

1300's – Late 1500's

Sir John Harington's New Ajax

(The True Roots of the Modern Day Flush Toilet)

With Impetus Provided to John Harington

by

Queen Elizabeth, "The Schoole of Salerne," and "The Englishmans Doctor"



John Harington.

ÆTATIS SUÆ 30.

The first non-mechanized flush toilet recognized by historians has its roots in the Royal Palace of Knossos – Minoan Empire, on the Isle of Crete at/about 1700 BCE. However, the roots of the present day mechanized flush toilet are now acknowledged by many to rest with Sir John Harington (Godson of Queen Elizabeth) in the mid-1590's. What he started, others including Thomas Crapper polished off in the late 1800's, when better industrial knowhow and infrastructure were available.

One of the driving forces of John Harington's invention (as documented in Harington's treatise *A New Discourse of a Stale Subject, Called The Metamorphosis of Ajax*,* written in the late 1500's/early 1600's) was a document entitled *Regimen Sanitatis Salernitanum* (or *The School of Salerne*) ... a document initially written as a poem and finalized in the 1300's by learned monks/physicians at a monastery/town (Salerne) in northern Italy – a stopping point along one of the main roads leading from western Europe to the Middle East during the years of the Crusades (1096 – 1396). Soldiers would often stop and stay in this town on their way back from the Crusades to receive aid in getting their wounds to heal. The noted document eventually became the accepted basis of health/sanitation for hundreds of years. (Note: the modern-day words “sanitary” and “sanitation” may very well owe their derivation to the name of the town Salerne.) It was translated from Latin (the language in which it was first written) to English by Sir John Harington in the late 1500's. Later (in 1608), it was republished as *The Englishmans Doctor*, and, thereafter, served as a guide to the basic practice of health/medicine for the next 2-300 years in western Europe and England. It is the best known surviving literary example of medieval domestic medical practices.

The *Regimen Santatis Salernitanum* was one of the reasons for Harington's pursuit of the invention of a flush toilet (called an “ajax” in the early days by the English), along with the fact that he wanted to get in the better “graces” of his Godmother, Queen Elizabeth – who was tired of the smelly garderobes (privies) in her castles. (It must be noted that during the late Dark Ages/Early Middle Ages, many believed that bad odors carried and caused the spread of disease. This included the odors from cesspools, etc. Queen Elizabeth and many others believed such to be true ... thus, the desire to somehow minimize bad odors.) The following rhyme from an unknown author of the 1500's demonstrates their concerns *re* odors:

To breake a little wind, sometime ones life doth save,
For want of vent behind, some folke their ruine have:
A power it hath therefore, of life, and death expresse:
A king can cause no more, a cracke doth do no lesse.

Harington's “better ajax” worked well, and it had many of the most important features of a modern-day flush toilet; however, it still had serious problems with achieving an effective sealing-off of the obnoxious odors from the huge cesspools (often positioned underneath the castle floors) into which human wastes were deposited from the ajax's and/or garderobes (privies) in the castle.

The mechanized flushing toilet idea was not really pursued further until approx. 2-300 years later; i.e., by Thomas Crapper and others.

A 1595 drawing of Harington's new “flushing” ajax is shown next in this handout. His English translation of the original/Latin text of the *Regimen Sanitatis Salernitanum* is also included in this handout, along with some of the notes which help to explain certain of the involved/translated words/phrases.

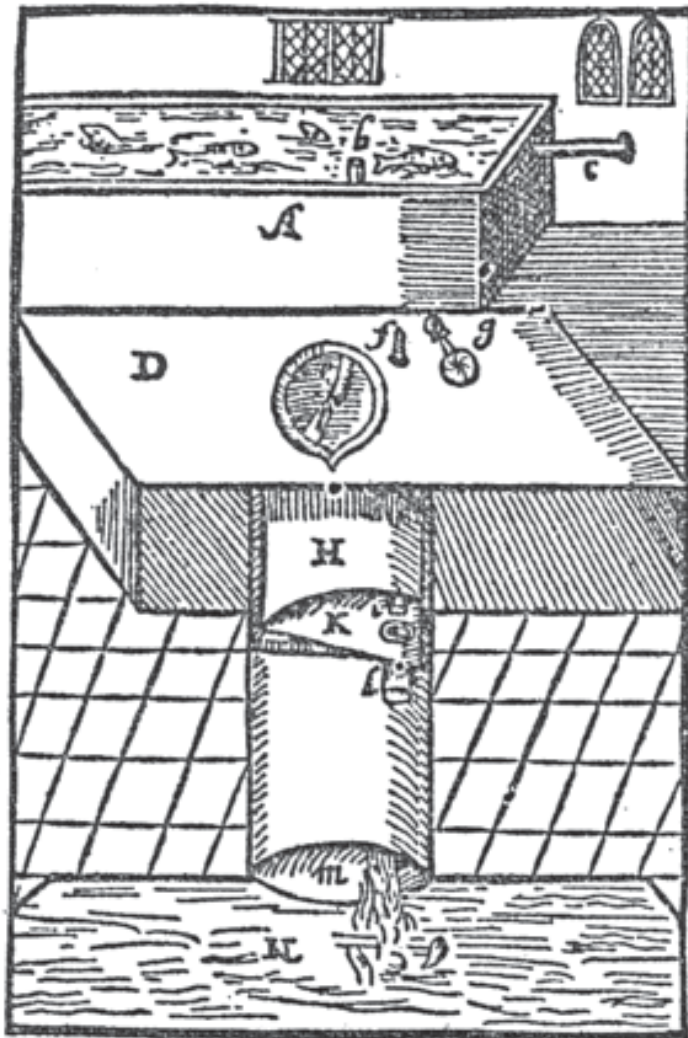
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Jan McDonald
December 2004

