

BOOK ONE: AROMATICS

1-1. IRIS

SUGGESTED: *Iris germanica* [Fuchs, Brunfels, Linnaeus]
Iris vulgaris Germanica sive sylvestris [Bauhin]
— German Iris, Blue Flower de Luce, Flowering Ring

PROFESSIONAL USE ONLY

Iris is named because of its resemblance to the rainbow in heaven. It bears leaves like little daggers but bigger, broader and fatter [or thicker]: the flowers on the stalk are bent in one over against another and have varied colours for they are white, pale, black, purple or azure [blue]. It is because of the variety of colours that it is compared to the heavenly rainbow. The roots underneath are knotty and strong [or sound] with a sweet taste. These when cut should be dried in the shade and stored with a linen thread put through them. The best is from Illyria and Macedonia and the best of these has a thick stumpy root, hard to break, of a faint yellow colour with an especially good scent and very bitter to the taste. It has a sound smell and does not incline to nastiness or cause sneezing when pounded. The second is from Libya. It is white in colour, bitter to the taste, next in strength (to the former), and when these grow old they are worm-eaten yet then they smell even sweeter.

They are all warming and reduce the intensity of symptoms. They are suitable against coughs and reduce the intensity of thick mucus that is hard to get up. Seven teaspoonfuls of a decoction (taken as a drink in honey water) purge thick mucus and bile. They also cause sleep, provoke tears, and heal suffering in the bowels. Taken as a drink with vinegar they help those bitten by venomous creatures, the splenic, those troubled with convulsive fits or chilled and stiff with cold, and those who drop their food. Taken in a drink with wine they bring out the menstrual flow. A decoction of them is suitable for women's warm packs that soften and open their private places; for sciatica (taken as an infusion); for fistulas, and all sores and wounds that it fills up with flesh. Applied as an eye salve with honey they draw out particles. Chewed

and applied as a poultice they soften swellings and old hard swellings, and dried they fill up ulcers and clean them. With honey they fill up bare bones with flesh. They are good for headaches applied as a poultice with vinegar and *rosaceum* [1-53]. Daubed on with white hellebore and twice as much honey they clean off freckles and sunburn. They are also mixed with suppositories, warm compresses and fatigue removers, and in general they are of considerable use. This is also called *iris illyrica*, *thelpida*, *urania*, *catharon*, or *thaumastos*; the Romans call it *radix marica*, some, *gladiolus*, others, *opertritis* or *consecatrix*, and the Egyptians call it *nar*.

1-2. AKORON

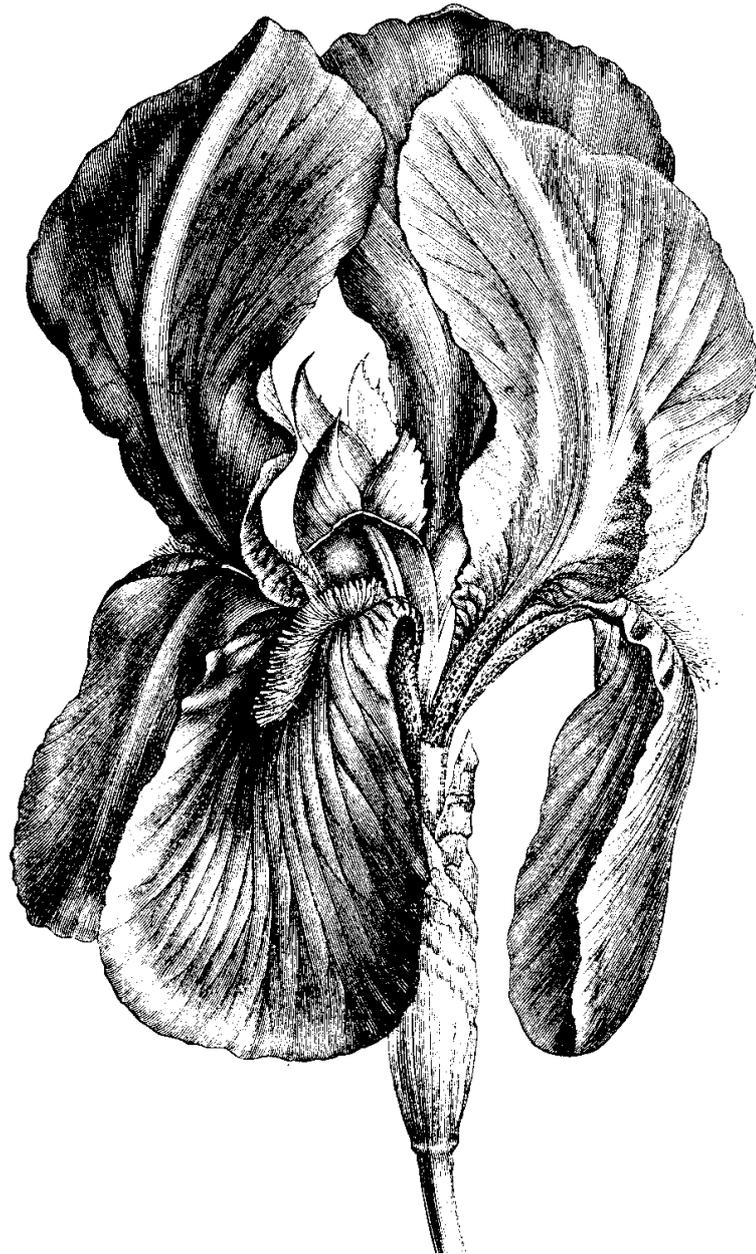
SUGGESTED: *Acorum officinarum*, *Gladiolus luteus* [Fuchs, Brunfels], *Acorus adulterinus* [Bauhin], *Iris pseudacorus* [Linnaeus] — Yellow Flag, Water Flag

[other usage] *Acorus calamus*, *Acorus aromaticus*, *Acorus odoratus* — Sweet Flag, Sweet Sedge, Myrtle Sedge

