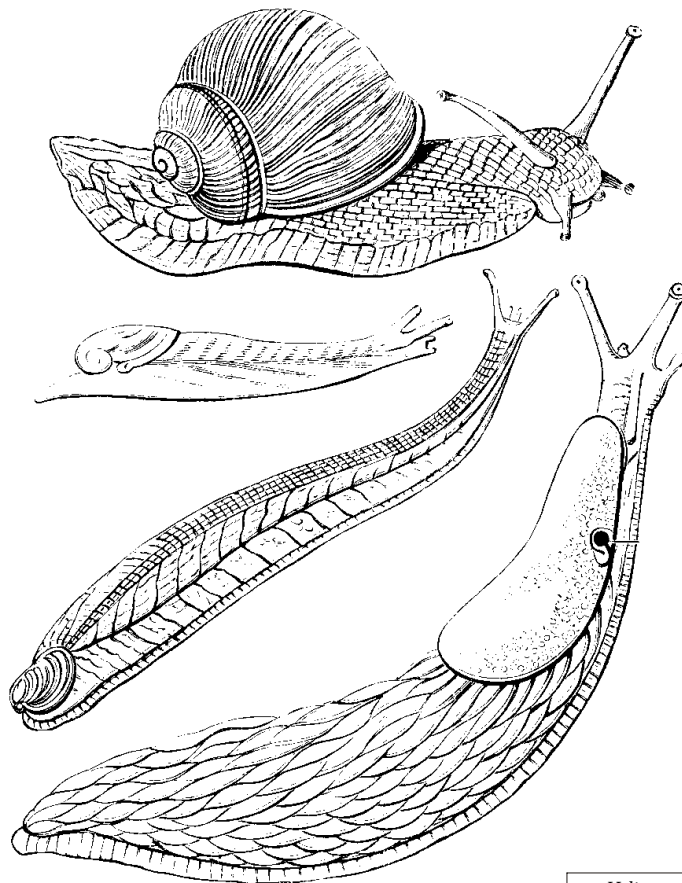


BOOK TWO

In the first book, most loving Areius, that we made of medicinal matters we have discoursed of *aromata* [fragrant herbs], oils, ointments, trees and the liquors and gum and fruits that come of them. But in this being the second book we shall come to discussion both of living creatures and of honey and of milk and of animal fat and of those things which they call *frumentacea* [cereals], as well as pot herbs [vegetables], annexing for those such herbs as are endowed with a sharp quality because such are near of kin, as are garlic and onions and mustard seed, that the qualities of those things so similar in nature should not be separated.



Helix pomatia & other *Pulmonata*

after FERUSSAC — 1875

LIVING CREATURES

2-1. ECHINOS THALASSIOS

Echinus species — Sea Urchin

E*chinus* from the sea is good for the stomach, good for the intestines, and diuretic. The raw shell roasted well should be mixed with washing medications made for *psoriasis*. Burnt, it cleans foul ulcers and represses abnormal growths on the flesh.

2-2. ECHINOS CHERSAIOS

Erinaceous genus — Hedgehog

The burnt skin of the earth hedgehog is good for *alopecia* [baldness] rubbed on with moist pitch. The dried flesh (taken in a drink with honey or vinegar and honey) helps inflamed kidneys, water under the skin [dropsy], and those who have convulsions, *elephantiasis*, or *cachexy* [defective nutrition]. It dries up discharges from the bowels and liver. Dried in a sun-dried clay jar, and stored, then given, it does as much good for the same things.



Sea Horse — *Hippocampus*
from DAVIS — 1907

2-3. HIPPOKAMPOS

Hippocampus [Latin] — Sea Horse

H*ippocampus* is a little living creature of the sea that is burnt and the ashes used either in goose grease, liquid pitch, or ointment amaracinum [1-68]. Rubbed on it fills up *alopecia* [baldness] with hair.

2-4. PORPHURA

SUGGESTED: *Purpura*

Shellfish - yields Tyrian purple dye.

Burnt *purpura* dry and clean teeth, repress excrescent flesh, and draw boils and heal them.

2-5. KUREKES

SUGGESTED: *Buccinum* species — Whelks

Burnt *buccina* do the same as the above but they are more caustic by nature. If anyone fills them with salt and burns them in an unfired clay jar they are good as toothpastes and rubbed on burns. The medicine must be left alone until it grows hard like a shell, for after the burn is healed it falls off of its own accord. Quicklime is made of them as we will show when we come to discuss calx.

2-6. IONIA

SUGGESTED: The *columellae* of *Buccinae* [Whelks] and *Purpurae*

Ionia are the middle parts in the *buccinae* and *purpurae* around which they turn in or wind around. It is burnt in the same way, but is more caustic than the *buccinae* and *purpurae* because by nature they adhere less. The flesh of the *buccina* has a good taste and is good for the stomach, but does not soften the bowels.

2-7. MUAKES

SUGGESTED: *Mytilacea* species — Mussels

The Pontic *mytuli* are best. When burnt their effect is similar to the *buccina* but more peculiar. Washed like lead they are good with honey for eye medicines as they consume thickened areas, and clean away white spots on the cornea and whatever else darkens the pupils. Their flesh is effective applied to one bitten by a dog.

2-8. TELLINAI

SUGGESTED: *Tellina*, family *Tellinidae* — Tellen, bivalves

T*ellinae* whilst they are fresh and new are good for the bowels, especially their broth. Seasoned with salt, burnt, pounded into small pieces and dropped on with *cedria* [1-105], they do not allow hairs on the eyelids to spring up again after they are once plucked out.

2-9. CHAMAI

SUGGESTED: *Chamae* species — Chama, bivalve molluscs

The broth of *chamae* and other shellfish boiled in a little water stirs the bowels. It is taken with wine.

2-10. ONUX

SUGGESTED: *Unionaceae*, *Onycha* — Freshwater Mussels

O*nyx* (or *unguis*) is the covering of a shellfish similar to that of the *purpura* [shellfish] found in India in the *nardus*-bearing lakes. As a result it smells sweet — the shellfish feeding on the *nardus*. It is gathered after the lakes are dried up by extreme drought. The best is brought from the Red Sea. It is somewhat white and fat. The Babylonian is black and smaller. Both of them (put on coals) have a sweet smell somewhat resembling *castor* [2-26] in scent. The inhaled smoke restores women troubled with constrictions of the uterus, and those who have falling sickness. Taken as a drink they trouble the bowels. The burnt shellfish itself does the same things as *purpura* and *buccinum* [above].

2-11. KOCHLIAS

SUGGESTED: *Helix aspersa*, *Helix hortensis* — Garden Snails
Helix pomatia — Snails, edible species

The earth snail is good for the stomach and spoiled with difficulty. The best are in Sardinia, Africa, Astypalaea, Sicily and Chios, as well as those in the Alps near Liguria, surnamed *pomatias* (because of their covering). The sea snail is also good for the stomach and is easily transient, but the river snail is poisonous. The field snail (called *sesilon* or *seselita*) that hangs on bushes and shrubs troubles or disturbs the intestines and stomach causing vomiting. The burnt shells of all of them are able to heat and burn, and clean leprosy, *vitilignes* [form of leprosy] and the teeth. Burnt whole with their flesh, pounded into small pieces, and rubbed on with honey they take away scars in the eyes, white spots on the cornea, sunspots, and moisture of the sight. Applied

raw with their shells they dry up dropsy tumours and do not fall off until all the moisture is exhausted. They soothe gouty inflammation and draw out thorns applied in a similar way. Pounded into small pieces and so applied they expel the menstrual flow. Their flesh pounded into small pieces and applied as a poultice with myrrh [1-77, 1-73, 4-116] and frankincense heals wounds, especially those around the tendons. Pounded into small pieces with vinegar, they stop bleeding from the nostrils. The live flesh (especially of the African snail), eaten, pacifies pains of the stomach. Taken whole with the shell and a little of it taken with a drink of wine and myrrh, it cures those troubled with colic and pains of the bladder. The earth-snail heals falling hair if one thrusts a needle through the flesh of the snail and touches the hair with the slimy matter that comes from there.

2-12. KARKINOI

SUGGESTED: *Cancer pagurus* [*Brachyura*] — Crabs

Two spoonfuls of ashes of burnt *crevises* or river crabs with one spoonful of the root of gentian (taken as a drink in wine for three days together) evidently helps one bitten by a mad dog. With boiled honey they soothe cracks in the feet and perineum, as well as chilblains and diseases of the cornea. Pounded raw and taken as a drink with an ass's milk they help snakebites, and the strikes of harvest spiders and scorpions. Boiled and eaten with their broth they are good for those in consumption [wasting disease], and those who have swallowed a sea hare [2-20]. Pounded together with basil and laid out for scorpions, they kill them. Sea crabs can do the same things but they work somewhat less effectively than these.

2-13. SKORPIOS CHERSAIOS

Scorpionidae — Scorpion

The ground scorpion — taken raw, pounded into small pieces, and so applied — is a remedy for the hurt done by it. It is also roasted for the same purpose.

2-14. SKORPIOS THALASSIOS

SUGGESTED: *Scorpaena*, *Scorpaenidae* — Scorpion Fish
Cottus scorpius — Sculpin

The gall of the sea scorpion is good for bathing eyes, white spots on the cornea, and excessive moisture in the eyes.

2-15. DRAKON THALASSIOS

SUGGESTED: *Trachinidae* — Spiny-finned fishes, Weevers

The sea dragon (opened and applied) is a cure for the hurt done by his prickles.

2-16. SKOLOPENDRA

SUGGESTED: *Myriapoda*, *Cheilopoda* — Sea Centipedes,
Millepedes

The sea *scolopendra* boiled in oil and rubbed on removes hair [depilatory], but when touched it breeds itching.

2-17. NARKE

SUGGESTED: *Torpedinidae* — Electric Ray

The sea torpedo applied to sores of long endurance around the head lessens the fierceness of the suffering. The same applied lifts up a perineum that has either overturned or else fallen down.

2-18. ECHIDNE

Vipera communis, *Coluber berus*, *Pelias berus* — Viper

The flesh of the viper (boiled and eaten) makes the eyes quick-sighted and is also good for disorders of the nerves. It represses enlarging scrofulous tumours [glandular swelling, goitres]. You must (when you strip it) cut off the head and the tail because they are without

flesh. Cutting off the extreme parts by a certain measure is but a tale. Then, the intestines having been taken out, wash that which is left and cut it in pieces. Boil it with oil and wine and a little salt and dill. Some say that from feeding on them lice are bred in those who eat them but it is a lie. Some again say that those who eat them are long-lived. Salts are made of them for the same uses, but they do not work as well. The living viper is put into a new pot, and with it a pint of salt and [the same of] well-pounded dry figs with six cups of honey. The cover of the pot is tightly corked with clay and it is baked in an oven until the salt has turned to coals. After this it is pounded into small pieces and stored. Sometimes it may agree better with the stomach if some spikenard [1-6, 1-7, 1-8, 1-10] or *phullon* [3-140] or a little *malabathrum* [1-11] is mixed in.

2-19. OPHEOS GERAS

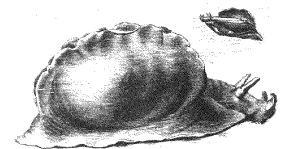
Senecta anguium — Sloughed Skin of Snakes

The *senecta anguium* (which is the skin that the snake casts in the spring time) boiled in wine is a remedy for pain in the ears if it is poured into them, and for toothache used as a mouth rinse. They mix it (especially that of the sea viper) with eye medicines.

2-20. LAGOOS THALASSIOS

Aplysia depilans — Sea Hare

The sea hare is similar to the little cuttlefish. Pounded into small pieces and applied (either by itself or with sea nettles) it makes any place without hair [depilatory].



Aplysia depilans — Sea Hare
from Davis — 1907

2-21. LAGOOS CHERSAIOS

Lepus timidus — Hare

The brain of a land hare (eaten roasted) is good for the trembling that comes from fear, as well as rubbed on or eaten for teething in children. The head burnt and rubbed on with bears' grease or vinegar cures baldness. The curds (taken in a drink three days after the menstrual

flow) are reported to cause sterility. Likewise it stops excessive discharges of the womb and bowels. It helps those with falling sickness, and taken as a drink with vinegar it is good against poisons [antidote], especially for curdling of the milk [while breastfeeding], and for the bites of vipers. The blood rubbed on while warm cures sunspots, *vitilignes* [form of leprosy], and freckles.

2-22. TRUGON THALASSIA

SUGGESTED: *Trigonidae pastinaca* — Sting Ray

The radius of the *pastinaca marina* that grows out of its tail (with scales turned backward) lessens a pained tooth for it breaks and expels it.

2-23. SEPIA

SUGGESTED: *Sepia officinalis* — Cuttlefish

The black (ink) of the boiled *sepia* is hard to digest when eaten and it softens the bowels. The shell formed into washes is good to rub on rough cheeks. Burnt in its own shell until the crusty matter is gone and afterwards pounded into small pieces it cleans *vitilignes* [form of leprosy], dandruff, teeth and sunspots. It is washed and mixed with eye medicines. It is good for white spots on the cornea (in the eyes) of cattle [veterinary] blown into them. It removes *pterygium* [membranes on eyes] pounded into small pieces with salt and applied.

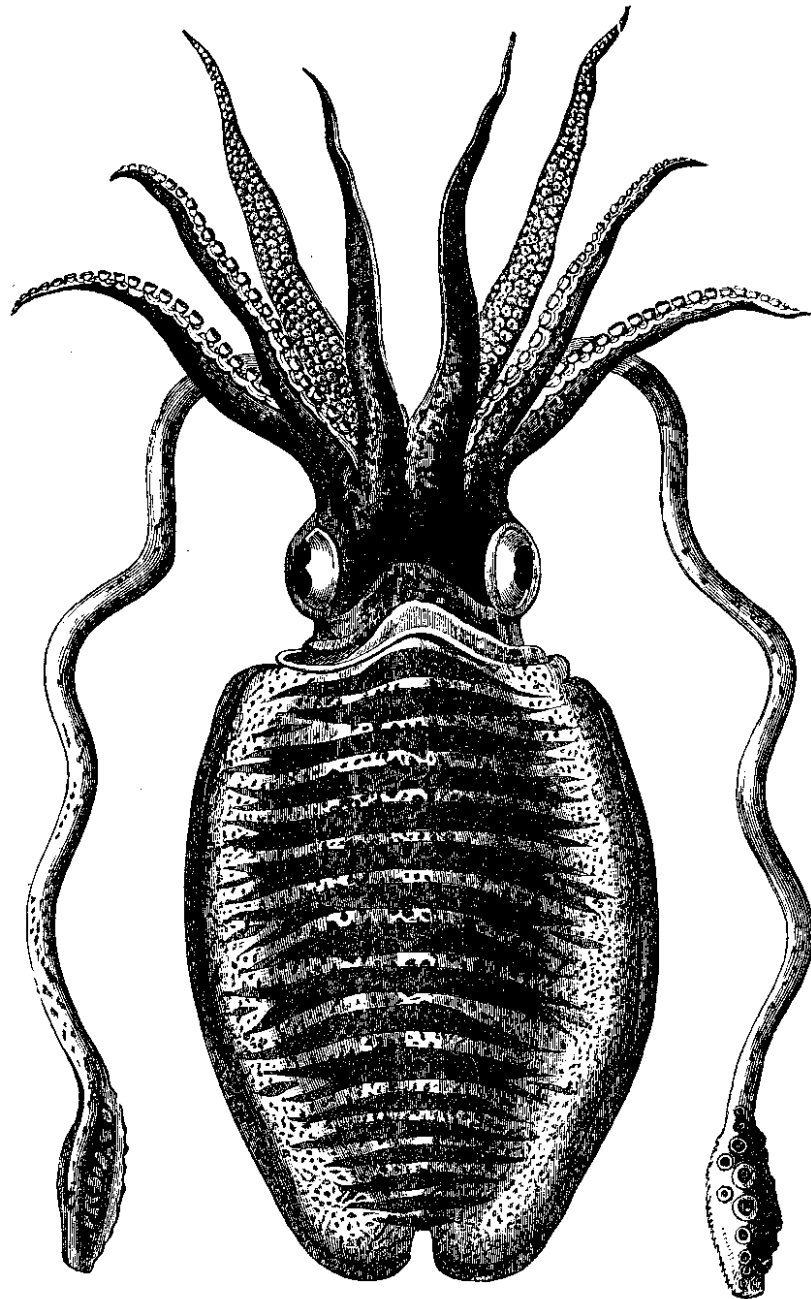
2-24. TRIGLA

SUGGESTED: *Mullidae, Mullus barbatus* — Red Mullet

The *mullus* if often eaten is thought to cause dullness of sight, but cut apart whilst it is raw and applied it heals the hurt caused by the sea dragon [2-15], scorpion, and the spider.



Hedgehog — Echinus species
after DAVIS — 1907



Sepia officinalis

after OWEN — 1909

2-25. ORCHIS HIPPOPOTAMOU

Hippopotamus amphibius — Hippopotamus

The stones [testicles] of the hippopotamus are dried and pounded into small pieces and taken in a drink in wine against snakebite.

2-26. KASTOROS ORCHIS

Castoreum — Beaver

obtained from two sacs in the groin of the Beaver

The beaver is a living creature with a double nature nourished for the most part in the waters with the fishes and crabs. Its stones [testicles] are good against the poisons of snakes. They cause sneezing and are generally effective for many purposes. Two teaspoonfuls (taken as a drink with *pulegium* [3-36]) encourage the menstrual flow, put out the afterbirth, and are an abortifacient. It is taken as a drink with vinegar against gaseousness, griping, hiccups, deadly poisons [antidote] and *ixia* [3-103]. Moistened with vinegar and *rosaceum* [1-53] it revives the lethargic or those brought low in any way. It does the same when smelled or inhaled as smoke. It is good taken either as a drink or rubbed on for trembling, convulsions, and all diseases of the nerves. Generally it is warming. Always choose those stones [testicles] which are connected together from one beginning (for it is impossible to find two follicles [small glands] knit together in one membrane); always distinguished by their natural loose skins; and that have waxy stuff within, with a strong smell, poisonous, sharp, biting in taste, easily crumbled. Some adulterate it by pouring *ammoniacum* or gum tempered with blood and *castoreum* into the follicle and drying it. It is not true that this beast when it is pursued bites off his stones [testicles] and throws them away, for it is impossible that he should touch them as they are joined underneath like those of a boar. Those who take off the skin must take the liquid in there which looks similar to honey together with the loose skin that contains it, dry it, then bottle and store it.

2-27. GALE KATOIKIDIOS

Putorius nivalis, *Mustelidae* — Weasel

The household weasel is burned over flames after the bowels are taken out, salted, and afterwards dried in the shade and kept a long time. It is a very effective remedy (taken as a drink of two teaspoonfuls in wine) against all kinds of snakes. It is taken the same way as an antidote to poisoning. The belly of the weasel is stuffed with coriander and kept until it is old, then taken in a drink to help those bitten by poisonous beasts, and the epileptic. It is burnt complete together in a pot and the ashes rubbed on with vinegar for gout. The blood rubbed on helps scrofulous tumours [glandular swelling, goitres]. It is also good for epilepsy.

2-28. BATRACHOI

genus *Rana*, family *Ranidae* — Frogs

Frogs are antidotes against the poisons of all snakes. They are boiled into a broth in salt and oil. The broth is then taken for this and for old abscesses of the tendons. Burnt and then put on they staunch bleeding. They cure *alopecia* [baldness] rubbed on with liquid pitch. The blood of green frogs dropped on prevents the hair from ever growing again once it has been pulled from the eyebrows. They are good for toothache boiled together with water and vinegar, and for the teeth when they are washed with it.

2-29. AILOUROS

SUGGESTED: *Silurus glanis*, *Siluridae* — Sheath Fish

The *silurus* eaten whilst it is fresh is nourishing and good for the stomach, but salted it yields no nourishment; yet it cleans the arteries and makes the voice clear. The flesh of that which is salted draws out splinters. Brine from it is good in baths for dysentery at the first sign, drawing the discharges to the outside. Taken as a suppository it cures sciatica.

2-30. SMARIS

SUGGESTED: *Osmerus eparlanus* — Smelt

The head of a salted *smaris* burnt stops abnormal growths of (protuberant) flesh, stops gangrenous ulceration; and removes corns and warty abnormal growths. The flesh of this as well as all salted meat is good for one touched by a scorpion, and for one bitten by a dog.

2-31. MAINIS

SUGGESTED: *Maena*

small sea-fish, eaten by the poor

The burnt head of the *moena* (pounded into small pieces and sprinkled on) mends hard-skinned fissures in the perineum; and its *garum* [Roman sauce made of fermented fish] rolled up and down around the mouth lessens rotten ulcers in there.

2-32. KOBIOS

SUGGESTED: *Gobiidae*, *Gobius* species — Sea Gudgeon

Place a freshly caught sea gudgeon in a swine's stomach and sew it up. Boil it with twelve pints of water until it is reduced to two pints and then strain and cool it in the open air. If you give it to someone to drink you shall in this way bring down his bowels without any disturbance. Applied it helps those bitten by dogs or snakes.

2-33. OMOTARICHOS

SUGGESTED: *Orcynus thynnus* — Tunny

Omotarichos is the flesh of the salted tunny. Those bitten by the viper called *prester* (a serpent, the bite of which was fabled to cause death by swelling) take this. Those who eat it must be compelled to drink a great

amount of wine and then to vomit. It is excellent for the same purposes as eating sharp meats. It is also effective applied to the bites of dogs.

2-34. GARRON

SUGGESTED: *Garum* — Liquid from Salt Fish

G*arum* (the liquid that comes out of salted flesh or fish), applied, represses gangrenous ulcers in the cheeks, heals those bitten by dogs, and is sometimes given as a suppository for dysentery and sciatica. It is given to some so that it may repress ulcers (of the bowels), to others that it may encourage ulceration of the parts not ulcerated, and to remove fluids troubling the hips.

2-35. ZOMOS NEARON ICHTHUON

SUGGESTED: Fish Soup

Broth made from fresh fish (alone or taken as a drink with wine) is able to soothe the bowels. The best broth for this is made from the fish called *phycides?*, scorpion fish, *julides*, perch and other tender rock fish, and those which do not have a poisonous nature, boiled with nothing else but water and oil and anise [3-65] and salt.

2-36. KOREIS

Cimices — *Cimex lectularius*, *Cimex rotundatus* — Bed Bugs

Seven *cimices* taken and put in meat with beans and swallowed down before a fit help those with *quartains* [fever with paroxysm every three to four days]. Swallowed down without beans they help one bitten by an asp. Smelled, they revive those fallen into a faint from constriction of the vulva. Taken as a drink with wine or vinegar they release horseleeches. Pounded into small pieces and put into the urethra they cure painful urination.

2-37. KOUBARIDES

Oniscus asellus — Common Woodlouse

'Millipede' [old English]

Millipedes that are found under water vessels are creatures with many feet that roll themselves up round when they are touched with the hand. Taken as a drink with wine these help painful urination and yellow jaundice. Rubbed on with honey they help those with tonsillitis, and warmed in a pomegranate rind with *rosaceum* [1-53] and dropped in the ears they are good for earaches.

2-38. SILPHE

Cockroach — *Blatta orientalis*

THESE INSECTS ARE CARRIERS OF MANY DISEASES.

The inner parts of the kind of *blatta* which is found in bakehouses and mill houses, pounded with oil or boiled and dropped into the ears lessens their pain.

2-39. PNEUMON THALASSIOS

SUGGESTED: *Scopelidae*, genus *Plagyodus* or *Alepisaurus*
— Jellyfish family

translates as the lungs of the sea

P*ulmo marinus* pounded into small pieces (whilst it is fresh), and applied, helps those troubled with ulcerated chilblains and other chilblains, and those with gout.

2-40. PNEUMON CHOIRIOS

Lungs of Swine, Lamb or Bear

The lungs of a swine, lamb or bear applied to chafing and blisters on the feet made by rubbing shoes prevents inflammation.

2-41. PNEUMON ALOPEKOS

Lungs of Fox

Lungs of a fox (dried and taken in a drink) help the asthmatic; and the grease of the same melted and poured in the ears lessens earache.

2-42. HEPAR ONEIRON

Ass's Liver

An ass's liver eaten roasted is good for epilepsy but it should be taken while fasting.

2-43. AIDOION ARRENOS ELAPHOU

Testes of Deer

The genitals of a male hart (pounded into small pieces and taken in a drink with wine) help those bitten by vipers.

2-44. ONUCHES ONON

Ass's Hooves

Two spoonfuls of an ass's hoof that has been burnt (taken in a drink daily for many days) are said to cure epilepsy. Steeped in oil they dissolve scrofulous tumours [glandular swelling, goitres]; sprinkled on they heal chilblains.

2-45. LEICHENES HIPPON

Spavins of Horses

The lichen [bony excrescence on legs] of horses is (according to description) that hardened substance which grows at their knees and hooves. Pounded into small pieces and taken in a drink with vinegar they are said to cure epilepsy.

2-46. ONUCHES AIGON

Goats' Hooves

The hooves of goats burnt and rubbed on with vinegar cure baldness.

2-47. HEPAR AIGOS

Goat's Liver

The watery fluid that drips from the liver of a goat whilst it is a roasting is good rubbed on for those troubled with night blindness. If anyone receives the smoke of it with open eyes whilst it is boiling he receives benefit from this. Eaten roasted it is good for the same purpose. They say that epilepsy may be discerned by eating the liver (especially) of the buck goat.

2-48. HEPAR KAPROU

Boar's Liver

The liver of a boar (taken whilst it is) fresh, dried and pounded into small pieces and taken as a drink with wine, is a remedy against the bites of snakes and beasts.

2-49. HEPAR KUNOS LUSSONTOS

Liver of Mad Dog

RABIES IS HIGHLY COMMUNICABLE

The liver of a mad dog (eaten roasted by those which have been bitten by him) is thought to keep them safe from the fear of water. As a precaution they also use the tooth of that dog which bit, place it into a bag and tie it to the arm.

2-50. HEPAR AITHUAS

Liver of Seagull

Two spoonfuls of dried liver of *mergus* [seagull] (taken as a drink with honey water) expels the afterbirth.

2-51. KATTUMATA

Old Leather

The old leather of old soles of shoes (burnt, pounded to powder and applied) helps burns, skin inflammation from rubbing, chafing, and blisters caused by wearing shoes.

2-52. ALEKTORIDES

Parts of Poultry

Hens cut apart and applied whilst they are yet warm help the bites of snakes, but they must be changed often.

2-53. ENKEPHALOS ALEKTORIDOS

Parts of Poultry

Brain of poultry are given in a drink with wine to those bitten by venomous creatures, and it also stops discharges of blood from the *meninx* [membranes of the brain and spinal cord]. The membrane of cocks which lies in the inner part under the ventricle, (hard and clear) like a horn, and which has to have the skin taken off when it is boiled, is good for the stomach, dried, pounded to a powder and taken in a drink with wine. The broth of a chicken dressed simply (without anything else) is particularly given for restraining foul fluids, and for those who have hot burning stomachs. Broth from old cocks is given for purging the body. Having taken out the intestine [of the fowl] you must put in salt instead, sew up the fowl, and boil it in twenty pints of water until they reduce to one and a half pints, all which must be given

after it has stood cooling awhile in the open air. There are some who boil sea colewort, mercury [4-191], *cnicum* [4-119, 4-190], or *polypody* [4-188] together with it. It draws out thick, raw, gluey (or sticky) black (fluids). It is good for long-enduring acute fevers, the asthmatic, the arthritic, and stomachs labouring with gas. The stomach of fowls salted and dried in the shade is the best help. Three teaspoonfuls are taken as an antidote against excessive evacuations from purging medicines as it presently stops the evacuating, but it must be pounded into powder and mixed with water and given like that.

2-54. OON

Eggs and their Yolk

A soft-cooked egg nourishes more than an uncooked one and a hard-cooked egg more than a soft. The yolk roasted with saffron and *rosaceum* [1-53] is good for sores in the eyes. It is good with *melilot* [3-48] for inflammation around the perineum and the joints. Fried in a pan with the seed of sumach or galls [oak galls] and eaten (or else given alone) it stops discharges of the bowels.

2-55. LEUKON TOU OOU

White of Egg

The white of an egg used raw cools and closes the pores of the skin, and when dropped on inflamed eyes it soothes them. Rubbed on afterwards it prevents burns from breaking out into pustules. It protects the face from sunburn. It constipates those troubled with discharges, and will repress them when laid on the forehead with frankincense. It lessens inflammation of the eyes applied with wool and with *rosaceum* [1-53], wine and honey mixed with it. If it is sipped raw it helps bites of the snake called *haemorrhoids* [a fable]; and warmed a little it is good for bladder distress, ulcerated kidneys, rough arteries, and the throwing up of blood, mucus and fluids in the chest.

2-56. TETTIGES

Acridiiae, Locustidae — Grasshoppers

Grasshoppers if they are eaten roasted help disorders of the bladder.

2-57. AKRIDES

Acridiiae, Oedipoda migratoria, Pachytylus migratorius
— Locusts

Locusts (smoked and inhaled) help difficulty in urinating, especially in women. Their flesh is useless. One kind of locust called *asiracos* or *onos* is without wings, having great limbs when it is young. This is dried and taken in a drink with wine as a great help to those bitten by scorpions. The Africans who inhabit Leptis feed on these abundantly [food].

2-58. PHINIS

Pandion [Falco] haliaëtus — Osprey, Ossifrage

Phinis is a bird that they call *ossifragum* in Latin. When given little by little of this in drink it is said to expel stones from urine.

2-59. KORUDALLOS

Alauda arvensis — Skylark, Crested Lark

The lark is only a little bird having on the top of its head a tuft standing up similar to that of the peacock. This bird eaten roasted is good for those troubled with colic.

2-60. CHELIDON

Hirundo rustica — Swallows

Cutting apart [at the increase of the moon] young swallows of the first hatching, you shall find stones

in their bellies, of which take two, one of various colours and the other clear [and of one colour]. Place these in an heifer's or hart's skin before they touch the ground and tie them to the arm or neck. You shall with this ease and often wholly recover from epilepsy. Swallows are eaten with their *ficedulae* [intestines] as a medicine for causing sharp sight, and the ashes of them and of their female parents burnt in a ceramic pot and rubbed on with honey cause sharpness of sight. It is also good rubbed on for those with tonsillitis, and for inflammation of the uvula and tonsils. Swallows and their young ones (dried, and one teaspoon taken in a drink with water) help those who have tonsillitis.

2-61. ELEPHANTOS ODONTOS RINISMA

Elephant's Tooth

The scraping of elephant's tooth when applied cures whitlows of the finger or toenails. It is astringent.

2-62. ASTRAGALOS UOS

Knucklebone of Pig

The anklebone of a swine (burnt until it becomes white, then pounded to powder and taken in a drink) heals gas from colic, and griping that has endured for a long time.

2-63. ELAPHOU KERAS

Burnt Horn of a Hart — adult male Red Deer

The horn of a hart (burnt, washed and two spoonfuls taken in a drink) is good with gum tragacanth for bloodspitters, dysentery, *coeliac* [intestinal complaints], jaundice and disorders of the bladder. It is also good for women troubled with excessive [menstrual] discharge, given with some liquid suitable for that suffering. It is burnt in an oven (first pounded and put into an unfired clay pot, sealed around with clay, and fired) until it is

white, and then afterwards it is washed in a similar way to *cadmia* [5-84]. This is good for discharges and ulcers in the eyes; and rubbed on the teeth it cleans them. If burnt raw it drives away snakes with the smell. Boiled with vinegar and used as a mouthwash it soothes pain of the inner teeth.

2-64. KAMPAI

Caterpillars

The *erucaë* [caterpillars] which breed on vegetables rubbed with oil on anyone are said to protect him from the bites of poisonous beasts.

2-65. KANTHARIDES

Cantharides vesicatoria — Spanish Fly Beetles

POISONOUS

Those dried beetles that are gathered from the corn are fit for storage. Place them into an unglazed jar and tie around the mouth of it a clean thin linen cloth: turn them towards the fumes of very sharp warmed vinegar and hold them there until they are stifled. Then thrust them through with a thread and store them. The most effective have the most diversity of colours, yellowish cross streaks [in their wings], and are long-bodied, full and fat, like the *blattæ* [cockroaches]. Those of one colour are ineffective.

2-66. BOUPRESTEIS

Buprestis — *Buprestidae* — Bupressedes

POISONOUS

In the same way the bupressedes are preserved for storage. They are types of *cantharides* [2-65] and *erucaë* [caterpillars] of the pine tree. Roasted a little in hot ashes, they are stored and kept in a sieve that hangs up. Their common strength [see above] is antiseptic, anti-ulcerous and heating; as a result they are mixed in medicines that cure diseases of the cornea, leprosy and wild impetigo

[skin infection]. Mixed with soothing suppositories they encourage the menstrual flow. Some also have related that these *cantharides* [2-65] help dropsy by moving the urine. Some also believe that the wings and feet of them are an antidote for those who have taken parasites in a drink.

2-67. SALAMANDRA

Salamandridae — Salamander

The salamander is a kind of lizard, lazy, variously spotted, in vain thought fireproof. It is antiseptic, ulcerating, and heating. They are mixed in antiseptic and leprosy medicines to the same benefit as *cantharides* [2-65] and kept in store in a similar way. Moistened with oil they remove hair [depilatory]. They are disembowelled, the head and the feet taken away, and preserved in honey for the same uses.

2-68. ARACHNE

Arachneidae — Spiders

The spider — a creature also called *holcos* or *lycos* (that is, raptor, for example, *lupus*) — worked into one piece with a plaster, spread on linen and applied to the forehead or temples, cures the periodical circuits of paroxysm every third day in acute fevers. The cobwebs of spiders are applied to staunch blood, and prevent inflammation in ulcers that break out on the surface of the skin. There is another kind of spider which spins a white web, thin and thick, of which it is said that when put into a purse of leather and hanged around the arm it cures the flows of quartain [with paroxysms every fourth day] acute fevers. Boiled together with *rosaceum* [1-53] and poured in the ears it helps earaches.

2-69. SAURA

Lacertilia — Lizard

The head of a lizard (pounded into small pieces and applied) draws out splinters or whatever else sticks to [the body], and takes away *formicosam* [anthill-shaped] warts, *pensiles* [growths which hang down] (which they call *acrochordonas* [hanging warts]) and corns. The liver is put into the cavities of teeth to cause the pain to cease. Cut quite apart and applied it eases those touched by a scorpion.

2-70. SEPS

Lizard of scincoid genus Seps — POISONOUS

Seps (also called the Calchidicen lizard) taken as a drink in wine heals those bitten by him.

2-71. SKINKOS

Scincus officinalis — Skink

Schinchis are found in Egypt, India and some at the Red Sea. Some are found in Libya, others near a river of Mauritania. It is an earth crocodile of its own kind that is preserved in salt with *nasturtium* [2-185]. They say that a teaspoonful of the part of it that lies around the kidneys (taken in a drink of wine) is a great provocative to lust [aphrodisiac], and yet for all that, a decoction of lentils taken as a drink with honey (or the seed of lettuce taken in a drink with water) represses the intensity of this inclination. It is also mixed with antidotes.

2-72. ENTERA GES

Lumbricus — Earthworms

Worms from the soil (pounded into small pieces and applied) glue together sinews that are cut apart. They dissolve tertians [fevers with paroxysms every third day]. Boiled with goose grease they cure diseases of the

ears, dropped in there. Boiled together with oil and poured into the opposing ear they help toothaches. Pounded into small pieces and taken in a drink with *passum* [raisin wine] they expel urine.

2-73. MUOGALE

Myogale species — Shrew Mouse

The shrewmouse (cut apart and applied) is a remedy for its own bites.

2-74. MUES

Mus musculus — House Mouse

It is declared that cut-apart house mice are usefully applied to those touched by scorpions, and that eaten roasted they dry the spittle in the mouths of children.

2-75. GALA

SUGGESTED: Milk

All milk is commonly good to drink, nourishing, softening to the intestines, and causing the stomach and bowels to be inflated with gas. That which is made in the spring has a more watery substance than that of the summer, and that which comes from green pasture softens the intestines more. The best milk is white, has an equal thickness, and 'beads' when it is dropped on a fingernail. Goat's milk disturbs the intestines less because goats for the most part feed on astringent food such as the oak, *lentisk* [1-90], and the leaves of the olive tree and *terminthos*[1-91]. As a result it is also good for the stomach. Sheep milk is both thick and sweet and very fat but not so good for the stomach. Cow's, asses' and mare's milk make the intestines more laxative and trouble it. All milk overturns the stomach and the intestines where the pasture is scammonious or has hellebore, mercury [4-191] or clematis, as has been observed by us in the Vestin mountains. For goats vomit which feed on the leaves of the white hellebore when they first shoot out; and their

milk overturns the stomach and has a nauseous nature. All milk when boiled becomes astringent to the intestines, especially that which is evaporated by burning flints. In general it helps all internal ulcers, especially of the throat, lungs, intestines, kidneys and bladder. Against all itchiness in appearance, pustules and corrupt fluids it is given fresh with raw honey and a little water mixed together (salt also being mixed with it). That which has been once boiled is less inflating. That which is boiled with pebble stones and reduced to half, helps discharges of the bowels accompanied with ulceration.

2-76. ORROS GALAKTOS

SUGGESTED: Whey

All milk has whey contained within it. Separated out, this is fitter for purging and is given to those whom we would purge without distress, as well as for depression, epilepsy, leprosy, *elephantiasis*, and pustules that break out over the whole body.

