer to be made.

STake drie Camomill redced into pouder, & mensgled with Honnie, then take in the moorning, a sponcfull of it, into your mouth, and as much at night, lettynge it go downe of it selfe: vse this continually, vntill you be healed, vse good gouernemēt as is afoze sayde.

A thinge proued, and experimented, to be verie true against the same disease.

Take Polipodium (whiche is an herbe, like vnto Ferne) growynge vpon the stumpe or stocks of a Chestnut tree, if you can get of it: if not, take of the other, and beate it into pouder, giue the patient drinke thereof, with wine or Honnie, twyse a daie, at eche tyme, as much as will lie vpon a grote: continue this, by the space of. xxi. daies beginnyng at the quarter decreasyng of the Moone, and keepynge alwaies good diet, as is aboue said, he shall be whole.

To make the skynne stretch and returne agayne into his place, after the kernell is healed.

Take the knoppes that remaine on the Rose stalke, after the Roses be fallen of (whiche be like beadestones, facioned like an Egge) with the seede that is in them, Alom of the rocke, the flower or blosome of a Pome grenade, of eche of these a like quantitie. Seeth them in white Vinaigre, vntill half be consumed, put to it also half as much as al the rest, of Ros syriacus or Rbus. Which the Apoticaries call Sumach, or Samach, stamped, & boyle all agayne, vntill all the Vinaigre be almoste wholly consumed

consumed. And of that which remaineth, annoynt the place rounde aboute: and by that meanes, ye shall cause the skinne to stretch, and come to his place, as it was befoze.

A verie exquisite remedie agaynst the disease called in Latyne Augina, and in Greeke Synanche, whiche is an inflammation of the Muscle of the inner Gargill, the French men call it Squinancie, in Englishe Quinsiey.

Take the water of Scabiose, a pounce, of Aqua vite, an vnce, mengle them together, and laye it vpon the sooze, or grieffe, and you shall finde the Patient whole in thzee houres.

Another agaynst the same disease.

Take Swallows, bake them in an ouen, beate the to pouder, and laye them vpon the grieffe throze the mouth if it be possible: if not you shall enter, mingle it with Honnye roset, and a litle Flower or Peale, of *Amylum*, & then put it in his mouth, letting it goe downe of it selfe, and you shall see a mercurioug thinge.

Another agaynst the same sickensse.

Take oyle of Romaine bitriolle, and put two or thzee droppes of it, in white wine, with the which you shall gargle or washe your mouth and throze often tymes.

A verie good remedye agaynst the kinges euill.

Take Ceruse or white Leade well stamped foure vnces, oyle Olyue, eyght vnces, let this boyle together five or sixe houres, syring it continually: and when it is wahren or become be: ye blacke, it is sodden ynough: then spreade it vpon a linnen cloth, and laye it vnto the place of the sooze: yf the soozes be bro:
 H. G. Ken.

The first booke

ken, they will be healed incontinent : if not, they wyl
resolue and leuse, and shortly heale thozowly.

*To heale the same disease by a substance taken at the
mouthe.*



Dresse a Henne as it were to eate, so
that she bee boyled in a great potte oꝝ
caudron, with a greate deale of wa-
ter without Salt, letting it boyle un-
tyll all the bones bee seperated from
the fleshe : then take the sayed bones
and drie them in an ouen, oꝝ at the fi-
er, so that they bee not burned oꝝ ware blacke ; after
this beate them well to pouder, and take of the seeede of
Sesamum, beaten well likewise into pouder, & mengle it
with the pouder of the Hennes bones, as muche of the
one as of the other. And so take a sponesfull of the two
pouders, and mingle it with Honnye, causing the Pa-
cient to eate of it at night when he goeth to bedde, and
in the morning when he riseth. This ought to be doent
from the beginning of the quarter decreasinge of the
Moone vnto the ende: It is a verve excellent secrete. It
also happened to me of some men, in whome the sayed
disease was so olde and so farre gone that this sayed re-
medie coulde not helpe them, whome I caused to take
with the sayed pouder specified as foloweth, whiche
ought to bee made after this maner. Take a certayne
litle Serpent called a Slowe woꝝme: boyle him in oyle
Olyue, vntill he bee broken and consumed, then rubbe
the euyl with the sayed oyle, and lay pieces of towe vp-
on it, leauing it so thꝛe oꝝ foure daies: and after that,
make a newe anoynting, and laye to w to it againe as
befoze. By this sayed remedie I healed them perfittlye,
thankes bee vnto God.

*A beauenlye water which hath many goodly and uo-
table Vertues, as we shall shewe you after.*

Take



Take Cloves, Turmegges, Ginger, Zeduaris, long Pepper, rounde Pepper, the seede of Feniper, Orange pilles, the blossomes or floures of Sage, Basyll, Rosemary, Maiozam, roud Mint, Bay berries, Pennyryall, Gentian, Calamintha, the floures of Elder, the flowres of white and redde Roses, Spicknarde, *lignum aloes*, wilde Cubebes, *Cardamomum*, or graines, whiche the Apoticaries call *Granum paradisi*, fine Cynamom, *Calamus Aromaticum*, *Sticados*, *Chamedrios*, called in Englishe Germander, *Camepitheos*, *Melligetis*, *Pasticke*, Essence, of the male kinde, *Aloe epaticum*, Anyse seede, the seede of Maiozam, or Maiozam gentle, drie figges, drie Raisins, Dates, swete Almondes, kernelles of a Pynapple, of eche of these an vnce, white Honnie, sixe vnces. Then take Sugar waiyng as much as all the saied composition, and mengle well all together, putting also to it Aqua vite waiyng as muche as all the saied substaunce, but the saied Aqua vite muste be distilled siue times throvw a Limbecke, receyuinge alwaies the best: and mingle all the saied thinges together in the saied water: then put all into a vialle well stopped, leauing it so the space of two dayes. Then afterwarde you shal sette it vpon the soynesse w his Limbecke and recipient, distillinge it with a smale fier, wherof wil come a cleare and pprecious water, continue so the fier, vntill the water begin to chaunge his colour, and come forth white: then chaunge the recipient, and receyue the saied white water a part, for it is not good, but for to Maunche and make white the face, and there is neither spotte nor lyntell, or anye kinde of redde burreons in the face of a man, the whiche, beinge washed with this water by the space of fiftene daies wil not go out, and weare away, leauinge the face and the skynne white, shininge and well sauouringe. This is a verie rare kinde of washinge, and meete for great ladies and pprinceses. You shall mire the first water whiche is

The first booke

cleare, with Aqua vite of like quantitie, the whiche is called *Mel balsami*. Nowe hauinge putte and left all these thinges in a vialle well stopped, the space of two dayes, set it to distill with a smal fier, then receyue and put the first water by it selfe, whiche will distill verye cleare, and odoziferous. When you see that the water beginneth to come forth like raine water, chaunge your recipient, and receyue that same likewise by it selfe, vntill you see the thirde water come out, whiche will bee of sanguyne colour, the whiche you shall poure into a vialle, and stoppe it well with ware: keepe it diligentlve as a pꝛecious thinge: for it hath many notable and excellent vertues, of the whiche the best bee these that folowe. The first is, that if you laye a lytle of it vpon a freshe wounde, there neede no other medicine to cure it. The seconde is, it is good for al old woundes, against the Canker, the woꝛmes, and against *Nolime tangere*, and all other diseases growinge, ye must weate the sooze places with it euerie seconde or thirde daye once, and by thys meanes, in the space of fyftene or twentie daies, he or thei shalbe healed. The thirde is, that if anye manne haue a Carbuñcle, or Saynct Antonies disease, called commonlve in Italve and in Fraunce, S. Antonies fier, or other pestilenciall sykenesse, and washe the place with the saied water, will it kil it within an houre. The fourth is, it is good against the paine of the eyes, so that the eye bee not out, or lost: if you putte a litle droppe of it into the eye in the morninge, and as muche at nighte, it will heale the paine in fyftene daies. And althoughe it bee somewhat pryckynge, yet the grieffe of it passeth soone away, so that it can not in any wise hurte the eyes. The fift is, that if any man haue the Stone in the raines of his backe, and in the bladder, & drinke thzee droppes or a dragme of it with a litle white wine, he shalbe delvuered therof in few daies. The sixte is, that it healeth the Emeraudes or Pyles, if they bee washed with it euerie daye once. The seuenth is, that it healeth all maner of disease

ease or pain of the Matrice & the colick, when a sponful is donke of it with the broth of a henne, or of cabbeges. The cyght is, that when a man batheth the shynken and endured synowes of the bodie, they stretch, and heale in fewe daies. The nynt is, that it healeth runnyng and watric eyes, when a droppe is put into them in the morning. The tenth is, that it is verie good to heale all maner of skabbe, skurfe, and other like thinges, washing them with it often times. The eleuenth is, that if a man put a droppe of it into his eare at night or in the morninge, it taketh awaie all the griece and woymes that engender in the eare. The twelfth is, that it healeth all venemous bitinge, when ye washe the venemous place with it, and is farre better for such an accident then the triacle is. The thirteenth is, that it killeth all woymes in mannes bodie, if a man rubbe his noseskelles, or drinke a verie litle of it. And finallye, it is also verie good for venemous hurtes or woundes, and for all woundes incurable. It healeth the kinges cuill, and the disease called the fallinge sicknesse, and all other infirmities in the exterior partes of the bodie, and with this water maye a man washe hym selfe, or elles drinke it. It is also good for euerye colde sicknesse, and restoratiue for olde folkes, or those that are consumed and debilitate with hunger, sicknesse, or sorrow of mind. It conserueth the radicall moisture, and naturall heate, it mainteyneth health, and keepeth a man in longe life, who so euer vseth it as it oughte to be vsed.

Pilles of a Meruelous operation and vertu, agaynst the Sciatica, which we promised to speake of in the chapter of the Sciatica.

Take Pilles Alephangines, of Vermodactil maioris and minoris, of eche of them a scrupule which is the thyrde part of a dragme. iij. graynes of salt Gemma, dissolue and styre them with the iuyce of roses, and make of all this substance fyue pylls, and at the beginning

The firste booke

begynninge, when the Sciatica is feruent and greate, you shall take of the sayde fyue pylls every fower dayes: and when it begynneth to declyne and asswage, you shall take them onely the fyfte day, than, the syxt, the seuenth, and the eyght daye, vntyll all be done: and take them allwayes in the moznyng at the bzeake of the day, absteynyng at the least six or seuen howzes from meat. Nowe, although that the sayde pylls be not for a man to kepe his chambze, and that they pzoouoke not to the scoole, yct ye muste not dzynke anye whyte wyne, noz water, noz eat anye salte thynges, noz anye kynde of pulse cozne, as beanes and peason, with such other like noz oynyons, garlyke, or suche lyke, yf the disease be inueterate, olde, or farre gonne.

¶ A notable secrete to heale a madde man, be it that the madnes came vnto hym by a wbyrlyng, or giddynesse of the heade or brayne, or other wyse.



Take of all make hym fower Glysters, in fower mozninges, one after another. Let the fyfte glyster be symple: that is to saye, made with water wherin ye haue boyled or sodden wheat bzayn, commun oyle, and salt. Let the seconde be of water sodden with malowes, mercurye, pellitory of the wal, and violet leaues, with oyle and salte. Let the thyrde be of water boyled with oyle, salte, sodden wyne, and honny. And let the fourth glyster be of the lyke decoction that the thyrde was, adding to it endiue, buglasse, and the toppes of the bzanches of Malwozt. And after that this decoction is strayned, ye shal put to it an vnce of *Cassia fistula*, and halfe a quarter of an vnce of *Petridate*. Nowe, hauynge giuen hym these fower glysters fowze sondry moznynges, you shal geue hym this medecyne. Polipodium of an Oke well stamped, a handefull or twayne, and wzyng oute the iuyce of it, and put it in a glasse the quantite of two fingers high, puttinge to it two vnces of honny roset, and a quarter of an vnce of *Electuary roset*, and as muche of
dyasc.

byafenycon. All these thinges beyng wel incoꝝpꝝated
 together, geue them vnto the pacient to dꝝynk at night
 when he goeth to bedde. ij. oꝝ. iij. houres after the sonne
 sette, and geue it hym luke warme: if in case he wil not
 take it, bynde hym, and holde hym parfoꝝce, make hym
 open his mouth, put some stycke betwene his teth, and
 than polꝝze the medecine into his thꝝote, as men do vn-
 to hꝝses. And when he hath taken all, if it be in Wꝝn-
 ter, you shall make hym sytte so vpon his hedde half an
 howꝝe, well couered rounde about, to thintent he take
 no colde after it: yf it be in Sommer, ye may let hym go
 aboute the house where he wyll, but se that he go not
 out. When the medecine hath done his operation, take
 this oynctment folowynge: that is to saye, a pound and
 a halfe of the iuyce of the rootes of Malwoꝝt, wherun-
 to you shall adde as muche butter: boyle this together
 a good whyle, vntyll all the iuyce be almost consumed,
 than put to it oyle of Camomill, oyle roset, oyle of saynt
 Johns woꝝt, of eche of them an vnce. Incoꝝpꝝate well
 all these thynge on the fyꝝe, and make therof an oynct-
 ment, wherwyth you shall annoynt the pacient frome
 the necke vnto the fete, armes and legges and all: but
 the oynctment must be hote, and he must be so well an-
 annoynted and rubbed that the oynctment may penetrate
 and perce thꝝowe. Contynue, doynge this the spꝝce of
 a moneth, annoyntyng hym euery euenyng and moꝝ-
 nyng, oꝝ at the least once a daye. The thꝝyde oꝝ fourth
 day after you haue begon to annoynte hym, burne him
 with a hote yꝝon vpon the scame oꝝ ioynnyng together
 of the head, and at the first lay vpon the marke a linnen
 cloth with barrowes grease, leauynge it so the spꝝce of
 vij. oꝝ. i. dayes: and after wꝝappe a greate Cyche peasc
 in yuy leaues, and put vpon the sayde yuy leaues a pecc
 of the sole of a shoe made fyne and thynne, byndynge it
 vnder his thꝝote with some bande, oꝝ beneth his heade,
 so that it may bide on, and chaunge it alwayes at night
 and in the moꝝnyng. If in case he passe folꝝe mone-
 thes and receyue not health, oꝝ retorne to his wyttie, ye

The first booke

muske begyn agayne to geue hym the same glysters he had befoze, and the samz medecynes, annoynting hym as befoze: and withoute doubtte (by the grace of God) he shalbe hole. He must eate at the begynninge chyckens, mutton, and rost beale: after, you maye gyue hym roske and sodde with pottage of *Amylum*, bectes, and malloz wes, and also newe layde egges, puttyng spices in his meate, causyng hym sometyme to eate, (eyther in his pottage oz other wyse) betayne, sage, maiozam, & mint, not sufferinge hym in any wyse to take salte, sharp, noz aygre thynges, pulse cozne, Garlike, Onyons, noz such lyke, ye may geue hym white wyne with water: let him also cary euer about hym some good odours, and heare melodye oz musicke: speake ostentymes soberlye and wylfelye vnto hym, admonishinge hym to be wyse and sage, rebuke hym of his folye when he doth oz speaketh any sonde thynges. And in suche case the auarozitie of some fayer woman auayleth much to tell hym all these thynges, soz good admonitions are of great vertue, and strength, soz to stablyshe and settle a brayne troubled oz dysquieted with any sycknesse oz passion.

Pylls of master Mychaell a Scot, the whiche heal the greife or payne of the heade, be it inueterate or recent, purge the brayne, claryfye the syghte, cause a man to haue a good memorye, good colour in face, and be also very good for many infyrmities.

TAke of Alos washed. iij. scrupules, the rootes of wylde gourdes, of al soztes of *Mirabolanes*, of the confection made with Scammony, called *Diagridion*, Mastic, Bay berries, and Roses, of eche of them halfe a dragme, of Saffron a scruple, Myrthe half a scruple: stampe all well together, and make threof Pylls with the iuyce of Colewoztes, and take three oz foure of them whan you goo to bedde, euery thyzde oz fourth daye once.

Agaynst

☞ *Agaynst the payne of womens breastes, a very excellent remedye.*

Take the yelkes of two newe layde egges, the weyght of two pence of newe Ware, a lytle oyle roset, a lytle Syll, called in latyn *Tutis*, prepared and trymmed in Rose water, set all this on the fyre to melte in a cleane pan, and whan it is colde agayn, spred it vpon a linnen cloth, and laye it to the soze bzeastes, but you muste haue fyrste washed the sayde soze places with whyte wyne, wherein hath ben sodden leaues of Koscs, Plantayne leaues, and the leaues of an Olyue tree, both greene and dzye, and after hauynge wyped and dzyed it agayne, laye the playster to it, dzyessed and prepared as I haue sayde, and incontinent the soze shal be healed.

☞ *To ripe a felon, Cattes beere, botch, byle, or other apostumes or swellinges, whiche haue nede of quicke and soe dayne ripinge.*

Take crommes of bzeade, Kaynsins dzyed in an Duen, or other wyse, and than well stamped, Butter, Hogges suet, Leuen, colwe mylke, and a lytle Saffron. Make of all this an oyntmente and laye it vpon the soze, puttyng fyrst a lytle Saffron in poulder vpon the very place where you wyll haue it bzeake, and vpon that the playster, leauinge it so vntyll nyght, and chaunge it mozynge and euenyng, so shal you make it soone rype and bzeake, then dzyesse it with oyle roset, and yelkes of egges one whole daye, after that purge away the ozdurs and fylth with some dzye wyngge oyntment. Fynally you shall laye to it the oyntment of *Aloe* and *Tutis*, or some consolidatiue or healyng oyntmentes.

☞ *To resolue a felon, Cattes beere, byle or botche, at the beginnunge.*

℞.ii.

Take

The first booke

Take a Cytron, or Orange, and parte hym in the myddes, take a lytle towe in a dyshe, and pyse vpon it: after that pzeffe or wyng it in your hand, and put to it a litle commune salte well beaten to poulder, and laye it so hote vpon the soze, puttinge vpon the sayde towe halfe the Citron or Orange, and so bynd all this with some bande, chaungynge it euenyng and mozynge, and incontinente the coꝛrupte matter wyll dissolve.

✧ To make Emplastrum Aureum, which is of a wondrous full vertue for all sortes of woundes.

Take Pix greca, or Colophonias, Bzymstone, white Encens, as muche of the one as of the other. Let all these thinges be wel stamped, and mixt with the white of egges, than annoynt a piece of parchement with this mirtion, and wyng the wounde well with your two fyngers to make the bloude come out, lay the sayd parchement vpon it, byndinge it with some lytle band, and the wounde shall shortly be healed. This Secrete had a Chyrurgeon of Naples, and woulde tell it to no man in the worlde, vntyll he hym selfe beyng hurte, commaunded his selowe to make this mirtion, and to lay it to the wounde whiche was in his hande.

✧ Another excellent Secrete, whiche was brought out of India, and is very good for diuers accidentes of mannes body.



Ardus Benedictus eaten, healeth al head ache causeth a good hearinge and memoꝛie, taketh awaye the whyzlyng or gyddinesse of the heade, comforteth the bꝛayne, causeth a good sighte, not onely whan a man eateth of it, but also whan he rubbeth his eyes with the iuyce, or whan a man putteth the poulder or water of it into his eyes. It purgeth also the stomacke, the thꝛote, and fleume, it bringeth a good appetite, comforteth the bꝛest consumeth reumes and murrus, and healeth the payne

in the belly. The wyne of his decoction, and the water whiche is distilled of hym, dryeth vp all euyl humours, and yches, healeth the splene, and the stone: and when a Glyster is made of it, and of vryne or pyffe, it healeth all ventositie, apostumes, & the plage, so that you drink the iuyce, or the poulder of it immediately after ye feele the greife. And yf a man laye of the whyte and rough cotten that it hath after it is blossomed, vpon any world that is not mortall, it wylle heale it in thre dayes without payne or greife. The sayde herbe causeth a sweete bzeath, and when it is eaten, it maketh a man to haue good teeth and gournes, it healeth the disease of the matrice, and cheereth the hart: when a man maketh a glyster of it with the vryne of a man chylde, it healeth the falling sicknesse: the styche or payne of the syde when it is dronken with whyte wine warmed, and with hote water: it healeth all maner of feuers, when a man taketh it so wyre houres before the fytt come, but while he sweateth he must be well couered. If the payll of lytle chylde fall, boyle the sayde herbe in wine, & walche the payll with it: it is also very good agaynst all bytynge of Serpentes, and other poyson.

Agaynst all maner of coughes, as well inueterate and olde as recent and new, a certayne and sure remedy.

Take Bzinstone beaten in pouder half an vnce, and putte it in a newe layed egge, softe roste, mengle it wel together: than put to it Wenge wine the bignes of a ciche pease, lightly staped, & drynke it in the morning at your breakfast: make as muche again at night when you goo to bedde, and you shalbe whole at the seconde or thyrde time. But if the cough haue holden you long, you muste take it so muche the ofener.

An excellent conserue agaynst the cough, and all anguysh of the brest, whych mundifieth and cleanseth the stomack, and causeth a good voice, and a faire colour in the face.

3. iij.

Take

The first booke

TAke the rootes of wilde or marthe Malloes called of the Apoticaries *Bismalua* or *Maluaniscus*, mūdistied and made cleane, and cut in smale piéces, well stamped in a moztter of stone. Than take some great potte or caudron that holdeth sixe or seuen great biolles filled with water, & boile in it these things followinge: Lickerous, Flope, greene or drie Sage, Rosemary, *Carduus benedictus*, figges, drie Raisins, *Amylum* of Barley, or Barley flower, of eche of these thynges at youre discretion, and as muche of the one as of the other: and adde to it moze, a handfull of Succozie, wyth hys rootes, lette all thys seeth in the sayde caudron or kettle, the space of an houre, or a houre and a halfe, and then lette it coole againe so that you maye well endure your hande in it. Than take oute all the said substaunces, and putte them in a cleane canuelle, and wyng out all the substaunce into the sayed water in the kettell: put in it also two or thzee pounde of the said rootes of *Maluaniscus* stamped, as befoze, then set it to boyle and seeth againe thzee howzes or moze: take it from the fier, and doe as you did at the first time: but if it had so muche sodden that all the rootes were broken and consumed, it shoulde not neede to haue strayned or wynged them thozowe a canuelle. This doen, take the decoction of it, and set in a potte vpon the fier, with as muche Honnie, or litle lesse, leauing it to boile so faire and softlye, taking away the skomme that shall come of the Honnye. After it hath thus boyled a good space, adde to it an vnce, or as muche as you wyll of Sinamom, and a quarter of an vnce or moze of Bengewine stamped, & a litle Muske: then take it immediatly from the fier, and couer it, to the entent it take no vent: specially, if you haue putte in the muske, whiche would elles vanishe awaye with the smoke, wherefoze you maye putte in the Muske when the water is luke warme after it is taken of: So shall you haue an excellent conserue to vse and occupie all the winter, as well at night, as in the morning, and at all times when you list,

list, but you muste at euerye time you take warme it a-
gaine, and take thereof. ij. oz. iij. sponesfulles at a time.
And if you wil haue it thicker, put to it pouder of suger,
oz Venides: if you wil haue it clearer, ye must put to it
a litle moze of the firste decoction, whiche we haue spo-
ken of. This secret is of suche excellencie, that if a man
vse of it in the winter, as afoze is saied, it is not possi-
ble for him to bee vered oz turmented with the cogh,
rumes, mures, catarres, oz anye other like discafe.

*A goodlye and pleasaunt secrete to heale the cogh,
in rubbynge the soles of the feete: and is a thing verye
easye, and certayne.*

TAke two oz thzee Barlike heades, well mund-
fied and made cleane, stampe them well, than put
to them hogges suet, and stampe them well &
newe: and at nighte when you gooe to bedde, warme
well the soles of youre feete, and annoynt them well
with the saied confection, and then warme them again
as hote as you maye endure, rubbing them well a pre-
tie space: and being a bedde lette your feete bee bounde
with some warme linnen clothe, and rubbe also the
small of your legges with the saied oymntment, by thys
meane you shall bee healed in thzee nightes were the
cogh neuer so behement. If you wyll at youre meales
vse of the saied decoction in youre wine, oz otherwise,
you shall finde your selfe wel at ease in your stomacke,
and head, and shall the better dzyue away your cogh,
and all other euill dispositions of the bodie.

*A verye goodly and easye remedie to heale in a daie or
twaine, all maner of inueterate and olde woundes,
wherein is growen dead and superfluous fleshe, and
woundes that can not bee cured by anye other me-
dycynes.*

TAke thzee vnces of Turpentine (firste washed in
commune water, and then in Rose oz Plan-
taine water) and the yolke of an egge, an vnce
and

The firste booke

and a halfe of oyle roset, of Sublimat halfe a dragma: mire all these well together, and make thereof a plaister and laye it vppon the wounde. And because it draweth somewhat, make this defensife. Take two partes of oyle rosat, halfe a part of binagre, a litle Boale armonick at your discretion, mengle all together, and rubbe within foure or fyue syngers or mooze rounde about the wounde. And holde not the infected member to farre from the fier, to the entent that whilest the dead fleshe is consuminge and eating awaye, you feele not so greate a paine. After that the dead fleshe is eaten awaye, laye to it a litle bande with butter, and leaue it vpon the wounde a whole daie, and you shall see a merueylous thynge.

Against all maner of pestilence or plage, be it neuer so vehement, a moste certaine and proued thynge.

Take an Onion, and cut him ouerthwarte, than make a litle hole in eche piece, the whiche you shall fill with fine Triacle, and sette the peeces together againe as they were befoze: after this, wrape them in a weete linnen clothe, putting it so to roost covered in the embers or ashes: and when it is roost ynough, presse out all the iuyce of it, and giue the Patient to drinke thereof a sponefull: immediatly he shall feele him selfe better, and shall without fayle be healed.

A verye good perfume against the plage.

Take Masticke, Cypres, Encence, Pace, Wormwoodc, Myrre, *lignum Aloe*, Muske, Ambergris, *Timiama*, Nutmegges, Myrtell tree, Baye tree, Rosemarye, Sage, Roses, Elder, Cloues, Genyper, Kewe, Pytche, and a kynde of rawe Pytche called in Latyne *Rafus*. All these thinges stamped and mixt together, you shall set vpon the coles, and so perfume the chamber.

Another remedie verie good against the plage.

Take



Take the ripe Berries of a Bay tree, and pille of the blacke skinne that is vpon them, beate them into powder with a lytle salte, and as soone as a man perceyuet him selfe infected with the plage, and that he beginne to haue a hote feuer, he must take a sponesfull of the saied powder, myrte with a litle vineagre and water, heate it a lytle and drinke it, and then to couer him selfe well, and slepe ynough: so sweating lustly he shall bee incontinent cured. But if the feuer come with a colde, in stede of vineagre, he must take wine, and then dooe all the rest as befoze: a thinge experimented vpon manye.

☞ *For him that is sicke of the plage.*

Take white Dittany, Turmentille, white Cozal, Gentian, Solearmenicke, terra sigillata, Endius water, Rue water, Rose water, white Vinagre, water of Scabiose (and the accident comminge vpon him, ye muste make this foure houres.) Take of the saied thinges stamped eche one by it selfe, and put them in some glasse or other vessell, and make of all a drinke at your discretion, makinge that the vineagre mounte in the glasse a litle aboue the other thinges, and let the patient take it hote, and then couer him selfe in bedde vntil he sweate well, and he shalbe cured.

☞ *A merueylous preseruatiue against the plage.*

Take white Dittanium, rounde Aristolochia, Crocodilium, call'd also Cardina, or Cardua, Tereueyne, Gentian, Zeduaris, an herbe called in Latine pes Milui, of eche of them two vnces, stampe all this a litle, with a handefull of Rue, than take a velle that holdeth at the least thzee quartes, and fyll it with the best wine that you can finde, whereinto you shall put all the foresaied thinges, and leaue it so standing in your house: And in daungerous times, take every mozning befoze you goo out of your house, halfe
℞.j. a glasse

The first booke

a glasse full of the saied wine: but you must haue taken firste a Walnutte, a Figge, and twoo or thzee litle bzaunches of Rue. If you dooe this in the mozninge, you shall bee assured for that daye.

An oyntment to make an apostume breake, and the soore of the plage to fall of.



TAke a quarte and a halfe of common oyle, and sette it on the fyze in some vessell, then putte to it foure vnces of Ceruse or white leade well stamped, litarge of silver verie fine and thinne, thzee vnces, common Ware, four vnces, and leaue it so long vpon the fyze, vntill you maye spreade it with youre finger vpon a marble stone. This doen, take it from the fier, and powze a litle vinagre vpon it, but you muste holde it farre of, to the intent it leape not in youre face: than make of this oyntment a plaister, as greate as all the sooze, and make a hole in the middes of it as bigge as a peny: after this, make a litle plaister of some oyntment that mortifieth, of the bignes of the said hole: than make another plaister of the same bignes, the which you shall laie vpon the sooze, so that the plaister with the mortifying oyntment bee betwene bothe, and leaue it vpon the sooze thespace of. rriij. houres, than chaunge onely the middle plaister, that is to saie: he that mortifieth, and put another in his place, the which you shall also let lie foure and twenty houres: and befoze that the plaister bee laied rounde aboute and stretched, annoynt the place verie thicke with freshe Hogges suet, or Hennes grease, to mollifie it, and so you shall make it harde in the middle, and rounde aboute you shall make a circle of tender fleshe, in suche sozte that the sooze wyll bzeake oute and come forth. And the eyght and fourty houres once passed, after you haue taken of the plaister, lay vpon it another plaister made with freshe Hogges grease, and immediatlye will fall of from it a dead fleshe in ma-

ner of a rounde pommell, and there will remayne a hole, the whiche you must heale with some oyntmente oz elles with *Diaculum magnum*: & when the fleshe beginneth to growe, laye to it burned A'om, by the space of foure and twenty houres, and then the saied oyntment vpon it.

✧ *Another remedy agaynst the plague.*

TAke the toppe of Rue, a garlyke heade, oz halfe a quarter of a Walnutte, and a cozne of salte: eate this euery mozninge, continuing so a moneth together, and be merry and iocunde. This receipt is also good agaynst woymes.

✧ *Another very good remedy against the plague.*

TAke Aqua vite, the water of wyld percelcy, called in Greke *Mellissophyllon*, *Melypbyllon*, and *Melinon*, and in latin *Aptaskrum*, and Plantayne water, of eche of them a pounce, and whan you will vse of it, whiche you ought to do daylye, you shall take as muche of thone as of thother, so that all together mount to the quantitie of two fingers hygh in a glasse, & then drinke it, so shall you be pzeserued and saulfe from the plague. This water is also good for fistules, and woundes, and is well tryed and experimented.

Another perfecte receipt agaynst the plague.

TAke a violle, oz some other glasse, and fyll it vnto the thyrde part full with syne tryacle, and one thyrde dendeale, oz thyrde parte with Aqua vite, and the other thyrde part with the byrne of a yonge man childe that is a byrgyne, and helthfull: myre all well together, and giue the pacient drinke therof thre mozninges, that is to saye, euery mozning a glassefull. This hath ben pzooued in Venyse, the yeare 1504.

¶ *Another agaynst the plague.*

℞. ij.

As

The first booke



As sone as the person sealeth him selfe infected, let hym take the best Triacle he canne finde, and after hauinge swallowed downe a parte of it, let him take of the same the bygnesse of a Chestnut, and lay it vpon the soze that beginneth to rise, rubbinge it well rounde about with the said Triacle. Incontinent after this you muste take a Pigeon, and cut him in the middes quick, fethers and all, lay him to the soze warme as he is, and let him lie on it, vntill that parte of the Pigeon be wahren and become grene, and the Triacle redde: then take it of, and you shall see that out of the Pigeon will come a greene water, whiche is all the venim that was in it. We must after ward cure the place with this plaister followinge. Take two partes of fresh Barrowe grease, and one parte of wormewood well stamped, and laye it vpon the soze.

☞ A thing oftentimes proued and experimented agaynst the plague.

Take Mastice two vnces, Euphorbium an vnce, Spicknarde. v. vnces, beate this into poulder, and geue it the patient to drinke. If he be vnder. x. yeares of age, geue him a scrupule of it. If he be of yeares frome x. to xx. halfe a dragme: but if he be aboue. xx. yeares olde, ye shall geue him a dragme, than take the herbe called in Greke *Pentaphilon*, in latine *Quinquefolium*, and in Englishe Cinkfoile, and wrape it like a round apple in a piece of linnen cloth, layenge it so vnder whote limbers by the space of fowze *Miserere*, and after hauing taken it out againe, cut it in thzee pieces in the myddle, and laye it vpon the soze or grieffe, which you shal cause to cease immediately.

☞ A preseruatiue agaynste the plague, oftentimes proued.

In a daungerous time, take. iij. little bzaunches of Rue, a Walnutte and a figge: eate all this, and you shall

shall be safe.

Another,

TAke the dunge or excremente of a yonge boye betwene ten and. xij. yeares of age, and drie it, and after beat it into poulder: This done, put of it at the most two sponefulles in a glasse of white wine, and geue it the patient to dinke at the leaste sixe houres after the greife taketh him, and the sooner the better. This hath ben founde true in many men.

✧ *Another,*

TAke the iuyce of a white Onyon, Hony, Vynaigre, the iuyce of Rue, and of Saint Johns wort, of eche of them a like quantite, mire all together, and geue the patient to dinke thereof two thirde deales of a glassefull, but let him haue it whote, and before the sixt houre after the paine shall haue taken him: This done make him sweate as much as he may in his bedde. This hath ben founde of great perfection, and experimented vpon diuers men.

✧ *In a suspecte tyme of a plague,*

TAke Bulliole or Penitropall, in latin *Pulegium*, with Sugre roset, and make an electuary, the which you shall vse and eate, in a suspect tyme of a plague, at your breakfast, the quantitie or bygnes of a Chestnut, this haue men proued, and founde good.

✧ *Another well tried and proued agaynste the pestilence.*

TAke Walnutttes when they be greene, tender, and good to make confitures or preserues, put them in Vynaigre the space of. viij. dayes, than take them oute againe, and breake them in pieces, puttynge them so into a Limbeck without Vynaigre, and stille the water of them, of the which you shall geue the patient dinke every day halfe a glaiffe full, and whan he hath dronke

R. iiii.

it,

The first booke

It, let him sweate well in his bedde.

✧ *A very perfytc secrete against the plague.*

TAke an vnce of *Aloe Epaticū*, halfe an vnce of *Myrthe* halfe an vnce of *Saffron* : beate into poulder and sifte the *Aloe* and the *Myrthe* together, than beate the *Saffron* in poulder, stepe, and soke it, or washe it with white wyne very stronge, so that it be like a sauce, than put the other poulders to it, and mire well altogether, yf nede be you maye put moze wine to it, so much that of all may be made as it were a lumpe, and so pilles. And if you wil make it very stronge, soz euery vnce put to it halfe an vnce of *Diagridum*, and halfe an vnce of *Camphye*. Maister Fraunceise Albert toke thzee eight partes of the sayde *Pilles*, without *Diagridum*, sohyng and steepinge them in good wine, and gaue them to the patient as sone as he coulde : and so made him sweate muche in his bedde, soz by sweatinge the venom dydde resoluc.

✧ *Another very good secrete.*

TAke the flowers or blossomes of *Walnuttes*, and dye them in the shadowe, and whan the *Puttes* be in season to confit, you shall cut part of them into small pieces, the whiche you shall put in stronge *Wynaigre* by the space of thzee dayes: than take thsim oute, and mengle them with the sayde flowers, distilling them thozowe a Limbecke of glasse, or of earth leaded within : kepe this water diligentlly, and whan anye man feeleth him selfe taken or infected with the plage, geue him of it as sone as is possible two vnces and a halfe, or thze vnces, and you shall dyeue awaye the disease by the course of the belly, or by vomityng, or elles wyl make the soze or botch to come forth, the whiche you shal make rype and bzeake, as we haue afore declared.

✧ To make a carbuncle, and al other botches, apostumes and plague soores to breake, a present remedye and very easy to make.

TAke Baye Salte well beaten into poulder and sifted, incozporate it with the yelke of an Egge, and laye it vpon the carbuncle oꝛ soꝛe, and be assured that (with the grace of God) it wil dꝛawe to it self all the venim and popson of the plague oꝛ soꝛe, so that in shoꝛte time he shall be cured: A remedye oftentymes pꝛoued.

✧ A very good remedy agaynst the markes of the plague, commonly called Goddes markes.

TAke freshe and greene *Rhaponticum*, which is the herbe and rote called the moꝛe and great Centoꝛie: it is named of Pliny (as Ruellius writeth) *Rhacomia*, the rotes of the herbe called *Sanguinaria* *Dactilon*, of some *Dens canis*, of Dioscoꝛides *Coronopus*, that is to saye, crows fote. Some take it to be Dandelion. The rootes of Turmentylle, white *Dittanium*, of eche of these an vnce, stampe all well, and put it in a pot oꝛ byꝛdle, with well, riuer, oꝛ cundayte water, at your discretion, rather to muche then to litle, vntyll it passe halfe a handfull aboue the other thinges in the potte oꝛ moꝛe, then let it boyle with a lytle cleare and flaminge fire without smoke, vntil it be diminished of the thirde part, than straine it out softly, and it will be of the colour of wine, kepe it in some vessell of glasse, and whan necessitie requyꝛeth, you may geue the patient a glassfull of it in the morninge, and as muche at night, two houres befoꝛe supper, and it must be very hote: than couer him well in his bedde, and make hym sweate. Whan the markes come foꝛth, he shall become like a lazar oꝛ leper and shall be shoꝛtly cured.

✧ Agaynst the mortalitie of the pestilence, a verye pꝛe-
fyt remedie.

Take

The firste booke

TAke Gentian, *Seduaris*, rootes of Turmentille, of eche of them two vnces, redde Sandale, whit and recent *Dickanium* hartes hozne burned, white pearles, Bole armenick, rounde *Aristolochia*, of eche of theim an vnce, Campher halfe an vnce, white Sugre two vnces, of all these thinges well beaten to poulder, you shall take at euery time a dragme, with thze vnces of endiue water, oz sozell water, myre the water and the poulder with the bignesse of a Walnutte of fine Triacle. You must ministre this medicine befoze the sicknesse hath continued with the person twelue houres, for it is than surer. If in case after the twelue houres it worke not so well as you woulde haue it, yett muste you haue a good hope. And if the patient be yett in the age of infancy, you shall geue him halfe a dragme of it, with an vnce and a halfe of one of the sayd waters, and with a like quantitie of Triacle. The sayde drinke is not soluble oz lartue, noz causeth no greif to him, but onely killeth the popson. If any man had dzonken oz eaten anye poison, this is a verye good medecine for him: it is also good agaynst a hote fener oz ague. Note also that (if it be possible) the patient muste be let bloude befoze he take the sayde medecine: if not, let it be done afterwarde, that is to say, on the same syde that he fealeth the greif.

To make litle rounde apples or balles agaynst the plage.

TAke Laudanum halfe an vnce, *Storax calamita* an vnce, *Diambre diamusci*, of eche of theym halfe a dragme, Campher two graynes, Cloues fiftene Graines, Nutmegges, Mace, of eche of them halfe an eyghte parte, damaskine Rose a scrupule, Synamom halfe a dragme, Spicknarde fiftene graynes, Muske, Ceuct, of eche of them eyghte graynes, fine Violettes halfe a dragme, *lignum Aloes* foure graines, *Calami aromatici* the bignesse of a Beane, fine Amber foure graines, Myre the bignesse of a Beane. Stampe firste the *Laudanum* with a hote pcell, than Stampe well the *Storax calamita*

Laminta, and all the other thinges eche one by it selfe: and than mire all together, and stampe it still with a hote pestell, addinge to it at euerye time *Storax liquida*, and Rose water, vntill all the saied thinges bee well incozpozated: and than make youre rounde apples oz balles.

An oyntment to kill the plage.

Take Hope makers water, and boyle it vntill it waxe oz become as it were an oyntment, than take of the woode of Willowe, oz Beeche, and burne it: after, quenche the coles in vinagre, and drie them in the shadowe, in suche sorte that a man maye stampe and sift them. Take also quicke lime at youre discretion, and mingle it with the saied Hope water: then take the same pouder vntill you haue ynough, and halfe an vnce of freshe and sweete Hogges grease oz seyme: mire all together, after this dooen, take of lytle greene woymes shininge with a glosse like golde, bred in the toppe of Ashes oz Oliues, called in Latyne *Cantbaride* oz *Cantbarides* halfe a dragme, beate theym into pouder and mire theym together, with the rest, making an oyntment somewhat harde: leaue it so in some vessel well closed and stopped, and if there arise anye oyle vpon it, take it of sayre and softlye.

A verie perfite oyle against the plage and all poyson.

Take oyle of the eldest you can finde, and boyle it the space of an houre, & for euery pound of the said oyle, put in .l. scozpiōs, oz as many as you can get, put all this in a pot vncouered, the which pot you shall set in a kettle oz caudzon of boylinge water, vntill the thirde part of the oyle oz somewhat lesse bee consumed. Than take oute the Scozpiōs, and powze the oyle thozowe a canuelle into another potte, oz violle well stopped, whiche you shall sette in the Sunne the space of two oz thzee monethes: if it bee not in Sommer, set it vpon hote ashes by the space of thzee oz fourc dayes.

L. j. But

The first booke

But befoze you set it in the Sunne, oꝛ to the fier, as is abouesaid, you shall put to it these thinges folowing. Rhubarbe two vnces, Anicoznes hozne two vnces, Triacle an vnce, Aqua vite thzee vnces: and when any man feeleth him selfe infected with the plague, oꝛ anye poyson, let him be annoyuted with the saied oyle about the harte, and all the pulses: and you shall see a miraculous thinge.

A meruelous secrete for to preserue a man from the plague and hath been proued in Englande of all the Phisitions, in that greate and vebement plague, in the yere . 348. whiche crepte thborow out al the world, and there was neuer man that vsed this secrete, but he was preserued from the plague.

Take Aloe epaticum, oꝛ Cicotrine, fine Synnamom, and Myzre, of eche of them thzee Dragmes, Cloues, Pace, lignum Aloe, Masticke, Wolearmentcke, of eche of them halfe a Dragme. Let all these thynges be well stamped in a cleane moztar, then mingle them together, and after keepe theym in some close vessell, and take of it euerye moꝛning two pennye weight, in halfe a glassefull of white wine, with a litle water, and drinke it in the moꝛninge at the dawninge of the daye. And so may you (by the grace of God) goo hardlye into all infection of the ayze and plague.

A verie sure and perfecte remedye to cure a man of the pestilence, and some there hath been, that haue been cured in a night: the saied remedye is also good for Goddes markes, Carbuncles, Boyles, Botches, and suche lyke sykenesses, as S. Anthonys fyer, and suche other.