Enclosures:

Sources: *SIR JOHN HARINGTON'S A NEW DISCOURSE OF A STALE SUBJECT, CALLED THE METAMORPHOSIS OF AJAX, A Critical Annotated Edition*, by Elizabeth Story Donno [New York: Columbia University Press, London: Routledge and Kegan Paul, 1962].

THE SCHOOL of SALERUM (Regimen Sanitatis Salernitanum), The English Version, by Sir John Harrington; *History of The School of Salernum*, by Francis R. Packard, M.D.; *And a note on the Prehistory of the Regimen Sanitatis* by Fielding H. Garrison, M.D. [New York: Paul B. Hoeber, 1920].

* NOTE: In Queen Elizabeth's time (late 1500's, early 1600's), the common term for a privy was “the jakes.” Harrington transformed that into “ajax” in the title of his book.



A priuie in perfection

- A. the Cesterne.
- B. the little washer.
- C. the wast pipe.
- D. the seate boord.
- E. the pipe that comes from the Cesterne.
- F. the Screw.
- G. the Scallop shell to couer it when it is shut downe.
- H. the stoole pot.
- I. the stopple.
- K. the current.
- L. the sluice.
- M.N. the vault into which it falles: alwayes remember that () at noone and at night, emptie it, and leaue it halfe a foote deepe in fayre water. And this being well done, and orderly kept, your worst priuie may be as sweet as your best chamber. But to conclud all this in a few wordes, it is but a standing close stoole easilie emptyed.

And by the like reason (other formes and proportions obserued) all other places of your house may be kept sweet.

A 1595 drawing of Harington's new "flushing" ajax

THE
ENGLISHMANS
DOCTOR.

OR,

The Schoole of Salerne.

OR,

Physicall obseruations for the perfect
Preseruing of the body of Man in
continuall health.



London

Printed for Iohn Helme, and Iohn
Busby Iunior and are to be solde at the little shop
next Cliffords Inne-gate, in Fleet-
streete. 1608.

Note: A facsimile of the original antique English text was scanned in order to prepare the "Salernitanum" document for this handout. As a result of computer interpretation, the old English letter "s" generally appears as the letter "f" in the scanned version. In addition, the letter "v" sometimes appears as a "u," and a "u" as a "v". Inconsistencies in these usages appear in the original "Salernitanum" document as well as in the scanned version. Also, throughout the years, different writers have chosen to spell certain words in different ways ... and, which spelling is correct may forever be a subject of discussion!

THE SALERNE Schoole

THE *Salerne Schoole* doth by thefe lines impart
All health to *Englands King*, and doth aduife
From care his head to keepe, from wrath his heart,
Drinke not much wine, fup light, and foone arife,
When meate is gone, long fitting breedeth fmart:
And after-noon (till waking keepe your eyes.
When mou'd you find your felfe to *Natures Needs*,
Forbeare them not, for that much danger breeds,
Vfe three Phyficians ftil; firft Doctor *Quiet*,
Next Doctor *Merry-man*, and Doctor *Dyet*.

RISE earely in the morne, and ftraight remember,
With water cold to wash your hands and eyes,
In gentle fafhion retching euery member,
And to refrefh your braine when as you rife,
In heat, in cold, in *July* and *December*.
Both comb your head, and rub your teeth likewife:
If bled you haue, keep coole, if bath' keepe warme:
If din'd, to ftand or walke will do no harme
Three things preferue the fight, *Graffe*, *Glaffe*, & *fountains*,
At Eue'n fprings, at morning vifit mountains.



The Medieval Physician in His Office.

IF *R.* be in the month, their iudgements erre,
That thinke that fleepe in after-none is good:
If *R.* be not therein, fome men there are
That thinke a little nap breeds no ill bloud:
But if you fhall herein exceed too farre,
It hurts your health, it cannot be with ftood
Long fleepe at after-noonnes by furring fumes,
Breeds *Slouth*, and *Agues*, *Aking heads* and *Rheumes*:
The moyfture bred in Brest, in *lawes* and *Nofe*,
Are cal'd Cataras, or *Tyfique*, or *the Pofe*.

GREAT harmes haue growne, & maladies exceeding,
By keeping in a little blaft of wind:
So *Cramps* & *Droffies*, *Collickes* haue their breeding,
And *Mazed Braines* for want of vent behind:
Befides we finde in ftories worth the reading,
A certaine *Romane Emperour* was fo kind,
*Claudius** by name, he made a Proclamation,
A *Scape* to be no loffe of reputation.
Great fuppers do the ftomacke much offend,
Sup light if quiet you to fleepe intend.

* According to Suetonius in his life of the Emperor Claudius, the latter had in contemplation the iffuanee of a proclamation juftifying the emission of flatus wherever and whenever the need might exift. Montaigne in his *Essay on the Force of the Imagination* expreffes the wifh that the Emperor might at the fame time have granted alfo the power to do fo.