2-77. GALA SCHISTON

SUGGESTED: Junket

All milk is separated by boiling it in a new ceramic jar and stirring it with a freshly cut down fig tree branch. After it has boiled two or three times a wine-cup of vinegar and honey for every half-pint of milk is poured into it: thus the whey is parted from the cheesy matter. So that the milk does not boil over you must continually rub the brim of the jar with a sponge dipped in cold water during boiling, and let down a silver pint jar full of cold water into it. Whey is given to drink (at intervals) in amounts of from one half-pint to five, and let those who drink it walk around during that time. New milk is good for ulcers, and inflammation caused by deadly medicines like *cantharis* [2-65], *pityocampa* [pine grub or pine caterpillar], salamander, *buprestis* [2-66], *hyoscyamus* [4-69], *dorycnium* [4-75], *aconitum* [4-77, 4-78], or *ephemerum* [4-85]. For this cow's milk helps best. It is also gargled for ulcers of the mouth and tonsils. Especially asses' milk gargled in the mouth strengthens the gums

and the teeth. If you place hot burning flints into the milk of sheep, cows, or goats to boli it, this stops discharges accompanied with ulceration. It is given as a suppository or enema (either by itself or with barley water or cream of *halica* [2-114]) to relieve considerable gnawing of the intestines. It is also squirted into an ulcerated vulva.

2-78. GALA GUNAIKOS

SUGGESTED: Woman's Milk

Woman's milk is the sweetest and most nourishing. Sucked, it is good for pangs of hunger in the stomach and for consumption. It is also an antidote in a drink for someone that has taken sea hare [2-20]. Mixed with frankincense that has been pounded into small pieces, it is dropped into eyes that are bloodshot from a blow. It is good for gout rubbed on with *meconium* [4-65] and *ceratium* [wax ointments]. All milk is worthless for the splenic and hepatic, vertigo, epilepsy, and those troubled in their tendons, those who have fevers or whose heads ache, unless at any time one gives them whey for purgation as was formerly shown. Some say that the milk of a bitch when she first whelps removes hair when rubbed on. Taken as a drink it is an antidote against poisonous medicines, and casts out dead embryos.

2-79. TUROS NEAROS

SUGGESTED: New Cheese

New cheese eaten without salt is nourishing, good for the stomach, easy to digest, increasing the flesh [weight gain] and mildly softening the bowels. Some is better than the other, according to the nature of the milk from which it is made. Boiled and strained out, then roasted, it is astringent in the intestines, and applied it is good for inflammation and bruises of the eyes. New salted cheese is more nourishing and if eaten is good for shrinking of the flesh [weight loss]. It is bad for the stomach, upsetting the intestines and the bowels. That

which is older is therapeutic for the intestines, and the whey that is made along with cheese is very good nourishment for dogs.

2-80. HIPPACE

SUGGESTED: Horse Cheese

That which they call *hippace* is horse cheese. It has a poisonous smell yet is very nourishing and very similar to that made from pigs' milk. Some have called the horse's rennet by the name of *hippace*.

2-81. BUTURON

SUGGESTED: Butter

Good butter is made of the fattest milk such as ewes' milk. It is also made from milk of goats, the milk being stirred around in jars until the fat is separated. It is softening and has the qualities of oil. Taken by itself it loosens the intestines, and when oil is not available it is an antidote against poison. Mixed and rubbed on with honey it helps teething and itching of the gums in children, and ulcers of the mouth [thrush, candidiasis]. Rubbed on externally it preserves the body and prevents pustules from breaking out. Butter that is neither stinking nor old is good against inflammations and hard lumps of the womb. It is given as a suppository for dysentery and ulceration of the *colus* [? possibly colon]. It is also of benefit mixed in suppurating medicines — especially for wounds around the nerves, neural membrane, bladder and neck. It fills and cleans and encourages new flesh. Applied it is good for one bitten by an asp. New butter is put in sauce for meats instead of oil, and in cakes instead of fat.

Soot is gathered from butter as follows. Pour some butter into a new lamp, set it on fire and having covered it let it burn in a ceramic jar made similar to a *siphunculus* [a little pipe from which water spurts], narrow above but with holes underneath. When the first butter is used up pour in more and repeat the procedure until you have got as much soot as you desire. Then scrape it off with a

feather or wing and use it. It is useful in eye medicines, to dry, and as an astringent. It stops discharges and quickly brings ulcers to a scar.

2-82. ERIA

SUGGESTED: Wool

The best, unwashed wool is softest, like that from the neck and from the thighs. It is good (moistened in vinegar and oil or wine) as first treatment for wounds, bruises, peeling, black and blue bruises, and broken bones. For it easily drinks up the liquors into which it is dipped, and by reason of the *oesypum* [lanolin] that it contains it is softening. It is good applied with vinegar and *rosaceum* [1-53] for headaches and pains in the stomach or any other place.

2-83. ERIA KEKAUMENA

SUGGESTED: Burnt Wool

Burnt wool has the properties of scab forming, repressing abnormal growths of flesh, and drawing ulcers to a scar. It is burnt in an unfired clay jar (in the same way as other things) after being cleaned and carded. Locks of wool that have been dyed with sea purple [*pupurea* — shellfish] are burnt in the same way. Some card the wool with the lanolin on, moisten it with honey and burn it. Some lay little spits [skewers] in a ceramic jar with a broad mouth, separate from one another, and lay thin chips of *teda* [*taeda* — pitch pine] on it, then place the wool (carded and moistened with oil) on them so that it may not fall. Layering the chips and the wool one on the other by turn they set the *teda* [chips] gently on fire underneath and take them away when they have burnt out. If any fat or pitch falls down from the *teda* it is taken and stored separately. The ash from wool is washed for eye medicines in a ceramic jar. Water is poured on it and lustily stirred around with the hands, and after it is settled the water is poured out and other poured on and stirred around again. This is done until it does not bite if applied to the tongue but is somewhat astringent.

FATS

2-84. OISUPON

SUGGESTED: Wool Fat, Lanolin

The greasiness of unwashed wool is called *oesypum* [lanolin]. You can prepare it as follows. Take soft unwashed wool scoured with the herb soapweed [soapwort], wash it in hot water, squeeze out all the filth, throw it into a broad-mouthed jar, and pouring water on it pour it from on high back again with a great spoon, tumbling it down forcibly until it foams, or stir it around lustily with a stick until a quantity of foul foam gathers together. Afterwards sprinkle it with seawater. When the fat that swims on top has settled, put it into another ceramic jar, and pouring water into the jar stir it around again and sprinkle the foam with water and repeat as above. Do this until there is no more foam on it, the greasy matter having been used up. Mix the *oesypum* [lanolin] that is gathered by hand. If it has any filth remaining on it take it away. Let the first water fall away drop by drop, pour in more and stir it around with the hand until, if applied to the tongue it does not bite, is somewhat astringent and it looks fat, clean and white. Store it in a ceramic jar. This should be done while the sun is warm. Some press out the grease and wash it in cold water, rubbing it with their hands as women do stiff ointments and this is whiter. Others wash the wool and press out the filth, boil it with water in a kettle over a gentle fire, take away the grease that floats on top and wash it in water as was already explained. Straining it out into a ceramic platter that has warm water in it, they cover it with a linen cloth and set it out in the sun until it becomes sufficiently thick and white. Some (after two days) pour out the first water and pour in fresh. The best is not cleaned with *radicula* [radish], is smooth, smells of unwashed wool, and when rubbed with cold water in a shell, grows white. It has nothing in it hard or compacted such as that counterfeited with wax ointment or animal fat. It is able to warm and soften and fill ulcers, especially those around the perineum and vulva. Applied in wool with *melilot* [3-48] and butter it is an abortifacient and

draws out the menstrual flow, (and is good) with goose grease for sores in the ears and genitals. It is also good around the corners of eyes that have been eaten into and are scabbed, and for eyelids that have grown hard and shed their hair. *Oesypum* [lanolin] is burnt in a new ceramic jar until it is turned into ashes and loses all its fat. Soot is gathered from it (in the same way as we have previously described), good for eye medicines.

2-85. PITUA

SUGGESTED: Rennet

Thirty grains of rennet of hare (taken in a drink of wine) is good for those bitten by venomous creatures, *coeliac* [intestinal complaints], dysentery, for women troubled with excessive discharges from the womb, for clotting blood together, and for throwing blood up out of the chest. Applied after the cleansing (that is, monthly, and a little before lying together) to the vulva with butter it causes inconception. Taken in a drink it is an abortifacient, and after the menstrual flow purging it hinders conception [birth control]. Rennet of a horse that some call *hippace* is particularly good for the abdominal cavity and dysentery. Rennet of a lamb, kid, fawn, doe, *platyceros* [stag], *dorcas* [*Dorcatherium aquaticum* — ruminant], deer, calf, and wild ox have similar properties and are good (taken as a drink in wine) as an antidote against *aconitum* [4-77, 4-78], and for clotting milk if used with vinegar. In particular the rennet of a fawn applied the third day after the monthly purgation hinders conception. Rennet of the sea calf [seal — *Phoca vitulina*] has a strength very similar to *castorium* [2-26]. It is thought to be especially good (taken as a drink) for epilepsy, and for constriction of the womb. Now to know whether it is the authentic rennet of sea calf it is tested as follows. Take the rennet of some other creature (especially of a lamb) and having put water onto it leave it alone a little while. Afterwards pour the liquid in which that rennet lay on the rennet of the sea calf. If it is authentic it immediately melts into the water, and if it is not it remains as it was. Sea calves' rennet is taken from the young ones when not yet able to swim together (with

the old). In general all rennet gathers together things that are scattered and dissolves things that are gathered together.

2-86. STEAR

SUGGESTED: Goose Grease

New fat of either geese or poultry (even if it is kept long, but without salt) is good for disorders of the womb. That which is salted or has turned sour through age is an enemy to the womb. Take any of these, fresh, and strip off the skin from it. Put it into a new ceramic jar that could contain twice as much fat as you mean to provide. Having covered the jar carefully set it out in a very hot sun then strain out the part which has melted into another ceramic jar until all is used, then put it into a very cold place and use it. Some, instead of the sun, set the jar over hot water or over a small and gentle coal fire. There is also another way of preparing it as follows. After the skin is removed from the fat, it is pounded and put on to a platter, melted, and a little fine salt is put on it, then it is strained through a linen cloth and put in jars. This fat is good mixed with medicines that take away weariness.

2-87. STEAR HUEION KAI ARNEION

SUGGESTED: Lard and Bear Grease

Fats from swine or bears are prepared as follows. Take the new thick fat that grows around the kidneys, remove the skin, and put it into a good amount of very cold rain water, rubbing it carefully with the hands and (as it were) reviving it again. Having washed it often in clean water, put it into a ceramic jar that will hold twice the amount, add enough water to cover the fat, set it over a gentle fire of coals and stir it with a continuous splashing. When it has melted strain it through a strainer into water and let it cool. Then removing all the water gently from it, carefully put it again into another jar already washed beforehand, place water on it and melt it gently. Having taken it down and allowed the dregs to settle a little put it into a mortar moistened with a sponge. When it has congealed take it down and take off the filth

lying in the bottom. Melt it again a third time without water and pour it again into the mortar. Having cleaned it, store it in tightly corked ceramic jars and put the jars in a very cold place.

2-88. STEAR TRAGEION, KAI PROBATEION, KAI ELAPHEION

SUGGESTED: Mutton Suet etc.

Goat, sheep and furthermore deer suet is prepared as follows. Take the fat of any of these (as described in the previous discussion) and having washed it (as explained in the preparation of fat of swine) remove the skin, put it into a mortar to temper it and beat it, pouring in a little water until nothing similar to blood comes from it, no fat swims on it, and it becomes clear. Then throw it into a ceramic jar and add to it enough water to cover it, put it over a gentle coal fire and stir it around. When it is all melted, pour it into water and cool it. Having washed the jar, melt the suet a second time and repeat the procedure. Then having melted it a third time without water, strain it out into a mortar moistened with water, and when it is cold bottle it for storage like fat of swine.

2-89. STEAR BOEION

SUGGESTED: Ox or Cow Suet

From ox or cow suet (which is near the kidneys) the skin is to be taken off, and it must be washed in sea water taken out of the ocean, then it must be put into a mortar and pounded carefully, sprinkling the seawater on it. When it is all dissolved it must be put into a ceramic jar and sea water poured into it to stand no less than twenty centimetres above it, and it must be boiled until it has lost its own smell. Afterwards for every Attic [Athenian] pound of the suet you must put in four teaspoonfuls of Tyrrhenian [Etruscan] wax. Then (having strained it and taken away the filth that lies in the bottom) it must be put into a new jar. Afterwards it is covered and is to be set out every day in the sun so that it may become white and lose its bad taste.

2-90. STEAR TAUREION, PARDALEION KAI LEONTEION

SUGGESTED: Bulls' Suet etc.

Bulls' suet must be prepared as follows. Take new fat from the kidneys, wash it with running water from the river, and having pulled off the skin put the fat into a new clay jar, sprinkle a little salt on it and melt it. Then strain it out into clear water. When it begins to congeal rub it diligently with the hands again, pouring out and pouring on water until it is thoroughly washed. Then place it into the jar again and boil it with the same amount of sweet-smelling wine. When it has boiled twice, remove the jar from the fire and let the fat remain in there all night. If there is any bad smell left in it the day after, place it into another ceramic jar, pour sweet-smelling wine on it again and repeat (as has been formerly described) until it discards all rank smell. It is also melted without salt to be used in some sores for which salt is not indicated. Prepared like this it is not very white. In the same way panthers', lions', wild boars', camels', horses', and other similar fats are prepared.

2-91. STEAR POS AROMATISTEON

SUGGESTED: Fats Blended with Scent

Calves' fat as well as fat from bulls and deer and the bone marrow of deer are given a sweet smell as follows. Remove the skin from the fat you want to perfume, wash it as shown above and boil it in fragrant wine without any sea water in it. Afterwards cool it down and let it remain all night. Then pour in more of the same kind of wine, the same amount as before, melt it and carefully skim it. For every four and a half pints of fat add seven teaspoonfuls of *juncus arabicus* [1-16, 4-52]. If you would like to make it smell sweeter, add to this forty teaspoonfuls of flowers of *juncus arabicus*, and as many teaspoonfuls of palm, cassia and *calamus* [1-17, 1-114], and one teaspoon each of *aspalathus* [1-19] and *xylobalsamum* [1-18]. Mix with all of this one ounce each of cinnamon, cardamom and *nardus* [1-6, 1-7, 1-8, 1-10]. Let all of them be pounded very finely. Afterwards pour in fragrant

wine, cork the jar tightly, set it securely over coals and boil it all together three times. Then take it from the fire and let it remain in the jar all night. On the following day pour out the wine and put in more of the same kind, boil it together three times in a similar way and remove it. On the next morning (after having taken out the salt) pour out the wine, then wash the jar and take away the filth that sticks in the bottom, melt and strain the fat, put it in jars and use it.

In the same way fat that was prepared beforehand is made sweet smelling. The previously described fats are first thickened as follows so that they may more readily receive the strength of the sweet odour. Take the fat and boil it with wine; place in there a myrtle branch, *serpyllum*, [3-46] and *cyprus* [1-124], as well as *aspalathus* [1-19] (all thoroughly pounded). Some are content with one of these for this purpose. When the fat has boiled for the third time, take it off gently, strain it through a linen cloth and then aromatize it as described already.

Fats are also thickened as follows. Pound whatever fats you have (which are new and not mixed with blood or having other marks which have been often spoken of). Put them into a new jar and pour in old odoriferous white wine so that it exceeds eight fingers in depth. Boil them together using a slow fire until the fat has lost its native scent and rather smells of the wine. Then take off the jar and cool it. Take out two pounds of the fat and place it into a jar and add four half-pints of the same wine and four pounds of pounded seeds from a *lotus* tree [1-171], and that tree whose wood those who make pipes use. Boil it over a gentle fire stirring it around continuously, and when it has lost all its strong greasy smell, strain it and let it cool. Take one pound of bruised *aspalathus* [1-19] and four pounds of the flowers of *amaracinum* [1-68], steep them in old wine and let them absorb it for one night. Then on the following day put them with the fat into a new ceramic jar that will hold three gallons, and add to this two and a quarter litres of wine and boil everything together. When the fat has received all the strength and smell of the thickeners take it down, strain it, melt it and put it in jars. If you wish to make it smell sweeter, mix with all of this eight teaspoonfuls of the fattest myrrh [1-77, 1-73, 4-116] diluted in very old wine.

Poultry or goose grease is given a sweet scent as follows. Take two pints of either of these fats (which have been already prepared), place them into an earthenware pot, mix with it exactly twelve teaspoonfuls each of pounded *erysisceptrum* [1-4], *xylobalsamum* [1-18], *palma elaterium* [4-155], and *calamus* [1-17, 1-114], and having added to this one wine-cupful of old Lesbos wine, set it over the coals and make it boil three times. Then take the jar from the fire and allow the things in it to cool for one day and night. The following day melt them and press them through a clean linen cloth into a clean jar. When the fat congeals take it out with a spoon (as previously described) put it into a new ceramic jar, stop it tightly, and put the jars in a very cold place. All this must be done in the winter for in the summer it will not adhere together. Some to help the process mix in a little Tyrrhenian wax. In the same way both swine fat and bear fat and other similar fats are given a fragrant smell.

2-92. STEAR POS SAMPsuchITETAI

To Perfume Fat with *Sampsuchum*

SUGGESTED: *Amaracus*, *Maiorana* [Fuchs], *Majorana vulgaris* [Bauhin], *Sampsuchum*, *Sampsucum*, *Origanum majorum* [Pliny], *Origanum majorana* [Linneaus], *Origanum majoranoides*, *Majorana hortensis*
— Sweet Marjoram, Knotted Marjoram

Fat is made to smell like *sampsuchum* as follows. Take one pound of well-prepared fat (especially bulls' fat) and a pound and a half of carefully bruised ripe *sampsuchum*, mix them, sprinkle on it a good quantity of wine and form them into little cakes. Afterwards place them into a jar, cover them and let them remain for that night. In the morning throw them into a ceramic jar, pour water on them and boil them gently. When the fat loses its own taste, strain it and let it stand (well-covered) all that night. The next morning take out the paste, and having cooled it, wipe away the filth in the bottom. Mix in again another pound and a half of bruised *sampsuchum* (as before), and make it into little cakes again, repeating the remainder of the process. Most importantly boil and strain it, and additionally take away the filth if any remains in the bottom, and put it in jars in a very cold place.

2-93. STEAR CHENEION KAI ORNITHEION

SUGGESTED: Preserving Fat of Geese and Poultry

If anyone wants to preserve fat of geese, poultry or calves (which has not been prepared) from putrefying, it can be done as follows. Take whichever fresh fat you have, wash it well, and after you have thoroughly cooled it in a sieve in the shade (when it is dry) put it into a clean linen cloth and press it out strongly with your hands. Then (having put a string through it) hang it up in a shady place. After many days wrap it in new paper and put it in jars in a very cold place. Fats also remain pure stored in honey.

2-94. STEATON DUNAMIS

SUGGESTED: Medicinal uses of Fats

All fat is warming, softening and purifying; yet that of bulls, cows and calves is somewhat astringent. The lions' is similar to these and they say it is an antidote to defend against those who intend treachery. Fat from elephants and deer (rubbed on) drives away snakes. That from goats is more astringent, as a result it is given boiled with polenta, *rhoe* [4-64] and cheese for dysentery; and with barley water as a suppository or enema. The broth of these fats (sipped) is good for those with pulmonary consumption, and is effective given as an antidote to those who have taken a drink of parasitically infected water. Fat from goats has the most dissolving nature and helps the gouty, tempered with the berries of a goat [i.e. with goat's dung] and saffron and applied. Sheep fat is equivalent to this. Swines' fat is applied for disorders of the womb and perineum, and is also good for those burnt by fire. The same (kept in salt and grown very old in there as it were) warms and soothes. Washed in wine it is good for pleurisy. The same (applied with ash or chalk) is good for oedema, inflammation and fistulas [ulcers]. They say that ass's fat makes scars all one colour. Fats of geese and poultry are good for women's disorders, cracks of the lips, clearing the face, and for sores of the ears. Bears' fat is thought to make hair that was destroyed by *alopecia*

[baldness] grow again, and is good for chilblains. Foxes' fat cures sores of the ears. Fat of river fish (melted in the sun and mixed with honey) rubbed on the eyes clears their sight. The fat of a viper mixed (in equal parts) with *cedria* [1-105] Attic [Athenian] honey and old oil is also good for dullness of the sight and liquids in the eyes. It makes hair in the armpits that has been removed never come up again, applied by itself at the roots of the hair [depilatory].

2-95. MUELOI

SUGGESTED: Bone Marrow

Deer marrow is the best, then that from a calf, after, that from a bull, then a goat and a sheep. They are gathered at the time when spring is drawing on, and towards the autumn, for at other times of the year it is found in the bones — looking bloody and similar to flesh that is easily broken. It is hard to recognise except by whoever takes it out of the bones and preserves it. All marrow is softening, purifying, and healing, and fills up the hollow sores of ulcers. The bone marrow of a deer (rubbed on) also drives away venomous creatures. It is prepared like fat [above] being taken out of the choicest and freshest bones. Water is poured on it, and afterwards it is strained through a linen cloth and similarly washed until the water becomes clean. Afterwards it is melted in a double jar, the filth that swims on top is taken off with a feather, and it is strained out into a mortar. After it has congealed it is stored in a new earthenware jar, the filth that lies at the bottom having been carefully scraped away. If you want to store it unprepared follow the directions given in fats of poultry and of geese.

2-96. CHOLE PASA

SUGGESTED: Gall from various Animals

All kinds of gall is prepared and stored as follows. Take gall that is new, bind the mouth [of the gall bladder] with a linen thread, put it into boiling water, and then let it remain for as long as it would take to travel three furlongs [$3/8$ mile]. Afterwards take it out and dry it

in a shady dry place. For galls that you intend to mix with eye medicines, bind them with a linen thread, put them into a glass bottle containing honey, tie the beginning of the thread to the mouth of the bottle, then cork it and put it in storage.

All kinds of gall are sharp and warming, varying in strength depending on their source. Galls from sea scorpions [2-14], the fish called *callionymus* [*uranoscopus*], sea turtles and hyenas seem to be more effective; as well as that of partridge, eagle, white hens and wild she-goats. They serve effectively for liquids and darkness of the eyes that has recently begun, *argema* [small white ulcer on the cornea], and coarse eyelids. A bull's gall is more effective than that from a sheep, swine, or goat, as well as that from a bear. All of them have a tendency to laxativeness (especially in children), if, dipping a lock of wool in there, you apply it to the perineum. Bulls' gall with honey is effectively rubbed on those troubled with tonsillitis. It heals [ulcers] on the perineum to a scar, and purulent ears and cracks in them, dropped in with goats' milk or women's, and it is also good for noise in the ears [dropped in] with juice from leeks. It is put into wound plasters, and ointments that are rubbed about the body to prevent poisoning. It is good with honey against spreading erosive ulcers, and pains of the genitals and of the scrotum. It is an excellent cleanser for leprosy and dandruff with nitre [potassium nitrate — saltpetre] or fuller's earth [ammonium silicate]. Sheep and bear galls are good for the same purposes but they are somewhat weaker: bear gall (taken in a *linctus* [syrup]) helps those with falling sickness. Gall from a tortoise is put into the nostrils for tonsillitis, and is also good for gangrenous ulceration in the mouths of children, and epilepsy. Gall from a wild she-goat rubbed on effectively cures the dim-sighted. That from a he-goat does the same, and also takes away glandular fever. Rubbed on, it represses the protuberances of *elephantiasis* [skin disease]. Gall from swine is effective taken for ulcers in the ears and all the other things.

2-97. PERI HAIMATON

Blood — CAUTION

Blood from a goose, duck, drake, or kid are usefully mixed with antidotes. Blood from a wood dove, turtle, pigeon, and partridge are rubbed on new sores on eyes and on eyes that are bloodshot and have dull sight. In particular that from a pigeon stops bleeding from the *meninges* [membranes of the spinal cord and brain]. Blood from a he-goat, she-goat, deer or hare (fried in a pan and eaten) stop dysentery and discharges of the abdominal cavity. Taken in a drink with wine it is an antidote against poison. A hare's blood rubbed on warm cures sunburn and freckles. Dog's blood (taken as a drink) is good for those bitten by a mad dog, or who have taken poison in a drink. Blood from an earth tortoise (taken as a drink) is said to be good for epileptics. Blood of a sea turtle (taken in a drink with wine, rennet of a hare and cumin), is good against the bites of venomous creatures, and an antidote for drinking anything hateful or loathsome. Blood from a bull applied with polenta disperses and softens hardness. Blood of stallion horses is mixed with antiseptic medicines. Blood from a chamaeleon is believed to make the eyelids hairless, and that from green frogs is thought to have the same effectiveness. The menstrual blood of a woman rubbed on her (or if she walks over it) is thought to keep her from conception; yet rubbed on it alleviates the pains of gout and *erysipela* [streptococcal skin infection].

2-98. APOPATOS

Dung — CAUTION

The dung of a cow from the herd (applied whilst fresh) lessens the inflammation of wounds. It is wrapped in leaves, warmed in hot ashes, and applied. The application of it in the same way serves as a warm pack for lessening sciatica. Applied with vinegar it dissolves hardness, scrofulous tumours [goitres], and bone inflammation. In particular, breathing smoke from the burning dung of a male beast of the herd restores a uterus that has fallen down, and the fumes also drive gnats

away. The berries [dung] of goats, especially those that live on the mountains, (taken in a drink with wine) cures yellow jaundice. Taken in a drink with spices they induce the menstrual flow and are an abortifacient. Dried and pounded into small pieces and applied in wool with frankincense they stop the flows of women, and with vinegar they restrain other discharges of blood. They cure baldness, burnt and rubbed on with vinegar or vinegar and honey. Applied with swines' grease they help the gouty. Boiled with vinegar or wine they are applied to the bites of snakes, creeping ulcers, *erysipela* [streptococcal skin infection] and *parotitis* [inflamed glands e.g. mumps]. Burnt goat dung is effectively taken for sciatica as follows. In that hollow middle space between thumb and forefinger where the thumb approaches towards the wrist, first lay wool moistened in oil, then lay on it one by one hot pills of goat dung until the sense of it comes through the arm to the hip and lessens the pain. This type of burning is called Arabic. The dung of sheep applied with vinegar heals *epinyctis* [pustules which appear only at night], corns, hanging warts, and warty abnormal growths; as well as burns, used with a waxy ointment of *rosaceum* [1-53]. The dry (dung) of a wild swine (taken as a drink with water or wine) prevents throwing up of blood, and lessens a long-enduring pain of the side. For hernia and convulsions it is taken as a drink with vinegar, and it cures dislocations used with *rosaceum* [1-53] waxy ointment. The dung of asses as well as horses staunches bleeding (whether used raw or burnt) mixed with vinegar. Dung of one of the drove that goes at grass (after it is dry) is steeped in wine and taken as a drink to considerably help those bitten by scorpions. Doves' dung (being more hot and burning) is effective mixed with barley meal, but with vinegar it dissolves tumours [possibly goitre]. It breaks carbuncles [infected boils] [malignant skin tumours], pounded together with honey and hempseed and oil, and it heals burns. Poultry dung does the same but less effectively, yet in particular it is good (taken in a drink with vinegar or wine) as an antidote against deadly mushrooms and the suffering of *coli* [colic]. Dung of a stork (taken in a drink with water) is thought to be good for epilepsy. Inhaled, the smoke of the dung of a vulture is reported to be an abortifacient. The dung of mice (pounded into small pieces with vinegar and rubbed on) cures baldness.

Taken as a drink with frankincense and honeyed wine it expels urinary stones. Mouse dung given to children [as a suppository] encourages the bowels to evacuate. Dog dung that is taken up in the heat of the dog days [midsummer], dried, and taken in a drink with water or wine, is an astringent for the bowels. That of men (new-made, applied as a poultice) keeps wounds from inflaming; and it closes open cuts and joins them together. Dried and rubbed on with honey it is reported to help those troubled with tonsillitis. The dung of an earth crocodile is good for women to colour the face and make it shine. The best is smallest and soon crumbled, smooth as amyl [starch] and quickly melted in liquid. Pounded, it is somewhat sour, resembling fermented dough in the smell. They counterfeit it by feeding starlings with rice and selling their dung because it is similar. Others mix amyl [starch] or *cymolia* [cimolite — soft earth — hydrous silicate of alumina], colour it with *anchusa*, sift it finely through a thin sieve, dry it until it looks like little worms and sell it instead of this. (It is found among secrets that man's dung as well as dogs' dung mixed with honey and applied to the throat is a remedy for tonsillitis.)

2-99. PERI OURON

Urine — CAUTION

A man's own water (taken as a drink) is an antidote against viper bites, deadly medicines and dropsy as it begins. And it is applied with hot cloths for the bites of sea vipers, sea scorpions, and sea dragons [2-15]. Dogs' urine makes a warm pack for those bitten by mad dogs, and with saltpetre [potassium nitrate] it cleans leprosy and itchiness. Older urine is a better cleanser for *achor* [scaly eruption of the scalp], dandruff, psoriasis and hot eruptions, and it represses gangrenous ulcerations, even those in the genitals. Put into purulent ears it represses their pus; and boiled in a pomegranate rind it dries out worms in the ears. The urine of an incorrupt boy (sipped) is good for asthma; and boiled in brass with honey it cleans the scar of a healed wound, *argemae* [small white ulcers on the cornea], and dim vision. The same urine with cyprian brass makes a glue for soldering gold

together. The substance of the urine (rubbed on) alleviates *erysipela* [streptococcal skin infection]. It eases pains of the womb boiled with *cyprinum* [1-65] and applied. It eases those troubled with constriction of the womb, cleans the eyelids, and purges scars in the eyes. Bull's urine pounded together with myrrh and dropped in the ears lessens earache. Boar's urine has a similar property— more particularly, taken as a drink it breaks and expels stones in the bladder. Two cups of urine of a goat taken in a drink with *spica nardi* [spikenard] with water every day (is said) to expel urine through the bowels, and dropped in the ears it cures sores of the ears. Urine of an ass is said to cure inflamed kidneys.

2-100. LUNGOURION

Lyncurium — Urine of a Lynx

L*yncurium* [urine of a lynx] is thought (as soon as it is pissed out) to grow into a stone, as a result it has only a foolish report. Some call this *succinum pterygophoron* [the wing of accompaniment] because it draws feathers to it. Taken as a drink with water it is good for a stomach and intestines troubled with excessive discharge.

2-101. MELI

SUGGESTED: Honey

A*ttic* [Athenian] honey is the best, especially that called *hymettium*; the next best is that from the Cyclad Islands, and that from Sicily called *simblium*. The most appreciated is extremely sweet and sharp, with a fragrant smell, a pale yellow colour, not liquid but glutinous and firm, and which when taken (as it were) leaps back to the finger. It is cleansing, opens pores, and draws out fluids. As a result it is good for all rotten and hollow ulcers when infused. Boiled and applied it heals flesh that stands separated, and it cures *lichen* [skin disease with red pustules] boiled with liquid allom [5-123] and applied; as well as noise in the ears and their pains, dropped in lukewarm with salt dug up or mined sea shells pounded into small pieces. Rubbed on it kills lice and nits, and restores the exposed nut of the yard [old

English — rod, penis] which was opened by circumcision, the foreskin being softened with honey (especially after bathing) for thirty days. It cleans away things that darken the pupils of the eyes. It heals inflammations around the throat and tonsils, and tonsillitis, either rubbed on or gargled. It induces the movement of urine, and cures coughs and those bitten by snakes. Taken warm with *rosaceum* [1-53] it is an antidote for *meconium* [4-65]; and is either licked or taken in a drink for fungi and those bitten by mad dogs. Raw [honey] inflates the intestines and encourages coughs — as a result you ought to use clarified [honey]. Spring honey is the best, then that of summer, but that of winter (being thicker) is the worst, causing weals and blisters.

2-102. MELI SARDOON

SUGGESTED: Sardinian Honey

The honey that is made in Sardinia is bitter because the bees feed on wormwood [3-26] yet it is good rubbed on the face for sunburn and spots.

2-103. MELI PONTIKON

SUGGESTED: Heracleean Honey

At some times (of the year) honey is made in Heraclea of Pontus which, from the property of certain flowers, makes eaters of it beside themselves with sweating, but they are helped by eating rue [3-52, 3-53, 4-98] and salt meat and drinking mead [honey wine], taking these as often as they vomit. It is sharp and the smell causes sneezing. Rubbed on with *costum* [1-15] it heals sunburn, and with salt it takes away bruises.

2-104. SAKCHARON

SUGGESTED: *Arundo saccharifera*, *Saccharum officinale*,
Bambusa arundinacea — Sugar Reeds

There is a kind of coalesced honey called sugar found in reeds in India and Arabia the happy, similar in consistency to salt and brittle [enough] to be broken

between the teeth like salt. It is good dissolved in water for the intestines and stomach, and taken as a drink to help a painful bladder and kidneys. Rubbed on it disperses things which darken the pupils.

2-105. KEROS

SUGGESTED: Beeswax

The best wax is a pale yellow, somewhat fat, with a sweet taste and having the scent as it were of honey, yet pure. It is usually either Pontic or Cretan. The next best is somewhat white and fat. Wax is made white as follows. Cut clean wax into small pieces, put it into a new jar and pour on it as much sea water (taken out of the deep) as shall be sufficient, and boil it, sprinkling a little saltpetre [potassium nitrate] on it. When it has boiled two or three times remove the jar, let it cool, take out the *calce* [lime] and scrape off the filth if there is any around it, and boil it again, adding more fresh seawater to it. When the wax has boiled again (as before) remove the jar from the fire, take the bottom of a new little jar (first moistened in cold water), let it down gently into the wax, dipping it in a little with a soft touch, that a little of it may be taken, and that it may be coalesced together separately. Having taken it up, pull off the first cake and let down the bottom of the jar again, cooling it in water again, and do this until you have taken up all the wax. Then pierce the little cakes with a linen thread and hang them up at some distance from one another. In the daytime set them in the sun, sprinkle them every now and then with water, and at night set them under the moon until they become perfectly white. If anyone wants to make it extraordinarily white let him do these things in the same way but let him boil it more often. Some, instead of sea water taken out of the deep, boil it as previously described once or twice in very sharp brine, then afterwards they take it out on a thin, round bottle with a handle. Afterwards, laying the little round cakes on thick grass, they place them in the sun until at last they become wonderfully white. They advise to set about this work in the spring when the sun both lessens its intensity and yields dew, so that the wax does not melt. All wax is warming, softening and reasonably filling. It is mixed in

broths for dysentery, and is swallowed down in an amount equal to ten grains of millet, as it does not allow the milk to curdle in those who suckle [breastfeeding].

2-106. PROPOLIS

SUGGESTED: Bee-glue

The yellow bee-glue that has a sweet scent and resembles *styrax* [1-79] should be chosen, and which is soft, excessively dry, and easy to spread (like mastic [1-90]). It is extremely warm and attractive, and draws out thorns and splinters. The smoke from it (inhaled) helps old coughs, and it is applied to take away *lichen* [skin disease with red pustules]. It is found around the mouths of hives, being similar in nature to wax.



Blepharis edulis

after FAGUET — 1874

FRUMENTACEA: CEREALS

2-107. PUROI

SUGGESTED: *Tritici primum genus*, *Triticum vulgare* [Fuchs]
Triticum sativum, *Triticum aestivum*, *Triticum tertium genus*
 [Fuchs], *Triticum turegidum* [Linnaeus] — Wheat

[other usage] *Pirum*, *Pyrum*, *Puroi* — Pear Tree [Pliny]

The most effective *pyrum* [wheat] for the preservation of health is new, fully ripe and a yellowish colour. Then after this is *trimestre* [called this because it is ripe in three months] called by some *sitanium*, which eaten raw breeds worms in the loins [lower torso]. Chewed and applied it helps those bitten by a mad dog. Bread made of the flour of it is more nourishing than the *panis cibarius* [from the merchants] but that from the meal of *trimestris* is lighter and quickly distributed.

Wheat meal is applied as a plaster with juice of *hyoscyamus* [4-69] for discharges of the nerves and puffing up of the bowels; with vinegar and honey it takes away freckles. Bran boiled with sharp vinegar and applied as a warm poultice removes leprosy, and is a convenient poultice for all inflammations as they begin. Boiled with a decoction of rue it represses swelling breasts, and is good for those bitten by vipers, or troubled with griping. The fermented dough of the meal (being warming and extractive) effectively lessens calluses in the soles of the feet. It ripens and opens other protuberances and boils or inflammatory tumours with salt. Meal from *sitanian* wheat is good applied as a poultice with vinegar or wine for those bitten by venomous creatures. Boiled like glue and taken as *linctus* [syrup] it helps those who spit blood. It is good against coughs and irritations of the arteries boiled together with mint and butter. Wheat flour boiled with honey and water, or oil mixed with water, dissolves any inflammation. Bread (either raw or baked) applied with honey and water lessens all inflammation, is very softening, and somewhat cooling, mixed with some herbs or juices. Both by itself or mixed with other things, wheat that is old and dry stops loose bowels. Wheat that is new (steeped in brine and applied) cures old *lichen* [papular skin disease]. Glue made either of fine flour or

the finest meal for gluing books, is good for those who spit blood, if it is made more liquid and lukewarm and a spoonful is sipped up.