Take the seede oꝛ berries of Ruyne, that groweth on trees oꝛ walles, & not of that which is found lowe by the grounde, and you must gather the saied berries verie ripe, and toward the North,

if it bee possible, yf not, take theym as you may gette theym, although they bee not verpe rype: dyle theym in the shadowe, and keepe theym in a bore of woode, as a pꝛecious thing. And if anye bee infected with the pestilence, take of the saied berries and beate theym to pouder in a cleane moꝛter, and giue the pacient of the saied pouder, in halfe a glassefull of white wine, as much as a man may lay vpon a grote oꝛ mooze: than couer him in his bedde, and make him sweate well. This dooen, chaunge his shirte, sheetes, and the other couerphges of his bedde, if it maye bee: if not, lette him at the least chaunge his shyꝛte and sheetes. Some hauing taken of the saied pouder ouer night, founde them selues in the moꝛning so well, that they rose vp, clothed theym selues, and walked aboute the house: and finally thozowlye cured. I saue a Mplanoy, the yeare. 1523. in Aleppe, that hadde the plage, and one sooze vnder the thigh, and another vnder the lefte arme: and hauynge taken of the saied pouder in the moꝛninge, and againe at night folowynge, he found that the two saied soozes, bꝛake of them selues, by the vertue of this so excellent a medicine, sent by the greate clemencie of God the loꝝd almightie. Wherefoꝛe I woulde counsaile that in all towne wher a man may haue the commoditie to do it, to haue plantes and settes of Puy, bee it within the towne oꝛ withoute, to the ende to bee alwayes pꝛouided and furnished of the saied berries, whiche men may gather euerie yeare, and keepe diligentely soꝛ to ayde theym selues in all accidentes and chaunces that maye happen and fall.

A vorye goodlye and present remedye for to heale the pestilence, in drawynge out the venym from the botche or soore, or other lyke accident.

TAke a quicke Henne, and plucke the fethers from her arse, and from the place where at she layeth her egges, and set her so, that the saied bare place maye bee vpon the grieffe, and that she maye as it were

L. ij. sit

The first booke

fit vppon the botche oꝛ sooze, oꝛ the place of the plage, and holde her so a good while. When you shall see that the saied Henne will haue drawen all (oꝛ at the least some) the poyson and infection, and that shortly after she will die. It shall be good to dooe this with twoo oꝛ thzee oꝛ moe Hennes, immediatly one after another, the whiche will drawe all the venom oute of the sooze. This doen, annoynt the place with good Triacle, and let not in the meane time to vse other remedies by the mouth, whereof we haue spoken here befoze, that is to saye, the Vuy oꝛ Baye berries, oꝛ some other remedie, that you finde must redie. If the sooze bee so harde that it will not bzeake, you maye vse the foze saied remedies to make it bzeake, to the intent that all the venom maye comme out, and voyde from the heart.

An aduertisement and warnynge of greate importance, to preserue a mannes selfe in tyme of pestylence.



Because the euill humours that be in mannes bodye, do easely receiue the corruption & infection of the ayer, it is good to kepe the stomacke, and the head cleane purged, not to overlade it with eatinge and drynkinge, but to absteyne fro grosse meates, to purge him selfe as ofte as is possible, with some gentill and famillier purgation, as *Cassia*, pilles, as the pilles of *Masticke*, of *Aloe*, oꝛ of other suche like thinges, and aboue all, to vse often of the leese of wyne, called *Tartre*, whiche you must beate well in poulder, and steepe it with hote water, & than straine it oꝛ dreane it fayer and softly out: Afterwarde drie it thozowly, as men do white salt, than kepe the same poulder, and put thze vneces of it with a pounce of sugre roset, and in the moꝛninge take a good sponesfull thereof vntill there be an vnce oꝛ moze, and do this from day to daye, soꝛ it will kepe your body cleane, and purged: and he that can not do it with Sugre roset, let him take the leese stamped, and

and keepe oꝛ walshē it in the broth of fleshe oꝛ of cole-
woꝛtes, sturringe it vntill al be leused and vndone that
may be leused, then let it stand a while, and after pouꝛe
softely the broth into a dishe, cast away the substances
that go to the bottome, and drinke the broath : do this
euery daye at the houres of your meales, oꝛ at the least
euery seconde daye, oꝛ whan you shall thinke good. It
shalbe good also to eate in youre pottage, thinges that
purge the bloude, as Buglasse, Borrage, Succorie, Let-
tise, and suche lyke : and aboue all not to kepe your sto-
mack ouer charged, noꝛ to emptye: and in the moꝛninge
betime, to take some of the foresaid pꝛeseruatues, as
the poulder that was experimented in England (as we
haue recited) oꝛ suche other like. Than. ii. oꝛ. iii. houres
befoꝛe dyner to take some of the sayde other pꝛeserua-
tiues, as the Rue with a figge, and with the Walnutte,
whiche is a thinge very good, oꝛ some of the sayd confe-
ctions, oꝛ a piece of the pille of a Cytron confiate, oꝛ a
sponefull of the iuyce of Citrons dꝛessed as we wyll de-
clare hereafter, and to vse of it at meales in maner of a
saulce, and after meales to vse of the seede of Citrons
confict in Sugre, as they make the Coziander, and Al-
mondēs, whiche is a thinge very good agaynst all ma-
ner of venim and poyson. And lyke wise at your meales
to eate the white and the inne side of a Cytron with a
litle sugre if you wyll, and to eate it with flesh, oꝛ bread
(as men eate lemons) in the moꝛninge, at none, and at
night when you go to bedde. It shuld be also very good
to bath and walshē youre handes, youre temples, youre
poulses, and youre nose with Vinaygge roset, oꝛ with
other, wherevnto you muste put a lytle Campher, rose
water, *Lignum Aloes*, *Xilobalsamum*, if you can gette it, if
not, a lytle Sinamom in steede of it. It is good alwaies
to kepe suche maner of Vnaignre beside you in some vi-
ole, soꝛ to vse of it whan time shall require: soꝛ it is a ve-
ry good pꝛeseruatue : and if you can not haue the Vin-
aygge compoude, as is sayde, vse Vynaygge of com-
mon wyne. Also it shall be good to cary about you some

The first booke

parfume, or good odour, either in your gloues, shurte, handkercher, cappe, bearde, or to hange it aboute your necke, or otherwise. Your house oughte to be kepte as cleane and as nete as is possible, not sauozinge of pyffe nor other ordure, ye ought to kepe it shut, washinge often the gutters and pziues. We muste also kepe as fewe foule and stincking clothes in your house as is possible. Riche men ought oftentimes to parfume theyr houses with some notable parfume, wherof we will put in the booke folowing a good nombze. Woorse men may make pzoouision of leaues, and of the woode of a Baye tree, of Rose mary, Fenepar, Cypres, and to vse it as often as they may, burninge it in the myddes of theyr chamber, or house, and pziincipally at night and in the mozninge. Likewise of Dzenge and lemmon pilles, or other swete smellinginge thinges. *Storax calamita*, and *Labdanum*, be good chepe and are very good for this purpose. As concerninge the disposition of courage and minde, ye must consider that sorowe, sadnesse, or melancolie, cozrupte the bloude and other humours, weaken the hearte, and depzaue & hurte nature, therfoze ought a man to auoide them as much as is possible. Also if a man be to merrye or iocunde, it dilateth, and enlargeth the poves and passages of the seede of man, and the harte, so that he is the moze enclined to receiue the euill ayer, and venim, whiche are thinges that penetrate and pearce soze. Also a man must beware of dzinkinge to muche wine, soz it maketh merrye and chereth a man out of measure. Now because that in time of a pestilence euery man is afraid, so that he thinketh that a man can not ketch the disease, in beinge to merrye (onles it be so that he be dzonke, as is sayd) but contrarype in beinge to sadde or sorowfull: soz sorow & sadnesse come of them selues, not sought after: Therfoze it is good to vse temperance, and moderatiõ, walkinge and recreating him selve honestly, not vsing to muche carnall companie or copulation. And aboue all, a man muste haue alwayes a sure hope and confidence in God, ener to bee readye and disposed to dye, when

When it shall please him to call vs, not esteemyng so muche this mundaine life, or fearyng so muche death, whiche is none other thinge than an issue or departinge oute of this life full of calamities, and an entring into an eternal life replenished with all ioye, solace, and pleasure.

To dresse and order the Iuyce of Citrons, for to vse of it as is afore sayde.

Take the Iuyce of Citrons as muche as you wyl, and put it in a panne leaded within in, than adde to it twoo vnces of skinned Honnye for euerye pounce of the saied Iuyce, a lytle Sugre after your discretion, a litle Synamom in poulder. Let thys boyle a verie litle while together, and than keepe it and take of it befoze youre meale, and at youre meales, in steede of sauce, whiche is a verie good remedie, as well for to p̄serue a man agaynst the infection of the ayre, as to d̄iue it alwaye after he is infected with it. It is also a very good medicine for to take as soone as a man doubteth to haue receyued some poyson into his bodie.

The ende of the fyfthe booke.

THE
Secretes of the reuerende Master
Alexis of Piemont.

THE SECONDE BOKE.

✧ *To make oyle Imperiall to parfume the beare or beard of a man, to rubbe his handes or gloues with, and to put also into the lye or water wherein princes or great mens clothes be washed, and this oyle maye a man make with cost ynough, and also with litle charge and expence.*



Take halfe an vnce of Ambergryse, which men vse to parfume withal, and cut it as smal as you can, *Styrax calamita*, fatte and gummie. viij. vnces, the whiche also you shall cut verye small, & put in a viole oz glasse, with. ij. pounce of Rose water, ij. pounce of oyle of Damaske Roses, sixe cloues lightly oz slenderlye beaten, halfe a quarter of an vnce of fine *Synnamom*, than hauing wel stoppt the sayde vessell wth a little ware, you shall wzappe it in some linnen cloth, and so laye it vnder hote dunge, leauinge it there the space of. viii. dayes: Than after you shall poure it into a vessell leaded within, makinge it seeth with a smale fyze by the space of. ii. houres, and than takinge it of, let it cole: This done, you shall gather, and take vp with a golden oz syluer spone, oz with some piece of glasse, all the oyle that shall swim aboue, and hauinge put vnto the same as muche muske, and Cypriet as you will, you muste kepe it in some viole, and set it so in the sonne certaine dayes, hauinge fyze well stopped the sayde viole with ware and parchemente. Then shall you haue a p^{re}ciouse lycoure to smeil vnto, and to comfort the brayne, to withstand the corruption of the ayze, and therfoze very good in time of yfessence.

And

And the Ambze, *Styrax*, and other thinges that remaine in the bottome of the sayd vessel, that you boyled all in, will be exceedinge good to make muske or swete balles, to laye amonge clothes or linnen, to cary in mens handes, to make beades of, or to burn in a chambze in stede of parfume. Nowe he that woulde make the sayde oyle with lesse cost, may make it without Muske, or Ambze, grise, or els put lesse in it then we haue spoken.

To make oyle of Ben with smal charge, the whiche of it self wyl be odoriferous or swete in jauour, and very excellent, wherof parfumours do vse aptly for to parfume gloues or other thinges with all.



That whiche oure moderne and late parfumours do call *Ben*, are litle nuttes, whiche the latin men do call *Nux vnguentaria*, the Grekes *Balanos Myrepsea*, or *Myrobalanos*, and the Arabians *Ben*. Of these litle nuttes is taken an oyle, as of swete Almondcs and other like thinges. Nowe, this *Ben* hath two properties, whiche are of great importaunce, and necessary for them that wil parfume. The one is that it hath in it selfe no odoure or sauoure at all, wherfoze it chaungeth not, nor diminissheth the sauour of the Muske, or Ambze, which it wold do, if it had any perticuler odoure. The other is, that it is of a longe continuance, and corrupteth not, or becommeth almost neuer mouldy or putrifid, as al other oyles do in shozte space. The parfumers temper the Muske, and the Ambze ordinarily with this oyle, whan they will parfume gloues, or make other mixtions: but there is one inconueniencce, and that is, that the sayde poulders tempered with the sayde oyle, and redacted into paste, are not so pearcing, nor doth the sauour continue so longe, as if they were moze penetratiue or pearcing. Wherfoze if you will make the sayde composition perfecter, take the sayde litle nuttes of *Ben*, and whan you haue made them cleane, bzeake them in foure pieces, and lay them vpon a cleane and fyne sieue or sarce: than

D. i.

take

The second booke

take Muske, Amber, and Ciuet as muche as ye will, in a vessell suche as parfumours vse, and put to it. iiii. oz iiii. droppes of sayze water : after this, tempze it with a lyttle rose water, vntyll it be lyke tender and softe past: than set the vessell soz to parfume and smoke vppon the fyze, lyke as men parfume chambers: and se that all the fume and smoke be receyued thozowe the sayd nuttes. This done, you shal take out of it the oyle which wil be very excellent, as well to vse alone by it selfe, as to parfume gloues, and all other thynge.

To make an odoriferous and sweete water, very good.

TAke twelue pounce of Damaske rose water, Lauander water, Cloues, Synamom, of eche of them a dragma, Pace, great Cardamomum, Muske, Amber, of eche of them halfe a scruple, drie Pylls of Citrons, Sandalum citrinum, Ireos, of eche of them halfe a dragma, Bengelwin, Storax calamita, of eche a scruple, and of all this make a composition, the which you shall put in a vessell of glasse well stopped, leauinge it so by the space of fiftene daies. Afterwarde let it bee distilled in Balneo Marie, the maner whereof is described in the first booke, and the water that shall issue out of it, put in a violle well stoppt in the Sunne the space of fiftene dayes, and than shall you haue a water of greate excellencie.

The seconde odoriferous water.

TAke the leaues of Damaske roses, the freshe leaues of Gylleflowzes of eche of them a pounce, the flowzes of Rosemarye, the flowzes of Lauander, the flowzes of Jasemyn, Malozam, Sauourye, Serpyne, or Serpille, called wilde Time, or running Time, which groweth on olde walles, ouer welles and pondez: and in some places it smelleth like time, and in some places lyke to Sauourye, it is called in Latyne Serpyllus or Serpillum, in Frenche du Serpolet, of these thre vnces, of drie
Citron

Citron pills an vnce. After this Synamom, Wenge-
winc, *Storax calamita*, of eche of the two dragmes, Put-
megges, *Macleb*, of eche of theym a dragme: but you
muske stampe well the herbes, and bray the spyes wel,
then put all together in a earthen pottle leaded: and af-
ter it hath stande in the Sunne, by the space of twoo
daies distille it in *Balneo Marie*. And to the water that
issueth out, putte a scrupule of fine Muske, lettinge it
stande afterwarde in a vialle of glasse well stopped by
the space of twentye or thyrtye dayes. Then shall you
haue a notable water.

The thyrde sweete water.

TAke sixe pounce of Damaske rose water, a glasse
full of Palmsey, thre pounce of Damaske rose
leaves freshe and newe, Lauander flowres, the
flowres of greene Spike, of eche of them foure vn-
ces, the flowres of Cherfoyle or Cheruille, flowres of Jase-
mine, the flowres or blossomes of Olyue trees, of eche
of them a pounce and a halfe, the dye flowres or blis-
somes of Orange trees thre vn-
ces, of the dye pills of
Cytrons foure dragmes, cloues a dragme and a halfe,
Synamom, *Storax calamita*, Wenge wyne, of eche of
them two scrupules, Putmegges a scrupule. Let al the
sated spices first bee well beaten into poulder, and then
put all together into a vialle well stoppe by the space of
ten daies, than after lette all bee distilled in *Balneo ma-
rie*. And to the water that commeth oute, adde Muske,
and Amber, of eche of them a scrupule and a halfe. You
must kepe it in the Sunne and in some neate place.

The fourth sweete water.

SAke Cloues well beaten in poulder twoo dra-
gmes, the poulder of *Sandalum citrinum*, and *Ma-
caleb*, of eche of theym a scrupule, ten pounce of
Damaske rose water, & the water of the herbe
that the Italians call *Soltanella* fouer pounce, Lauan-
der. p. ij. det

The second booke

der water a pounce. Let all this bee leste together by the space of foure dayes, and then put it in a Limbecke, and distill it, vnto this water that commeth of it, lette these spyces folowing bee put well beaten to poulder, that is to saye, Cloues, Synamom, Bengewine, *Storax calamita*, of eche of them halfe a dragme: and then again distill it in *Balneo Marie*. Finallye you shall put to it Muske, and Amber, in all, halfe a scrupule, and let the water bee kept in a violle, or other vessell of glasse well stopte.

The fyfte sweete water.

TAke fower pounce of Damaske rose water, Lavender water, Spike water, of eche of them thre vnces, the water of blossomes of Lymons, or Oranges, the water of the blossomes Myrtell of a tree, blossomes of Jasemin, of Maioram, of eche of theym halfe a pounce, Bengewyne, *Storax calamita* of eche a dragme, Muske halfe a scrupule. Mingle well all together, and keepe it in violles well stopte syre dayes. Then distille it in *Balneo Marie*, and keepe the water in a vessell of glasse, by the space of fiftene dayes in the Sunne, and afterwarde reserue it for to serue youre tourne, when you wyll occupie it.

The syxte odoriferous water.

TAke freshe flowres of Rosemarye twoo pounce, Amber a scrupule, thre pounce of the flowres of Oranges, Lemons and Citrons, all confusely together, whiche the Frenche men call *can de naphe*, leaue all together in some vessell well stoppte tenne dayes. Then the water being distilled in *Balneo Marie*, lette it bee kepte in a violle of glasse verie close and stopped.

The seuenth sweete water.

TAke of the foresaid water of Naphe, foure pounce, Damaske rose water, twoo pounce, with halfe a scrupule of Amber. All these thinges being well mixed

mixed together, and putte in a biolle of glasse well stopte, leaue theym in the Sunne by the space of a moneth, and then keepe theym to occupie at youre pleasure.

¶ *The eyght odoriferous water.*

TAke fowze pounce of Damaske rose water, wyth sixe unces of Lauender water, the flowres of Iasemyn thzee pounce, with half a scrupule of fyne Huske. Keepe wel all this together in a vessell wel stopt, by the space of tenne dayes: and after distill it in *Balneo Marie*, vntil al bee come out. Then kepe it in a biolle of glasse, for youre vse when you shall occupie it, and you shall finde it a merueylous water.

¶ *The nyntb sweete water.*

TAke the Billes of Dzenges, and of greene Citrons of eche of them halfe an vnce, Cloues a scrupule, the flowres of Spike newelye gathered sixe unces. All these thinges muste bee mixte together as afoze is said, with sixe pounce of Damaske rose water: and after they haue stande certaine daies in some couered vessell, you muste styll theym in *Balneo Marie*. And the water that shall come of it will bee very excellent.

¶ *The tenth odoriferous water.*

TAke twoo pounce of the leaues of Damaske roses, Sacaleb halfe a dragma, halfe a scrupule of good Amber: and hauing first beaten that whiche is needefull, sette all vpon hote ymbers twoo or thzee daies: but befoze you distille it, you muste let it sleepe ten dayes, in ten pounce of the water of Damaske roses, and so than distill it in *Balneo Marie*. The water of it muste afterwarde bee kept in the Sunne the space of fiftene daies.

¶ *Oyle of Orenge verie excellent.*

TAke a pounce of swete Almondes well pilled, the flowers of Limons or Dzenges, asmuche as you will, the which you shall deuide into thzee equall partes:

The second booke

partes : After this you shall laye the thirde parte of the same flowers abroade vpon a very white linnen clothe in a sicue, strowinge also abroade vpon those flowers halfe of the sayde Almondcs, the whiche you shall couer with another thirde parte of the sayde flowers : And than the rest of the sayde Almondcs, the which you shall couer finally with the reste of your flowres, so that the Almondcs may euermore be in y^e myddle of the flowres in the said sicue, & so leaue them together by the space of sixe dayes, renewinge and chaunginge euery daye the flowres, and than the Almondcs. This done, you shall beate the Almondcs in a morter, and presse them in a sayre white linnen cloth, in a pressour, vntyl there issue out a very cleare oyle, whervnto you shall adde a lyttle Ciuet, Muske, and Wenge wine. Afterwarde leaue it in the sonne eight dayes, in some vessell well stopped.

Oyle of Iasemine, and of violettcs.

TAke swecte Almondcs well pilled and brayed, the flowers of Iasemyn as much as you will, and layeng them ranke vpon ranke, you shal leaue them in some moyste place ten dayes together or more, than take them a waye, and presse out the oyle in a pressoure: the vertue of the which oyle serueth for diuers thinges. In the like maner maye you haue oyle of Violettcs, and other flowres.

Oyle of Nutmegges very parfyt.

TAke Nutmegges, of the best you can finde, and accordinge to the quantitie of the oyle that you will haue : and hauinge cut them in small pieces, you shall put to them as much Balsmey as will couer them ouer in some vessell of glasse or other, leauinge them so the space of thzee dayes. Than take them out and set them to drye in some cleane place, by the space of two dayes. Finally heate them at the fyre, sprynglinge them with rose water : Than presse them as is befoze mentioned, in a pressour, and you shal haue out

out of them an excellent oyle good for many things,
whiche must be kept in some cleane vessell well stopte.

Oyle of Bengewyne very excellent.

Take sixe unces of Bengewyne, wel beaten into
pouder, the which you shal let dissolue a whole
day in oyle of Tartre, and Rose water, of eche a
pounde: and than with a close pipe ye shall di-
still it thoro we a Limbecke, and so keepe it as a thynge
moost excellent.

Oyle of Storax very excellent.

Like maner is made oyle of Storax. Take
Storax liquida, what quantitie you wyl, and
put it in Rose water two or thre dayes, the
distill it as the Bengewin was in the ma-
ner abouesayde. Firste there issueth oute
water, and then a very excellent and precious oyle.

*Oyle of Myrrhe, good for them that haue their fleshe
full of humours, and carraie leane, for to make it tra-
ctable, quicke, naturall, and stronge.*

Take Egges harde rosted, and cut them in the mid-
des, take awaye the yelke, and fyll them vp with
Myrrhe beaten into pouder, and put the in some moiste
place, where the sayde Myrrhe may dissolue into oyle,
by little and little. This oyle maketh not onely the face
or other partes of the body soft and tractable, but also
taketh awaye all Cypatrices and skarres.

*The maner to make that oyles shall neuer waxe mouldy,
nor putrisie.*

Take for euery pounde of oyle two graynes of salte,
one grainc of the filing of copper or brasse, as much
roche Alom as salte, and boyle all the sayd thinges a ly-
tle together in Balneo marie: than straine it out, and let
it stande eyght dayes in the Sonne. And than keepe such
oyle as longe as you will, and feare not, for it will ne-
uer

The seconde booke

uer diminishc, putrifye, noz corrupt.

✧ Poulder of Iris.

TAke *Iris* electe, what quantitie you will, and after you haue wel beaten it into poulder, stepe it, and temper it also well with Rose water, and laye it than abrode vpon a sieue couered. This done, take *Storax calamita*, and *Bengewyn*, of eche of theim halfe an vnce, beate them well into poulder, and make therof an infusion into a glasse of Rose water, & hauynge poured it vnder the said sieue wel couered rounde about, ye shal after ward seeth it vpon the embers. And so the *Iris* waringe cleane and dry, receiueth the parfume of the other substaunces. This poulder will be excellent to geue an odoure vnto clothes oꝝ garmentes, & all other thinges.

Poulder of Violettes.

TAke *Iris*, knoppes of *Roses*, of eche a pound, pilles of *Cytrens* drye. liii. vnces, *Gylleflowers*, *Sandalum citrinum*, drye *Lauender*, *Coltander*, of eche of them two vnces, *Putnigges* an vnce, *Maiozam* dryed, *Storax calamita*, of eche of them an vnce and a halfe, *Bengewyn* electe sixe vnces. Beate to poulder and sift finelye all the sayde thinges, and the poulder shal be made: the whiche you shall kepe in a viole of glasse, well stoppt that it take no vent.

A whyte poulder to put in litle bagges.

TAke *Sandalum Citrinum* a quarter of an vnce, poulder of the best *Bengewyn* that may be gotten, *Iris*, of eche of them an vnce, and botle them in Rose water inough: than take burned *Alom* and well sifted twelue vnces, let it lye in the sayde water and make pilles, oꝝ litle balles flatte at both endes, of the biggenesse of peason oꝝ biggar, the whiche you shall drye in the shade: and afterwarde beate theim in to poulder, and syft them again, and than it is made. But if you will haue it musked, take *Ambze* and *Musk*,
of

eche of them. *xxiiii.* graines, *Ciuet.* *xxvij.* graines, & mixing al this together, fill wth it lyttle bagges of linnen cloth *Taffeta*, or other sylk, the which you maye laye among clothes, or other garmentes, a thinge verye excellente.

Pouder of Cypres.

TAke a litle herbe that groweth and is found vpon the stocke or stumpe of *Walnuttes* or *Okes*, which is lyke little beare, and muste be gathered in *Januarye* and *Februarye*, when the wether is drye, drye it, and than washe it with sayze riuer or well water, and drie it ones agayne in the shadowe, and hauing washed it so thre or fourc times, you shall put it in rose water by the space of an houre: After beat it into pouder verye small and syfte it, but the sieue whereon you must strowe the sayde pouder must be alwayes spzynkled a litle with rose water, coveringe it well, to thentent it take no maner of vent: And after this you must parfume it with these thinges solowing, that is to say: with *Benge wyu*, *Storax calamita*, of ech of them two vnces, of the swete parfume called *Thymiana*, a dramme, *Laudander* half a dramme, *Lignū Aloe*, a quarter of an vnce. Beat eche thing by it self grossely, & than mingle them together, and deuide them into four partes, wherof one part must be set vpoⁿ the furnis in a vessell within y^e sieue leuing it ther til it be al consumed, & do so wth all the *iiii.* parts, vntyl al the pouder of y^e sayd parfume be burned. But you muste take heede that the panne dysh, or other vessell, wherein the saide poulders shall be put soz to be burnt, be set vnder the sieue, wher your pouder is, and that the sieue be well couered, that nothinge vent out, so that the pouder in the sieue may receiue all the sayde parfume. Than after take an vnce of the sayd pouder, and intermire with it by lytle and litle, sixe graynes of *Cyuet*, and *xxvi.* graines of fine *Muske*, wel beaten together in pouder. This pouder must be kept in a vialle or other vessell of glasse verye close, to thentent it take no vent, and muste also be set in a drie place. This is the most excellent pouder that a man can make. It is verye

The second booke

true that out of Cipzes and the east partes men bzinge to Venise certaine rounde balles of a yelowe coloure, whiche they call *Butri*, of an Ile nigh vnto *Candy*, called *Butra*, and say that it is Dre dunge taken by in *Maye*, and diuers times spzinkled and watred with rose water than dzyed, and finallye made in to rounde balles, the whiche the parfumers do bzaue, and without any moze parfuminge them in a sieue, they adde vnto it *Benge*, *wyne*, *Muske*, and *Ciuette*, moze oz lesse, accozdyng as they wyl make it good.

White musked Sope.

TAke Sope scraped oz grated, as much as you wll the whiche (when ye haue well steeped and tempered in rose water) leaue it eight daies in the sunne: Than you shall adde to it an vnce of the water oz milk of *Macaleb*, twelue graines of *Muske*, and sixe graines of *Ciuet*, and reducinge all the whole into the fourme and maner of harde past, you shall make therof very excellent balles.

Another kinde of odoriferous white Sope.

TAke Venise Sope of the eldest you can finde, the whiche you shall cutte oz scrape with a knife, and sette it thzee dayes in the Sonne: And after hauinge well bzayed it, you shal dissolue it in a vessell leaded within, with a pounce of good rose water, lettinge it boyle with a small fire, than you shall put to it of the roote of *Iris*, called *Ireos*, beaten into poulder. *iiij. vnces*, *Amylum* sixe vnces, whyte *Sandale* two vnces, *Storax liquida* an vnce, *Dyle of Spike* an vnce, and sturringe it alwayes with a sticke, ye shall afterwarde let it coole againe. And finally make balles of it, euen as you wil.

To make Damaskine sope musked.

TAke a pounce of the best Sope you can gette, and after hauing grated oz scraped it berie smal, take fine *Synamom*, *Putmegges*, *Storax calamita*, of
eche

eche of them an vnce, *lignum Aloes* two dragmes, *Benger* wine perfite and thozowlye made two vnces, the poulder of *Alolletes* an vnce. Having beaten well to poulder all these soresaided thinges, you shal adde vnto them a dragme of the poulder of *Cypres*, a lytle *Muske*, and *Ciuet*: then keepe and temper it in *Rose water*, and after leaue it fourtie daies in the *Sunne*, in mouing and stirring it often times. Than make balles of it, oz lytle rounde loues, the whiche you muste keepe in boxes of woode with cotton, wolle oz bombase.

☞ To get out the milke of *Macaleb*.



Because the vse of the mylke of *Macaleb* hath been putte in manye compositions, as we haue saied, we will teache you the maner howe to get it out, which shall be this. Take the *Macaleb*, whiche are litle soote and odouriferous graynes so called, the whiche you shall stampe in a moztar, with *Rose water*, oz some other sweete water, vntill they bee lyke a sauce, and hauing put them in a poke of linnen clothe, you shall presse the milke out of theim in a pressoure, oz betwene two lytle bourdes. Then braye agayne, with the sayed water, that whiche shall remaine in the poke, and presse it a newe, vntill there issue no mooze milke. But here I muste aduertise you, that this milke continueth not aboue two oz thre dayes: therefore you must immediatlye put it in effect and occupie it.

☞ Poulder of *Ciuet* verye exquisite.

Take *Sugre candye* what quantitie you list, and put it in a brasen moztar: and after you haue wel beaten it, adde to it as muche *Ciuet* as you wpll: and make thereof poulder, the whiche you muste keepe alwayes close.

☞ A principall poulder.

R. U.

Take

The second booke

Take Damaskene roses, Cipze Alexandrin, *Sandalum citrinum*, of echc of theym an vncc, *Iris* halfe an vncc, *lignum Aloes*, *Calamus aromaticus*, *Galanga* Wenge wine, of echc of theym a grayne and a quarter, you shall make of all thys a verie fyne poulder, and incozporate it well, keepynge in a vialle well stopped.

☞ *A white odoriferous poulder.*

Take *Iris* electe thzee vncces, white Sandall two vncces, Damaske roses, *Lignum Aloes*, Wenge wyn, Cypze alexandrine, of echc of theym two vncces, Muske foure graynes, Ciuet thzee graynes: beate theym a parte, and sifte theym: then incozporate them together in the same bzasen moztter, that you dyd beate them in, and keepe the poulder of them in a vialle well stopped.

☞ *A redde poulder.*

Take Damaske roses two vncces, *Sandalium citrinum* an vncc, *lignum Aloes*, Cypze alexandryn, of echc of them a grayne and halfe a quarter, *Iris* halfe a grayne or moze, Cloues a scrupule, fine Muske thzee graynes, Ciuet two graines, Amber two graines. Bray them and mixe them together, and so keepe them.

☞ *A blacke poulder.*

Take *Cipri Alexandrini*, *lignum Aloes*, of echc of theym halfe an vncc, *Sandali citrini*, Damaske roses, *Abdani terreni*, of echc of them a quarter, Cloues a grayne, and a lytle moze, Muske thze graines, Cyuet two graynes, beate theym in poulder and keps theym.

☞ *Poulder of Cypre verie exquisite.*

Take a pounce of the mosse of an Oke, and washe it well in faier water, vntill the water remayne cleare: then laye it abzode vpon a table in the Sunne,

Sunne vntill it bee dried : after , sprinke oꝝ water it, with rose water : and hauinge it leste it so couered in a dishe oꝝ platter, you shall laye it a bꝛode agayne in a be- rie hote Sunne, when it is drie ynough to beate, beate it in poulder , and sifte it finelye almoste all: You shall sprinkele oꝝ water this poulder , with Muske rose wa- ter, and laye it abꝛoad vpon a greates sarce , tourned downewarde, good and thicke, and some what course, vnder the whiche sarce , you shall make a perfume as foloweth, coueringe it with a clothe , whiche bee thus: Bengewine two graynes and a quarter, *Labdani* half a graine and moze, *Storax calamita* two carrettes , *lignum Aloes* halfe a grayne and moze, fine Muske half a grain. Beate all these thinges grosselye, and after mixe them together, then put by lytle and lytle the poulder vnder the sarce in some potte sharde, with a litle fier in it, and cast it in as you woulde dooe Frankencese, stayng at euerie time, vntill the first parte, first cast in, bee consu- med. Nowe, all the saied perfume beinge dooen, if you will make the saied poulder verie fine and exquisite, vnto euerye vnce adde these thinges folowinge , Bengewine a carret, Muske foure graines, Ciuet two graines, beate these by theym selues verie small and fyne, and mingle them with the saied vnce of poulder, so that all maye bee well incoꝝpꝛated together : than keepe it well, soꝝ it is notable and singuler.

☞ *Another waye to make it verie perfecte,*



Take the recente and freshe dungꝝ of an Oxe, and drie it in the Sunne , oꝝ in an ouen, then beate it, and sifte it, sprinke it well after with Rose water , and lea- uing it so in a vessel, the space of a daye, drie it agayne in the Sunne. And when it is drie , bathe it againe with Rosewater , and drie it againe, and dooe so thꝛee oꝝ foure times. The last time you shall water it oꝝ bathe it somewhat moze then the other times , because it maye cleaue to the bottome of

The seconde booke

the vessell, whiche muste bee well leaded within, and verie cleane, after this you shall remoue and sturre it well, and perfume it with some perfume, that the other sozelayed poulder was perfumed with. Then hauinge perfumed it diuers times, you shall lette it drie in the saied vessell, takinge heede also that it take no vent. And after it is wel dried stampe it, and sift it a newe a gayne, and then keepe it in some violle: and if you wyll make it verie fine, take an vnce of the saied poulder, thzee graines of fyne Muske, fourc graines and a halfe of Bengewine, twoo graines of Cyuet, bzaye and incozporate all well together, and keepe it.

¶ A sweete and odoriferous poulder, verie excellent to laye in chestes and cofers.

Take the buddes of Roses as many as you wyll, and drie them in the shadow: than set them a bzoad in whan the sonne is most hottest in a cleane vessell, puttinge to them suche a quantitie of Rose water as will beare them vp, and sturryinge them well, leaue them in the Sunne (couered with a linnen cloth) vntyll it be hote. And whan they be drye, & haue dzonke vp all the rose water, take for euerye pounce of Roses, ten graines of Muske, and a quarter of fine violettes beaten smal into poulder, in puttinge to them by litle and litle of the sayde poulder, and mixinge well all together, vntill they beginne to be incozporated: but befoze you put in the saide poulder, dzecane and polze out the water of the sayd vessell, that there remayne not a dzoppe in the bottome. This done, laye the sayd roses abzoad in a basen of copper, or of bzasse, whiche is better, and let the sayde basen be plaine and cuen, not inbolled, and set them in the Sunne whan it shyneth most hottest, coueringe them ouer, so that neuerthelesse they may drie, than make a poulder of them, and keepe it. And if you wil geue a swete odour or sauour vnto your garmentes, take the said Roses so dried befoze you beat them in poulder, and put the in some lytle linnen bagge
Very

very fine, the whiche you may laye in youre coffers, or where your apparell lyeth.

An odoriferous and swete poulder.

TAke the buddes of redde Roses, and brate them in a moztter, as though you woulde haue the iuyce out of them, than set them in a hote Sunne, sprinke them with Rose water, and so water them and drie them againe oftentimes, and than make of them a poulder, the whiche you shal parfume with the poulder of Cypre, as the other aforesayd, and kepe it in a vyle.

Oyle of Bengewyne.

TAke Bengewine as much as you will, and lay it vnder a dungehill in a vialle or glasse well stopped (so that it take no vente) by the space of fiftene or twentye dayes: Than strayne it, and kepe it in a vialle, for it is a singuler and deintie oyle.

A very good and odoriferous poulder, to carrye aboute a man, or to lay in coffers.

TAke fourtene vneces of roses newly dried, fine cloues, two dragmes, the seede of Spicke a dragme, Storax, halfe an vnce, fine Synanom halfe a dragme. Brate them, and kepe them in a vialle well stopped, you maye also put to them (if you wil) two graynes of fyne Husk, *Ligni Aloes* halfe a dragme.

Balles agaynst the pestilence or plage, whiche also geue an odour vnto all thinges

TAke Storax, one part, *Ladani* one parte, cloues halfe a parte, Campher at your discretion, but lesse then of anye of the other substaunces, of Spikenarde a good quantite, and of Nutmegges also, of all this make paste with Rose water, in the whiche you shal temper Gomme dragant, and Gomme Arabike, sturringe and brusyng them well. Of this past you shall make balles to holde in your handes, and to smell to.

A princely

The second booke

A princely licour.

TAke Muske, Ambergrise, Ciuette, of eche of theim foure graynes, braye all together, and incorporate it with a lytle oyle of swete Almondes, and make therof a licoure, whiche you shall kepe in a vessell of yuor rye well stoppd, and vse of it as you vse Ciuet.

Liquide and softe Sope of Naples.

TAke stronge lie, with two partes of the ashes of the wood of the tree called in latine *Cerrus*, which is a kind of tre like to a poplar, hauing a streight longe stem bearinge a kinde of masse, roughe withoute like a Chestin, and one parte of quicke lime, and make it so stronge that it may beare a newe laide egge swimninge betwene two waters. Take eghte potfulles of this lie very hote, a potfull of deeres grease or suet well strained cleane: mingle them and set theim on the fyre, but see that they seeth not. Put all in a greate vessell leaded within hauinge a large bottome, leauinge it in Sommer in the Sunne, and sprynging it foure or fyue times a daye with a sticke, and note that you muste set it in the day time in the sunne, and the night time in the ayre abroad, so that it raine not, continuinge thus the space of eight daies. Let it waxe as firme and as harde as you will, so that it remain neuerthelesse in the forme of past, and the older it is, the better it will be. Than afterwarde take of this masse or past, as much as you wil and put it in a vessell leaded, sprynging it well with a sticke, and adde to the same as muche fine Muske Rose water as you will: kepe it eyghte dayes in the Sonne, sprynging it from time to time, as is aforesaide: and if it waxe to harde, put Rose water to it, in such quantitie, that it be neither to harde nor to soft, and fill as manye litle boxes with all, as you will.

To make the sayde Sope musked.

TAke fine Muske as muche as you list, beate it well in a brasen moztar, putting to it Rose water some
wha

What warme, and hauinge mixed them well together, put them in the bessel where youre Sope is, mengling them well together, and let them stande a while, and than fill little bores with it at your pleasure.

*A very excellent paste and swete, made with Muske,
whiche eaten causeth a swete breath,*

TAke Gomme dragant steeped and tempered in Rose water, vntill it be soft & white, make therof as it were paste, & take of it the bygnesse of a Hasel nut, Bray it in a brasen mortar, puttinge to it a little poulder of good Sugre, and halfe a graine of fine Muske, steeped and tempered in Rose water, mixe all well together. And if you wil haue it better, put to it moze Muske and Sugre, and than as muche Pace beaten in poulder as will lye vpon a pennye, and mixe it agayne well together, than put to it a little of the meale or flower of *Amylum* beaten into poulder: but it were better to putte in redde Sandal, wel broken in sonder, indifferently, and to put it in by litle and lytle, so muche that a man maye make of it conuenient paste, the whiche you shall cutte after your fantasie, and dye it in the shadowe. And yf you will haue it of diuers coloures, adde to it suche coloures well grounde as you please. Prouided that they be coloures, wherein there is no payson or daunger: you may also gylt or couer with syluer the sayde pieces, as men do confitures, and they wyl be verie good and of the best makinge.

Another very excellent.

TAke Gomme Arabike. v. vnces, fine Sugre. lxxij. vnces. *Amylum*. iij. vnces, and for eche vnce of these foresayde thinges. x. graines of fine Muske whiche will mounte in the whole to a hundred and twenty graynes, and than it wyl be perfit.

*Dentifrices or rubbers for the teeth of great perfection,
for to make them cleane.*

D. t.

Take

The second booke

Take poulder of redde Corall. liii. vnccs, of the shards of Galleye pottes two vncces, of cuttle bone an vncc, of a Pumeyse stone an vncc, cloves, Synamom, and Masticke of eche of them a dragme, Perles stamped halfe an vncc, Dragons bloud an vncc, fine Muske. iii. graynes, Stamp wel the whole and syft it thow a sarce, than mengle it well together and incozporate it with Gomme dragant tempered and stieped in Rose water, make all into dowe or paste, and make therof thinges to rubbe your teeth with, to make them white, wher with you shall not onely make theint very sayre, but also pzeserue them from putrifaction.

Oyle of Bengelwin odoriferous.

Rat a pounce of Bengelwin well beaten in poulder, into some shorte and wyde vessell, so that you may put in your hand, than put to it two pounce of Rose water, and mire all well together, and so couer it with a Limbecke or stilltoze of glasse, well bounde with a linnen cloth, and al the ioyntes and sides well stoppt. Giue it at the firste a litle fyze, vntill all the water be drawen out (and this is the water that we spake of befoze,) and afterwarde encrease your fyze by litle and litle, and the you shall se the oyle come out, and incontinent set vnder another cleane recipiente to receiue the oyle, and make vnder it a great fyze, to the intent that all the oyle may come out, the whiche being all distilled, there wyl come furth a certayne Gomme, like vnto Banna, the whiche wyl be verye good to keepe. And whan you will make swete or odoriferous water, take a violle full of cleane well water, and put into it a lytle of the sayd Gomme, and it wyl make it smell swete, but you muste styze it well. If you will haue it better, take Rose water, and not well water.

Oyle of Storax calamita.

Take

TAke *storax calamita* as muche as you will, with such a quantitie of Rose water as pleaseth you, and put it in a large potte, not closinge the ioyntes or sydes, but let the Limbecke be a litle at one side, to the intente it maye take ayre, and alter not the fire, but kepe it accordinge as you shall see shalbe needeful. And whan the oyle commeth, chaunge the recipient, and than make a greater fyre, and receiue the oyle, and kepe it, for it is a singular and deynthy thinge.

To make oyle of Labdanum.

TAke fine *Labdanum*, and mundifie it wel, and do with it as you did with the Bengelwine: But if you will haue it otherwise, you maye take as muche as you will of it, and hauinge broken it in small pieces, putte it weete into a vessell of brasse, puttinge to it a pounce of Rose water, and halfe a pounce of the oyle of swete Almondes, couer well the vessell with his couer, and stoppe it with linnen cloutes plaistered ouer with claye or other matter, settinge it so to drye: than afterwarde set it vpon a litle fyre that it may boyle sayer and softely two or thre houres. This done, you shall take it from the fyre, and let it cole before you vncouer it, than take it quickly out, and put it in a vsole. And (to the ende to preserue it the better) put to it a litle roche Alom burned, or elles a litle Ambergyse. And when you wyll put it in the vsole, you muste put it in as cleare as is possible.

Oyle of Nutmegges.

TAke what quantitie of Nutmegges you wyll, the whiche well broken into pieces in a moztar, you shall putte it in a large or wyde vessell, powyng vpon them a litle Aqua vite, so that the Nutmegges maye be thoroughlye wette. Let them stande so two or thre dayes, in skyringe them sometyme, and turninge

The second booke

them vpsyde downe, and see that the sayde vessell be well stopp'd, then adde to it as muche Rose water as will be aboue the Nutmegges, two or thzee fingers highe, and couer them with the Limbecke, closinge it well. Distill them at the firste with a small fyze, vntyll all the water be come out: than chaunge the recipient, and augment the fyze, so muche, till you cause the oyle to distille out, and whan you see that all is almost come furth, make your fire very great, and kepe the said oyle in a vialle.

Another maner.