see 1-17, 1-114 — *calamus*

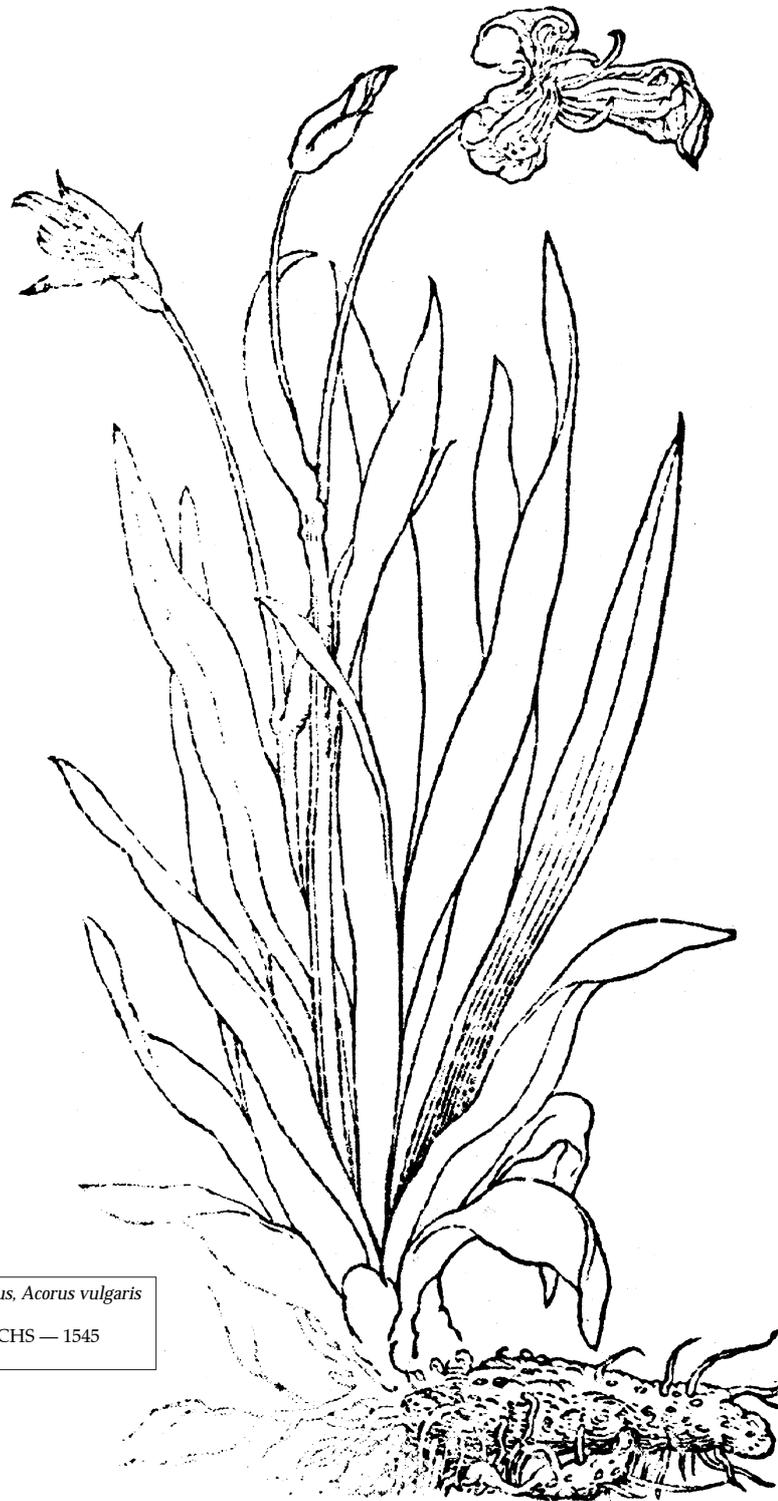
A*corum* has leaves which resemble those of iris very much only narrower, and the roots are similar only one wrapped in the other, not growing downward but sidelong in the upper part of the earth. They are sharp to the taste, distinguished by pale white knots, and not unpleasant to smell. The best is thick and white, not worm-eaten, full and fragrant. Root such as this comes from Colchis and from Galatia and is called *asplenium*.

The root is heating and a decoction of it (taken as a drink) causes an urge to urinate. It is good for pain of the rectum, chest and liver; and for griping, hernia and convulsions. It reduces the spleen, and it helps those sick with dripping mucus, and those poisoned by animal bites. It is effective in a hip bath like iris for female problems. The juice of the root cleans off things that darken the pupils of the eyes. The root of it is also effective mixed with antidotes. It is also called *chorus*, *aphrodisia* or the mariner's root; the Romans call it *venerea*, and the Gauls call it the pepper of bees, *piper apum*.



Iris germanica
after FAGUET — 1891

6 **Gladiolus luteus, uel Acorus**
uulgaris.
Geel Schwertel.



Gladiolus luteus, Acorus vulgaris
after FUCHS — 1545

1-3. MEON

SUGGESTED: *Daucus creticus*, *Tordylon*, *Seseli creticum* [Fuchs],
Athemanta meum [Linnaeus], *Aethusa meum*,
Meum athemanticum [in Sprague], *Athemanticum meum*,
Seseli meum — Bald-money, Meu, Spignel, Bear Root

see 3-63

The *meum* which is called *athamanticum* grows abundantly in Macedonia and Spain, and is similar in the stalk and leaves to *anethum* [3-67], but thicker than anethum, sometimes rising up to two feet, scattered underneath with thin, winding, straight, long roots, smelling sweet and warming the tongue. The roots (boiled with water or pounded smooth [or fine] without boiling and taken in a drink) lessen pains caused by obstructions around the bladder and kidneys. They are good for urinary difficulties, a gas-filled stomach, griping, diseases of the womb and pain in the joints. Pounded into small pieces with honey and taken as syrup they help a rheumatic chest; boiled for a hip bath they draw out the blood of the menstrual flow. Applied as a plaster to the lower part of children's bellies they induce the movement of urine. If more of a decoction than is suitable is taken as a drink it causes a headache.

1-4. KUPEIROS

SUGGESTED: *Cyperus* [Fuchs], *Cyperus odoratus radice longa*,
Cyperus officinarum [Bauhin], *Cyperus longus* [Linnaeus]
Cyperus esculentis, *Cyperus officinalis*, *Cyperus olivaris*,
Cyperus radicosus, *Cyperus hydra* — Yellow Nutsedge,
Earth Almond, Edible Cyperus, Rush Nut

Cyperus has leaves like *porrum* [2-179] but longer and more slender; and a stalk of a foot high or higher with corners like *juncus odoratus* [4-52, 1-16] on the top of which there emerge little leaves and seed. Use has been made of the roots of this for as long as the use of the olive. They lie underneath, adhering together — round, black, smelling good, bitter. It grows in clay or shale places as well as marshy. The best is heaviest — thick, full, hard to break, rough with a particular sharpness, such as the Silician and Syrian, and that from the Cycladean Islands.

It is warming, dilates the narrow openings of blood vessels and is diuretic. A decoction (taken as a drink) helps those troubled with stones [urinary, kidney] and dropsy and also those bitten by scorpions. Applied as a warm pack it is good for chills of the vulva and its obstruction, drawing down the menstrual flow. Dried and pounded to powder it is good for an ulcerous mouth, even though the ulcers are erosive. It is mixed with warm compresses for heating, and is effective for thickening ointments. Some speak also of another kind of *cyperus*, like ginger, which grows in India, which when chewed is found to taste bitter like saffron. Applied as an ointment it presently removes hair [depilatory]. The Romans call it the root of the bulrush, others the bulrush. Some call *cyperus*, as well as *aspalathus* [1-19], by the name of *erysisceptrum*.