2-108. KRITHE

SUGGESTED: *Hordeum polystichum*, *Hordeum distichum* [Fuchs],
Hordeum distichon [Brunfels, Linnaeus],
Hordeum tetrastichum [in Sprague] — Two-row Barley
Hordeum sativum, *Hordeum vulgare* — Six-row Barley

see 2-157, *Crithmum maritimum*

The best *crithe* is white and clean but it is less nourishing than wheat; yet *crithe* water is more nourishing than the polenta that is made of it by reason of the cream that comes off it in the boiling. It is good for irritations, roughness of the arteries and ulcers. Wheat water is also good for these things as it is more nourishing and diuretic. It causes an abundance of milk [breastfeeding] boiled together with *marathrum* [3-81] seed and sipped. It is urinary, cleansing, flatulent, bad for the stomach, and ripens oedema. Meal of it boiled with figs, honey and water dissolves oedema and inflammation. It digests hard lumps with pitch, rosin and doves' dung. It brings ease to those troubled with pain in their side with *melilot* [3-48] and the heads of poppies. It is applied as a poultice with flax seed, fenugreek and rue [3-52, 3-53, 4-98] against gaseousness in the intestines. With moist pitch, wax, the urine of an uncorrupted child and oil it ripens scrofulous tumours [glandular swelling, goitres]. With myrtle, wine, wild pears, bramble, or pomegranate rinds it stops discharges of the bowels. With quinces or vinegar it is good for gouty inflammation. Boiled with sharp vinegar (as a poultice made of *crithe* meal) and applied warm it cures leprosy. Juice extracted out of the meal with water and boiled with pitch and oil is good for discharges of the joints. Meal of *crithe* stops discharges of the bowels and lessens inflammation.

2-109. ZUTHOS

SUGGESTED: *Zythum*, *Hordeum sativum*, *Hordeum vulgare*
[Pliny] — Soured Barley Water, Egyptian Malt Liquor

Z*ythum* is made from barley. It is diuretic but hurtful to the kidneys and nerves (being especially bad for the neural membrane). It is also wind inducing, produces bad fluids, and causes leprosy. Ivory steeped in it is made fit to work on.

2-110. KOURMI

SUGGESTED: *Hordeum sativum*, *Hordeum vulgare*
— Fermented Barley Drink

A drink is made from barley, called *curmi*, which people often drink instead of wine. It causes headaches, breeds ill fluids, and hurts the tendons. There are similar sorts of drink made from wheat in western Iberia and in Brittany.

2-111. ZEIA

SUGGESTED: *Zae alterum genus* [Fuchs], *Zea briza dicta*,
Zea monococcus germanica [Brunfels], *Triticum monococcum*
— Small Spelt, Engrain, One-grained Wheat

Zae primum genus [Fuchs], *Zae dicoccus major* [Bauhin]

Triticum dicoccum — Emmer Wheat, Two-grained Wheat
Triticum zea, *Triticum spelta* — Spelt Wheat, Dinkel Wheat

There are two kinds of *zea* — one single and the other dicocous, having the seed joined in two husks. It is more nourishing than barley, pleasant-tasting to the mouth, but made into bread it is less nourishing than wheat.

2-112. KRIMNON

SUGGESTED: *Triticum zeae*, *Triticum spelta* — Spelt Wheat,
Dinkel Wheat
Triticum dicoccum — Emmer Wheat, Two-grained Wheat
Triticum vulgare, *Triticum sativum*, *Triticum aestivum*
— Wheat

C*rimnum* from which porridge is made is the coarsest meal that is made from *zea* and wheat. It is abundantly nourishing and easy to digest, but that from *zea* is more astringent to the bowels, especially dried by the fire beforehand.

2-113. OLURA

SUGGESTED: *Olyra*, *Spelta*, *Triticum romanum* [Bedevian]

O*lyra* [grain] is very similar to *zea* but somewhat less nourishing. It is also made into bread and *crimnum* [porridge] is similarly made of it.

2-114. ATHERA

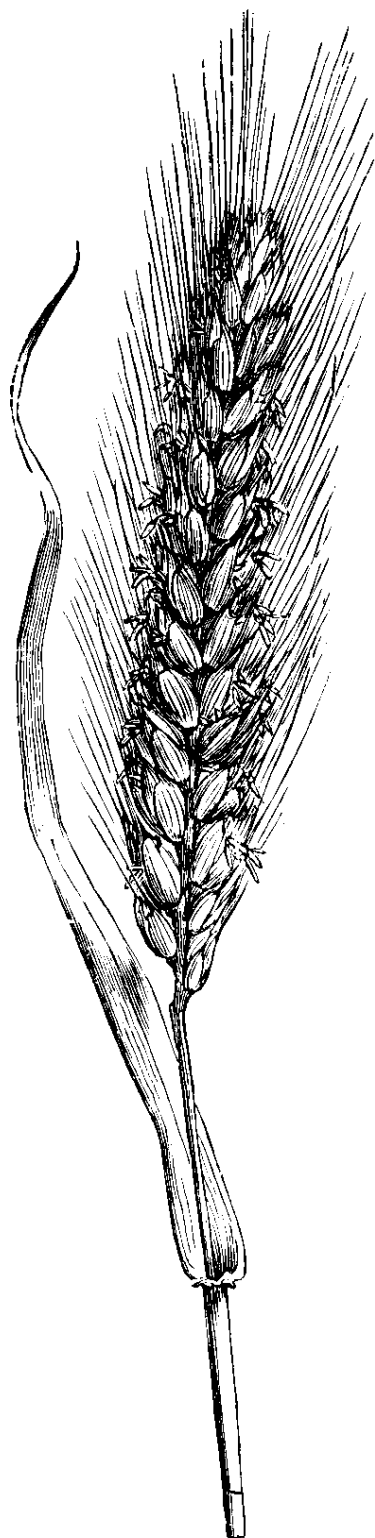
SUGGESTED: *Triticum zeae*, *Triticum spelta* — Alica,
Spelt Wheat, Dinkel Wheat
Triticum dicoccum — Emmer Wheat, Two-grained Wheat

A*thera* is made of *zea* ground very small. It is a spoon-meal (similar to liquid porridge) suitable for children, and it is good in plasters.

2-115. TRAGOS

SUGGESTED: *Tragus berteronianus* — Carrot Seed Grass

T*ragus* is somewhat similar in shape to *chondrus* [below] but is much less nourishing than *zea* [above] because it has much chaff. As a result it is hard to digest and softens the bowels.



Triticum sativum
after FAGUET — 1894



Hordeum sativum

after FAGUET — 1894

2-116. BROMOS

SUGGESTED: *Avena* [Fuchs], *Avena vulgaris* [Bauhin]
Avena sativa var β [Linnaeus] — Oats

[other usage] *Bromus arvensis* — Corn Brome Grass
Bromus temulentus, *Lolium temulentum*, *Crepolea temulentum*
 — Darnel, Cheat, Ryegrass, Ivray

NARCOTIC

see 4-140

B*romus* is a grass similar to wheat in the leaves, distinguished by knots, and it has fruit on the top (as it were, two-footed little locusts) in which is the seed, as effective for poultices as barley. Porridge is also made from it for binding the intestines. Cream of *bromus* is sipped to help those troubled with a cough.

2-117. ORUZA

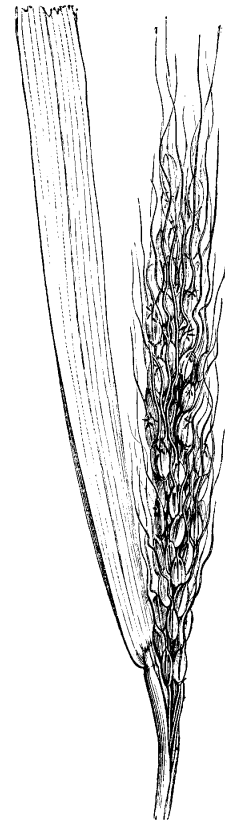
SUGGESTED: *Oryza sativa* — Rice

O*ryza* is a kind of grass growing in marshy and moist places, moderately nourishing and binding to the bowels.

2-118. CHONDROS

SUGGESTED: *Triticum zeae*, *Triticum spelta* — Spelt Wheat,
 Dinkel Wheat
Triticum dicoccum — Emmer Wheat, Two-grained Wheat

C*hondrus* is made of grain called *zea dicoccos*, more nourishing than rice, and more binding to the intestines, but far better for the stomach. Boiled with vinegar it takes away leprosy; and rubbed on it drives away pitted nails, cures *aegilopses* [ulcer or fistula in the inner angle of the eye] that are new, and a decoction of it is a fit suppository for those who have dysentery with much pain.



Oryza sativa
 after FAGUET — 1892

2-119. KENCHROS

SUGGESTED: *Milium* [Fuchs], *Panicum chrus-galli*,
Echinochloa chrus-galli, *Oplismenus chrus-galli*
— Small Millet, Barnyard Grass, Cockspur Panicum
Panicum miliaceum [Linnaeus] — Millet, Panic Millet
Setaria italica, *Chaetochloa italica* — Italian Millet
[other usage] *Cenchrus lappaceus* — Bur Cenchrus

C*enchrus* (which the Romans call millet) is less nourishing than other grains, but made into bread (or used as porridge) it stops discharges of the intestines and induces the passing of urine. Heated and put warm into bags [as a hot pad] it helps griping and other disorders.

2-120. ELUMOS

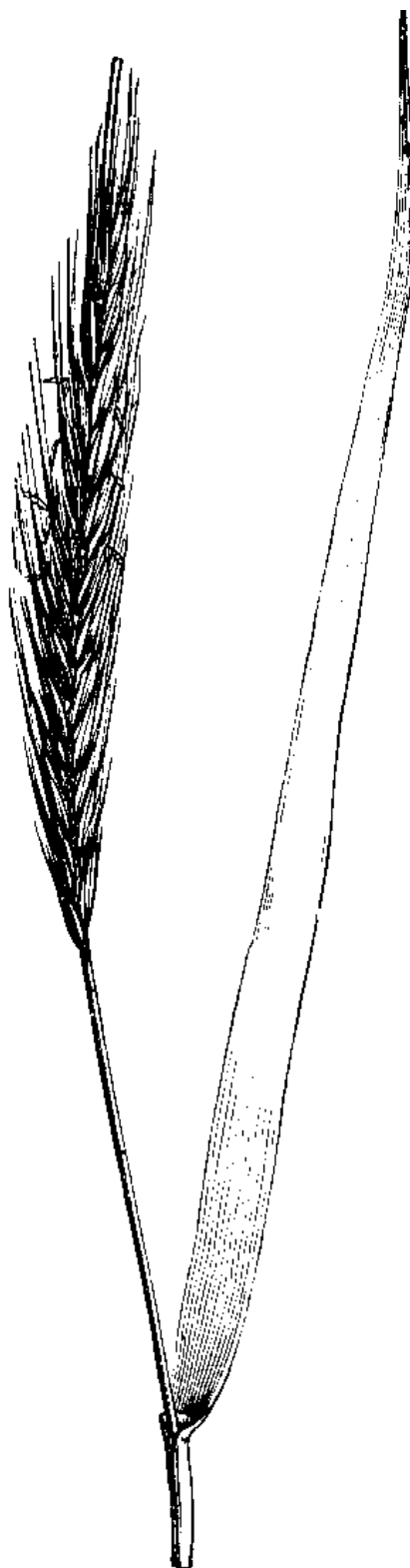
SUGGESTED: *Panicum* [Fuchs], *Setaria italica* [in Sprague]
[other usage] Lyme Grass, Marram, Mat Grass
— *Elymus arenarius*

E*lymus* is of grain seeds similar to millet which are made into meal in the same way, and are effective for the same uses, yet are less nourishing than millet and less astringent. The Romans call it *panicum*, and others call it *melinen*.

2-121. SESAMON

SUGGESTED: *Sesamum indicum*, *Sesamum orientale*,
Sesamum oleiferum — Sesame seeds, Gingelly, Gingili

S*esamum* is hurtful to the stomach and causes a stinking breath in the mouth, if after it is eaten it remains between the teeth. Applied it disperses thicknesses in the nerves. It heals fractures, inflammation in the ears, burns, disorders of the colon, and the bites of the horned viper. With *rosaceum* [1-53] it eases headaches caused by heat. The herb boiled in wine does the same. It is especially good for inflammation and sores of the eyes. Oil is made [from the seeds] of it that the Egyptians use.



Triticum spelta
after FAGUET — 1894

4

Asparagus altilis.
Heynisch Spargen.



Asparagus altilis
from FUCHS — 1545

2-122. AIRA

SUGGESTED: *Lolium* [Fuchs], *Lychnis segetum major* [Bauhin],
Agrostemma githago [Linnaeus] — Corn Cockle

[other usage] *Molinia caerulea*, *Aira coerulea*
 — Purple Molinia, Lavender Grass, Blawing Grass

see 2-116

Aira (which grows among wheat) ground up has the power to remove the edges from *nomae* [grazer disease, eats away muscle, tissue and bones], rotten ulcers, and gangrene, applied as a poultice with radishes and salt. With natural sulphur and vinegar it cures wild *lichenae* [skin disease] and leprosy. Boiled in wine with pigeons' dung and flaxseed it dissolves scrofulous tumours [glandular swelling, goitres], and breaks open swellings that are hard to ripen. Boiled with honey and water and applied as a poultice it is good for those with sciatica. The smoke inhaled with polenta, myrrh [1-77, 1-73, 4-116], saffron, or frankincense helps conception. The Romans call it *lolium*, and it is also called *tharon*.

2-123. AMULON

SUGGESTED: Starch, Amyl

Amyl is called this because it is made without the help of a mill. The best is made of that wheat which ripens in three months and grows in Crete or Egypt. It is made from this clean three-months wheat [*sitanium* or *trimestre*] being steeped in water five times a day, and if it is possible in the night too. When it has become soft you must pour out the water gently without jogging so that the best starch is not poured out together with it. When it appears to be very soft (having poured out the water) it must be trod with the feet, and having poured in (other) water again it must be pounded. Then the bran that lies underneath must be taken away with a skimmer, and that which is left must be strained, and after it is strained you are to dry it on new tiles in a very warm sun, for if it remains moist even a little it presently grows sour. It is effective against discharges of the eyes, hollow ulcers and pustules. Taken in a drink it stops the throwing-up of

blood, as well as disorders of the arteries. It is mixed with milk and sauces. Starch is also made from *zea* [*Triticum zea*] that is steeped for one or two days, kneaded with the hands like dough, and dried in a very hot sun (as has been formerly described). This is not fit for bodily use but for other uses it is fit enough.



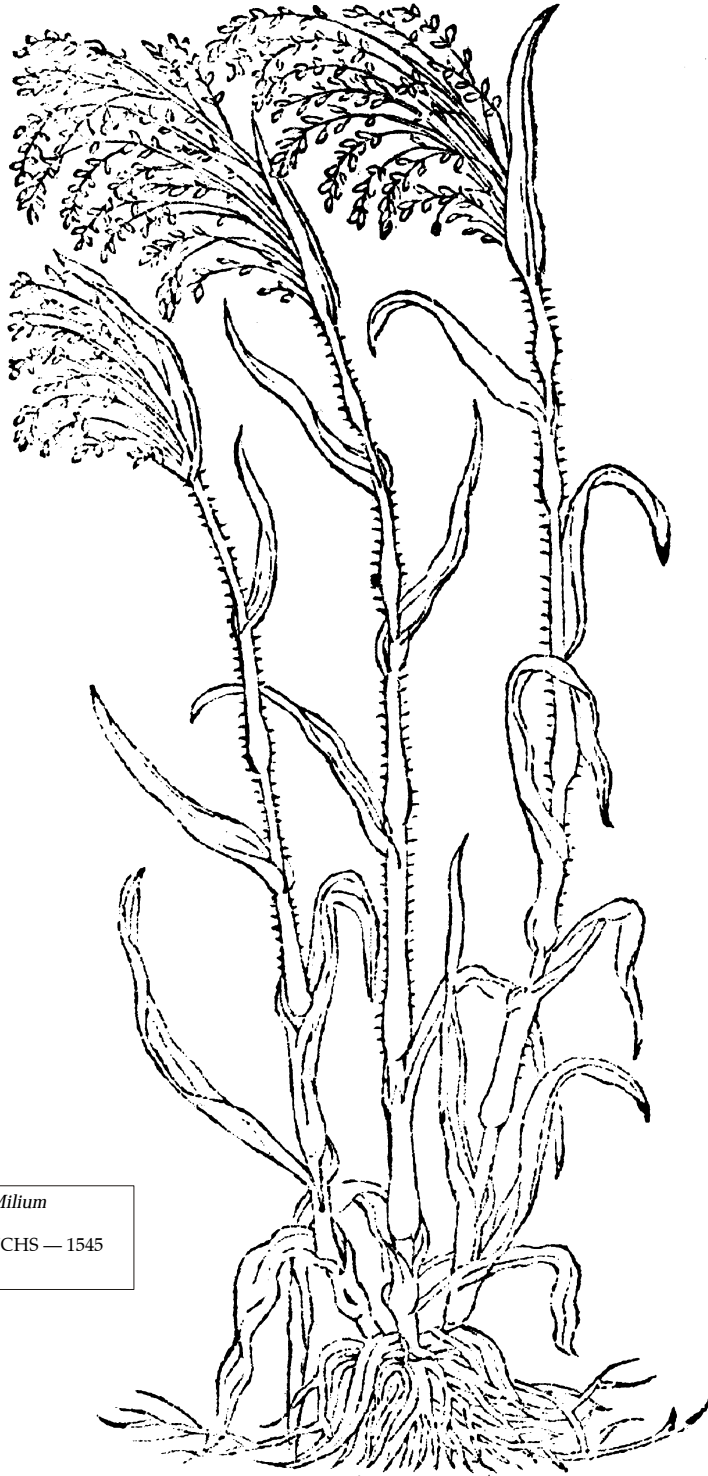
Sesamum indicum
after FAGUET — 1888



Elymus arenarius
from WILLKOMM — 1903

2;2

Milium.
Birß.



Milium
from FUCHS — 1545

LACHANA: VEGETABLES

2-124. TELEOS ALEURON, TELIS

SUGGESTED: *Foenograecum*, *Foenumgraecum* [Fuchs],
Foenumgraecum sativum [Bauhin],
Trigonella foenum-graecum [Linnaeus] — Fenugreek

T*elis* [flour of fenugreek] and meal of fenugreek are softening and dispersing. Pounded into small pieces with boiled honey and water and applied as a poultice, it is good for both inner and outer inflammation. Pounded into small pieces and applied as a plaster with saltpetre [potassium nitrate] and vinegar it reduces the spleen. A decoction of it is a bath for women's problems caused either from inflammation or closure (of the vulva). The cream of it (boiled in water and strained out) cleans hair, dandruff and scaly eruptions on the scalp. It is inserted instead of a pessary with goose grease, softening and dilating the places about the womb. With vinegar the green leaves are good for weak and ulcerated places. A decoction is used for ineffective straining at stools or urination, and for stinking loose bowels from dysentery. The oil (with myrtle) cleans hair and scars in the private parts.

It is also called *carpon*, *buceras*, *aegoceras*, *ceraitis*, or *lotos*, the Latins call it *foenumgraecum*, and the Egyptians, *itasin*.

2-125. LINON

SUGGESTED: *Linum sativum* [Bauhin],
Linum usitatissimum — Flax

L*inum* [flax] is commonly known. The seed (boiled with honey and oil and a little water, or taken in boiled honey) has the same strength as fenugreek, dispersing and softening all inflammation inwardly and outwardly. Used raw (applied as a plaster with saltpetre [potassium nitrate] and figs) it takes away sunburn and varicose veins. With lye it disperses inflammation of the parotid gland and hard lumps. Boiled with wine it cleans away *herpes* [viral skin infection] and *favus* [contagious

skin disease]. It takes off pitted nails, taken with an equal amount of *nasturtium* [2-185] and honey. Taken with honey instead of syrup, it brings up things from the chest and it relieves coughs. Mixed with honey and pepper into a flat cake and eaten, it encourages the pursuit of sexual pleasure [aphrodisiac]. A decoction is given as a suppository for ulcers of the bowels and womb, as well as for expelling excrement; and it is very good (like a decoction of fenugreek) used as a hip bath for inflammation of the womb. It is also called *linocalamis*, *anion*, or *linon agrion*; the Romans call it *linomyrum*, and the Africans, *zeraphis*.

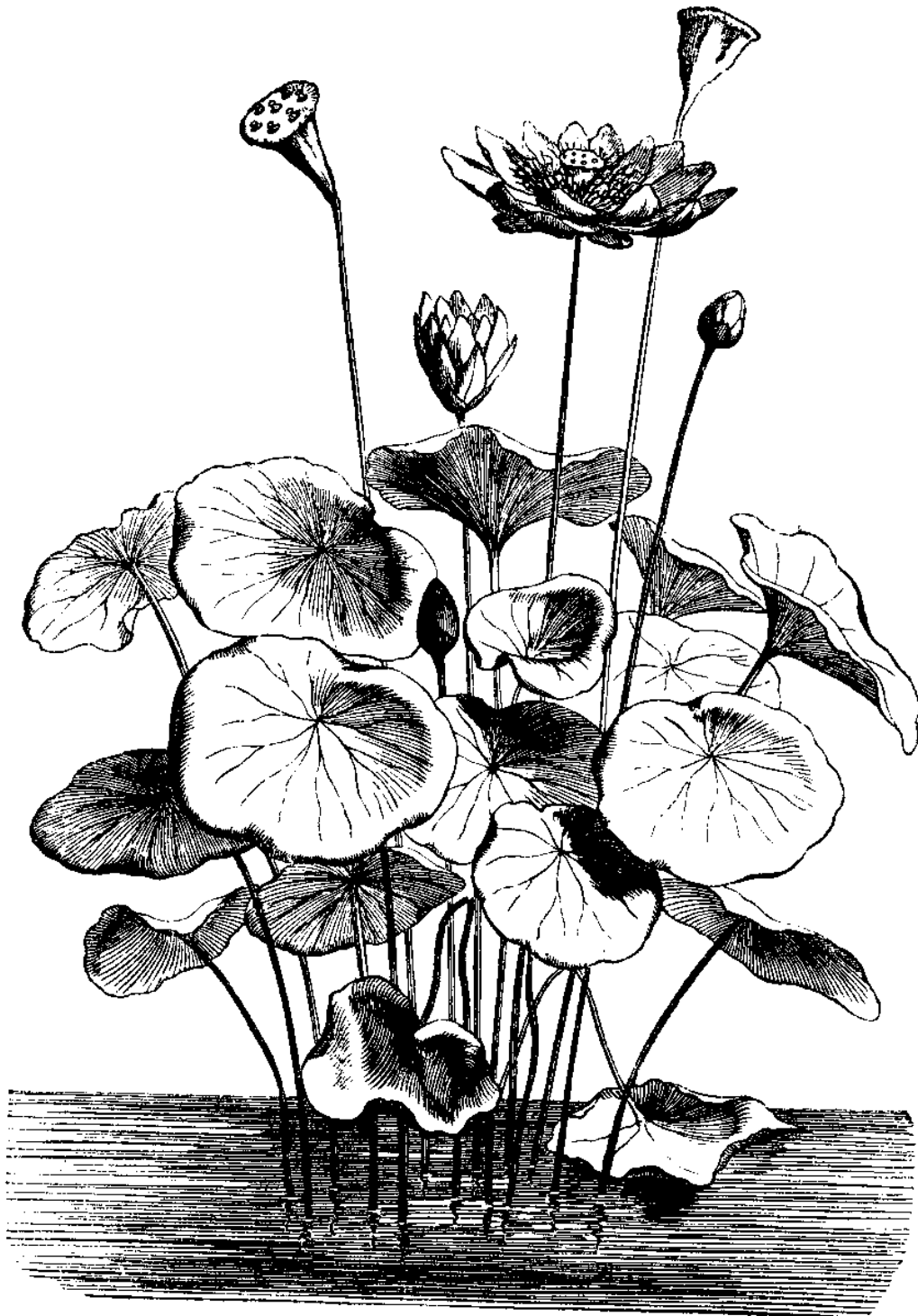
2-126. EREBINTHOS

SUGGESTED: *Cicer nigrum* [Fuchs], *Cicer sativum* [Bauhin]
Cicer arietinum [Linnaeus] — Chick-pea, Gram

Astragalus cicer, *Phaca cicer* — Mountain Chickpea, Vetch

Erebus — God of the Underworld

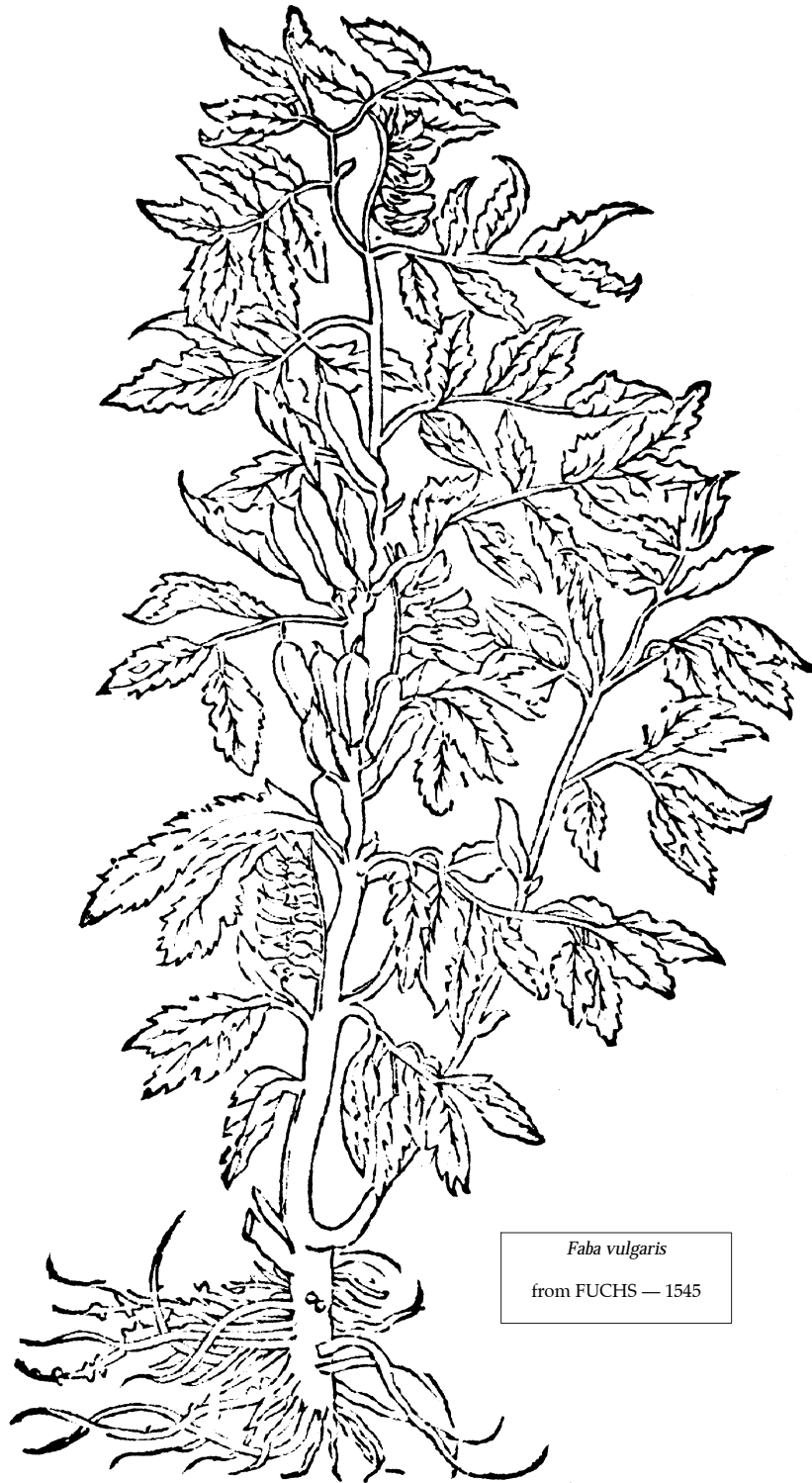
C*icer* that is set or sown is agreeable to the stomach, diuretic, causes winds and a good colour all around, expels the menstrual flow, is an abortifacient, and encourages milk. It is applied as a poultice (especially boiled with *ervum* [2-129, 2-131]) for inflammation from stones [urinary, kidney], protruding warts, scabs, running ulcers of the head, and for *lichenae* [skin disease], and cancerous malignant ulcers with barley and honey. The other type is called *arietinus* and both of them are diuretic, a decoction being given with *libanotis* [medicated drinks] for yellow jaundice and dropsy; but they hurt an ulcerated bladder and the kidneys. Some touch the top of every wart with a *cicer* when the moon is new, some with one, some with another, bind them up in a linen cloth and command them to be put backward, as though the warts would fall away by these means. There is also a wild *cicer* with leaves similar to that which is set or sown, sharp in smell but different in the seed, serviceable for the same uses as the set plants.



Nelumbo nucifera
after FAGUET — 1888

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Faba vulgaris.
Gemein Bonen.



Faba vulgaris
from FUCHS — 1545

2-127. KUAMOS HELLENIKOS

SUGGESTED: *Faba*, *Faba vulgaris* [Fuchs]
Vicia faba [Linnaeus] — Broad Bean

Cyamus, *Cyamos*, *Colocasia* [Pliny] — Egyptian Bean

see 2-197, 2-128

C*yamus*. The Greek bean is windy, flatulent, hard to digest, and causes troublesome dreams. Yet it is good for coughs and gaining body weight, as it is in the midst of hot and cold. Boiled with vinegar and honey and eaten with the husks it stops dysentery and discharges of the *coeliac* [intestinal complaints]; and eaten it is good against vomiting. It is made less flatulent if the first water in which it was boiled is thrown away. Green [raw] beans are worse for the stomach and more wind inducing. Meal from the bean (applied as a poultice either by itself or with polenta) lessens inflammation from a stroke, makes scars all one colour, helps swollen inflamed breasts, and dries up milk. With honey and meal of fenugreek it dissolves boils or inflammatory tumours, parotid tumours, and blueness under the eyes. With roses, frankincense and the white of an egg it represses the falling-forwards of the eyes, *staphylomata* [inflammatory protrusion of the cornea] and oedema. Kneaded with wine it helps excessive liquids and blows to the eyes. Chewed without the husks, it is applied to the forehead as a coolant for discharges. Boiled in wine it cures the inflammation of stones [urinary, kidney]. Applied as a poultice to the place where the pubic hair grows in children, it keeps them hairless for a long time. It cleans *vitilignes* [form of leprosy]. If the husks are applied as a poultice it makes hair that has been plucked grow out emaciated and thin. Applied with polenta, *alumen* [5-123] and old oil it dissolves scrofulous tumours [glandular swelling]. A decoction of it dyes wool. It is applied to discharges of blood caused by leeches, shelled and divided in two parts as it grew. The cut half closely pressed on suppresses it.

2-128. KUAMOS AIGUPTIOS

SUGGESTED: *Nelumbium speciosum*, *Nelumbo nucifera*,
Nelumbium nelumbo, *Nymphaea nelumbo*, *Nelumbo nucifera*
— Nelumbo, East Indian Lotus, Sacred Bean,
Egyptian Bean, Pythagorean Bean, Seed of the Lotus

see 2-127

The Egyptian bean (which some call *pontican*) grows abundantly in Egypt, Asia and Cilicia, and is found in marshy places. It has a leaf as great as a hat, a stalk the height of a foot, about the thickness of a finger. The flower is a rose colour, twice as big as the flower of a poppy. Having done blowing it bears pods similar to little bags, in each of which is a little bean (standing out above the covering) similar to a little bladder. It is called *ciborium* or *cibotium* (as we should say, *loculamentum*) because the setting of the bean is made when it is put in moist land and so left in the water. The root is thicker than that of the reed and lies underneath. This is used either boiled or raw and is called *collocasia*. The bean itself is also eaten green, but when dry it grows black and is bigger than the Greek one, astringent, and good for the stomach. As a result the meal that is made from them, sprinkled on instead of polenta, is good for dysentery and the abdominal cavity, and it is given as a porridge. The husks work better boiled in *mulsum* [honey, water and wine] and three cupfuls of it given to drink. The green in the middle of them is bitter to taste, and good for earache, pounded into small pieces, boiled with *rosaceum* [1-53] and dropped in the ears.

2-129. PHAKOS

SUGGESTED: *Lens* [Fuchs], *Lens vulgaris* [Bauhin],
Ervum lens [Linnaeus], *Lens esculenta*, *Lens culinaris* — Lentils

see 2-131

Phaca (which the Latins call *lens* or *lentils*) is frequently eaten. It is dulling to the sight, hard to digest, worthless for the stomach, puffs up the stomach and intestines with wind, but is therapeutic for the intestines if eaten with the husks. The best is easily digested and

Lens.
Linsen.

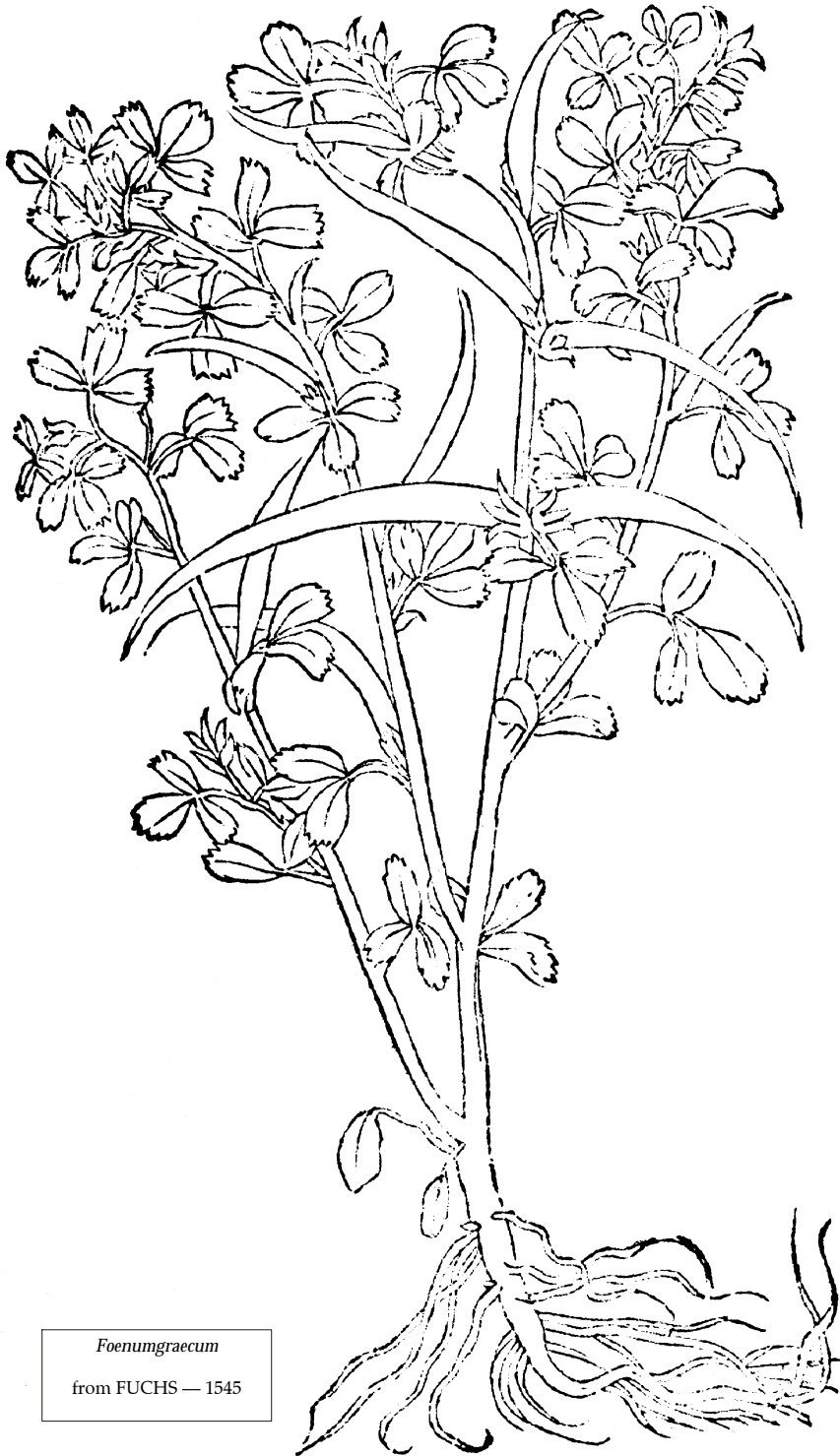
497



Lens
from FUCHS — 1545

Fœnumgræcum.
Bockshorn.