TAke a pounce of Nutmegges, the whiche beyng well broken in pieces, you must put in a new vessell of earth well leaded within, than powze vpon them Malmesey, or some other wine, vntill they be all couered, and that the wine be aboue the Nuttes two fingers high: After this you shall put to it at the leaste two pounce of freshe butter, and mingle all together, stoppinge or couering well the vessell, and leaue it in the heate of the Sunne in some panne, or in some other hote place, by the space of four or fiue dayes, than bolle it vpon the hote coles with a small fyze, vntyll the wine be consumed, than powze it thowse a newe course linnen cloth befoze it be coole. This done, set the oyle certaine dayes in the Sunne, in a vialle of glasse, vntyll the thicke substance be descended to the bottome: Finally powze it so agayne thowough a newe course linnen clothe, and putte it in another vialle, and so kepe it.

A very exquisyte sope, made of diuers thinges.

TAke *Aluminis catini* thze vnces, quicke lyme one part stronge lye that will beare an egge swimminge betwene two waters, thze pottels, a pot of commun oyle: mingle all well together, puttinge to it the white of an Egge well beaten, and a dyshefull of the meale or floure of *Amylum*, and an vnce of Romaine Vitrioll,

or redde leade well beaten into poulder, and mire it continuallye for the space of thzee houres, then lette it stande, by the space of a daye, and it will bee righte and perfite. Finallye, take it oute, and cutte it in piéces: after sette it to drie twoo daies, in the wynde, but not in the sunne. Occupte alwaies of this sope, when you will washe youre head, for it is verie holsome, and maketh faier heare.

☞ *Sope with Cyuet.*

Take of the saied Sope as muche as you wyll, and set it a while in the Sunne in Rose water, putting to it the poulder of Cyuette, and miringe it well. And if you adde to it also Muske, it will bee the better, so that the Muske haue been befoze steeped and tempered in rose water.

☞ *Sope with diuers sweete and excellent oyles.*

Take of the foresaied Sope, whiche hath stande a while in the Sunne in Rose water, and put to it a lytle of the oyle of Bengewine, or of some other odouriferous oyle, and mire it well: but you muste putte in of the oyles reasonable, neither to muche nor to lytle, but with discretion, accordinge to the quantitie of the Sope.

☞ *Sope rosat.*

Take freshe and recent roses wel stamped, and incorporate them with the saied Sope, as befoze, the whiche you maye also dooe at youre pleasure of all other soztes of flowres.

☞ *White Sope of a good sauuour and odour.*

Having cutte, after the maner of Damasco, in small piéces the oldest Sope that is possible to bee founde, you shall laye it abroad vpon a table, in a place where it maye drie, than hauinge left there

The second booke

there, the space of eyght and oʒ. r. dayes, you must afterwarde stampe it lightlye oʒ slenderlye, and make therof poulder: and the same being sifted, you shal adde to it foure vnces of *Irees*, vpon tenne pounce of the sayed poulder, white Sandall thzee vnces, two vnces of *Macaleb*, an vnce of the meale oʒ flowze of *Amylum*, and all well beaten into poulder, you shal mire it with tenne pounce of the poulder of the aforesaide *Sope*: then all beinge ioyned together, you shal putte it in a mortar, with an vnce of *Storax liquida* and a walnut shellfull of the ople of *Spike*, and hauinge well stamped it altogether, it shall bee made. Then afterwarde make balles oʒ square cakes of it, as you wyll, with the meale oʒ flowze of *Amylum*: then drie in the shadowe, and keepe them, soʒ it is a thinge verie excellent.

Perfect sope.

TAke syre graynes of Muske tempered and steeped in good Rose water, foure graines of Ciuet, reduced and beaten into poulder, and mingle them with the sayed *Sope*, but the tempered oʒ steeped Muske, muste bee hote, and by this meanes you shal haue a verie perfect *Sope*.

Whole and massy blacke sope.

TAke tenne pounce of the sayed poulder of *Sope* well sifted, cloues foure vnces, of good *Macaleb* two vnces, damaske *Macaleb*, *Cyperus* whiche the Apoticaries call *Iuncus odoratus*, *Sandali Citrini*, *Storax liquida*, of eche of theym an vnce, sweete ople as muche as shall suffice: and hauing stamped that whiche oughte to bee stamped, make of it as is aboue sayed. But if you will haue it moze singular, putte to it Muske tempered in Rose water, as afoze, with a lytle Ciuet, after incozpozate well all together, and make thereof balles oʒ square cakes, oʒ hartes, oʒ suche other formes, as you luste to make youre selfe: then drye them in the shadowe: and so shal you finde them of a singular good

ler good odour and saour.

¶ *Damaske parfume.*

TAke fyne Muske foure gaynes, ¶ puet two graynes, Ambergris, fine Sugre, of eche of them foure graynes, Bengewine a grayne, of fatte *Storax calamita* thzee graines, *lignum Aloes* two graines: beate them well into poulder, and putte all together in a litle parfuminge panne, polwe into it as muche Rose water, or the water of the flowres of Oranges, Citrons, and Lemons, all together, as will bec two fingers highe aboue the other drooges, in makinge vnder it a small fier that it maye not boyle, and when the water is consumed, you shall polwe in other: and hauing continued thus doinge a certaine number of daies, you shall haue an excellent Soye.

¶ *Another parfume of Damaske.*

TAke *Storax calamita*, foure vnces, Bengewyne foure vnces, *Labdanum lignum Aloes* Synamon, of eche of theym an vnce, *Sperma Ceti*, a dragme, Muske foure scrupules, cloues, a dragme, Rose water eyght vnces, stamp them, and putte them in the parfuming panne.

¶ *An excellent pomander.*



PAke .xvi. or .xx. Depins, or other swete & melow apples, y which beinge pared and cut in quarters, you shall adde to euerye quarter so wze or sixe Cloues, then put them in some vessell of earthe well leaded within, with as muche Rose water, as wll couer them ouer. Then couer them with a trenchour, or some other cleane thinge lettinge them so stande one whole daye. And after polwe them all in some newe vessell well leaded, putting to it foure pounde of fre she hogges suet, well taken from the fleshe and skynne cut verie

The seconde booke

verte small, and well chopped with a knife: make vnder it a small fier that it burne not, than in straining it out, you shall make it droppe into some vessell of freshe and cleare water, and so purifie the grease thze oꝛ foure daies, keeping it in the same vessell, and chaunginge oftentimes a daye the saied water: foꝛ the oftener you change it, the better you shall purge the grease.

Then take out the saied seyme, the apples and the rose water together, and take the fatte oute of the vessell, dzeaninge it well, and adding to it Spikenarde, with twoo vnces of Cloues, an vnce of Synamom, a quarter of *sandalum citrinum*, an vnce of Bengelwyne, and as muche of *storax calamita*. Wzaye all these kindes together, and put it in a fine linnen clothe, in maner of litle purses: but let the cloth bee some what large, and binde it wel that the sayd kinds scatter not abzode among the grease. When make it boyle with a litle fier, far of from the flame oꝛ leyt, oꝛ set befoze it some tyle oꝛ bzicke letting it boyle so faire and softlye, foure oꝛ sixe houres, vntill all the rose water bee vanished awaye, whiche may bee pꝛoued in this maner. Put a lytle sticke downe to the bottom of the vessell, and plucke it oute agayne quickelye, and put it in the fier: and if it burne without anye noyse, it is a token that there is no moꝛe water: but tarie vntyll it bee all well consumed, sturringe it sometime, to the entent it burne not to, oꝛ smell of the burning. Beware also of the smoke, foꝛ if it take once the sauer of it, you can neuer get it out, & when all is wel sodden, take eyght vnces of white Ware, and put it in the saied vessell, mixinge all together, and let it so melt with the saied substaunces, the whiche you must nowe and then sturre. This dooen take it from the fier, letting it stande and rest a quarter of an houre, that is to saie: vntill the grosse substaunce bee descended to the bottome: then powze it saier and softlye thozowe twoo newe course linnen clothes, into a vessell well leaded within, wherein muste bee twoo dishes full of Rose water: but take heede of pꝛessinge it, so that the lees come
not

The seconde boke

them in quarters not pared : this doen, laye them thre daies to steepe in Quikt rose water : take also fiftene Cloues steept a daye in colde water often tymes rined, and putting them after in a fine linnen cloth, boylinge them in rose water with a small fire, the space of an houre: than hauinge well scommied away all the ordure and filthe, put in thre unces of white Ware, and make it seeth a little, and after straine it into a newe vessell well leaded, leauing it so all a night. This done, you shal take out al the white Pomander, and because there wil remaine a litle ordure in the bottom, you shal put it in a moztter with rose water, & styre it : the moze you do seuer it a sonder in styringe it, and put rose water to it, the moze shall you fine it : but you must se that the moztter be cleane. Than take the tallowe or greace of a younge barrowe, and steepe it in colde water, leauinge it so the space of foure daies, but you muste often chaunge the water, and purifie the saied greace well of all the little skinnes that is in it, beynes, and gristels. Take likewise twenty of the foresaied Apples, and for eche Apple put in thre or foure Cloues, and hauing deuided the Apples in four quarters cozes and all, stampe them a lytle. Than take the sayd tallowe or greace and put it in fine rose water, vntyll the sayde water be consumed, and after you haue boyled it sayze and softly, put in the saied Apples stamped, and make them boile, adding to it a litle fine Synamom, Spiknard, Putmegs, and other spices, such as you thinke good. And whan it hath boyled inough, straine it thow a linnen cloth, into some cleane vessell. It shuld be wel done to put to it a litle talues tallow wel purified in the maner aforesaied. And whan it is sodden and strained, mixe all together and put it in a cleane vessell, it is a very exquisite thing.

Excellent Ipcras.

Take an vnce of Synamom, of Cinger. ij. dragms Melligetia thre dragmes, Cloues two deniers, Putnegges, Galanga, of eche of them a denier, stampe

Stamp all, and put it in a telly bagge or strainer, than take a pint of the best redde or white wine you can get, or a pint of good Maltesey or other stronge wine, mire well all together, than take a pounce of Sugre fined and hauinge stamped it, put it into the other wyne, and so poure it vpon the strainoure, wherin you dyd put the sayd wine with the spices, than hauinge taken it oute, you muste poure it on agayne, so often vntyll it become as cleare as it was befoze, strynging it sometime in the strainer or bagge : and here note that this is to make but a stagon full. Wherefoze, if you will haue moze, you muste take a greater quantitie of the sayd thinges. And so to make it verye excellente, you maye bynde a lyttle Muske in a fine linnen clothe at the ende of the strainer, so that all the substaunce maye passe ouer and vpon it, the which by that meane wil receiue the odour and sent of the sayde Muske,

To make litle cushins of parfumed Roset.

Take buddes of redde Roses, their heades and toppes cut awaye, dye them in the shadowe vpon a table, or a linnen cloth : water & sprinkle the said buddes with Rose water, and let them dye, doing this fise or sixe times, turning them alway to thende they ware not vinewed or mouldy: than take the poulder of Cipze, Muske and Amber made into poulder accordinge as you would make them excellent, so the moze you put in of it, the better they shall be: put to it also *Lignum Aloes*, well beaten in poulder. Let the said poulder be put with the buddes wete w rose water Muskt, mixing wel the buddes together with the poulder, to thend that al may be well incozpozated, & so shall you leaue them so al a night, couering them w some linnen cloth or Taffeta, that the Muske may not bzeath or rise out. The whiche thinge done, take finallye lyttle bagges of Taffeta, of what bignesse you wil, and according to the quantitie of the buddes that you would put

D. 4. amonge

The seconde booke

amonge all the poulder. Than close by the bagges, and so to stoppe by the seames, you must haue your mixture of Muske, Amber, and Ciuette, made as it were to ceare with, where with you shall rubbe all a longe the seames, to stoppe the holes made with the needle in so wyngge: You maye also solwe some ribande (of golde, or sylke, or of what you will) ouer the saied seames. These be the best that a man can make: and (as I haue sayed) the moze Muske, Amber, Ciuet, and Aloe you put in, the better they will be. If you will make them with lesse coste, take suche buddes as are spoken of befoze, prepared and ordered in the same sort, and in steede of Muske and Amber, put in the poulder of Cloues, Synamom, Irios, and a litle Mace, obseruinge suche a maner of parfuminge the buddes, as befoze.

Matches or litle lightes of a very good odour.

TAke of Campher an vnce, of white encens two vnces, beate them into poulder, and make thereof litle rounde Apples, or balles with a litle ware, than put them in a vessell with rose water, and lyghte them with a candell, and they wyll geue a sayze lyghte, and a very good sauour.

A composition of Muske, Ciuet, and Ambergrise.

TAke a dragme and a half of good Amber, and bray it vpon a Porphyze stone with oyle of Zafemin, fyrst alone, and than a litle with Muske, as much as shall suffice. This doen, adde to it Damaske roses, and Bengewin, of eche of them an vnce, Irios a dragme and a halfe: All these thinges beaten in poulder, and strayned or syfted, you shall braye with a dragme of Ciuette, vntil they be brought into the fourme and maner of an oynament. This done, kepe it in a Hozne, or vessell of glasse well closed.

A parfume for a Chamber very excellent.

Take

Take *Storax Calamita*, *Benge wine*, *Ligni Aloes*, of eche of them an vnce, coales of Willow well beaten into poulder. v vnces. These thinges mixed with *Aquauite*, as much as will suffice to make paste, make therof litle cakes, or other formes what you wil, and so kepe them. And whan you will vse or occupie of it, put it into the fire, soz in consumyng, litle and litle, it will make a singuler good odour in the place where you burne it.

Sope of Naples.

Take *Deares grease*, or the *Tallow* of a *Cowe*, or *pyonge Calfe*, or of a *Kidde* a pounce, put it in a vessel of earth well leaded: and after you haue well strayned it, put vpon it, with discretion to much nor to litle, of *Sope makers lie*, the first, best, and strongest of thre soxtes that they vse, called the *maister lie*, and kepe the saied grease in the heate of the *Sunne*, mixyng it well there, and like wise in the night abroad in the ayer: but take hede that there come no water to it. Whan you se that it is somewhat drie, put to it againe as muche as shall neede of the seconde and thirde lie, mixed together which *Sope makers* vse: Rubbe a litle vpon your hand beyng cleane, and if it make a frothe, it is a token it is made.

Parfume for a Lampe.

Take *Ligni Aloes*, a quarter, *Benge wine* an vnce, *Storax calamita* half an vnce, *Muske* a scruple, *Ambregreese* halfe a scruple, *Rose water* inoughe. You shall putte all these thynge well beaten to poulder into the *Lampe*.

A shorte parfume.

Take a glassefull of *Rose water*, *Cloues* well beaten in poulder, a penny weight: than take the fire panne, and make it redde hote in the fire, and put thereon of the saied *Rose water* with the sayd poulder of

℞. iij. Cloues,

The seconde booke

Gloves, making it so consume, by litle and litle, but the rose water must bee muskat, and so you shall make a perfume of excellent good odour.

☞ *An odoriferous perfume for chambers.*

TAKE *Thymiana* a pounce, *Storax liquida* two ounces, *Storax calamita* three ounces, *Labdanum* an ounce, coales of Willowe and *Tracagantum* as much as you will: but sticpe or temper the powder of the coales, and the *Tracagantum* with rose water, and let it lie so three daies a sticpe in the same water, and then make therof paste.

☞ *A verie good perfume for to trimme gloves wth litle cost, and yet will continue longe.*

FIRST let the gloves bee greete, and of good thicke leather, to the which you shall gyue a litle Ciuet all alonge the seames: Then washe them in rose water, twice or thryse, pressing theym harde: this doon, take two partes of rose water, one parte of the water of the blossoms of Myrtell tree, mingle them together: addinge to it two partes of the water of the flowres of Drenages, Lemons, & Citrons, called of the Frenchmen, *can de nase*, and washe them so long therewith, that they sauour no moore of the leather: then laye theym in a platter, and leaue them there couered with the sated water, & powdered ouer with the powder of Cypres, by the space of a day or twaine. This doon, take them out, and presse them a litle, and so drie them in the shadowe. When they bee half drie, geue them a litle Ciuet in this wise: put as muche Ciuet as you shall thinke good in a dishe, with a litle oyle of Jasemyne, that is not olde, the which you shall make to dissolue befoze the fier: than annoynt therewith the gloves within side, and rub them wel betwene your handes chafing them at the fier, vntil you thinke that the ciuet be perced and gone thow them, and leaue them so a while. Then after rub them wel with a clothe, to the ende the Ciuet maye perce the better

betier, and the gloues w are soft: then draw and stretch them out abrode, leauing them so the space of a dai, and when you shall thinke they be humyde and moyste, enlarge them, and blowe them, and pufte them vp: leaue them so vntil they bee halfe dried. Than take good parfume to burne, & holde them ouer the smoke of the saied parfume, to the ende that it maye perce and go into the inner partes of the gloues, and parfume them within side. This shall you dooe thise a daye, the space of. xx. daies, weating them at eche time with a litle perfumed water, & wappinge them with some white lincn cloth: than take Muske, and Amber as much as you wyl, and put it in a tinne platter, with oyle of Rosemire, or Bengewine, or some other oyle: let them well dissolue at the fier with a litle perfumed water, than annoynte them with a pensell on the out side, and not within: annoynt also the seames with Ciuet, and lay them certein daies among dried roses. Finally, lay them for the space of. iij. or. iij. daies betwene two mattresses: than wil they bee excellent, as if it were to present an emperour withall.

¶ A verye exquisite Ciuet to parfume gloues, and to annoynt a mans handes with.

STake three pounce of white wine, the fallo we or grease of a Cote, shepe, or Kidde, a pound: boyle all together with a small fier vpon the embzes or coales, in a covered panne, than take them from the fier, and when it is coole againe, putte them in a platter with cleare water, and washe them well fise or sixe tymes: and put them againe in cleare water all a night. This dooen, take a pounce of rose water: two pound of white wine: & with this boile the grease vpon the coales with a small fier, vntil one half be consumed: than take swete Sauewes, & rost them vnder the ashes, but burne them not. And for eche pound of grease, take halfe a pound of the inner white of the saied Sauewes, and boyle it in rose water, the space of halfe an houre, than

The seconde booke

than strayne it, and put it into a mortar with oyle of Fa
semin, or of Citrons or such like, or els with a litle Cā
pher: After this you shall take a dishe or the bottome or
foote of a glasse, wet within with Rosewater, wherein
you shall make the forme and facion of the Ciuette, ad
dyng to it first of all thzee vnces of Ceruse, well beaten
in powder for euery pounce of talloiw or grease, and it
will be an excellent and princely thing.

Oyle of Roses and floures, very parfyt.

TAke the seede of Pillons well mundified and stā
ped, and laye them by rankes or by beddes, with
the floures of Roses, by the space of. viii. daies,
then take a litle linnen bagge wette in Rose water, or
in the water of other floures, in the whiche bagge you
shall put the seede: and hauyng well bounde it, put it in
a pressour, and presse oute the oyle, whiche will be very
precious, and the which you must kepe alwaies close.

Oyle of Cloues very noble.

TAke Almondcs mondified and made cleane with a
knife, and broken in pieces, stepe or temper theym
in Rose water, than dresse them in this maner. Take
Cloues stamped, and temper or lay them in Rose wa
ter, & couer the vessell diligently, leauyng them so vntil
the water haue taken the vertue of the Cloues: put al
so the Almondcs in the said water, and leaue them ther
vntil they be swollen wth the water. And after you haue
taken them out and dried them in the Sunne, lay them
in the water againe to swell, and afterwarde let them
drie well as befoze, continuyng thus. v. or. vi. times:
Then put them in a presse, and presse out the oyle, whi
che you shall kepe in a cleane vessell well stopped. In
this maner may you make oyle of Puske, of Amber, of
Bengewin, of *Storax calimita*, of Aloe, of Synamom, of
Gace, and of Nutmegges. You may make them also in
diuers soztes, and put to them Aqua vite.

To make an excellent perfume to perfume Chambers, garments, Couerlettes, Sheetes, and al other thinges, belonging to any Prince.

Take pilles of Citrons dyed in the shadowe, and if you can not get of Cytrons, take of Lemons, or Dzeiges, or if you can get none of these, take the leaues of Roses eyther Greene or dyed, accordinge to the season of the yeare: and whatsoeuer is of al these thinges abovesaid, you must occupy it whole or by small pieces, and not in poulder. And when you will make the perfume, take of the sayd pieces as much or as many as you wyll, and annoynte them well with Ciuette on euery side: after laye them vpon some coles in the middes of the Chamber, or some corner, as you lyste, this will geue a verie pleasaunte and precious odoure thozoughout all the Chaumber. If you will yet make it better, you may put with the Ciuette, Muske, and Ambergrise, as muche as you will: and if you desire to make it with lesse cosse, and yet neuerthelesse verie good, take Rose water of the flowres of Dzeniges, or suche other odoiferous and swete water, with Oyle of Zafemin, or of Cloues, or suche lyke at your pleasure, with the whiche you shall temper and steepe *Storax calamita*, and a little *Lignum Aloes*, yf you haue anye, if not, you shall do well inough without it: adde to it as much Ciuette as you will, and make a licoure therof as thicke as saulce, wherewith you shall annoynte the Citron or Dzenge pilles: than laye them so vpon the coles, and it will be an excellent thinge, and continue twise as longe as it woulde do, if you burned the odours without the pilles, and besides that it maketh the perfume to dure longer, they make also the composition farre better and perfecter. If with the sayde perfume you would perfume linnen clothes, Sheetes, or other like thinges, make it in this maner. Put the linnen, and thinges that you wyll haue perfumed, in a cofer, that hath no chynkes, cliftes, chappes, cresses, holes, or is broken, whereby

The second booke

Wherby the smoke may haue issue out. You must range and laye your linnen and other thinges on eche syde of the cofer, leauinge a place in the myddle to sette a lyttle panne, or other vessell with fyre in it, and the said pilles to parfume theym, you maye also laye clothes vpon the lydde of the cofer. This done, you must set in the middle the lyttle vessell with coales, and also the pilles: and hauinge shutte the cofer, you muste let all the parfume burne out, not openinge the cofer of longe tyme after. And hauinge thus faried, open the cofer, and tourne youre linnen and other thinges, to the ende to parfume them on the other side that is not parfumed, and put in newe parfume, doinge as bcsore, you shall finde this of a greate excellencie, so that the cofer it selfe shall be so well parfumed with it, that all that you putte afterwarde in it, shall sauoure of it. And if you will, you maye also parfume in the sayde cofer other lytle coffers for handkerchers, and other thinges, as lytle cullshyns, and bagges of Roses, whiche are parfumed also with oute syde, beyng kepte in the cofers, for they geue alwayes an odoure and sauoure to thinges that you put in them.

☞ Rounde apples or balles to take out spottes of oyle or grease.

Take purgine Soap, or soft Soap, and incozpozate it with the ashes of vines finelie sifted, as much of the one as of the other, than put amonge the saied poulder Roche Alome burned, and the dyse leese of wyne well beaten into poulder, incozpozate well all together, and make therof lyttle round Apples or balles: whiche you maye vse to take oute spottes of any garmente.

☞ To make a paste for sweete Beades or Beadestones.

Take



Take a pounce and a halfe of blacke earth well beaten into pouder, foure vnccs of Gomme dragant, and laye it a steepe, or temper it in a moztter, with as muche Rose water as wil couer the earth with the saied Gomme dragant, and stamp it well by the space of halfe an houre, with these swete thinges folowinge. That is to saye: *Storax calamita*, an vncc, pouder of Cloues halfe an vncc, *Labdanum*. halfe an vncc, *Synamom* halfe an vncc, *Sandalum Citrinum*, halfe an vncc: beate all into pouder verye finelye, and mire all together with the foresaied paste, than take it oute of the moztter, and braye it wel betwene your handes, by the space of halfe an houre. And than you maye make thereof Beades or Beadestones.

The ende of the seconde booke.

¶.

The

THE
Secretes of the reuerende Master
Alexis of Piemount.

THE THIRDE BOKE.

*A goodlie secrete for to condite or confyte Orenge, Citrons,
and all other fruytes in syrop, whiche is a notable thinge.*



The Cytrons, or other
fruytes, and cut them in pieces
as you wil, taking out of them
the iuyce or substaunce that is
within them: than boyle them
in freshe water aboute halfe an
houre, vntil they be tender, and
as soft as you wuld haue them.
And whan you haue taken the
out, cast them in cold water, leuing them so vntil night.
After this you shall set them againe to the fire in other
freshe water, and do but onely heat it in that water with
a small fyre, soz it must not seeth, noz be to hote: but let
it onely simmer a litle, youshal continue thus. viij. daies
together, heatinge them euerye day in hote water, and
puttinge them agayne at night in colde water. Some
heat the water but once a day, to thend not to make the
citrons to tender, but chaunge the freshe water at night
to take out al the bitternes of the pilles, the whiche be-
inge taken away, you must take sugre, or clarified hony
and pzeared (as we wil declare afterward) wherin you
must put the citrons, hauing first well dzied them from
the water. In winter you must kepe them from þe frost,
leauing them two or thze houres in a place mete soz the
purpose: and in Sommer you shal leaue them there all a
night, and a day, and a night in honye. Than boyle the
hony or sugre againe by it self, without the Orenge or
Citrons, by the space of halfe an houre or somewhat
lesse, with a small fyre, and beinge cooled, set it agayne
to the fire with þe Citrons, continuing so. ij. moyninges
to

to the ende to bying the honny to hys perfection, according as neede shall requier. If you will putte honnye in the water, and not Sugre, you may clarifie it twice, and straine it thowwe a strainer, according to the arte and maner, that hereafter I will teche you, to the ende you may haue perfitelye the vse and facion of makinge all suche thinges. Nowe, hauinge thus warmed and clarified it, you shall strayne it, and set it againe on the fier, with the Citrons onely, makinge it to boyle with a smal fier, the space of a quarter of an houre: than take it from the fier, and let it stande and rest, at euery time you dooe it, a daye and a night. The next morning you shal boyle it againe together, the space of half an houre, and dooe so twoo morninges, to the ende that the Honny or Sugre maye well and perfitelye bee incorporated with the Cytrons. All the arte and cenninge consisteth in boylinge this cyroppe together with the Cytrons, and also the cyrope by it selfe. Wherfore he that hath no skylle in the boyling of it, will quickelye lette it take the smoke, so that it shall sauour of the fier: but he that can trimme it wel, it is an exquisite and pleasaunt thing. In this maner maye al other fruites bee dyessed: as ripe Meaches with the inside and skinne, Lemons, Oranges, Appeles, greene Walnutttes, Lettuse, well made cleane, and boyded of their greates leanes, and oother thinges like, all the whiche you muste boyle, as is aforesayed: but some moze some lesse, after as nede shal bee, and according to the nature of the fruite. So shall you make alwaies a good perfite, and durable thinge.

The maner howe to purifie and prepare honnye and sugre for to confite Cytrons and all other fruites.

TAke euery time tenne pounde of Honny, the white of twelue newe layed egges, and take awaye the froth of them, beating them well together with a sticke, and fixe glasses of sauer and freshe water: then put them into the Honnye, and boyle them in a potte with a moderate fier, the space of a quarter of an houre, or somewhat
 D. iij. lesse,

The seconde booke

lesse, than take them faire and sofetlys frome the fier, scumming them well, and passe them so hote throowe a strainer: soz it shall be the fairer, and the clearer, soz any thing that you wyll occupie oz vse it aboute. Hauinge thus ordered it, take soz sixe pounce of Cytrons, twelue pounce of Honnie. The Sugre is also ordered and dyesed in like sozte as the Honny is: but if you will confite Citrons with Sugre, you muste note this difference, that soz syre pounce of Cytrons, you shall putte but .ix. of Sugre, soz to confite them, so that they maye bee kepte all the yeare. This is, because the honny maketh a greate deale mooze skumme and froth, then the sugre dooeth, and therefore you muste putte the thyrde parte mooze of Honnie. In keeping this ppozition, you can not faile to dooe it well.

To confite Peches after the Spanyshe facion.

Take greate and fayze Peches, whiche you shall pill and make cleane, and cutte them in pieces, and so laye them abode vppon a table faire and cleane in the Sunne by the space of two dayes, tourniing them euer at night, and in the mozninge, and put them hote into a Zuleppe of Sugre, well sodden and prepared as is also saied. And after you haue taken them out, sette them agayne in the Sunne, tourniing them often vntill they bee well dyed. This dooen put them agayne into the Zulep, and then in the Sunne, vntill they haue gotten a faire barke oz cruste, as you wyll haue them, and this shall you dooe thzee oz foure times: then being thus prepared, you maye keepe them in boxes soz winter, soz it is a soueraygne thinge.

To make Conserue or Confiture of Quinces, called in Lutyne Cotoneatum, Cydoniatum or Cydonites, as they dooe in Valence, whiche also the Geneuoyes dooe vse.

Take Quinces, and purifie them, and when you haue taken oute the kernelles, seeth them in faire & fresh water,

water, so much, vntill they open and break, then straine them through a cleane strainer, that there remayn nothinge in the saied strainer, but onelye the hardnesse of them, that is to saie: the skinne the kore and suche lyke. For eyght pounce of the saied strained substaunce, you muste putte thre pounce of saier and fine Sugre: and taking a vessell of tinne saier and large in the bottome, you shall myngle the Quinces with the Sugre: and then sette theym to boyle with a litle fyre, sturryinge theym with a broade sklyse of woode, vntill all be well sodden, whiche if you wyll knowe, loke when all shall leuse it selfe, and cleaue no moze to the saied vessell, for then it is sodden to his perfection, and shall bee time to take it of. And if you put to it anye Huske, stampe it with a litle Sugre, as much as you wyll, & cast it into the saied vessell, sturring it alwaies with your sklyse of woode. If you wyll adde spices to it, put in Synamom, Cloues, Nutmegges, and Ginger, as muche as you wyll, boylinge the Huske with a litle Vinagre. Thys dooen, with the broade sklyse laye of this confection of Quinces vpon a table, where fyrst you muste haue sifted and strowed Sugre, and so make rounde, broade or long pieces, as you wil wth the circle of a bore, of what greatnesse you lyke: then set theym in the Sunne vntill they bee thowse drie. And whan they haue stonde a while, tourne theym by side downe: making them alwaies a bedde of sifted Sugre bothe vnder and aboue. Then tourne theym still in the saied Sugre, and dye theym in the Sunne, so longe vntill they haue gotten a saier white crust of Sugre. Better comfites of Quinces, sweeter, or hartier than this, a man can not make. In like maner maye you dresse and trymme Peaches, Peares, and other kyndes of fruites: A thing of great singularitie.

To make a paste of sugre, whereof a man maye make all maner of fruites, and other fyne thynges, with theyr forme, as platters, dishes, glasses, cuppes, and

The thirde booke

and such like thinges, wherwith you may furnishe a table: and when you haue doen, eat them vp. A pleasant thing for them that sit at the table.

Take gomme dragant, as muche as you will, and steepe it in Rose water, vntill it be molified. And soz saure vncces of Sugre, take of it the bignes of a Beane, the iuyce of Lemons a walnut shell full, and a litle of the white of an egge: but you must firste take the gomme, and beate it so much with a pestel in a mortar of white marble, or of brasse vntill it become like water, then putte to it the iuyce with the white of the egge, incorporating wel al together. Whis dooen, take iiii. vncces of fine white sugre, well beaten to poulder, and cast it into the mortar by litle and litle, vntill all bee turned into the forme of paste. Then take it oute of the saied mortar, and bray it vpon the poulder of sugre, as it were meale or flowre, vntill all bee like soft paste, to the ende you may turne it and facion it which way you wil. Then you haue brought your paste to this forme, spreade it abroad with Sinamon, vpon greate or small leaues, as you shal thinke it good: and so shal you forme and make what thinges you wil, as is aforesaid. With suche fine knackes as maye serue a table, taking heerde that there stand no hote thing nigh vnto it. At the ende of the banket they maye eat al, and breake the platters, dishes, glasses, cuppes, and all thinges: soz this paste is verie delicate and saourous. If you will make a thing of mooze finesse than this, make a tarte of Almondes stamped with sugre, and rose water, of like sozte that march paines be made of. Whis shal you laye betwene twoo pastes of suche vessels or frutes, or some other thing as you thinke good.

To make a confectiō of Melons or Pompones.

Take what quantitie of Melons you wil, and take them befoze they be ful ripe, but let them be good, & make as many cuttes in the as they bee marked
with

With quarters on enery side, & hauing mondified them, taken oute their kernelles, and pilled of the vtter rine, steepe them in good vnaigre, leauinge them so by the space of ten dayes: and whan you haue taken them out, take other Vnaigre, and steepe them a newe againe, other ten dayes, remouinge and syzringe them eueryc daye: than whan time shall be, take them oute, and put them in a course linnen cloth, dzyng and wiping them well. Finally set them in the ayre the space of a day and a night, than boile them in hony, and by the space of ten daies geue them euery daie a litle bubbling or boillinge, leauing them alwaies in the hony: and let them boile at eche time onelye but one walume. Then take the saide pieces, & put them in what kind of vessell you will, and take these spices folowinge, the poulder of Cloues, of ginger, of Nutmegs, & of Sinamom, whereof you shall make spices, this done, make one bedde or ranke of the pieces of melons, & another of the spices: than take fine white hony, and poure it vpon them in the saide vessell.

To make Melons and Pompones swete and verye delicate.

TAke fine sugre, and dissolue it in water, than take the seedes of a Melon, and cleaue them a litle on the syde, that sticketh to the melon, and put them in the sugred water, addinge to them a lyttle Rose water, leaue the sayde seedes so by the space of thye or foure houres, and then take them out, and you shall see that as soone as the sayde seede is drye, it will close by agayne. Plant it, and there will come of it suche Melons as the lyke hath not bene seene. And if you will geue them the sauoure of Muske, put in the sayde water a lyttle Muske, and fine Synamom. And this may you do also with the seedes of Pompones and Coucombers.

To confyte orange pilles, whiche may be done at all times of the yeare, and chiefly in Maye, because than the sayd pilles be greader and thicker.

R. l.

Take

The thirde booke

TAke thicke Ozenge pilles cut in foure oz. vi. ptes, and steep them in water the space of ten oz. xii. dayes. You maye knowe whan they be steeped ynough, if you hold them vp in the sunne and se thozow them, soz than they be steeped ynough: and if you cannot see thozowe them, let them yet steepe vntill you maye: than after ward lay them to drye vpon a table, and than betwene two drye linen clothes. Whozouer put them in a kettel, oz vessell isaded, adding to it as muche hony as wil halfe couer the saied pilles, moze oz lesse as you shal thinke good. Boile them a litle, styring them always and than take them from the fire, leaste the honye seeth to muche, soz if it shoulde boile but a litle moze then it ought to boile, it woulde be thicke and massife. Let it than stande & rest foure dayes in the saied hony, stirringe and mengling well euery daye the saide Ozenge and hony together. For, because there is not hony ynough to couer ouer al the ozenge pilles, you must styre them wel & oftentimes, to thende they may al equally receiue of the honnye. This shall you do thzee times, geuinge them one bublinge oz boilinge at eche time, and so let them rest and stand. iij. daies as we haue saied. Finally you shall straine oz dreane them from the sayde honye, and boile them in as muche other honnye as you shall thinke will suffice, and after you haue let them boyle the space of a Credo, take them from the fire, and bestow them in vessels, putting to them of the beste spices you can finde, as Ginger, Cloues, and Sinamom: mire all well together, and you shall haue made an excellent thinge. And note, that the hony that shall remaine, wil be still good soz to dresse and trimme other Ozenge, oz other thinges withall.

To confyte walnuttes.

Firste take Walnuttes whan they be litle & greene, with the pille oz huske and al, and make in them. iiii. litle holes, oz mo, than steep them in water. xi. dayes, oz moze oz lesse: make them cleane and boile them in
hony

hony, as the foresayde Dzenges, but make them seeth foure times as muche. And note that the honye is alwayes good, but you must oftentimes put in frethe, because it consumeth. Finally you shall dzesse them with spices, as the Dzenges, but putte not manye cloues to them so; they will make them to bytter.

To confyte Gourdes.

TAke the necke of the Gourde and cut it in longe pieces, as you thinke good, and powze vpon the boiling water, and do so. ix. moynings, but you must haue pilled them finely, and taken awaye the inner part that serueth for nothinge. This doone, seeth them in a kettle vntill they be neither too much nor too litle boyled, but euen hole and massue not broken: than dzese them vpon a table in the shadowe the space of two dayes, and after wipe them cleane piece by piece, with a linnen cloth, & do with them as with the Dzenges.

To confite cherries.

TAke cherries and leaue them a day in the sunne than take out the stones, and sette them in the sunne agayne thre dayes: after this seeth them as we haue sayde of the Dzenges: but you must leaue them in hony. xv. dayes, and by the fyre. iii. dayes, so that they may onely be kepte warme, to the ende they sauoure not of burninge, or of the fire. And after you haue well mixed and incorporated all, you shall putte them in hony with spices. All these confitures may dure many yeares, so that you refresh them with other hony boyled a litle, when they be diminished.

& To make litle morsels as they vse in Naples, an exquisite thinge, for they be very sauorous, do comforte the stomacke, and make a sweet breath.

TAke thre pound of fine sugre, y^e flower of meale. vi. pound, of Cinamom thre vnces, Nutmegs, ginger, pepper, of eche of them halfe an vnce, but let the quantity

The thirde booke

little of the pepper be greater than of the residue, take white honny, not clarified, three unces. Firſt make a round cyzcle with the ſaide ſlowze, in the middle where of, you ſhal put the Sugre, and vpon it a pound of Muſkt Roſe water, bray and breake well all theſe things with your handes, ſo longe, vntill you ſeele no moze Sugre. This done, you ſhall put in the ſaide ſpices, and than the honny, mixinge well all together with your hande. After this mengle it againe amonge the ſlowze, & kepe ſome of it to ſlower the tile or other thinges that you muſt bake it vpon. And when all is well broughte and made into paſt, you ſhall cut the little mozels in ſunder with youre handes, making eche of them three unces weight, or there aboute, than turne and make them in to the ſourme of a fylthe, dressinge them with youre inſtrument meete for the ſame purpoſe. When heate your ouen and laye them vpon little tiles of copper or earth, makinge firſt vpon the tiles a good thicke bed of flour, you muſt bake them the mouth of the ouen open, keepinge euermoze a fire at one of the ſides of the mouth of the ouen, ye muſt alſo touche them often times, to ſe if they be baked ynoughe, and whether they hange ſure, and holde together betwene youre fingers: You maye alſo bake them in the fire in ouens of copper covered, ſuche as tartes be made in, then when you haue taken them out you muſt gilt them.

¶ The ende of the thirde
booke.

THE
Secretes of the reuerende Master
Alexis of Piemount.

Fol. 67.

THE FORTH BOKE,

An odoriferous and precious water, wherwith a man may weate or bath anye linnen clothe, to wype or rubbe his face, which wil make the flesh white and wel coloured: and the more a man rubbeth his face with it, the fairer it is, and also continueth .vi. monethes: a thing experimented and proued. yea, and it for a queene.



Ake a pounce of roche
Alome, washed and burned,
Malmesey two glasses full,
paste of Borax .vi. ounces, white
Gomme dragant a pounce,
Gomme arabicke thre ounces,
stiepe al in the Malmesey, by the
space of two naturall dayes,
mynge it with two pottes of
Goates milke, and stoppe it well that it take no vent:
than take nine ounces of Sublimati^on, and set it to burne or
calcine in an vnyelded pottle, well closed by in a furnayse,
and two pounce of Ceruse of Alexandria, prepared in this maner. Lappe it by with the white of an
egge, in some linnen clothe, and boyle it in sweete lye,
vntill the thirde part be demynished: than mire all these
thinges well together. This dooen, take two pounce
of rawe white Honny, thre pound of Terebentyne of
Alexandria, thre glasses of stilled vinagre, Ginger stamped .vi. ounces: boyle all with the saied vngagre, vntyll
there be but two glassesfull left. Than take .iii. ounces
of fine Mirre elect, & put it vpon the saied thinges: after
this take two ounces of Istarge or white leade, of Alup
wel beaten into poulder, and boyle it in .iii. glasses full
of good vergeous or whyte wyne, vntyll the thirde
part

The fourth booke

part be diminished :than with a litle cane, rebe, oz stick, mire oz sturre well all the saied thinges together, in some vessell, the space of. vi. houres. Finallye, put into the same about fiftie snayles out of their shelles & made cleane, an vnce of Campher, a good fatte henne slawen and brokē into small pieces, without washing her, two Oranges withoute their pilles, kernelles, oz the lytle skinne within the pille. xii. Lemons ordered likewise, oz elles the iuyce of them, which will consume the saied snayles, and all wyll ware like paste. This dooen, take the white of. xrb. egges new lased, hard roste, with the whiche you must incozporate sire vnces of Synamom, and a certaine quantitie of sugre candy, and put all together in a violle into the bathe oz baine, and still it. The first water that shall come of it, will be white, the seconde yet whiter, which you shall receyue a parte by it selfe, and the thirde verie white. Then myngle the first with the laste, and distill it againe, and kepe it, soz it is good: yet not so good as the second, which is verie excellent aboue all thinges in the world, and that must serue soz the visage oz face. If you will dresse oz trimme handkerchers with it, as is aboue saied, take what handkerchers you will, so that they bee not very fine, & lay them in a platter, and powze vpon theym as muche water as wyll couer them, leauing them so the space of sire houres, than hauing taken them oute, and hanged them vp, in such sozt, that the water may droppe out of them into the same platter, ye shal let them so drie, then bathe oz washe them againe, as befoze, other vi. houres, drying them agayne, and so. vii. times. Than shal you haue an excellent thing.

To make a water that wyll make a whyte and pale persone well coloured.

TAke white Pigeons, and fatten them with Wyne: Appple kernelles, the space of. xrb. daies, and than kill them: and hauing cast away the head, the feete, and the guttes, with all the garbage, distill them in a linbecke with

With halfe a losse of Succarine Alom, thze hundred leaues of fine siluer plate, fiue hundred of golde foyle, and the cromme of. iiii. white loues stieped oꝝ weated in almonde milke, a pounde of the marye of a calse oꝝ ore, and freshe barrowes grease. Make all this to distil with a litle fier, & you shal haue therof a verie perfite water.

☞ *A verie good water to make the face appeare of the age of. xxv. yeares.*

Take a couple of calues feete, and seeth theym in xviii. pounde of riuer water, vntil halfe be consumed, then put to it a pounde of ryse, and lette it seeth with crommes of fine manchet bzeade stieped in milke, two pound of freshe butter, and white of. r. new laied egges, with their shelles & all: set those al thinges to distill, and into the water that shall come of it, put a litle Campher, and succarine Alom, and you shal haue an excellent and noble thing of it.

☞ *A water to beautifie the face, and all other partes of the bodye.*

Take of white Bozar twoo vnces, roch Alome an vnce, Campher twoo dragmes, Alome called in Latyne *Alumen scissile* oꝝ *plume*, whiche naturallye groweth like a stone, and not withstandinge maye be deuided, there bee longe strakes seene in it, and the Alome called *Alumen catinae*, because it is boyled in a caudjon, and is made moze pure by an herbe (like to herbe puye) burned into ashes and lye made therewith, of ech of these an vnce: beate ech of these to poulder by them selues: and than incoꝝpocate all well together, and put it in some greate vessell full of condite water, the which you shal couer and close by sure with a linnen cloth, and set it to the fier, the space of two houres, than take it awaye, and when it is colde agayne, putte it in another vessell, and take the white of two egges new layed the same day, and beate it well with a litle vergeous: and so put it in the vessell with water, and leaue all so together

The fourth booke

ther the space of .xx. dayes in the Sunne, and you shall haue a perfit thing of it.