1-5. KARDAMOMON

SUGGESTED: *Amomum cardamom* — Cardamom

see 1-14

The best *cardamomum* is brought out of Comagene, Armenia and Bosporus. It grows too in India and Arabia. Choose that which is hard to break, full, tightly shut (for that which is not is out of date), and which also has an offensive smell, and is sharp to the taste and somewhat bitter.

A decoction (taken as a drink with water) is able to heat. It is good for those who have illness *comitralis* [possibly from *comites* — veins, arteries adjacent to nerves — mitralism — lesions on the heart], coughs, sciatica, paralysis, hernias, convulsions and griping, and it expels rectal worms. Taken as a drink with wine it is good for those who have defective kidneys and difficulty *meiendi* [urination]. It is also good for one who has been stricken by a scorpion and for all those hurt by the venom of other creatures. A teaspoonful (taken as a drink with bark from the roots of bay) breaks stones [kidney, urinary]. Taken as inhalations of smoke or fumes it is an abortifacient, and daubed on with vinegar it takes away parasitic skin diseases. It is also mixed in thick ointments and other antidotes.

Cyperus.
Wilder Galgan.

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Cyperus
after FUCHS — 1545

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Phu vulgare.
Gemein Baldron.

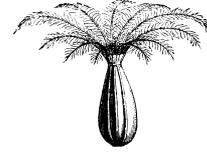


Phu vulgare
after FUCHS — 1545

1-6. NARDOS

SUGGESTED: *Phu germanicum*, *Valeriana vulgaris*,
Phu vulgare [Fuchs], *Valeriana sylvestris major* [Bauhin],
Valeriana officinalis [Linnaeus] — Valerian [Mabberley]

Jatamansi, *Nardostachys jatamansi*, *Valeriana spica*,
Valeriana jatamansi — Nardus, Spikenard, Indian Valerian,
 Nard



Valeriana officinalis
 after THIEBAULT — 1881

There are two kinds of *nardus*. The one is called Indian, the other Syrian. Not that it is found in Syria, but because one part of the mountain where it grows turns towards Syria and the other towards India. Of that which is called Syrian the best is new, smooth, full of filaments, a yellow colour, very fragrant, and resembles *cyprus* [1-124] in the smell. It has a short ear, a bitter taste, and is very drying to the tongue, its sweet smell lasting a long time. Of the Indian, one kind is called Gangetic from a certain river named Ganges running by the hill where it grows. It is somewhat weaker in strength because it comes out of watery places. It is higher and has more ears coming out of the same root, both full of filaments, and one wrapped in the other, with a poisonous smell. That which grows more on the hill is a great deal sweeter, short-eared, resembling *cyprus* [1-124] in the sweetness of its smell, and having other qualities in it, like that which is surnamed the Syrian *nardus*. There is also another kind of *nardus* called Sampharitic from the name of the place — very little, yet great-eared, with a white stalk sometimes growing in the middle, very much like the smell of a goat in scent. This ought utterly to be refused. It is also sold infused which fault is found out as follows: that the ear of it is white, withered, and with down on it. They adulterate it by blowing *stibium* [trisulphide of antimony or black antimony] with water or date wine into it to make it denser, and so that it may be heavier.

When you are to use it, if any dirt sticks to the roots of it you are to take it off and sift it, separating the dust, which is good to make washing water for the hands. The roots are warming, drying and uretic, as a result (taken as a drink) they stop the bowels. Applied they stop discharges of the womb and the whites [*leucorrhoea*, a mucosal vaginal discharge]. A decoction (taken as a drink with cold water) helps nausea and stomach *rosiones*

[gnawing corrosion], those troubled with wind, sickness of the liver or head, and painful kidneys. Boiled in water and given either as a warm pack or hip bath they heal inflammation of the vulva. They are good for superfluous fluids of the eyelids, drying and thickening them. For moist bodies a sprinkling is effective to take away the smell of sweat. They are mixed with antidotes. Ground smooth and made into balls with wine, they are stored for eye medicines in a new jar, which has not been smeared with pitch.

1-7. NARDOS KELTIKE

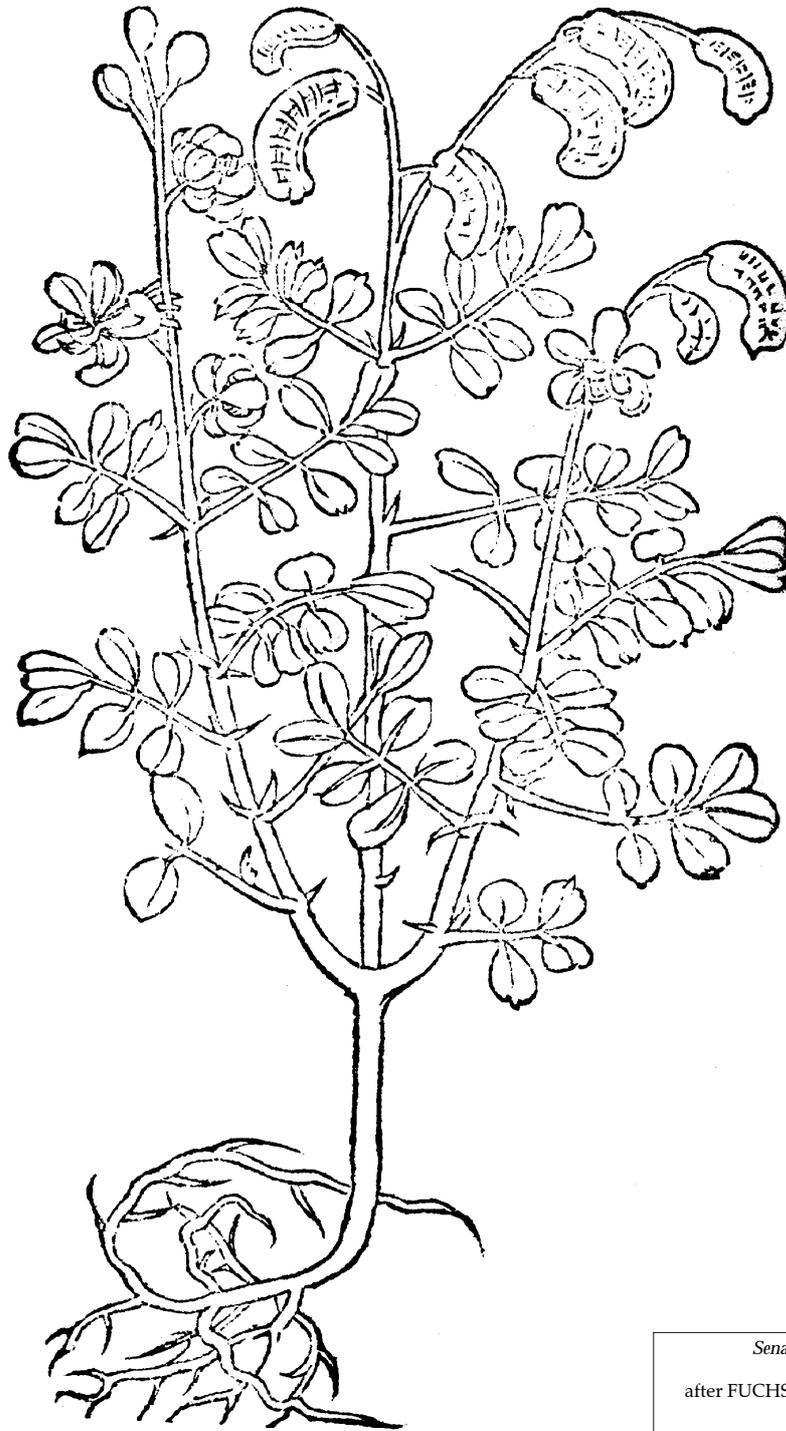
SUGGESTED: *Valeriana celticus*, *Nardus celticus*
— Celtic Spikenard, Celtic Valerian