461



Fœnumgræcum
from FUCHS — 1545

leaves nothing black when steeping it. It is astringent; as a result it is therapeutic for the bowels, if the husks are taken away first, and it is well boiled. The first water in which it is boiled is thrown away as the first boiling is laxative to the bowels. It causes troublesome dreams and is bad for sinewy parts, the lungs and the head. It will do its proper work better against discharges of the bowels if it is mixed with vinegar, *intubus* [endive], purslane, black beet, myrtle berries, pomegranate rinds, dry roses, medlars, service fruit, Theban pears, dates, the fruit of *cotonea* [1-160], chicory, plantain, whole galls [oak galls] (which are thrown away after they are boiled), or *rhoe* [4-64] which is sprinkled on meats. The vinegar must be carefully boiled with it otherwise it troubles the bowels. Thirty grains of lentils (pilled and swallowed) help a churning stomach. Boiled and re-boiled with polenta and applied, it lessens gout. With honey it joins together the hollowness of sores, breaks the scabs of ulcers and cleans them. Boiled with vinegar it disperses hard lumps and scrofulous tumours [glandular swelling, goitres]. With *melilot* [3-48] or the fruit of *cotonea* (and *rosaceum* [1-53] mixed with it all) it heals inflammation of the eyes and the perineum. For a worse inflammation of the perineum and large hollow sores, it is boiled with pomegranate rinds or dry roses as well as honey. It is good with seawater for ulcers of the cheek that have become gangrenous. It is good taken as previously described for shingles [*herpes*], pustules, *erysipela* [streptococcal skin infection] and chilblains. Boiled in seawater and applied it helps swollen breasts and curdling milk in women's breasts.

2-130. PHASIOLOS

SUGGESTED: *Phasiolus*, *Isopyron*, *Isopyrum*, *Phaseolites*,
Phaseolus, *Phasel* [Pliny], *Phaseolus lunatus* [Linnaeus in
Mabberley] — Pulses

[other usage] *Phaseolus vulgaris*, *Phaseolus coccineus*
— French Beans, Kidney Beans, Scarlet Runner Beans,
Haricot Beans

see 4-121, 2-176

P*hasiolus* is flatulent, stirs up wind, and is hard to digest. Boiled green and eaten, it softens the bowels but is apt to make one vomit.

2-131. OROBOS

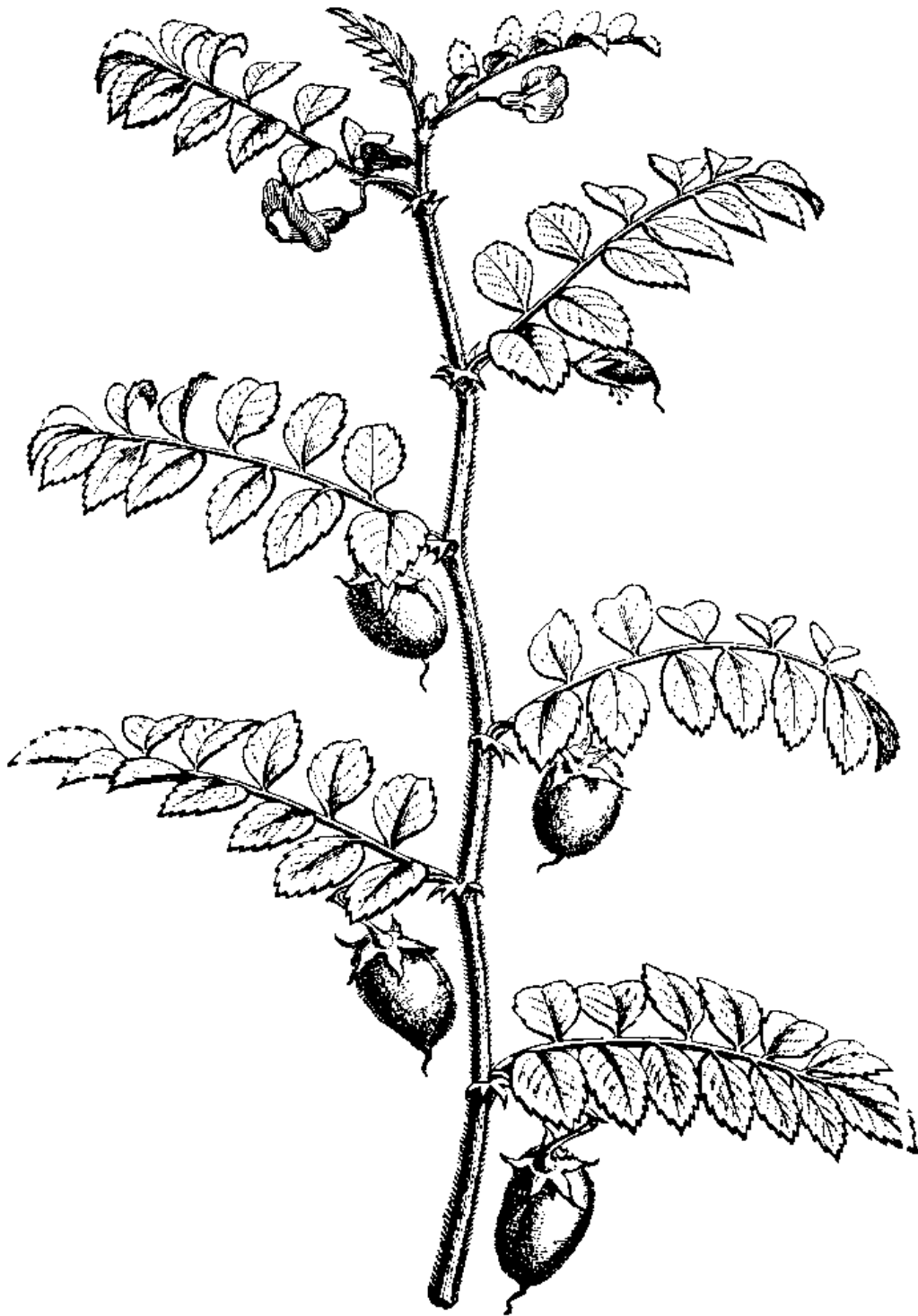
SUGGESTED: *Ervum sativum*, *Ervum album sativum* [Fuchs]
Lathyrus sativus [Bauhin, Linnaeus], *Ervum sylvestre*,
Lathyrus sylvestris [in Sprague] — Indian Pea, Riga Pea,
Dogtooth Pea [Mabberley] causes motoneurone disease

[other usage] *Orobus tuberosus* — Orobe, Bitter Vetch

O*robos* (which the Latins call *ervum*) is a little well-known shrub with narrow thin leaves, bearing little seeds in the husks from which a meal is made called *ervina* that is fit for bodily uses. If it is eaten it annoys the head, troubles the bowels, and brings out blood through the urine. It fattens beasts if it is boiled and given to them. *Ervina* flour is made as follows. Select the fullest and whitest seeds, sprinkle them with water and stir them together. When you have allowed them to absorb enough water, dry them until their husks are quite broken. Then grind them, sift them through a fine sieve and put the flour in storage. It is good for the bowels, diuretic, and causes a good colour. Taken excessively either in meat or drink it brings out blood through the intestines and bladder (with suffering). With honey it cleans ulcers, freckles, sunburn, spots, and the rest of the body. It stops ulcers of the cheeks, *scleroma* [hardened nasal or laryngeal tissue patches], and gangrene. It softens hard lumps in the breasts, and emarginates [removes the edge of] wild boils, carbuncles [infected



Linum usitatissimum
after FAGUET — 1888



Cicer arietinum
after FAGUET — 1888

boils] [malignant skin tumours] and *favus* [contagious skin disease]. Kneaded with wine and applied it cures the bites of dogs, bites of men, and of vipers; with vinegar it lessens painful frequent urination, griping, and ineffective straining at stool or urination. Toasted and taken with honey (in the amount of a nut) it is good for those whose meat does not nourish them. A decoction applied with hot cloths cures chilblains and itchiness on the body.

2-132. THERMOS EMEROS

SUGGESTED: *Lupinus albus* [Fuchs, Linnaeus], *Lupinus termis*
— Egyptian Lupin, Termus

T*hermus* which is sown is commonly known. The meal of it taken as a linctus [syrup] with honey (or as a drink with vinegar) expels worms; and the lupins themselves steeped and eaten bitter does the same, as well as a decoction of them taken as a drink with rue [3-52, 3-53, 4-98] and pepper. This also helps the splenetic. It is good as a warm pack for gangrene, wild ulcers, scabs that are new, *vitilignes* [type of leprosy], spots, rashes such as measles, and running ulcers on the head. The same given in a pessary with myrrh [1-77, 1-73, 4-116] and honey extracts the menstrual flow and is an abortifacient. The meal cleans the skin and its bruises, and with polenta and water it lessens inflammation. With vinegar it lessens the pains of sciatica and swellings. Boiled in vinegar and applied as a poultice it induces passing of scrofulous tumours [glandular swelling, goitres] out of their place, and breaks carbuncles [infected boils] [malignant skin tumours] all around. Lupines (boiled with rain water until they cream) clear the face, and boiled with the root of black chamaeleon [3-11] they cure scabs on sheep [veterinary] that are washed with a lukewarm decoction of it. The root boiled with water and taken as a drink expels urine. The lupines themselves sweetened, pounded into small pieces and taken as a drink with vinegar soothe a nauseous stomach and cure lack of appetite. The Latins call it *lupinus*, the Egyptians, *brechu*.

2-133. THERMOS AGRIOS

SUGGESTED: *Lupinus angustifolius* — Wild Lupin

There is a wild lupin that the Latins call *lupinus agrestis*, similar to that which is sown, yet it is in every way less effective for the same purposes than the sown lupin.

2-134. GONGULIS

SUGGESTED: *Rapum sativum*, *Rapum sativum album* [Fuchs], *Gongulis* [Latin], *Brassica rapa* — Rape, Common Turnip

Brassica napus — Naphew, Nape, Winter Rape, Swede

The boiled root of *gongule* is nourishing yet very windy. It breeds moist loose flesh and encourages sexual appetite [aphrodisiac]. A decoction makes a warm pack for gout and chilblains. Used alone, pounded into small pieces and applied, it is good for the same things too. If anyone makes the root hollow and melts a waxy ointment of oil of roses in there in hot ashes, this is effective for ulcerated chilblains. The tender tops are eaten boiled and they encourage urine [diuretic]. The seed is good in antidotes and treacles that stop pain. Taken as a drink it is good against deadly medicines [antidote] and encourages sexual activity [aphrodisiac]. *Rapum* pickled in brine and eaten is less nourishing, yet it restores the appetite. It is also called *gongilida*, or *golgosium*; the Romans call it *rapum*.

2-135. GONGOLE AGRIOE

SUGGESTED: *Rapum sylvestre*, *Napus-Bunias sylvestris* [Fuchs Plate #99], *Barbarea vulgaris* — Winter Cress, Yellow Rocket

Rapunculus esculentis [Bauhin], *Campanula rapunculus* [Linnaeus] — Rampion [Mabberley]

The wild *rapum* grows in fields, a shrub of two feet high, bearing many boughs, smooth on the top; [the root] is the thickness of a finger or more. It bears seed in husks similar to cups. When the coverings that contain

98

Napus Bunias sativus.
Trucken Steckrüben.



Napus Bunias sativus
from FUCHS — 1545

**Napus Bunias sylvestris,
Nasß Steckrüben.**



Napus Bunias sylvestris
from FUCHS — 1545

the seeds are opened there is another husk within (similar to a head) in which are little black seeds. When these are broken they are white within. They are put into sebaceous treatments for clearing the face and other parts of the body, such as those made from the meal of lupins [2-132], wheat, *lolium* [2-116, 4-140], or *ervum* [2-129, 2-131].

2-136. BOUNIAS

SUGGESTED: *Napus-Bunias sativas* [Fuchs Plate #98],
Brassica campestris var *rapa* [Linnaeus], *Barbarea praecox*
— Land Cress
[other usage] *Bunias cakile*, *Cakile maritima*
— Common Sea Rocket
Bunias erucago, *Bunias aspera*, *Bunias orientalis* — Bunias

B*unias* and its root (boiled) is wind-inducing and less nourishing. The seed (taken in a drink beforehand) makes poisons ineffective. It is mixed with antidotes and the root is preserved in salt.

2-137. RAPHANIS

SUGGESTED: *Raphanus sativus*, *Radix*, *Radicula* [Fuchs, Brunfels, Linnaeus] — Common Cultivated Radish

Radish also breeds wind and heats. It is welcome to the mouth but not good for the stomach; besides, it causes belching and is diuretic. It is good for the intestines if one takes it after meat, helping digestion more, but eaten beforehand it suspends the meat. Thus it is good for those who desire to vomit to eat it before meat. It also sharpens the senses. Boiled and taken it is good for those who have had a cough for a long time, and who breed thick phlegm in their chests. The skin (taken with vinegar and honey) is stronger to make one vomit, and good for dropsy. Applied as a poultice it is good for the splenetic. With honey it stops gangrenous ulceration of the cheeks, and takes away black and blue marks under the eyes. It helps those bitten by vipers, and thickens hair lost from *alopecia*. With meal of *lolium* [2-116, 4-140] it takes off freckles. Eaten or taken in a drink it helps those strangled from eating mushrooms, and drives down the

menstrual flow. Taken as a drink with vinegar the seed causes internal ulcers, is diuretic, and reduces the spleen. Boiled with warm vinegar and honey it serves as a gargle to help tonsillitis. Taken as a drink with wine it helps bites from a horned viper; and smeared on with vinegar it emarginates [removes the edge of] gangrene powerfully. It is also called *polyides eryngium*, the Latins call it *radix nostratis*, and the Africans call it *thorpath*.

2-138. RAPHANOS AGRIA

SUGGESTED: *Raphanis sylvestris*, *Armoracia* [Fuchs], *Raphanus rusticanus* [Bauhin], *Cochlearia armoracia* [Linnaeus], *Nasturtium armoracia*, *Roripa armoracia*, *Radicula armoracia*
Armoracia rusticana — Common Horseradish

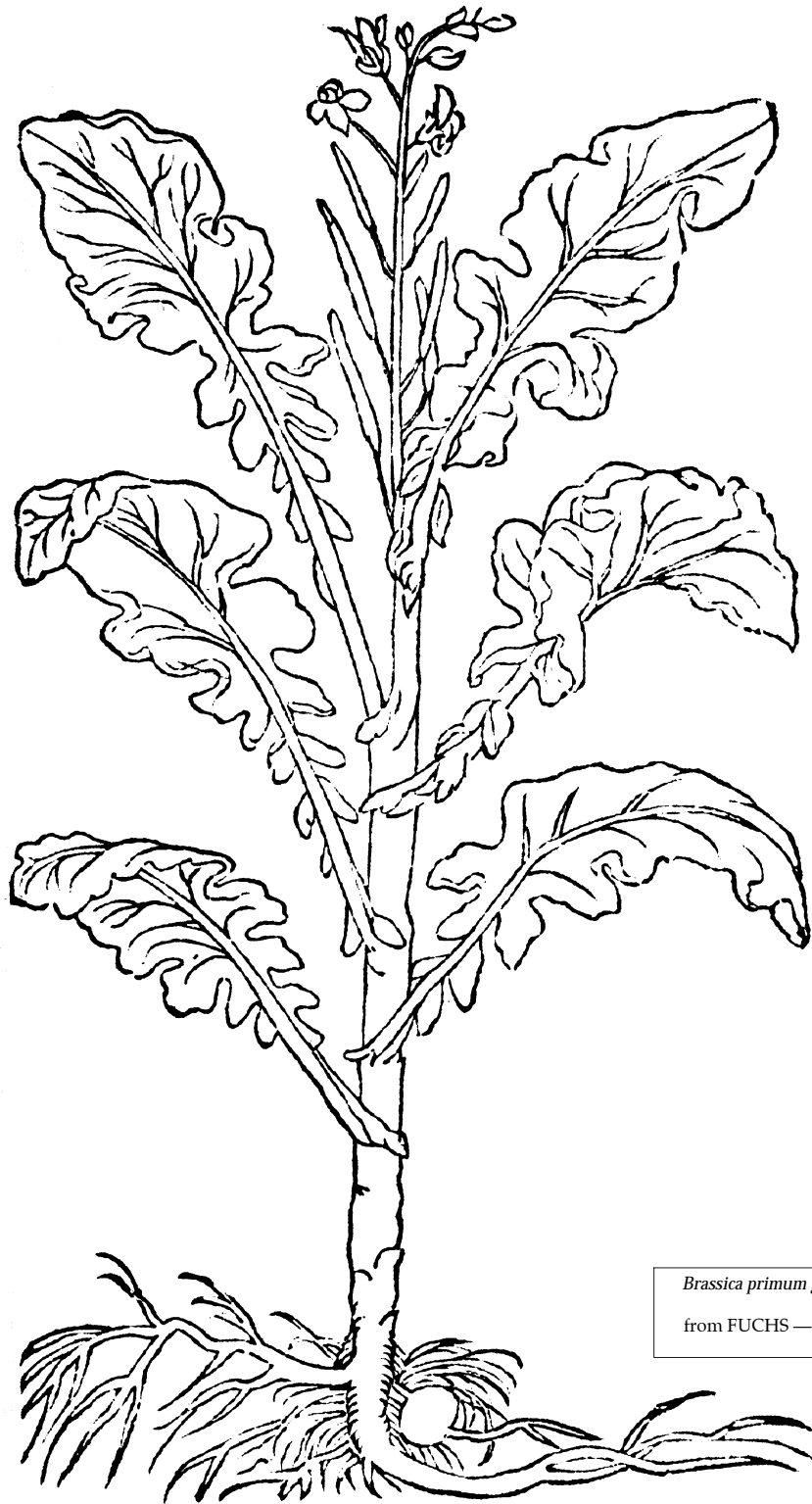
The wild radish (which the Romans call *armoracia*) has leaves similar to that which is sown, or rather more similar to those of *lampsana*. The root is slender, soft, and somewhat sharp; both the leaves and root are boiled instead of vegetables. It is warming, diuretic and burning.

2-139. SISARON

SUGGESTED: *Pastinaca sativa* [Linnaeus]
Sisarum sativum magnum, *Sisarum sativum minus* [Fuchs],
Pastinaca sativa latifolia, *Sisarum Germanorum* [Bauhin],
Siser, *Sisarum*, *Sium sisarum* [Linnaeus, Bedevian],
Pastinaca sylvestris latifolia, *Pastinaca sativa* [in Sprague]
— Skirret, Water Parsnip

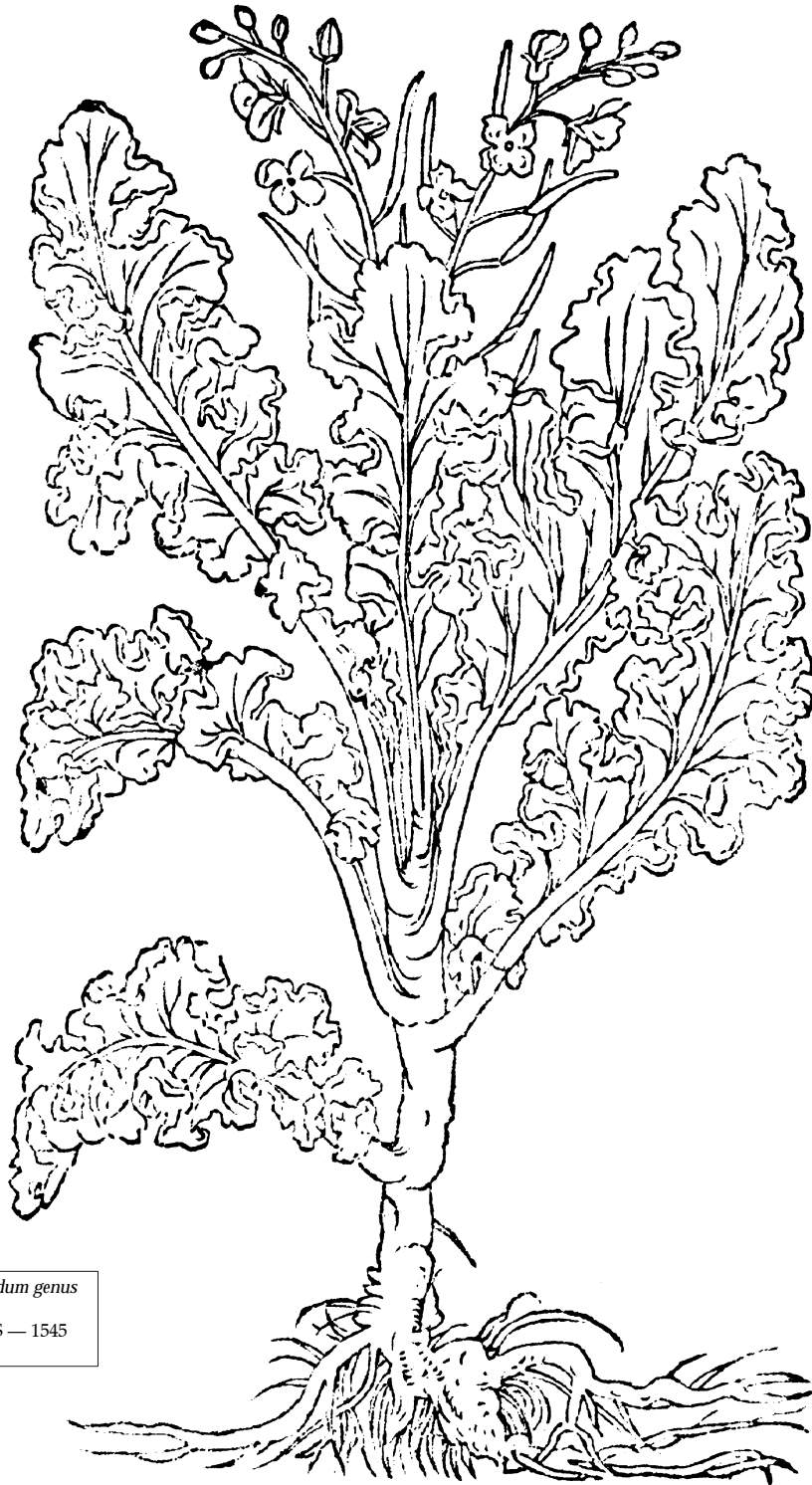
Siser is commonly known. The root (eaten boiled) is pleasing to the taste and effective for the stomach. It is diuretic and stirs up the appetite.

Brassicæ primum genus. 233
Breyter Kól.



Brassica primum genus
from FUCHS — 1545

234 *Brassica secundum genus.*
Brauser Bdl.



Brassica secundum genus
from FUCHS — 1545

2-140. LAPATHON

SUGGESTED: *Oxylapathum*, *Lapatium acutum* [Fuchs],
Rumex obtusifolius [Linnaeus], *Lapathum aquaticum*
 — Water Sorrel, Water Dock

Oxalis, *Acetosa* [Fuchs], *Acetosa pratensis* [Bauhin],
Rumex acetosa [Linnaeus] — Dock, Sorrel [Mabberley]

L*apathum* (one sort of it is called *oxylapathum*) grows in marshy places. It is hard and somewhat pointed towards the top, but that in the garden is not similar to the other. There is a third kind that is wild, small, similar to plantain, soft, low. There is also a fourth kind called *oxalis*, *anaxuris*, or *lapathum*, whose leaves are similar to the wild small *lapathum*; the stalk is not great; the seed is pointed, red, and sharp on the stalk and the branches. The herbs of all of these (boiled) soothe the intestines. Applied raw as a poultice with *rosaceum* [1-53] or saffron it dissolves the *melicerides* [encysted tumour with exudation like honey]. The seed of the wild *lapathum*, *oxylapathum* and *oxalis* is effective (taken in a drink of water or wine) for dysentery, abdominal afflictions, a scorpion strike, and a nauseous stomach. If anyone drinks it beforehand he shall have no hurt when struck (by a scorpion). The roots of these boiled with vinegar (or used raw and applied as a poultice) cures leprosy, *impetigo* [skin infection] and rough nails, but you must first thoroughly rub the place in the sun with nitre [potassium nitrate — saltpetre] or vinegar. A decoction of sorrel applied with hot cloths or mixed with a bath relieves itchiness. It lessens earache and toothache used as a rinse with liquid from sorrel boiled in wine. Boiled in wine and applied, they dissolve scrofulous tumours [glandular swelling], goitres, and swollen parotid glands. A decoction boiled in vinegar lessens the spleen. Some use the roots as an amulet (hanging them around the neck) for goitre. Pounded into small pieces and applied, they also stop women's flows. Boiled with wine and taken as a drink they help jaundice, break stones in the bladder, draw out the menstrual flow, and help those touched by scorpions.

2-141. HIPPOLAPATHON

SUGGESTED: *Rumicis secundum genus*,
Rhabarabum monarchorum [Fuchs], *Hippolapathum latifolium*
[Bauhin], *Rumex alpinus* [Linnaeus], *Rumex hydrolapathum*
— Water Dock, Horse Sorrel

H*ippolapathum* is a great *olus* [one that is well known] growing in marshes. It has the same properties as those mentioned above.

2-142. LAMPSANE

SUGGESTED: *Lampsana communis*, *Lapsana communis*
— Common Nipplewort

L*ampsana* is a wild *olus* [one that is well known], more nourishing and more agreeable to the stomach than *lapathum*, whose stalks and leaves are eaten boiled [vegetable]. The Latins call it *napium* [wood nymph], and the Egyptians, *euthmoe*.

2-143. BLITON

SUGGESTED: *Blitum* [Fuchs], *Bliti genus*,
Chenopodium polyspermum [Linnaeus], *Amaranthus blitum*,
Albersia blitum — Blite, Wild Amaranth

[other usage] *Blitum virgatum* — Strawberry Spinach

B*litum* is also eaten as a vegetable, having no use medicinally. The Egyptians call it *eclotoripam*, others, *riplam*, the Latins, *blitum*, and the Dacians, *bles*.

Sifarum fatium magnum. 437
Groß zam Nozen.



Sisarum sativum magnum

from FUCHS — 1545

262 *Rumicis tertium genus,*
Güter Heinrich.



Rumicis tertium genus,
Rumex obtusifolius
from FUCHS — 1545

2-144. MALACHE AGRIA, MALACHE KEPAIA

SUGGESTED: *Malva hortensis*, *Malva sylvestris pumila* [Fuchs],
Alcea rosea, *Malva rotundifolia*, *Malva sylvestris* [Linnaeus],
Althea rosea [in Sprague] — Common Mallow

[other usage] *Malache* [Bedevian] — Wild Ochra
Hibiscus esculentis, *Abelmoschus esculentis*
— Okra, Gombo, Gobbo

M*alache* that is sown is more fit to be eaten than the wild. It is bad for the stomach and good for the bowels, especially the stalks, which are effective for the intestines and bladder. The raw leaves (chewed with a little salt and rubbed on with honey) are able to cure an ulcer in the inner angle of the eye, but when it must be brought to a scar then it must be used with salt. Rubbed on it is effective for bee and wasp stings, and if a man is rubbed with it beforehand (raw, pounded finely with oil) he remains unstriking. Applied with urine it cures running sores on the head and dandruff. The boiled leaves pounded into small pieces and applied with oil help burns and *erysipela* [streptococcal skin infection]. A decoction of it is a softening bath for the womb, and is fit in suppositories for pangs of hunger in the intestines, for the womb, and for the perineum. The broth boiled together with the roots helps all poisonings, but those who drink it must continuously vomit it up. It is good for those bitten by harvest spiders, and it brings out milk. The seed of the wild lotus is mixed with it and taken as a drink with wine to lessen disorders of the bladder. The Latins call it *hortensis* [of the garden], Pythagoras calls it *anthea*, Zoroastrians, *diadesma*, the Egyptians, *chocorten*, the Magi, *caprae lien*, and others, *muris cauda*.

2-145. ATRAPHAXIS

SUGGESTED: *Atriplex hortensis* [Fuchs, Linnaeus],
Atriplex hortensis alba [Bauhin], *Chenopodium album* [Linnaeus]
— Goosefoot, Fat Hen

[other usage] *Atraphaxis spinosa* — Prickly Atraphaxis

A*traphaxis* [*atra* — black, *phaxis* — hair] is a well-known vegetable of two types — one wild, the other

sown in gardens. The latter is eaten boiled as a vegetable. Smear'd on either raw or boiled it dissolves inflammation in bones. The seed (taken in a drink with honey and water) cures jaundice. It is also called *chrysolachanon*, the Latins call it *atriplex*, and the Egyptians, *ochi*.

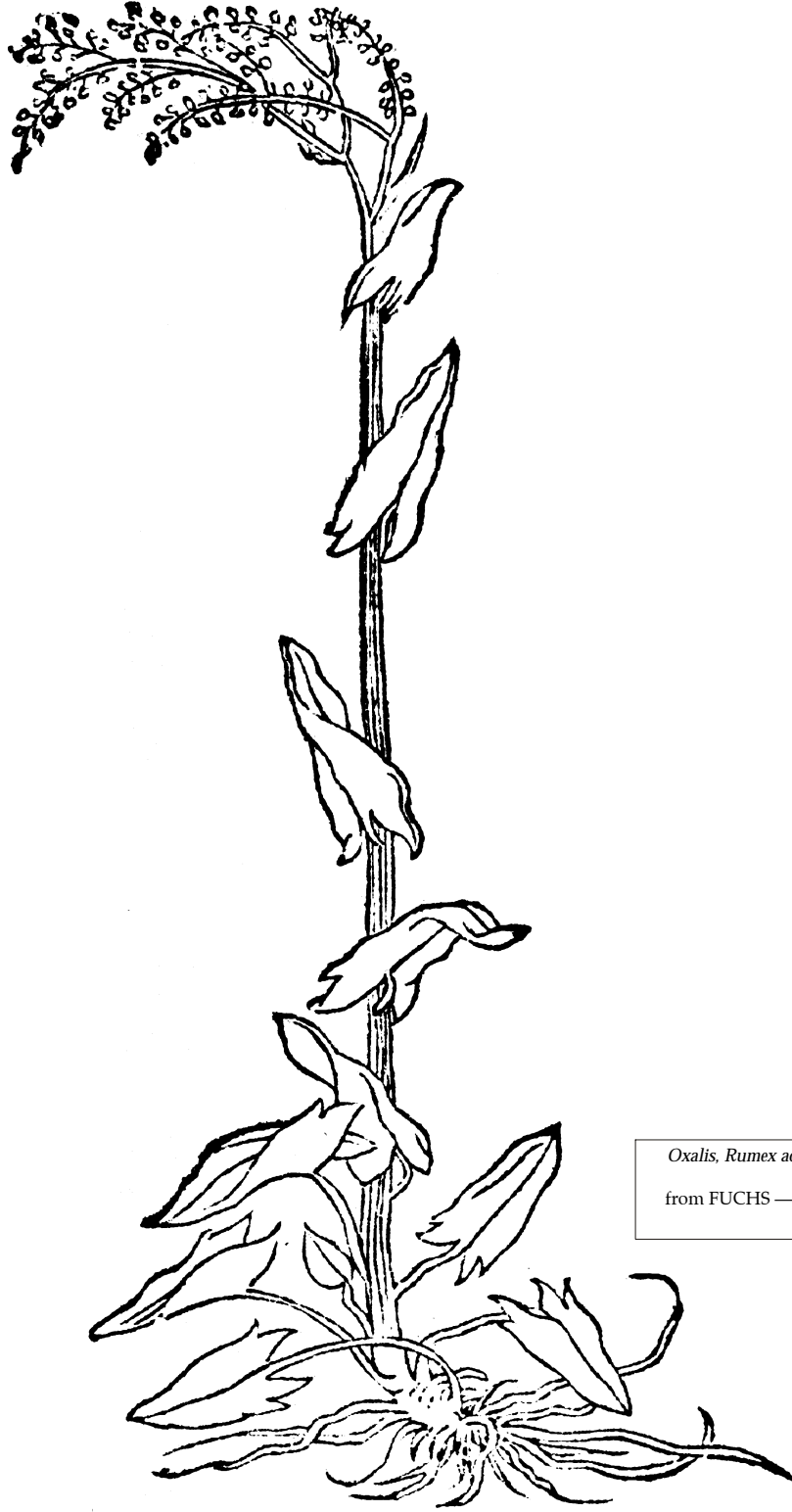
2-146. KRAMBE EMEROS

SUGGESTED: *Brassica tertium genus*, *Crambe* [Fuchs] — Kale
Gossularia simplicifolia, *Spinosa sylvestris* [Bauhin],
Brassica napus [Linnaeus] — Rape

C*rambe* that is sown or set is good for the bowels. It is eaten slightly boiled, for when thoroughly boiled it is therapeutic for the intestines, and more so that which is twice boiled or boiled in lye. Summer *crambe* is worthless for the stomach and sharper, and that which grows in Egypt is inedible in its bitterness. Eaten, it helps the dull-sighted and those troubled with trembling. Taken after meat it extinguishes the maladies that come from gluttony and wine [hangovers]. The young tendrils are better for the stomach yet sharper and more diuretic. Preserved in salt it is bad for the stomach and troubles the intestines. The juice (taken raw and swallowed with iris and saltpetre [potassium nitrate]) softens the intestines. Taken in a drink with wine it helps those bitten by a viper. With the meal of fenugreek and vinegar it helps those with gout in their feet and joints, and applied it is good for foul or old ulcers. Poured into the nostrils by itself it purges the head. Taken as a pessary with meal of *lolium* [2-116, 4-140] it expels the menstrual flow. The leaves pounded into small pieces and applied (either alone or with polenta) are good for any inflammation and oedema. They also heal *erysipela* [streptococcal skin infection], *epinyctides* [pustules which appear at night] and psoriasis. With salt they break carbuncles [infected boils] [malignant skin tumours] all around. They stop hair from falling out of the head. Boiled and mixed with honey they are good against erosive gangrenes. Eaten raw with vinegar they are good for the splenetic. Chewed and the juice swallowed down they restore the loss of the voice. A decoction (taken as a drink) induces movement of the bowels and the menstrual flow. The flower applied

Oxalis.
Sawz Ampffer.

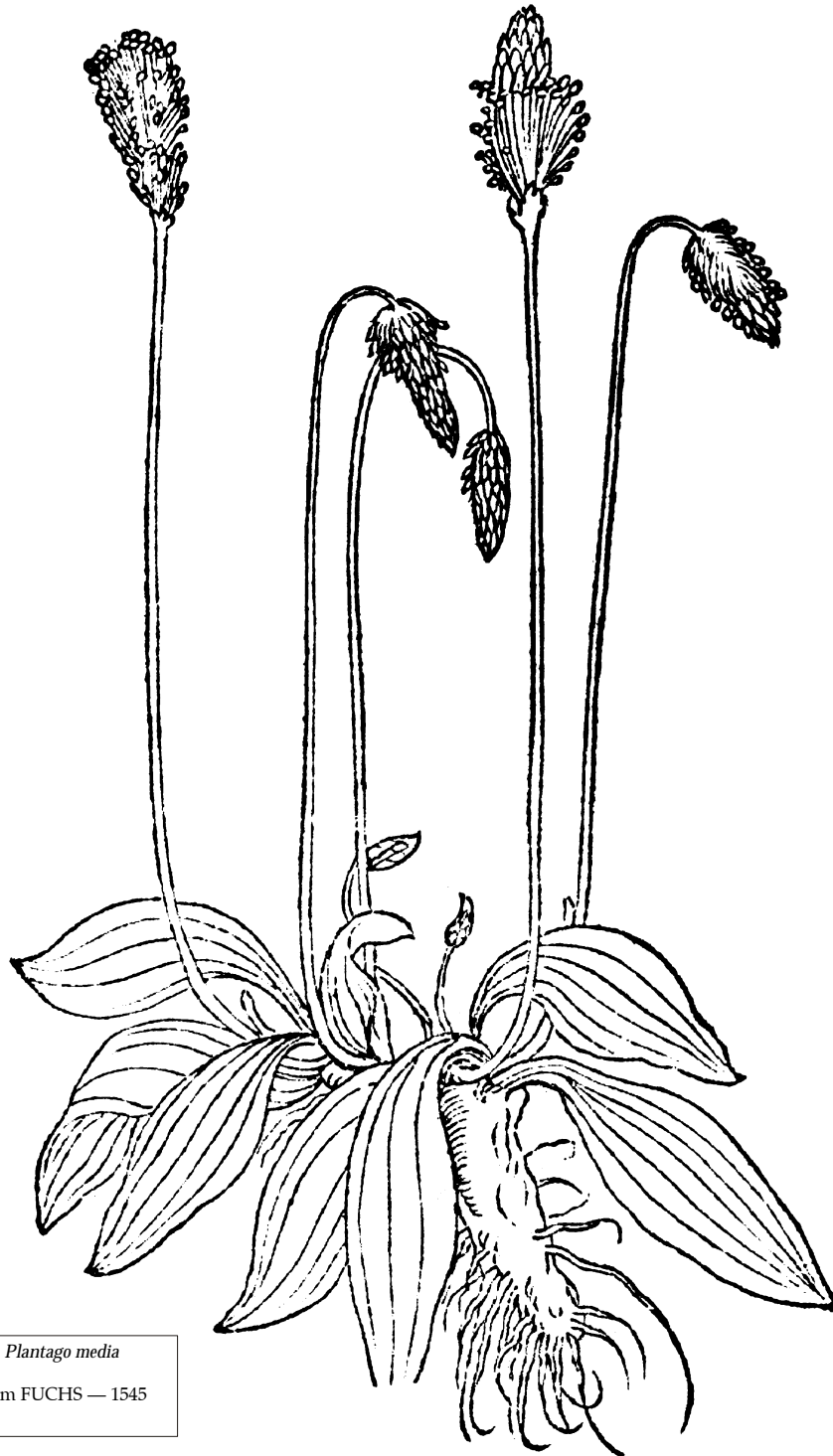
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Oxalis, Rumex acetosa
from FUCHS — 1545

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Plantago media,
Breyter Wegrich.



Plantago media
from FUCHS — 1545

in a pessary after childbirth hinders conception. The seed, especially of cabbage that grows in Egypt, (taken as a drink) expels worms. It is put into antidotes for the bites of poisonous snakes.