TO keepe good dyet, you fhould neuer feed
Vntill you finde your ftomacke clean and void
Of former eaten meate, for they do breed
Repletion, and will caufe you foone be cloid,
None other rule but appetite fhould need,
When from your mouth a moyfture cleare doth void.
All Peares and Apples, Peaches, Milke and Cheefe,
Salt meates, red Deere, Hare, Beefe and Goat: all thefe
Are meates that breed ill bloud, and Melancholy,
If ficke you be, to feede on them were folly.

EGGES newly laid, are nutritiue to eate,
And rofted Reare are eafie to digeft.
Frefh *Gafoigne* wine is good to drinke with meat,
Broth ftrengthens nature aboue all the reft.
But broth prepar'd with floure of fineft wheat,
Well boild, and full of fat for fuch are belt.
The *Priefts* rule is (a *Priefts* rule fhould be true)
Thofe Egges are beft, are long, and white and new.
Remember eating new laid Egges and foft,
For euery Egge you eate you drinke as oft.

FINE *Manchet* feeds too fat, *Milke* fills the veines,
New cheefe doth nourifh, fo doth fleth of Swine:
The Dowcets of fome beafts, the marrow, braines,
And all fweet tafting flefh, and pleafant wine,
Soff Egges (a cleanly difh in houfe of Swaines)
Ripe Figs and Rayfins, late come from the Vine:
Chufe wine you meane fhall ferue you all the yeere
Well-fauor'd tafting well, and coloured cleere.
Fiue qualities there are, wines praife aduancing,
Strong, *Beautifull*, and *Fragrant*, *coole* and *dancing*.



The Public Bath.

WHITE *Muskadell*, and *Candie wine*, and *Greeke*,
Do make men's wits and bodies groffe and fat;
Red wine doth make the voyce oft-time to feeke,
And hath a binding qualitie to that;
Canarie, and *Madera*, both are like

To make one leane indeed: (but wot you what)
 Who fay they make one leane, would make one laffe
 They meane, they make one leane vpon a ftaffe.
Wine, women, Baths, by Art or Nature warme,
 Vs'd or abus'd do men much good or harme.



The Public Bath.

SIXE things, that here in order fhall enfue,
 Againt all poyfons haue a fecret power,
Peare, Garlicke, Reddifh-roots, Nuts, Rape, and Rue,
 But *Garlicke* chiefe; for they that it deuoure,
 May drinke, & care not who their drinke do brew:
 May walke in aires infected euery houre.
 Sith *Garlicke* then hath powers to faue from death,
 Beare with it though it make vnfaury breath:
 And forne not *Garlicke*, like to fome that thinke
 It onely makes men winke, and drinke, and fünke.

THOUGH all ill fauours do not breed infection,
 Yet Pure infection commeth moft by fmelling,
 Who fmelleth full perfum'd, his complexion
 Is not perfum'd by Poet *Martials* telling,
 Yet for your lodging roomes giue this direction,
 In houfes where you mind to make your dwelling,
 That neere the fame there be no euill fents
 Of puddle-waters, or of excrements,
 Let aire be cleere and light, and free from faults,
 That come of fecret paffages and vaults.

IF wine haue ouer night a furfet brought,
 A thing we wifh to you fhould happen feeld:
 Then early in the morning drinke a draught,
 And that a kind of remedie fhall yeeld,
 But gainft all furfets, vertues fchoole hath taught
 To make the gift of temperance a fhield:
 The better wines do breed the better humors,
 The worfe, are caufes of vnwholefome tumors.
 In meafure drinke, let wine be ripe, not thicke,
 But cleere and well alaid, and frefh and quicke.

THE like aduice we giue you for your Beere,
 We will it be not fowre, and yet be ftale:
 Well boild, of harty graine and old and cleare,
 Nor drinke too much nor let it be too ftale:
 And as there be foure feafons in the yeere,
 In each a feuerall order keepe you fhall.
 In *Spring* your dinner muft not much exceed,
 In *Summers* heate but little meate fhall need:
 In *Autumn* ware you eate not too much fruite:
 With *Winters* cold full meates do fitteft fuite.

IF in your drinke you mingle *Rew* with *Sage*,
 All poyfon is expeld by power of thofe,
 And if you would withall Lufts heat affwage,
 Adde to them two the gentle flowre of Rofe:
 Would not be fea-ficke when feas do rage,
 Sage-water drinke with wine before he goes.
Salt, Garlicke, Parfly, Pepper, Sage, and Wine,
 Make fawces for all meates both courfe and fine.
 Of waffing of your hands much good doth rife,
 Tis wholefome, cleanly, and relieues your eyes.

EATE not your bread too ftale, nor eate it hot,
 A little Leuend, hollow bak't and light:
 Not frefh.of pureft graine that can be got,
 The cruft breeds choller both of brown & white,
 Yet let it be well bak't or eate it not,
 How e're your tafte therein may take delight.
Porke without wine is not fo good to eate,
 As *Sheepe* with wine, it medicine is and meate,
 Tho Intrailes of a beaft be not the beft,
 Yet are fome intrailes better than the reft.