☞ *A water to make the skinne white, and to take away the sunne burning.*

TAke halfe a potfull of raine water, and fill it vp with vergeous, than sceth it vntill it bee halfe consumed: and in the meane time that it yet boyleth, fill it with the iuyce of Lemons. When it hath sodden, take it from the fier, and putte to it the white of .iiii. egges newe layed, and well beaten, but the foresaid substances muste be colde befoze you put in the saied white of the egges: and than is it made.

☞ *Another water to beautifie the face, and to make it appeare of the age of fiftene yeres.*

TAke quicke Bizmstone an vnce, white ensence of the best .ii. unces, of Opyre two vnces, of fyne Ambergrise .vi. dragmes, beate eche of these drooges by them selues, and then mingle them altogether with a pounce of rose water. This doen, put them to distill, and kepe it in a vessel close stopped. And when you go to bedde, washe your face therewith, and leaue it so not wiping it: and in the morning washe it againe with well water luke warme, and by thys meane shall you mayntayne, and keepe the skynne verie delicate, fyne, and smoth.

☞ *An easye water for Ladies and gentil women.*

TAke the whyte of eyght newe layed egges, and beate them vntill they bee conuerted into a cleare water, then strayne them, and take *Alumen catinae* or *Desquamatum*, *Bozas*, *Campher*, *Alumen zuccharinum* which is made with Alome relented, Rose water and whites of egges into the facion of a Sugre lose, of eche of them an vnce, of Vinagre eyght unces, water of beane blossoms two vnces. Let all these saied thinges be finely stamped and beaten in a moztar, and than put all together

ther in a great violle of glasse, the whiche beyng well covered, you shall leaue in the sunne the space of fiftene dayes, syzringe the sayde water twice oz thise a daye, and so let it stande and rest. This done, put it in another violle, and washe your selfe with it whan you wilt, leauinge it so a certaine space vpon your face: and than rubbe it with a piece of scarlet. The lady oz gentlewoman that will vse often times to washe her face with this water, yea, were she of yeares thze scoze, she shall appere to be of the age of, xv. yeare.

To make a goodly lustre or beautifyng of the face, good for ladies and dames.

TAke a greate Lemmon, and make a hole in the toppe of him thozough the which hole you shall take out of the substance within the bignesse of a Walnutte: and fyll it agayne with Sugre Candye, with foure oz fiue goldfoyle leaues, and couer it agayne with the piece that you toke of, so winge it with a needle, so that it may remaine fast on. Than set the sayde lemon to roste vpon the coales, righte vp, and after as it shall beginne to roste oz boyle, tourne it often, vntill it hath sweat a good space, than take it of. And whan you will vse of it, putte one of your fingers into the hole that was solwed vp, and rubbe your face with it, with some fine linnen clothe, and it will proue an exquisite thinge.

To take out spottes, lentilles, or pimpels of the face.

TAke the meale oz flowze of a kind of pulse cozne called *Lupinum*, which groweth in Italy and Fraunce, but here vnneth knowen, the freshe and recente gall of a goate, the iuyce of a lemon, Alome sucharine, incorporate well all together in maner of an opunctmente: and rubbe at night the place with it where the spottes oz burgeons be, and you shalbe incontinent cured of them. This is well experimented and proued.

A very good way how to geue a lustre or shew to all distilled water.

S. i.

Take

The fourth booke

TAke litle greene pine Apples well mondified, cut them in litle rounde and flatte pierces: whiche you shall stiepe thre dayes in colwe milke, chaunging the milke oncc a day (but it were better in goates milk) at the ende of thze dayes distille them with these poulders folowing. Poulder of glasse foure vncces, pierces of redde cozall two vncces, Sugar Candy four vncces. roch Alome. i. vncc, quicke siluer mortified with spittle, an vncc and a halfe. ry new laide egges broken with their shelles and all, Turpentine washed in ix. waters, four vncces, Snailles such as carry no shelles on their backs and if you can not get such, take those that cary shelles. All these thinges well stamped eche one by him selfe, mingle them together, and than make in the Limbeck a rowe o2 bet de of them, than a bedde of the poulders, and one of Turpentine, and so another of the snayles, and thus one vpon another, vntill the Limbecke be ful, than cast vpon it a glassefull of good white wine, and make vnto it a temperat fyre. Thus shall you haue such a water as you wuld desyre, the which you shall kepe in a flagon of glasse: for it is very good to make white and to beautifie the flesh, and to take away the wzinkles of the face: A thinge poued,

To make a water of whyte Melons, that maketh a fair Sinne.

MAke white Melons well made cleane of theyr pilles, and cut them in pierces a syngar thick, leauing all the middes alone, than take these thinges folowing: Succharyne Alome four vncces, quicke syluer broken o2 mortified, an vncc, Roch Alom burned an vncc, Turpentine washed a pound. ry. new layde Egges stamped with shelles and all, white Snailles cut in pierces as many as you will, Sugar. iiii. vncces, with a glassefull of goates milke, and one of white wine: than fyll the Limbecke with the saied thinges, layeng rancke vpon ranck, as we haue said of the other water befoze. Giue it than a litle fire, and kepe the wa-
ter

fer in a vsole, whiche will be excellente to washe vour face with After this maner is made þ water of *Anguria* of the blossomes of beanes, of mallo wes, and of tye blomes of Tansy, oz wild vine, & other such like things.

To make a very good water of Gourdes, as well garden Gourdes as wilde.

TAke Gourdes, and plucke of their bitter pille oz barke, cut them into little round wheeles, than put to them sixe vnces of succarine Alome, an vnce of Alom *sciffila* oz *p'uma*, the value of a peny of Myrre, halfe a pounce of Turpentine washed, foure newe laide egges stamped and well beaten together, sixe Lemons cut in trenches, Snayles as many as you will, a glasse of white wine. Beate into poulder that whiche ought to be beaten, and mixe well all together, makinge the first ranke of Sugar, the seconde of poulder, and the thirde of Snayles: than put the wine, the Lemons, and the egges vpon all the reste, and so distill it with a small fire: and the water that commeth of it must be kept. viii. oz. xv. dayes in the sunne in a vbiol. A man may make the lyke also of Gourdes that growe nigh vnto the sea.

In oyntment for the face which e beinge kepte on, or vsed continually the space of eighre dayes, altereth the skinne and reneweth it finely.

TAke four newe laide egges, and lay them eyghte dayes together in stronge Vinaigre, so that they become tender and soft, that you may take of the shelles. After this take oute the yelkes finelye that you bryake them not, and put them in an earthen dish leaded This done, take the value of a peny of white Turpentine well washed, the value of a halfe peny of sugre Candy, and twice as muche of the paste of Bozar, Campher, Verdegrise, Roche Alome, of eche of them sixe deniers. All these thinges well beaten to poulder, take. ii. quarters of quick silver mortified wth spettle, oz the iuyce

The fourth booke

of lemons, oyle of wine lees called *Tartarum*. iiii. vncces, a white onyon, which you shall boyle in white wine, & straine thozowe a strainer, and mingle al this with the yelkes of the egges, incozpozatinge, and beatinge all well together, with the iuyce of two lemons. And at night whan you goe to bed, laye the sayde composition vpon your face, necke, and bzeaste, lettinge it so dze of it selfe. Nowe, you must styze it well at euery time you will occupie it, and you maye not take it to some from your face, soz than you shall marre the skinne: but you must let it lie on the space of eight dayes. And although you would thinke the sayed composition burned o2 flawed of the skinne of your face, you may not soz all that take it of, but let it woze his operation, and at the ende of eight dayes take it of in this maner folowing. Take wheate bran, malloies, leaues of Marche violettes, Beane poddes, crommes of bzeade, and a good quantitie of rawe honny, and boyle al these thinges together, vntill it be all soft, than polze it in to some potte, and let it coole vntill suche tyme as you maye endure the smoke therof, holdinge youre face ouer the potte. Also couer well your headz, your bzeaste, and other places, where you haue laide the saide past, and holde your face so ouer the smoke of the pot vntill the sweate dzoze down by al your face. And whā you perceiue your self to sweate take a litle of the said water, & put crommes of bzead in to it, and whan you haue well swete, take of the bzeade crommes, & rubbe with them al about wher the composition is laide: soz there the skin wil be very tender, and therfoze must you rubbe hard, vntill your face be cleane of the said past, o2 composition, than immediatly washe your face with cleane water, and wipe it dze again. After this, you must take some distilled water, wherein is no stronge substaunce, and bath your face with all fize o2 six times. If in case there remaine behind anye of the saide past in any place of your body, rubbe it well with the said crommes of bzead, o2 some linen cloth, wete o2 dizeped in such distilled water, and you shall incontinent see

see that that skinne which was rough, thicke, and rude, shalbe chaunged and altered into a fine, faire, and delicate skynne. But beware that in eyght daies after you go not abroade in the open aire, or to nygh the fyre, lest the new fyne, tender, and delicate skynne, shoulde be burned, or take anye hurte. This is a goodly secrete.

☞ For him that hath naturally a redde face.

Take foure vnces of the kernelles of peches, two vnces of gourdes seedes, and make therof an oyle, wherwith you shall anoynt his face morning and evening, and this will kil and destroy the rednesse. A thing founde trew by experience.

☞ To make aqua argentata or siluered water, which maketh a white ruddie and glisring face and is made like a water and not like an oymtent that the dames of Italy for the most part do vse, althoughbe that fewe men make it as it ought to be made.

Take. iij. vnces of Sublimatum, and bzeak it in sonder in a moztter, syzringe it alwaies with one hande. When it is broken ynough, take. iiii. deniers of quicke siluer, and put it in stronge white vinagre the space of viii. daies, than put it in another vessell with other vinagre, and boyle it a litle. This doen, take the quicke syluer out of the vinagre, and lay it in a dishe, taking the crome of a lose, which you shall crome with the sayed quicke siluer, syzring wel altogether, vntill the quicke siluer be faire and cleare, than blow in it, and the bzead will flie away: than shall you put this quicke siluer, so purged, with the sublimat, in mixing and syzrynge it wel with one hand, & so it wil become white as snowe: than take hote boylinge water, and powze it into the sayed moztter, which must also be hote, and syzre it well and mire all together, and so let it stand and rest. After this take diligently the water away, which wil be very good for scabbes, or skurfe: & powze to it other sethinge water, & washe it well, as befoze, foure or fiue tymes.

S. iii.

This

The fourth booke

This dooen, take. xii. oz. xv. Perles, and a Carlyn oz twoo of golde broken in sonder, oz elles a lytle Campher, a lytle Bozas, a lytle Talchum, if you haue any. All these thinges shall you breake and bruse in 'under, with one hande in a moxter, and so leaue it fourtye daies in the Sunne, sturring it euery daye with youre hande the space of halfe an houre. After tye saied fourtie daies take foure newe layed egges, the whiche beinge a lytle heated by the fier: you shall bryake: and haryng taken the whites of them, you shall put them into the saied moxter, mingling well all together, and so shall you dooe this water folowing. Take litle ripe Lemons, and take of the outwarde yelowe pille, than cut them in small pieces, wyth. xii. newe layed egges, beartyng the yelke, the white, and the shelles together, than adding to it twoo vneces of Turpentyne, you shall put al into a Limbecke, making to it a litle fier, wherof you shall haue about a glassful of water, with the which water you shall temper your siluered water in the moxter: than kepe it in a vialle close stopped, in a cole place: And so it will bee an excellent thinge, and it were to geue a queene. And when you wyll occupie of it, lette your face fyrst bee cleane, and than laie to the saied water, as muche as you shall by youre discretion, thynke sufficient, lettynge it drie of it selfe.

To make an oyntment for the face.



Take thzee vneces of the fatte caule of a fatte lambe, the whiche you shall put into freshe water, chaunging it euery daye fiftie times, seven oz eyghte daies together, then cut it very small, put it in an earthen panne leaded, full of whyte cleare Vinagre, with a dragme of Campher stamped. Boyle this together by the space of twoo oz thze Water nosker, and after strayne the grease with the foresaied thinges, thozowe a whyte linnen clothe, than lette the grease coole, vntill it bee harde agayne: and if there bee anye ordure oz sylthe at the botome,

some, you muste take it a way. After this take two vn-
ces of the oyle of Tartare, and put it in some becell vp-
on the coales, vntill it come together: and hauing set it
in a moyste place by the space of a daye and a night, put
to it an vnce of Boxar well washed, than stampe and
mire all well together, adding to it an vnce, and a halfe
of Ceruse washed, and hauing put all in a new ear-
then panne leaded, set it on a small fier, styring it al-
waies well together, vntyl all the saied thinges be wel
incozpozated together: and after that you haue layed it
vpon your face, laye on also a redde coloure made wyth
the grayne whereof Scarlate is died, called in Latyne
Coccum, and wyth Bassel, soz it shalbe better than with
Baspil alone.

To make a redde colour for the face.

TAke redde Sandall synely stamped, and strong vln-
agre twyse distylled, than put into it as much San-
dall as you wyll, and let it boyle faire and softly, & put
to it also a lytle roche Alom stamped, and you shal haue
a very perfite redde. If you wyll make it odoziferous
and sauour well, put a lytle Muske to it, or els Ciuet, or
some other odoziferous thing what you lyst.

To make the face fayre.

TAke Beanes and a kynde of a litle grayne called in
Latyne *Fascoli*, and Cyche peason, and make a poul-
der thereof, which you shall stiepe and temper in luke
warne water, with the white of an egge, and the milk
of an asse: and than lay it out to drye. And after stiepe
it in a lytle water, wherewith you shall washe youre
face, and it wyll become fayer, cleare, and nete.

To make the face faire another waye.

TAke the freshe blossomes of Beanes, and distyll
them thozowe a Limbecke, and so washe youre
face with the water that shall come of them.

The fourth booke

To make the face fayre.

TAke the flowres of Rosemary, and boyle them in white wine, than washe youre face with it, and vse of it soz to drinke and so shall you make youre face verie faire, and also your bzeath sweete.

To take out spottes or redde pimples out of a mans face and to make the skinne very faire.

TAke a litle roche Alome, and bzeake it a sonder into small pieces, than take the white of an egge newly layed euen at that instant, the whiche you shall set to the fyze in a lytle panne leaded, with the roche Alome, and leaue it so vntyl you see that it beginneth to boyle, mingle it alwaies with a lytle sticke. And when it is waren hard, annoynt well al your face with it thzee or foure daies, and it wil make your face fairer. A thinge sounde trew by experiance.

To make a water that maketh the face white.

TAke Aytarge, Syluer sublymed the value of a grote, and put it into some vessel w strong white vinagre, than boyle it vntyll it bee deminished the heyght of two syngers: lette it stande and rest, than straine it and kepe it. Also milke and the iuyce of Oxen ges mixed with the oyle of wyne lees is verie good.

Anotber maner to make the face fayre.

TAke the gall of a Hare, of a Cocke or Henne, and of Celes, temper them with Honnye, and putte them so into a vessell of bzaise well stopped, soz to annoynt your face with whan you lyffe, but take heede it touche not your eyes: soz it would inflame them and make them looke redde, and so hurt you.

To take of spottes lyntelles or redde pyples out of the face.

TAke greene Lisardes quicke, and boile them in oyle vntyll the thyzde parte bee consumed. Strayne thys,

this, and put to it white waxe, and than make thereof an oyntment, wherwith you shall often times annoint your face.

To take of a ringe worme or tetter that rennetb all ouer a mannes face, called in Frencbe Le feu volant.

Take the rootes of *Lapathum acutum*, called Sozell as wel wyld, as of the garden, wash them wel and mondifie them, and cutte them in small pieces, the whiche you shall steepe in strong whyte vynagre, and leaue them in it two dayes & two nights. Afterwarde rubbe the place of the soze with it thre or foure times a day, and at night with the sayd pieces of the sozell rotes, letting them steepe alwaies after in the sayde vynagre, and you shall be cured.

To dryue a way life.

Take encens, and the larde of a barrowe Hogge. properly called barrowes grease, Woyle them together in an earthen panne or potte leaded, and with this ointment rubbe or annoynte the place where the life be.

To make a water that taketh of all stayninge, dying, and spottes from the bandes of artificers that gette them by workinge, and maketh them very white and fayre: It is also good for them that be sunne burned.

Take the iuyce of a Lemon, with a litle baye salte, and washe your handes with it, and let them drye of them selues: washe them agayne, and you shall finde all the spottes and stayninges gone. It is also very good against the scurfe or scabbes.

To make a water that maketh the fleshe and skinne of a man or woman very fayer, and will be kept like a precious baulme.

Take a ponge croweuen out of the nest, if you maye get one so: if not, take him as ponge as you maye:

L. i.

to

The thirde booke

to whome (by the space of .xl. dayes) ye shall geue none other meate, but the yelkes of harde egges. Than kyll him, and flawe him, breakinge the flesh into smal pieces: than take leaues of a myrtle tree, and lay one ranck of them, and another of the little pieces of the crowe, in some great bioll of glasse, powdered and strowed ouer with the poulder of *Talchum*, stamped with the oyle of swete Almondes, and put in as much of it as your discretion shall iudge, for a great quantitie will do no hurt to it. And if there remayne yet anye pieces of the sayde crowe, make therof another ranck, adding therto some myrtle leaues, and than of the *Talchum*, and the sayde glasse must be large, wyde, and lowe. Finally you shall poure vpon it thre or foure vnces of the oyle of Myrthe, dressed with egges, as is declared in this booke. Than set the saied bioll or glasse vnder the Limbeck, stopping well the sides and ioyntes, that it take no vent, and like wise the recipient: and geue it at the beginning a small fyre for the space of foure or fiue houres, so that al these thinges may be dissolued, and as it were, breake, and corrupt amonge them selues: than make the fyre greater and greater, and at the ende very great for the space of an hour, letting it after cole. And if the fire haue ben great ynough, the water will be yelow, and somewhat redde, the whiche water you shall put into another lyke glasse, great, according to the quantitie of the saied water putting to it half a pound of rosemary blossoms, halfe a glassefull of Aqua vite, setting al to distill agayne wth the limbeck, and recipient as befoze: you must put in the recipient, or at the beke of the limbeck, some fine litle cloth, wherein must be white Wengewin stamped betwene. If papers as wel as you can. Than this water shall be distilled, it will be very cleare & sayre, which you shall kepe in a biol, wel stopped with waxe, and cered cloth, to the ende it take no vent, and you may neither kepe it in the sunne, nor in any hote place. This will be a noble and precious water, whiche hath not the like in the worlde for to make the skin sayre, and to p^reserue it. The maⁿner

ner how to vse it is this. Fyyste, you must washe youre face well with cleare water distilled, and than rub well both face, bzeast, and other places of youre body where you list, with a piece of scarlet weted in the sayd water, and lye downe vpon your bedde, holding a litle while, the piece of wet scarlet vpon your face, and thus maye you do euery, viii. or euery. xv. daies once, or elles euery moneth, or euery two moneths. In the mean time you may vse some other water, as the water of Beane blossomes, of gourdes, of melons, of onyons, of white flour delice, of the roote of the herbe called in latin *Dracontium*, or moze comonly *Serpentaria*, in englische dragons, and of other like: but you must take hede that you put in it no subline, nor Ceruse in any wise. Thus shal you haue a water of a merueilleous vertu, to make your skinne and fleshe saye and naturall, and to conserue and keepe it longe ponge, gaye, freshe, and nete.

A verye goodlie water to washe the face, necke, and the breast, whereof a man maye make a greate quantitie, for the more there is of it, the better it is: It maketh the skinne and fleshe of the face fayer, not burtinge or destroyinge the teeth, and shall seme that the face is not thinge at all holpen with any coloure, but that it is euen so by nature.

TAke two fatte Pigeons, two pounce of Meale, seedes of Spurge, pilled thre vnces of Pine apple kernelles, sweete Almondcs, bytter Almondcs, the rootcs of white and yelowe flour delice, Beanes broken in piieces and mondified, the gall of an Ore, the roote of Dragons, the roote of a litle ponge Ashe, or comon *Diptum*, a litle lemon the yelow pill taken away, & cut in piieces, the cromme of a white lose wet in milke gomme dragant stieped in wine, gomme Armoniac stieped in Ainaigre, and let there be of all these thingcs a reasonable quantitie. Than put therevnto floures or blossoms of *Ligustrum*, which is a tre hauing leaucs like an oliue tre, but they be bzoder and softer, & moze grene

The fourth booke

of colour, whiche doth beare white flowers and swete. wherof is made an oyle called *Oleum ciprinum*. And this tree doth growe in watric places, as Willowes and salowes do, and beareth a blacke fruite like vnto an elder tree, and distil all these with a small fyze, hauing bound or tied a litle linen cloth with Musk, and white Wenge wyne, at the becke of the Limbecke: than kepe the water in a glasse well stopped, for it will be very excellent to make a white and naturall skinne or fleshe, without hurtinge the teeth or any other thinge.

To make a very excellent redde colour for the face, whiche is naturall, and continaeth longe vpon the face, makinge it alwayes gayer and fairer.

TAke the whites of.rrv. harde Egges, and put a glassefull of the mylke of greene figges among them, if you can get none of it, take lytle figges that be not ripe, and cutte them in smal pieces, whiche you shall mingle with the sayd egges: and than distill them, and the water that shall come thereof, maketh of it selfe the fleshe white: but if you will make it redde, take for euery glassefull of the sayd water, two vnces of Alome *Scissile* or *plumæ*, beaten in poulder, half an vnce of the grayne called in latine *Coccum*, wherwith scarlet is died, and two vnces of the graynes that men vse to die Crimson silke with. Let all this be putte in a vialle well stopped, that it take no vent, then set the vialle in a kettle of hote water (not boylinge hote) by the space of eyght dayes. This done, straine oute well the substance of the sayde coloures, and take the water so coloured and died: and putte to it as muche more of the same Alome, and graynes as befoze, and set it agayne altogether in hote water, by the space of eyght dayes: than strayne oute the water, and adde to it the thyrde time some Alom, and graines, with a litle gomme Arabick, that is to say, for euery glassefull of water, half an vnce of gomme, setting it agayne in hote water eyght dayes

dayes, as befoze: and after you haue taken it oute, strayne it, and you shall haue the fairest redde, that is possible to wishe foꝛ. Than weate some lytle piece of Scarlate oꝛ Crymson sylke in it, and rubbe youre face therewith so longe vntill the fleshe beginne to waxe somewhat chafed, and the redde well perced thozow. You maye also adde to it what odoure oꝛ sauoure you will. And if you will not set the violle in hote water, as is aforesaid, set it befoze a lytle fyze, not sufferynge it to seeth, and that foꝛ the space of a daye oꝛ moꝛe: than strayne it, and you shall see all thinges come to passe, as I haue saicd.

Another kinde of redde verye good for the face, easier to make, and with lesse coste.

TAke twoo unces of fishe glewe verte cleare, and steepe it in white wine, the space of fyue oꝛ syxe dayes, vntill it bee verye softe: than take Bzassell that is good and of a good colour, well scraped oꝛ cut in small pieces, than steepe it in well water, so that the water bee aboue it moꝛe than a hande bzeadeth, and a halfe, this dooen, boyle it together with a small fyze, assaiynge euermoze the colour vpon a paper, vntyll it be to your fantasie. And befoze you take it from the fyze, put to it, foꝛ eueꝛy glassefull of the saied colour, an vnce of rawe roche Alome beaten in poulder, and Gomme arabicke, as muche as thzee oꝛ foure beanes. Than take it frome the fyze, and keepe it in a violle close stopped: & so shall you haue an exquisite thing. Women of base degree, are wont to seeth onely the Bzassell in wyne oꝛ water, putting to it a litle roche Alome, and Gomme, letting it boyle vntill the colour be to their mynde.

Other take redde Sandall oꝛ Saunders, the whiche they put in wine, oꝛ at the least in Aqua vite, and not boyle it at all, but keepe it so the space of a night. Thant in tourninge the water, they put moꝛe Sandall to it, and a lytle moꝛe Alome, accoꝛdyng as they lyke the coloure.

The fourth booke

¶ An excellent white about all other,

Take brayed *Calchum*, and burned tinne beaten in to poulder with a wodden pestell, than washe them and mingle them together, and put them in some manner of platter, or other great and large vessell, covered with suche another, and so set it in a glassemakers furnace, the space of thzee or foure dayes. And hauing taken it out, it will bee as white as snowe. Than braye it finely with the water of yonge fygges, or with the milke of greene fygges, or with distilled vynagre, or some other suche sharpe and clammy thyng.

¶ To make beare as yelow as golde.

Take the rync or the scrappinges of *Rubarbe*, & stepe it in white wyne, or in cleare lye: and after you haue washed your head with it, you shall weate your beares with a sponge or some other cloth, and lette them drye by the fyre, or in the Sunne: After this weate them and drye them agayne: for the oftener you dooe it, the fairer they wyll bee, without hurting your head anye thyng at all.

¶ To make lye to washe the head, whiche (besyde that it comforth the braine, and the memorie) maketh the beare long, faire, and yelow, like golde.

Take lye that is not to strong, but as women commonly make it to wassh their heades: and make as muche of it in a kettle, as wyll serue you ten washinges, putting to it this folowing. The pilles of ten *Ozenges*, or of sweete Lemons, if you haue anye, yf not take so wyse ones, the pilles of *Cytrons*, as manye as you can gette, bee they greene or drie it is all one, the blossoms of *Camomell*, Baye leaues, a handfull of the herbe called *Waldenheare*, halfe a handfull of *Agri-moyne*, twoo or thzee handefulles of *Barley strawe*, chopped in pieces, halfe a dishfull of a kynde of pulse cozne, called in *Latyne* *Lupinus* and in *French* *Lupinus*,
hauyng

having one stalk, the leafe in fyue deuisions, the cod
creanesyd aboute, haupnge in it fyue or fyre graynes,
harde, broade, and redde, they bee commonlye in
Fraunce and in Italye, but here in Englande vnneth
knowen, and therefore they haue no Englishe name:
they must bee dried, a dishfull of Fennygreeke, halfe
a pounce of wine lies, or two or thre dishfulles of
Brome blossomes, whereof it is good alwayes to haue
some drie in your house to make suche thinges withal.
But all this that I haue named in a great vessel with
the saied lie, leauing it alwayes so, to take thereof and
occupie when you will. And the lenger the saied lyc
shall be compoude with the foresaied thinges, the bet-
ter it will bee. The saied composition will bee good for
fyue or fyre monethes or moore: and you maye renewe
it at your pleasure. But when you wyll put it in vse,
take it handsomely and cleauncly by, without touching
in any wise the saied dooges put in it: and in heatinge
it agayne you maye put in it a lytle Myre and a lytle
Synamom: and thus shall you make it verye good, as
well for the health of the head, and eyesyghte, as for to
beautifie and make the heare faire.

Lye to make heare blacke.

TAke Gomme lye, and boyle it with a handfull
of the leaues of Beete, thre or foure handfuls
of Sage leaues, eyther greene or drie, and as
muche Myre as you wyll, with Baye leaues,
and a fewe leaues or outwarde pille of a Walnut. But
when you wyll vse of those lyes that make yelowre or
blacke, rubbe not youre face, or youre necke with it,
least they become blacke, or yelowre, although they dye
not the skinne so soone as they dose the heare. And af-
ter hauing thus washed youre heare, you muste washe
your face with common lye, or cleare water, or elles
with white wine.

The fourth booke

☞ An oyle for to annoynt the beare, which maketh it yelowē lyke golde, long and glystryng lyke burnysheā golde.



Take a glassefull of the oyle of *Sesamum*, whiche is a white graine growynge in *India*, whereof oyle is made, whiche is called *oleum Sesaminum*, if you can get of it, if not, take oyle *Olyue* not greene, but verye yelowē, and cleare, wherevnto you shall put thyes vnces of drie brome blossomes, well mundified, from the verdure and greenesse that is in them, and from the white that you shal find wythin: than stampe them so grosely, adding thervnto an vnce of the yelowē that is in the middle of white flouzedellces, and a quarter of an vnce of *Curcuma*, and the sirte part of an vnce of *Saffron*, w a litle *Synamom*, *Wenge* wine, *Muske*, and *Cinet*, if you wyll. All these thinges will giue a good sauour, helpe the colour and comfort the head: you must put all together into one vessell of violle, wherein muste bee oyle, which you shall kepe in the Sunne all the Sommer, and so take of it at euery time, a litle for your face, and the older it waxeth, the better it will bee. Also you maye at the ende, putte the oyle agayne vpon the saied drooges, into the vessell, for they will continue still good together manye yeres: or elles you maye chaunge those substaunces, accoꝝdynge as you see neede. It shall bee also verye good to annoynt with this oyle the kombe that women kembe them selues with, in the Sunne: or elles laye some linnen cloth hote vpon their head, and let it so lye, without putting any other thing to it. This is a thing verye rare and excellent for a queene: for to dooe thus there can not bee founde a better.

☞ A very goodly way or maner howe to make yelowē aberne beare, without standinge long or nothing at all in the Sunne, a rare and a verie excellent secreete.

Take

Take halfe a pounce of *Antimonium*, halfe a pounce of wine leese, nine vnces of salt Peter, al these thinges beinge finely bꝛayed and incoꝛpored, take an earthen pot or panne, and put it in the middle of a fire, that the fire maye be both aboue it and vnderneath it, vntill it be redde hote: than caste in the sayde poulders, by litle and litle with a sponne, farryinge a litle space betwene euery sponnefull castinge in, vntill the fyrst be all burned, and continue so castinge in one sponnefull after another, vntill all be in. But this muste be doone in a chymney, or in an open place, because there wyll ryse furthe aboundaunce of smoke that it is not possible for you to endure it, than haueinge letten it coole, bꝛeake the sayde panne, and in the bottome you shall fynde as it were a maner of a thicke cake or bꝛowne lofe. Than bꝛeake the sayde matter and substaunce in dyuers pieces vpon the grounde, or in some cleane place, and you shall fynde in the middle, certayne litle graynes like vnto fine siluer: but they be byttle and easy to be bꝛoken. And this is it that the searchers oute of the secretes of nature do call the kinge or chiefe of *Antimonium*, whiche in operation belongynge to metall serueth for many thinges, as we will after declare. But this will not serue any thyng at all for to make heare white notwithstandinge you muste kepe it by it selfe. Than take the reste, and the blacke substaunce and yellowe, and all that you fynde in the bottome, and on the sides of the sayde panne. All the which thinges (because they wyll incontinent ware moyst) you shall stampe grossely and quicklye, addinge to it for euery pounce, an vnce of *Vitrioli*, rubified or made redde, as we wyll shewe you hereafter. This doone, putte all these thinges together in lyc, not to stronge, and lette it stiepe vntill it become as it were a saulce, putting to it, two vnces of the oyle of yelkes of Egges, yf you haue anye, if not, take Dyle Olyue. Nowe, you muste keepe this licoure thicke as it is, in some vessell, vntill it be harde, and you shall fynde it alwaies good. When you wyll put

The fourth booke

it in effect, take common lie, and put into it two or thre ounces of rawe Roche Alome stamped, and washe your heade with it as you are wont to dooe. And after you haue washed it, without dryinge it anye other wise than of it selfe, annointe all your heare with the saied lycoure heated, and beinge thus annoynted, wrappe them in a hote linnen clothe, resting your selfe a while. This doen, you shall take of the saied annoyntynge, washynge your heade with hote lye, vsinge and dresynge the Scaple as you shall thinke good. And finallye washe your heade and heare againe with a little warme white wine, and wrappe them with a hote linnen clothe, or drie them in the Sunne, or by the fire, as you will, and laste of all you shall annointe your selfe with our saied oyle, or with the Oyle of Iasemin, or some other odouriferous and swete Oyle, which may conserue the heares that they break not, and may geue them a lustre to make them glister and shine, vsing this maner of annoyntinge euerye .xv. dayes, or euerye moneth, as you like your selfe. By this meane you shall haue fairer heare and glisteringe like golde. But remember to vse in al thinges a discretion, and diligence, at the fyrste whan you vse any receypte, as for an example in this confection, you muste take heede that the lie be not to stronge, leaste with the saied oynctment (whiche I tell you is very stronge) it eate and consume your heare. Also you muste well consider the quantitie, and howe longe it muste lye on your heade, before you washe it a wate, as is declared: and soo, accordinge to the experience that you shall haue in the effecte, you shall vse and gouerne your selfe in all thinges, for there is no rule so certaine, but leaueth alwaies some place for the discretion, diligence, and Judgemente of the personne that will followe it, and putte it in vse or effecte.

An oynctment to make the beares fall from anye place of the body.

Take

Take the whites of three newe laid egges well beaten, eight vnces of quick lime, an vnce of expiment, and the whole beinge beaten in powder, let it be put among the whites of the egges and adde to it after a litle lie, so much that it may make it a licour thicke like saulce. Than with a pensill or some other thinge, annoint the place frome the whiche you will haue the heares fall, and leaue the oinment so vpon it the space of a quarter of an houre, or a little more, than washe the place with warme water, and all the heare will fall of, or if not, you muste annointe it againe, and hauinge staid a while, washe it as before, and the heares will fall of without doubt. Finallie you muste annoint the saied place with oyle Roset, or with the oyle of Violettes, and the skinne will remayne very faier, and without hurt.

An oyle or licoure to make the beare fall of, and may be kepte as long as a manne wyll: It is also good for all occasions.

Take an vnce of Soda (whiche is assthes made of grasse, whereof glassemakers doo vse to make their Cristall) ten vnces of quicke lime cyghte vnces of Expimente, and make thereof a fine powder, whiche you shall putte in a panne, with as muche sweete and cleere lie as will be aboue the powder a handefull: than boyle it together a good houre, and after hauinge lette it stande by the space of xiiii. houres, you muste straine it, and take three vnces of it, and put therto an vnce of oyle Olive, and let it boile together vntill the water be consumed and vanished a waie, which you shal knowe, castinge a droppe or two into the fire, with a little sicke, and if it make no noise, it is a signe there is no more water lefte. If you will make it odoriferous & swete, put to it Muske, or Ciuet, & so kepe it: and whan you wil make the heares to fal of, wash first the place wel with hote water, thā annoint it wth the saied oyle, and leaue it so a certaine space

The fourth booke

and than walſhe it againe with hote water, and all the beare will fall away Finallye annointe the place with oyle Roſet, or violet oyle.

An aduertisement or leſſon for them that will make the beare fall of.

Fyrſte, you muſte note that the beare will not fall away, but whan the mone decreaſeth, that is to ſay, in the quarter of the wane, and it is far better to make them fall of with the oinctmente, or with oyle, than to plucke them out with a payze of pincers, as ſome gentle women do vſe in Fraunce, becauſe it doth violence vnto the fleſh, moueth the bloud, and enlargeth the pores, and alſo maketh the beare to growe againe greater. Therefore in all ſortes it is good to annoint by and by the place with ſome coolinge or refreshing oyle, as oyle roſet, or of Violettes. Likewise, you muſte vnderſtande that oftentimes the oinctment beinge mixed with Oypiment, burneth the ſkinne, and that cometh by the naughty or to ſtronge composition of it, or whan a man letteth it dye to longe vpon the place, or without ſpake walſhing the place with hote water, or whan a man annoincteth not the place by and by after the beares be fallen, as we haue ſayde befoze.

To cauſe that the beare ſhall growe no more or to make them come out thynne and fyne lyke the fyrſt ſoft beare or moſynes of the face.



An can ſcant fynd a remedy that the beare growe no more, becauſe that manye whan they will do it, they make certayne oyntementes very colde and dye, wherwith they annoincte the place a good while, not doinge any good at al, by reaſon of the power of nature, which hath alwayes his courſe, and caſteth oute her ſuperfluities, with the beare. Therefore they burne the ſkin and do but marre it, wherfoze you muſt note that they muſt make them fall of in the laſte quarter of the wane of the

the Moone, and then incontinent annoynte the place with oyle rosat, oz of Violettes: this dooen, the heare groweth agayne weaker, softer, and finer: and slacketh at euery time mooze and mooze in coming forth.

But if you will that it neuer growe moze, vse these remedies folowinge, whiche are very good, and certaine by experience. Take the litle stones of Olives burned, the outwarde coddess of beanes, dried, the scede of Henbane, Vitarge of golde and siluer, the shelles of fishes called in Latyne *Tellme*, burned, and the iuyce of blacke Poppy, as much of the one as of the other, and halfe as much Oypment as of one of those thinges. All this being beaten to poulder, boyle it in as muche oyle Olue rosat, as will couer them sixe fingers heygth, & syringe it continually by the space of twoo oz thre houres: than let it coole, and straine the saied oyle, and so keepe it, putting to it the fourth part of the oyle of Selandync. And when the heares bec fallen, take a litle linnen cloth, wette in the saied oyle luke warme, and lay it vpon the saied place, leauinge it so dounde on all a nyght. In the morning take of the linnen cloth, and annoynt the place with oyle rosate: and at night lay the linnen cloth on againe wetted as befoze: and this do. vi. oz. vii. nightes, but let it be in the wane of the Moone. And yf you perceyue that the heares grow agayne, make them fall away agayne at the nerte wane of the Moone, doying in al poyntes as befoze: you shall not oft doe it, but you shal make that the heares shall nener grow moze.

To make a kinde of cloth or plaister to take the beare from the face, necke, and bandes, or from anye parte of the bodye.

Take twoo vnces of Turpentyne, halfe an vnce of white ware broken small, oz somewhat mooze oz lesse, accoordinge as neede shall require, Bengewyne, *Storax calamita*, at poure discretion. Fyyste melte the ware a lyttle, wyth a lyttle fier, and than the Bengewyne and *Storax*: after this, put in the Turpentyne

The fourth booke

fyne, adding to it a lytle Ceruse well byayed, and settinge it to the fyze, putte in to it a lytle Masticke, and make thereof a mirion neither to thicke nor to cleare or thinne. Than take a piece of linnen clothe of what bygnesse you will, and lay it abrode vpon a table, spreading afterwarde the saied composition vpon it with a spone, or some other thinge, as it were in maner of a plaister, than let it coole, and keepe it so the one vpon the other open, without folding vp the linnen clothe, for when the saied mirion is colde, it is harde. If you will putte it in pzoofe and occupie, dooe as foloweth. At night when you gooe to bedde, washe your face and necke with luke warme water, rubbinge it well with a linnen cloth, or with your hand: and when it is drie or when you haue wiped it, take a piece of the saied plaister, or cyzed clothe, and heate it by the fyze, vntill the saied mirion bee liquide and softe, then immediately binde it vpon youre face, or vpon the place, from whence you woulde haue the heare to falle, and presse it harde on, leaninge it so all night. In the morninge go to youre lookinge glasse, and pluckyng of one ende of the saied linnen clothe, you shall plucke awaye with it all the heare of your face, and so shall you leaue a very faire skinne. And if in case there remain yet any of the saied mirion vpon the fleshe, washe it with hote water, and with wheate branne, rubbinge it so longe with some piece of linnen cloth, tyl you make it fall of, than washe your face with Aqua vite, or white wine, or with some other distilled water, being not to strong, but let it be of Helons, or gourdes, or of such other like and vse afterwarde waters meete for the face, as you lyst, and thus shall you kepe and maintayne youre face as cleare as glasse.

¶ A meruelous secrete, whiche the greate lordes of the Moores dooe vse, whereby they make that theyr children haue no heare vnder their armes, or other place where they wyll. And this secrete founde

*In Syria, the yeare 1521. by the meanes of a lorde
of the countrey, whose daughter I healed.*

Whosoone as the child is borne, they make ready by
and by a peece of fine golde, or a Ducat, or els a
rynge, or some like thinge, and kepe it in the fyre
vntill it be redde hote, not meltyng it, than they
carry it with a payer of tonges & laye it vpon the place,
where they will no heare shall grow, and immediatlic
annoynte it with oyle Rosat, or the oyle of Violettes:
than after. viiij. houres, they do the like agayn, and by
this meanes there groweth neuer heare in that place.
I haue often times made the heare fall from yong gen-
til womens browes and foreheades with this medecine
and they haue founde it wonderfull: but the golde must
be very fine, which suffereth no token, marke or skarre
to remaine wher the burning was, as other metals do.
I haue kept this secret hidden a longe time, & although
that diuers times, men would haue giuen me greate
giftes, yet I would not publish it a broade, vntill now
that I haue doone it, in this present booke.

*To make a kinde of cloth, called cloth of Leuant wher
with women vse to colour their faces.*

Make the shearynge of skarlate, and boyle it
in water, where quicke Lyme hath bene
boyled: and after you haue boyled it a good
space, you shall straine it, and take a pot-
ful of it, and put into it two vnces of Bra-
sill, cutte in litle peeces, addyng to it an vnce of Roche
alume, and as muche of Verdigreese, and a quarter of
an vnce of gumme Arabicks: and after you haue well
boiled it, the space of halfe an houre, take a peece of olde
linnen clothe, of what bignesse you wil, and wete it in
this decoction, or red colour, than couer the pan, and let
the saied mixtion coole, by the space of a day & after you
haue taken it oute, dye it in the shadowe, and keepe it

The fourth booke

in some vessell, among odoziferous and soote thinges,
soz to helpe you.

¶ The same another waye.

TAke a glassefull of Aqua vite, a quarter of an
vnce of the graine that I spake of befoze called
Coccum, halfe an vnce of Bzassyl, halfe an vnce of
gomme armoniacke, put all these thinges toge-
ther, in the glasse where the Aqua vite is, than stoppe
it close, soz feare it take vent, and the sayed glasse muste
bee full. After this sette it vpon a smart fier, makinge it
seeth faire and softlpe, o2 elles sette it in the Sunne, by
the space of twoo o2 thzee daies. This doen, strayne it,
and put in it pieces of olde linnen cloutes, as we haue
saied befoze. If you thinke, in strayninge this water,
that the colour is not redde, to your minde, you maye
put in mooze of the saied grayne and bzassell.

*¶ To dye a whyte bearde or beare of the beade into
to a faire blacke.*

TAke good galles of Leuant, o2 suche lyke, and frie
them in oyle, but let them not burne: than stampe
them, and sifte them once o2 twice. Take also *Fer-
retum* o2 Spanishe blacke, whiche the Frenchmen call
Atrament d'Espaigne, the whiche likewise you shal stampe
and beate well to poulder. Than take a panne full of
lye, and put into it the pylls o2 rynes of Pomegrana-
des, Walnut pylls, Pineapples, Myze, Sage leaues,
as muche as you wyl. Let all this boyle together, vntill
it bee bzoughte vnto the thirde parte. You muste
haue in it also two partes of galle, and one of *Ferretum*,
tempering and incozpozating all well together, vntill
the blacke colour content you, wherewith you may die
your bearde, and heare, in this maner. Washe youre
bearde with lye not to stronge, least it hurte you: and
whiles your head o2 beard is yet hote, annoynt it with
the saied confection: but it must bee luke warme, to the
entent it maye penetrate and perce the better, and so
leauc

leane it a certaine space. Than washe your heade or bearde fyist with lie, and than with hote water, and you shall haue your heade and bearde fayre and blacke. This hurteth not, noz smarteth anye thinge at all, neyther bzingeth anye inconuenience to the heade.