It clears the skin on the face and cleans away freckles. The green stalks burnt together with the roots are mixed with old swines' grease and applied to lessen long-lasting pains in the side. It is also called *crambe cepaea*, i.e. garden *brassica*, while the Latins call it *brassica*.

2-147. KRAMBE AGRIA

SUGGESTED: *Brassica oleracea* — Wild Kale [Mabberley]

Wild *crambe* (which the Latins call *brassica rustica*) grows most commonly in steep coastal places. It is similar to that which is sown but is whiter, rougher and bitter. The young tendrils boiled in lye are not unsavoury in the mouth. The leaves applied as a poultice are able to seal wounds, and dissolve oedema and inflammation.



2-148. KRAMBE THALASSIA

SUGGESTED: *Crambe maritima* — Sea Kale, Sea Cabbage

That which is called sea *crambe* is altogether different from the cultivated, with many thin leaves similar to the round *aristolochia*. Every one of them springs from reddish branches out of one stalk (similar to *cissus*). It has white juice but not in any great abundance. It is salty to the taste and somewhat bitter with a fatty substance. The whole herb is an enemy to the stomach, sharp, and eaten boiled excessively loosening to the bowels. Some (because of its sharpness) boil it together with fat from rams.

Brassica oleracea
after FAGUET — 1888

2-149. TEUTLON MELAN AGRION

SUGGESTED: *Beta candida* [Fuchs], *Beta alba*,
Cicla officinarum [Bauhin], *Beta vulgaris* — White Beet,
Swiss Chard

Beta nigra [Fuchs], *Beta rubra vulgaris* [Bauhin] — Beetroot

There are two types of great *teutlon*. The black are more astringent for the stomach boiled with lens [lentils] (especially the root), but the white are good for the intestines. They both have bad juice because of the saltpetre [potassium nitrate] in them. As a result, the juice put into the nostrils with honey purges the head and helps earache. A decoction of the roots and leaves applied with hot cloths cleanses dandruff and the *lendes* [loins (digestive or procreative) and buttocks], and soothes chilblains. You must rub *vitilignes* [form of leprosy] and erosive ulcers with the raw leaves and nitre [saltpetre], as well as the the scalp for loss of hair on the head but first shave it. Boiled, they heal rashes such as measles, as well as burns and *erysipela* [streptococcal skin infection]. The Latins call it *beta silvatica*.

2-150. ANDRACHNE

SUGGESTED: *Portulaca hortensis* [Fuchs], *Portulaca latifolia*,
Portulaca sativa [Bauhin], *Portulaca oleracea* [Linnaeus],
Peplo [Italian], *Portulaca oleracea* var *sativa*
— Garden Purslane

[other usage] *Andrachne telephoides* — False Orpine
Arbutus andrachne — Greek Strawberry Tree

Andrachne is astringent. Applied with polenta it helps headaches, inflammation of the eyes, other (inflammations), burning of the stomach, *erysipela* [streptococcal skin infection], and disorders of the bladder. Eaten, it lessens numbness of the teeth, burning of the stomach and intestines and their excessive discharges, helps eroded kidneys and the bladder, and dissolves the hot desire to sexual union [anaphrodisiac]. Taken as a drink the juice has similar effects, and is good in burning fevers. Boiled very well (it is good) for worms [roundworms in the intestines], the spitting of blood,

Plantago minor.
Spiziger Wegrich.

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Plantago minor
from FUCHS — 1545



Portulaca oleracea
after FAGUET — 1888

dysentery, haemorrhoids, as well as eruptions of blood, and bites of the seps [poisonous lizard]. It is effective mixed with eye medicines, and is a suppository for bowels troubled with excessive discharges, or for a damaged vulva. It provides irrigation [supply of moisture] with *rosaceum* [1-53] or oil for headaches that come from heat. With wine it is a cleansing ointment for pustules of the head, and is applied with polenta to wounds growing into gangrene.

2-151. ANDRACHNE AGRIA

SUGGESTED: *Portulaca sylvestris* [Fuchs, Bauhin],
Portulaca angustifolia [Bauhin],
Portulaca oleracea var *sylvestris* [Linnaeus]
 — Yellow Portulaca

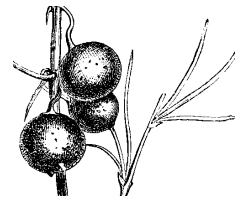
A*ndrachne sylvestris* has broader and thicker little leaves than the *andrachne* above. It grows in rocky places (sometimes also in gardens). It has leaves similar to those of the olive tree but much smaller yet more abundant and tender. There are many red stalks emerging from one root, leaning earthward. Chewed they are found to have good juice — sticky, and somewhat salty. It is warming, sharp, and ulcerating, and applied with goose grease it dissolves scrofulous tumours [glandular swelling, goitres].

It is also called *aizoon agrion* i.e. *sempervivum sylvestre*, or *telephium*, the Latins (call it) *illecebra*, some, *portulaca*, the Africans, *maemoem*, the Dacians, *lax*, and the Egyptians, *mochmutim*.

2-152. ASPHARAGOS

SUGGESTED: *Asparagus altilis* [Brunfels],
Asparagus sativa [Bauhin], *Asparagus acutifolius*,
Asparagus corruda, *Asparagus officinalis* var *altilis* [Linnaeus]
 — Asparagus, Sparrow Grass

A*sparagus* is also called *myon*. It grows in rocky places, a well-known herb, the small stalks of which, boiled and eaten, soothe the intestines and encourage urine [diuretic]. A decoction of the roots (taken as a drink) helps frequent and painful urination, jaundice, kidney



Asparagus
 after FAGUET — 1888

ailments and hip problems, as well as those bitten by harvest spiders. Boiled in wine it helps those troubled with toothache (a decoction being kept on the pained tooth). The seed (taken in a drink) is good to obtain the same results. They say that if dogs drink a decoction they will die. Some have related that if one pounds ram's horns in pieces and buries them, asparagus comes up, which is incredible to me.

Asparagus is a plant with many branches and many long leaves similar to *marathrum* [3-81], with a great round root that has a knob. The stalks pounded into small pieces with white wine lessen disorders of the kidneys. Taken either boiled or roasted it soothes slow painful urination and dysentery. The root boiled either in wine or vinegar lessens dislocations. Boiled with figs and chickpeas and eaten it cures jaundice, and lessens hip pains and painful urination. Displayed [like an amulet] (and a decoction taken as a drink) it makes one barren and not fit for generation [birth control].



Plantago lanceolata
after FAGUET — 1888

2-153. ARNOGLOSSON, ARNOGLOSSON MIKRON

SUGGESTED: *Plantago major* [Fuchs, Brunfels, Linnaeus],
Arnoglossa, *Septinervia*, *Plantago latifolia sinuata* [Bauhin]
— Waybread, Greater Plantain

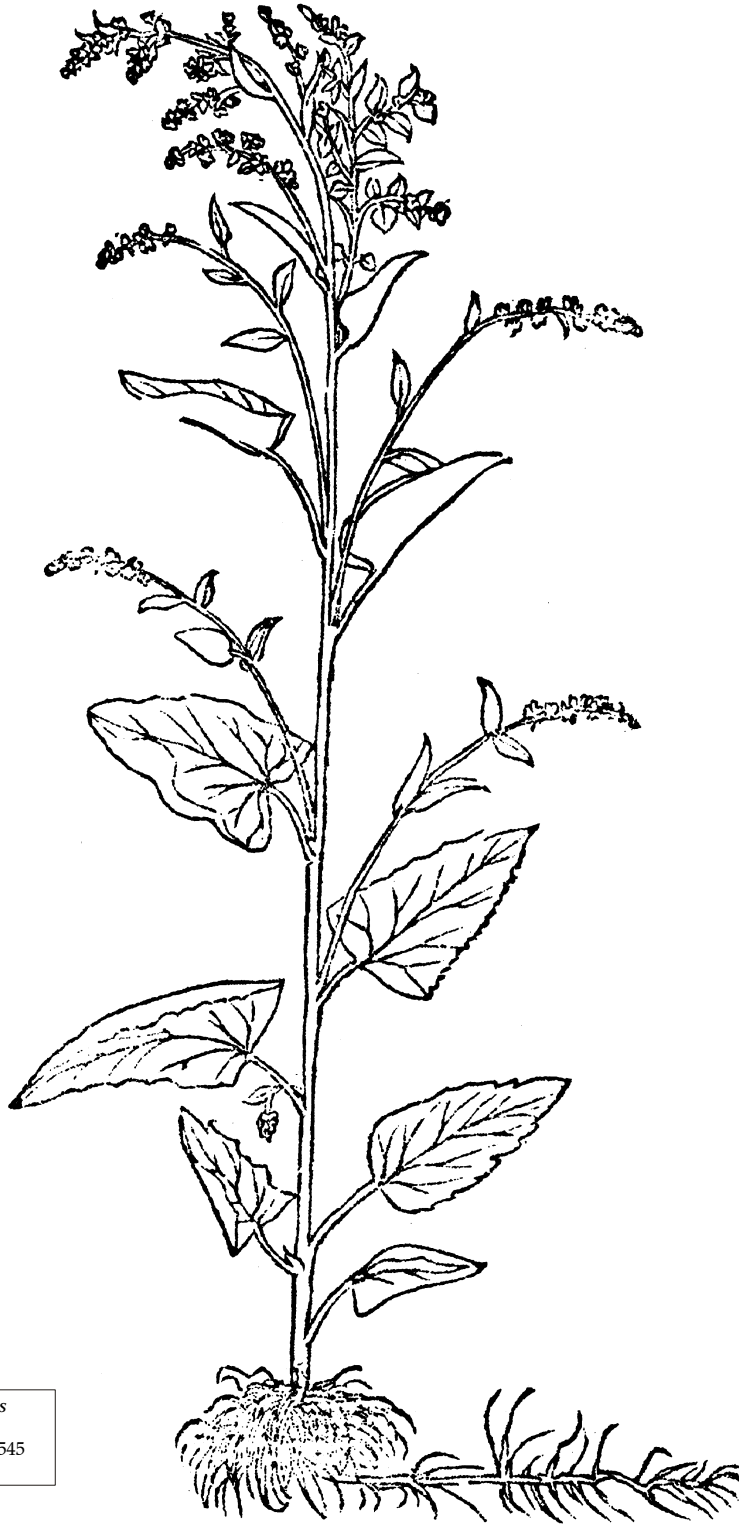
Plantago minor [Fuchs], *Plantago media* [Brunfels, Linnaeus]
Plantago angustifolia major [Bauhin] — Hoary Plantain

Two kinds of *arnoglossa* are found — one lesser, the other larger. The smaller sort has narrower leaves, smaller, softer, smoother and thinner; with an angular stalk, bending down (as it were) on the ground. The flowers are pale, with the seed on the top of the stalks. The bigger kind is more flourishing, broad-leaved, a sort of an *olus* [one that is well known]. The stalk is angular, somewhat red, a foot in height, closed around from the middle to the top with thin seed. The roots underneath are tender, rough, white, a finger thick. It grows in marshes, hedges and moist places. The larger is better for use. The leaves are drying and astringent. Therefore rubbed on they work against all malignancies, and leprous, running, filthy ulcers. They also stop excessive



Vicia faba
after THIEBAULT — 1888

Atriplex hortensis,
Heymisch Molten.



Atriplex hortensis
from FUCHS — 1545

discharges of blood, gangrenous ulceration, carbuncles [malignant tumours], shingles [*herpes*] and *epinyctis* [pustules which appear only at night]. They form a skin over old irregular ulcers, and heal *chironian* [cheiralgia — pain in the hand or cuts from a surgeon] and hollow creeks caused by it. They are good applied with salt for dog bites, burns, inflammation, and *parotitis* [inflamed glands, mumps], as well as the inflammation of bones, scrofulous tumours [glandular swelling, goitres], and ulcers of the eyes. The herb (boiled and taken with water and salt) helps dysentery and abdominal distress. It is also given boiled with lentils instead of beets. The herb is also given (boiled) for the dropsy called *leucoplegmata* [a tendency to dropsy] caused by eating dry meats, however it must be taken while eating the meats. It is also good given to the epileptic and the asthmatic. The juice of the leaves cleans ulcers in the mouth, washed every now and then with it. With cimolia [like fuller's earth] or cerussa [white lead ore] it heals skin inflammation, and helps fistulas [ulcers] poured into them. The juice being dropped in the ears or mixed in eye salves helps earache and sores on the eyes, and it is good (taken as a drink) for bleeding gums and for those who vomit blood. It is good for dysentery given as an enema or suppository. It is taken as a drink against consumption. It is used as a pessary in wool for constriction of the womb and for a womb troubled with excessive discharges. The seeds (taken as a drink in wine) stop discharges of the bowels and the spitting of blood. The root is boiled and the mouth is washed with this decoction (or the root is chewed) to lessen toothache. The root and the leaves are given in *passum* [raisin wine] for ulcers in the bladder and kidneys, but some say that three roots (taken as a drink with three cupfuls of wine and as much water) help a fever with recurrent paroxysms, and that four roots (help) a quartain [with paroxysms every fourth day] fever.

Some also use the root as an amulet for scrofulous tumours [glandular swelling goitres] to dissolve them. (The Syrians say that a broth of this and calamint with honey will cure the paralysed, given on the second and fourth day until the parascive, (that is the Friday), but take this as a secret for it is most true and according to experience).

It is also called *arnion* (as we should say of a lamb), *probation* (as we should say of a sheep), *cynoglosson*, (that is dog's tongue), *heptapleuron*, *polynervon* (that is having many tendons). The Magi call it *erechneumonis*, the Egyptians, *aschat*, the Latins, *plantago minor*, the Gauls *tarbidolopion*, the Spaniards, *thesarican*, and the Africans, *atiercon*.

2-154. SION TO EN ODASIN

SUGGESTED: *Sium*, *Anagallis-aquatica* [Fuchs],
Anagallis aquatica minor [Bauhin], *Veronica beccabunga*
[Linnaeus] — Brooklime [Mabberley]

[other usage] *Sium latifolium* — Water Parsley, Water Parsnip
Sium falcaria, *Sium siculum* — Water Parsnip species

S*ium aquaticum* is a little shrub which is found in the water — upright, fat, with broad leaves similar to *hipposelinum* [3-78], yet somewhat smaller and aromatic — which is eaten (either boiled or raw) to break stones [kidney, bladder] and discharge them. Eaten they also induce the movement of urine, are abortifacient, expel the menstrual flow, and are good for dysentery. (Crateuas speaks of it thus: it is a herb like a shrub, little, with round leaves, bigger than black mint, similar to *eruca* [2-170]). It is also called *anagallis aquatica*, *schoenos aromatica*, as well as a sort of *juncus odoratus*, *darenion*, or *laver*.

2-155. SISUMBRION

SUGGESTED: *Sisymbrium* [Fuchs], *Mentha aquatica* [Fuchs,
Linnaeus] — Water Mint [Mabberley]

[other usage] *Sisymbrium officinale*, *Erysimum officinale*
— Hedge Mustard
Sisymbrium alliaria, *Alliaria officinalis* — Sauce-alone,
Garlic Wort

S*isymbrium* grows in untilled ground. It is similar to garden mint, yet broader-leaved and with a sweeter scent, and is used in wreaths for the head. It is warming. The seed (taken in a drink with wine) is good for slow painful urination and urinary stones, and relieves

Sij alterum genus, seu Anagallis 421
lis aquatica.
Wasser Pungen.



Anagallis aquatica
from FUCHS — 1545

Sisymbrium.
fischmünz.



Sisymbrium
from FUCHS — 1545

gripping and the hiccups. The leaves are laid on the temples and the forehead for headaches. They are also good for the stings of wasps and bees. Taken as a drink it stops vomiting. It is also called *serpillum sylvestre*, or *veneris corona*; the Latins call it *austeralis*, and others, *herba venerea*.

2-156. SISUMBRION ETERON

SUGGESTED: *Sisymbrium cardamine*, *Nasturtium aquaticum* [Fuchs], *Nasturtium aquaticum supinum* [Bauhin], *Sisymbrium nasturtium*, *Sisymbrium aquaticum*, *Nasturtium officinale* [Brunfels], *Radicula nasturtium-aquaticum*, *Roripa nasturtium-aquaticum*
— Water Cress, Water Grass

see 2-170

The other *sisymbrium* is a watery herb growing in the same places as *sion* [2-154]. It is also called *cardamine* because it resembles *nasturtium* [2-185] in the taste. It has round leaves at first but when grown they are divided like those of *eruca* [2-170]. It is warming and diuretic and is eaten raw. It takes away freckles and sunburn, applied at night and wiped away in the morning. Some call it *cardamine* [meadow cress], and some, *sion*.

2-157. KRITHMON

SUGGESTED: *Crithmum maritimum*, *Cachrys maritimum*
— Samphire, Sea Fennel, Peter's Cress

Crithmon (also called *critamon*) is a shrubby little herb about a foot in height, with thick leaves, which grows in rocky maritime places. It is full of fat whitish leaves similar to those of purslane — yet thicker and longer and salty to the taste. It bears white flowers and a soft fruit similar to *libanotis* — sweet smelling, round. When dry it splits and has a seed within similar to wheat. The roots are the thickness of a finger, fragrant, and with a pleasant taste. The seed, root and leaves (boiled in wine and taken as a drink) are effective to help frequent painful urination and jaundice, and they induce the menstrual flow. It is used as a vegetable (eaten either boiled or raw), and is also preserved in brine.

2-158. KORONOPOUS

SUGGESTED: *Coronopus*, *Cornu cervium* [Fuchs],
Coronopus hortensis [Bauhin], *Plantago coronopis* var β
[Linnaeus], *Coronopus*, *Cornus cervicum*, *Herba stella*
— Buckshorn Plantain, Star of the Earth

C*oronopus* is a little herb that is somewhat long, with indented leaves, spread on the ground. It is eaten (boiled) as a vegetable. It has a thin astringent root that is eaten for coeliac [intestinal complaints]. It grows in untilled places, on hillocks and by highways. It is also called *ammonos*, or *astrion*, the Africans call it *atirsipte*, the Latins *caciatrix*, some, *stilago*, or *sanguinaria*.

2-159. SONCHOS AKANTHODESTEROS, SONCHOS TRACHOS, SONCHOS TRUPHEROS

SUGGESTED: *Sonchus aspera* [Fuchs], *Sonchus asper laciniatus*,
Sonchus asper non laciniatus [Bauhin],
Sonchus oleraceus var *asper* [Linnaeus] — Common Sowthistle

Sonchus non-aspera [Fuchs], *Sonchus laevis laciniatus latifolius*
[Bauhin], *Sonchus oleraceus* var *laevis* [Linnaeus]
— Sowthistle, Milkthistle [Mabberley]

There are two kinds of *sonchus* — one more wild and prickly, the other more tender and edible. The stalk is angular and somewhat red within with ragged leaves at a distance all around. They are cooling and moderately astringent; as a result they are applied for a burning stomach and inflammation. The juice is sipped to lessen pangs of hunger in the stomach. It draws down milk and is applied on wool to help inflammation of the perineum and womb. The herb and root are applied to help those touched by a scorpion. There is also another kind of *sonchus* that is also tender, grows like a tree, and is broad leaved, but the leaves divide the stalk. This is effective for the same purposes. It is also called *asperum*, or *cichorium*, the Romans call it *cicerbita*, and the Africans, *gathuonem*.

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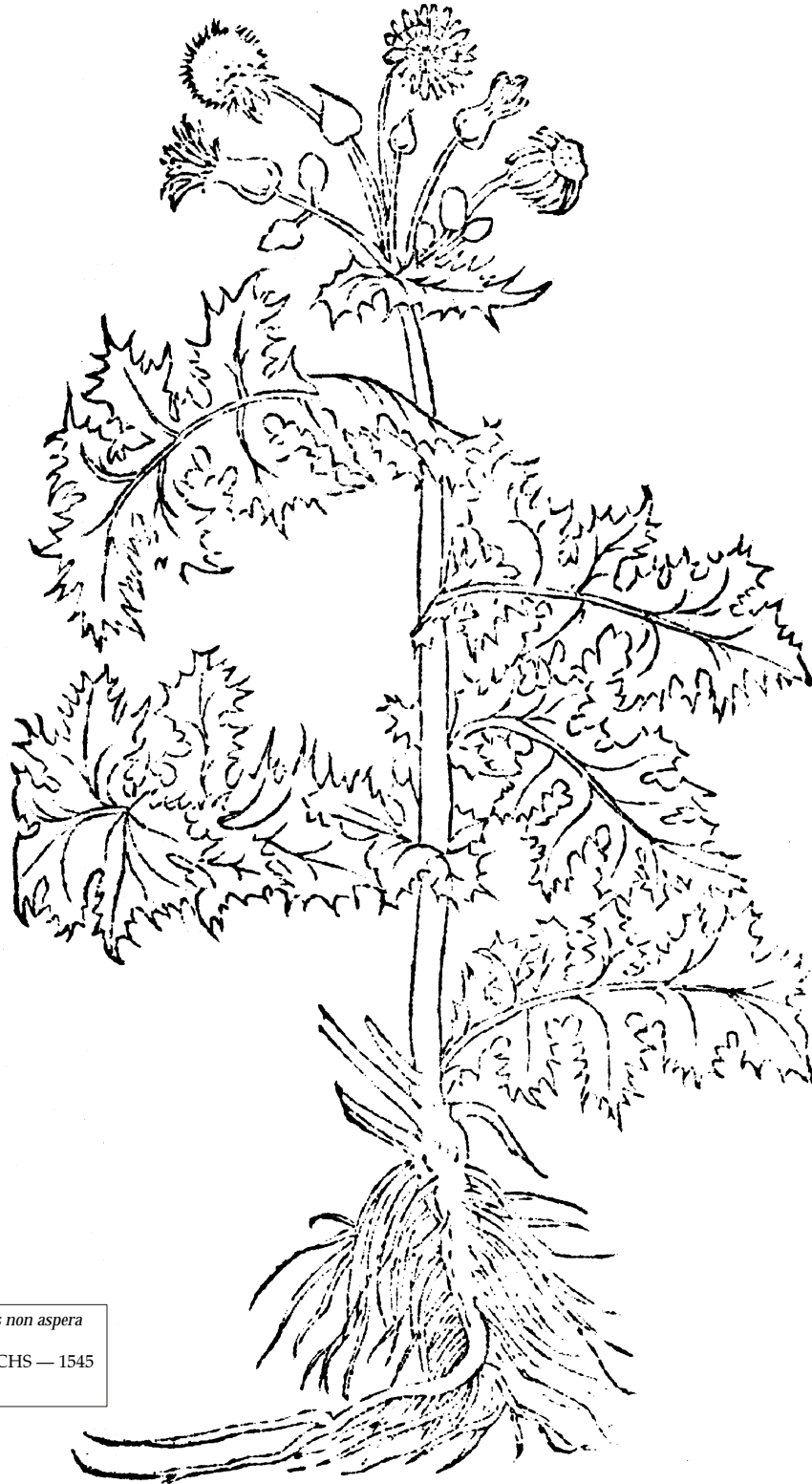
Sonchus aspera.
Genß Distel.



Sonchus aspera
from FUCHS — 1545

Sonchus non aspera.
Basenßl.

397



Sonchus non aspera
from FUCHS — 1545

2-160. SERIS

SUGGESTED: *Intybum sativum latifolium* [Fuchs, Bauhin],
Endiva vulgaris [Bauhin], *Cichorium endivia* [Linnaeus]
Intybum sativum angustifolium, *Scariol* [Fuchs] — Endive

Intybum sylvestre, *Intubus erraticus*, *Cichorea* [Fuchs],
Cichorium sylvestre, *Cichorium officinarum* [Bauhin]
Cichorium intybus [Linnaeus] — Wild Chicory, Succory

Seris has two types — wild and cultivated, of which the wild is called *pickris* or *cichorum*, but the other kind, that of the garden, is broader-leaved and more pleasant in the mouth. Of the two kinds, one is more similar to lettuce and is broad leaved; the other is narrow-leaved and bitter. Both are astringent, cooling and good for the stomach. Boiled and taken with vinegar they stop discharges of the bowels, and the wild (especially) are best for the stomach, for when eaten they comfort a disturbed and burning stomach. Applied with polenta (or by themselves) they are good for heart conditions. They help gout and inflammation of the eyes. The herb and root are rubbed on to help those who are touched by a scorpion, and with polenta they heal *erysipela* [streptococcal skin infection]. The juice from them with *cerussa* [white lead ore] and vinegar is good rubbed on those who need cooling. It is also called *picris*, the Egyptians call it *agon*, and the Romans, *intybus agrestis*.



Cichorium intybus
 after FAGUET — 1880

2-161. KONDRILLE, KONDRILLE ETERA

SUGGESTED: *Hedypnois*, *Dens leonis*, *Taraxacon* [Fuchs],
Hedypnois maior [Brunfels], *Leontodon taraxacum* [Linnaeus],
Taraxacum officinale — Dandelion

[other usage] *Chondrilla juncea*, *Chondrilla graminea*
 — Chondrilla, Chondrille, Gum Succory, Wild Succory

Condrilla (also called *cichorium* or *seris*), has leaves, a stalk and flowers similar to chicory, as a result some have said that it is a kind of wild *seris*, but it is altogether much smaller. Around the stems a gum is found (about the size of a bean) that is similar to mastic [1-51]. Pounded into small pieces with myrrh [1-77, 1-73, 4-116] and an amount the size of an olive applied in a linen cloth, it

dries out the menstrual flow. The herb pounded together with the root and mixed with honey is formed into lozenges, which are diluted and mixed with saltpetre [potassium nitrate] to take away sunburn. The gum preserves the hair. The root (taken whilst it is new) is good for the same purposes — a needle being dipped [into the juice of] it and applied to the hair. Taken as a drink with wine it is also good against vipers; and the juice boiled with wine and taken as a drink (or else taken alone) stops discharges of the bowels. There is also another kind of *condrilla* with a gnawed-around leaf, somewhat long, scattered on the ground, the stalk full of juice; and a slender root — lively, smooth, round, a pale yellow, full of juice. The stalk and the leaves are digestive, and the juice is good for retaining the hair on the eyelids. It grows in fertile and cultivated fields.

2-162. KOLOKUNTHA

SUGGESTED: *Citrullus colocynthis*, *Cucumis colocynthis*
— Colocynth, Bitter Apple, Bitter Gourd

see 4-178

The edible *colocynth* (bruised and applied raw) lessens oedema and the suppuration of ulcers. Scrapings of it are effective applied to the upper part of the heads of children troubled with heat of the head called siriasis [sunstroke]; and it is similarly used for inflammations of the eyes and gout. Juice from bruised scrapings is dropped in the ears either by itself or with *rosaceum* [1-53] to help earache. Rubbed on, it is good for the appearance of burns from heat. The herb boiled whole and the juice of it strained out and taken as a drink with a little honey and nitre [saltpetre] gently loosens the bowels. If you hollow it (raw), put wine in there, set it out in the open air, then afterwards dilute it and drink it fasting, it gently soothes the bowels.

Intybum fatium angustifoliũ. 389
Scariol.



Intybum sativum angustifolia

from FUCHS — 1545

388 *Intybum sativum latifolium.*
Die recht Endiuien.



Intybum sativum latifolium
from FUCHS — 1545

2-163. SIKUOS EMEROS

SUGGESTED: *Cucumis sativus vulgaris* [Fuchs, Bauhin],
Cucurbita maior, *Cucurbita oblonga* [Fuchs],
Cucurbita lagenaria [Linnaeus], *Lagenaria vulgaris*,
Sicyos [Latin], *Cucumis sativa* — Cucumber

The cultivated *cucumber* is good for the intestines and the stomach, cooling (if it is not spoiled), effective for the bladder. It is smelled to revive those in a swoon, and the seed is mildly diuretic. With milk or *passum* [raisin wine] it is good for ulcers of the bladder. The leaves are applied with wine to heal the bites of dogs; with honey they heal pustules that appear at night.

2-164. PEPON

SUGGESTED: *Pepo*, *Cucumis pepo* [Fuchs],
Melo vulgaris [Bauhin], *Cucumis melo* [Linnaeus], *Cantalupo*,
Popone [Italian], *Cucumis dudaim* var *aegypticus*
— Sweet Melon, Dudaim Melon

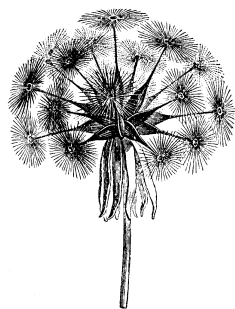
[other usage] *Cucurbita pepo* — Pumpkin
Melopopone [Italian], *Cucurbita pepo* var *melopepo* — Squash

The pulp of *pepon* is diuretic if eaten, but applied it alleviates inflammation of the eyes. The scrapings are laid on top of the heads of children troubled with siriasis [sunstroke]; and it is laid as an *anacollema* [against that which is glued together] to the forehead for rheumatic eyes. The juice together with the seed, mixed with meal and dried in the sun, is a scourer to purge away filth and make the skin on the face clear. A teaspoon of the dry root (taken as a drink with honey water) causes vomiting. If anyone wants to vomit gently after supper two times ten grains will be sufficient for this. It also heals *favus* [contagious skin disease] rubbed on with honey.

2-165. THRIDAX EMEROS

SUGGESTED: *Lactuca sativa crispa et rotunda* [Fuchs],
Lactuca crispa [Bauhin], *Lactuca sativa* [Linnaeus],
Lactuca scariola var *sativa* — Common Lettuce

Lactuca (the garden lettuce) is good for the stomach, a little cooling, causes sleep, softens the bowels and draws down milk. Boiled, it is more nourishing. Eaten unwashed it is good for the stomach. The seeds (taken in a drink) help those who dream continuously, and turn away sexual intercourse [anaphrodisiac]. Eaten too often they cause of dullness of sight. They are also preserved in brine. When they shoot up into a stalk they have properties similar to the juice and milk of the wild lettuce. The Romans call it *lactuca*, and the Egyptians, *embrosi*.



Lactuca virosa [seed head]
 after FAGUET — 1880

2-166. THRIDAX AGRIA

SUGGESTED: *Lactuca sylvestris* [Fuchs],
Lactuca scariola [Linnaeus], *Thridax* [Latin], *Lactuca virosa*
 — Wild Lettuce

Wild lettuce is similar to the cultivated only larger-stalked, paler in the leaves, thinner and sharper, and bitter to the taste. It is somewhat similar to poppy in properties, as a result some mix the milky juice of it with *meconium* [4-65]. Twenty grains of the juice (taken in a drink with *posca* [hot drinks]) purges away watery matter through the bowels. It also wears off *albugo* [eye disease], and mistiness and dimness of the eyes, and it is good against their burning heat rubbed on with woman's milk. In general it is sleep-inducing and eases pain. It draws out the menstrual flow, and is given as a drink for those touched by a scorpion or harvest spider. The seed of this (as well as the cultivated, taken in a drink) turns away lustful dreams and venereal diseases. The juice is also good for the same purposes yet weaker. The milky juice of it is first exposed to the sun (like other extracted juices) and stored in new ceramic jars. The Magi call it *sanguis Titani*, Zoroastrians, *pherumbras*, and the Romans, *lactuca sylvestris*.

390 *Intybum sylvestre caeruleum*,
sive Cichorium,
Blaw Wegwart.



Intybum sylvestre caeruleum
from FUCHS — 1545

Hedynois maior,
Groß Kōlfrant.

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Hedynois maior

from FUCHS — 1545

2-167. GINGIDION

SUGGESTED: *Gingidium*, *Chaerifolium* [Fuchs]
Chaerophyllum sativum [Bauhin], *Scandix cerefolium* [Linnaeus],
Anthriscus cerefolium — Chervil [Mabberley]

G*ingidium* grows plentifully in Cilicia and Syria — a little herb similar to wild *pastinaca* yet thinner, and with a thicker little root, white and bitter. It is used as a vegetable, eaten both raw and boiled. Pickled, it is good for the stomach and diuretic. A decoction (taken as a drink with wine) is good for the bladder. The Romans call it *bisacutum*, the Egyptians, *doryastrum*, the Syrians, *adorion*, the Africans, *tiricta*, and it is also called *lepidium*.

2-168. SKANDUX

SUGGESTED: *Anthriscus sylvestris*, *Scandix* [Pliny]
 — Wild Chervil, Cow Parsley, Cow Weed

S*candix* is a wild vegetable — somewhat sharp and bitter, edible whether eaten raw or boiled, good for the intestines and the stomach. A decoction (taken as a drink) is good for the bladder, kidneys, and liver. The Romans call it *herba scanaria*, and some, *acicula*.

2-169. KAUKALIS

SUGGESTED: *Caucalis grandiflora*, *Caucalis pumila*,
Caucalis platycarpus — Caulis, Hedge Parsley, Bur Parsley

C*aucalis* (also called wild *daucus*) has a little stalk a foot in length or more, with leaves similar to *marathrum* [3-81], very divided and rough, and on the top of it a white tuft with a fragrant scent. This is also used as a vegetable (eaten either raw or boiled), and is diuretic.

It is also called *caucum*, or *myitis*, Democritus calls it *bryon*, the Romans, *pes gallinaceum*, some call it *pes pulli*, and the Egyptians call it *seselis*.

2-170. EUZOMON

SUGGESTED: *Eyzumum*, *Eruca* [Pliny], *Eruca sativa* [Fuchs],
Sisymbrium tenuifolium [Linnaeus] — Hedge Mustard
Diplotaxis tenuifolia [in Sprague] — Rocket

Eruca sylvestris, *Sinapi primum* [Fuchs] — Hedge Mustard
— *Sinapi*, *Eruca* [Bauhin], *Nasturtium sylvestre* [Brunfels],
Rorippa sylvestre [in Sprague] — Watercress see 2-156

[other usage] *Eruca vesicaria* ssp *sativa* — Rocket Salad
Eruca erucacastrum, *Erucacastrum obtusangulum*,
Brassica erucacastrum — Bastard Rocket, Wild Rocket

Eaten raw in any great amount this encourages the pursuit of sexual pleasure [aphrodisiac], and the seed has a similar effect — also being diuretic, digestive and good for the bowels. They use the seed in making sauces so that it may last longer. They steep it first in vinegar or milk, make it into lozenges, and afterwards place it in storage. Wild *eyzumum* grows as well especially in Iberia towards the west, the seed of which the men there use instead of mustard. It is more diuretic and far sharper than the cultivated. The Romans call it *eruca*, the Egyptians, *ethrekicen*, and the Africans, *asuric*.

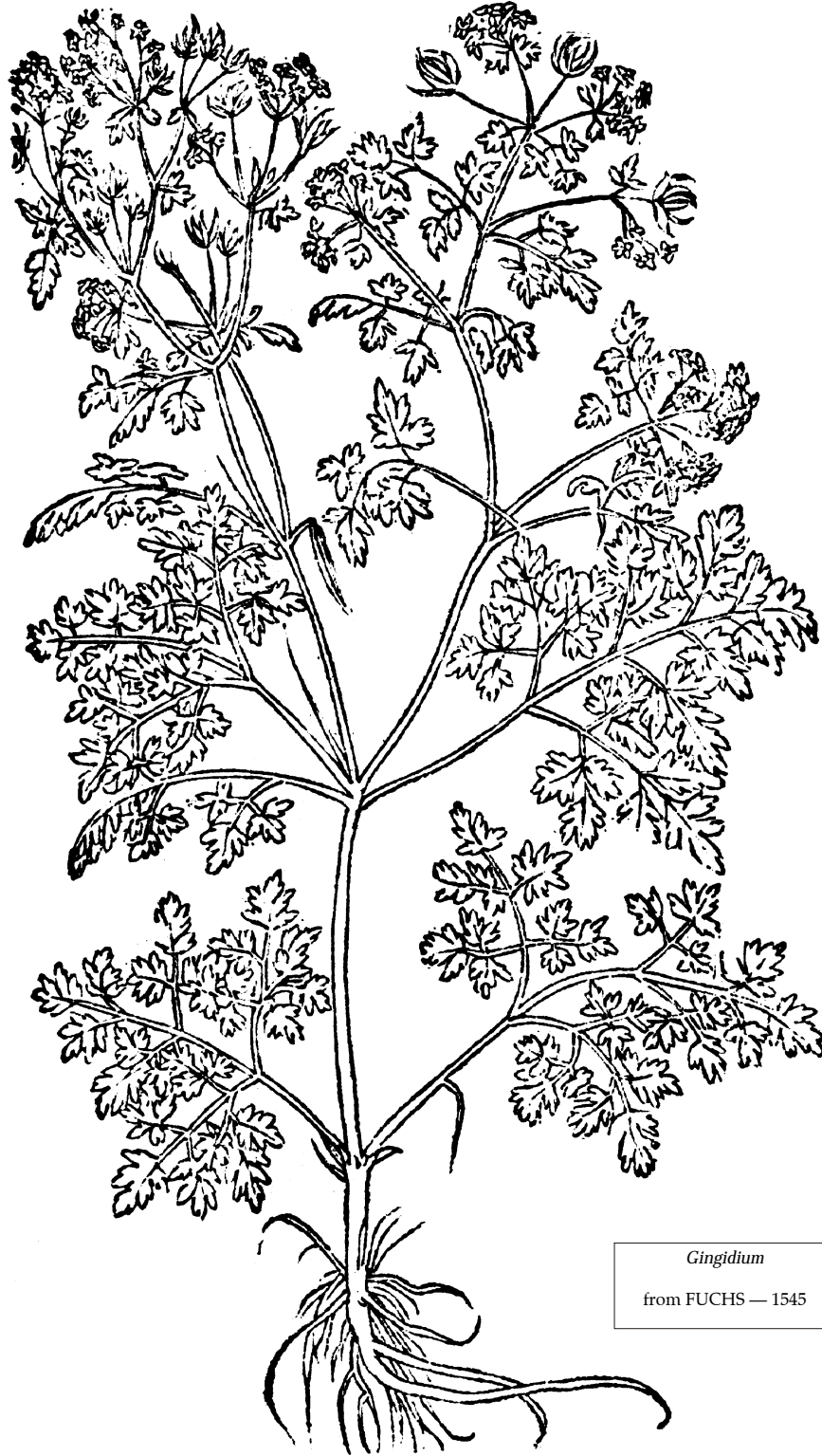
2-171. OKIMON

SUGGESTED: *Ocimum exiguum*, *Ocimum minutum*,
Ocimum mediocre, *Ocimum magnum* [Fuchs]
Ocimum basilicum, *Basilicum* — Basil, Sweet Basil

Ocimum is commonly known. Eaten much it dulls the eyesight and softens the bowels, moves flatulence, is uretic, and helps the flow of milk. It is hard to digest. Applied with flour of polenta, *rosaceum* [1-53] and vinegar it helps inflammation, and the strikes of poisonous fishes and scorpions. Used alone with Chian [from Scios in the Aegean sea] wine (it is good) for sores of the eyes. The juice takes away dimness in the eyes, and dries up excess fluids in them. Taken in a drink the seed is good for those who breed depression, for frequent painful urination, and flatulence. It causes considerable sneezing when smelled, and the herb does the same. The eyes must be shut whilst the sneezing lasts. Some avoid it and do not

Gingidium.
Herbelkraut.