SOME loue to drinke new wine not fully fin'd,
 But for your health we wifh that you drinke none,
 For fuch to dangerous fluxes are inclin'd,
 Befides, the Lees of wine doe breed the gone,
 Some to drinke onely water are affign'd,
 But fuch by our confent fhall drinke alone.
 For water and fmall beere we make no queftion,
 Are enemies to health and good digeftion:
 And *Horace* in a verfe of his rehearfes,
 That *Water-drinkers* neuer make good verfes.

THE choyfe of meate to health doth much auaille,
 Firft Veale is wholefome meat, & breeds good blond
 So Capon, Hen, and Chicken, Partridge, Quaille,
 The Phefant, Woodcock, Larke, & Thrufh be good,
 The Heath-cocke wholefome is, the doue, the raile,
 And all that doe not much delight in mud.
 Faire fwans fuch loue your beauties make me beare you,
 That in the difh I eafily could forbear you.
 Good fport it is to fee a *Mallard* kil'd,
 But with their flefh, your flefh fhould not be fil'd.

AS choyce you make of Fowle, fo make of Fish,
 If fo that kinde be foft, the great be beft,
 If firme, then fmall, and many in a difh:
 I need not name, all kinds are in request
Pike, Trowt, and Pearch, from water frefh I wifh,
 From Sea, *Bace, Mullet, Brean, and Souls* are beft:
 The *Pyke* a rauening tyrant is in water,
 Yet he on land yeelds good fifh ne're the later,
 If *Eeles* and *Cheefe* you eate, they make you hoarfe,
 But drinke apace thereto, and then no force.

SOME loue at meals to drink fmal draughts and oft,
 But fancie may herein and cuftome guide,
 If Egges you eate, they muft be new and foft.
 In Peafe good qualities and bad are tryed,
 To take them with the skinne that growes aloft,
 They windie be, but good without their hide.
 In great confumptions learn'd Phyficians thinke,
 'Tis good a *Goat* or *Camels* milke to drinke,
Cowes-milke and *Sheepes* doe well, but yet an *Affes*
 Is beft of all, and all the other paffes.

MILK is for *Agues* and for *Head-ach* naught,
Yet if from *Agues* fit you feele you free,
Sweete-butter wholefome is, as fome haue taught,
To cleanfe and purge fome paines that inward be.
Whay, though it be contemn'd, yet it is thought
To foure and cleanfe, and purge in due degree:
For healthie men may *Cheefe* be wholefome food,
But for the weake and fickly 'tis not good,
Cheefe is an heauie meate, both groffe and cold
And breedeth Coftineffe both new and old.

CHEESE makes complaint that men on wrong fufpitions
Do flander it, and fay it doth fuch harme,
That they conceale his many good conditions,
How oft it helps a ftomack cold to warme,
How fafting'tis prefcrib'd by fome Phyficians,
To thofe to whom the flux doth giue alarme:
We fee the better fort thereof doth eate,
To make as 'twere a period of their meate;
The poorer fort, when other meate is fcant,
For hunger eate it to relecue their want.

ALTHOUGH you may drinke often while you dine,
Yet after dinner touch not once the cup,
I know that fome Phyficians doe affigne
To take fome liquor ftraight before they fup:
But whether this be meant by broth or wine,
A controuerfie 'tis not yet tane vp:
To clofe your ftomack well, this order futes,
Cheefe after flefh, *Nuts* after fifh or fruits,
Yet fome haue faid, (beleue them as you will)
One *Nut* doth good, two hurt, the third doth kill.

SOME *Nut* 'gainft poyfon is preferuatiue:
Peares wanting wine, are poyfon from the tree,
But bak't *Peares* counted are reftoratiue,
Raw *Peares* a poyfon, bak't a medicine be
Bak't *Peares* a weake dead ftomack doe reuiue,
Raw *Peares* are heauie to digeft we fee,
Drinke after *Peares*, take after *Apples* order
To haue a place to purge your felde of ordure.
Ripe *Cherries* breed good bloud, and help the ftone,
If *Cherry* you doe eate and *Cherry-flone*.

COOLE *Damfens* are, and good for health, by reafon
They make your intrailles foluble and flacke,
Let *Peaches* fteepe in wine of neweft feafon,
Nuts hurt the teeth, that with their teeth they crack,
With euery *Nut* 'tis good to eate a *Raifon*.
For though they hurt the fpleen, they help the back,
A plaifter made of *Figges*, by fome mens telling,
Is good againft all kernels, boyles and fwelling,
With *Poppy* ioy'n'd, it drawes out bones are broken,
By *Figges* are lice ingendred, Luft prouoken.

FATE *Medlers*, if you haue a loofeneffe gotten,
They bind, and yet your vrine they augment,
They haue one name more fit to be forgotten,
While hard and found they be, they be not fpent,
Good *Medlers* are not ripe, till feeming rotten,
For medling much with *Medlers* fome are fhent.
New *Renish-wine* ftirres vrine, doth not binde:
But rather loofe the Belly breeding winde,
Ale humors breeds, it addes both flefh and force;
Tis loofing, coole, and vrin doth enforce.