✧ *A noble and excellent poulder to make cleane the teeth, to make them fast and white, and to conserue the gomes. A better thinge cannot be founde, and it were to geue or present to a Queene or Princeesse.*

Take *Lacca* of grain, if you can get it, if not, take of the graine it selfe that is very good. r. partes, seuen partes of barley cakes or breade, so burned that they be brought to coales, *Lignum alo* ff. partes, fine pomeyse stone scoured and made clene in embers, and steeped or tempered in white wine, or in *Vinaigre* eight partes, dragons bloud thzee partes, roche Alome burned foure partes, honnye burned in a panne vntyll it be fyiste blacke, and than yelowe, thzee partes (and this may you do of the lees of honnye, that remaineth whan it is distilled, puttinge it in a panne, and settinge it in a glassmakers founesse the space of a day or two) coles of the wood of rosemary, thzee partes, fyne *Synamom* two partes, *Wengelwyne* one part, *Bole Armenick* oriental, nine partes, white wine lees two partes, *Aleblaster* one part small pearles one part, the scrappngc of yuozye two partes, lyttle *Quinces* not rype, of the byggenesse of a *Walnutte*, or a little moze, sixe partes. Nowe the best be those that be not come to perfection vpon the tree, the whiche you muste burne in the fyze, euen vnto coales, *Mastix* eighte partes. Let all these thinges be well stamped, and passed thozough a fine sarce, addinge thereto a lyttle Huske, and some Golde or Syluer foyle. This doone, you shall keepe the sayde poulder in some bore well stopped, and so shall you haue a pzeious thynge. And whan you will occu-

Lacca de graine, is a certaine confection or mixtion, made of graine, and are little rounde red balles. *Lacca* is a Turkish worde, and not vsed amonge vs, but amonges the Italians,

The fourth booke

pie of it, walſhe your mouth well fyrſt, with cleane wa-
ter, or wine, than rubbe your teeth with youre fingar,
or ſome linnen cloth, taking of the ſayed poulder vpon
it, and after walſhe your mouth well. Thus ofte doing,
you ſhall alwayes haue your teeth very white, faſte in
your head, ſtronge and not hollo we.

*To make a very excellent conſerue to ſcoure the teeth,
to comforte the gummes, and to make a ſweete and good
breath.*



Since the vſe of the poulder to ſcoure
teeth, ſeemeth leſſe commodious, than
ſome lioure or conſerue, which agreeth
better with the mouth, therefore we wil
write here a very excellent one, whiche
hath not his like in the woꝛlde, and muſt
be made as ſoloweth. Take one part of ſyꝛop roſet, two
partes of the ſyꝛop of Myrtell, or of the woode called
Lentiscus, out of the whiche commeth a gomme called
Maſtir, put this together in a cleane panne, than put to
it of the ſayed poulder for the teeth, whereof we haue
ſpoken in the Chapter befoꝛe, ſo that al may be brought
into ſoſte paſte or doꝛe, than ſet the little pan vpon a
chafinge diſhe, wherein muſt be ſome hote aſhes, with
a ſewe embers, or elles at the leaſte ſet it farre from the
fyꝛe, and make it boile ſayꝛe and ſoftly, ſtyꝛinge it al-
wayes, vntyll it be as thicke as honny or thicker: than
take it fro the fyꝛe, and put to ſome goldſolle and muſk,
what quantitie you will. And ſo ſhal you haue a ſingu-
ler thinge for to do this that I haue ſpoken of.

*An aduertisement or leſſon concerning the making of poul-
ders, and conſerues for the teeth.*

If you wil make the ſaid thinges as excellent as is poſ-
ſible, you muſt take of the ſaid thinges as much as you
may get: or if you cannot haue them al, take at the leaſt
the moſt excellent, as graine, pearles, Coꝛall, yelloꝛe
Amber, *Lignum aloes*, Boale Armentick, alſo the coales of
Barley

Barley Cakes or loaves when they are burned, and all the other things be very good in it. And if you woulde geue it to some greate p^rince or lo^rde, which had rather haue it of a good colour, or would know the things in it, you may make it as is saied, of fewe things, with goldfoile and Puske. And he that wil make it with lesse cost, and a greater quantitie, may (with the things mentioned in the chapter with the poulder) adde poulder of bysses, poulder of marble, Cresse or lopsters shelles burned, and a little white salte, the lees that remaineth in the bottome when men make stronge water, called *Aqua fortis*, is also very good, cyther by it selfe, or mingled with some other thinge, and soo shall you haue a greate deale of substaunce with small cost. And if a man wil make a conserue of litle charge, and without much labour, he must take rawe honnye, or honny roset, and mingle it with the saied poulders, and so rubbe his teeth therewith, with his finger, or with a linnen clothe, and washe his mouth well after it. Doinge this euery eight dayes, he shall make his teeth very saye and white. A thinge very good, and mete for euery man.

An exceeding white and good poulder to scoure the teeth, whiche is meeter for lordes and great men, than anye of the other before.

For here is to be noted a goodly and notable secreete of great vertue, for to scoure and make white teeth, whiche is the pommesse stone alone, so that it be of that fyne and whyte stone, whiche shoemakers doo vse to whiten whyte leather shoes, and well beaten in poulder: For in rubbinge youre teeth with the same poulder, it scoureth and maketh them cleane, and taketh away all the roughnesse of theim, as men see by experyence, that the pommesse stone is bled to polyshe bones, marble, and other like thinges. I haue sene of my frenches, men of great iudgement and knowledge, whiche gaue nothinge vnto greate men and Lo^rdes, but the

The fourth booke

sayd poulder, whan it is well beaten in poulder, a man can not tell what it is : also you may geue it a little sa-
uour, layinge it amonge bagges of Muske and Amber,
of whome it taketh an odour, and I haue seene men of
estimation, that helde it for a thinge of greate impo-
taunce, when they saue the vertue and operation of it.
Nowe, if you will make a white poulder, moze noble
and moze profitable for the teeth, and gommes, take
small pearles stamped a lytle, or elles whole, and putte
them in a dyshe, or in a wyde glasse: than take the iuyce
of lemons or oranges, strayned thozough a linnen cloth,
at the leaste sixe or seuen times, and poure it vpon the
saied pearles, vntill it couer them ouer thzee or foure
fingers high, and you shal see that in shozte space it wil
beginne to boyle, and than couer it with some paper, or
linnen cloth, leauinge it so thzee or foure dayes, and at
the ende you shall finde the sayed pearles dissolued and
molten in the sayde iuyce, and tourned into a paste as
white as snowe, marpe there will be a little yellowe
skinne vpon it, engendzed of the sayed iuyce . This
doen, take cleere well water, or the water of *Lentiscus*
distilled, and poure it vpon the sayed paste, thzee or four
fingers heichte aboue. Than take a little forke, or the
steale of a syluer spone, or some thinne sticke, and styre
the paste well aboute in the sayed water, lettinge it so
stande, and finallye caste oute the water, and if you see
yet anye of the yellowe, remayne vpon the sayed paste,
washe it againe, as befoze, and couer it with a paper,
lettinge it so drye of it selfe, in the sunns. After this you
shall take thzee partes of the sayed paste, or whyte poul-
der, foure partes of white *Dommeise* stone, as is afoze-
sayed, two partes of white *Bengewine*, one parte of
Roche Alome well burned, one parte of white *Cozall*,
halfe a parte of white yuoze, halfe a parte of *Alebla-*
ster verie white. Beake and bruse all these well vpon
a table of marble, or in a syluer cuppe, puttinge to it
some siluer fosse, and thus shall you haue a very whyte
and excellent substance or matter to make your teeth

as white as snowe. And if you will, you maye put it to keepe in a conserue, with the syzope of Cedar, or honny Kofet, or other wise as you will. Also, if you will make the saied poulder verye redde, dresse it onelye with the *Lacca* of graine, and a lyttle redde cozall. Nowe, because that in stampinge, it will waxe somewhat white, put to it a little *Boale Armonicke*, with a little of the iuyce of *Dragons bloude*, and also golde foile. You maye geue to all these saied poulders what odoure and sauour you will, but vnto the white poulder you may put no *Musk* noz *Amber*, noz any other suche drooges, for it woulde take awaye the whiteneffe, but you maye putte it well ynoughe in a lyttle bagge amonge *Muske*, or other sbours.

A distilled water, excellent for to make the teethe white immediatlye, and to preserue theym wonderfully.



Take a pounce of the firste water distilled of honny, the whiche is white: than put it in a violl, with an vnce of commune white salte, halfe a pounce of raw roche *Alome*, an vnce of *Salte Peter*, halfe a poude of y^e water of the leaues of *Lentiscus*, two vnces of *Masticke*, the heighte of two fingers of *Wynaigre* in a glasse, and as muche white wine: Distill all these thinges with a small fire, that they smell not of the smoke, noz any burninge: continuinge youre distillation in suche sozte, that you be at the leaste foure and twenty houres in distillinge the whole, or elles you may make it distill in *Balneo marie*, whiche is the sureste of all. Nowe, you muste continue youre distillation so long, vntill there bee a moyst substaunce to come forth, and into the water that distilleth out, you shall put a litle poulder of fine *Synamom*, a litle *Lignum Aloes*, and *Boale Armonicke*, for to geue it a redde colour, whiche many men like well: also for to geue it a strength and

The fourth booke

about, you shall put in rawe honny makinge it dissolve in the heate of the Sunne, for it is a thing good for the gummes, and geueth a good savour to the water. Keepe this well as an excellent thing, and it were for a queene. And when you wyl occupie of it, washe well your mouth first, and wipe youre teeth with a little piece of white linnen clothe, and than pike them wyth a tooth piker made of the woode *Lentiscus*, or some other thinge wette in the saied water, or with a lyttle clothe, rubbe them a lyttle, and incontinent you shall perceyue and feele it fasten and bynde youre gommes, and comfozte your teeth making them faire and white. And he that loueth better the white then the redde, let him put no *Synamom*, *Boale armonicke*, nor *Lignum Aloes* into it, after it is distilled, but let hym put it in to distill with the other thinges, puttinge of eche of them as muche as there is of *Masticke*, and it shall be euen as excellent and as white as other wyse.

Three aduertisementes or lessons of importaunce to kepe the teeth white and vncorrupt and also a swete breathe.

The first is, he that vseth not to washe well his mouth euer when he hath eaten his meales, shall haue alwayes yelowte teeth & a stinking breathe. The seconde is, he that slepeth with his mouth close, hath likewise an euyl breathe, and soule teeth. The thirde is, that for to maintayne and kepe the teeth faire and white, and a sweete breathe, when a man is layed in his bedde, and when he waketh in the morning, it is good to purge well the breaſte and throte, spitting out all that is gathered together that nyght: which also is good for the stomacke and heade. And hauing your teeth and breathe warme take a linnen cloth or the corner of the shete, and rubbe youre teeth well within and withoute, to take awaye the fumositie of the meate, and the yelownesse of the teeth gathered together in the night: for it is that, that maketh youre teeth

teeth yelowe, and gommes redde, and corrupteth your breath. This is a verie necessarye thing to be knowen, and oughte well to be obserued: It is also good to eate euery moynge some graynes of Masticke.

¶ A decoction to washe and scoure the mouth, to fasten lose teeth, to consolidate and make founde the gommes, and to make the fleshe grow agayne if it were decayed or fallen awaye.

TAke halfe a glassfull of Tynaigre, and as muche water of Lentiscus, of Rosemarye, Pyrre, Mastick, Soale Armenicke, the moisture that distilleth out of Dragons bloude, Roche Alome burned, of eche of theim an vnce, fine Synamom halfe an vnce, well, riuer, or fountaine water, thzee glassfulles: mingle all well together, and let it boyle with a small fyze, addinge to it halfe a pounce of honny, takinge awaye the scumme of it, than put in a little Wenge wine. And whan it hath boyled a quarter of an houre, take it from the fyze, and keepe it in a cleane byle, and washe your teeth often times withall, as wel befoze, as after meat: and holdinge it a while in your mouth, it is verie good for the heade, and maketh a sweete breath. A thinge of great excellencie.

The ende of the fourth
booke.

THE
Secretes of the reuerende Master
Alexis of Piemount.

THE FIFTE BOOKE.

☞ To make perfyte Asure, such as cometh from beyond
the seas.



Take fyrste a pounce of *Lapis La-*
suli, spotted like Marble, and
somewhat of the colloure of
Asure, with some beynes of
Golde, or greene, of the whiche
you shall make this prose folo-
winge. Take a little piece of
it, and put it vpon hote coales,
blowinge it with a payze of
bellowes, the space of an houre, than let it coole agayne
and touche it with your hande, if it bzeake, and vndoe
lyke earth, it is nothinge wort, but if it abyde fyne
and harde together, and keepe his colour of Asure, it is
good. Than take a pounce of the same, and bzeake it
into small pieces, whiche you shall melte in the fyze the
space of a good houre, blowinge it continuallye. This
doen, take good Rynepgre distilled, in some kynde of
vessell, wherein you shall quenche the sayed pieces, and
let them dye: than take water made as foloweth.
Take a panne leaded, and putte in it a quarte of cleere
water, and a lytle rawe whyte honnye. Boyle it, and
skymme it well, vntyll there be no moze skumme, and
so let it coole. Than take of Dragons bloude wel stam-
ped, the quantitie of a Walnutte, and wette it lytle
and lytle with the sayed water, and it beyng well dypt,
strayne it thowowe a linnen cloth, into some vessell lea-
ded. And you muste note, that the water may not be to
redde, nor to cleere, but betwene both, that is to saye,
betwene cleere and redde, to the ende that the Asure
maye

may take a Violette coloure. After this, braye well the sayde *Lapis lasuli*, so molten and burned, with the sayed water (as vermilion is commonly brayed) by the space of an hour or more: thā assemble it together in a glasse, or some other vessell leaded, ample and large, drying it in the shadowe, and not in the Sunne: for it would lose his colour. And whan it is drye, beate it well to powder, and keepe it in some cleane linnen cloth wel bound: than make this past folowinge. Take two vnces of the rosin or gomme of a white pine tree, two vnces of *Pix greca*, two vnces of Mastick, two vnces of y oyle of line, two vnces of Turpentine, two vnces of newe Wax: stampe well that must be stamped, and cutte the Wax into small pieces, than put all in a newe panne, and boyle it till it come to his perfection, whiche maye be knowen, by castinge a droppe of it into cold water, and if in takinge it with your wette hande, it cleave not to your hande, it is perfecte: and therfore you shal straine it throuwe some cleane cloth, into a vessell full of cold water, but this must you do while it is yet hote, for if it be cold, it will not straine, and leaue it so longe in the water, vntill it be harde, than take it and set it to drye. Nowe, whan you will incorporate it with the powder, do thus: Cut the sayde confection in smal peeces, which you shall put into some kettle tinned within, and set it so on the fyre, and whan it beginneth to bubble vp, put to it an vnce of the oyle of bytter Almondes, lettynge it so boyl the space of two *Miserere*, and in the meane time make ready your powder of *Lapis lasuli* in a vessell, with some little sticke made for the purpose: than take the kettle, and poure it by little and lyttle, into the vessell vpon the sayed powder, not ceassing to sturre it alwayes with the lyttle sticke, vntill it be all well incorporated with the sayd powder of *Lapis lasuli*. This doer let it cole, than annoint your handes with oyle Olive, and take the sayd substaunce, and tesse it vp and downe with youre handes, to thende to incorporate it well together. And after you haue broughte it to the fourme

The fyfte booke

and fashon of breade or paste, put it in a vessell leaded, and keepe it so the space of tenne dayes at the leaste. And whan you will take out of it the Asure, make fyre cleare lie, with the ashes of vynes, of the whiche you shall set a kettle full to the fyre, scethinge it as hote as you may endure your hande in it: than after, putte the saied confectiō or paste in a vessell leaded, and adde to it as muche of the saied lie as you shall thinke good. Than fyre the saied substaunce fyre and softpe, vntill you see the Asure come out, and whan you see it issued out, poure the saied lie with the Asure into a vessell leaded, of the which vesselles you must haue a good number, than put to it againe of the other hote lie, doinge as befoze, puttinge it afterward againe into another vessell, and do thus vntill there be no moze Asure. And here you muste note, that of a pounce of *Lapis lasuli* if it be fine, there is losse but an vnce, and is had oute of it in the whole, eleuen vnces, that is to say: siue vnces of good and fine, thzee vnces of a mean sozte, and thzee vnces of courser. The fine is woꝛth at the leaste twoo crownes and a halfe the vnce, the meane, a crowne an vnce, and the other halfe a crowne. Nowe, after you haue gotten out all the Asure, loke well whiche is like the one the other, soꝛ to put eche of them by them selues into thzee partes, as we haue saied. Than washe it wel with fyre and cleere lye, pouringe it out of one vessell into another, vntil it be come to a good colour, and purified from all ordure and fylth. And whan you thinke it is cleane inough, dye it in the shadowe, in a chamber, and whan it is dye, take a glassefull of fine Aqua vite, and steepe in it a little good brasill, & than trimme and dresse your Asure with the same Aqua vite, and let it dye, continuinge so the space of thzee dayes, vntil the Asure be participant, and haue taken parte of suche lycoure, and than it shall be of an excellent fyne colour. Keepe eche soꝛt by it selfe in bagges of leather well sewed and bounde.

☞ To make a fyne confectiō of graine, called *Lacca of grayne.*

Take a pounce of the sheeringe of scarlette, and put it in a newe panne full of lie that is not too stronge, and boyle it vntyll the lie take the colour of it. This doen, take a bagge, large and wyde aboue, and narrowe pointed beneth, whereinto you shall powze the sayed sheering of scarlette, and the lye, setting a vessell vnderneath, than wzinge and presse the bagge harde, that all the substaunce, and all the colour may straine and dyceane out, after that washe the sheeringe and the bagge, in the vessel where the colour is. And if you thinke that the sheeringe hath yet more colour in it, boyle it againe with other lie, ordyng it as befoze. This done, you shall heate the sayed coloured lye vpon the fire, but let it not boile, and you must haue ready vpon the fyze some cleane pan, with cleane water, into the whiche beinge hote, you shall put. v. vncces of Roche Alome, beaten to poulder. And as sone as you see it dissolue, take a bagge, like vnto the fyze, and whan the colour is hote, take it from the fyze, and put into it Alome, and cast all so together into the bagge, settinge vnder it some vessell leaded, and loke yf vnderneath the colour come out redde, than take hote water and poure it into the bagge, with all the resse that was strained out of it, into the sayed vessell vnder the bagge, and poure that so often, whiche shall straine and renne out vnderneath, vntill the licour that shall issue oute, be no more redde, but cleere as lye: hauinge thus strained all the water, the colour will remaine in the bagge, which you shall vndo and seuer a sonder with a iclyse of wood, putting it downe to the bottome of the bagge, and bringe it all into a masse, or lumpe, or into little tablettes, or into what forme you will, and than drie it vpon a newe cleane pauinge tyle, in the shadow, within your house, or elles abzoade where no sunne shineth. And so shall you haue an excellent thinge of it,

The fyfte booke

To dye bones into a greene colour.

TAke a panne full of cleare water, and put into it a good greate piece of quicke lyme, leauinge it so the space of a daye. The next daye mozninge mingle it well together with a sticke, and so let it reste, and at none fyre it agayne, and likewise at night. The next mozninge folowinge, you shall straine it cleare oute and kepe it, in the meane time haue the bones that you will die in a readinesse, and boile them well in other common water, wherein Roche Alome hath ben dissolved, and whan it hath boyled a good space, you shall take them out, and let them drie, than scrape them wel with a knife, and put them into the sayde lime water, and addinge to it some Verdegrise, you shall let them seeth well, and than take them out. And after you haue wypped and dried them, do with them what ye will, for they will be very fayre: And in stede of the saied lyme water you may vse pisse, whiche wyl be of the like operation.

Another maner howe to die bones, or Luorve, into the colour of an Emeraude.

TAke *Aqua fortis separatiua*, and put therein to fret and dissolve, as muche copper or brasse, as the water is hable with her force to dissolve and leuse: this doen, put in what peece of wooke you will, beyng fynt cutte in the fourme that you will haue it, as bestes for knives, penknives, ynckhoynes, images, or anye other thinge to your fantasie, leaue them in it the space of a night, and they shall be of the colour of an Emeraude. Nowe, if in stede of copper or brasse, you didde put in Syluer, it woulde be the better.

To die bones redde, blew, or of anye colour you wyl.

Fyfte



Take boyle your bones in Alome water, than take quicke lyme water, or pisse, and in this water or pisse, you shall put Basyll, Azur, or an herbe called Rubia, which the Apoticaries call *Rubramaior*, and *Rubra tinctorum*, or *Rubea tinctorum*, wherewith they colour wolle or skinned, in Englishe Chickweede, or what other colour you wyl, and than seeth your bones or Iuore therein, and they wyl take suche colour as you put in.

A very goodlie secrete to dye or colour woode, of what colour a man will, which some Ioyners do vse that make tables and other thinges of diuers colours, and do esteeme it amonge them selues to be of suche excellencie, that one brother will not teache it another.

Take early in the morninge, newe and freshe horse donge, made that night, and take of the mostelic ye can gette, with the strawe or lytter and al, and laye vpon some little sticke layde a crosse one ouer thwart another, and set some vessell vnderneath, for to receaue that shall droppe or fall from the sayde donge. And yf you can not haue inough in one morninge, doo the like two or thzee times, or as ofte as you wyl: than whan you haue wel dreaned out the water of this dong you shall put into euery pot of the sayed water, the bignesse of a beane of Roche Alome, and as much gomme Arabick. Than steepe what colour you will in it, vsing dyuers vessels, if you will haue diuers colours, and put in what picces of wood you will, holdinge them at the fyze, or in the Sunne: and at eche tyme plucke out some picces and laye them apart, leauinge the other in, for the lenger ye let them lie in the water, the more wyl the colour alter. And in this manner you shall haue a greate quantitie of diuers colours, the one clearer, the other darker, and maye vse it to youre commoditie, to

The fyfte booke

What vse you list, for they shall be coloured both within
and withoute, so that they will neuer lose theyr colour,
neither by water or any other thinge.

*To counterfeyte the blacke woode called Hebenus,
or Hebenum, and to make it as fayre as the naturall
Hebene, which groweth no where but in India.*

Sola India
fertile benū



All kynde of woode that is lyke vnto
this Hebene, may be dyed black: but
the hardest and the massuest (as bore
and other lyke) are meetest for it, and
will be bygghter, and aboue all, the
wood of a Mulbery tree, as well the
white as the blacke, is the beste to be
coloured, albeit the blacke be muche more for the pur-
pose. Take than the saied wood, and let it lye the space
of thre dayes in Alome water, either in the Sunne, or
a pretye waye of frome the fyre, vntill the water ware
some what warme: than take oyle Olive, or Oyle of
lyne seeoe, and put it in a little panne, wherein is the
bygnesse of a nutte, of Romaine Vstriole, and as much
Bymstone. This doen, seeth your woode in the sayde
Oyle a certaine space, and so shal you haue a thinge ve-
ry darke of colour. And the lenger you let it boile, the
blacker it will ware, but to much boylinge burneth it,
and maketh it byttle, therfore both in thone and other
you must be circumspecte, and vse discretion.

To die skynnes blew, or of the colour of Asure.



Firste well washed the skinne, and
than wronge him, take the berries of wal-
wort, and elder berries, and seeth them in
water, wherein Roche Alome was dissol-
ued, passe him once thowoe this water, &
let him drie, than passe him again thowoe the same wa-
ter, and being wiped and dried againe, wash him with
cleere

cleere water, than strape out that water with the back of a knife, & once again passe it ouer wth the same colour, and let it dry, so shal it be of a very blew o^r Asur colour.

To die skinnes in chickweede, called in latin Rubra maior, or Rubra tinctorum, into a redde colour.



Having anoyncted, washed, wth yonge, & layd abroad the skin, as is aforesaid, wete it with water that white wine lees and baye salt hath ben boiled in, and than wth ying him. Take than creusses o^r crabbe shelles (be they of the sea o^r of the riuer) burned into ashes, the whiche you shall temper with the said water of the lees and salt, and rubbe well the skinne therewith, than washe him well with cleere water, and wth ying him. This done, take ruddlc tempered in water of lees, and rubbe the skinne well ouer and ouer with it, and than with the foresayde ashes, washinge, and wth yinginge it thze times. Finallye, after you haue washed him, and wth yonge him, if you thinke it be not well ynoughe, you shall geue him one disenge with Brasyll. The paffe o^r masse of *Rubra tinctorum*, must be made with water that lees o^r tartre hath bene boiled in, and the sayed water must be luke warme, whan you make the paffe of ruddlc, than leaue it so the swace of a night. After this, put vpon the sayd *Rubra tinctorum*, a lyttle Alome, dragges, o^r lees, o^r Alome *catinum*, steeped in water. You maye also adde to it the colour of the shearing of scarlet, whiche hath bene taken oute boylinge in lye, whiche is a goodly secrete.

To die skinnes Greene.

Anoynt the skinne, and wash him well with cold water, and than in hote water, and so wipe & drye him. This doen, take of the graines wherwth men make the

Sap green is made with the berries of a Dogge berry tree.

The fyfte booke

the sappe (the decoction wherof shall be put in the ende of this booke, with them of all other necessary thinges) and the sayde graynes or berries muste be verry rype, than put them in cleare water, couered a finger heighth, put therein also Roche Alome, and geue them onclye one wa lme on the fyre. This doen, strayne them out into some vessell, than take the skinne, and folde him in the middle, rubbinge him well on both sydes, with the said sodden graines, or berries, whiche remaine in the pan, and after with rawe Alome powder. This doen, take the ashes of shepes donge burned, and wete it with the said colour that you strained into the sayde vessell, and rubbe the skinne wel on euery side, than cleere him againe of the said graines, and washe him with cleere water, and set him to drye withoute wipinge him. Finally cast on him two glassefulles of the sayde colour, and it will be a perfecte greene.

Another waye to dye skinnes greene.



Lette the skinne be annoincted, well washed, wlonge, and stretched oute as befoze, than take of the same graines and berries ye toke befoze, which you shall stampe and seeth in Roche Alome water, and geue the skinne twoo wppes ouer with this colour, and so let it drye. After this you shal geue him one dying or colouringe of yellowe, made with the graynes, or berries of Nerprum, sodden in water and Alome, and a lyttle Saffron, and you shall haue an excellent greene.

To die the sayde skinnes greene another waye.

TAke the skinne, being annoincted, washed, and spredde abroade, dye and colour him with the colour made of sap greene, and put to it a few ashes wete in water, and so rubbe the skinne all

all about. And whan you haue washed and wyped hym againe, geue him one wpe ouer with and Indian coloure sodden in Roche Alome. And whan it is dꝛye, lay on it of the foresayde yelloꝝ, and you shall haue a fayre and liuely greene.

☞ *Another waye to dye skinnes of Asure coloure, and fayre.*

Take the skinnes of blacke grapes, and rubbe well your leather with all, vntill it ware somewhat blewe, and alsoo rubbe it well with the poulber of *Indicum*, then washe it, dꝛye, and polyshe it. Than steepe the *Indicum* in thicke redde wyne: and whan the skynne is washed, annoinct him with it, and you shall haue a fayre skinne asured blewe.

☞ *Another maner to dye skinnes Greene.*

Take rype elder berries, and the berries of walwort, and of sappe greene, and this well stamped, you shall put to it Roche Alome, as muche as you shall thinke good, but rather to muche than to little: than take the lye, and put into it the saied berries of sappe greene, and seeth them one waulme. This doen, put in the berries of the walwort, or elder, and make them seeth also one waulme, than take them from the fyre, and let them coole, and after rubbe the skinnes with them. Finallye, ye shall cast vpon them, the ashes of sheepes donge, rubbinge them well with it. After this, geue them the coloured water that the saied graines or berries were sodden in, than take of the water with a curryers knyfe, and let them dꝛye. And yf you nede to geue them moze coloure, than you maye put in moze *Indicum* boyled, and it wyl be the better.

The fyfte booke

↳ To die neates leather into a greene colour, as well in galle as in leaues.



Dlythe well the leather with a pomeyse stone, annointe it well with oyle, and washe it: than take an vnce or two of galles stamped, and put it in hote water, leauing it so an hour, than straine it thozow a linen cloth, and put the leather into the same water, rubbinge it well with your handes, and leaue it so the space of an houre: and hauinge taken it out, wyng it, and stretch it abroad, & tight it. Than take the graines or berries of *Nerprum*, gathered in July, when they be yet greene: drie them, and stampe them well, adding therto soz eucry sainne, two vnces of Roche Alom beaten in poulder, and mingled with the poulder of y^e saied berries or graines. Than powze vpon the sayd poulder boylinge water, and let it coole, this doen, poure of the sayd water with the saied graines vpon the skinne, rubbinge it well ouer with the palme of youre hande, than stey the ashes of goates donge, in the water of the saied graines, and with the same water rubbe likewise the skin well with youre hande, after this washe him, and scrape out the water with a tanners paring knife, than tight him out, and take other ripe graines of sap greene and set them to seeth, hole, in water with Roch Alom, and afterwarde let them coole. Than take of the sayde sodden berries or graines, and rub the skin with theim with your handes, and put of the ashes vpon it, which you shall stey in the same greene water, that the sayed berries were sodden in. Finallye, you shall washe the skin, and take out the water with a scraping knife, thā you shall geue it a course ouer of the saied greene water with a brussh or clout meet soz such a purpose: And than lay him to drie, and trim him, and you shall haue a saie greene. If you will haue the coloure darcker, or sadder, when you set the saied graines to seeth with the Alom, you

you shall put to it a little *Indicum* well brayed. And you must note, that the water must be hote whan you steepe the ashes in it, with the water of the graines of *Nerpru*.

¶ *To die skinnes greene with the flowres of Ireos.*

Take the freshe flowres of *Rapbanitis*, or *Ireos*, and *Ireos*, a kind of floure of berries of *Nerprum*, and with them stampe roche *Alome*, a luce called in latin *Rapbanitis*, a reasonable quantitie, whercof a greate deale can do no hurte: put to it a little raine water, and mingle all this with the foresayd flowres stamped. Kepe this colour in some cleane vessell, and than take tye skinnes, being annointed, and washed as is aforesaid, and put to them the graines of say greene with the poulder, in the same manner that we haue spoken of the other: washe them, and scrape of the water with a knife, and so let them dye, and geue them one wipe ouer finely with the sayed colour that you kept, let them dye again, then dresse them according to the science, and you shall haue fair leather.

¶ *To die bones in a turkische or redde colour.*

All kinde of bones may well be died and coloured, but hartes hozne is farre better then anye other. Take than what bone you will, & shape him into what forme you please, and pullish him, and then boyle him in Roche *Alome* water a good while, letting him afterward dye, than take good greene, and steep it in goates piss, and put it in some copper or brassen vessell, well couered, and hide it vnder a dongehil the space of. xv. or xx. dayes, and then shall you finde it veryc sayre. You may make the like also with the urine of a man in stede of the goates pyffe. And for to make it redde, put in *Cinabrum*, or *Waspill*, in stede of greene: but than you must put it in some vessell of wood or glasse, and not of copper nor brasse.

To die hogges bristles, and other thinges, for to make rubbers and brusshes.

The fyfte booke



Firste wash well the byssels, the take water wherin Roche Alom hath ben boyled, and put the sayd byssels therein, and let them lye vntill they take a colour somewhat yellow: than take Chickeweeds well stamped, and put it in Wyneaygre. Afterwarde sette a kettle with cleere water on the fyze, wherinto you shal caste the said Chickeweede, with the Wyneaygre and all, and when it beginneth to boyle, cast in the byssels, and let them seeth but a very lyttle whyle, than take of the kettle from the fyze, and let it coole, and so shall you haue your byssels of an excellent good colour.

☞ To dye the saied bristels yellowe, greene, or blewe, or any other colour.



Firste you must washe them, and let them boyle in Alome water, as the other befoze: than take *Ligustrum*, and saffron, if you will haue them yellowe. *Indicum*, or the iuyce of elder berries, or walwort, or els of the flowers of *Treos*, if you will haue them blew. If you wil haue them greene, take paynters greene, and dresse them as is abous saied, assayinge sometime if the colour please you. And by this meanes you maye dye them what colour you like.

☞ To make a purple, whiche is a colour wherewith men vse to make a colour lyke golde, for to paynte and wryte with.



Take a pounce of fine tinne, and melted as it is, take it from the fire, and put into it. viij or ten vnces of quicke Siluer, mingle well all together vntill it be like as it were dow: than take a pounce of *Bismstone*, and a pounce of *Armoniacke* salte well brayed. Incorporate all

all this with the sayde doſwe of the Tinne and Quicke Syluer, and braye them well together in a mortar, or other beſſell of wood, or ſtone, and not of Glaſſe. Than put al this composition into ſome violl, which muſte be well luted or clayed about the mouth, or ſo emplaiſtered that the clayinge or lutinge be higher than the violle a finger height or twayne. Than afterwarde ſet it ſo vpon the fourneis, makinge to it a ſlowe fyze at the firſt, and after a little bygger, and ſo you ſhal mainteyne it, ſtyringe at tymes with a little ſticke that whiche is in the glaſſe. And whan you ſee that it wil make a yellow colour, take it from the fyze, and let it coole, and ſo ſhall you haue a very ſayze purple colour like the colour of golde: Afterwarde braye it with lie, and waſhe it with piſſe, or lie, addinge to it a little Saſſon, and ſtepe it with gommed water, as you ſhall ſee hereafter moore playnely.

To make Lacca of Braſyll.



LAke twoo payles full of ſtronge lie, and put in it a pounce of the ſhearing of ſine ſcarlette, and let it boyle vntill the ſaied ſhearinge be all together diſſolued and conſumed into water: than after poure it into ſome beſſell of wood or ſtone, and caſte into it by little and little, a pounce of Koch Alom, minglinge it well with a ſclyſer of wood, and poure alſo to it, by little and little, two payles full of colde water. And after put it in a ſtraininge bagge, and lette it dreane and trickle out, then put that remaineth in the bagge into ſome beſſell of glaſſe. This doen, you ſhall ſet on the fyze a pounce of Merzine or Braſill cutte in pieces into a payle full of lye, and let it ſeeth vntill it be diminished the thicknes of a finger, than ſtraine it in another bagge, and let the water that commeth oute be ſet againe on the fyze, with an vnce of gomme Arabick made in powder, and let it ſeeth vntyll it be diminished

The fyfte booke

halfe a finger: then poluze it vpon the sayed composition, that you did put into the vessel of glasse, minglinge well all together with a wodden sclyser, than put it in a bagge, and straine it well. The dowe of Clerzine wil remaine in the bagge, whercof you may make rounde apples oz balles, and dye them in the shadowe, and it will be parfite.

To make white tables to wryte in with the point of a wyre, suche as come out of Germany.

Take plaister called Gypsum, cribled and sifted, and siepe it, and temper it with hartes glue, oz other, and geue your parchment lease one touch with it, and whan it is dye, scrape it, that it may be euen and bygght, and couer it ouer againe with the sayed plaister, called Gypsum, and scrape it as befoze: than take Ceruse, well brayed and sifted, and siepe it with the Dyle of line seed sodden: Annoint your tables with this mirtion, and let it dye in the shadowe, the space of siue oz sixe dayes. This doen, take a cloute, oz linnen cloth wete in water, wherewith you shall sicke and make smoeth the saied tables, but the cloth muste fyyste be wzonge hard, and the water pzedded oute, then leaue it so the space of. xv. oz. xx. dayes, butill it be thowwe dye, than applie it to your vse.

To make roset, or raddle.

Take an vnce of Basill broken small, a quarter of an vnce of Ceruse, and a quarter of an vnce of Roche Alome, mire all these thinges well together, and stampe them well than poure pyssse vpon them, vntil they be al couered with it, leauinge it so the space of. iij. dayes, and mixing it. iij. oz. iiii. times a day. Afterward straine it thowwe a linnen cloth, and put it in a pan not leaded, oz in a moztar of white stone and let it dye in a place where there commeth neyther
Sunne

Sunne no2 day lyght: than scrape the saied roset, and kepe it, and whan you will write withall, steepe it in gomme water.

¶ To gylt ouer parchement, leather or other, such work, which men vse in steade of hangings, or tapistry.

Take thre pounde of the Oyle of lync, *Vernix*, *Pix græca*, of eche a pound, halfe an ounce of Saffron powder. Boyle all this in a panne leaded, so muche, and soo longe, that puttinge into it a hennes feather, and taking it by and by out agayne, it sceme as it were burned. Than take it from the fyre, and take a pound of *Aloe epaticum*, of the best, well made in powder, and casse it in by little and little, styringe it incontinent well together with a stronge sticke: for otherwise it woulde swell and ryse vp a lofte. And yf in case for al the styringe it rise vp, take it of the fyre, and let it stande a while, and than set it on the fyre agayne, makinge it boyle a new, styring it alwayes diligently. And whan all is well incojpozated together, take it fro the fyre, and let it rest a while, than straine it thowle a linnen cloth, into some other vessell wherein you will kepe it, and it is made. Nowe, if in steade of Saffron, ye did put to it of the yelowwe seed which is in the flowres of Lillies, you shall make it muche better and fairer. Than you will gylte the parchemente, you shall geue it a grounde or situation with the white of an Egge, or Gomme, wheredpon you shall laye siluer or tinne leaues, but it shall not be so fayre with the leaues of tinne, as with syluer. Than lay the sayde *Vernix* hote vpon the parchement, or leather siluered, and you shall see immediatly a coloure of golde very fayre. Lett it drye wel in the Sunne, and print it, than paynt it with what colour you wyll.

¶ To dye Crimson sylke.

¶ 226

The fyfte booke



Firſte cutte in ſonder, oꝛ ſcrape harde
Dope ſmall, and melte it in common
water, than take your ſylke in a lyn-
nen bagge, oꝛ of ſyne canueſſe and
thynne, and put it into a kettle with
the ſayde water & Dope. Let it boſle
halfe an howꝛe, ſyringe it that it
cleave not to the kettle, then take it out, and waſhe it in
ſalt water, and after in freſh water. Take alſo foꝛ eue-
ry pounce of ſylke, a pounce oꝛ moꝛe of Roche Alome
alayde in colde water, and ſee there be water ynough,
into the whiche you ſhall put the ſayde ſylke withoute
any bagge, and without ſettinge it on the fyꝛe, leauing
it ſo the ſpace of eyght houres : than take it oute and
waſhe it in freſhe water, and after in ſalte water, then
agayne in freſhe water, and let it not dꝛye, but putte it
wete as it is in a kettle with the Crimſen, well ſtam-
ped and ſyſted, that is to ſaye, thꝛee vnces foꝛ euerye
pounce of ſylke. If you will haue the ſylke of a higher
colour, take ſoure vnces of it, and boyle it in as muche
water as will couer the ſylke, and that the water be a-
boue it ſoure oꝛ ſiue ſyngers high, and foꝛ eche pounce
of the ſayde Crimſen, you ſhall putte in thꝛee vnces of
ſmall galles of Aſtria, well beaten into powder : oꝛ in
ſtede of them, you may put in halfe an vnce of Arſenick
Criſtalline, foꝛ euery pounce, whiche wyl make the co-
lour ſayꝛer, but it is daungerous becauſe of the ſmoke,
and all inconueniences that maye happen, where ſuche
water maye fall. And whan it beginneth to boyle, put
into it your ſylke, pꝛepared and oꝛdered as is afoꝛe-
ſayed, and let it boyle a quarter of an houre. Finallye
take it of, and lette it dꝛye in the ſhadowe, and you ſhal
haue an excellent thinge.

*To prepare and trymme Braſyll, foꝛ to make of it ſoure
diuers colours.*

Put



Ret Brasyl in as muche cleare water as ye will, and seeth it vntill it be diminished of the thyrde parte, or at the leaste vntyll the colour please you, that is to saye, that it be very redde, then deuide this colour into. iiii partes: and if of one of the partes you will make roset, put nothing to it, for the colour will be suche of it selfe. If you will make the other part blewe, put to a lyttle Lime water, and you shall haue very fayre blew: mary the Brasyl muste be like warme. If you will make it Violet, put lye to it: but if tawny, you shall putte to it *Alumen fecis.*

To make roset of Brasyl another waye.

Take a potte of water, and put in it the byggenesse of a Walnutte of vnleaked Lyme, lea- uinge it so the space of a nighte, then take as muche Brasyl, brused and broken, as will fyll the vessell, that you wyll boyle it in, halfe full: than poure into it the sayed water with the Lyme wel strai- ned, and lette it so steepe in the sayed water, the space of foure howres, makinge it afterwarde boyle vntyl it be come to halfe, than bove done faire and softly the ves- sell that you boyled it in, and drawe oute the coloure in- to some other cleane vessell, puttyrge to it the quantite of a Tyeche Pease of Roche Alome, well brayed, and putte it in whan it is verpe hote: then shall you haue a goodly thinge to do withall what you will. If you wyll wyte with it, adde to it a little Gumme water. If you wyll make it Blewe, putte to it thzee vnces of Lye, more or lesse, into a vessell, and you shall haue a very fayre blewe.

To make beyonde sea Asure, without Lapis Lasali.

aa.

Take

The fyste booke

TAke an vnce of Siluer, calcined or burned with *Aqua fortis*, and an vnce and a halfe of salt Armoniack, mire all well together with bynagger, and lette it clarifie a lyttle. If the Bynagger be moze than the sayd thinges, take away that is to much, and put the rest in a vessell well leaded, and well stopte, that the substance haue no vентe oute, leauinge it so xrb. dayes, and at the ende you shall finde verys saye Asure.

To make a grene colour to write or paynt with.

TAke Verdegrise, Litarge, Quicke Syluer, and braye all this together with the pisse of a younge chylde : and than write or painte with it, and you shall see an excellent colour, as it were an Emeraulde.

To braye fyne golde, wherewith a man maye write, or paynt with a pensyll.

TAke golde leaues beaten, and foure droppes of hony: mire it wel together, and put it in a glasse. And whan you wyll occupie it, steepe and temper it in Commed water, and it will be good.

The same another waye.

TAke as muche as you will of the leaues of golde or syluer beaten, and laye it abzoade in a large cuppe or glasse, as euen as you can, and wette it with cleare water, than braye it with your fyngar, wettinge sometyme your fyngar, but spreade it not to muche abzoade in brayinge it, and continue thus doynge vntill it be well broken, puttinge vnto it alwayes water. And whan you thinke it is broken and brayed ynoughe, fill the cuppe with cleane freshe water, and styre it well, than let it repose halfe an houre : After this strayne the water, and you shall finde the golde in
the

the bottome of the cuppe, the whiche you maye drie at your pleasure. When you will putte it in experience, keepe and temper it with Commed water: also you must keepe it well couered, that it take no fyth. This is the beste waye that is, to make bryed or powned Golde.

Another waye with Purpurine.

Take Purpurine, which you shall fynde to be sold, or that you haue made your selfe in the manner aforesayde, than put it in a dyshe, with pyssle or lie, and dippe it well with your finger little and lyttle: afterwarde fyll the dyshe with pyssle or lie, and let all sette downe into the bottome. This doen, styre it agayne, chaunging often the sayd lie, vntill all be as you would haue it, and finelye beyng broken and powned, and that the last pyssle or lys be as cleare as when you dydde put it in, and after you haue strained it oute, you shall put to it a lyttle Saffron, and temper it with Commed water. Then maye you wyte, paynt, or do any thinge elles with it.

To make a grounde to gylt vpon, with burnished golde.

Take Gypsum, the quantitie of a Walnut, Boale Armenicke, the byggenesse of a Beane, Aloe hepaticke, Sugre candye, of eche of theim the quantitie of a Beane, stampe them by them selues, and puttinge the one vpon the other, you shall put to it laste of all a little Ciuette, or honny.

To laye or settle golde with a single grounde.