The Celtic *nard* grows on the Alps of Liguria in that country called Gallica. It also grows in Istria. It is a little short shrub that is gathered together with the roots and made up into hand bundles. It has somewhat long leaves of a pale yellow with a yellow flower. Use is only made of the stalks and roots and the sweet smell is only from them. As a result (having the day before sprinkled the bindings with water and taken off the earthy stuff), you ought to lay them in a more moist ground (having first laid paper under them), and the next day you ought to make them clean again, together with the chaff and strange stuff, for that which is good in it is not taken away by the strength of the moisture. This herb is often counterfeited by another herb like it gathered together with it which because of the poisonous smell that it has they call the goat, but the difference is easily known for this herb is without a stalk, whiter, and with shorter leaves, neither has it a bitter or sweet-smelling root as in the true *nardus*.

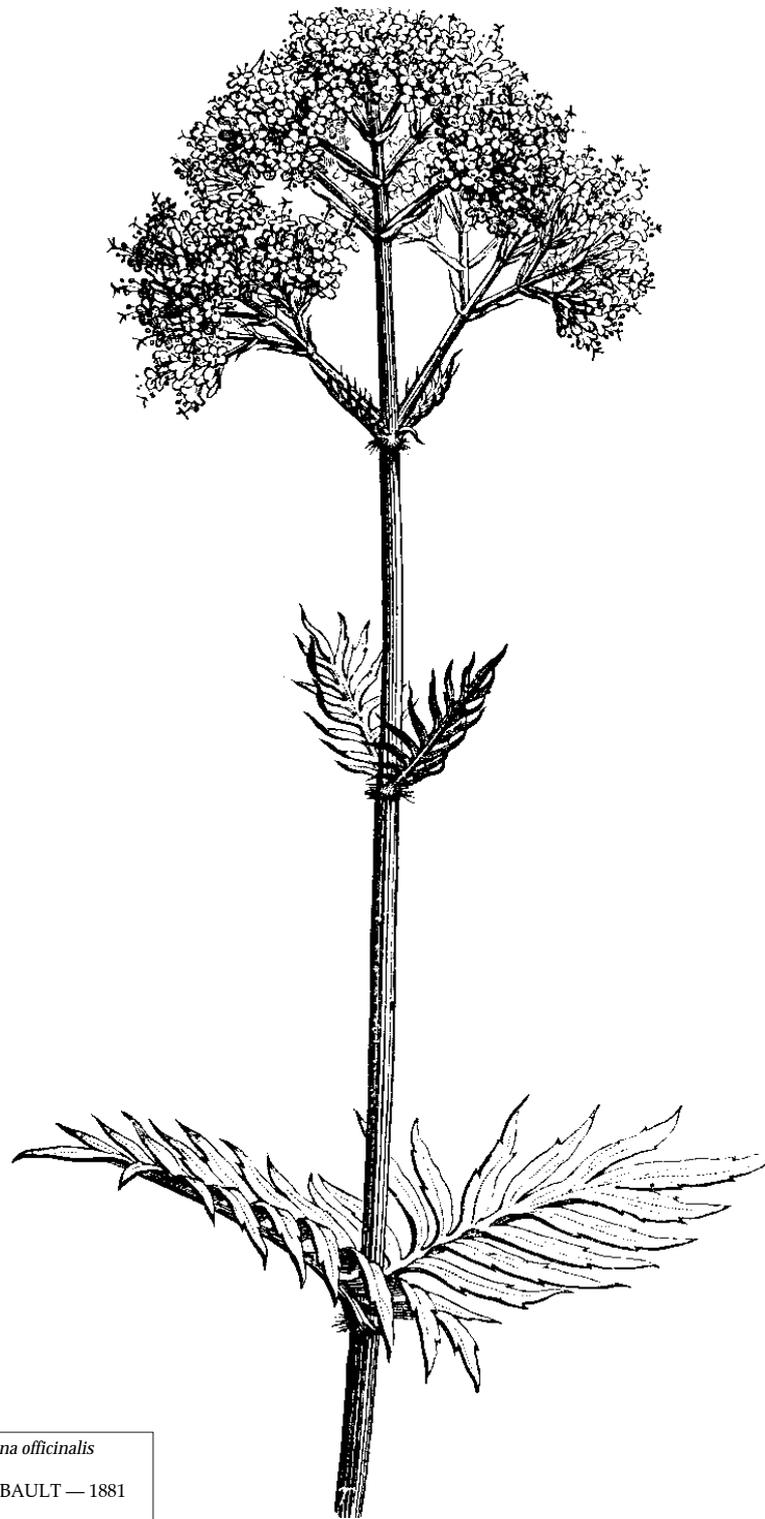
Choose the little stalks and the roots but throw away the leaves. If you will put them in storage you must first have them ground smooth and mixed with wine. Then make them into little balls and keep them in new ceramic bottles, corking them carefully. The best is new, fragrant, full of roots, plump and not easily broken. It is good for the same things as the Syrian but it is more diuretic and better for stomach disorders. Taken as a drink with a decoction of wormwood [3-26] it helps inflammation of

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Sena.
Senet.



Sena
after FUCHS — 1545



Valeriana officinalis
after THIEBAULT — 1881

the liver, jaundice, and gas-filled intestines. In the same way it is good for the spleen, bladder and kidneys, as well as mixed with wine for bites of venomous creatures. It is used in warm compresses, liquid medicines and warming ointments.