SHARPE vineger* doth coole, withall it dries,
And giues to fome ill humor good correction:
It makes one melancholy, hurts their eyes,
Not making fat, nor mending their complexion:
It leffens fperme, makes appetite to rife,
Both tafte and fcent is good againft infection.
The *Turnep* hurts the ftomack, winde it breedeth,
Stirres vrine, hurts his teeth thereon that feedeth,
Who much thereof will feed, may wifh our Nation
Would well allow of *Claudius* proclamatation.

* Vinegar was formerly held in great esteem for the several reasons mentioned in the text. It was supposed to reduce obesity, to act as a sexual sedative and was in great demand as a disinfectant. Matthew Carey in his account of the epidemic of yellow fever in Philadelphia in the year 1193 states that "Those who ventured abroad, had handkerchiefs or sponges, impregnated with vinegar or camphor, at their noses, or smelling bottles full of thieves' vinegar." The latter, or vinegar of the four thieves, as it was more usually termed, was a preparation the composition of which was said to have been discovered by four young men during the plague at Marseilles in 1720. It was claimed to have rendered them immune from the disease and enabled them to rob the sick while pretending to serve as nurses.

IT follows now what part of euery beaft
Is good to eate: firft know the Heart is ill,
It is both hard and heauy to digeft.
The *Tripe* with no good iuyce our flefh doth fill
The Lites are light, yet but in fmall request:
But outer parts are beft in Phyficks skill
If any braines be good, (which is a queftion)
Hens braine is beft and lighteft of digeftion:
In *Fennel-feed*, this venue you shall finde,
Foord of your lower parts to driue the winde.

OF *Fennell* vertues foure they doe recite,
Firft, it hath power fome poyfons to expell,
Next, burning *Agues* it will put to flight,
The ftomack it doth cleanfe, and comfort well:
And fourthly, it doth keepe and cleanfe the fight,
And thus the feed and hearbe doth both excell.
Yet for the two laft told, if any feed-
With *Fennell* may compare, 'tis *Annis-feed*:
Some *Annis-feed* be fweete, and fome more bitter,
For pleafure thefe, for medicine thofe are fitter.

DAME Natures reafon, far furmounts our reading,
We feele effects the caufes oft vnknowne,
Who knows the caufe why *Spodium* ftancheth bleeding?
(*Spodium* but afhes of an Oxes bone)
We learne herein to praife his power exceeding,
That vertue gaued to wood, to hearbs, to ftone;
The Liuer, *Spodium*; *Mace*, the heart delights,
The braine likes *Muske*, and *Lycoras* the Lites
The Spleene is thought much coforted with *Capers*,
In ftomack, *Gallingale*, alwaies ill vapors.

SAUCE would be fet with meate upon the table,
Salt is good fauce, and had with great facilitie:
Salt makes vnfaourie vyands manducable,
To driue fome poyfons out, Salt hath abilitie,
Yet things too falt are ne're commendable:
They hurt the fight, in nature caufe debilitie,

The scab and itch on them are euer breeding,
The which on meates too falt are often feeding:*
Salt should be firft remou'd, and firft fet down
At table of the Knight, and of the Clowne.

* Scorbutic disorders of the skin were terribly prevalent
among those who went on long sea voyages in times when
their chief article of food was salted meat.

AS taftes are diuers, fo Phyficians hold
They haue as fundry qualities and powre,
Some burning are, fome temperate, fome cold,
Cold are thefe three, the *Tart*, the *Sharpe*, the *fowre*,
Salt, bitter, byting, burne as hath beene told,
Sweet, fat and freth, are temperate euery houre.
Foure fpeciall vertues hath a fop in wine,
It maketh the teeth white, it cleares the eyne,
It addes vnto an emptie ftomack fulneffe,
And from a ftomack fill'd, it takes the dulneffe.

IF to an vfe you haue your felfe betaken,
Of any dyet, make no fudden change,
A cuftome is not eafily forfaken,
Yea though it better were, yet feemes it ftrange,
Long vfe is as a fecond nature taken,
With nature cuftome walkes in equall range.
Good dyet is a perfect way of curing:
And worthy much regard and health affuring.
A King that cannot rule him in his dyet,
Will hardly rule his Realme in peace and quiet.

THEY that in Phyfick will prefcribe you food,
Six things muft note we heere in order touch,
Firft what it is, and then *for what 'tis good*,
And *when* and *where*, *how often*, and *how much*:
Who note not this, it cannot be with-ftood,
They hurt, not heale, yet are too many fuch.
Coleworts broth doth loofe, the fubftance bind,
Thus play they faft and loofe, and all behind:
But yet if at one time you take them both,
The fubftance fhall giue place vnto the broth.

IN Phyficke *Mallowes* haue much reputa-tion,
The very name of *Mallow* feemes to found,
The roote thereof will giue a kind purgation,
By them both men and women good haue found,
To womens monthly flowers they giue Taxation,
They make men foluble that haue beene bound.
And left wee feeme in *Mallowes* prayfes partiall,
Long fince hath *Horace* praifed them, and *Martiall*.
The worms that gnaw the wombe & neuer flint,
Are kil'd, and purg'd, and driuen away with *Mint*.

BUT who can write thy worth (O foueraigne *Sage!*).
Some afke how man can die, where thou doft grow,
Oh that there were a medicine curing age,
Death comes at laft, though death comes ne're fo flow:
Sage ftrengths the finewes, feuers heat doth fwage,
The Palfy helps, and rids of mickle woe.
In Lattin (*Saluia*) takes the name of fafety,
In Englifh (*Sage*) is rather wife then crafty.
Sith then the name betokens wife and fauing,
We count it natures friend and worth the hauing.