Take fine Gypsum, Aloe Epaticum, Boale Armenick of eche like quantitie, and temper it with the whites of new layd egges, which you haue strained thro:ow a linnen cloth, & if your ground be to stronge
 Aa.ij. you

The fyfte booke

you maye temper it with water.

¶ Another waye to laye on golde.

TAke Bommed water, and with the same onely put golde, and the sayed grounde will be good vpon parchemente, or vpon skynnes, the lyke maye you make with the whites of newe layed Egges, and with the milke of figgez alone.

To make colours of all kynde of metalles,

TAke Crystall, or paragon stone, and braye it well with the white of an Egge, and than wryte with it, and whan it is drye, rubbe the wrytynge with golde, or any other metall, and you shall haue the same coloure that the metall is of.

To laye golde on a blacke bottome or grounde.

TAke the smoke of a Lampe, and powne or braye it well with the Dyle of line or of Walnutttes. And whan you will laye the golde vpon the sayd ground, se that it be neither to moist nor to drye.

¶ To make letters of the colour of golde, without golde.

TAke an vnce of Dypimente, and an vnce of fyne Crystall, and braye theim eche one by him selfe, than mingle them together with the whites of Egges, and wryte with it.

¶ To make syluer letters without syluer.

TAke an vnce of Tynne, two vnces of quicke syluer, and melte them together, than braye them with Bommed water, and wryte with it.

✧ *To make greene letters.*

TAke the iuyce of Rue, Merdegrise, and Saffron: braye them well all together, and wypte therewith with Commed water.

To make white letters in a blacke feilde.

TAke the pure mylke of a Fygge tree, in a glasse, and set it in the sunne the space of halfe an hour: than alaye it, or temper it with Commed water, whan you will occupie it. And whan you haue wytten with it. blacke the paper with incke, as muche as you wyll if the paper be greate: and whan it is dbye, rubbe it well with a linnen cloth. Than the letters that you made with the mylke of the fygge tree, will go of all together, and the paper wyll remayne wytten white, because it was kept and p̄served by the same mylk, from the yncke, where the letters were. The lyke maye you make with the yelke of an Egge, tempered in water, with the whiche you maye wypte also: And whan the wytinge is dbye, rubbe wel the papre ouer with incke, as befoze. And whan it is dbye, rubbe the sayde letter, made with the yelke of the Egge, with some linnen cloth or knyfe, and they will goo of, and leaue a whyte space, whereby you shall haue sayde white letters in a blacke paper.

To make a greene colour for to write and paynt withall.

TAke greene byse, and steepe it alone in Wynaigre, and passe it thoro we a linnen cloth, and braye it well vpon a Porphire stone, with cleare water, and put to it, in brayinge it, a little honny, and lette it dbye well, than braye it againe wel with Commed water, and it will be perfecte.

✧ *To trimme and dresse Asure.*

℞a. iiii,

℞sure

The fyfte booke

Azure is bzayed with hony, as greene, but ye nede not purge it other wise: temper it with y^e whites of Egges beaten, or with the water of glewe, and not of Gomme. The water of glewe, is made with parchment glew, cleare and mollified, and strained as Gomme is.

To dresse or trimuse Cinabrium, for to wryte or paynt with.



Bray well the *Cinabrium* vppon a Porphyre stone, with cleare condite water, than let it drye, and putte it in an ynckehorne, or glasse, but it is better in an inckehorne in winter. After this poure piss into it, minglinge it well together, and leauinge it so vntyll nyght, vntyll all the *Cinabrium* be gone to the bottome: than chaunge the pyss, and do as befoze, leauinge it so vntyll the nexte mozninge, chaunginge so the vyne or pyss foure or fyue dayes, vntyl al be wel purged. Than take the white of an Egge well beaten, vntyll it be brought into cleare water, whiche you shal poure vpon the *Cinabrium*, so that it be moze than a fingar aboue it: After mire well al together with some sticke of a Walnutte tree, or elles with some little bone, than lette the *Cinabrium* descende downe to the bottome, and do with this as befoze with the pyss, the space of two or thzee dayes, and this will take awaye all the sauourc of the pyss. This doen, ye shal put another whyte of an Egge and mingle all well together, and than it will be perfyte: you must kepe it well stopped. At euerye time that you will occupie of it, styre it well: and whan the white of the Egge is so dzedded, as is declared, it neuer corrupteth.

A grounde to laye golde vpon anye metall or yron.

Take *Fernix liquida*, a pounce, Turpentine, Oyle of lync, of eche of them an ounce: myxe well all together, and it is made.

To gylt the edges of booke.

Take the quantitie of a Walnut of Boale Armenicke, the byggenesse of a Cyche pease of Sagre Candye: brye them drye the one with the other, and putte to it a little of the white of an Egge well beaten, than mingle well all together. This doen, take the booke that you will gylt, whiche muste be wel bound, well glewed, euen cutte, and well polished, set him fast in the presse, and that as euen and as righte as you can possible. Then with a pensill geue him a wpye ouer with the white of an Egge well beaten, and let it drye, than geue him also another with the sayd composition. And whan it is well dryed, scrape it, and pollysh it wel. Last of all when you will laye on the Golde, wette the sayde edges with a little cleare water, with a pensill, and than incontinent put on the golde leaues, cutte in that diggenesse they ought to be, and whan it is drye, pollysh it with a dogges tothe. This doen, you maye make what worke you will vpon it.

*To kepe whites of egges as longe as a man will without corruptinge, and without putting Arsenick to it.
A secreete not much knowne.*

Take the whites of Egges, not breakinge them in any wise, and put to them as muche white Cynaygre as shall suffice, that is to saye, a reasonable quantitie, leaue it so the space of twos dayes, than passe it thoro w some linnen cloth, without breakinge or beatinge the white of the Egges, leauinge it so the space of eight dayes, than strayne it agayne, and put it in a vialle well stopped, so; to occupy whan you haue nede.
The

The fyfte booke

*The maner howe to make the grounds or foundation
for Indicum.*

TAke Gomme Armonlacke thzee partes, Gomme Arabick one parte, *Serapimms*, a fourth part, steepe these in Wynaygre, vntyll they be very softe, than mire them well, and straine them thozow a linen cloth, and it wyll be verpe good to occuppe whan you haue neede.

Another perfyt grounds for the same thinge.

TAke Gomme Armonlack an vnce, Gomme Arabicke thze vnces, and steepe it in Wynaygre the space of a daye and a nighte, than take the biggenesse of a Walnutte of good yellowe Honnye, and a Carlyke heade, well pilled and made cleane, and well stamped. Boyle ail these thinges together in stronge Wynaygre, puttinge to it a little *Aloe Epatic*, and lette it boyle a good while, than straine it thozow a linen cloth and wzinge out well all the substaunce of it. And if you thinke it be liquide oz soft, oz to cleare, bolle it agayne, vntill you thinke it is thicke inoughe, than kepe it in a glasse, oz vessell of earth leaded, oz of bone. Whan you wil gilt any thinge, anoint it fyrst with this composition, with a pensill, and rub it wel, so that the ingrauing be not filled, & leaue it so as long as you wil: than, whā you will lay on the leaues of gold, blowe a little poure bzeath vpon the saied foundation oz ground, and set on the saied leaues of gold, disposing and ozderinge them as is requisite, pzeasing them wel downe with a pensil, oz with a little wol oz bombase, and than shal you haue a very excellent giltynge.

A goodlye waye howe to make Golde and Syluer in poulder, a thinge easye to be done, and there wyll come of it an excellent coloure This is a verpe rare secrete, whiche hath not bene vsed nor knowne vntyll this present.

Take



Take leaues of golde a crovne weighte, or as muche as you will, and set it to the fyre in some little cleane pan or pipkin, and in another bessel you shall put foure times as muche in weighte of quicke siluer, a good waye of from the fyre, so that it may but onely warme a litle, for otherwise it mighte vanishe awaye. Let not the leaues of golde take so muche heate, that they melt, but let them ware almost redde. This doen, take them from the fyre, and the quicke syluer lykewise, whiche you shall poure hote vpon the leaues of golde, and incontinent mingle them well together with a litle stick, the space of a *Pater noster*, and poure it afterwarde into a dyshe full of cleere water, and you shall haue a dowe of the saied golde and quicke syluer, but the coloure of the golde will be so darkened and obscure, that a man shall perceaue and see nothinge at all. And this is the dowe that the Goldsmithes call *Amalgama*, and the learned men *Malagma*, whiche is a Greke word, and being corrupted of the Arabians, was chaunged into *Amalgama*. Also you may make this colde, in brayinge the leaues a good whyle with the quicke syluer vpon a *Porphyre* stone, vntyll all be mixed and ioyned together. And brayinge it also with stronge *Vinagre*, or the iuyce of Lemons, it will soner be made, and wyl incorporate and come together the better, than muste you washe it thise or thise with cleare water. Dowe, how soeuer you haue made this dowe, or *Amalgama*, you must strain it thozoughe a linnen cloth, fyne and thicke, to the intente that a parte of the quicke syluer maye go thozow: or elles straine it thozough a wylde goates skynne, or a lambes skynne, whiche is farre better, and presse it harde, to thintente there maye come out as much quicke syluer as is possible. Than take that remayneth in the cloth or skynne, and put to it halfe as much sayre quick *Bymstone citrine*. Presse stampe well the *Bymstone* and mingle it with the saied paste or dowe: and beyng so myngled, sette it on the fyre in a dyshe or yron lade,

15 b. t.

leauing

The fyfte booke

leauinge it so vntyll all the Byrnstone be burned, and all the rest yellowe. Than let it coie, and put it in a dish washynge it so often with cleare water, tyll you haue a fayre colour of Golde. Than kepe it in some glasse or earthen vessell leaded, as you do the other punned and brayed Golde, and whan you will put it in experience, steepe it in Rose water, or other, wherin you shal haue mollified or dissolued some cleare gomme Arabicke. Than dresse and order it to write or paynte with, and you shal haue an excellent thinge. Whan you haue wrytten or painted, beyng once drye, you maye burnishe it with a dogges toeth, whiche you can not do to the other brayed or punned golde, that Scriueners and Painters nowe a dayes do vse. This secreete hath bene practised of the olde and auncient wryters, as we see in some of theyr booke. But nowe you must vse the practise to burnishe it, layinge a white paper vpon the gold, and rubbinge fyrste vpon the saied paper with the dogges toeth. And if you thinke that it is not yet burnished ynoughe, you maye burnishe it once agayne, with the toeth vpon the Golde without the paper betwixt.

To make a verze fayre Vernix, to vernishe the saied golde, and all other workemanshippe.

TAke Bengelwine, and bray it the beste you can betwixt two papers, than put it in some violle, and poure vpon it good Aqua vite, that it be aboue the Bengelwyne thre or foure fingers hygh, and leaue it so a day or twaine, than put to it, for halfe a violle of suche Aqua vite, siue, or sixe blades of Saffron slenderly stamped, or elles whole. This doen, straine it, and with a pensill vernishe therewith anye thyng gylted that you will, which wil become bright, and fayer, dryenge it selfe immediatlye, and will continue many yeares. Nowe, if you will dresse Syluer in suche a manner, do euen with the siluer leaues as you did with the Golde, if not, in steepe of Byrnstone you shal

Thail take white common salte, then dyesse the Vernissh in the foresaid manner, puttinge to it the Almonde of Bengewine, that is to saye, the white that is founde in the middes of Bengewine, and put in no Saffron at all. And the saied Vernissh of Bengewine, and Aqua bite, without any other thinge, is very good to vernissh all thinges, as well painted as not painted, and also to make tables and coffers of Walnutte tree, and Hebene to glister and shine, and of all other thinges: Lyke wise woꝝkes of Copper gilted, and not gylted: so; it maketh bright, pꝛeseruet, and dethe the colour, and dyeth incontinent, without takinge any dust or sylth, but that you may make it cleane with a linnen cloth, or with a foresaile, whiche is better, as if it were not vernisshed at al.

To bray or break golde or syluer easely after the comon maner that the best workmasters do vse.

TAke what golde leaues you will, and incorporate them wel in a cuppe of glasse, with Zulep roset, stirringe it well with your middle finger, little and little. And when all is incorporated together, braye it well vpon a Porphyre stone, than poure by little and lyttle, clere water vpon the said stone, mixing it alwaies: After straine the said gold & Zulep, into a dish, or cup of glasse, and washe well the stone that there remaine nothings. Than stirre all with your finger in the saied dish and let it so repose: after, poure the water out, and putte in other freshe, cleere, and warme, and washe it so, vntyll all the Zulep be washed and clenfed oute, and that the water (putting it in your mouth) be in no wise sweete, than let it drie. This doen, you shall put it in a cuppe of cleane glasse, and rake out a fewe hote embers a good way from the fyze, that the glasse bꝛeake not where vpon you shall set the saied cuppe, vntyll the gold ware very hote, and be retourned to his naturall colour. Finally temper it with gomme water, so; to put it in experience.

The fyfte booke

To make a lycoure, that maketh a golden coloure without golde.

TAke the iuyce of Saffron flowes, when they are freshe vpon the plante, and if you can get none, take Saffron dried, wel made in powder, and put to it as muche yellowe and glisteringe Orpiment, that is scaly, and not carthy: than, with the gall of a Hare, or of a Pike (whiche is better) braye them well together. This doen, put them in some violle vnder a dong, byll certayne daies, then take it out and keepe it, and when you will wyte with this licoure, you shall haue a fayre coloure of Golde.

✧ Another licour of the colour of Golde, for to wyte and to gylt yron, woode, glasse, bone, and other lyke thynges.

TAke an egge layed the same day that you begin to make this, the whiche egge you shall open at one ende, and take out all the white, than take two partes of quicke syluer, and one parte of salte armoniack, that is cleane, and well beaten: and of these two thinges, you shall put as much vpon the yelk of the egge that remaineth in the shell, as will fyll it vp againe: than mingle well all together with a lyttle sticke. After, stoppe the sayed egge with the piece that you tooke of, closinge it well with a piece of ware, that nothing may enter into it, nor any thinge issue oute. Than laye it vnder horse dong, right by, the open end vpwarde, this doen, take another halfe egge shell, and make as it were a couer or a cappe vpon the sayed broken ende, coueringe it with dunge, and leaue it so the space of twenty or fiue and twentye dayes, and so shall you haue a very fayre coloure of gold, for to wyte, and to do what you wyll withall. And if the sayed substance be to harde or to thicke, you may breake it, or temper it with gemmed water.

Another

Another goodly licour, to make a golden coloure with little cost, and is a thinge easye to be doen.

TAke the pilles of Citrons, or Oranges very yelow, and cleere the well of the white that is within syde, than stampe them well in a moyster of stone, or woode, well made cleane, and take good yelowe Limstone, cleare and bygght, and well beaten in poulder, whiche you shall mingle with the saied pilles stamped, stampinge well all together. This doen, you shall putte all this into a violle, and kepe it in a depe scillar or caue, or in some moyst place, by the space of. viii. or. x. days. Finallye, you shall heate it agayne by the fyre, and then wryte or paint with it, and you shal finde it a very excellent coloure of Golde.

To make yncke, or a colour to wryte with, in a verye good perfection.

TAke good Galles, and bryse them in thre or foure pteces, that is to say, stampe them slightly, and put them in a fryinge panne, or some other yron panne, with a litle Oyle, fryeng them a litle, then take a pounce of them, and put it in some vessel leaded, pouringe into it as muche white wine as wyll couer it ouer, more then a good hand breadth. After, take a pounce of Gomme Arabick, well stampted, and eyghte unces of Vitriole well made in poulder: myxe all well together, and set it in the sunne certaine dayes, stering it as often as you may: then boyle it a litle if you se that you haue neede, and after straine it, and it will be perfecte. And vpon the lees that shall remayne in the bottom, you maye poure other wine, and boyle it a litle, and straine it. You may put wine vpon the same lees as often as you will: that is to say, vntil you se y the wine whiche you put in, will straine or be coloured no more. Then, mingle al the saied wine, wherinto you shal put other galles, gomme, and vitriole, as at the beginning

B. ij. then

The fyfte booke

the keeping it in the Sunne, you shall haue a better incke then the fyre, and do so every day, for the oftener you do it, the better you shall haue it, and with lesse cosse. And if you finde it to thicke, or that it be not flowinge ynough, put to it a lyttle cleare lie, whiche will make it liquide and thinne ynough. If it be to clere, adde to it a little gomme Arabick. The galles must be smal, curled and massue within, if they be good. The good vitriolle is alwayes within of a colour like vnto the elemēt. The best gomme, is cleere and brittle, that in stamping it, it becommeth poulder easely, without cleauing together.

A good waye and maner howe to make incke for to carry about a man in a drie poulder, whiche (whan he wil write with) he must temper with a little wyne, water, or vynaiger or with some other licour, and than he may incontinent put it in experience. Vytb the said poulder all other incke maye be amended, be it neuer so euill.

TAke Peche or Abzicot stones with their kurnels, swete Almondcs, or bitter, so that they haue their shelles harde, and that the Almondcs be within them. And if in case you can gette but the saied stones without theyr kurnels, it shall be good ynough, but yet not so good as with the kurnels. Take then all the saied thinges together, or those that you can get, and burne them vpon the coales: and whan they be very redde and enflamed, take them out, and thus beinge redacted and made into verye blacke coales, kepe them in a panne. Take likewise Rosin of a Pine tree, and putte it in a panne, and make it flame and burne: than take another little scillette, or elles a lyttle bagge holden open, with little sticke layde a crosse ouer it, or otherwise, as you shall thinke good, and hold the mouth of the bagge downewarde ouer the flambe, so that the smoke of the saied Rosin maye gather together, and sticke rounde aboute the saied panne or bagge, and whan al the Rosin is burned, and all colde againe, cause all the sayd smoke
to

to fall vpon a paper, or table, or some other thinge, and kepe it, but if you will not take the paines to make this smoke, bye it of them that make printers incke. Of this blacke or smoke, you shall take one part, or what quantitie you will, of the coales of the saied stones another part, of Nitriole one parte, of fried galles, as is aforesaid, two partes, of Gomme Arabicke foure partes. Let all these thinges be well stamped, sifted, and myngled together, and then kepe well this poulder in a linnen bagge, or of leather, so; the older it is, the better it will be. When you will occupie it, so; to make yncke thereof, take a little of it, and temper it with wine, water, or Vynaigre, the whiche becyng put into it warme, the yncke shall be the better, neuerthelesse, beinge put in colde, it maketh no great matter, and you shall haue immediately very good incke. whiche you maye carrye where you will without spillinge or sheadinge. If you haue naughty inck, put to it a little of the sayd poulder, and it will become immediately very good black, and haue a good glosse.

To make a great deal of yncke quickly, and with little coste.

TAke of the blacke that Curriers or tanners doo black their skins with, so; you may haue much so; moneye: than take of a fysh called a Cuttle, whiche costeth almost nothinge, and chieslye in places nigh to the sea side, and in eating the saied fysh at diuerse times, you maye keepe the galles together. Then myngle the saied galles with the Tanners colour, and withoute anye other thinge, you shall haue a perfit Incke. To make it yet better, you maye putte to it of the saied poulder made of the coales of Nitriole, of Galles, and of gomme, and the sayd Incke shall be very good to print in copper, putting to it a little bernir, & a little oyle of line, so that it may be liquide and sitting of it selfe, so; to pearce the better into all manner of engra-

The fyfte booke

engrauinges, and that it maye abide well vpon the paper, without renninge abzoade.

¶ To make Printers Incke.



Printers Incke is made onely with the smoke of Rosine, as is abouesaid, and is tempered with moist Varnish, you muste seeth it a little, to make it liquide or thicke, as you shall neede. But in Winter moister then in Sommer: and alwaies the thicker maketh the letter sayer, blacker, clearer, and bryghter. But in what maner so euer it be, it muste be euer well mired with the smoke. And to make it liquide, as is saied, you must put to it moze oyle of linc, or of Walnutttes to the vernyshe. If you wyl make it thicker, put lesse Oyle, and moze smoke, lettinge it seeth moze. If you wyl Printe redde, in steade of the saied smoke, mingle Vermillion well brayed, with the sayed Varnyshe. If you will Printe greene, put in greene Wice. If you wyl make it Blew (as men haue done somtyme heretofore) take Azure of Almaine, or of that of glasse, whiche is nowe made at Venise, doing in all poyntes as we haue spoken of the blacke incke.

¶ To make yncke so white, that although a man write with it vpon white paper, it may easelye and perfythlye be redde. A very goodly thinge.



Take the shelles of newe layed egges, verpe white, and wel washed, then bray them well vpon a cleane marble stone, with cleare water. Put them in a cleane dish, vntill the poulder descende to the bottome: after dreane oute the water lightlie, and lette the poulder drie of it selfe, or in the sunne, and so shall you haue an excellent white, that
neither

neither Ceruse, nor any other white in the world may be compared vnto it, if you dzesse it, and kepe it cleane. And whan you will occupie it, take gomme Armoniac well washed, and mollified of that yellowe skynne that is about it: then stepe it the space of a night in distilled Wynagre, and in the morninge you shall finde it dissolved, and the Wynagre shall become whiter than milke: the whiche you shall strayne thozowe a cleane linnen cloth, and with a little of this white licour you shall temper the saied poulder, and than wypte oz paynt with it, and you shall haue a whyte, excellent above all other soztes. A noble woman of Italye vsed no other thynge to blanch her face: and kepte her self very white with al, and yet it appeared not that she vsed any such thing. Also the saied poulder hurteth nothinge at all the face, nor the skinne, nor yet the teeth, as the sublime, the Ceruse, and other like thinges do, whiche gentyl women ofte vse, to theyr great detrimment and hurte. But if you will vse the saied white made of egge shelles vpon your face, you must braye and consume it very fyne, and that it haue almoste no palpable substaunce, and that it may be penetratiue and pearcinge, to thintent it maye continue. In the whiche thinge euery man may proue and assaye what his witte is able to do. But above all things, whan you wil vse it for the face, it is necessary that you put to it the thyrd part of calcined and burned Talcum, as we will shewe you in the booke folowinge.

To make a poulder to take of blottes of yncke, fallen vpon the paper, or elles the letters and wrytinge from the paper: whiche is a rare secrete, but yet profytable.

Take Ceruse well brayed, and make thereof a dowe with the milke of a figge tree, then let it dze: afterwarde braye it agayne, and dze it as befoze, and so seuen tymes: then keepe it so in poulder. And whan you wil vse it to take out blottes, oz

The sixte booke

letters out of paper, take a lyttle linnen cloth wette in water, p[re]ssinge and w[ri]nginge the water oute, then spreade it abroade vpon the place where you woulde haue it, and leaue it therevpon vntill the paper and the incke be moyste with all: than take a waye the wette cloth, and vpon the blotte o[er] letters that you will haue taken a waye, put a little of the said poulder of Ceruse, leaunge it so the space of a nighte. In the mo[er]ninge, you shall take a linnen cloth cleane and drye, wherwith you shall rubbe of softlye and sinelye the saied poulder, and the paper wil remaine exceding white fo[er] to wryte vpon agayne, as well as befoze, and better. And if al be not well rubbed of at the fy[rs]t time, you may do it once agayne, and you shall not fayle.

To make a kinde of vernish, but much fayrer, and better than that whiche Scriuenars do vse, and is of lesse cost, and stinketh not as other vernish doeth.

The Vernishe whiche Scriueners commonlye vse, is nothinge elles but the gomme of Zeniper made in poulder, and of the same is liquide vernishe made, in boylinge the saied gomme in the Oyle of line, and of this poulder do Scriueners vse to cause that the incke runne not abroade, and that the letter be the fairer and cleaner. Now fo[er] to make a poulder of like effecte, and verye fayre, with lesse cosse, and without any euil sauour, take Egge shelles what quantitie you wil, taking a waye the little skinne within side: and whan you haue grossely stamped theim, put theim in a pannes that will endure the fyze, coueringe it with some couer, then set it in some glasiars o[er] potters furneis, o[er] in a brick, tyle, o[er] lyme makers hylle, leaung it there vntyll all the shelles be come into a verye white poulder, whiche is called Egge lyme: syfte it, and kepe it. And whan you will occupie it, caste a little of it vpon the paper, o[er] parchement, and spreade the poulder well vpon it, rubbing it wel with a Hares sote, o[er] otherwise then

then takinge awaye that is too much, wꝛite vpon it, and you shall finde it of better effecte then the vernix. Whan the wꝛitinge is drye, if you will take awaye the saied poulder, yea the common vernishe, for feare leaste men shoulde white theyꝝ handes, rubbe the paper or parchement with crommes of white breade, for it wꝛill dye we to it selfe, and take awaye all the vernishe or poulder that is vpon it.

To make incke to rule paper for to write by, whens of the wꝛitinge beinge drie, the lines maye so be taken out, that it shall seeme ye haue wꝛitten without lines.

TAke Paragon stone, stampe and bray it wel, then take the bygnesse of a little nutte, of the sayreste tartre or lees of white wine, calcined and burned, settinge it to stepe and dissolue in a dysheful of clere water, and than straine it oute. And with this water you shall temper the blacke poulder of the Paragon stone, vntill it become like incke, with the whiche you shall rule your paper, or parchement: and wꝛyte vpon those lines what you will with common inck. And whan the wꝛitinge is drye, for to take out the saied lynes, you shall take harde crommes of white breade, and rubbe youre paper ouer with them, and the lines that you haue ruled, wꝛill go out, as cleane as though there had neuer bene line at all. This is a goodly secrete, and very rare.

*The ende of the fyfte
booke.

Cc. lj.

THE
Secretes of the reuerende Master
Alexis of Piemount.

THE SIXTE BOOKE.

*To sublime Quicke Syluer, that is to saye, to make
common sublyme, that Goldsmithes, Alchemistes, and
Gentilwomen do vse, and that men vse in many thinges
concerninge Physycke.*



Take a pounce of Quicke
Syluer, and put it in some ves-
sell of wood with a little Wyn-
aygre, and Salte Peter, than
braye it, and mortifie it well
with a wodden pestell. Than
take halfe a pounce of common
salt, foure unces of Salt Peter,
and let all this be well brayed,
and put vpon the Quicke Syluer in the same vessell of
woode, styringe well all together, puttinge to it twoo
pounce of Roche Alome burned. Incorporate well all
this together, and put it in a violle, or some potte, luted
and clayed a finger higher then the substance within
is. Then put it, and dispone it, in a panne or scillet, v-
pon sifted ashes: than set the saied panne on the furnes,
settinge the Limbecke vpon the violle or potte luted,
and then the recipient, to receaue that distelleth out, as
men do in all maner of distillations. Make to it at the
fyyste a slowe fyre, vntyll all the moysture be drawen
out, whiche you shall take out of the recipient, and kepe
well, for it will be good for many thinges, and specially
for to mortifie other Quicke Syluer, to make other sub-
lyme. This doen, make your fyre greater, and continue
it so, vntyll you see Mercury or Quicke Syluer, to be
sublymed thozowly whyte, that is to saye, that it be re-
sen

sen aboue al the substance, and made as it were a white cake. And if you will make it higher, that is to say, vnto the necke and bymme of the biolle or pot then take a sheete of paper, and wzappe it rounde about the biolle or potte, that is to saye, aboute the body of it that is vncouered about the furneis: then encrease your fyze, and make it greater, and this white cake wyl rise by little and little, and will cleaue to the bymme of the pot, remaininge there lyke a little belle of white subline, then let it coole. Than take of the recipient, and lyfte vp the Linbecke, makinge the pot cleane without side, to the intent that whan you bzeak it, there sal no filth among the saied sublyme. This done, bzeake the biolle or potte and in takinge of the subline, you must kepe it from the smoke, and in this sozte you may make a loafe or cake of a hundzed, or two hundzed pounde, or as muche as you wpll, keepinge alwaies the propoztion of the quantitie of the thinges, accoordinge to the weighte here aboue wrytten. The lees that remaineth in the bottome of the sayd potte or bioll, may be stamped and dissolued in boilinge water, and than straine it, and lette it seeth, and than drie thozowlye: there will remaine in the bottome a salte, whiche will be of the nature of the Salt Peter, of the common salte, and of the Alome that you did put in. And the sayde salte will be very good to make other newe subline, with other Quick Siluer, and vinaiger: or elles in steade of Vynaigre you maye take the soze said water that distilleth in the sublimation, and so shal you make it very perfitte. And you muste note, that the saied subline, made with Roche Alome, is better for gentillwomen, that wil paint their faces with subline. But I counsaile theim, that in steade of subline, they vse some of the waters that I haue spoken of in the bookes befoze. For Goldsmithes, Alchemistes, and for manye thinges required in Philicke, it is better to put in rawe Vitriole, in steade of burned Alome: but this is very euil and hurtful for gentlewomen: for, the mooste part of them that make subline, make it with Vitriole

The sixte booke

partly because it is made with lesse cost, and partly because it is profitabler for many thinges, then made with Alome, whiche is almost for nothinge but for gentlewomen. There be some naughty personnes that putte Arsenic Crystallyne to distille with Quicke Syluer, a thinge practised of to many men. Wherefore it is good and profitable to admonyshe euerye man that he take heede, for certainly, in respecte of a little gayne, they make them selues woorthy to be burned quicke: for besides that men se oftentimes, that by suche sublyme women haue theyr faces swollen withall, like a bladder blown, also it may happen that in Physicke they hurte or kyl men. The sayde sublyme made with Alome and Vitriole, may easly be sublymed a newe, that is to say, for euery pounce of this sublyme, to putte to it halfe a pound of common white salte, or burned Alome, or vnslaked lime, in settinge this to sublyme, as befoze: the whiche wyll sublyme it selfe much soner, and will waxe fayer, the oftener you sublyme it. The Alchemistes, followinge the preceptes of Geber, of Saynte Thomas, and other Philosophers, go aboute and spende tyme to sublyme it diuers times for to make it firme, amonge whom there be that sublyme it a hundreth times, and other some two hundreth tymes, and yet at thende bying it to none effect: and that cometh, because that alwayes they put in, in sublyminge the sayed lecs, that is to saye, the salte, alome, or vitriole, as we haue sayed. And seing that the nature of the fyre is to frye and make firme thinges that sone sit awayne, the oftener the sayed sublyme cometh to the fyre, the moze doth it fasten at euery time, but that part that is fastened, is alwayes mingled with the sayed lecs, and so is lost: Wherefore they which made the sayed sublymation, not consideringe the reasons and causes why suche a thinge happeneth, founde that by little and little theyr sublyme was diminished, and (peraduenture) thought it hadde flowne awayne, or els consumed in the fyre, rather than to beleue that it remained in the sayed lecs, from the whiche it can in no wyse
be

be separated. So we mindinge philosophicallie to procede in the fasteninge or firinge the saied sublyme, you must fyze the sublyme it thzee or foure times, with common salte, burned Alome, lime, or Calchum, as is saied to the intent that in this wise it may be mondified, and clenfed from all earthy and vncleane substaunce, that it conteyneth, and frome the superfluous moisture, whereof it is full. It is mondified and made cleane of the earthy substaunce, because the earth sublimeth not, but remayneth in the bottome of the viole or pot, cleauinge with the grounes, whiche is the Salte, Alome, or Alstriole that is put in it, the whiche thinges we call here lees or dregges, because they remaine in the bottome, as the lees of wine, or of Dyle doeth. Also it is pouged of the aquositie, or superfluous moisture, two maner of wayes. The fyze is, because that with the same, or distilled water, wherwith it was watered, as we haue saied befoze, the moisture or watrinesse of the saied Quick siluer distilleth out in a vapour. The other is, because of the oste subliminge it, the nature of the fyze is annexed vnto it, whiche diminisheth it, the whiche two thinges are the principall cause whye it fasteneth. And so are they the onely partes that make the perfytt fixation or fasteninge, accozdinge as they are sufficiently ioyned with the thinges that you wyll fasten or fire. And here we meane no other thinge, by the thynge fired or fastened, but that the fyze hath made suche a decoction, that it vanissheth not a waye, or is lightly caried awaye with the wynde, and that all the substaunce remayneth in the bottome, and consumeth no moze. Therefore, after you haue sublimed it thzee or foure tymes, and that it is well pouged of the earthy substaunce, and of the superfluous moisture, as is afozesayed, you shall set it to sublyme a parte by it selfe, withoute any grounes or lees, and shall sublyme it so often, vntyll all remayne fired to the bottome of the viole or potte, and that it flye not a waye nor diminishye so, anye greate fyze that you make.

But

The sixte booke

But if you wyl make it in lesse space, and easier, obserue this rule, whiche is certayne and infallible.

Whan you haue sublimed it thzee oꝛ foure times, oꝛ oftener, you shall adde to it the fourth part of fine siluer calcined and burned, as we wyl afterwarde declare: than after you haue mixed it well together, set it to sublyme: and whan it is sublimed, mingle that whiche is rysen vp, with that that remaineth in the bottome, then sublime it again, and so, so often that it ryse vp no moze but remayne in the bottome foꝛ al the vehemence of the fyze, and so shall it be perfit, very white, cleane, fusible, and penetratiue oꝛ pearlinge. And he that would make a good quantitie of it, and is not hable to putte to it as muche fyne siluer, as the fourth part of it, he may make it in this maner solowinge. After he hath sublimed it thzee oꝛ foure times, with the grownes oꝛ lees, as is aforesaid, let him kepe it by it selfe, and take a little of it that is to saye, as muche as foꝛ to ioyne oꝛ put with the fourth part of fyne syluer, that he should put to it, as in example. If he haue but half an vnce of syluer, let him take an vnce of the sayde sublime, and whan he hath mixed it together, let him sublime it as often as befoze, vntyll all remayne fixed in the bottome, and he shall haue two vnces, oꝛ little lesse of sublime fixed: foꝛ the fyze in dꝛyenge it, and making the decoction, eateth and consumeth some parte of it, besyde that consumeth in stampinge, and in the vbole oꝛ potte. Whan let him take these two vnces fixed, oꝛ as muche as is of it, with thzee times as muche of sublime not fixed, that was kepte, and then let him mingle all together, and sublime it as oft as befoze, vntil al be fixed. And if he wil make moze of it, let him take agayne thzee partes of the other sublyme: and so shall he make it as often and as muche as he wyl, whiche is muche better then to make it all at once, foꝛ by this meanes is *volatile fixum*, and *fixum volatile* oftener made, whiche is that, that the philosophers esteeme moost, and is also moze fusible, moze pearlynge, and of greater vertue. In this operation consisteth all the

all the secretes, and the greatest maistry of the Philosophers, and cheslye of Geber, who maketh the mooste part of his woꝝke in this manner of subliminge and firinge often times, and onely keepeth the thinge secreete that must be sublimed, the which thinge because he wil hide it from them that be not woꝝthye to knowe it (as hym selfe affirmeth) he calleth it Quick Syluer, but he meaneth another thinge, althoughe in effecte the same thinge declareth that it is but quick syluer, but brought from his nature vnto a perfecter degre, as soꝝ example. Dowe, is meale, not in his fyrst essence and being, but is redact and made of the baker, into a moꝝe estimable nature, and nerer to perfection. No man ought to hope to attayne to this high knowledge, by his owne wytte, but onely by the grace and gifte of God, who (as all the Philosophers saye) *Cui vult largitur, & subtrahit.*

To make Cinabrium, and thereof to make loaves of a hundreth or two hundreth poundes, as great as a man list as those are that come oute of Almayne, whiche secreete hath not before this tyme bene knowne of anye in Italy.



All those that delight in secretes, and principally in thinges belonginge to metalles, knowe howe to dresse Cinabrium, but in a small quantitie, as a pound or two at a time, and not past. In Germanye, and some partes of Fraunce, there be that make it in great lompes, or masses, and send it so into Italye, and ouer all the woꝝlde, and yet kepe it meruelous secret to them selues, without publishinge it vnto manye men. Therefore we will also communicate this secreete (al- though it consist in a small thinge) to the gloꝝy of God, and the profite of the common welth, teachinge here in a bzeife manner, to make it in as great a quantitie as a man will. Take of Quick Syluer nine partes, Bizim- stons citrine two partes, yet many men put thze partes

The sixte booke

of **Bz**imstone, foꝛ the nine partes of quick siluer, other foure, and some as muche of the one as of the other. But whan it is foꝛ to paynte with, there cannot be to much **Bz**imstone, foꝛ there commeth the blacker colour of it, and foꝛ other thinges it is better that foꝛ one pouꝛd of **Q**uicke **S**iluer, there be but thzee oꝛ foure vnces of **Bz**imstone. Putte then the **Bz**imstone in some large panne, meltinge it with a slowe oꝛ small fyꝛe: & whan it is molten, take the **Q**uicke **S**yluer in a linnen cloth, in your left hande, and wyꝛinge it little and little into the saied **Bz**imstone (whiche must fyꝛste be taken from the fyꝛe) and mingle it with a sticke, to thende the quick syluer maye incoꝛpoꝛate it selfe well with the **Bz**ymstone, not ceasinge to styꝛe it, and to loose it alwayes from the panne, vntyll all be well cooled, and you shall haue a blacke mixture, whiche shall be neither lyke the **Bz**imstone, noꝛ quick syluer. Stampe this mirtion, and bꝛay it well, and sifte it, and of this poulder you maye make what quantitie you will, puttinge it in a greate panne. Nowe yf you wyll dꝛesse the *Cinabrium*, you shall take a violle of glasse as great as you will, yet see not withstandinge that ye fyll the saied violle but a quarter full with the substaunce that you shall putte in it. And after hauyng well luted and clayed the violle, with a claye oꝛ paste made with white claye, and the shearinge of cloth (whiche men call *Lutum sapientie*, as we will shewe you hereafter howe to make it perfectly) and whan it is well dꝛyed, putte in as muche of the saied poulder, as wyll fill a quarter of the saied violle, oꝛ lesse, and without closyng vꝓpe the mouth of the saied vessell of glasse, ye shall set it vꝓpon a greate furneis, if you haue muche substaunce, than make vnder it a sighte and slowe fyꝛe, the space of two oꝛ thzee houres, and after warde somewhat greater. But foꝛ to make a greate quantitie of it, you muste euer and anone, putte in of the saied poulder, leauyng so styll the saied vessell of glasse vꝓpon the fyꝛe to sublyme: then take a sticke made meete foꝛ the purpose, that maye reache to the
bottonie

bottomme of the saied vessell, and be moze then a handefull withoute, and haue also vpon the sticke a rounde lumpe of the sayed *Lutum sapientie*, to the intente that the sayed sticke so being put into the viol, it maye close the mouth of it, and that whan the sticke riseth vp, the piece of *Lutum sapientie*, maye also rise withall, and open the mouth of the saied violle. You muste haue also made readye, and settled, a funnell (suche as they syll hogges heades of wyne withall) whiche muste haue alwayes the necke of it within the mouthe of the vyolle, and that the sticke maye go thozough the myddle of the funnell, that by that meanes, it maye stoppe the straye of the funnell, with the mouthe of the violle.

All these thinges thus set in order, you muste keepe the saied poulder nyghe vnto the fyze, to the intente that it maye be hoate : for if you shoulde putte it in colde, vpon the hoate that is in the violle, you shoulde make colde, and lette the sublimation of the *Cinabrium*.

Nowe, whan the fyzte poulder hath bene on the fyze, the space of fyue houres, and that it is thozoughlye, or partelye sublimed, lyfte vpe the sticke a little, that is in the potte, and so open the mouth of it, in lyftinge vp the rounde piece of claye that stopped it, and putte in thzee or foure sponefulles of the saied poulder that you kepte warme, then lette downe the sticke, with the rounde buttonne of claye, that it maye close the vyolle, as befoze.

And you muste vnderstande, that the sayed sticke is not put into the violle for anye other cause, but to kepe that the sayed poulder whiche is in the bottomme, beginninge to sublyme, shoulde not cleaue rounde about the mouth of the violle, for than it woulde stoppe it so, that you coulde putte none other poulder into it, nor make the loaves soo greate, as is sayed : and herein consyseth the whole Secrete to make the loaves great.

For if you woulde putte in all the substaunce at once, that is to saye, a hundzethe, or twoo hundzeth pounce of substaunce, you shoulde make the masse, or lumpe

The sixte booke

so great, that it woulde neuer be broughte to perfecti-
on, and muste make so greate a fyze to it, that rather it
woulde melte both the vessell, and also marre the fur-
neis, than the matter oꝝ substaunce woulde sublyme.
But in puttinge it in thus by little and little, the sticke
beinge in the middle, all the substaunce sublymeth, bak-
keth, and wareth redde, and by little and little, sticketh
to the highest parte of the vessell, then, in puttinge to it
agayne newe poulder, it descendeth to the bottom, and
there findinge all thinges hote, with that that it is hote
it self, and in a smal quantitie it sublymeth, baketh, and
wareth redde incontinent, incoꝝporatinge it selfe with
the fyze. So in puttinge in, by little and little newe
hote poulder, and keeping alwayes the fyze in one state,
you shal make as great a quantitie of it as you wil, and
shal haue very great loaves of fayze *Cinabrium*, the whi-
che wyl haue onely a hole in the middle, whiche is the
space where the sticke went thow. Finally, you may
put to it newe poulder in takinge a waye the sticke all
together, and closing the mouth, and than make a fire:
foꝝ this last poulder wyl lyke wise sublyme, and wyl
make a bottome to the lose of *Cinabrium*. Moreover, note
and vnderstande, that the great fyze, that is to say, long
continued and kept, hurteth not, and now and then you
must moue, and lifte vp and do wne the sayde sticke, to
the intent that the *Cinabrium* cleane not to it, and stoppe
so the mouth of the vessell, that you can putte no moze
freshe poulder to it, as is sayed. This is the sure, and
perfecte waye and meane howe to make *Cinabrium* in as
greate loaves as you will, whiche hitherto hath not
bene knowen in Italye. You maye do the like in pottes
of potters claye white, soo that they be well luted and
clayed ouer, that they maye endure the fyze, and not
bꝛeake.

¶ To fyue and renewe Borax.