1-8. NARDOS OREINE

SUGGESTED: *Valeriana dioica* — Marsh Valerian

Mountain *nardus* (which is called *thylacitis* and *nevis* by some) grows in Cilicia and Syria. It has stalks and leaves like *eryngium* but smaller, yet not sharp and prickly. The two or more roots that lie underneath are black and fragrant like *asphodelus*, but thinner and a great deal smaller. It does not have a stalk, fruit or flower for any long time. The root is good for the same things as the Celtic *nardus* [1-7].

1-9. ASARON

SUGGESTED: *Asarum europaeum* — Asarabacca, Cabaret, Wild Nard, Hazelwort

POISONOUS

A*sarum* has leaves like *cissus* but much thicker and rounder, with a flower between the leaves near the root that is an azure [blue] colour like *cytinus* [1-127] or *hyoscyamus* [4-69], in which lies seed like the kernels of grapes. The many roots underneath smell like cinnamon. It loves rough, dry ground. The root of this helps hernia, convulsions, old coughs, difficulty in breathing, and difficulty in urinating. It expels the menstrual flow, and taken as a drink with wine it is good for those poisoned by animal bites. The leaves are astringent, and are applied to help inflammation, pains in the head, new ulcers of the eyes, breasts inflamed after childbearing and *erysipela* [inflammatory skin disease]. The smell induces sleep. Crateuas the herbalist concurs. Many roots lie underneath — knotty, slender and crooked like grasses, yet a great deal slenderer and smelling good, heating, and biting the tongue considerably. They are diuretic and warming. They cause vomiting and are good for dropsy

and obstinate *ischuria* [hip pains? — urine retention?], and they bring down the menstrual flow. Six teaspoonfuls of the roots (taken as a drink with honey and water) purge like white hellebore. They are mixed with ointments. It grows on shady mountains and is common in Pontus, Phrygia, Illyricum and Vestinum, Italy. It is also called *nardus sylvestris*, the Magi call it *sanguis martis*, the Osthenees, *thesa*, the Egyptians, *cereera*, the Romans, *perpensa*. It is also called *baccharis*, the Thuscans (or Etruscans) call it *succinum*, some call it *nardus rustica*, and the Gauls call it *baccar*.

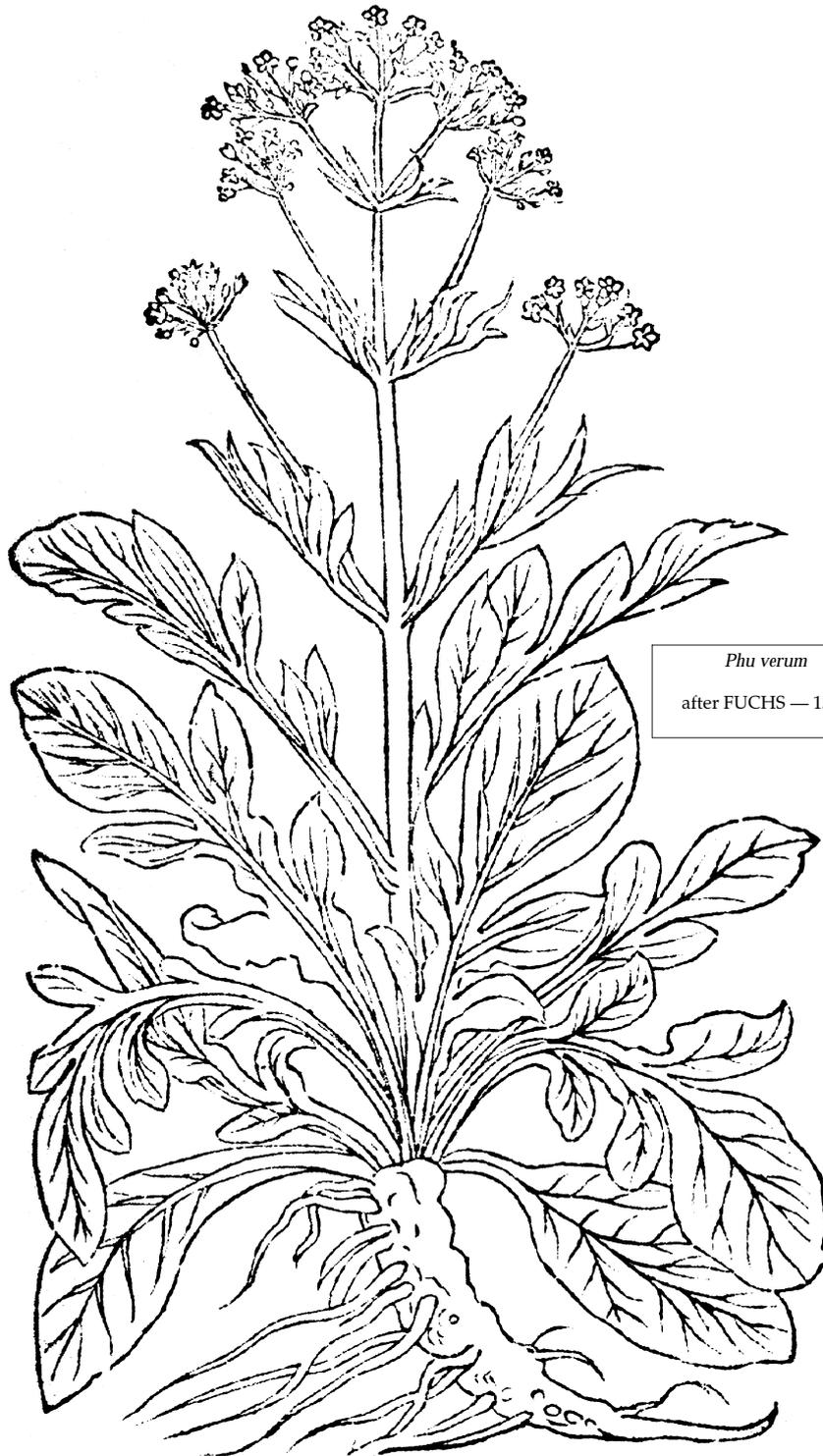
1-10. PHOU

SUGGESTED: *Phu magnum*, *Valeriana maior*, *Phu verum* [Fuchs]
Valeriana hortensis [Bauhin] *Valeriana phu* [Linnaeus],
Valeriana dioscorides — Phu, Cretan Spikenard,
Garden Valerian

Phu (which some also call *sylvestris nardus* [garden nard]) grows in Pontus, and it has leaves much like *elaphoboscon* [2-182] or *hipposelinon* [3-78], with a stalk of a foot high or more — smooth, soft, inclining to a purple colour, hollow in the middle and distinguished by knots. The lower parts are somewhat like those of narcissus but bigger, more tender and purple in a pale white. The root in its upper part is about the thickness of the little finger, and it has filaments like *juncus odoratus* [4-52, 1-16] or *veratrum nigrum* [4-151] that grow within one another — a pale yellow, pleasantly-scented and resembling *nardus* in its smell, with a certain poisonous kind of heaviness. Dried and given in drinks it is warming and encourages urine, and a decoction of it may do the same. It is good for a painful rectum, encourages the menstrual flow, and is mixed with antidotes. It is adulterated mixed with the roots of *ruscus* [4-146] but the knowledge of this is easy — for these are hard, not easily broken and without any good smell.