TAKE *Sage* and *Primrofe*, *Lauender* and *Creffes*,
With *Walwort* that doth grow twixt lime and ftone,
For he that of thefe hearbes the iuyce expreffes,
And mix with powder of a *Caftor-ftone*,
May breed their eafe whom palfy much oppreffes,
Or if this breed not helpe, then looke for none.
Rew is a noble hearbe to giue it right,
To chew it fafting, it will purge the fight.
One quality thereof yet blame I muft,
It makes men chafte, and women fills with luft.

FAIRE Ladies, if thefe Phyficke rules be true,
That *Rew* hath fuch ftrange qualities as thefe,
Eate little *Rew*, left your good husbands (*REW*)
And breed betweene you both a fhrew'd difeafe,
Rew whets the wit, and more to pleafure you,
In water boyld, it rids the roome of fleas
.I would not to you Ladies, *Onyons* praife,
Saue that they make one faire (*Aefclapius* faies)
Yet taking them requires fome good direction,
They are not good alike for each complexion.

IF vnto *Choller* men be much inclin'd,
Tis thought that *Onyons* are not good for thofe,
But if a man be flegmatique (by kind)
It does his ftomack good, as fome fuppofe:
For Oyntment iuyce of *Onyons* is affign'd,
To heads whofe haire fals fafter than it growes:
If *Onyons* cannot helpe in fuch mifhap,
A man muft get him a *Gregorian* cap.
And if your hound by hap fhould bite his mafter,
With *Hony*, *Rew*, and *Onyons* make a plafter.

THE feed of *Muftard* is the fmalleft graine,
And yet the force thereof is very great,
It hath a prefent power to purge the braine,
It adds vnto the ftomack force and heat:
All poifon it expels, and it is plaine,
With fuger 'tis a paffing fauce for meate.
She that hath hap a husband bad to bury,
And is therefore in heart not fad, but merry,
Yet if in fhew good manners fhee will keepe,
Onyons and *Muftard-feed* will make her weepe.

THOUGH *Violets* fmell fweete, *Nettles* offenfiue,
Yet each in feuerall kind much good procures,
The firft doth purge the heauy head and penfiue,
Recouers furfets, falling fickeneffe cures:
Tho *Nettles* finke, yet make they recompence,
If your belly by the Collicke paine endures,
Againft the Collicke Nettle-feed and hony
Is Phyfick: better none is had for money.
It breedeth fleepe, ftaies vomits, fleams doth foften,
It helps him of the Gowte that eates it often.

CLEANE *Hyfop* is an hearbe to purge and clenfe
Raw flegmes, and hurtfull humors from the breft,
The fame vnto the lungs great comfort lends,
With hony boyld: but farre aboue the reft,
It giues good colour, and complexion mends,
And is therefore with women in request:
With *Hony* mixt, *Cinquefoyle* cures the Canker,
That eates out inward parts with cruell ranker.
But mixt with wine, it helps a griued fide,
And ftaies the vomit, and the laske befide.

ELLECOMPANE firengthens each inward part,
A little loofeneffe is thereby prouoken,
It fwageth grieffe of minde, it cheeres the heart,
Alliaith wrath, and makes a man faire fpoken:
And drunke with Rew in wine, it doth impart
Great help to thofe that haue their bellies broken,
Let them that vnto choller much incline,
Drinke *Penny-royall* fteeped in their wine.
And fome affirm that they haue found by tryall,
The paine of Gowt is cur'd by *Penny-royall*.

TO tell of *Creffes* vertues long it were,
But diuers patients vnto that are debter:
It helps the teeth, it giues to bald men haire,
With Hony mixt, it Ring-worms kills and Tetter:
But let not women that would children beare
Feed much thereof, for they to faft were better.
An hearbe there is takes of the Swallowes name,
And by the Swallowes gets no little fame,
For *Pliny* writes (tho fome thereof make doubt)
It helps young Swallowes eyes when they are out.

GREENE *Willow* though in fcorne it oft is vf'd,
Yet fome are there in it not fcornefull parts,
It killeth wormes, the iuice in eares infuf'd,
With Vineger: the barke deftroieth warts-
But at one quality I much haue muf'd,
That addes and bates much of his good deferts.
For writers old and new, both ours and forren,
Affirme the feed make women chaft and barren.
Take *Saffron* if your heat make glad you will
But not too much for that the heart may kill.

GREENE *Leekes* are good, as fome Phyficians fay,
Yet would I choofe how er'e I them beleeeue,
To weare *Leekes* rather on Saint *Dauids* day,
Then eate the *Leeke* vpon Saint *Dauids* Eue,
The bleeding at the nofe *Leekes* iuice will ftay,
And women bearing children much releeeue.
Blacke Pepper beaten groffe you good fhall finde,
If cold your ftomacke be, or full of winde:
White *Pepper* helps the cough, and fleame it riddeth
And *Agues* fit to come it oft forbiddeth.