Borax



BO RAX was called of the auncient wꝛiters *Chrisocola*, and was both naturall and artificiall, as Plini, Dioscorides, and other wꝛite, and men did vse of it in Physicke, and also to solder Gold and Syluer, and other metalles, as men vse yet nowe a dayes: soꝝ the nature of it is to melte, and to resolue quickly anye souderynge. It is vsed in woꝝke also soꝝ to make a bodye, that is to saye, to gather together the sꝑlynge of Golde and siluer, and in all other thinges, wherein a man hath neede of a quicke and sodayne foundinge oꝝ meltinge. Noꝝeouer, gentlewomen helpe theim selues also muche with it to make theim fayꝛe: soꝝ it maketh the skinne very white, fine, and cleane, without daunger of any poꝑson, oꝝ of hurtinge the teeth, oꝝ fleshe. The auncient men of olde time had of it grene, whereof nowe a dayes is none founde, noꝝ yet anye man maketh it. Nayꝛe, we haue that is very white, and also somewhat blacke, whiche peradventure a man may say is like theyꝛ grene. The white is in little longe pieces, with certayne synclwes oꝝ veines all a longe, so like vnto Roche Alome, that many are deceiued, oꝝ deceiue oꝝther with it: For whan a man setteth the saied Boꝛax vpon the fyꝛe, it boyleth, and swelleth by in all poyntes like Alome, and so remayneth white, and full of hoales lyke a sponge, and easy to be broken with your handes, euen as Roche Alome burned. But subtyle and craftye marchauntes knowe Boꝛax from Alome thꝛe maner of wayes. The fyꝛste is, that Alome put in a mans mouth is eyꝑgre and sharpe of taste, and restraintife, but Boꝛax hath no maner of taste, but a dead and vsauery gyste, as a meane betwene the sauour of Dyle, and whaye of Mylke. Therefore they that wyl deceaue other, and falsifye the true Boꝛax, take little pieces of rawe Roche Alome, and kepe them in Dyle of Almondcs, in whay, oꝝ in mylke. Some other put to it also honny, oꝝ sugre, soꝝ to moderate the eyꝑgernesse of the Alome, with the

The sixte booke

Swetenesse of it. Other there be, that melte all the saied things on the fyre, and than set them to coole in some colde place, vntyl all be waren into yce, or little stoncs, and puttinge to it Salte Peter, *Sal alcali*, Tarte, *Alome de fece*, and suche lyke thinges, and make little stoncs somewhat lyke vnto Bozar: but fyfthe they differ in fourme and fashion, for the true Bozar is alwayes longe in fourme, and the stoncs where *Alome* is amonge, are neuer broughte into anye fourme, but into little square stoncs. Furthermoze, they differre in the seconde sozte, and that is this: That *Alome* beyng burned, maketh a greater lumpe, then when it is raw: but the true Bozar is broughte and reduced into a very small quantitie, and this is an euidente signe to knowe it. The thyfde, whiche is of moost impoztaunce and the sureste, is, that the matter wherein the *Alome* is, will not souder in no manner of wise, and wyll not melte neither, so well as the Bozar will. I saye, it will not melte so well, because that where any Salt Peter, Tarte, and *Sal alcali* is, there the matter will melte, at the leaste in some parte: for all the saied thinges helpe to the foundinge of metalles. The Salte Peter, whan there is a good quantitie of it, is knowen incontiente vpon the fyre, for it maketh the boylinge wateryshe, and casteth aboute, as it were lyttle sparkes of fyre. The other thinges made with the sozelayed mirions, dyuers tymes, in whaye, milke, or in water, and congeled into lyttle pebbles, make certayne stoncs, but they be alwayes salte, to bryghte, and to violente to melte: for whan a manne wyll souder anye worke of Golde, or thinne Syluer with it, it causeth the worke to melte together, and where as there is Sugre, it leaueth the Golde and Syluer spotted. Men make other mixtures, whiche are verye good for to souder, or to melte, whiche neuerthelesse are differente from the Bozar in fourme and sauoure, of the whiche we wyll make mention hereafter.

Nowe, for to retourne to the true Bozar of oure time,

tyne, men bzinge vs certayne barrells full, of a kind of greafe, ful of certayne litle pebbles, which is called the dowe oz paste of Bozare. Unto this daye menne haue broughte it oute of *Alexandria*, where it was alsoo of olde tyme made: and therefore is it that the aunciente Arabian Anthones, whiche haue wytten of thynges concernynge mettalles, called the Bozar *Nitrum Alexandrinum*. And within these fewe yeares, they haue begonne to bzyng it frome the Weste partes, yet I can not tell whether it be made there, oz elles paraduence it be broughte latelye oute of the Indies. There was within these fewe yeares soo greate lacke of it in Italye, that it was solde at the leaste, for a crowne an vnce, of that, that was made into stones. And nowe, within this twoo yeare, there is come suche hahoundaunce oute of the Weste partes, that the pounce is woꝛth but a crowne and a halfe, and lesse.

The waye howe to make it (whiche is vsed in the saied West partes) is thus. In Mines, where Golde and Syluer, oz Copper is gotten, is found a kynde of water, whiche (as I my selfe haue seene and proued by experience) is of it selfe verye neete and excellent for to souder oz to founde with. And also I knowe a place in Germanye, where there is a greate beyne of suche water, whiche notwithstandinge, the payssautes knowe not of. Howe, they take this water, with the earth that is vnderneath it, oz on the sydes, and boyle it a certayne tyme, and than strayne it, and so leauinge it, it congeleth into lyttle pebbles, euen like vnto Salte Peter.

And therefore yf a man shoulde keepe theim longe soo, thei would not continue, but would resolue by litle and litle: Also for to make them better, and to pꝛeserue the, and noꝛishe them in their owne nature and kynde, they take the groundes oz dregges that is left of the saied water, & earth, putting to it barrows greafe, oz the greafe of some other beast: than they goo to the mine, where they make a greate hole in the grounde, in the bottome wherof they lay a ranck of the saied greafe, & vpon that a
ranck

The sixte booke

Alexis speaketh of Italy, and not the translation of England.

rancke of the sayde little pebble stones, and than again another of grease, and so consequently as much as they wyll, but so that the laste rancke be of grease, or of the sayed dowe or paste, and so they leaue it open and vncouered, the space of certayne moneths: yet many of them do all this within theyr houses, in the earth, or in great vessels. Than, when they wyll sell it, or sende it out of the countrey, they take the sayed paste or dowe, with the stones and all, with a fyze panne or some like thing, and fyll banelles and tonnes of it. This is the same that commeth vnto vs, whiche we call dowe or paste of *Bozar*. It is sent also from the countrey where *Bozar* is made, or little stones of the sayed paste, so renewed and fined as I will shewe you. About thyrty yere ago they sent muche moze of this *Bozar*, fyned and renewed, than they did of the paste, because that in *Italye* they coulde not dresse nor make it, nor brynge it into little stones, wherefoze it was not put in vze, but of certayne women in distillations, soz to paint them selues with. Since there hath ben one in *Venise* that began to dresse it, and after him a woman whom he had taught. These two gat a greate somme of money, and the sayd secreete was longe betwene them two onely, althoughe it was desyzed of euery man longe befoze. Finally, it is nowe come so farre sozwarde, that many men in *Venise* can dresse it, but one maketh it farre better, then another, and peradventure very fewe haue the perfection of dresing it, with suche adnantage that he loose nothinge of the substance, and to make as muche of it as is possible perfectly, as I will shewe you hereafter folowing. Now, you muste take fyrst of the sayd paste, that is not mouldy, vinewed, or putrifid, soz than it is a sign that it shoulde be olde, and of many yeres, and thereby the little stones shoulde be diminished, losse, or decayed. Yet neuerthelasse this is of no great importaunce: soz it is better to assay with your finger within the past, to se yf it be full of the sayed pebbles, soz the woelde beyng all together gauen to gayne, and full of deception and fraude

fraude, they that make it, put sometime very fewe pebbles in the saied grease, soꝛ to haue moꝛe substaunce: and besyde this, they that bye it to sell agayne, take out also a good quantitie of the saied pebbles: wherfoꝛe it is necessary to be circumspecte, to the intente that diligence maye surmounts, oꝛ at the laste discover the gyle and deceate. Fynallye, if you wil fine and renewe the sayed Bozar, from suche paste oꝛ do we, do thus. Take water luke warme, that is to saye, soꝛ twoo pounde of paste, halfe a payle full, whiche you shall put into some earthen vessell, puttinge the paste into it, than with youre hande fraye and styꝛe it in sonder, as you wolde temper leauen soꝛ to kneade, after this, strayne out the saied water well thozoughe a straynoure, and take the little stones that remaine in the saied vessell, that is to say, those that be of the bignesse of a Walnut, oꝛ beane, and put them in a vessell, spꝛinklinge them with Oyle Olyue, as though it were a salade, but the Oyle must be white: and if you haue none good, take common oyle and set it in the sunne, purginge it well, and annointe the saied stones with it, minglinge them well together with your hande. Afterward put them in a litle bagge, and mire them well together againe, as men do confitures, this doen, putte theim in litle bores, and keepe theim, and thus shall you haue the best Bozar that can be possible. If you will renew and multiplie it, do thus. Take the same water that was strayned out, and put it in a kettle vpon a small fyꝛe, keepinge the fyꝛe alwayes in one estate, than scynne it with an yꝛon ladle, and put also with the scumme, the ozdure and filth that shal be in the bottome: but take good heede, that in seething it ste not a waye. Continue thus dooinge vntyll it be well sodden, whiche is knowen thus: put a litle vpon your nayle, and if it renne not, it is ynough sodden, oꝛ els you may pꝛoue it vpon a paper, as men do Syꝛops, and if it byde still, it is sodden, oꝛ wette a stringe in the sayed water, and holde it betwixte youre fingers, than plucke it oute by the ende, and if you feele it roughe, it

The sixte booke

is sodden. Then take the kettle from the fyre, and cover it with some cover fyttc for it, that there fall no ordure or fylth in it: this doen, burie the kettle in wheate bzanne, and close it well rounde aboute, coueringe it with clothes or other thinges, so that it be wel stopped. You maye bury it, or hyde it in a hote dungehyll, and leaue it there the space of eight or ten dayes, and afterwarde vncouer it. and you shall finde crusse vpon it, the whiche you shall take and put in on one syde, and you shall finde in the sayed kettle, as it were little pieces of yce, whiche you shall take oute, and put in another vessel, washinge them with cole and freshe water, than drye them vpon a table in the shadowe, and lette those stones whiche at the firste time remayned in the straynoure, be mingled with the sayed pieces of yce. Then take Alome de fece, that is white, foure pounce, in thre payles full of water, thre vneces of Salte Peter, than boyle this with a small fyre, and scymme it, as you dyd the other, in prouinge it vpon your nayle, or vpon paper, if it bee sodden, as befoze. This doen, take it from the fyre, and let it rest, and whan it is cleare, take a litle payle full and a halfe of it, and set it on the fyre in another cleane kettle. And whan you see that it will boyle, put in the sayed crusse, and that it be of tenne pounce, and make it seeth as the other did, essayinge vpon your nayle or paper, as you did befoze. Than put it in a litle birkin, and lay two sticke a crosse, with foure cordes, wherevnto you shall tie a litle leade, to the intent they may stretche well, and without touchinge the bottome, by foure fingers, and that to the ende the Boyar maye sticke and cleave to it, and than burie it as befoze. This must not be put in the bagge, but anoint the same that you finde stickinge vpon the cordes with a feather, and the other that remayneth skil in the vessel, you shall sprinkle as it were a salade. The clere that you shall take out of it, must be of the biggenesse of a hasell nut or beane: and the other will be lesse, you shall put into the water that remaineth, whiche water you shall set on the fire, making

makinge it seeth, and doinge as befoze, and so continuing vntill all the water be conuerted and tourned into Bozax, so that nothinge be loske. And remember (at the beginninge when you dissolue in luke warme water, as we haue sayed befoze) to put to it the bignesse of a eiche pease of the ruen of a hare, soz that will make all the other partes of the Bozax to cleaue and take together.

¶ A good and easye waye to make Aqua fortis, better then any other.

Make Roche Alome and Aitriole, oz salte peter, oz elles all thzee together, of eche of theim lyke quantitie, that is wel calcined and burned, and well bzayed. And if you will haue it stronger, put as muche salte Peter a parte, as of Alome and Aitriole together: put all this in some potte oz violle, well luted and clayed ouer, and in the recipient oz receptoꝛie two vnces of well water, soz euerye pounce of the said substaunces. Let the receptoꝛie be in freshe water, and alwayes wette aboue with some wette linnen cloth, so that it be neuer drye. And by this meanes the exhalations oz fumes wil better mingle them selues with their water, and will not sticke oz cleaue to the recipiente. This doen, take the potte oz violle luted, and trimme it so that the mouth hange downewarde, ioyning it with the recipiente, without a Limbecke, luting and clayng well the ioynctes and sides with slowe, and the whites of Egges: and dispose and order it in suche maner, that the fyze come not to the recipient. And at the beginning put a fewe hote coales vnder the bottome of the byolle oz potte, vntyll the matter loose and dissolue it self, and passe his fyzte surye. This doen, couer it with coales, and the fyze muste be verrye highe: and soz to do besse, there muste be lyttle walles of bzycke to holde by the greate coales, in great quantitie vpon the sayed potte. When you haue made this greate fyze, the space of thzee oz foure, oz sixe houres, all wyll be made.

The sixte booke

Then let it coole, and take out the water, whiche is very good and perfit, and kepe it in a vessell of glasse well stopped with ware.

The true and perfyte practise to caste medalles, and all other workemanshypppe, as well in b. affe. a. in gold, Syluer, Copper, Leade, Tynne, as of Crystall, Glasse, and Marble.



Firste of all, you muste haue alwayes the earth or sande ready, wherin you wyll fashion and fourme your work: but becauie there be dyuers soztes, and euerye man dzeleth it as he can gette it, and as he hath skill in makinge it, we will put here some of the surest and most parfitest, and of diuers kyndes, to thend that if a man can not get or make the one, he may euermoze haue recourse to the other. And vnderstande, that all these that we will put here, may be set a worke eche of them by them selues, or mixed one with another, or all together, for they are good euery waye. The bounty and perfection of eche of these earthes for to cast anye mettall in, consisteth in these thinges, that is to wytte: that first and chieftie it be fine and smal, and in no wise roughe, or full of grommels, to the intent that all thinges maye casely take print. Secondly, that they receiue the metall well, and that they neither cleaue, bzeake, chappe, or ware into a cruste. They must also be tempered with a water called *Magistra*, (of the whiche we will speake afterwarde) to the intente that beyngedye, they maye be harder, and holde faster together. Whydelye, that they maye continue, and serue at diuers foundinges and meltinges, to the intente that whan you wyll caste many medalles, or other thinges all of one sozte, ye neede not at euerye time make newe mouldes. Also you must vnderstand, that for metalles that are soft, as Leade, and Tynne, all earth, so it be good, wyll suffice:

Provided alwayes, that it be fine and small, and well tempered with the sayed *Magistra*, as I wil declare here after.

¶ *The fyrste earth to caste in a mould of fusible water.*

Take Emerill, that men burnishe swordes or armour with, and braye it very small, in flaming it, as wec will shewe you afterwaide, and temper it, or reduce it into dole or paste, with the sayed *Magistra*, as I wyl tell you hereafter, and so dressinge it, you shall make a very good earth, whiche will continue for manye soundings and meltinges, so that it be well governed and tempered, and the more it is occupied, the better it wyl ware: Provided, that it be alwayes brayed a newe, and than watered and tempered with the *Magistra*.

¶ *The second earth or sande.*

Take pieces of those vessels, or pottes of earth that are made in Valentia in Italie, or other that glassmakers vse to keepe their molten glasse in the furnesse, and if you maye onely get the bottoms, or the pieces from the middle to the lowermoste parte of them, it shall be the better, in takinge awaye the glasse that is rounde about them, if not, take them as you maye. Than take Goldsmithes crosettes, or meltinge pottes, newe, and breake them in pieces, and that the weight of the sayed crosettes be as muche as the pieces of the sayed vessels before. All these thinges bringe fyrste beaten and stamped in a mortar, let them be well brayed after upon a Porphire stone, with water, as men braye colours, and hauinge made them verve fine and small, by seethinge them againe on the fire, as we will after declare, kepe them in little goates leather bagges, or in some cloose bores, to the ende that
because

The sixte booke

because of theyr finenesse they stie not, and vanishe away in the ayre.

☞ The thirde earth, or sande.

TAke the filinge of yron, sande, or yron ooze, or the sparkes that stie from hoate yron whan it is beaten, or elles all together: but that it be pure without any earth or fylth: than putte it in an yron panne, or in some other vessel that wyll endure the fyre, spzinklinge it with stronge Wynaigre, and keeping it on the fyre the space of eighte houres, after this temper it agayne in Wynaigre, and then incense, and heate it in the fyre, bzainge and renewinge it diuers times, as the other. And keepe it in leather bagges, or in bores well stopped.

☞ The fourth earth or sande.

TAke pieces of a pommise stone made hote in the fyre, and quenched in Wynaigre fourre times. Than take. ii. partes of the sparkes of yron bzaied and stamped, & one part of the pommise stone single al together, and putte it in the fire, and bzaie it often times, and so kepe it as the other.

☞ The fyft earth, and the most parfyt.

TAke mutton bones, but if you take those of the heade, they will be better, if not, take of what part so euer it be, and burne the upon the coales or in some furneis, vntil they ware very white: than stampe them, and sifte them. This doen, you shall put the poulder in some yron panne, or other thinge, amonge the coales, so that it may burne well, than put to it a good handfull of tallowe, kyzringe it with some yron, in suche wise, that all the tallowe maye be burned with the saied poulder, leauynge it so on the fyre
yet

yet halfe an houre . Than take it oute and braye it, and burne it agayne, spzinklynge, and brayinge it often tymes as you dyd the other, untill it be verye fine and small, and toan shall it be perfit, and will serue for many foundinges or meltinges.

✧ *The sixte earth.*

Make Cuttle Bones, and burne them in the fyre, bntyll they be verye white, and vse the in all thinges as you didde the mutton bones, and than keepe it as afoze. Fynallye, there is also earth made of the ashes of Wyues, of strawe, of burned paper of horse dunge, dzyed and burned, of bycke stamped, of Soale, or of redde earthe, or other lyke thinges that remayne in the fyre without meltinge, wherein men pzynt verye well all maner of metall, the whiche also neither bycake, cleave in sonder, nor chappe, as is afoze sayed.

¶ A goodlye waye and maner howe to make all these earthes verye fyne, and small, and almooste impalpable.

Make whiche of these foresaid earthes you will, or anye other, and after you haue well stamped it, and slyted it, dzye it in a kettle by the fyre, or in a fryenge panne, or other vessell, vntyll it be verye whoate: than take it frome the fyre, and stampe it well, as befoze, with water or Wynaigre, beate it agayne, and braye it styll with water, or Wynaigre, and neuer dzye: doyng so fyue or sixe tymes. Fynallye you shall putte it in a vessell of white earthe, well leaded, and polze into it as muche cleare water as wyll surmounte it foure syngars high: than styre it with a lyttle cleane sticke, and lette it reste the space of an *Aue Maria*. Afterwarde poure the sayed water synelye

The sixte booke

finely and wisely into some other vessell that is cleane: And vpon the sayed earth that remayneth in the fyrste vessell, you shall powze other water, and styre it as befoze: than powze the same with the other fyrste powzed out, and thus do so often, vntil that with the water, you haue poured out all the finest and smalleste parte of the same earth. And if there remaine yet in the firste vessell anye parte of grosse earth, brye it a new, and than put it with the other. This doen, you shall let all the same fyne and small earth, whiche you poured into the other vessell, go downe to the bottome: and than powze oute fayer and softely the water, and let the poulder dry that remayneth in the bottome, the whiche afterwarde you shall brye well once agayne, and passe it throgh a fyne sieue or sarce of Silke, if you thinke good, and you shall haue a poulder, suche as there is not the like, whiche you muste keepe, as the other befoze, in leather bagges, or in bores of woode well stopped, pastynge or glewing the sides, to the intente that the poulder stie not awaye, for it is a substaunce almost as fyne and as subtyle as the ayre.

To make a water called Magistra, wherewith the sayed earthes to make mouldes is tempered, and moysted agayne at euery castinge and foundinge.



To cause that the sayed earth be fatte and firme, and that beinge fashioned and drye, it maye holde together, and not fall agayne into poulder, you muste make this water, whiche is called *la Magistra*, whiche is a woꝛde, not knowen frome whence it is deducted, as the Philosophers haue forged and geuen names to certayne waters, accordinge to the effecte that they serue for, as they haue doen of this water. And it seemeth that they meante by this, the same thinge that we vnderstande by the meane or waye, or rather a thinge, that is a meane or way to kepe together

or to dissolue, or to do some like thinge: thus it is made. They take common salt, the whiche they wꝛappe in a linnen cloth wette in water, or other licour, and being so lapped vp, it is layde in the middle of the embers in a furneis, or in some other lyke place, to the intente that with awaye of bellowes they maye geue it alwayes a greate fyre, or elles thei put it in some croset, or other small vessell, luted and clayed, blowing it wel the space of an houre, than they let it coole. And he that will not blowe it alwayes, as is aforesayde, let hym laye it in the middes of hote coales, and yet coner it well with fyre, and whan it is coole agayne, he must stampe it, and put it in a pot well leaded, and put to it as muche water as wꝛill couer it, foure or sixe fingers high: than must be set it on the fyre, and styringe it, he shall make all the saied salte to dissolue. This doen, it must coole agayne, and be strained or passed thozoughe a felte twice: and this is done so; to moist or baine the sayed earthes, and to make them holde together, as we will declare afterwarde. Also you maye make this *Magistra* with the whites of Egges, beaten with a sticke of a figge tree, vntil they be conuerted and tourned in a froth or scumme, then let them rest the space of a nighte, and in the morninge poure oute the water that is founde vnder the froth. With this water is the saied earth moysted and bayned, and it appeareth that it is better then other: for it maketh it faster and firmer, and cleaner, nor cleaueth so sone vnto the thinges cast in the mouldes: therefore some put a little of this water of whites of Egges, with the other *Magistra* made of salte. Other put to it a lyttle water of Gomme Arabick, addinge in all thinges iudgement, experiance, and industry.

¶ To make *Lutum sapientie* verrye parfytte.

Fl. i.

Take

The sixte booke

TAke of the beste white potters earth that you can get, for in one place there is better than in another, that is to saye, of that whiche can best endure the fyre, as suche as they make pottes of in *Padua*, and likewise in Germany: for it is of such perfection, that the pottes whiche be made of it, and wher in they dresse their meate, may also serue to found metalles in. Take then of the beste, and specially if it must serue for a thinge that hath neede to be longe vpon a great fyre, other wise, take suche as you can get. There is founde of it, that is of a graye colour, as the common softe is, and also there is white, that men vse in some place of *Vicence*, whiche is like loaves of *Gypsum*, or plaster, and is called of the Italians *Florette de Chio*. We here in Englande vpon the vse thereof, maye geue it what name we wyll. Potters vse of it in *Venise*, for to white the dishes, and other thinges, befoze they vernish or pollish them. There is also founde of it that is redde, as in *Apulia*, where there is greate quantitie, and that they call *Boale*, and is the very same that some Apoticaries do sell for *Boale Armenick*, and the Venitians vse of it, for to paynt redde the sozefrontes of their houses, with lime, brycke, and *Wermillion*, coveringe it afterwarde with *Dyle* of lime. This redde earth is the fattest, and the clammiest of all the rest, and therefore it cleaueth soonest by the fyre, if it be not tempered with some other substance. And because that all the sayed earthes be to fatte, the one moze than the other, therefore men put to them some leane substance. Nowe, if you take of that of ashe colour, whiche is most comen, and the lest fatty, you may compose and make it in this maner. Take of the sayed earth foure partes, of cloth-makers flore or shearing, one part, ashes that haue serued in a buck, or other, half a part, drie horse donge, or the donge of an Ass, one part. If you will make it parfiter, put to it a fewe stamped bryckes, and sparkes of yron: let all these thinges be well stamped, and sifted, that is to saye: the earth, the ashes, the horse donge, the bryckes,

byches, and the sparkes of yron : than mingle all together, and make it into earth, and make a bedde thereof, upon the whiche you shall caste by little and little, the flore, as equally as you can. This doen, powze to it water, syringe it well syzke with a sticke, and than with a pallet boade at the ende. And whan all is well incorporated together, as you woulde haue it, laye it vppon some great boarde, and beat it wel, and that a good space with some great staffe, or other instrument of yron, mingle and steeringe it well, for the lenger you beate it, the better it is. By this meane you shall haue a verie good claye for to lute or clay, and loyne vialles, flagons of glasse to still with, and bottels of gourdes for stilling and other great thinges, as furnesses and suche like, as we will declare afterwarde. But he that will make it with more ease, let him put the carth only, the flor, and the horse donge, with a fewe ashes. Some put no horse donge to it, and some no flore, according to the purpose that they make it for. For to stop and close by the mouthes of stilling glasses, or vialles, to thintent they take no vent on the syze, the sayed clay will be very good: nevertheless men put to it two partes of quicke lime, and the whites of Egges, and then it wyl be surer to let nothinge vent out but the glasse it self. All kinde of clay or earth would be kept moist, and redy dyessed for him that will occupy it continually, but it muste not be kepte to watery, nor yet leste to drye, for than it woulde serue for nothinge, seinge that after it is once hardened, a man can not dyesse it anye more to do any good withal. And whan you put water to it, it is mollified by little and little aboue, and is as it were a sauce, but within remayneth harde, and if you put to much water to it, you marre it vtterlye. Therefore, whan you see that it beginneth to ware drye, feede it a newe little and little with water, syringe it tyll it be well, and so shall you make it perfecte.

The sixte booke

✧ *Certayne thinges, whiche he that will take in hande any foundinge or castinge of metalles, must alwayes haue readye, and in ordre.*



Because that instrumentes and meanes, be those that make all thinges come oute of the woꝝkemans bande with a perfection, therfoꝝe, to the intente that whan the tyme is come to beginne a woꝝke, you be not vnfurnyshed, oꝝ sustayne damage foꝝ lacke of thinges necessary: Fyꝛst, let your coales be of strong woode, yonge and drye, your crosettes oꝝ melting pottes without cleftes oꝝ chappes, and of graye colour, which commonlie are better than the blacke, oꝝ white. you muste haue a little burde to geue it bent ouer the mouth of the croset, whiche is vncouered foꝝ certayne causes: a cane oꝝ reede to blowe awaye the oꝝdure and fylth out of the croset, a thinge easier than with a payꝛe of bellows: an yꝛon with a hoke, foꝝ to take the coales out of the croset oꝝ meltinge potte, and likewise a payꝛe of tonges: a pꝛesse of woode to kepe faste and sure the fourmes oꝝ mouldes in pouringe in the mettall: two litle tables oꝝ moꝝe of walnut tree woode, oꝝ bore, oꝝ of some other harde and massiue woode, oꝝ elles of copper made very euen and equall on euery side, foꝝ to tourne the mouldes, and to keepe theim steddye: two piéces of wolle, oꝝ moꝝe, to the intente, that if in fasteninge the mouldes in the pꝛesse, they be not equall and euen with out syde, these piéces may fil vp the empty place: a compasse and a rule foꝝ to parte and deuide the casting holes and pipe wherin the mettall must runne: an yꝛon made like a scapꝛinge knife oꝝ rasoure, sharpe at the end, and edged at the sydes, suche as gilters do vse to make euen the casting holes, oꝝ pipes of mouldes, the which wyll serue to make the bꝛeathing hooles and pipes that the vapoure goeth out at whan the woꝝke is made, and hauinge no suche instrument, you may make them with a knyfe

a knife, as handsomely as you can. You must also haue readye a little oyle, and turpentine in a dyshe, with a little paper, or some piece of linnen cloth to wette in the sayed oyle and turpentine, and to burne it, soz to parfume the fourmes and mouldes whan they be well wiped, to the intente the metall maye runne the better. And because that sometime such parfume filleth by the holownesse and engraving of the woꝝke, you must haue a hares soote to wipe awaye the superfluitie of it, and also soz to swepe together the dust, to thintent it fall not whan you will caste anye thinge in the mouldes. And than must you haue a bzushe, or rubber of latin wyer, and one of sylke, suche as men make cleane combes with, soz to rubbe and pollishe the woꝝke, befoze it is fourmed and fashioned, to the intente to pollishe it and dyesse a newe, as neede shall be, whan the woꝝke is caste.

The maner or order that a man ought to kepe, whan he wyll cast or founde medalles, or any other thinge.



Firste, you shall laye the medalle or other woꝝke that you wyll caste, in a dyshe with stronge Tynaigre, Salte, and burned straw: than rubbe it well with your hande, vntill it be cleane: lykewise with a rubber, or bzushe. This doen, waixe it in freshe water, and wipe it with a linnen cloth. After this, laye vpon a table of hard wood, or of copper well pollyshed, half the moule or fourme, that is to say, the female. And let the myddle parte, that is to saye, that whiche is loyned to the other, be layed bywarde vpon the table, in whiche thinges thus layed, you shall lay poure medalles, or the thinge you will fourme or fashion, and let it be cleane, as we haue saied, orderinge it in suche sozte, if there be but one, that it be iuste and directlye agaynste the conducte or pype, and as lowe in the frame as it maye, to

The sixte booke

the intente that the pipe or cundite may be the longer, and that it may haue metall ynough. If there be more than one, you shall order and set them on the sydes of the fourme or frame, and leaue place in the middle for to make the hole or pipe, to put the metall in. And yf there be more then two, you muste beware that one receaue not the mettall of another, but make to euery one his little pipe or condite, whiche maye aunswere and come iustly to the pipe or hole in the middle. When take one of the sayed fine earthes, wel sifted thozough a fine sarce, and whan you haue wel bzaied it, put it in a platter, or great dishe, to the intente that in handelinge it, there go nothinge out, and you shall moiste it little and little, with the water called *Magistra*, miringe it well with your handes, and rubbinge it so longe betweene your handes, that wzinginge it with your fist, it holde and cleaue together, but you must note, that I speake of moistinge it, and not of thozowe wettinge it, for it may not wete your hande in pzeasinge it, nor cleaue vnto your hande like pass, but that it onely holde together a little more or lesse then dye flower or meale, and being so wzone in your hand, it may bzeake in pieces whan you touche it with your singlar. And hauinge thus bzought it to a fourme, lay it handsomely vpon the medals in the fourme or mould, with theendes of your singars, and than with your hand wzinge it, and pzeasse it harde downe, not sparinge to pzeasse it well, in puttinge vpon it the other little table, and pzeasinge it down with your handes, as hard as you can, yea with all your might. Than with a cutting yron with a right and euen edge, and with a ruler made iuste and euen by line the sayed fourmes with the earth, cutting away handsomely, the earth that passeth ouer the sayed mouldes, and so laye them vpon one of the pieces of wolle, and then the little flat table, then you shall take with both your handes the two little tables, aboue and beneth, and holding them fast together, turne handsomely the mouldes vpside down, and taking of the table, you shall se vnder the medals, in
lyfe

lystinge it vp, yf there be any earth entred in, if ther be, you muste take it awaye with the hares fote. Then, setting the other part of the fourme or mould in his place, you shall fill it with the same earth, p[re]ssinge it well, as befoze, and makinge it euen and equall with the yron. Afterwarde, with the point of the yron, you shall lifte vp a little, at one of the corners, halfe the mould or fourme, and take it of fayer and softly with your hand, and take out the medalles nimbly, touchinge them a little round about, with the point of a small penne or quill, if at the first they will not come oute, turninge downeward that part of the mould wherin they did sticke whā you opened it. And if yet they will not come oute, strike them a crosse with the point of a knife, vntill, that turninge downeward the mouldes, they come out. And if in case they be not wel p[re]nted, according to your mind, you may put them agayne into theyr place, and p[re]sse them agayne: and hauinge set on both sides the twoo pieces of wolle, and the tables, close them in the p[re]sse. Fynallye, with the sated shaue, or sharp yron, make the sated pypes or conduites holowe, compassinge them with your compasse, and rule, in suche sorte, that they come iuste and equally: than shall you trimme them so agaynst the fyze soz to dye, tournig them sometime, vntyll they be well dyed. Then with a matche or wyke tempered or wette in Oyle, and Turpentyne, and beinge set on fire, smoke it, and if there remain any superfluous thinge, wipe it awaye with the hares foot. Then ioync them together agayne, and hauing layde to them the wolle, and tables, w[ri]nge them a little in the p[re]sse, and in the meane time hauing made ready and molten the metall (yf it be syluer, or white copper, it is knowen by the shynge of it, and clearnesse in the melting pot: and if it be tinne, by castinge into it a stone, or some paper, and that it burne it) you shall cast it, and the thinge shall go well, withoute anye other helpe or ayde, soz to make it runne, sauynge that after the tynne is molten, put in a little, that is to saye, a twentieth part of *sublimatⁿ*

The sixte booke

In respecte of the whole quantitie, and one eyghte parte of Antimontum:soz besyde that these thinges make it runne well, they harden it and make it so wnde well. When the mouldes beyng colde, take out handsomelye the medalles: and whan you will caste other, you muste parfume and smoke the mouldes agayn: and then presse them, and so cast your thinges as befoze, and do it as often as you thinke good. And if you see that the mouldes be not broken, and that you will kepe them soz another tyme, you maye laye them in a drye place, and they wyl kepe well. Finallye, the sayde earth taken oute of the mouldes, brayed and sifted, will be alwayes better to serue your tourne. The medalles so caste, are sodden againe afterwarde, and waxe white, so that they be not of Tynne. Also you maye geue to all these medalles what colours you will, as we will declare moze at large hereafter.

To make a white, do blanch and make white medalles, or other thinges newlye molten, and also for to renewe medalles of olde syluer.

TAke the medalles, or other thinges newlye founded or molten, or elles the olde ones that you will renewe, and laye them vppon the coales, tourninge them often, vntill they waxe of a graye coloure, than rubbe them with a brussh of copper wyer, puttinge them afterwarde in this white coloure folowinge. Take salte water of the sea, or common water salted, with a handfull of baye salte, wherin you shal put the lees of white wine, and Roche Alome rawe. Boyle all this in a panne leaded: and if the worke be of copper, made white by anye sophistical substance, you shal put to it these thinges folowinge, that is to saye, Syluer beaten, or Siluerfoile, the weight of a Spanish Keall, Sal Armoniacke, waying thzee times as much, Salte Peter the weighte of fiue Kealles. All the sayed thinges beyng put in some potte of earth, with a couer hauinge

havinge a hole in the middes, set them in the middle of the fyze, coueringe it with ashes and coales ty to the necke, and leaue it there so, vntill all the humoures be bzeathed out, then let all coole againe, and beate it into poulder very small. This doen, take an vnce of this substance, or somewhat moze or lesse, and boile it in the saied white confection of the Salt water, onelye halfe a quarter of an howze, puttinge in the medalles, or other woꝝkes. When poure out this water with the medalles into cleere and luke warme water, and after rubbe the medalles with the Tartre or lecs, and other thinges that remayne in the potte: and hauinge washed them well with freshe water, wpye them drye.

¶ To gylt yron with water.

STake well, riuer, or conduite water, and for thze pounde of the same, take two of Roche Alome, an vnce of Romaine Nitriolle, the weight of a penny of Berdegrese, thze vneces of *Sal gemma* an vnce of *Ozpimente*, and let all boile together: and whan you se it boyle, put in lecs called Tartre, and bay salte, of eche of them halfe an vnce, and whan it hath sodden a little while, take it from the fire, and paint the yron with all, than hauinge set it in the fyze to heate, burnishe it, and it is doen.

¶ The lyke another waye

STake Oyle of line four vneces, Tartre or wyne lees two vneces, the pelkes of egges hard rosted and stamped, two vneces, *Aleo cicotrinum*, an vnce Saffron a quarter of a dragme. Boile all these thinges together in a new earthen potte a good space, and if the oyle of line couer not all the saied substances put in moze water vntil there be sufficient, then anoint your yron with this mixtion, hauing fyꝝt burnished it, and so shall you make it of the colour of golde.

The sixte booke

☞ To gylte yron with golde foile, and water, or elies with golde mixte with Quicke Syluer, as goldsmithes are wont to gilte siluer.

Take Romayne bitriole an vnce, roche Alome, two vnces, salte Armoniack an vnce: all these thinges beyng well beaten in poulder, and boyled in common water, take your yron wel burnished, and wette it with the sayed water, rubbinge it well: than lay on your golde foyle, and let it dye by the fyre. This doen, burnishe it with stone Hematite, as men are wont to do, and it wyll be verye sayre. If you will gilt with golde mixt with quicke syluer, as goldsmithes vse to gilte syluer, you shall adde to the sayed water, a dragme of Verdigreese, half an vnce of Sublimatum, and let it boyle al together, than put your yron to boyle in the sayed water: but if it be so greate that it can not go in, rubbe it with the sayed boylinge water, and heate it, that it maye receiue the *Amalgama* of the quicke syluer and the gold, the which *Amalgama* we haue taughte you to make in the fift boke, in the chapitre of minglinge or mixinge golde. And whan you haue beated the yron, gilt it with the same golde so mixed with the quicke syluer, and smoke or fume it at the fyre with a lampe, or with *Smistone*, as goldsmithes commonly do, or rather with ware, wherof we wil hereafter shew you a very good maner and waye, and better then that is vsed in Germany, or in any place where it hath hitherto ben vsed.

☞ To die or coloure into the colour of brasse, or also to gylte Syluer, whiche sheweth better, and continueth longer.

It is a thinge most certaine, that gold set vpon white yron or syluer, sheweth not so sayre as vpon brasse: so; as sone as it beginneth to weare a litle, men may see the whitenesse of the yron

oz syluer, whiche is not so soone scene vpon anye redde coloure. Therefore many pzacticiens, whan they will gylte anye woode, oz other thinge, laye the bottome oz grounde (not of redde, as the most part do) but of yelow to the intente that the golde shall not so soone appeare woze, as vpon the redde, and moze vpon the white.

The sayed yelow can not be laide vpon yzon oz syluer: but leauing all this aside, whan you will gilt syluer, oz geue a coloure of bzasse vnto yzon, you shall do after this maner. Take verdet, oz Werdegrise, Vitriol of Almain, and salt Armoniacke, at your discretion, but let the Vitriole be of a greater quantitie than the other thinges: put all this well beaten in poulder into stronge Almaget, letting it boile halfe an houre. And when you haue taken it from the fyze, while the substaunces be yet boilinge, you shall put in your yzon that you will coloure, coueringe well the pot with his couer, and with cloth vpon it that it vent not out, and so let it coole, and you shall haue your yzon well coloured, of a bzasen coloure, and thus maye you gilt it with quicke syluer, as yf it were bzasse. Esteeme this as a goodly secrete, and also profitable.

¶ A water or colour to laye vnder Diamondes, as well true as counterfeite, that is to saye, made of white Sapphyres, as we wyll declare afterwards.

TAke the smoke of a candell, gathered together in the bottome of a basen, and make it into a dowe with a little oyle of Masticke: than putte the sayed mirtion vnder the Diamonde in the ringe, where you wyll set it.

¶ To counterfayte a Diamonde, with a white Sapphyre.

The sixte booke



His secrete is knowen well ynough of the Jewellers, that vse almost all one maner indifferent good: but we (after we haue described theyr fashon) will shewe you a way far better. They take a Saphire of a good white coloure, and set it in the fire in a goldsmithes crose: amonge the splinge of yron, or of golde, thinking because it is of great value, that it is better for such a purpose, but yet the splinge of yron is a great deale better. They let this splinge or rubbyshe of yron become almost redde, without meltinge it, and cast theyr Saphire into it, leauing it therein a pety while. And after they haue taken it out, if the white colour like a Diamond do not like them, they cast it in agayne, and so often, tyll they se it be to their fantasie, than they set it in a ringe, and colour it as befoze. Nowe here solo weth another waye a great deale better. Take white smalte well beaten in poulder, and mingle it with the sayed filinge of Golde, or yron, but so that there be as muche smalte as filinge, then take a little other smalte withoute splinge, and make it into dowe, with your spettle, and in this dowe wrape your Saphire, and let it dry well at the fyze. This doen, tye it at the ende of a small and fine wyer, and leaue the other ende so longe that you maye plucke it out whan you will. Afterwarde couer it with the said filinges, and leaue it so on the fyze a certaine space, vntyll the filinge be very hote, as is afozesayd, but so that in no case it melt: than plucke out once youre Saphire, to se if the colour please you, if not put him in agayne, vntill it be sayze to your minde.

To ingrosse thinne Balleffes to set in ringes.

SF you haue Balleffes as thinne as paper, dresse them of what greatnes or largenesse you wyl, and take a piece of fine Cristall coloured lyke a Balles: then take a great graine of Mastick, the whiche you shall sticke vpon the pointe of a knife, and heate

heate it well agayne the fyze, and sodaynlye it will caste out a little droppe like the teare of a mans eye, hauing a lustre like a pearle, with the whiche droppe, glewe on the saied Balles vpon the Cristall, and feare not that it will gather to a lumpe, or hinder the colour: Then polishe it, and geue it a lustre, and so set it in golde, and it will be very fayer, and seeme to be verily a Balles.

To make Rubies of two pieces, and Emeraudes, as they make them at Mylan.



Take the drop or teare of Masticke, wherof we haue spoken in the Chapter before, and if you will make Emeraudes, you shall colour it with Spanish grene tempered and mingled with Oyle, puttinge to it a little waxe, if neede be, and if it be to thicke, temper it with water: But if you will make Rubies, take Gomme Arabicke, Alom succarine, rawe Roche Alome, as much of the one as of the other, and let it boyle all together in common water: than put into the sayd water some Brasill cutte small, and let it seeth, puttinge to it some Alome Catine so called, because it is boyled in a caudron, of the whiche the more there is, the darcker it will be: then take the droppe of Masticke abouesaid, and colour it with the saied redde. This doen, take two pieces of Cristall, dressed and trimmed with the whele, of what fashion and greatnes you will, so that the piece whiche you will laye vppermoste, be not so greate as the other vnderneath, that is to saye, the one dressed vpon the other, as the nayle vpon the finger, iust on euery side. After this lay that vnderneath, vpon a litle fire pan, or some other instrumente of yron on the coales, that the saied Cristall may be verye hote, and than touche it vpon with the saied redde droppe or teare, whiche you shall take vpon the ende of a sticke: but it must be so hote that it may droppe downe the better: and whan you see that the sayde piece of Cristall is

The sixte booke

coloured ynoughe, you shall take the other lesser ptece, that muste be set aboue, whiche lyke wise must be hote, and set it vpon the saied dzoppe, and it wyll conglutinate and glew together the two pieces of Cristal, without causinge any thickeesse or let vnto the lustre of the Rubie, the whiche will be cleare and brighte on euerye syde. Afterward set it in your ringe, settinge to the Rubie by the redde lease, and the grene to the Emerauldes, as we wil teach you hereafter how to make the said leaues for all kinde of stones, as well fine, as artificiall.

¶ To make a paste or dowe for precious stones, as Emerauldes, Rubies, Saphyrs, and such like, whiche be but of one piece, well coloured within and without.

TAke potters lead burned, *iii.* vnces, and put it in as much water as will couer it a finger or two higher: then stirre it with your finger, letting it go down to the bottome. Afterward poure out the water, whiche wyll serue for to wette within side the earthen pot leaded, to thintent that the matter cleaue not to the sydes of it, wherein you put all the substauce. Then take other. *iiij.* vnces of Vermillion dyed, and mingle it with the sayd leade, then an vnce of Cristall calcined and burned, or elles of a Caldoine stone, with. *xiiij.* or. *xviij.* carattes at the moost, of Rubricke, or sparkes of Copper. All these things well stamped, and mingled together, you shall put in a pot of earth leaded, well wette within with the said water of the lead: then couer it, and set it in a glasse makers furneis, by the space of thre or foure dayes, and you shall haue a very fayre paste or dowe, the which you may cause to be dzessed with the wheele, as you wil. At Venise men bye the stone for a grote or sixe pence at the moost. And for to make yello w stones, you shal put to it the rust or rubbishe of yron. And to make Rubies, put to it Cynople or redde leade: and in those that be of colours, you shall solowe the order that we wil teach you hereafter.

✧ To make Emerauldes, and other stones or Jeweles.

Take *Sal alcali*, and dissolve it in water, distillinge it thozough a felt, and dye it, then dissolve it a gayne, and dye it so thzee times, after ward beat it into poulder: then take fine Crisfall, and cause an Apoticarpe to stampe and sift it for you, as they do Crisfall pzeared. When take two vnces and a halfe of the saied Crisfall, of *Sal alcali*, two vnces, Spanishe greene an vnce, fyfte tempered and stieped in Winaygre, and than strained. The sayd thze poulders, you shal put in a vessell, as in a newe earthen pot leaded, the whiche pot you shall lute and clay ouer, and couer it that it take no vent, then leaue it so clayed and luted the space of thzee dayes, the longar the better, vntill all be thozowe dyc. Afterwarde, you shall putte it in a potters furneis, the space of. *xxiiij.* houres. Then take the sayde composition, and dresse it as men do fyne stones, and you shall haue them excellent. And if you wyll haue Rubies, put Cinople to it, in steade of Spanishe greene. If you wyll haue Saphires, put to it *Lapis Lasuli*, But if you wil haue Jacinthes, you muste put in Cozall in steade of greene Verderame, as is befoze sayed.