Phu verum.
Welsch Baldrian.

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Phu verum
after FUCHS — 1545



Cinnamomum zeylanicum
after FAGUET — 1894

1-11. MALABATHRON

SUGGESTED: *Trapa bicornis* — Ling Nut
Trapa bispinosa — Singhara Nut
Trapa quadrispinosa — Water Chestnut sp

Limnantheum indicum, *Nymphoides indica* — Water Snowflake

Some imagine *malabathrum* to be the leaf of the Indian *Nardus* [1-6] (deceived by the similarity of the smell) for there are many things like *nardus* in smell, such as *phu* [1-10], *asarum* and *neris* [?4-82]. But this is not so for it is a particular herb that grows in the Indian marshes with the leaves swimming on the water like the *palustris lens* [4-88] in the marshes, with no root. Having gathered it they immediately pierce it through with a linen thread, drying it like this, and preserve it. They say that when the summer heat dries up the water, the earth is burnt along with the shoots of it, and unless this happens it will spring up no more. The best is new and a pale white inclining to blackness, hard to break, sound, biting the nose with its smell, and the sweetness of its smell is long-lasting. It is like *nardus* [1-6] in taste without any taste of salt. That which is weak with a mouldy scent and breaks into small pieces is worthless. It has the same properties as *nardus* but does everything more forcibly. *Malabathrum* is more diuretic and better for the stomach. It helps inflammation of the eyes pounded into small pieces, boiled in wine, and rubbed on. It is put under the tongue for sweetness of the breath, and it is put among cloths for it keeps them from moths and scents them sweetly.

1-12. KASSIA

SUGGESTED: *Cassia acutifolia* — True Senna,
 Alexandrian Senna
Cassia fistula — Purging Cassia, Golden Shower,
 Indian Laburnum
Cassia angustifolia — Indian Senna

There are many kinds of cassia growing around Arabia with stores of aromatic things. It has a twig with a thick bark and leaves like pepper. Choose that which is reddish-yellow, with a good colour, resembling coral — very slender, long and thick, full of tubes, with a biting

taste, and astringent with considerable heat, aromatic, and resembling wine in its smell. Such, by the inhabitants of the country, is called *achy*, and the merchants in Alexandria call it *daphnitis*. Above this is preferred the black kind which is called *gizir*, inclining to a purple and thick, with a smell like a rose, the most suitable of any for bodily uses; and that formerly spoken of is next to this. The third kind is called *mosyleticus blastos*. The rest are of no account such as that which is called *aphysemon* — black and unsightly and thinly-barked or having it full of chinks — as well as that which is called *kitto* and *dacar*. There is also a certain bastard cassia, amazingly similar, which is found out by its taste that is neither sharp nor aromatic, and it has bark adhering to the soft internal tissue. There is also found a broad reed — tender, light, full of branches — which is better than the others. Reject that which is a pale white, coarse, smells like a goat, and has not a thick reed but is coarse and thin. It is diuretic, warming, drying and gently astringent. It is fit for eye medicines that are made for clearing the sight, and for warm compresses. It takes away freckles applied with honey, and encourages the menstrual flow. Taken as a drink it helps those bitten by snakes. It is good too taken as a drink for all internal inflammation, and the kidneys; for women too as hip baths, and as inhalations of fumes or smoke for dilation of the uterus. If there is no cinnamon at hand then twice as much of this mixed with medicines will do the same things. It is very effective for many things.

1-13. KINAMOMON

SUGGESTED: *Cinnamomum zeylanicum*,
Laurus cinnamomum, *Persea cinnamomum* — Cinnamon
Canella alba — Wild Cinnamon

There are many kinds of cinnamon with several names proper to the countries where they grow, but the best is that which they call *mosulum* because in a way it bears a similarity to that cassia which they call *mosulitis*. Of this choose that which is new, black in colour, inclining to an ash colour like that of wine, with slender smooth shoots, full of lasting knots, especially fragrant. For most commonly to discern which is best depends on

the sweetness of its smell. For that which is the best and the most special has a smell resembling rue [3-52, 3-53, 4-98] or cardamom, and furthermore it is sharp and biting to the taste, somewhat salty with heat, when rubbed not easily made rough, and when broken downy, with smoothness between the knots. Test it as follows by taking a shoot from one root (for this trial is easy), for there are some fragments mixed in, and at the first trial the best gives off a sweet taste and fills the nose with the scent of it and hinders discerning the worst. There is also a mountain variety — thick, dwarfish, of a very glittering colour. And there is a third from Mosul — black, and with a very sweet taste, shrubby and without many knots. The fourth kind is white, fungal, pushed up to sight, and vile and brittle, with a great root, smelling like cassia. The fifth sort bites the nose with its smell, is reddish-yellow, and its bark is very like red cassia — but it is solid to the touch, not very thin, with a thick root. Of these that which has a smell like frankincense, cassia or *amomum* [1-14] is the worst in smell. Choose that which is white, rough, and with a coarse bark, but avoid that which is smooth and woody around the root as useless. There is another somewhat like it that is called bastard cinnamon — vile, with a faint smell and weak strength. It is called ginger *xylocinnamomum* [*xylō* — wood], having some similarity to cinnamon. There is also woody cinnamon that has long and strong shoots but is much inferior in sweetness of smell. It is said by some that this *xylocinnamomum* differs in kind from cinnamon having another nature. Now all cinnamon is warming, diuretic, softening and digestive. It draws out the menstrual flow and is an abortifacient, taken as a drink with myrrh [1-73, 1-77, 4-116] or else applied. It is also good against beasts that put out their poison and against deadly poisons [antidote]. It cleans away, heats and thins pus that darkens the pupils, and is diuretic. Rubbed on with honey it takes away freckles and sunburn. It is good for coughs and mucosal discharges, dropsy, diseases of the kidneys, and difficult urination. It is mixed with precious ointments and in general it is effective for many things. It is prepared for storage by being pounded into small pieces, put into wine, and dried in the shade.

1-14. AMOMON

SUGGESTED: *Amomum repens*, *Elettaria cardamomum*,
Alpina cardamom — Bastard Cardamom, Lesser Cardamom
Amomum aromaticum [Mabberley] — Bengal Cardamom

see 1-5

A*momum* is a little shrub winding out of the wood within itself the same way as *racemus* [1-49], and it has a little flower like that of the *leucoion* [3-138] but leaves like *bryonia* [4-184]. The best is brought out of Armenia with a good colour, a pale reddish wood and a very fragrant smell. Because it grows in plain and watery places that from Media is weaker. It is large, a pale green, soft to touch, and full of veins in the wood, resembling organum in its smell. That which comes from Pontus is a pale red, neither long nor hard to break, clustered, full of fruit, and biting to smell. Choose that which is new and white or a faint red, not that which is close and adhering together, but that which is loose and diffused, full of seeds like the kernels of grapes, heavy, very fragrant, without rottenness or mould, and sharp, biting to the taste, a single and not many colours.