OUR hearing is a choyce and dainty fenfe,
And hard to men, yet foone it may be mard,
Thefe are the things that breed it moft offence,
To fleepe on ftomacke full and drinking hard,
Blowes, fals, and noyfe, and fafting violence,
Great heate and fodaine cooling afterwards;
All thefe, as is by fundry proofes appearing,
Breed tingling in our eares, and hurt our hearing:
Then thinke it good aduice, not idle talke,
That after Supper bids vs ftand or walke.

YOU heard before what is for hearing naught,
Now fhall you fee what hurtfull is for fight:
Wine, women, Bathes, by art to nature wrought,
Leekes, *Onions*, *Garlicke*, *Muftard-feed*, *fire* and *light*,
Smoake, *bruifes*, *duft*, *Pepper* to powder brought,
Beans, *Lentiles*, *ft rains*, *Wind*, *Tears*, & *Phoebus* bright,
And all fharp things our eye-fight do moleft:
Yet watching hurts them more then all the reft.
Of *Fennells*, *Veruin*, *Kellidon*, *Rofes*, *Rew*:
Is water made, that will the fight renew.

IF in your teeth you hap to be tormented,
By meane fome little wormes therein do breed
Which paine (if heed be tane) may be preuented,
By keeping cleane your teeth when as you feed,
Burne Frankincenfe (a gum not euill fented)
Put Henbane vnto this, and Onyon feed,
And in a Tunnel to the Tooth that's hollow,
Conuey the fmoake thereof, and eafe fhall follow.
By Nuts, Oyle, Eeles, and cold in head,
By Apples and raw fruits is hoarfeneffe bred.

TO fhew you how to fhun raw running Rheumes,
Exceed not much in meate, in drinke, and fleepe,
For all exceffe is caufe of hurtfull fumes,
Eate warme broth warme, ftrive in your breath to keep,
We exercife that vapours ill confumes:
In Northern winds abroad do neuer peepe
If *Fiftula* do rife in any part,
And fo procure your danger and your fmart,
Take *Arfenicke*, *Brimftone*, mixt with *Lime* and *Sope*,
And make a tent, and then of cure there's hope.

IF fo your head doe paine you oft with aking,
Faire water or fmall beere drinke then or neuer,
So may you fcape the burning fits and fhaking
That wonted are to company the Feuer.
If with much heate your head be ill in aking,
To rub your head and temples ffill perfeuer,
And make a bath of *Morrell* (boyled warme)
And it fhall keepe your head from further harme.
A *Flix* dangerous euill is, and common,
In it fhun cold, much drinke, and ftraine
of women.

TO faft in Summer doth the body dry,
Yet doth it good, if thereto you enure it,
Againft a furfet vomiting to try,
Is remedy but fome cannot endure it.
Yet fome fo much themfelues found helpe thereby,
They go to fea a purpofe to procure it.
Foure feafons of the yeare there are in all,
The *Summer* and the *Winter*, *Spring* and *Fall*:
In euery one of thefe, the rule of reafon
Bids keepe good diet, fuiting euery feafon.

THE fpring is moift, of temper good and warme,
Then beft it is to bathe, to fwate, and purge,
Then may one ope a veine in either arme,
if boyling bloud or feare of *agues* vrge:
Then *Venus* recreation doth no harme,
Yet may too much thereof turne to a fource.
In Summers heat (when choller hath dominion)
Coole meates and moift are beft in fome opinion
The *Fall* is like the *Spring*, but endeth colder,
With Wines and Spice the *Winter* may be bolder.

NOW if perhaps fome haue defire to know,
The number of our bones, our teeth, our veines,
This verfe enfuing plainly doth it fhew,
To him that doth obferue, it taketh paines:
The teeth thrife ten, and two, twife eight arow.
Eleu'nfcore bones faue one in vs remains:
For veines, that all may vaine in vs appeare,
A veine we haue for each day in the yeare:
All thefe are like in number and connexion.
The difference growes in bigneffe and complexion.

FOURE humors raigne within our bodies wholly,
And thefe compared to foure Elements,
The *Sanguine*, *Choller*, *Flegme*, and *Melancholy*,
The latter two are heauie, dull of fence,
Th' other two are more Iouiall, quicke and Iolly,
And may be likened thus without offence,
Like ayre both warme and moift, is *Sanguine* cleare,
Like fire Both *Choler* hot and drie appeare.
Like water cold and moift is *Flegmatique*,
The *Melancholy* cold, drie earth is like.

COMPLEXIONS cannot vertue breed or vice,
Yet may they vnto both giue inclination,
The *Sanguine* game-fome is, and nothing nice,
Loue Wine, and Women, and all recreation,
Likes pleafant tales, and news, playes, cards & dice,
Fit for all company, and euery fafhion:
Though bold, not apt to take offence, not irefull,
But bountifull, and kinde, and looking cheerefull:
Inclining to be fat, and prone to laughter,
Loues mirth, & Mufick, cares not what comes after.

SHARPE *Choller* is an humour moft pernicious,
All violent, and fierce, and full of fire,
Of quicke conceit, and therewithall ambitious,
Their thoughts to greater fortunes ftill afpire,
Proud, bountifull ynough, yet oft malicious
A right bold fpeaker, and as bold a liar,
On little caufe to anger great enclin'd,
Much eating ftill, yet euer looking pin'd:
In yonger yeares they vfe to grow apace,
In Elder hairie on their breft and face.