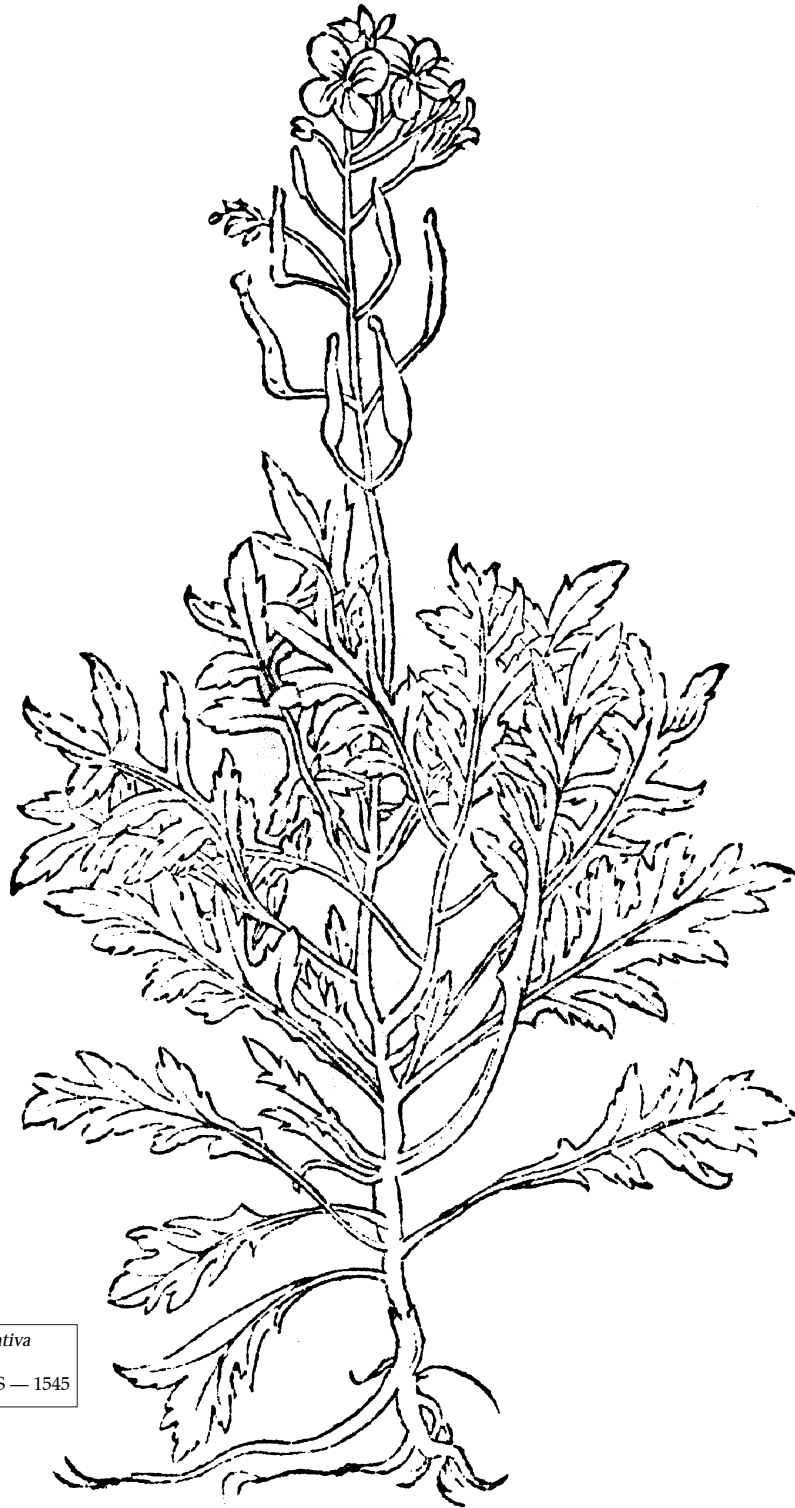
123



Gingidium
from FUCHS — 1545

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Eruca sativa.
Zamer weisser Senff.



Eruca sativa
from FUCHS — 1545

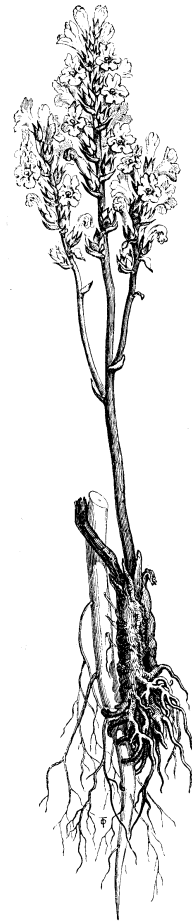
eat it, because when it is chewed and set in the sun it breeds little worms. The Africans have used it because those who eat it and are touched by a scorpion remain without pain.

2-172. OROBANKE

SUGGESTED: *Orobancha major* — Greater Broomrape
Orobancha minor, *Orobancha barbata* — Lesser Broomrape
Orobancha ramosa — Branched Broomrape

ALL SLIGHTLY POISONOUS

O*robancha* (commonly called *lycos* — as we should say, a wolf) has a little stalk, somewhat red (as it were) two feet [high] and sometimes bigger, fattish in the leaves, rough, tender, endowed with whitish flowers, or somewhat inclining to yellow. The root lies underneath, the thickness of a finger, eaten through with holes when the stalk dries. It seems that when it grows among pulse [legumes] it chokes them, from which it has its name. It is used as a vegetable (either raw or boiled) eaten from a platter like asparagus. Boiled together with legumes it is thought to make them boil sooner. It is also called *cynomorion*, or *leonem*, and the Cyprians call it *thyr sine*.



Orobancha ramosa

after FAGUET — 1888

2-173. TRAGOPOGON

SUGGESTED: *Tragopogon crocifolius* — Wild Salsify

Tragopogon porrifolius, *Tragopogon pratensis* — Salsify,
 Vegetable Oyster, Oyster Plant, Goat's Beard

T*ragopogon* or *tetrapogon* (also called *come*) has a short stalk and leaves similar to saffron. The root is long and sweet. It has a big cup on the stalk and black fruit in the top, from which it took its name. It is an edible herb.

2-174. ORNITHOGALON

SUGGESTED: *Ornithogalum umbellatum*, *Scilla campestris*,
Bulbus leucanthemus — Eleven o' Clock Lady,
Star of Bethlehem

O*rnithogalon* has a tender stalk — thin, whitish, about two feet high — with three or four tender slips growing together on the top from which come the flowers, which outwardly seem the colour of herbs but opened they are similar to milk. Between them is a little head (cut-in like *cachrys* [3-88]) that is baked together with bread (like *melanthium* [3-93]). The root is bulbous and is eaten both raw and boiled [vegetable].

2-175. HUDNON

SUGGESTED: *Tuber album*, *Rhizopogon album*,
Choiromyces meandriformis — White Truffle, False Truffle

T*uber* is a round, pale, yellow root without leaves or stalk. It is dug up in the spring and is edible eaten either raw or boiled [vegetable].

2-176. SMILAX

SUGGESTED: *Smilax-hortensis*, *Phasiolus* [Fuchs],
Phaseolus vulgaris [Linnaeus], *Phaseolus vulgaris*,
Phaseolus coccineus — French Beans, Kidney Beans,
Scarlet Runner Beans, Haricot Beans
[other usage] *Myrsiphyllum asparagoides* — Smilax,
Climbing Asparagus

see 2-130

Garden *smilax* whose fruit *lobia* (pods) is called asparagus by some, has leaves like ivy only softer, with thin stalks and tendrils wrapped around the neighbouring shrubs. These grow so much that they are made into bowers. It bears fruit similar to fenugreek but longer and more widely known, with seeds within similar to kidneys, not the same colour but partly somewhat reddish. The fruit (pod) is eaten with the seeds as a vegetable, boiled like asparagus. It encourages urine and causes troublesome dreams.

Eruca sylvestris.
Wilder weisser Senff.

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Eruca sylvestris
from FUCHS — 1545

Smilax hortensis.
Welsh Bonen.

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Smilax hortensis
from FUCHS — 1545

2-177. MEDICE

SUGGESTED: *Medicago sativa* — Lucerne, Alfalfa,
Common Medick

M*edica* recently sprung-up is similar to meadow *trifolium* [clover] but when more grown it becomes narrower-leaved, sending out stalks similar to *trifolium* with seeds the size of a lentil, twisted around like a little horn. This is dried and mixed (because of its sweet savour) in salt sauces. Applied whilst green it is good for whatever has need of cooling. Those who breed beasts use the whole herb instead of grass [fodder].

2-178. APHAKE

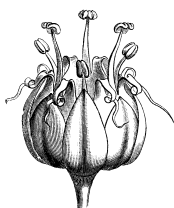
SUGGESTED: *Aphace*, *Sylvestris vitia*, *Os mundi* [Fuchs],
Vicia sepium [Bauhin, Linnaeus] — Bush Vetch [Mabberley]

[other usage] *Lathyrus aphaca*, *Aphaca vulgaris*,
Lathyrus segetum — Yellow Vetchling

A*phaca* is a small-leaved little shrub that grows in the fields, higher than *lentils*. The pods that are found thickly on it are bigger than lentil pods. They contain three or four little seeds smaller than lentils. These little seeds are astringent, as a result they stop both excessive discharge of the bowels and the stomach. They are [eaten] as the lentil is, fried or bruised and boiled [vegetable].



Orobanche ramosa
after FAGUET — 1888



Leek — *Allium
ameloprasum var porrum*
after FAGUET — 1888

HERBS WITH A SHARP QUALITY

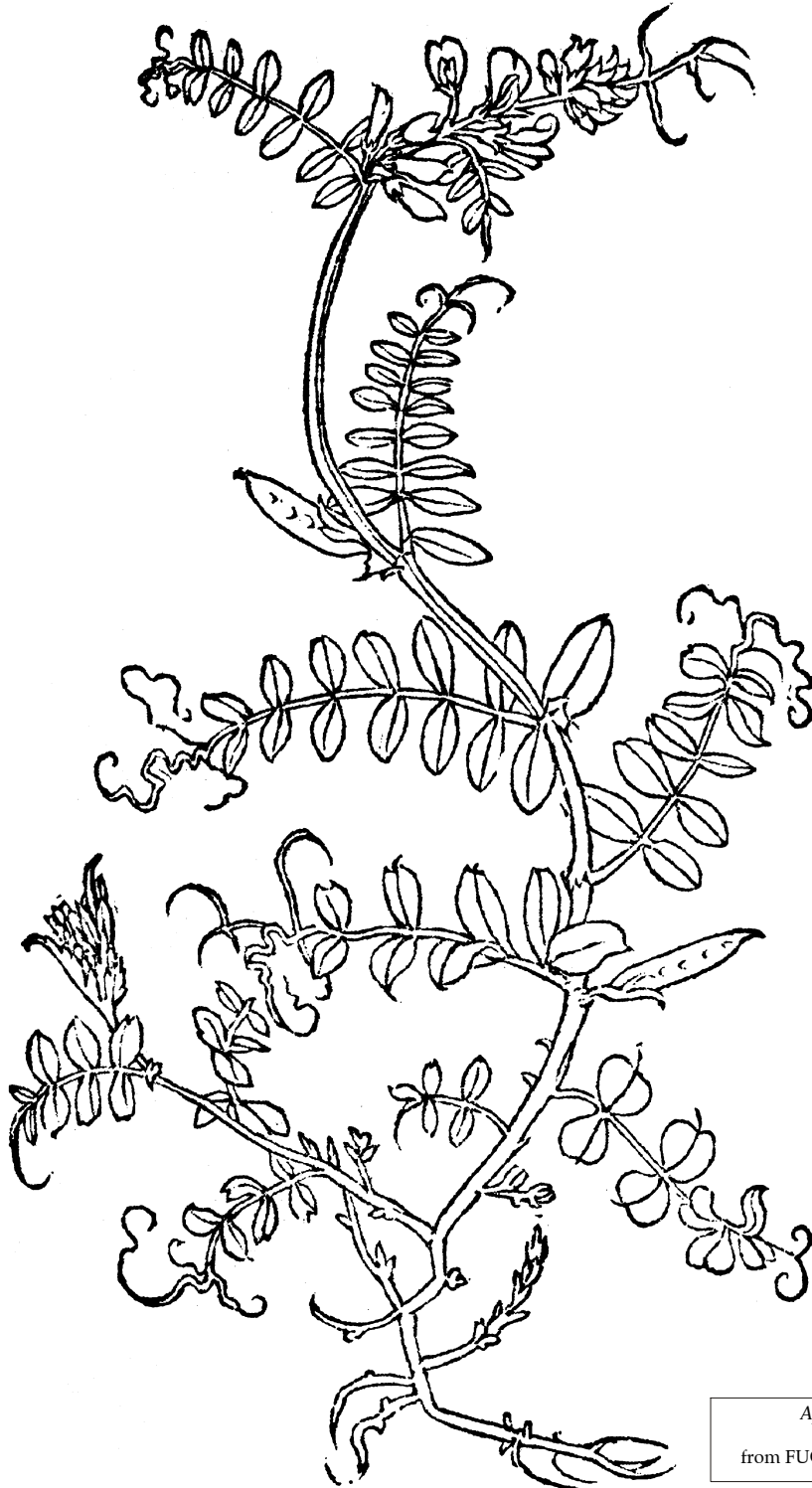
2-179. PRASON

SUGGESTED: *Porrum capitatum* [Fuchs], *Allium porrum*,
Porrum sectivum, *Allium schoenoprasum* [Linnaeus],
Porrum commune, *Allium ameloprasum var porrum* — Leek

The headed *prasmum* (which the Latins call *porrum*) is inflative, has bad juice, causes troublesome dreams, is uretic and good for the stomach, reduces the intensity of symptoms, causes dullness of sight, expels the menstrual flow, and hurts ulcerated bladders and kidneys. Boiled with barley water (or otherwise eaten) it brings out things that close up the chest. The blades boiled in sea water and vinegar are excellent in a bath for suffocation and hardness of the womb. It grows sweet and becomes less flatulent if it is boiled in two [separate] waters and steeped in [fresh] cold water. The seed is sharper and somewhat astringent. As a result, the juice mixed with vinegar and manna [exudation of certain trees] or frankincense, stops the blood (especially that which comes from the nostrils), discourages venereal diseases, and is good used as *linctus* [syrup] with honey for all disorders in the chest. Eaten (it is good) against consumption [wasting disease]. It cleans the breath canals [lungs]. Eaten frequently it dulls the sight and is worthless for the stomach. Taken as a drink with honey and water the juice is a remedy for those bitten by venomous creatures, and the *prasmum* itself also does good if applied. The juice dropped in the ears with vinegar, frankincense, and milk or *rosaceum* [1-53] helps earache and noises in the ears. The leaves applied with *rhoe* [4-64] *obsoniorum* [any food which is not bread] take away *varos* [papules of smallpox], and heals pustules which appear at night. Applied with salt it removes the edges on the crusts of ulcers. Two teaspoonfuls of the seeds (taken in a drink with the same amount of myrtle berries) stop the throwing-up of old blood.

Aphace.
Wild Wicken.

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Aphace
from FUCHS — 1545



Erucaria cakiloides
from ENGLER-PRANTL— 1897

2-180. AMELOPRASON

SUGGESTED: *Allium ameloprasum* var *ameloprasum*
 — Wild Leek, Blue Leek, Vine Leek, Great-headed Garlic,
 Levant Garlic

A*mpeloprasum* is worse for the stomach than leeks but is warmer and more uretic, expelling the menstrual flow. It is good if those bitten by poisonous beasts eat it.

2-181. KROMUON

SUGGESTED: *Askolonion krommoon* [Theophrastus],
Cepa ascolonia [Pliny], *Cepa* [Fuchs], *Cepa vulgaris* [Bauhin],
Allium cepa [Linnaeus], *Porrum cepa* — Onion

Allium ascalonium, *Porrum ascalonium* — Shallot, Scallion,
 Ascalonian Garlic

The long onion is sharper than the round, the red more than the white, the dry more than the green, the raw more than the roasted or that kept in salt. All of them have a biting quality and are inflative, inviting appetite. They reduce the intensity of symptoms, cause thirst, cause nauseousness and purging, are good for the bowels, open the passages for excrement, and are good for haemorrhoids. First peeled and put into oil, they are given as a suppository. The juice rubbed on with honey helps dull sight, *argema* [small white ulcer on the cornea], small clouds in the eye, and those who are beginning to be troubled with liquids in the eyes, as well as angina [heart pains]. It both induces and expels the menstrual flow, and inhaled it purges the head by the nostrils. It is a poultice with salt, rue [3-52, 3-53, 4-98] and honey for those bitten by dogs. Thoroughly rubbed on in the sun with vinegar it cures *vitilignes* [form of leprosy], and with an equal amount of *spodium* [calcined powder] it lessens scabby inflammations of the eyes. With salt it represses *varos* [smallpox pustules]. With poultry grease it is good for shoe-chafing, excessive discharges of the intestines, hardness of hearing, noise in the ears, and purulent ears. It is also good for dripping water in the ears, and the loss of hair (rubbed on) as it brings out the hair sooner than *alcyonium* [5-136]. Onion (much eaten) causes headaches, but boiled it becomes more diuretic. If much is eaten in

times of sickness it makes men lethargic. Boiled and applied as a plaster with raisins of the sun or figs it ripens and breaks swelling sores. It is also called *polyides*, the Magi call it *calabotis*, and the Latins, *caepa*.

2-182. SKORODON, LEUKOSKORODON, OPHIOSKORODON, ELAPHOSKORODON

SUGGESTED: *Allium hortense*, *Allium sylvestre*,
Allium ursinum [Fuchs, Linnaeus], *Allium sativum*,
Allium vineale, *Allium oleraceum*, *Porrum sativum* — Garlic

Some garlic is cultivated and grows in gardens, and that in Egypt has only one head like the leek — sweet, inclining to a purple colour. Elsewhere it is compacted of many white cloves that the Greeks call *aglithai*. There is another wild kind called *ophioscorodon* (that is, serpent's garlic). It has a sharp, warming, biting quality. It expels flatulence, disturbs the belly, dries the stomach, causes thirst and puffing up, breeds boils on the outside of the body, and dulls vision. *Ophioscorodon* does the same things when eaten, as well as *elaphoscorodon* (as we should say, hart's garlic). Eaten, it draws out broadworms and draws away urine. It is good like nothing else for those bitten by vipers or with *haemorrhous* [women's excessive loss of blood] (with wine taken shortly afterwards), or else pounded into small pieces in wine and taken as a drink. It is applied as a poultice that is effective for the same purposes, as well as applied to anyone bitten by a mad dog. Eaten, it is good against change of waters (to clear the throat, and the same way to relieve roughness of the throat). It clears the arteries, and eaten either raw or boiled lessens old coughs. Taken as a drink with a decoction of *origanum* it kills lice and nits. Burnt and mixed with honey it cures bruised eyes. It is rubbed on for loss of hair but for this it must be used with ointment of *nard* [1-6, 1-7, 1-8, 1-10]. With salt and oil it heals erupted pimples. With honey it takes away *vitilignes* [form of leprosy], *lichenes* [skin disease], freckles, running ulcers on the head, dandruff, and psoriasis. Boiled with *taeda* [pitch pine] and frankincense and kept in the mouth it lessens toothache. It is a poultice with fig leaves and



Anthriscus sylvestris
after THIEBAULT — 1881



Cucurbita pepo

after THIEBAULT — 1888

cumin for those bitten by the *mygale* [shrew mouse]. A decoction of the leaves is a hip bath to bring down the menstrual flow and afterbirth. It is also inhaled as smoke for the same purpose. The stamping that is made of it with black olives called *myrton* [garlic and olives] induces the movement of urine, opens the mouths of veins, and is good for dropsy. It is also called *geboscum*, some call it *elaphoboscum*, and the Latins, *allium*.

2-183. SKORODOPRASON

SUGGESTED: *Allium scorodoprasum* — Spanish Garlic,
Spanish Shallot

S*cordoprasum* grows to the size of a leek, sharing the qualities of both garlic and leek (from which it has a mixed kind of strength), performing things that the garlic and the leek do, but with fewer efficacies. It is used as a vegetable, eaten boiled like leek and thus made to become sweet.

2-184. SINEPI

SUGGESTED: *Napy*, *Sinapis primum genus* [Fuchs],
Sinapi hortense [Brunfels], *Sinapis alba* [Linnaeus],
Leucosinapis officinalis, *Brassica alba* — White Mustard,
Salad Mustard, Cultivated Mustard

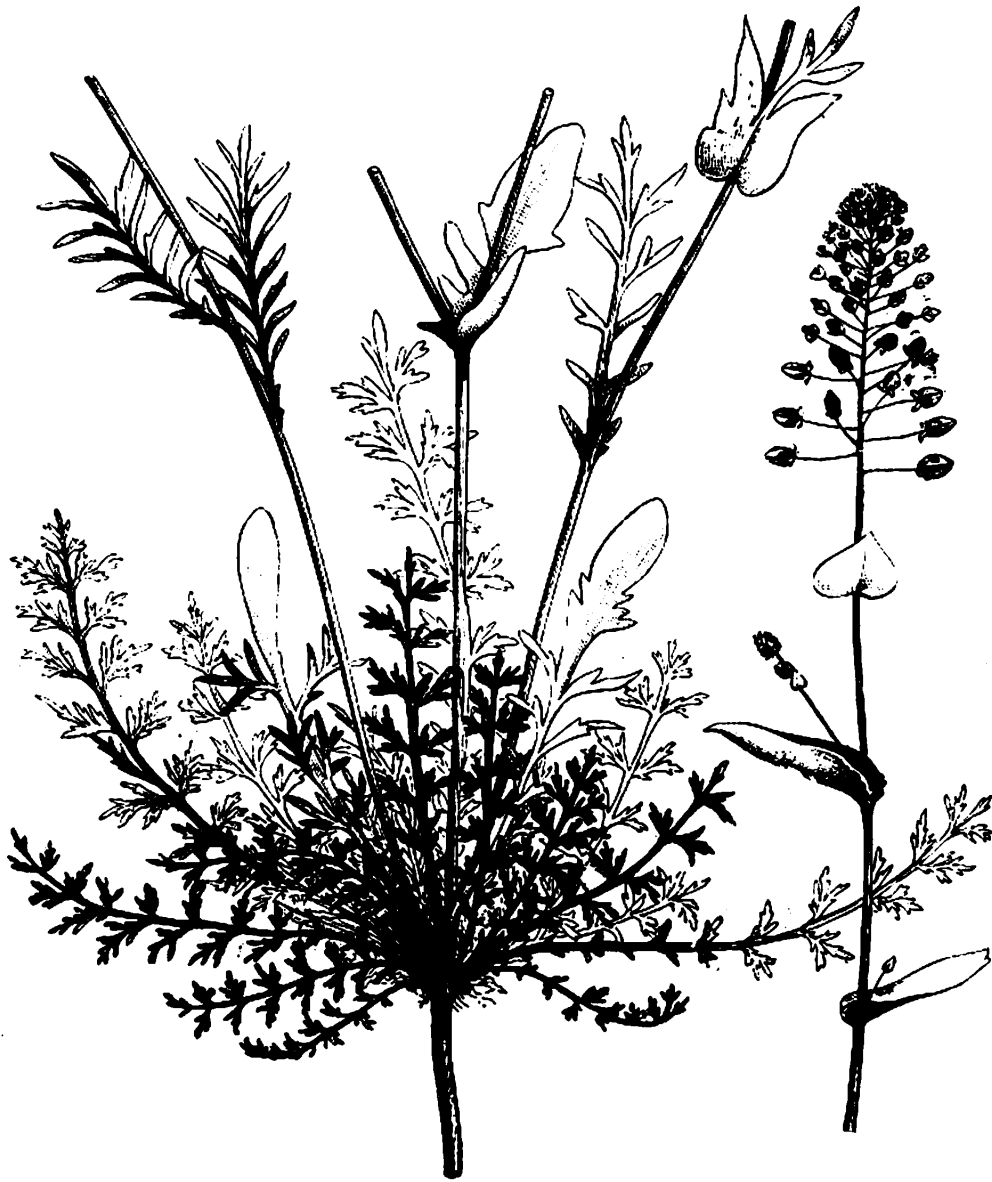
Choose *sinepi* that is not very dry, red or full; but which if broken looks green within, and as it were juicy and bluish grey. This sort is new and in its prime. It is able to warm, thin, and to draw, and is chewed to purge phlegm from the head. The juice (mixed with honey water and gargled) is good for hard swollen tonsils, and for old, hard, rough skin of the arteries. Pounded into small pieces and put into the nostrils it causes snivelling, helps the epileptic, and revives those troubled with constriction of the vulva. It is rubbed on the lethargic (their head being first shaved). Mixed with figs and applied to the place until it becomes red it is good for sciatica [pains in the hips]. It is used to draw out anything from deep within to the outside of the body (to cure it) by diverting the suffering some other way. Rubbed on with honey, fat or wax ointment it cures loss of hair, cleans the

face, and takes away bruises from the eyes. It is rubbed about with vinegar for leprosy and wild *impetigo* [skin infection]. It is taken in a drink against the circuits of fevers, being sprinkled on the drink dry (the same as polenta). It is effective mixed with drawing plasters such as those made for scabies [itchy parasitical disease]. It is good pounded with figs and applied for hardness of hearing and noise in the ears. The juice rubbed on with honey is good for dullness of sight and rough skin of the jowls. The juice is pressed out of it whilst the seed is green and dried in the sun. It is also called *napy*, and the Romans call it *sinapi*.

2-185. KARDAMON

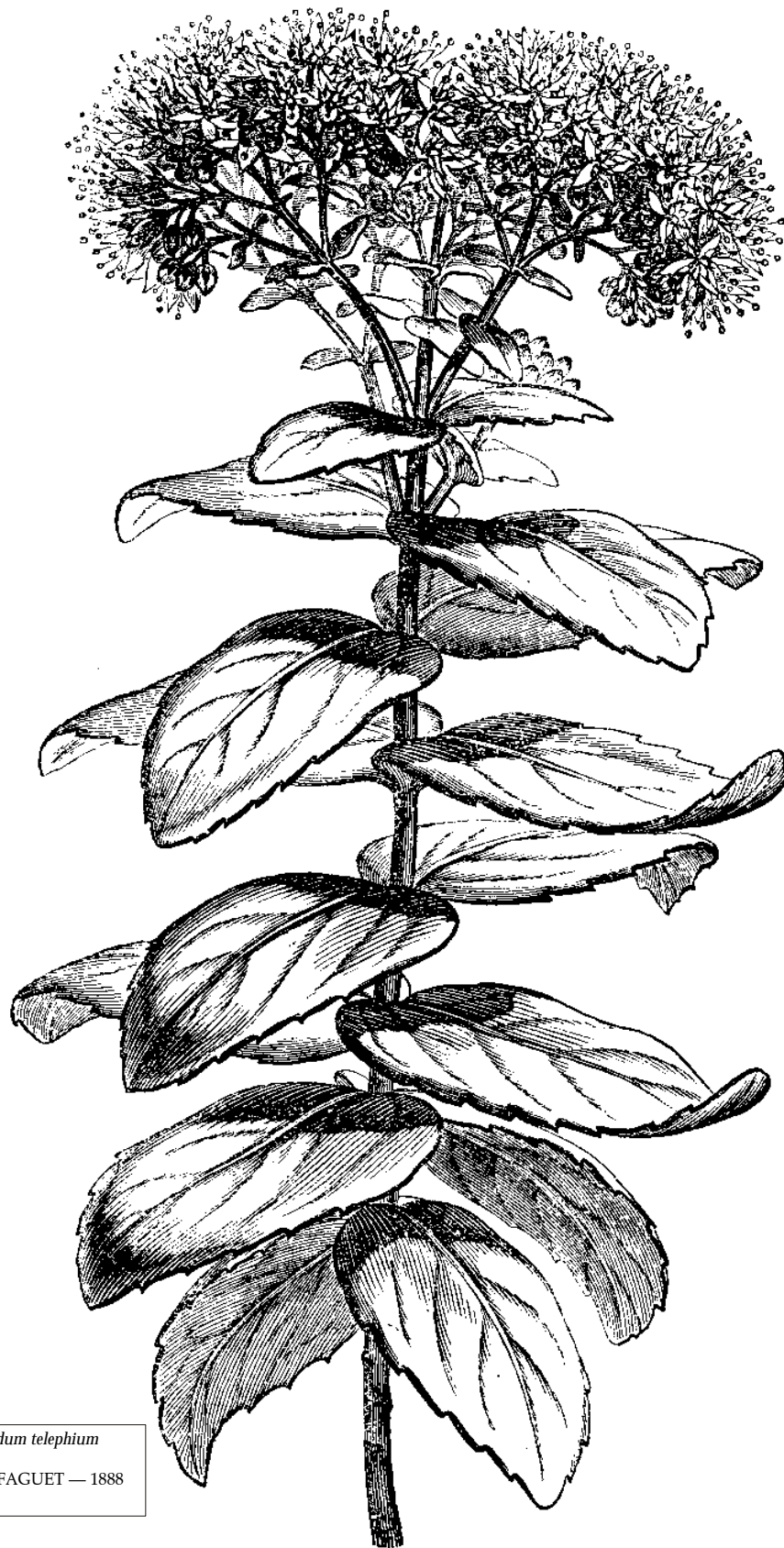
SUGGESTED: *Nasturtium hortense*, *Nasturtium sativum*,
Cressio hortensis [Fuchs, Brunfels], *Cardamum*,
Nasturtium hortense vulgatum [Bauhin], *Lepidium sativum*
[Linnaeus], *Lepidium oleraceum* — Common Garden Cress,
Tongue Grass

The best cress seems to be from Babylon. The seed of any sort of cress is warming, sharp, bad for the stomach, troubles the intestines, expels worms, lessens the spleen, is an abortifacient, moves the menstrual flow, and incites to copulation [aphrodisiac]. It has a similar nature to mustard seed and rocket seed. It cleans away *psoriasis* and *impetigo* [skin infection]. It keeps the spleen low, rubbed on with honey. It takes away smallpox pustules, and boiled in sipping drinks brings up things sticking in the chest. Taken as a drink it is an antidote against the poison of snakes, and it drives away snakes with inhalation of the smoke from it. It prevents falling hair. It brings *carbuncles* [infected boils] to suppuration breaking them all around. It is good for sciatica rubbed on with vinegar and polenta. It dissolves oedema and inflammation, and rubbed on with brine brings boils or inflammatory tumours to suppuration. The herb does the same things as the seed yet it is somewhat less effective. It is also called *cynocardamom*, *iberis*, *cardamina*, or *cardamantica*; the Egyptians call it *semeth*, and the Latins, *nasturtium*.



Lepidium perfoliatum

after FAGUET — 1888



Sedum telephium
after FAGUET — 1888

2-186. THLASPI

SUGGESTED: *Thlaspi latifolium* [Fuchs], *Thlaspi campestre* [Linnaeus], *Lepidium campestre* [Brunfels] — Field Cress, Wild Bastard Cress, Pepperwort

[other usage] *Thlaspi arvense* — Penny Cress, Mithridate Mustard, Wild Cress
Thlaspi alliaceum — Garlic-scented Shepherd's Purse

T*hlaspi* is a little herb, narrow in the leaves, the height of about a finger, bending to the ground, divided at the top, somewhat fat. It sends out a little stalk two feet in height with a few little branches. Around the whole of it there is fruit from the top, somewhat broad, in which a little seed is enclosed similar to *nasturtium* [2-185], shaped like a dish as it were, broken or bruised, from which it took its name. The flowers are somewhat white, and it grows in paths, on walls, and in hedges. The seed is sharp and warming. An *acetabulum* [vinegar cruet measure] (taken in a drink) purges bile upward and downward. It is made into a suppository for sciatica. Taken in a drink it brings out blood and breaks internal abscesses. It induces the menstrual flow and is an abortifacient. Crateuas mentions another kind of *thlaspi* called *Persicum sinapi*, broad-leaved and big-rooted, and this is also mixed in suppositories for sciatica. It is also called *thlaspidium*, *sinapim*, *sinapi sylvestre*, *myiten*, *myopteron*, *dasmophon*, or *bitrum*; the Egyptians call it *suitempsum*, the Romans, *scandulaceum*, and it is also called *capsella*, or *pes gallinaceum*.

2-187. DRABA

SUGGESTED: *Draba verna* [Linnaeus], *Europhila vulgaris* — Common Europhila
Draba olympica, *Draba arabis*, *Draba nemoralis* — Witlow Grass

D*raba*, a herb of about a foot high, has slender sprigs with leaves on both sides like *lepidium*, yet more tender and paler, and a tuft on the top with white flowers similar to elder. This herb is boiled with barley water (especially in Cappadocia) and the dry seed is mixed with sauces instead of pepper.

2-188. ERUSIMON

SUGGESTED: *Irion*, *Sinapis sylvestris*, *Rapistrum* [Fuchs],
Rapistrum flore luteo [Bauhin], *Sinapis arvensis* [Linnaeus],
Sisymbrium officinale, *Erysimum officinale* — Hedge Mustard,
Singer's Plant

[other usage] *Erysimum alliaria*, *Alliaria officinalis*
— Blistercress, Garlicwort
Erysimum barbarea, *Erysimum cheiranthoides*
— Treacle Mustard, Treacle Wormseed

E*rysimum* grows about towns, the yards of houses and gardens. It has leaves like *eruca sylvestris* [2-170]. It has a little stalk, pliable and flexible like a rein, and flowers of a yellowish colour. On the top are little pods like horns (as slender as those of fenugreek) in which are little seeds like those of *nasturtium* [2-185], burning according to the taste. Licked in with honey they are good for excessive discharges of the chest, spitting-up of rotten stuff, coughs, jaundice and sciatica [pains in hips; sciatic nerves]. It is taken in a drink against deadly medicinal drinks [antidote]. Rubbed on with water or honey it is good for hidden diseases of the cornea, hard lumps, glandular tumours, inflammation from stones [urinary, kidney], and inflammation of the breasts. In general it thins and warms but it is made milder for syrups — first steeped in water and dried or bound into a linen cloth, wrapped around with kneaded flour, and roasted. (*Erysimum*, pounded into small pieces with wine, should be taken as a drink for pains in the intestines; and if you put seven grains into a house, there shall be arguing). It is also called *chamaeplion*, the Magi call it *Herculis psoriasista*, the Egyptians, *erethmu*, and the Romans call it *irio*.

2-189. PIPER

SUGGESTED: *Piper longum*, *Piper aromaticum*, *Piper chaba*,
Chaba officinarum, *Chaba roxberghii* — Long Pepper
Piper nigrum — Black Pepper

Pepper is said to be a short tree that growing in India which sends out a fruit — at first long, similar to pods — which is the long pepper. It has something within it

**Irion.
Bederich.**

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Irion
from FUCHS — 1545



Piper nigrum

after FAGUET — 1874

similar to millet, will be perfect pepper. At its time of opening itself it sends out clusters bearing grains such as we know (some of which are unripe) which are the white pepper — especially suitable for eye medicines, antidotes, and for the bites of poisonous snakes. The long pepper is endowed with an extraordinarily biting quality, is somewhat bitter because of being unripe, and is suitable for antidotes and the bites of poisonous snakes. The black is sweeter and sharper than the white, more pleasant to the mouth, more aromatic because it is ripe, and fitter to be used in sauces; but the white and unripe is weaker. Choose that which is heaviest and full, black, not too wrinkled, new and not branny. Some is found among the black — without nourishment, lank and light — which is called *brasma*. All pepper in general is warming, urinary, digestive, attracting and dissolving, and cleans away things that darken the pupils. It is good (either taken in a drink or rubbed on) for periodical chills (of fevers), it helps those bitten by poisonous beasts, and it is an abortifacient. Applied as a pessary it seems to hinder conception after sexual intercourse [birth control]. It is good (taken either in syrups or liquid medicines) for suffering about the chest and for coughs. It is good rubbed on with honey for tonsillitis, and dissolves griping taken as a drink with tender leaves of laurel. Chewed with adenoid *passae* [lozenges] it draws mucus out of the head. Mixed in sauces it eases pain, is healing, and encourages appetite. Taken with pitch it dissolves scrofulous tumours [glandular swelling], and with nitre [saltpetre] it cleans away *vitilignes* [type of leprosy]. It is roasted in a new ceramic jar over coals — being shaken about similar to *lens* [lentils]. The root of it is not ginger (as some have supposed) as we will show a little later. Yet the root of pepper is similar to *costus* [1-15] — warming the taste and causing spittle. Rubbed on with vinegar it humbles the spleen, and chewed with stavesacre [4-156] it extracts mucus.