It is warming, astringent and drying. It causes sleep and relieves pain applied as a poultice to the forehead. It ripens and dissolves inflammation and scalded sores of the head. It is also good for those stricken by scorpions applied as a poultice with basil. It helps gout, and it helps and soothes inflammation of the eyes, and those with haemorrhoids in their bowels; and it is effective for female problems or damage both as suppositories and baths. The liquid medicine (taken as a drink) is good for liver disorders, defective kidneys and gout, and it is mixed with antidotes and the most precious ointments. Some adulterate *amomum* with *amomis* [*Amomis pimenta*] that is like *amomum* yet without smell and without fruit. It grows in Armenia and has a flower like organum. As a rule to prevent deception avoid the fragments and choose those that have perfect branches out of one root.

1-15. KOSTOS

SUGGESTED: *Costus arabicus*, *Costus speciosus*,
Amomum hirsutum, *Saussurea costus* [Mabberley]
 — Arabian Costus, Kust-root [Bedevian], Costus Root

Modern *costus* is not the same as that known by the ancients — Jaquin, in Loudon.

The Arabic *costus* is best — white and light, with a noticeable pleasant smell; next is the Indian — full, light and black like *ferula*. The third is the Syrian — heavy, the colour of box, with a biting smell. The best is new, white, full throughout, thick, dry, not worm-eaten, not with a stinking smell but with a biting hot taste.

It is warming and diuretic, expels the menstrual flow, and is good for diseases of the uterus applied in suppositories, as irrigations [douches], or as warm packs. Two ounces (taken in a drink) helps someone bitten by a viper, chest conditions and convulsions. It is given for gas in the stomach with wine and wormwood [3-26], taken with mead [honey wine] it draws out venom, and taken in water it draws out worms through the rectum. An ointment of it made with oil helps those who have chills from fever before an expected fit, and similarly helps the paralysed. Rubbed on with water or honey it takes away sunburn. It is also mixed in warm compresses and antidotes. Some adulterate it by mixing in the strongest roots of *commagene* [1-27]. The difference is easily discerned. For this *helenium* neither burns the tongue nor yields a pleasant, strong, biting smell.

1-16. SCHOINOS

SUGGESTED: *Schoenus incanus* — Bog Rush
Juncus conglomeratus, *Juncus effusus* — Rushes, Sweet Rushes
Juncus arabicus — Rush, Sea Rush

see *schoenus* 4-52

Juncus odoratus grows in Libya and Arabia and in that part of Arabia called Nabataea, and this is the best. The Arabic is next, but that from Libya is useless. Choose that which is new, red, and full of flowers; which when cut or cleft inclines to a purple colour, is thin, smells sweet like a rose when it is rubbed between the hands, and bites the

tongue with considerable burning. Use the flower, the reeds and the root. It is diuretic, bringing down the menstrual flow, and dissolving gaseousness. It causes catarrh in the head. It is mildly astringent. It has a breaking, digesting and opening strength. The flowers of it used in drink are good for bloody vomiting and a painful stomach, as well as the lungs, liver and kidneys. It is mixed with antidotes, but the root is more astringent and therefore is given for a squeamish stomach. One teaspoonful is good for dropsy and convulsions, and is given for some days with the same amount of pepper. A decoction of it as a hip bath is most convenient for inflammation around the vulva. It is also called Babylonian [*juncus*] or *teuchitis*.

1-17. KALAMOS EUODES

SUGGESTED: *Acorus calamus*, *Acorus aromaticus*,
Acorus odoratus — Sweet Flag, Sweet Sedge, Myrtle Sedge
Calamus ciliaris — Indian Palm

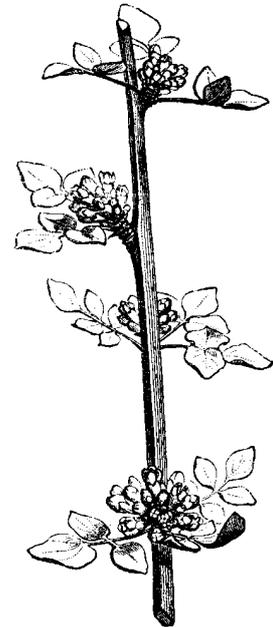
see 1-2, 1-114

C*alamus aromaticus* grows in India and the best is reddish-yellow, thick with knots, and when broken it falls into many pieces. The reed is fibrous, somewhat white, and slimy to chew, astringent and somewhat sharp. Taken as a drink it is able to induce the movement of urine. As a result it is good for dropsy, defective kidneys, slow and painful urination and hernias, boiled either with grapes or seeds of apium [3-77] and taken as a drink. It draws out the menstrual flow taken as a drink and applied. It helps coughs inhaled either alone or with resin *termininthos* [1-91], the smoke taken in at the mouth through a funnel. It is boiled for women's baths and infusions, and mixed with warm compresses and perfumes to make them smell sweeter.

1-18. BALSAMON

SUGGESTED: *Opalobalsamum*, *Balsamodendron gileadense*,
Balsamodendron opalobalsamum, *Commiphora opalobalsamum*,
Amyris gileadensis — Balm of Gilead, Balm of Mecca
Amyris kataf, *Commiphora kataf*, *Balsamodendron kataf*
 — Balsam of Kataf

The tree *balsamum* is noted, similar in size to *lycium* [1-132] or *pyracantha* [1-169, 1-170], with leaves like rue [3-52, 3-53, 4-98] but a great deal paler and much more flourishing. It grows only in Judaea in a certain valley and in Egypt. Varying considerably in ruggedness, tallness and slenderness, the part of the shrub that is thin, with filaments, is called *theriston*, which may be because it is easily mowed because of its slenderness. *Opobalsamum* is the juice exuded by the tree when it is cut with iron nails in the heat of the hottest days. But it drops so little that every year they can get no more than six or seven *congi* [three litre units approximately] of it, and a weight of it is sold in that place for double its weight in silver. The best juice is new, with a strong smell, pure and not inclining to sweetness, dissolving easily, smooth, astringent, and a little biting to the tongue. It is prepared in various ways for there are some who mix ointments with it such as *termininthos* [1-91], *cyprinum* [1-65], *schininum* [1-90], *susinum* [1-62] or *liliaceum* [1-62], *balaninum* [1-40, 4-160] and *metopium* [1-71], honey, waxy ointments, *myrsinum* [1-48], or very liquid *cyprinum* [1-65]. These are easily discerned for if the unmixed is dropped on a woollen cloth and afterwards washed out it makes no stain or spot on it, but that which is counterfeited sticks. The pure when put into water or milk is easily diffused and turns like milk, but that which is counterfeited swims on the top like oil, turning round or diffusing itself like a star. But in time the pure will also turn thick and test worse than any. Those are deceived who think that it is pure when it is dropped into water, goes down to the bottom first, and afterwards, easily diffusible, rises up again. The wood is called *xylobalsamum* and the best liked is new with slender stalks — red, sweet smelling, with a smell somewhat resembling *opobalsamum*. Suitable use is made of the fruit too. Choose that which is yellow, full, great, heavy, biting in taste and hot in the mouth, somewhat similar in taste to *opobalsamum*. From the town Petra a