THE *Flegmatique* are moft of no great growth,
Inclining to be rather fat and fquare:
Giuen much vnto their eafe, to reft and floth,
Content in knowledge to take little thare,
To put themfelues to any paine molt loth.
So dead their fpirits, fo dull their fences are:
Still either fitting, like to folke that dreame,
Or elfe ftill fpitting, to auoid the flegme:
One qualitie doth yet thefe harmes repaire,
That for the molt part *Flegmatique* are faire.

THE *Melancholly* from the reft doe varie,
Both fport and eafe, and company refufing,
Exceeding ftudious, euer folitary,
Inclining penfiue ftill to be, and mufing,
A fecret hate to others apt to carry:
Moft conftant in his choife, tho long a chufing,
Extreme in loue fometime, yet feldom luftfull,
Sufpitious in his nature, and miftruftfull,
A wary wit, a hand much giuen to fparing,
A heauy looke, a fpirit little daring.

NOW though we giue thefe humors feuerall names;
Yet all men are of all participant,
But all haue not in quantitie the fame,
For fome (*in fome*) are more predominant,
The colour fhewes from whence it lightly came,
Or whether they haue bloud too much or want.
The watrie *Flegmatique* are faire and white,
The *Sanguine* Rofes ioyn'd to Lillies bright,
The *Chollerick* more red; the *Melancholly*,
Alluding to their name, are fwart and colly.

IF *Sanguine* humor doe too much abound,
Thefe fignes will be thereof appearing cheefe,
The face will fwell, the cheekes grow red and round,
With ftaring eyes, the pulfe beate foft and breefe,
The veines exceed, the belly will be bound,
The temples and the fore-head full of grieffe,
Vnquiet fleepes, that fo frange dreames will make,
To caufe one blufh to tell when he doth wake:
Besides the moifture of the mouth and fpittle,
Will tafte too fweet, and feeme the throat to tickle.

IF *Choler* doe exceed, as may fometimes,
Your eares will ring, and make you to be wakefull,
Your tongue will feeme all rough, and oftentimes -
Caufe vomits, vnaccuftomed and hatefull.
Great thirft, your excrements are full of flime,
The ftomack fqueamith, fuftenance vngratefull
Your appetite will feeme in nought delighting,
Your heart ftill grieued with continuall byting,
The pulfe beate hard and fwift, all hot extreme,
Your fpittle fowre, of fire-worke oft you dreame.

IF *Flegme* abundance haue due limits paft,
Thefe fignes are heere fet downe will plainely fhew,
The mouth will feeme to you quite out of taft,
And apt with moyfture ftill to ouer-flow:
Your fides will feeme all fore downe to the waft,
Your meate wax loathfome, your digeftion flow:
Your head and ftomacke both in fo ill taking,
One feeming euer griping t' other aking:
With empty veines the pulfe beate flow and foft,
In fleepe, of Seas and riuers dreaming oft.

BUT if that dangerous humor ouer-raigne,
Of *Melancholy*, fometime making mad,
Thefe tokens then will be appearing plaine,
The pulfe beate hard, the colour darke and bad
The water thin, a weake fantafticke braine,
Falfe grounded ioy, or elfe perpetuall fad;
Affrighted oftentimes with dreames like vifions
Prefenting to the thoughts ill apparitions,
Of bitter belches from the ftomacke comming,
His eare (the left efpeciall) euer burning.

AGAINST thefe feuerall humors ouerflowing,
As feuerall kinds of Phyficke may be good,
As diet, drinke, hot baths, whence fweat is growing,
With purging, vomiting, and letting bloud:
Which taken in due time, not ouerflowing,
Each malladies infection is withftood.
The laft of thefe is beft, if skill and reafon,
Refpect age, frength, quantity, and feafon.
Of feenty from feunteene, if bloud abound,
The opening of a veine is healthfull found.

OF Bleeding many profits grow and great,
The fpirits and fenfes are renewed thereby
Tho thefe men flowly by the frength of meat,
But thefe with wine reftor'd are by and by.
By bleeding, to the marrow commeth heat,
It maketh cleane your braine, relieues your eye,
It mends your appetite, reftoreth fleepe,
Correcting humours that do waking keepe:
All inward parts and fenfes alfo clearing,
It mends the voyce, touch, fmell & taft, &
hearing.

THREE fpeciall Months (*September, April, May*)

There are, in which 'tis good to ope a vein;
In thefe 3 Months the Moone beares greateft fway,
Then old or yong that ftore of bloud containe,
May bleed now, though fome elder wizards fay
Some dayes are ill in thefe, I hold it vaine:
September, April, May, haue dayes a peece,
That bleeding do forbid, and eating Geefe,
And thofe are they forfooth of May the firft,
Of other two, the laft of each are worft.

BUT yet thofe daies I grant, and all the reft,
Haue in fome cafes iuft impediment:
As firft, if nature be with cold oppreft,
Or if the Region, Ile, or Continent
Do fcorch or freize, if ftomacke meate deteft:
If Baths or Venus late you did frequent,
Nor old, nor yong, nor drinkers great are fit,
Not in long fickeneffe, nor in raging fit,
Or in this cafe if you will venture bleeding,
The quantity muft then be moft exceeding.