2-190. ZINGIBERI

SUGGESTED: *Zingiber officinale* — Ginger

Ginger is a private plant growing plentifully in primitive Arabia. The green herb is used for many

purposes (as we use rue [3-52, 3-53, 4-98], boiling and mixing it in oil) for drinking, and with boiled meats. It has small little roots like those of *cyprus* [1-124], whitish, resembling pepper in taste, and with a sweet smell. Choose those that are least rotten. Some (because of rotting soon) are preserved and carried into Italy in ceramic jars and are fit for [use with] meat, but they are used together with their pickle. They are warming and digestive, soften the intestines gently, and are good for the stomach. Ginger root is effective against things that darken the pupils [eyes]. It is also mixed with antidotes, and in a general way it resembles pepper in its strength.

2-191. UDROPEPERI

SUGGESTED: *Hydropiper* [Fuchs], *Persicaria urens*,
Persica hydropiper [Bauhin], *Polygonum hydropiper* [Linnaeus]
— Water Pepper

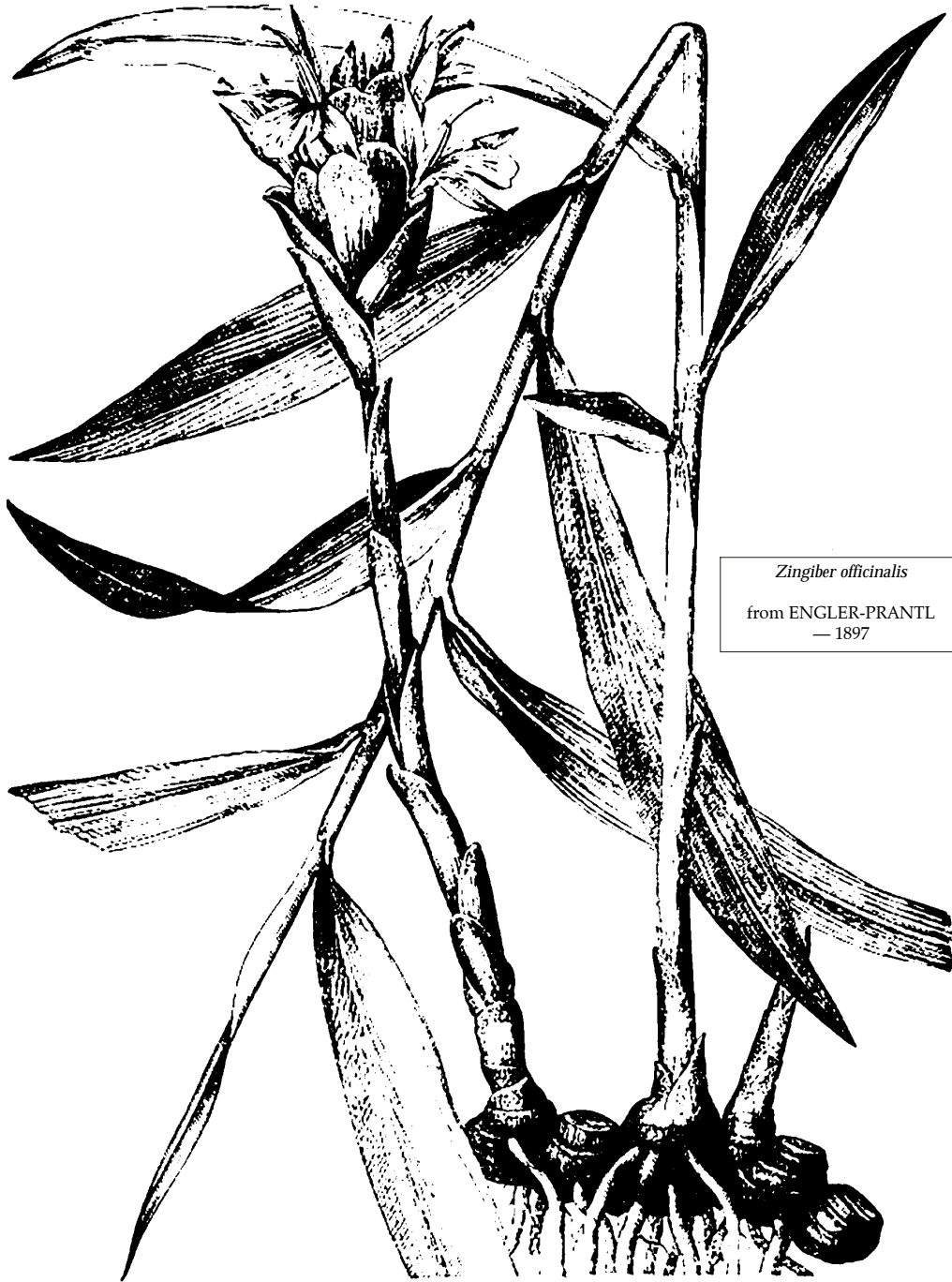
SLIGHTLY POISONOUS

H*hydropiper* grows chiefly near standing waters or those flowing gently. It sends out a stalk that is knotty and strong, around which are hollows with wings; and leaves similar to mint, but bigger, more delicate and whiter, sharp in taste, similar to pepper but without any sweet smell. It has a fruit growing on the little branches near the leaves, hanging close together like clusters of grapes, and it is also sharp. The leaves applied with the seeds are able to dissolve oedema and old hard lumps, and take away bruises. Dried and pounded, they are mixed with salt and sauces instead of pepper. It has a little root that is of no use.

2-192. PTARMIKE

SUGGESTED: *Ptarmice*, *Pyrethrum sylvestre* [Fuchs],
Dracunculis pratensis serrato folio [Bauhin], *Achillea ptarmica*,
Achillea macrocephala, *Ptarmika vulgaris* — Sneezewort,
Bastard Pellitory

P*tarmica* is a little shrub with many small round branches similar to southernwood, around which are many leaves — somewhat long, similar to those of the olive tree. On the top is a little head like *anthemis arvensis*



Zingiber officinale
from ENGLER-PRANTL
— 1897



Capparis spinosa
after FAGUET — 1874

[3-156], small, round, sharp according to the smell, causing sneezing, from which it is named. The leaves smeared on (with the flowers) are able to take away bruises below the eyes. The flowers induce sneezing most effectively. It grows in mountainous and rocky places.

2-193. STROUTHION

SUGGESTED: *Struthium*, *Saponaria* [Fuchs],
Saponaria major laevis [Bauhin], *Saponaria officinalis* [Linnaeus]
 — Soapwort, Bouncing Bet, Fuller's Herb [Mabberley]

S*truthium* (which fullers use for cleaning their wool) is commonly known. The root is sharp and uretic. A spoonful of it (taken with honey) helps those with liver disorders, coughs, and asthma; and it draws off bowels. Taken with *panaces* [3-55, 3-56, 3-57] and root of *capparis* [2-204] it breaks stones [kidney] and voids them by urine, and melts a hardened spleen; and (placed below) it draws down the menstrual flow, and is an abortifacient. Smeared on with polenta and vinegar it takes away leprosy. Boiled with barley meal and wine it dissolves the inflammation of bones. It is mixed with eye salves made for sharpening the sight, and with soothing medicines. It induces sneezing. Pounded into small pieces and put up into the nostrils with honey it purges through the mouth. It is also called *cerdon*, *catharsis*, *struthiocamelus*, or *chamaerrhytos*; the Magi call it *chalyriton*, the Latins, *radix*, or *herba lanaria*, the Egyptians, *oeno*, and the Africans call it *syris*.

2-194. KUKLAMINOS

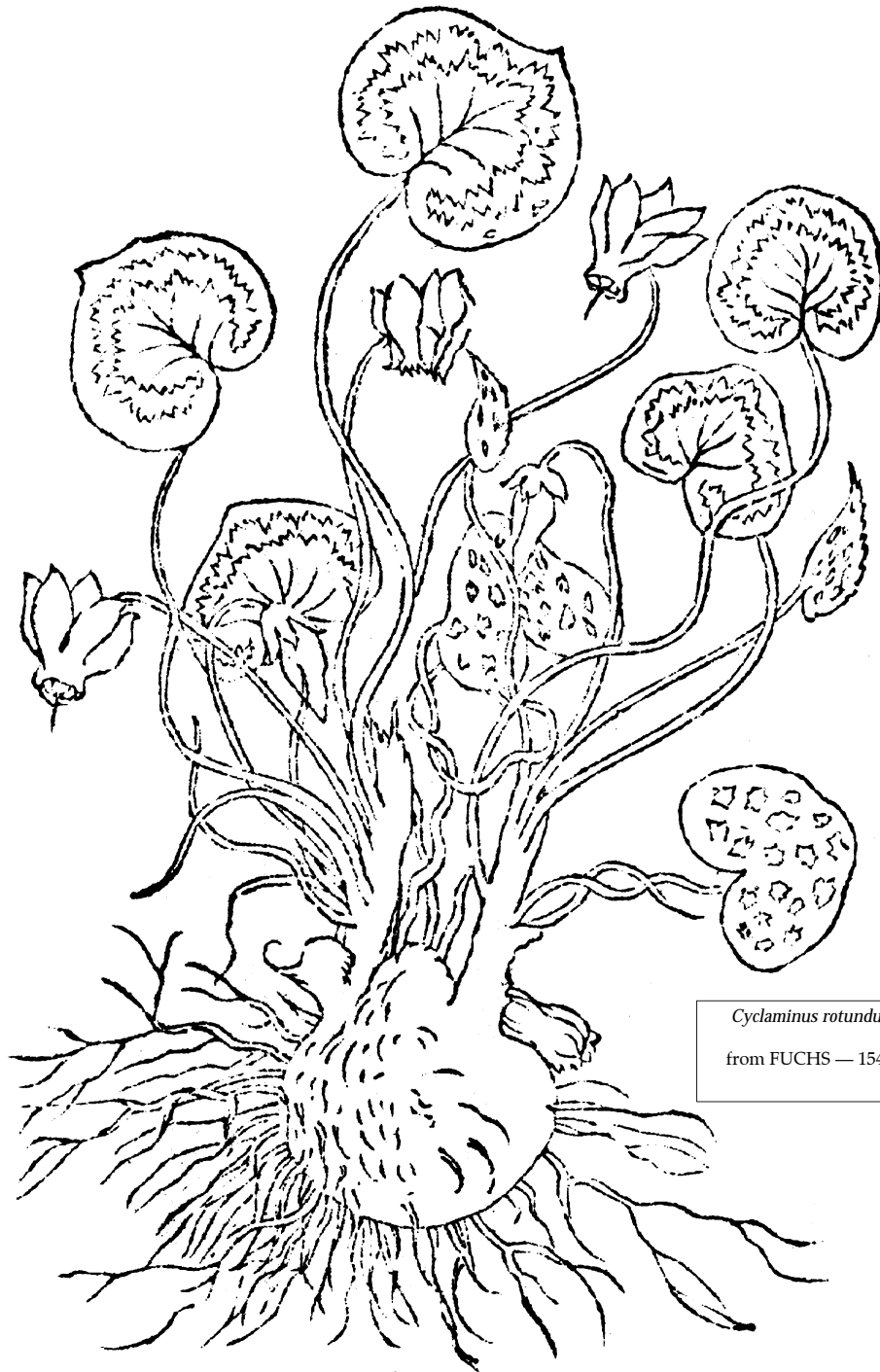
SUGGESTED: *Cyclamen cyclaminus*, *Cyclamen europaem*
 [Linnaeus], *Cyclamen littorale*, *Cyclamen officinale*
 — Cyclamen, Sow Bread, Bleeding Nun
Cyclamen graecum — Greek Cyclamen

C*yclaminus* has leaves like *cissus*, a purple colour, varied, with whitish spots beneath and above; a stalk of four fingers high, bare and naked, on which are flowers similar to roses, tending to a purple colour; the root black, very similar to *rape* [coleseed] root and

somewhat broader. Taken as a drink with honey water it drives phlegm and water [fluids] downwards. It induces the menstrual flow either taken in a drink or placed below. They say that if a woman great with child walks over the root that she aborts, and that tied around her it hastens the birth. It is taken as a drink with wine against deadly poisons, especially against the sea hare. Applied, it is a remedy against the bites of snakes, and mixed with wine it causes drunkenness. Three teaspoonfuls (taken in a drink with *passum* [raisin wine] or honey diluted in water) drives away yellow jaundice, but whoever drinks it must lie down on his bed in a warm house not open to the wind, and be covered with many cloths so that he may sweat (more easily). The sweat that comes out is found to be a bile colour. Juice from *cyclaminus* is put into the nostrils with honey to purge the head. It is inserted on wool into the perineum to bring down excrement from the bowels. Rubbed on the navel and the lower part of the bowels and the hips it softens the bowels, and produces abortions. The juice rubbed on with honey is good for bathing the eyes and moisture of the eyes. It is also mixed with medicines that cause abortion. The juice rubbed on with vinegar restores a fallen perineum. The pounded root is juiced and squeezed out, the juice then boiled to the consistency of honey. The root with vinegar (either alone or with honey) cleans the skin, stops pustules from breaking out and cures wounds. Applied, it softens the spleen (and reduces it). It takes away sunburn, and [repairs] the loss of hair. A decoction applied with hot cloths is suitable for dislocations, gout, little ulcers on the head and chilblains. Boiled in old oil and the oil smeared on, it brings wounds to a scar. The root is made hollow, filled with oil, and set over warm ashes (and sometimes a little Tyrrhenian [Etruscan] wax is added so that it is gluey). This is an excellent ointment for those troubled with chilblains. The root is kept in storage, cut in pieces like squill. It is said that it is pounded and made into lozenges and taken with *catapotia* [pills]. It grows in shady places, especially under trees. It is also called *cissanthemon*, *cissophylon*, *chelonion*, *ichthyotheron*, *chuline*, *zoroastris*, or *trimphalites*; Osthenees calls it *aspho*, the Magi, *miaspho*, the Egyptians, *theske*, the Romans, *rapum terrae*, *umbilicus terrae*, or *orbicularis*, and it is also called *arcar*.

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Cyclaminus rotunda.
Kund Schweinbrot.



Cyclaminus rotundus
from FUCHS — 1545

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**Struthium fatium,
Seyffentraut.**



Struthium sativum
from FUCHS — 1545

2-195. KUKLAMINOS ETERASUGGESTED: *Cyclamen psuedo-graecum*

The other cyclamen (also called *cissanthemon* or *cissophylon*) has leaves similar to *cissus* but smaller; thick, knotty stalks rolling around the trees that grow next to them, similar to the tendrils of vines. The flowers are white and fragrant, and the fruit is bunches of berries similar to *cissus*, soft, single, sharp to the taste and viscous. The root is useless. It grows in rough places. One teaspoon of the fruit (taken in a drink with two cups of white wine [daily] for forty days) melts the spleen, and brings down the intestines by urine. It is taken in a drink for asthma. Taken in a drink it purges away the residue [placenta] after childbearing.

2-196a. DRAKONTION MECA

SUGGESTED: *Dracunculus* [Fuchs], *Dracunculus polyphyllus*, *Arum dracunculus* [Linnaeus], *Dracunculis vulgaris* [in Sprague], *Arum dracunculus*, *Dracunculus vulgaris*, *Dracontia radix* — Dragonwort, Common Dragon, Dragon Arum, Snake Plant, Lords and Ladies

D*racontium maius* grows in shady places around hedges. It has a smooth upright stalk about two feet in height and the thickness of a staff around, over-coloured according to the time, so that it resembles a dragon, and it abounds in purple spots. It has leaves like *lapathum* [2-140] folded within one another. It brings forth a fruit on the top of the stalk in clusters — at first an ash colour, but when ripe inclining to a saffron and purple colour. It has a very great root, round, white, with a thin bark. It is gathered and juiced when thoroughly ripe, and dried in the shade. The root is dug up during harvest, washed, cut in small pieces, thrust through with a thong and dried in the shade. It is warming, taken in a drink with diluted wine. Boiled or roasted it is good (taken as a *linctus* [syrup] with honey) for orthopnoea [form of asthma], hernia, convulsions, coughs, and dripping fluids. Taken in a drink with wine it stirs up the vehement desire to sexual intercourse [aphrodisiac]. Pounded into small pieces with honey and applied, it

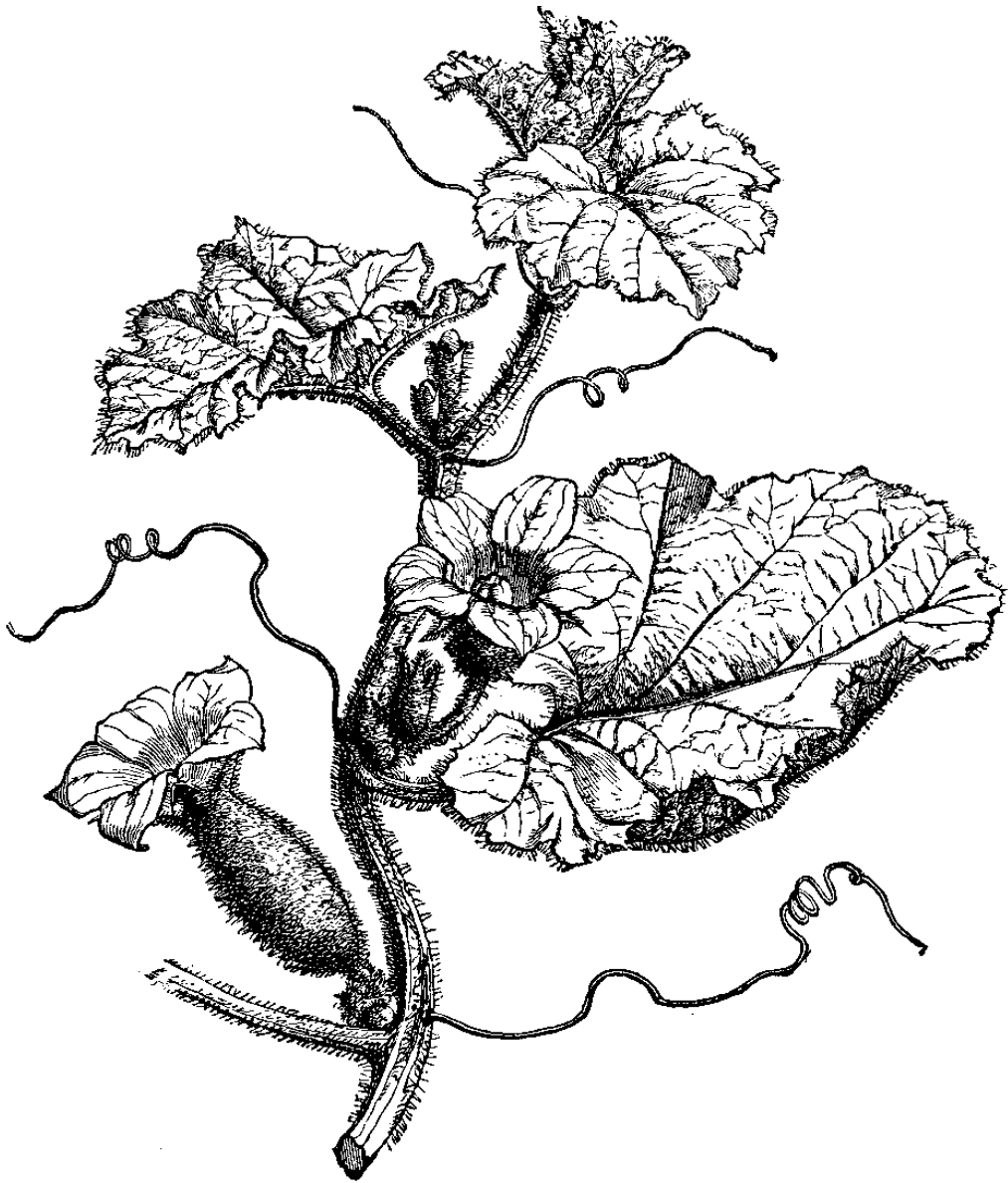
takes away the malignancy of ulcers and eating ulcers (especially with the white vine [bryony]). Suppositories are formed from it with honey for fistulas, and for use as an abortifacient. It is good for *vitilignes* [form of leprosy] smeared on with honey. It takes away polyps and diseases of the cornea. The juice is good for eye medicines, small clouds in the eye, white spots on the cornea, and mistiness in the eyes. The smell of the root or herb is destructive of recent conceptions [abortifacient], as are thirty grains of the seed (taken in a drink with *posca* [hot drinks]). Some pour the juice of this (with oil) into the ears of those with earache, and apply the leaves as an astringent on new wounds, as well as boiled in wine to those with chilblains. They say that a viper shall not bite those who rub the leaves in their hands or carry the dug up root about them. It is also called *aron*, *isaron*, *iaron*, *hieracicus*, *biaron*, *aron agreste*, or *cyperis*; the Romans call it *colubrina*, some, *mauriaria*, and others call it *sigingialios*.

2-196b. DRAKONTION MIKRON

SUGGESTED: *Hydropiper rubeum*, *Dracontion micron*,
Dracunculus minor [Fuchs], *Dracunculus Plinii*,
Dracunculus palustris [Bauhin], *Calla palustris* [Linnaeus]
— Water Arum

SEEDS POISONOUS

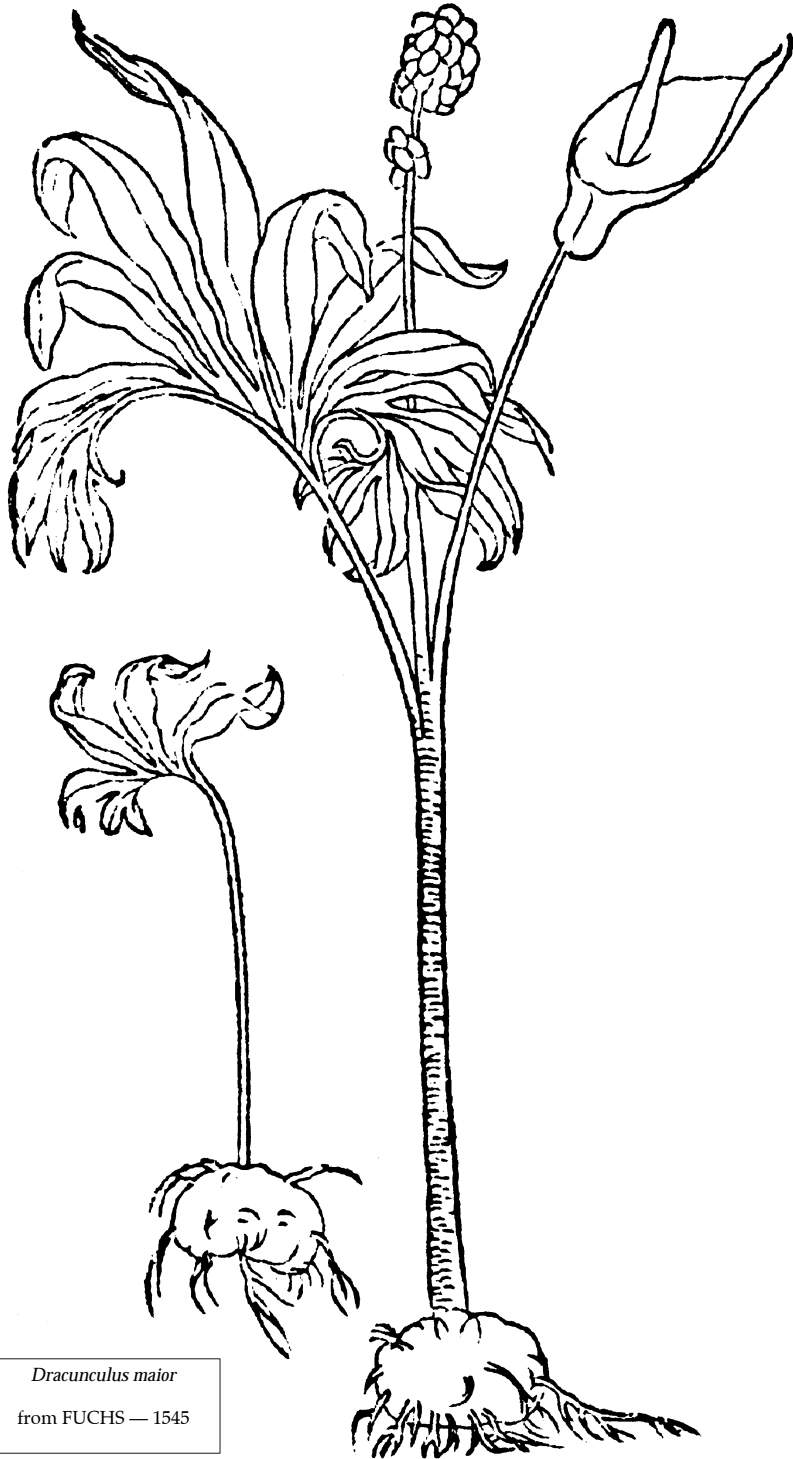
D*racontium* or *dracunculus* has large leaves similar to *cissus* with white spots and an upright stalk forty inches high, over-coloured, like the shape of a snake, spotted with purple spots, and the thickness of a stalk. The fruit on the top is similar to clusters of grapes, the colour at first indeed similar to grass but when ripe similar to saffron, biting to the taste. The root is round and bulbous, similar to *aron* [2-197], with a thin bark. It grows in shady places around hedges and mounds. The juice of the seed (pressed out and put with oil into the ear) stops earaches. Put into the nostrils with wool it destroys polyps. Rubbed on, it stops diseases of the cornea [eyes]. As much as thirty grains (taken as a drink with *posca* [hot drinks]) cause abortion. They say that the smell of it after the flowers have withered destroys newly conceived embryos [abortifacient]. The root has a warming quality and helps asthma, hernias, convulsions,



Cucumis melo
after THIEBAULT — 1888

Dracunculus maior.
Groß Schlangentraut.

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Dracunculus maior
from FUCHS — 1545

coughs, and dripping fluids. It makes the moisture sticking in the chest easily expectorated given either boiled or roasted with honey, or else eaten alone. Dried and pounded fine it is taken in syrup with honey. It is diuretic and (taken in a drink of wine) stirs up affections to sexual intercourse [aphrodisiac]. Pounded fine with white bryony and honey it cleans malignant and spreading ulcers and brings them to a scar. Salves are made from it for fistulas, and for bringing out the embryo [abortifacient]. They say that if any one rubs his hands with the root he remains unbitten by a viper. It cleans away *vitilignes* [form of leprosy] rubbed on with vinegar. The leaves pounded into small pieces are effectively applied to one newly wounded instead of flax seed. For chilblains it is boiled in wine and applied. Wrapped in the leaves, cheese is kept from putrefying. The juice of the root is good for small clouds in the eye, white spots on the cornea, and dim vision. The root is used for health (eaten either boiled or raw). Those who live in the Gymnesian Isles called Baleares mix the boiled root with a lot of honey and place it in their banquets instead of *placentae* [cakes]. The roots must be put in jars by those who dug it up during the harvest, having first washed them, cut them in small pieces, made a thread go through them and dried them in the shade.

2-197. ARON

SUGGESTED: *Arum vulgare non maculatum* [Brunfels]
Arum colocasia, *Arum esculenta*, *Colocasia antiquorum*,
Colocasia esculenta, *Caladium nymphaefolium*
 — Egyptian Arum, Colocasia, Eatable Arum, Taro
Arum maculatum [Linnaeus] — Sago

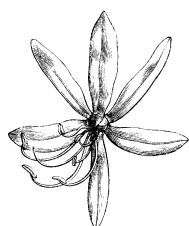
A*ron* sends out leaves similar to those of *dracontium*, yet smaller and less spotted; a faint purple stalk twenty centimetres long in the shape of a pestle, in which is fruit inclining to a saffron colour. The root — white like that of *dracontium* — is also [a vegetable] eaten boiled, and is somewhat less sharp. The leaves are preserved in salt for eating. Dried, they are boiled and eaten by themselves. The roots, seeds and leaves have the same strength as *dracontium*. Particularly the root, applied with bullock's dung to those troubled with gout, does them

good. The root is stored in the same way as the root of *dracunculum*. In brief it is edible because it is not oversharpe. It is also called *lupha*; among the Syrians it is called *alimon*, some call it *thymon*, some, *dracontium*, and the Cyprians call it *colocassion*.

2-198. ARISARON

SUGGESTED: *Arum arisarum*, *Arisarum vulgare* — Aris,
Friar's Cowl

A*risarum* is a small little herb with a root the size of an olive tree's, but it is sharper than *aron* [arum]. As a result (rubbed on) it prevents gangrenous ulceration of the cheeks. Salves are made from it that are effective for fistulas, but either put in or applied it destroys the genitals of any living creature.

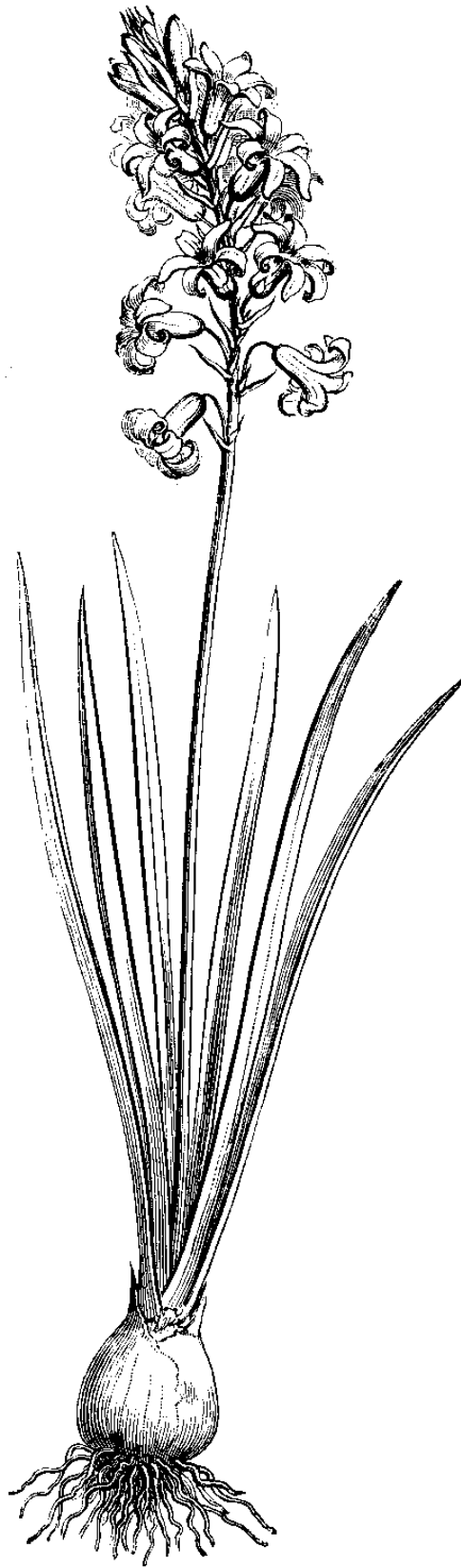


Asphodel
Asphodelus luteus
after FAGUET — 1888

2-199. ASPHODELOS

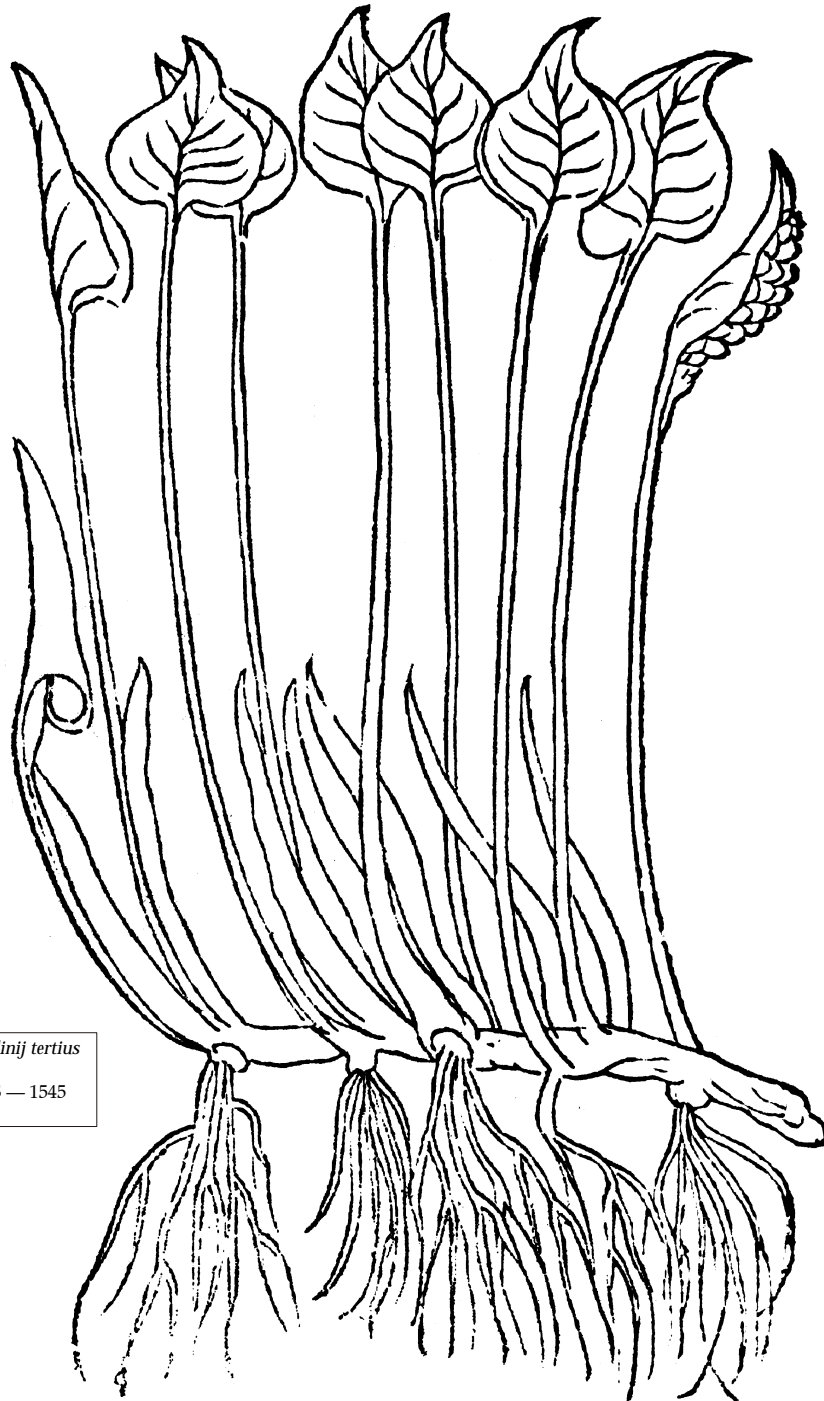
SUGGESTED: *Asphodelus foemina* [Fuchs], *Lilium purpureum* [Brunfels], *Lilium martagone* [Linnaeus], *Asphodelus albus*, *Asphodelus ramosus* — Asphodel, King's Rod

A*sphodelus* is a plant (known to most) with leaves similar to the great leek and a smooth stalk. On the top is a flower called *anthericon*. The roots are underneath — somewhat long, round, similar to suppositories, sharp to the taste, and warming in strength. A teaspoonful of these (taken in a drink of wine) induces the movement of urine and the menstrual flow. They also cure pains of the side, coughs, convulsions and hernia. It causes easy vomiting if as much as a knucklebone is eaten with meat. As much as three teaspoonfuls given to those bitten by snakes is effective; and you must apply a poultice made of the leaves, root and flowers with wine to bites. The sediment of wine boiled together with the root cures filthy feeding ulcers, inflammation of the breasts, stones [kidney, urinary], *tubercula* [nodules], and boils or inflammatory tumours, but for new inflammation [it is to be applied] with polenta. The juice of the root with old sweet wine, myrrh [1-77, 1-73, 4-116] and saffron, (boiled together) is an excellent medicine to rub on the eyes. Either alone or warmed together with frankincense,



Scilla non scripta
after FAGUET — 1888

132 *Dracunculus Plinij tertius.*
Wasser Schlangenkraut.



Dracunculus Plinij tertius
from FUCHS — 1545

honey, wine and myrrh it is good to put into purulent ears. The juice (alone) poured into the opposing ear, lessens toothache. The burnt ashes of the root are rubbed on to thicken thinned hair. The oil (boiled in the hollowed roots over a fire) is rubbed on ulcerated chilblains and burns; and poured into the ear it helps earache. The root is smeared on to take away *vitiligo alba* [type of leprosy] that is first rubbed with a napkin in the sun. The seed and flowers (taken in a drink of wine) are an extraordinary remedy against the strikes of millipedes, centipedes and scorpions. However they purge the intestines excessively. It bears flowers at the time of harvest but white *asphodelus* must be cut down around the vernal equinox before the seed increases. They say that the root (taken in a drink) makes men have no appetite for pursuit of sexual pleasure [anaphrodisiac]. And Crateuas the herbalist says the same and that one teaspoonful of the root (taken as a drink with wine) cures the pains of gout. It is also called *anthericum*, and the Romans call it *albuicum*.