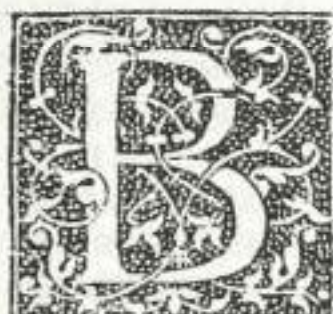
✧ To calcine or burne Crystall and the calcidojne stone, to put in the saied mixtions of precious stones.

Take Tarte calcined and burned an vnce, and dissolve it in a dishe full of cleare water, then strayne it out, and take the pieces of Crisfall, or Calcidojn stone, and heate them vpon the fyze in an yron ladle or fyze panne: than quenche them in the water that is in the dyshe: take theim oute, and heate theim agayne, and quenche theim as befoze in the same water, doinge so fyre or seuen tymes, and they shall be verpe well calcined and burned. Then beat them fyvely into poulder and put it into the sayd mixtion. Neuertheles remeber, that if you wil make Emerauldes, you must beat y^e said
sub

The sixte booke

substaunces to poulder in a brassen moxter: but if you will make Rubies: or other, you muste stamp them in an yron moxter, and beware that they touche not the brasse,

☞ *A water to harden the saied stones.*



Transse that all the saied artificiall stones are common lye byttle, for to harden them, do as foloweth. Take little pieces of Calamita, and calcine them as you didde the Crissall: then beate them into poulder, and putte it in a moyste place, vntill it be turned and dissolued into water, with y^e whiche you shal kneede Nitriole Almaine, or Romayne, raw, without making it redde: then make thereof a softe paste or dowe, or elles a syzoppe, whiche you shall still in a glasse or Viol with a croked necke, or in an vjnal, and with the water that commeth of it, you shall kneede barley flower, makinge a harde past, in the whiche you shall wrape your masse of stones, made as is befoze saied, or the stones self, whan they be dressed and fashioned with the whele: then put them, so wrapped in the same paste, into an ouen with a bache of bzeade, and take them out with the bzeade. And whan you haue taken of the paste, you shall finde your stones harde, as if they were naturall. If you se it be neede, you may couer them with the sayd paste, and bake them againe in the ouen, and than shall you haue them parfite and harde.

☞ *To calcine fyne syluer.*



Engage that we are entered into the matter of calcininge, we will shewe you the calcination of fyne syluer, and than of *Talcum*, as we haue promised befoze. There be diuers wayes of calcininge syluer, wherof we wil
put

put here three of the best. Take fine syluer beaten very fine and thinne, then cut it in pieces as bigge as a Spanishe ryall, or moze or lesse, for it maketh no great matter: then take a croset, or an erthen potte, and lay in the bottome of it a rancke of common salte, not white, nor pzeared or trimmed to eate, but euen as it cometh out of the salines or salt panne, and it must be stamped very small. Upon this salt you shall lay likewise a rancke of the sayd pieces of syluer, and then another of salte, and another of siluer, and so consequently as longe as your syluer lasteth, in such sozte, that the last rancke may be of salte, and that good and thicke: then couer all this with a paper, lutinge and clayinge well the croset, or little earthen potte, and leauinge a little hole in the coueringe the biggenesse of a goose quill. And whan it is drie, couer it ouer, and rounde aboute, with coales and embers, and leaue it in suche a fyze, at the least three or foure houres: then hauing taken it out, and all beyng coole, open the croset, and take out the pieces of syluer one after another, makinge theim cleane that the salte stick not vpon them. And if you perceiue that they be sebzittle that you may bzeak them with your finger, like a crust of bzead, it is done & made: if not, put them again into the croset or pot, setting them in the fyze as befoze. And to make it perfittly, you ought to do this thze tymes or moze. This doen, make your siluer into poulder, and wash it in a dishfull of hote water, & let it sincke to the bottom. After, straine out the water so handsomly, that you lose no part of y^e said poulder: or to auoid al daúgers passe it throze w a felt: this doen, put other hote water to it, & straine it out as befoze, so often tyll you may know by the tast of the water, that al the salt is purged away. Whan shal your syluer be well calcined, & diminished of the weight, dried, and become frō his nature into a massif part, and som what like vnto gold. Thus wil it serue you for diuers thinges, if you can dzeasse it wel. The like is done with *Talcum*, in steade of common salt: but than you nede not walsh it in hote water.

The sixte booke

with salte, or Calcum twelue oz. xv. times, and moze, to the intent to haue it moze massiue and sounder, and moze commodious to take colour. It maye be also doen in this manner, that is to saye, to melte the syluer in a Goldsmithes meltinge pot, and soz euerye vnce of the same, to put in a pound or moze of Bizimstone stamped, and that little and little. True it is, that so it wyll consume moze than by the salte, or Calcum, but it shall be farre better if the Bizimstone be fyrst purged in stronge lye (that is to saye, made with stronge ashes, and quicke lime, or such lyke thinges.) Nowe let vs come to the other maners of calcininge syluer.

The second maner of Calcininge syluer.

Take *Aqua fortis seperatiua*, made with Salt peter and Alome, as we haue befoze declared, then take fine siluer, syled or pollished, or beaten into leaues, or made in small pieces, or graines, that is to saye, of the sayd syluer one parte, and of *aqua fortis*, thze partes, and haue the sayed water in a violl: then put in the sayed syluer, and you shall se it will incontinent begynne to boyle, and that the bottome of the viol will be hote if the water be good. Let it so boyle, vntyll it boyle noz eate no moze, holdinge styll the violl in your hande, or settinge it in some place farre from the fyze. But if the water be not stronge, you must set it a lyttle to the fyze, holdinge styll the violl in youre hande vpon the embers, or elles you may set it vpon a fewe ashes, or vpon some little furneis. And whan it hath lefte boilinge, and eaten all the syluer, you shall se the water waxe greene, so that there shall remaine no syluer in the bottome, if that the water were well calcined and burned: soz than it would make as it were white lyme at the bottome, or if there were any golde in the syluer, it would make it descende to the bottome in little round pieces, like pearles, or like sande. Nowe, after that the sayd syluer is dissolued, and eaten of the sayd *aqua fortis*,
you

you shall take another violl bigger, or an vñal, or earthen pot half full or more of well or riuer water, where into you haue dissolued, and haue in a readines a good handfull of common white salte: then let the saied water be strayned two or thzee tymes. This doen, you shall poure the *aqua fortis* whiche dissolued the syluer into the salte water, leauing it so the space of. iij. or six houres: then shall you finde at the bottome as it were a bedde of herbes or greene rushes, whiche shall be the syluer dissolued, and the salt *aqua fortis*, and also a part of the common salt that you did put in. Afterwarde distill the saied water by a felt, and take the syluer that is so descended to the bottome, and put it in a croset, coueringe it well, to thintent there fall no ordure nor fylth into it: than bury and couer it ouer and ouer in hote burninge embers, coueringe it wel also with fyre, that it may burne the space of. iij. houres or more. Finally, let it coole wel agayne, and poure the siluer oute of the croset, into a dishfull of hote water, stirring it a little together with your fingar, and than let it rest: and after poure out saye and softly the saied water, and put in other, doing as before, vntill the water waue no more salt. This doen, let the syluer drye, whiche shall be very well calcined for to serue your turne in any thinge that you will.

¶ The thirde maner of calcining syluer.

S Du shall mire together into dowe or paste called *Amalgama*, one part of siluer leaues, with thze or four partes of quick siluer, as we haue declared in the siff boke, in the chapter of the maner how to bzaie gold: then bzaie this *Amalgama*, or paste, with common salt, and set it to the fyre vntill the quick syluer be vanished awaye, afterward wash it with hote water, so much and so often, that the water be no more salt, then shall you haue your syluer calcined. After this, if you thinke good, you maye bzaie it againe with other salt, without other quick siluer: and then put it to the fire in
 ¶ b. ij. a croset

The sixte booke

a croset, thzee oꝛ foure houres, and washe it againe, as is also sayde.

To calcine Talcum quickly out of bande.



Because that *Talcum* is a thing of so great impoꝛtaunce, and so muche desyꝛed of all good wittes, menne haue founde diuers wayes to calcine it, the whiche teache vs that we must put to it twise as much salt peter as common salte, oꝛ rawe Tarte with the *Talcum*, and then put all this in a furneis certayne dayes, and then to seperate the salte oꝛ Tarte, with hote water. Other heate it bypon the coales, and quenche it in pyss, and do it often times. Other ther be that wꝛappe it in litle white pieces of wollen cloth, and put it in the mides of a great fyꝛe, the space of halfe an houre, oꝛ moꝛe, and than they finde it thozowly molten and all in a light piece, and full of hooles like a sponge, not much differing from burned Alome. All the whiche wayes, to say the trueth, are nothing woꝛth, noꝛ do not perfectly calcine it, where they coꝛrupt the nature of the Tarte, and make it become lyke vnto quicke lyne, oꝛ Alome, oꝛ elles of little strength. So we, soꝛ to calcine it out of hand and perfectly, you shal take the *Talcum* rawe and made into litle leaues, oꝛ stamped as wel as is possible, and than put it in a croset, oꝛ in a fyꝛe pan among the hote coles. And whan it is very hote, oꝛ rather redde hote, you shal put to it drop by drop, distilled Wineaigre wherein Tarte hath ben dissolved, and put therevnto the thirde part of Aqua vite, pouring it by litle and litle bypon the hote lees oꝛ Tarte, that is to say, thze vnces of Wineaigre soꝛ euery pound of *Talcum*: then take it from the fyꝛe, and you shal find it sayꝛ and wel calcined. Finally, you shal washe it with hote water, to thintent to seperate the lees oꝛ Tarte from it. It is calcined also, beinge made in leaues as thin as is possible, layinge them by ranckes oꝛ beddes, with litle flat pieces of syl-
uer

uer, in a croset luted and clayed, than put them in a furnace where glasse or brycke is made, by the space of four or five dayes. The like is doen also with little pieces of Tynne.

An excellent and very easy waye to gylte yron, copper, and syluer, to make it seeme lyke massyue golde.



First if you will gylt siluer, or iron, you must geue it the colour of copper, as we haue aforesaid: than take beaten gold, which you shall mire with quick syluer, and make *Amalgama* or paste thereof, as is said befoze, and shall put the said *Amalgama* in a litle dishe, vpon the whiche you shall poure the iuyce of a frute called *Cucumis asinus*, such a quantitie that it maye be aboue the sayd substances a finger high. Keepe this gold thus prepared and trimmed, and couer it, to thintent there fall no filth nor ordure into it, which you may vse and occupy whan you wil. Afterward, the thinges that you wil gylt, must be very cleane, and well polished, then with a pensell you shall geue them of the said gold so prepared with quick syluer, and as it were dissolved, rubbynge it well all aboute. If you wyll not do so, you maye gylte after the common maner of goldsmithes: yet notwithstandinge with golde made into *Amalgama*, or mixed as is aforesayed, chafinge the woꝝke that you will gylte with *Aqua fortis*, as they do. Then make the quicke syluer vanishe away, as the goldsmithes of Italy comonly do, that is to say, with a lampe of line seed Oyle, and with Wzimestone, and make afterwarde a gylt vpon the woꝝke, that is lyke Saffron. But I counsell you to vse this maner in the chapter folowinge, whiche is partly the same that the goldsmithes do vse, in Fraunce and elles where, but it is muche amended, and this is it.

The sixte booke

¶ A parfyt maner and waye to gylte, and to make the quick syluer to vanish away from the thinge gylted.



¶ It in a pan the rubbishy or scumme of copper, and the filinge of yron, then poure vpon it stronge Vynaigre not distilled, as much as will couer it two or thzee fingars high. Let it boyle so the space of an houre, then poure out the said Vineaigre, and put in other, letting it boyle as befoze, and do thus foure or six times. Afterward make the sayd Vynaigres put together, to euaporate or drye vp, or elles make it distill oute, soz to haue one vynaigre of it, whiche will be good soz manye thinges. This doen, you shal put vnto the sayd pouldor remaining at the bottome, the eight parte of Almayne Nitriole, and as muche of *Ferretum* of Spaine, and the half of an eight parte of salte Armoniacke, with a little Bizimstone: then into a little molten ware with a little Dyle of line, or Dyle Dlyue, you shal put little and little the saied poulders well mingled together. Fynallye take that whiche you haue couered with the saied *Amalgama* of golde and quick syluer, and with a pensyll couer and lay it ouer well with the sayed ware so mixed, than put it, so cyed, in the middes of hote burninge coales, and let it burne and consume all the ware. This doen, you shall haue suche a gylt, that it shall be like massiue golde. And at the ende you may pollish it with brusshes of copper wyze and colde water, or you may burnishe it as you wyll.

*The ende of the Secretes of Dom Alexis
of Piemount.*

HERE BEGINNETH THE
table of all the Secretes that are com-
prehended in this present
booke.

The fyrste booke,



He maner and secrete to conserue a
mans youth, and to holde backe olde
age: to mainteine a man alwayes in
healthe and strength, as in the fairest
floure of his age. Folio. 1.

To make a precious licour, and of
inestimable vertue: the which taken
vt the mouth, strengtheneth augmen-
teth the naturall beate. and radicall

humiditie, purifyeth the bloude, and clenseth the stomacke from
all superfluitie of humours, and by that meane conseruetb the
healthe and youth and prolongeth the life of him that vseth it. f. 1

A potion or drinke to bee vsed in stede of sirop, good for men
of all ages and complexions, that will bee purged; the which, tak-
ken what daie you will, driueth awaie euill humours, without
mouyng or troubling the good, or doyng any hurte: And is also ve-
rie good for the greate pockes, and all infirmitie, as well of the
stomacke, as of the heade: and is likewise profitable for them that
be in healthe, to take twice in the yere, in stede of an ordinary pur-
gation, that is to saie, in the spryng tyme, and in Septēber. Fol. 5.

A very easie and good remedy, for to beale all maner of poc-
kes, which is made with litle cost, and requireth not that a man
kepe his bedde or house, but maie vse it goyng in the stretes: and
it is also very good for all sortes of grief in the ioyntes, in what
part of the body so euer it be. Fol. 6.

For to dissolue and reduēt gold into a potable licour, which
conseruetb the youth and healthe of man as well taken by it self,
as mingled with the foresaid licour, spoken of in the second cha-
piter

The Table.

pitier of this presente booke, and wylle heale euerye disease that is thoughte incurable, in the space of seuen dayes at the furthest.

Folio.6.

To heale an excrescence, or growinge vp of the fleshe within the yarde of a man, albeit it were rooted in of a longe tyme. fo. 8.

To heale al maner of inflammation and euill disposition of the liuer, and by this same secreete haue ben healed certayne persons, whiche had their faces as it were leparye, greate swollen legges, their handes inflamed, and rough within syde.

Fol. 8

To heale the Emorhedes or piles in a night, a rare secreete, and very excellent.

Fol. 9.

A synguler oyntment, whiche healeth all burninge with fyre, not leauing any cicatrice or scarre where it hath ben.

Idem.

A persyt and proued remedye for theym that be weake of stomacke, and can not kepe theyr meate withoute vomytynge it vp agayne.

Idem.

An excellent remedye, where with a woman of. xxx. vi. yeares was healed, that had so marred her stomacke, that in the space of two yeares and a half she was neuer naturally purged downward and as soone as she had eaten anye thinge, she vomited it vpper agayne, so that she became yellowe, and as drye as a sticke.

Fol. 10

Three remedies very good agaynst the wormes in lyttle chyldren.

Idem.

The second remedye.

Idem.

The thyrde remedye.

Idem.

To heale chyldren of the lunatike disease, whiche happeneth vnto them by reason of a worme with two heades, that bredeth in theyr bodies, the whiche worme comming vnto the hart, causeth theym to haue suche a passion, that oftentimes it killeth them.

fol. 11

A remedye for the fallinge sicknes.

Idem.

To make Oyle of Brinstone, to heale all maner of Cankers, diseases, or sores, whiche come of a putrified humour, and renne continually, commonly called fystules, and also to heale olde and inueterate woundes.

Idem.

To take awaye the venim from a wounde, made by some poysoned weapon or arrowe.

Idem.

Against the bytinge of all venemous beastes.

Idem.

To

**Here foloweth the Table of all the secretes
contained in this present volume.**



The maner, and secrete to conserue a mans youth, and to holde back olde age, to maintaine a man always in helth and strength, as in the sayrest floure of his yeres. Fol. 1

To make a pꝛecious licoure, & of inestimable vertue, the whiche taken at the mouth, strengtheneth and augmen-

teth the naturall heate, and radicall moisture, purrifieth the bloud, and clenseth the stomacke from all superfluitie of humours: and by that meane conserueth the health and youth, and pꝛolongeth the life of him that vseth it. Folio. 1.

A potion oꝝ dꝛinke to be vsed in stede of Syꝛop, good foꝝ men of all ages and complections, that will be purged: the whiche taken what day you wyl dꝛyue away the euill humours, without mouinge oꝝ troublinge the good, oꝝ doinge any hurt. And is also very good foꝝ the great pockes, and al infirmities, as wel of the stomacke as of the heade, and is likewise pꝛofitable foꝝ them that be in health, to take twice in the yeare of an oꝝdinary purgation, that is to saye, at the Spꝛinge, and in September. Fol. 5.

A very easie and good remedy foꝝ to heale all manner of pockes: whiche is made with little cosse, and requyꝛeth not that a man kepe his bedde oꝝ his house, but may vse it goinge in the stꝛetes. And it is also verie good foꝝ all soꝛtes of greise in the ioyntes, in what parte of the body so euer it be. Fol. 6.

To resolue and reduct golde into a potable licour, whiche conserueth the youth and health of a man, as wel taken by it selfe, as mired with the foꝛesayde licoure spoken of in the second chapitre of this present boke, and wyl heale euery disease that is thought incurable, in the space of seuen dayes at the furthest. Fol. 6

The Table.

- To heale an excrescence or growyng vp of the fleshe,
within the yerde of a man, albeit it were rooted in of
a long tyme. Folio. 8.
- To heale all maner of inflammation, and euill disposi-
tion of the liuer, and by this secrete been healed cer-
taine persones, whiche had their faces as it were Le-
prie, greate swollen legges, their handes inflamed,
and rough within side. Idem.
- To heale the Emeraundes or Piles, in a nighte, a rare
secrete and very excellent. Folio. 9.
- A singular ointmente, whiche healeth all burnynges
with fire, not leauyng cicatrice or skarre where it
was. Idem.
- A parsite and pꝛoued remedie foꝝ them that bee weake
of stomacke, and can not keepe their meate without
vomityng it vp againe. Idem.
- An excellent remedie wherewith a woman of thirtie
and sixe yeres was healed, that had so marred her sto-
macke, that in the space of twoo yeres and an halfe,
she was neuer naturally purged downewarde: and
as sone as she had eaten any thing, she vomited it vp
againe, so that she became yellowe, and as dye as a
sticke. Folio. 10.
- Thre remedies verie good against the woꝛmes in lit-
tle children. Idem.
- The seconde remedie. Idem.
- To thirde remedie. Idem.
- To heale children of the Lunatike disease, whiche hap-
peneth vnto them, by reason of a woꝛme with twoo
heddes, that bꝛeadeth in their bodies, the whiche
woꝛme, comyng vnto the hart, causeth them to haue
soche a passion, that often times it killeth the. Fo. 11.
- A remedie foꝝ the fallyng sicknes. Idem.
- To make oyle of Wꝛimstone, to heale all maner of Can-
kers, diseases or soꝛes, whiche come of a putrified hu-
moure, and renne continually, commonly called Fi-
stules, and also to heale inueterats and olde woun-
des. Idem.
- To

The Table.

- To take away the venime or poison from a wounde.
made by some poisoned weapon or arrowe. Idem.
- Against the biting of all venemous beastes. Idem.
- To drawe an arrowe heade, or any other Iron out of a
wounde. Folio. 12.
- Against a vehement cough of young childzen. Idem.
- For hym that hath a bunche or knobbe in his head, or
that hath his heade swollen with a fall. Idem.
- A good remedie for one that is deaffe. Idem.
- To heale a woman that hath the Matrice out of her na-
turall place. Folio. 13.
- To make a womans Milke to come and encrease. Idem.
- A verie good Secrete for the Gommes or Burgeons,
that remaine of the greate Pockes, as well olde as
newe. Idem.
- An other remedie for thesame burgeons of pockes. Idem.
- A verie easie and parfite remedie for hym that hath any
blowe with a Sworde, Staffe, or stone, or other like
thyng, yea, though he were greuouly wounded. Idem.
- A water to heale all maner of woundes in shorte space:
whiche is a thyng that euery manne ought alwaies
to haue in his house, for the accidentes and chaun-
ces that maie fall, seeyng it is easie to bee made, and
with little coste, and that it is of so meruellous an o-
peration. Idem.
- To make oile of Saincte Iohnswozte, whiche is called
in Venise, and diuerse other places, redde oile, and is
of soche vertue, that a manne can skante expresse it,
as well to heale woundes, as other infinite diseases,
whereof we will shewe the moste notable, and those
that we haue founde true by experience. Fol. 15.
- To make oile of a redde Dogge, by the meane whereof
(beside other infinite vertues that it hath) I healed a
Frier of Saincte Onofres, who had, by the space of
twelue yeres, a lame and drie arme, withered like a
sticke, so that nature gaue it no moare nourishe-
mente. Folio. 17.
- To make an ointment the most excellent in the world,
Al. ij. whole

The Table.

- whose vertues are infinite, as we will declare after,
warde, whiche p^rinces oughte to commaunde to be
made and kepte in their common wealthes: and that
it shoulde be made in the p^resence of Whisitions, as
Triakle is made, o^r at the least every man oughte to
haue it in his house, and specially because a man may
make a great quantitie of it, and the longer it is kept
the better it wareth, Fol. 19.
- A very true and p^roued remedye agaynste a quartayne
ague. Fol. 20.
- To heale wartes, a secrete very excellent and easy to be
dooen, p^roued and experimented vpon dyuers per-
sonnes. Fo. 21
- A very p^rofitable and easye remedye to be made against
pluresies, whiche in two dayes healed a Smith that
was almost dead, and had not slept in .ii. nightes. Idē
- Another secrete o^r remedye againste the sayd disease of
the pluresie. Idem.
- Another goodly secret against the same disease. Fol. 22.
- Another against the same disease. Idem.
- To make a water good fo^r the b^rest o^r stomacke, of the
whiche men vse to geue them d^rinke that be to^rment-
ted o^r griened with the stitche in the side, o^r pluretik
apostumes: the whiche water is of a meruelous good
sauoure, and mondifieth very well the b^reast o^r sto-
macke. Idem.
- Agaynste all diseases of the mouth, palate, th^rote, gum-
mes, and Iawes. Fol. 23.
- Fo^r all woundes o^r sores of the legges, be they recents
o^r olde, although the legges were conu^red ouer with
them, and eaten vnto the bone. Idem.
- To heale swollen knees o^r legges, redde, and full of hu-
mours: a secrete meruelous good, easye to be made,
and of litle charge, and often times p^roued. Idem.
- A very sure and parfit remedie agaynste a Sciatica, of
tentimes p^roued and experimented in dyuers partes
of the wo^rlde. Fol. 24
- A water fo^r to heale in .v. dayes at the moost, all maner
of

The Table.

- of greate scabbes, as well inwarde as outwarde,
and is a water cleare and white, and of an odozife-
rous sauoure, suche as a manne maye p̄sente to a
Quene. Fol. 25.
- Against the disease oꝛ greif of the flankes, and the colick
passion, experimented and p̄oued diuers times. Idē
- Another remedy agaynst the same. Fol. 26.
- Another parfit remedye agaynst the same disease, and
to make a man pisse that hath ben thzee oꝛ four days
without making water, and that in the space of half
an houre, and will bzeake the stone in ten oꝛ twelue
dayes. Idem.
- Another remedye agaynst the stone, and payne of the
reynes. Idem
- The laste and moost excellent remedy of al, agaynst the
stone, be it in the reynes, oꝛ in the bladder, of what
qualitie oꝛ quantitie so euer it be. Folio. 27.
- For hym that spitteth bloude, by hauing some beyne of
his bzeast bꝛoken. Idem.
- Agaynst the greif in the lunges, and spittinge of blood
a thinge experimented. Fol. 28.
- Agaynst the payne of the flankes, of the reynes, and all
other greifes. Idem.
- Against the stinkinge of the bzeath. Idem.
- Agaynst the bytinge of a madde dogge, and the rage oꝛ
maddenesse that soloweth the manne after he is bit-
ten. Idem.
- To take awaye the dead fleshe that cometh oꝛ groweth
in the nose. Idem.
- For one which (with falling from some high place) fea-
reth to haue something bꝛoken in his body. Idem.
- A very good and easy remedye against the disease called
the kinges euill. Idem.
- Another remedy against the same disease. Fol. 29.
- To knowe whether a woman shall euer conceiue oꝛ
not. Idem.
- A very rare remedye for to take the kernelles oute of a
mannes thzote in fiftye dayes at the furthest. Idem.
- Another

The Table.

- An other remedie easier to be made. Folio. 29.
A thyng experimented and pꝛoued to bee very true, a-
gainst the same disease. Idem.
To make the skin stretch, and retourne again into his
place, after the kernell is healed. Idem.
A verie exquisite remedie against the disease, called in
Latine Augina, and in Greke Synanche, whiche is an
inflammation of the Muske of the inner gargille,
the Frenche menne call it *Squinancie*, in Englishe,
Quinsy. Folio. 30.
An other against the same disease. Idem.
An other against the sicknesse. Idem.
A verie good remedie against the kynges euill. Idem.
To heale the same disease by a substaunce taken at the
mouthe. Idem.
A heauenly water, whiche hath many goodly and no-
table vertues, as we will shewe you after. Folio. 31.
Pilles of a merueilous operation and vertue, againste
the Sciatica, whiche we promised to speake of, in the
Chapter of the Sciatica. Folio. 32.
A notable secreete to heale a madde manne, be it that the
madnesse came vnto hym, by a whirling or giddi-
nesse in the heade or bꝛaine, or otherwise. Idem.
Pilles of Master Michaell a Scotte, the whiche heale
the grief or paine of the heade, be it inueterate or re-
cent, purge the bꝛaine, clarifie the sight, cause a man
to haue a good memoꝛie, good colour in the face, and
be also verie good foꝛ many infirmities. Folio. 33.
Against the paines of womens bꝛeastes, a verie excel-
lent remedie. Folio. 44.
To ripe a Fellon, Cattes heere, Botche, Boile, or o-
ther apostumes or swellynge, whiche haue neede of
quicke and sodain ripyng. Idem.
To resolue a Fellon, Cattes heere, Boile, or Botche at
the first beginnyng. Idem.
To make Emplastrum Aureum, whiche is of a wonder-
full vertue, foꝛ all sortes of woundes. Idem.
An other excellent secreete, whiche was brought out of
India

The Table.

- India, and is very good for diuers accidentes of mannes bodie. Folio. 44.
- Against al maner of coghes, as well inueterate and old as recent and newe, a certain and sure remedy. fo. 35.
- An excellent conserue againste the choghe, and all anguise of the breast, whiche also mondifieth and clenseth the stomacke, causeth a good voice, and a faire colour in the face. Idem.
- A goodlie and pleasaunte Secrete to heale the cough, in rubbing the soles of the feete: and is a thyng verie easie and certain. Folio. 36.
- A verie goodly and easie remeadie to heale, in a date or twaine, al maner of inueterat & old woundes wherein is growen deade and superfluous fleshe, & woundes that can not be cured, by any other medicines. Idem.
- Against al maner of pestilence or plague, be it neuer so behemente, a moste certain and proued thyng. Idem.
- A verie good parfume against the plague. Idem.
- An other remedie very good against the plague. Idem.
- For hym that is sicke of the plague. Idem.
- An ointment to make an apostume bzeake, and the soze of the plague to fall of. Idem.
- An other remedie against the plague. Folio. 38.
- An other verie good remedie against the plague. Idem.
- An other persite receipt against the plague. Idem.
- An other against the plague. Idem.
- A thyng oftentimes proued and experimented against the plague. Idem.
- A preseruatue against the plague oftentimes proued. Idem.
- An other. Folio. 39.
- An other. Idem.
- In a suspecte tytme of a plague. Idem.
- An other wel tried & proued against the pestilence. Idem.
- A verie persite secrete against the plague. Idem.
- An other verie good secrete. Idem.
- To make a carbuncle and all other botches, apostumes and plague sozes, to bzeake, a presente remedie, and verie easie to make. Folio. 40.

The Table.

- A verie good remedie against the markes or spottes of the plague, commonly called Gods markes. Fol. 40.
Against the mortallitie of the Pestilence, a verie perfitte remedie. Idem.
To make little rounde Apples or balles againste the plague. Idem.
An oinctment to kill the plague. Fol. 41.
A verie perfitte oile against the plague & al poison. Idem.
A merueilous secrete for to p̄serue a manne from the plague: and hath been p̄oued in Englande of all the Whisitons, in that greate and vehement plague, in the yere. 1348. whiche crepte thzoughout all the woꝛlde, and there was neuer man that vsed this secrete, but he was p̄serued from the plague. Idem.
A verie sure and parfitte remedie to cure a manne of the Pestilence, and some there hath been, that haue been cured in a nighte: the said remedie is also good for Goddes markes, and Carbuncles, Boiles, Botches and soche like sicknesses, as saincte Anthonies fire, and soche other. Idem.
A verie goodlie and p̄sent remedie for to heale the pestilence, and drawing out the venime frō the botche, or soze, or other like accident. Fol. 42.
An aduertisement or warnyng of greate impoꝛtaunce, to p̄serue a man in tyme of pestilence Idem.
To dresse and order the Juice of Citrons, for the vse of it, as is afoze said. Fol. 44.

Of the seconde booke.

- M**ake oile Imperiale, to perfume the beere or bearde of a manne, to rubbe his handes or glooues with, and to put also into the Ale or water, wherein Princes or greate mennes clothes are washed, and this oile maie a man make with coste inough, and also with little charge or expense. Fol. 44.
To make osse of Wen with small charge, the whiche of it self will be odoriferous or soote in sauour, and very excellent,

The Table.

excellente, whereof parfumours doe vse aptly, soz to parfume gloues, oz other thynge with all.	Folio. 45.
To make an odoziferous & swete water very good.	Idem.
The seconde odoziferous water.	Idem.
The third swete water.	Folio. 46.
The fourth swete water.	Idem.
The fift swete water.	Idem.
The sixt swete water.	Idem.
The seuenth swete water.	Idem.
The eight swete water.	Folio. 47.
The nineth swete water.	Idem.
The tenth swete water.	Idem.
Oile of Oranges verie excellent.	Idem.
Oile of Iasemine and of Violettes.	Idem.
Oile of Nutmegges verie perfite.	Idem.
Oile of Bengelwin, verie excellent.	Folio. 48.
Oile of Storax verie excellent.	Idem.
Oile of Pyrhe, good soz them that haue their flesh full of humours, and carraine leane, soz to make it tracta- ble, quicke, naturall, and strong.	Idem.
The maner to make that oiles shall neuer waxe mould- ise, noz putrisie.	Idem.
Pouder of Iris.	Idem.
Pouder of Violettes.	Idem.
A white pouder to put in little bagges.	Idem.
Pouder of Cypres.	Folio. 49.
White Musked Sope.	Idem.
An other kinde of odoziferous white Sope.	Idem.
To make Damaskine Sope Musked.	Idem.
To get out the milke of Nataleb.	Folio. 50.
Pouder of Ciuet verie exquisite.	Idem.
A principall pouder.	Idem.
A white odoziferous pouder.	Idem.
A redde pouder.	Idem.
A blacke pouder.	Idem.
Pouder of Cypze verie exquisite.	Idem.
An other waie to make it verie perfite.	Folio. 51.
A swete and odoziferous pouder, verie excellent to laie in	Idem.

The Table.

In chesses and cofers.	Fol. 51.
An odoriferous and swete poulder.	Fol. 52.
Oyle of Bengewine.	Idem.
A very good and odoriferous poulder, to cary aboute a man, or to laye in cofers.	Idem.
Balles agaynste the pestilence or plague, whiche also geue an odour vnto all thinges.	Idem.
A princely lycour.	Idem.
Liquide and soft sope of Naples.	Idem.
To make the sayd sope muskt.	Idem.
A very excellent paste and sweete, made with muske, whiche eaten causeth a swete bzeath.	Folio. 53.
Another very excellent.	Idem.
Dentifrices or rubbers for the teeth, of great perfection for to make them cleane.	Idem.
Oyle of Bengewine odoriferous.	Idem.
Oyle of Storax Calamita.	Idem.
To make oyle of Libdanum.	Fol. 54.
Oyle of Nutmegges.	Idem.
Another maner.	Idem.
A very exquisite sope, made of diuers thinges.	Idem.
Sope with Ciuet.	Fol. 55.
Sope with diuers and excellent oyles.	Idem.
Sope rosat.	Idem.
White sope of a good sauour and odour.	Idem.
Perfect sope.	Idem.
Whole and massiue blacke sope.	Idem.
Damaske parfume.	Folio. 56.
Another parfume of damaske.	Idem.
An excellent pommaunder.	Idem.
Another pommaunder.	Fol. 57.
Another pommaunder.	Idem.
Excellent Spocras.	Idem.
To make little colshins of parfumed roses	Fol. 58.
Matches or litle lightes of a very good odour.	Idem.
A composition of Muske, Ciuet, and Ambergrise.	Idem.
A parfume for a chamber very excellent.	Idem.
Sope of Naples.	Fol. 59.
	Par.

The Table.

Perfume for a lampe	Fol. 59.
A shorte perfume	Idem.
An odoriferous perfume for chambers	Idem.
A very good perfume for to trymme gloues w th lytle cost, and yet will continue longe.	Idem.
A very exquysite Cyuet to perfume gloues, and to annoynt a mans handes with.	Fol. 60.
Dyle of roses and floures, very parfytte.	Idem.
Dyle of Cloues very noble.	Idem.
To make an excellent parfume to perfume chambers garmentes, Couerlettes, Sheetes, and al other thinges, belongyng to any p ^{ri} nce.	Fol. 61.
Rounde apples or balles to take out spots of oyle or grease.	Idem.
To make a past or dowe for swete beades or beades bones.	Idem.

Of the thirde booke.

A goodly secreete for to condyte or confite Oranges, Citrons, and all other fruytes in syzop, whiche is a notable thinge.	Fol. 62.
The maner howe to purifye and p ^{re} pare honnye, and suger, for to cōfyte Cytrons and al other fruytes.	63.
To confite Beches after the spanyshe facion.	Idem.
To make conserue or confytture of Nuynces, called in latyne <i>Cotoneatum</i> , <i>Cidoniatum</i> or <i>Cidonites</i> , as they do in valence, whiche also the Tencuoyes do vse.	Idem.
To make a past of suger, wherof a man maye make all maner of fruytes, and other syne thinges, with their forme, as platters, dysches, glasses, cuppes, and suche like thinges, wherwith you maye furnyshe a table; and when you haue done, eat them vp. A pleasante thinge for them that sitte at the table.	Fol. 64.
To make a confection of Melons or pepones.	Idem.
To make Melons & pepones swete & very delicate.	65.
To confyte orange pilles, whiche maye be done at all tymes of the yeare and chiefly in May, bycause than the sayde pilles be greater and thicker.	Idem.
R. a. ii.	Lo

The Table.

- To make heare as yellow as golde. Idem.
- To make lye to washe the head, whiche (beside that it comfozteth the brayne, and the memozy) maketh the heare longe, sayre, and yellow like golde. Idem
- Lye to make heare blacke. Fol. 76.
- An oyle soz to annoynt the heare, whiche maketh it yelowe lyke golde, longe and glistering lyke burnished golde. Idem.
- A very goodly way o; maner howe to make yelowe a berne heare, without standing longe, o; nothings at al in the sonne, a rare and a very excellent secret. Idem
- An oyntment to make the heares fall from any place of the body. Fol. 77.
- An oyle o; lycour to make the heare fall of, and maye be kept as longe as a man wyll : It is also good soz all occasions. Fol. 78.
- An aduertisement o; lesson soz them that will make the heare fall of. Idem.
- To cause that the heare shall grow no moze, o; to make them come out thinne and fine lyke the fyist soft hair o; mosines of the face. Idem.
- To make a kind of cloth o; plaister to take the heare fro the face, neck, & handes, o; fro any part of the body. 79
- A meruellous secrete, whiche the greate lozdes of the Moozes do vse, wherby they make that their children haue no hair vnder their armes, o; other place wher they wyl. And this secrete found I in Siria, the year 1521 by the meanes of a lozde of the countrey, whose daughter I healed. Idem
- To make a kind of cloth, called cloth of Leuant, wherwith women vse to colour their faces. Fol. 80.
- The same another way, Idem
- To dye a white beard o; heare of the heade into a sayre blacke. Idem
- A noble and excellent poulder to make cleane the teeth to make them fast and white, & to conserue the gomes, a better thinge can not be found, and it were to present to a Quene o; pzincesse. Fol. 81.
- To

The Table.

- To make a very excellent conserue to scoure the teeth,
to conforzte the gommies, and to make a swete and
good bzeath. Idem
- An aduertisement oz lesson concerning the makynge of
poulters, and conserues for the teeth. Idem
- An exceeding white and good poultier to scoure the teeth
whiche is meter for lordes and great men, than anye
of the other before. Fol. 82.
- A distilled water, excellent for to make the teeth white
immediatly, and to pzeferue them wonderfully. f. 83.
- Thre aduertisements oz lessonnes of impoztaunce, to
kepe the teeth white and vncorrupt and also a swete
bzeath. Idem
- A decoction to washe and scour the mouth, to fasten lose
teeth, to consolidate and make sounde the gommies,
and to make the fleshe growe agayne if it were de-
cayed oz fallen awaye. Fol. 84.

Of the fyfte boke.

- To make parfite Asure, suche as cometh from be
yond the seas. Fol. 84.
- To make a fine confectiō of grayne, called
Lacca of grayne. Fol. 86
- To dye bones into a grene colour. Idem.
- Another maner howe to die bones, oz Juspe, into the
colour of an Emerande. Idem.
- To die bones redde, blew, oz of any colour you wil. Idem
- A very goodly secretes to die oz colour wood, of what co-
lour a man wil, which some ioyners do use that make
tables, and other thinges of diuers coloures, and do
esteme it among them selues to be of such excellency,
that one brother will not teache it another. Fol. 87
- To counterfeit the black wood called Hebenus, oz He-
benum, & to make it as sayze as the natural Hebene,
whiche groweth no where but in India. Idem.
- To die scinnes blew, oz of the colour of Asure. Idem.
- To dye skynnes in Chickweede, called in latyne *Rubra*
maior

The Table.

ter, or Vinaigre, or with some other licour, and than he may incontinent putte it in experience. With the sayd poulder all other yncke maye be amended, be it neuer so euill. Idem.

To make a great deale of ynck quickly, and with lyttle coste. Fol. 100.

To make Winters Inck. Idem

To make yncke so white, that althoughe a man wyte with it vpon white paper, it may easely and perfittlye be redde. A very goodly thinge. Idem.

To make a poulder to take of blottes of yncke, fallen vpon the paper, or ells the letters and wytinge from the paper: whiche is a rare secrete, but yet profitable. 101.

To make a kynde of vernyshe, but muche sayerer, and better than that whiche Scryueners do vse, and is of lesse cost, & stinketh not as other vernyshe doeth. Idem

To make yncke to rule paper for to wyte by, wherof the wytyngge beyng dry, the lynes maye be take out, that it shall seme ye haue wytten without lines. 102.

The sixte booke.

Sublime quyksyluer, that is to saye, to make common sublime, that Goldsmithes, Alchemistes, and gentelwomen do vse, and that men vse in many thinges concerning phisick. 102.

To make *Cinabrium*, and therof to make loaves of a hundred or two hundred poundes, as great as a man lyst: as those are that com out of Almaine, which secrete hath not befoze this time bene knowe of any in Italy. Fo. 105

To fyne and renewe Borax. Fol. 107

A good and easy way to make *aqua fortis* better than any other. Fol. 110.

The true and parfytte practyse to cast medalles, and all other workmanshype, as well in brasse, as in golde, siluer, coppar, leade, Tyn, as of Crysfall, glasse, and marble. Fo. 110.

The fyrst earth to cast in a moulde all maner of fusyble matter

The Table.

matter.	Fol. 111.
The second earth oꝛ sande.	Idem.
The thirde earthe oꝛ sande.	Idem.
The fourth earthe oꝛ sande.	Idem.
The fyfte earth oꝛ sande the most parfyte.	Idem.
The sixt earth.	Fol. 112.
A goodly waye and maner howe to make all these earthes very fine and small, & almost impalpable.	Idem.
To make a water called magistra, wherwith the saide earthes to make mouldes, is tempered, and moysted agayne at euery castynge oꝛ foundyng.	Idem.
To make <i>Lutum sapientie</i> very parfyte.	Fol. 113.
Certaine thinges, whiche he that wyll take in hande any foundyng oꝛ castynge of mettalls, muste alwayes haue ready, and in order.	Fol. 114.
The maner oꝛ order that a man ought to kepe, whan he wyll caste oꝛ founde medalles, oꝛ anye other thynges.	Fol. 115.
To make a white, to blanche oꝛ make white medalls, oꝛ other thynges newlye molten, and also soꝛ to renewe medalls of olde syluer.	Fol. 116.
To gylte yron with water.	Fol. 117.
The lyke another waye	Idem.
To gilte yron with golde foyle, and water, oꝛ els with gold myrt with quick siluer, as goldsmiths are wont to gylte syluer.	Idem.
To dye oꝛ colour into the colour of brasse, oꝛ also to gilt syluer, whiche shewethe better, and continueth longer.	Idem.
A water oꝛ colour to lay vnder Diamondes as wel true as counterfeyte, that is to saye, made of whyte Saphires, as we will declare afterward.	Fol. 118.
To counterfeyte a diamod, with a white Saphire	Idem.
To ingrose thynne Balesses to set in ringes.	Idem.
To make Rubyes of two peeces, and Emeraudes, as they make them at Milan	Fol. 119.
To make a past oꝛ dowꝛ soꝛ pꝛecious stoncs, as Emeraudes, rubes, Saphirs, & such like, which be but of one peere,	

The Table.

piece well coloured within and without.	Idem.
To make Emerauldes, and other stones of Jewels.	120.
To calcine or burne Cristall and the Calcidoyne stone, to put in the saied mixtions of precious stones.	Idem
A water to harden the sayd stones.	Idem
To calcine fine siluer.	Idem
The second maner of calcining siluer.	Fol. 121
The third maner of calcining siluer.	Fol. 122
To calcine Calchum quickly and out of hand.	Idem
An excellent and very easy way to gilt yron, coper, and siluer, to make it seeme like massiue golde.	Fol. 123.
A parfit maner and way to gilt, and to make the quick siluer to vanish away from the thinge gilted.	Idem

The ende of the Table.