2-200. BOLBOS EDODIMOS

SUGGESTED: *Bulbus sylvestris* [Fuchs], *Ornithogalum luteum*
[Bauhin, Linnaeus], *Gagea lutea* [in Sprague]
— Yellow Star of Bethlehem

The edible red *bulbus* that is brought from Africa is well known to all; good for the stomach and bowels. That which is bitter and similar to the squill is better for the stomach and helps digestion. All are sharp and warming, provoke sexual intercourse [aphrodisiac], and are harsh to the tongue and tonsils. They are very nourishing and replenish flesh but they breed wind. Rubbed on they are good for dislocations, bruises, splinters, sore joints, gangrene, and gout (applied either with honey or by themselves). They are good for *oedema* from dropsy, and the bites of dogs (applied similarly with honey, and pepper pounded into small pieces). They repress sweats and alleviate pains in the stomach. Roasted with saltpetre [potassium nitrate] they clean away dandruff and running sores on the head. They clean bruises below the eyes applied either alone or with the yolk of an egg, and with honey or vinegar [they also remove] *varos* [smallpox

pustules], as well as freckles. With polenta they are good for broken places of the ears, and for bruise ointments. They take away piles [haemorrhoids] roasted in hot embers and applied with the burnt heads of fish called *maenae*. Burnt and mixed with *alcyonium* [5-136] and rubbed on in the sun they take away sunburn and black scars. Boiled and eaten with vinegar they are good for hernias. Care must be taken of feeding too much on them because they hurt the sinews. Boiled with polenta and applied with swines' grease it quickly brings *oedema* and *tubercles* [growths] to suppuration and breaks them.

2-201. BOLBOS EMETIKOS

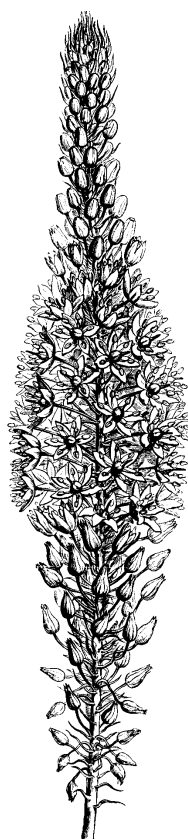
SUGGESTED: *Scilla amoena* — Nodding Squill
Ornithogalum arabicum — Great-flowered Star of Bethlehem

B*ulbus vomitorius* has more flexible leaves — similar to a bridle and far bigger than the edible; and a root with a black bark similar to the *bulbus* [above]. The root eaten alone (as well as a decoction of it taken as a drink) cures disorders of the bladder and encourages vomiting.

2-202. SKILLA

SUGGESTED: *Scilla maritima* [Linnaeus]
Ornithogalum maritima, *Urginea scilla*, *Urginea maritima*
— Medicinal Squill, Sea Onion, Squill

VERY POISONOUS



Urginea maritima
after FAGUET — 1888

S*cilla* is sharp and burning but it is roasted and made useful for man's purposes. It is wrapped in dough or clay and put into an oven or hidden under hot coals until the dough that enfolds it is sufficiently baked. When taken off (if the squill within it is not tender) we shall bake it again, placing other dough or clay around it — for that which is not thus roasted is hurtful if given, especially if it is (taken inwardly) carried to the bowels. It is likewise baked in a tightly-corked ceramic jar and put into an oven, and of that the very middle part is taken, the part around the outside of it being thrown away. It is then cut into pieces and boiled, the first water thrown away and fresh water poured on it, until the water becomes neither bitter nor sharp. It is also cut into pieces and dried in the

Bulbus sylvestris.
feldzwibel.

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Bulbus sylvestris,
Gagea lutea
from FUCHS — 1545



Ornithogalum umbellatum
after FAGUET — 1888

shade and the pieces thrust through with a little linen thread, so that the parcels may not touch one another. These pieces we use to manufacture oil, wine, and vinegar of squills.

For cracks in the feet the inner part of the raw squill is applied (either boiled in oil or else dissolved with rosin). Boiled with vinegar it is a plaster for those bitten by vipers. Mixing eight parts of roasted salt (pounded into small pieces) to one part of roasted squill we give one spoonful or two of it to those fasting for softening the bowels. Put into liquid medicines and aromatic medicines it is good for those in whom we wish to induce movement of urine, for dropsy, a stomach in which the meat swims above, jaundice, griping, those troubled with a cough for a long time, the asthmatic, and those who spit up (blood). Thirty grains (taken as a syrup with honey) is sufficient. It is boiled together with honey and eaten for the same purposes, very much facilitating mixtures. It also draws out the slimy stuff that sticks in the bowels. Boiled and taken in the same way it does the same, and must be avoided by those who have an inward ulceration. Roasted squill (rubbed on) is good for hanging warts and chilblains. The seed (pounded into small pieces and eaten with a dried fig or honey) softens the bowels. It is also an antidote against poison hanged up whole before doors.

2-203. PANICRATION

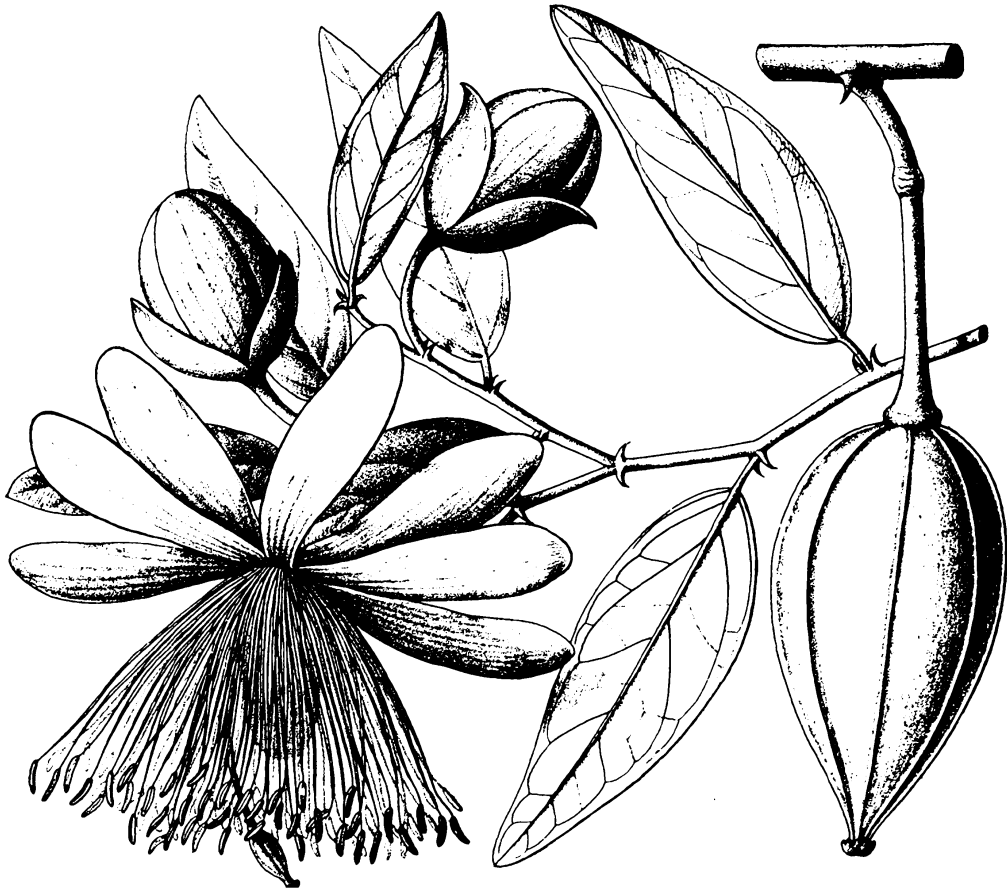
SUGGESTED: *Panocratium maritimum*, *Scilla pancratium*
— Sea Pancratium Lily, Sea Daffodil

P*anocratium* (also called the little squill) has a pale red or pale purple root similar to the great *bulbus*, and a bitter burning taste. The leaves are similar to lilies but longer. It has a similar strength and preparation as the squill and the same dose [is to be taken of it]. It is good for the same disorders but has a milder nature than squill. As a result the root (juiced and mixed with flour of *ervum* [2-129, 2-131] and formed into tablets) is effective given with honey water for the spleen, and dropsy.

2-204. KAPPARIS

SUGGESTED: *Capparis spinosa* — Common Caper Bush, Caper

C*apparis* is a prickly shrub spread in a round circumference on the ground. There are prickles on the bush, crooked like a hook. The leaves are round (similar to those of the *malicottoon* [quince] tree), and the fruit similar to olives. On opening it first sends forth a white flower, which, falling off, there is found something in the shape of of a long suppository. When opened this has little red grains similar to those of a pomegranate. The many roots are woody and great. It grows only in rough barren places, islands, and in courtyards belonging to houses. Both the stalk and fruit are preserved in salt to eat. It disturbs the belly, is worthless for the stomach, and causes thirst. Eaten boiled it is better for the stomach than raw. Two teaspoonfuls of the fruit reduces the spleen (taken in a drink with wine daily for forty days); it also expels urine and bloody excrement. The same (taken in a drink) helps sciatica and palsy, and is good for hernia and convulsions. Boiled in vinegar and used as a mouthwash it dries out the menstrual flow, draws away mucus in the head, and it lessens toothache. The dry rind of the root is good for the things spoken of before, and also cleans away every old, filthy, hard ulcer. It is laid (with barley meal) on those troubled with spleen, and the root is bitten to help a pained tooth. Pounded into small pieces with vinegar it takes away white *vitilignes* [form of leprosy]. The leaves and root pounded together dissolve hard lumps, scrofulous tumours [glandular swelling], and goitres. The juice poured in the ears kills worms in there. The African caper (especially that which grows near the people called *Marmaridae*) causes excessive gaseousness. That in Apulia encourages vomiting, but that from the Red Sea and Arabia is extremely sharp, raising pustules in the mouth and eating up the gums to the bare bone, therefore it is useless for eating. It is also called *cynosbatos* (as we would say, dog's bush), *capria*, the apple of a crow, *ophioscorodon*, or *ophiostaplylen* (i.e. snake's grape), *thallian*, *petraea*, *holophyton*, *ioniten*, or *oligocloron*, *aconitum*, *hippomanes*, or *trichomanes*. The Magi call it *potera*, some,



Capparis erythrocarpa
from ENGLER-PRANTL — 1897

500 Malacocissus minor,
Feigwurzentrout.



Malacocissus minor
from FUCHS — 1545

peuteron; it is also called the heart of a wolf, or *haloscorodon*, the lily, or *thlaspi*. The Romans call it *sinapi Persicum*, some, *inturis*, and the Africans, *herbiaeathum*.

2-205. LEPIDION

SUGGESTED: *Lepidium latifolium* [Bauhin, Linnaeus]
 — Dittander, Pepperwort, Green Mustard
Lepidium campestre, *Thlaspi campestre* — Pepperwort

L*epidium* (also called *gingidium*) is a well-known little herb that is preserved in brine with milk. The leaves are sharp and ulcerating. Pounded into small pieces with root of elecampane and applied for a quarter of an hour, it is a most effective plaster for sciatica. It is also good in the same way for the spleen and it takes away leprosy. The root is thought to take away toothache, hung around the neck.

2-206. BATRACHION, BATRACHION ETERON, BATRACHION TRITON, BATRACHION TETARTON

SUGGESTED: *Batrachio* [Italian], *Ranunculis acris* — Buttercup, Crowfoot, Blister Plant, Asiatic Crowfoot, Persian Buttercup,
Ranunculus asiaticus — Turban
Ranunculus arvensis — Corn Crowfoot, Corn Buttercup

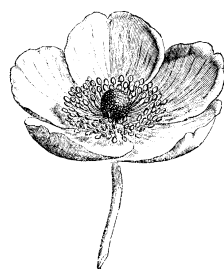
Apium sylvestre, *Agreste apium*, *Sclerata* [Fuchs],
Ranunculus palustris [Bauhin], *Ranunculus aquaticus*,
Ranunculus scleratus, *Ranunculus aquatilius*
 — Water Crowfoot, Water Anemone

ALL POISONOUS

There are many kinds of *batrachium* (also called *apium agreste*), but their strength is the same — sharp and very ulcerating. One of them has leaves similar to those of coriander, yet broader and somewhat white and fat. The flower is a yellowish colour and sometimes purple. The stalk is not thick, in height about a foot. It has a bitter little root, with little fibrous strings growing out (like that of hellebore). It grows near rivers or running water. The other kind is more downy and longer-stalked, with more in-cuttings on the leaves, and is extremely sharp. It grows

abundantly in Sardinia where they call it *apium* agreste. There is a third very small kind with a hard taste and a flower like gold, and a fourth (similar to this) with a flower the colour of milk. The leaves and the tender stalks (rubbed on) are ulcerating and scab forming, with pain. As a result, applied for only a little time, they take away scabby nails and parasitic skin diseases; and they remove marks, as well as taking away abscesses, hanging warts, and *alopecia* [baldness]. A lukewarm boiled decoction of it is a suitable warm pack for those troubled with chilblains. The dried root pounded into small pieces and applied to the nostrils causes sneezing. Applied to teeth it eases toothache but breaks the teeth.

2-207. ANEMONE



Anemone alba
after FAGUET - 1888

SUGGESTED: *Anemone sylvestris* [Fuchs], *Anemone pulsatilla* [Linnaeus], *Pulsatilla vulgaris* — Pasque Flower [Mabberley]

Anemone pavonina, *Anemone hortensis* — Garden Anemone

POISONOUS

Anemone has two types — one wild, the other cultivated. Of the cultivated some bear flowers in a Phoenician [red] colour, others of a pale, milky or purple colour. The leaves are similar to coriander but less ragged, next to the ground. The little stalks are downy, thin, on which are flowers like poppies with the heads in the middle black or azure [blue]. The root is the size of that of the olive or bigger. The wild is altogether bigger than the cultivated, broader and harder in the leaves, and it has a longer head. The flower is a Phoenician [red] colour; there are many small little roots; and there is one kind that has black leaves and is sharper. They are both sharp; as a result the juice of the root poured into the nostrils helps in purging the head. The chewed root extracts mucus. Boiled in *passum* [raisin wine] and applied it cures inflammation of the eyes, and mends scars in the eyes and moisture in the eyes; and it cleans the filthiness of ulcers. The leaves and stalks boiled together with barley water (and eaten) draw out milk [breastfeeding]. In a pessary it encourages the menstrual flow. Rubbed on it takes away leprosy.



Cynara scolymus

from ENGLER-PRANTL — 1897

Cochlearia armoracia
after FAGUET — 1887



Some, not being able to distinguish between that which is called *argemone* and the *papaver rhoeas* [4-64] (of which we will speak when we come to discussion of poppies) from the wild anemone, because of the similarity of the colour of the flowers which are a Phoenician colour [red], are deceived calling *argemone* 'eupatorium' [4-41]. Yet the Phoenician [red] colour of the *argemone* is somewhat less deep, as well as that of the *rhoeas*, and both it and *argemone* flower later. The *argemone* yields juice of a saffron colour that is extremely sharp to the taste, but the *rhoeas* has a whiter, sharp juice. Both of them have little heads between (similar to the wild poppy), but those of *argemone* are somewhat broader at the top, and those of *rhoeas* somewhat narrower. Anemones neither give out juice nor have they a head or cup, but (as it were) a top like asparagus, and they grow them for the most part in fields.

It is also called wild anemone, black anemone, purple anemone, *anemion*, *meconium*, *tragoceros*, *gesparine*, or barbyle. Ostheneas calls it berylius, Ornios calls it *ceranios*, Pythagoras calls it *atractylis*, the Magi, *cnicus agrestis*, the Romans, *orci tunica*, and the Africans, *chuffis*.

2-208. ARGEMONE

SUGGESTED: *Papaver argemone*, *Papaver hybridum*
— Pale Poppy, Wind Rose, Rough Poppy, Cock's Head,
Sand Poppy

A*rgemone* is very like the wild poppy. It has a divided leaf similar to anemone, a flower on the stalk a Phoenician [red] colour, with a head similar to *papaver rhoeas* [4-64] but somewhat longer and broad towards the upper parts, and a round root. It yields sharp juice of a saffron colour. The leaves applied as a poultice take away *argemae* [small white ulcers on the cornea] and small clouds in the eye, and lessen inflammation. Crateuas the herbalist says (to the same intent) that this herb *argemone* pounded together with swines' grease dissolves scrofulous tumours [glandular swelling, goitres]. It is good for white leprosy dried, pounded with saltpetre [potassium nitrate] and sulphur that has not felt fire, and sifted. It cures those who use it (rubbed on dry first) in a bath. It is also effective against scab [itchy

parasitical skin diseases]. It is also called *oenone*, *anthemis arvensis*, or *homonoia*, (as we should say) *concord*, or *flos campestris*; the Romans call it *liburnia*, or *concordialis*, and it is also called *pergalia*; the Gauls call it *corna*.

2-208a. ARGEMONE

SUGGESTED: *Papaver armenaicum*, *Papaver caasicum*,
Papaver floribundum, *Papaver orientale* — Poppy species

The other *argemone* is like wild poppy in the leaves. Pounded into small pieces (while still green) and applied, it is able to cure cuts and lessen inflammation of the eyes. It is good (taken in a drink with water) for dysentery. It seals wounds and is good applied to inflammation. Similarly applied it cures convulsions and twitching. It is good (taken in a drink of wine) for those bitten by poisonous beasts. It is also called *artemone*, *arselam*, or *sarcocolla*; the Romans call it *artemonia*.

2-209. ANAGALLIS, KORKOROS

SUGGESTED: *Anagallis mas* [Fuchs], *Anagallis arvensis* [Linnaeus], *Anagallis phoenicea*, *Anagallis repens*,
Lysimachia adoensis — Scarlet Pimpernel,
Poor Man's Weather Glass
Anagallis foemina [Fuchs, Linnaeus], *Anagallis coerulea*
— Blue Pimpernel

POISONOUS — CAUSES ANAEMIA AND DERMATITIS

[other usage] *Korkoros*, *Corchoris olitorius* — Corchorus

There are two kinds of *anagallis*, differing in the flower, for that which has an azure [blue] flower is called the female, but that of a Phoenician [red] colour is called the male. They are little shrubs spreading on the ground, with small leaves on their four-cornered little stalks, somewhat round, similar to those of *helxine* [4-39, 4-86], with round fruit. They are both lessening in strength, drive away inflammation, extract [draw out] splinters or thorns that were run into the body, and repress gangrenous ulcers. The juice gargled purges the head of mucus, and poured into the nostrils it stops toothache. It is put in the opposing nostril to the sore tooth. With Attic

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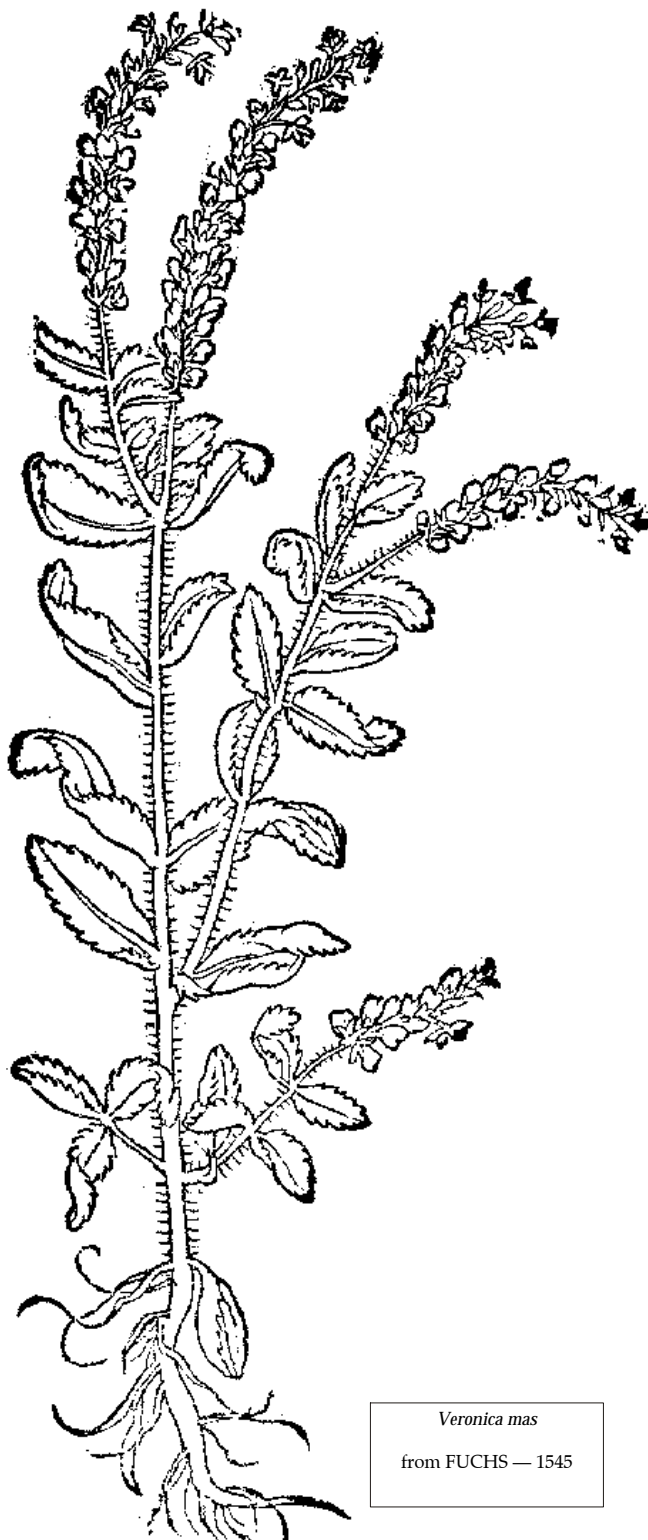
Lactuca sylvestris,
Wilder Lattich.



Lactuca sylvestris
from FUCHS — 1545

Veronica mas.
Erenbreiß meñle.

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Veronica mas
from FUCHS — 1545

[Athenian] honey it mends *argemae* [small white ulcers on the cornea] and helps moisture of the eyes. It is good (taken as a drink with wine) for those bitten by vipers, as well as for kidney and liver ailments, and for dropsy, but some say that if the *anagallis* which has the azure [blue] flower is applied it stops prolapse of the perineum, and that which has the Phoenician [red] flower encourages it.

Some call it *punicea*, others, *aeritis*, *aegitis*, or *sauritis*, the Magi call it *oculi sanguis*, others, *chelidonium*, the Romans, *macia*, the Etruscans, *masitipos*, the Gauls, *sapana*, the Dacians, *cerceraphron*. The common *anagallis* some call *corchoros*, *halicacabus*, or *zeliuros*, the Magi, *nycteritis*, the Egyptians call it *micij*, the Romans, *meciato*, and the Africans, *asirrhizi*.

2-210. KISSOS

SUGGESTED: *Hedera nigra*, *Hedera helix* [Fuchs, Linnaeus]

— Common Ivy

ALSO: *Hedera helix poetica*, *Hedera helix vegeta*

[other usage] *Cissus quadrangularis*, *Vitis quadrangularis*

— Edible Stemmed Vine

Cissus digitata — Wild Grape, Sorrel Vine

C*issus* has many differences (according to the type) but there are three most particular kinds, for some is white, some black and another helix [spiralled]. The white therefore bears a white fruit, the black a black one or sometimes a saffron colour (which the vulgar sort also call *dionysium*), but the helix [spiralled] is without fruit and has white branches and thin leaves, is full of corners and red. All *cissus* is sharp and astringent and touches the sinewy parts. The flowers (as much as one can take up of them with three fingers) taken in a drink of wine are good for dysentery, but it must be taken in a drink twice a day. The same amount (pounded into small pieces with waxy ointments) are good for burns. The tender leaves boiled with vinegar (or the raw ones pounded together with bread) heal the spleen. The juice from the leaves and berries with *irinum* [1-66], honey, or saltpetre [potassium nitrate] is poured into the nostrils and is good for old sores on the head. The head is moistened with this juice (with vinegar and *rosaceum*) [1-53], and with oil it cures sore, purulent ears. The juice and clusters [of fruit] (taken as a drink) cause sterility, and taken in too great an

amount trouble the mind. Five berries from a cluster of berries (pounded fine, warmed with *rosaceum* in a pomegranate skin) dropped into the opposite ear during toothache lessen the pain. The clusters of berries dye the hair black.

The leaves (boiled as previously mentioned) are laid as a poultice on any sort of ulcer; and applied as poultices cure sunburn and very bad burns. The clusters of berries (pounded fine and given as a pessary) induce the menstrual flow. A teaspoonful taken as a drink after womens' cleansing hinders conception. The stalks of the leaves moistened with honey and put into the vulva expel the menstrual flow and are an abortifacient. The juice (dropped in) purges away the stinking smell in the nostrils and their rotten ulcers. The oozing of *cissus* removes hair [depilatory], and rubbed on it kills lice. The juice from the roots (taken as a drink with vinegar) helps those bitten by harvest spiders. It is also called *cittaros*, *cissaros*, *chryso-carpos*, *poetica*, *corymbias*, or *cussion*, (as we would say, *hederula*), *dionysia*, (a sort of *bacchiceï*), *ithutherion*, *persis*, *cemos*, or *asplenos*; the Romans call it *silvae mater*, some, *hedera*, and the Gauls, *subites*.

2-211. CHELIDONION

SUGGESTED: *Chelidonium majus* [Fuchs, Bauhin, Linnaeus]
— Swallow Wort, Greater Celandine

C*helidonia* the greater sends out a slender stalk the height of a foot or more with branches full of leaves. The leaves are similar to those of *ranunculus*, yet those of *chelidonia* are more tender, somewhat a sky blue colour, and by every leaf there is a flower like *leucoion* [3-138]. The juice is a saffron colour — sharp, biting, a little bitter, and with a strong smell. The root is single at the upper end but divided lower down, and a saffron colour. The fruit is like horned poppy — slender, long like a cone — in which are little seeds, bigger however than those of poppy. The juice of this (mixed with honey and boiled in a brass jar over coals) is good for sharpening the sight [eyes]. The leaves, root and fruit are juiced when they emerge in summer. This juice is dried in the shade and made into little balls. The root cures jaundice, taken in a drink with *anisum* [3-65] and white wine; and also

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Isatis sativa.
Heymisch Weydt.



Isatis sativa
from FUCHS — 1545

Isatis sylvestris.
Wild Weydt.

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Isatis sylvestris
from FUCHS — 1545

applied with wine for *herpes* [viral skin infection]. It lessens toothache if chewed. It seems to be called *chelidonia* because it springs out of the ground together with the swallows' appearance and withers with them departing. Some have related that if any of the swallows' young ones is blind, the female parents bring this herb to heal it. It is also called *paeonia*, *crataea*, *aoubios*, *glaucios*, *pandionis radix*, *philomedion*, or *othonion*; the Romans call it *fabium*, the Gauls, *thona*, the Egyptians, *mothoth*, and the Dacians, *crustane*.

2-212. CHELIDONION MIKRON

SUGGESTED: *Chelidonium minus*, *Scrofularia* [Fuchs]
Malacocissus minor [Brunfels], *Chelidonia rotundifolia minor*
 [Bauhin], *Ranunculus ficaria* [Linnaeus] — Celadine

C*helidonia minor* (which some have called *sylvestre triticum*) is a little herb full of little feet, without a stalk (compact), with leaves similar to *cissus* [2-210], yet much rounder, smaller, tender and somewhat fat. It has many small roots from a single place, growing close together like wheat grains, but there are three or four which grow out long. It grows around waters and marshy places. It is sharp like anemone, ulcerating to the outside of the skin. It takes away parasitic skin diseases and scabbed nails. The juiced roots are put into the nostrils with honey for purging the head. Similarly a decoction of it gargled with honey powerfully purges the head, and purges all things out of the chest.

2-213. OTHONNA

SUGGESTED: *Othonna* — African Ragwort
Othonna cheirifolia — Barbary Ragwort

The plant of the ancients can have had little affinity with that of the moderns [Loudon].

Some say *othonna* is the juice of *chelidonia major*, some of *glaucium*, some say that it is the juice of the flowers of horned poppy, some that it is a mixture of the juices of *anagallis coerulea* [2-209], *hyoscyamus* [4-69] and poppy, and some say that it is the juice of a certain primitive herb called *othonna*, and that it grows in the part of Arabia that

lies towards Egypt. It has only a few leaves (like *eruca* [2-170]) full of holes as though they were wormeaten, ill-favoured or mouldy. It bears a broad-petalled saffron-coloured flower, as a result some think it to be a kind of anemone. It is juiced and put into eye medicines for when there is need of cleansing the eyes; it has a biting nature and removes all things that darken the pupils whatsoever. Some say that there is a certain kind of fluid that flows from the herb, which, washing and removing the stones from it, they make into lozenges for the same use. Some say that *othonna* is an Egyptian stone found in Thebais — the colour of brass, small in size, biting to the taste, with a certain kind of burning and astringency.

2-214. MUOS OTON

SUGGESTED: *Alsine maior* [Fuchs], *Alsine media* [Bauhin, Linnaeus], *Stellara media* [in Sprague] — Stitchwort, Chickweed, Starwort [Mabberley]

[other usage] *Myosotis arvensis* — Field Forget-me-not, Mouse Ear

Myosotis alpestris — Myosotis, Forget-me-not

see 4-87

M*uris auriculae* (also called *myosotis*) sends out many hollow stalks of a somewhat reddish colour (toward the lower end) from one root. The leaves are somewhat long and narrow with the backbone of them standing out, a blackish colour, growing up by distances, two and two, ending in a sharp point. Thinner little stalks grow out of the wings, on which are little flowers of a sky-blue colour, small like those of *anagallis* [2-209]. The root is the thickness of a finger with many hairy strings. The root of this (applied) heals ulcers in the inner angle of the eye. Finally, the herb is similar to *scolopendrium* [3-121] yet smoother and smaller. Some also call it *alsine*, *myoton*, *anthyllion*, *myortocon*, or *myrtosplenon*; the Romans call it *muris auricula*, and the Africans, *labatholabat*.

8

Anagallis mas.
Gauchheyl mennle.



Anagallis mas
from FUCHS — 1545

Anagallis foemina.
Gauchheyl weible.

9



Anagallis foemina
from FUCHS — 1545

2-215. ISATIS EMEROS

SUGGESTED: *Isatis sativa* [Fuchs], *Isatis tinctoria* var *sativa* [Linnaeus], *Pastel*, *Glastum* — Woad, Ash of Jerusalem, Dyer's Weed

cultivated, POISONOUS — fermented leaves produce indigo blue dye

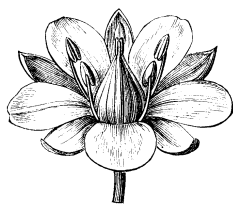
I*satis sativa* (which the dyers use) has a leaf like plantain but fatter and darker, and a stalk over two feet high. The leaves (applied) are able to dissolve any oedema or tumour, heal bloody wounds, stop bleeding, and cure spreading ulcers, *herpes* [viral skin infection] and rotten ulcers. It is also called *augion*, or *egne*, the Magi call it *arusium*, and the Romans, *ruta*.

2-216. ISATIS AGRIA

SUGGESTED: *Isatis sylvestris* [Fuchs], *Isatis tinctoria* var *vulgaris* [Linnaeus], *Isatis campestris* — Field Woad

I*satis sylvestris* is similar to that mentioned above but it has bigger leaves nearly the size of those of lettuce, and slender somewhat reddish stalks with many slits. On the top hang many little pods similar to tongues in which is the seed, and a thin flower of a yellowish colour. It is similar in effectiveness to that spoken of before, and is also good for the splenetic, taken as a drink and also applied. It is also called *egne parva*; the Romans call it *ruta minor*.

(It is to be understood that these descriptions of *isatis* contain that which is erroneous, for the cultivated bears both a yellowish flower and more slender and much divided branches and little pods on the top, like tongues in which are the seeds, but there is contained in these a black seed similar to *melanthium* [3-93], and it bears a stalk over two feet high and not only over one foot high. But the wild sort bears blacker leaves than this, a lower, thicker stalk, a flower of a purple or azure [blue] colour and the fruit like a cross, sharp, in which are the seed, separated or distinguished in a way by five little leaves apiece and those equal. — *Goodyer*)



Telephium imperati
after FAGUET — 1888

2-217. TELEPHION

SUGGESTED: *Telephium album*, *Telephium purpurascens* [Fuchs]
Acetabulum alterum album, *Acetabulum alterum purpureum*
[Brunfels], *Sedum telephium* [Linnaeus], *Sedum vulgare*,
Sedum purpureum, *Telefio* [Italian] — Orpine, Livelong,
Midsummer Men

T*elephium* is similar to *andrachne* [2-150] both in the leaves and stalk, with two wings sticking from every knot of the leaves; six or seven small branches from the root, full of azure-coloured [blue] leaves — thick, tough and fleshy; the flowers a yellowish or whitish colour. It grows in the springtime in vineyards and clay or shale places. The leaves applied for six hours cure white leprosy, but after this you must use barley meal. Rubbed on with vinegar in the sun they take away vitiliginis [type of leprosy], but after they have dried they must be wiped off. Some call it *sempervivum sylvestre*, and some call it *portulaca sylvestris*, the Romans call it *illecebra*, the Egyptians, *anoth*, and the Africans, *atirtopuris*.



Chelidonium majus
after FAGUET — 1888

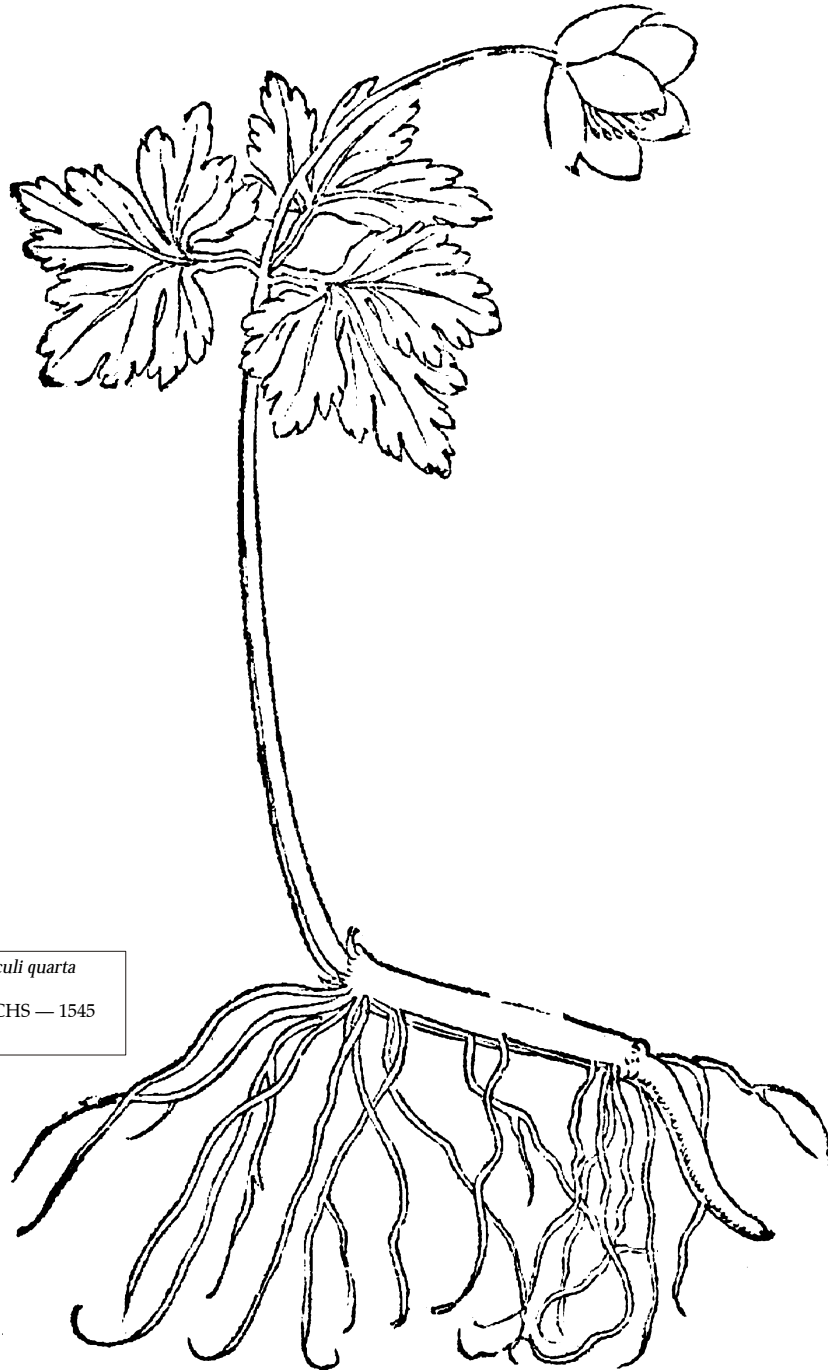
90 **Tertia ranunculi lutei apud**
Diosc. species.
Geel Waldthenle.



Tertia ranunculi lutei
from FUCHS — 1545

**Ranunculi quarta apud Dio-
scoridem species lactea.
Weiß Waldthenle.**

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Ranunculi quarta
from FUCHS — 1545