Balsamodendron opalobalsamum

after FAGUET — 1888

seed like *hypericum* [3-171] is brought with which they counterfeit this fruit. You may discover this because it is bigger, and empty with no strength, and tastes of pepper.

The juice has the most strength as it heats the most, cleaning away things that darken the pupils, and curing abrasions around the vulva applied with waxy ointments and *rosaceum* [1-53]. It expels the menstrual flow and the afterbirth, is an abortifacient, and rubbed on dissolves chills and the filthy matter of boils. Taken as a drink it is a concoction for rejuvenation and moving urine. Given with milk it is also good for difficult breathers and those who have taken a drink of *aconitum* [4-77, 4-78]; also for those bitten by snakes. It is mixed with fatigue removers, warm compresses and antidotes. Generally the juice of the *balsamum* has the most strength, next to that the fruit, but the wood has the least strength of all. Taken in a drink the fruit is good for pleurisy, pneumonia, coughs, sciatica, epilepsy, vertigo, asthma, griping, difficulty in conception, and for those bitten by snakes. It is suitable for women's inhalations in fumes, and boiled for hip baths it opens the vulva and extracts moisture. The wood has the same virtues the fruit has but to a lesser degree. Boiled in water and taken as a drink it helps in digestion, griping, those bitten by snakes, and convulsions, and it expels urine. With dry iris it is good for wounds in the head. It also extracts scaly bones. It is mixed for the thickening of ointments.

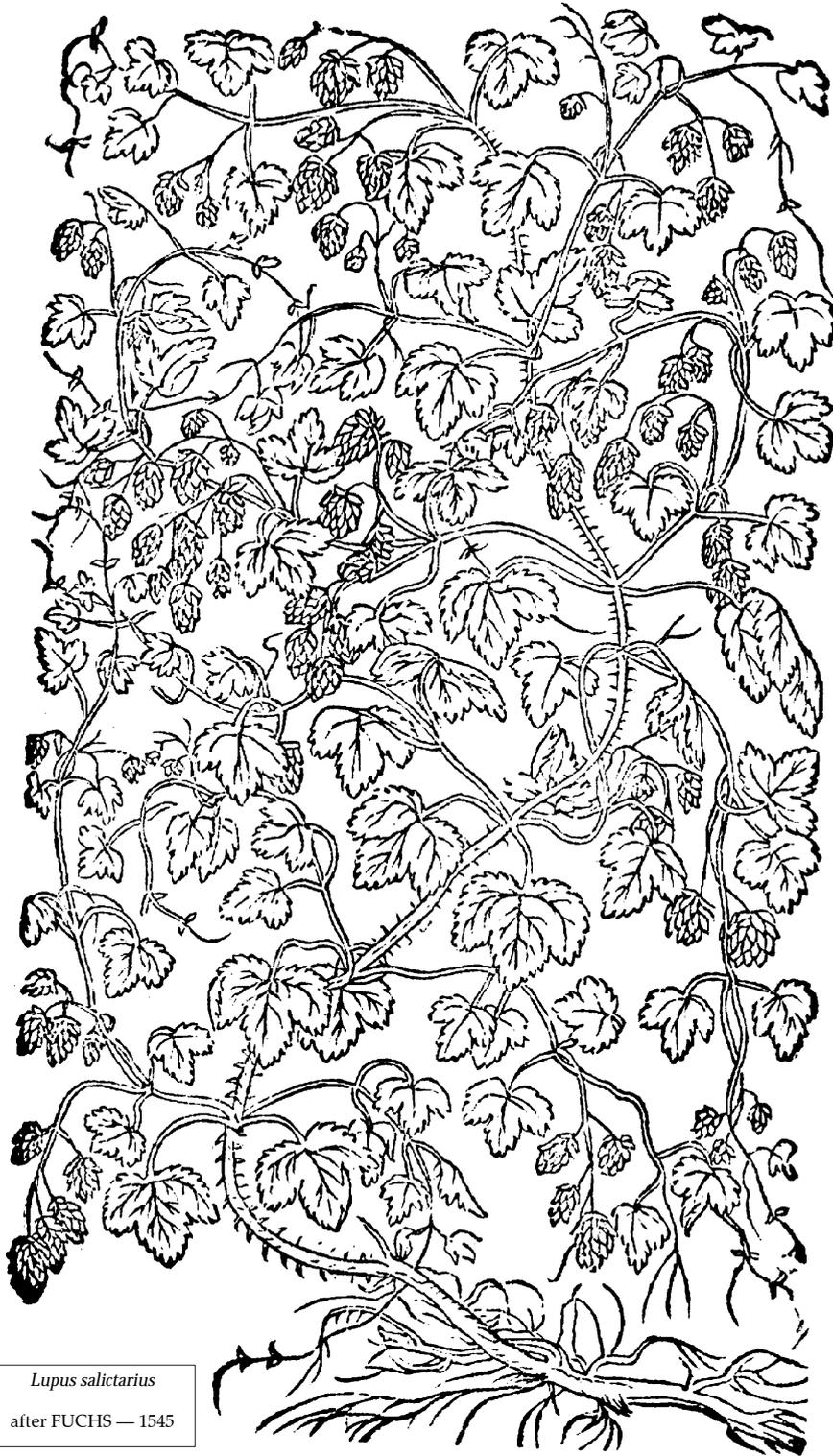
1-19. ASPALATHOS

SUGGESTED: *Aspalathus indica* — Indian Aspalathus

A *spalathus* is a woody kind of shrub with many prickly thorns — growing in Istrus, Nisyros, Syria and Rhodes — which the ointment makers use for thickening their ointments. The best is heavy, and after it has been harvested inclining to a red or a purple colour, thick, fragrant, and bitter to the taste. There is also another kind of it with scattered bristles or thorns — white, woody, without any smell — which is considered the worst. It has a heating and astringent quality. As a result, boiled in wine and gargled, it is good for an ulcerated mouth and gangrenous ulceration in the genitals. It is infused for unclean discharges and fetid nasal discharges; and put

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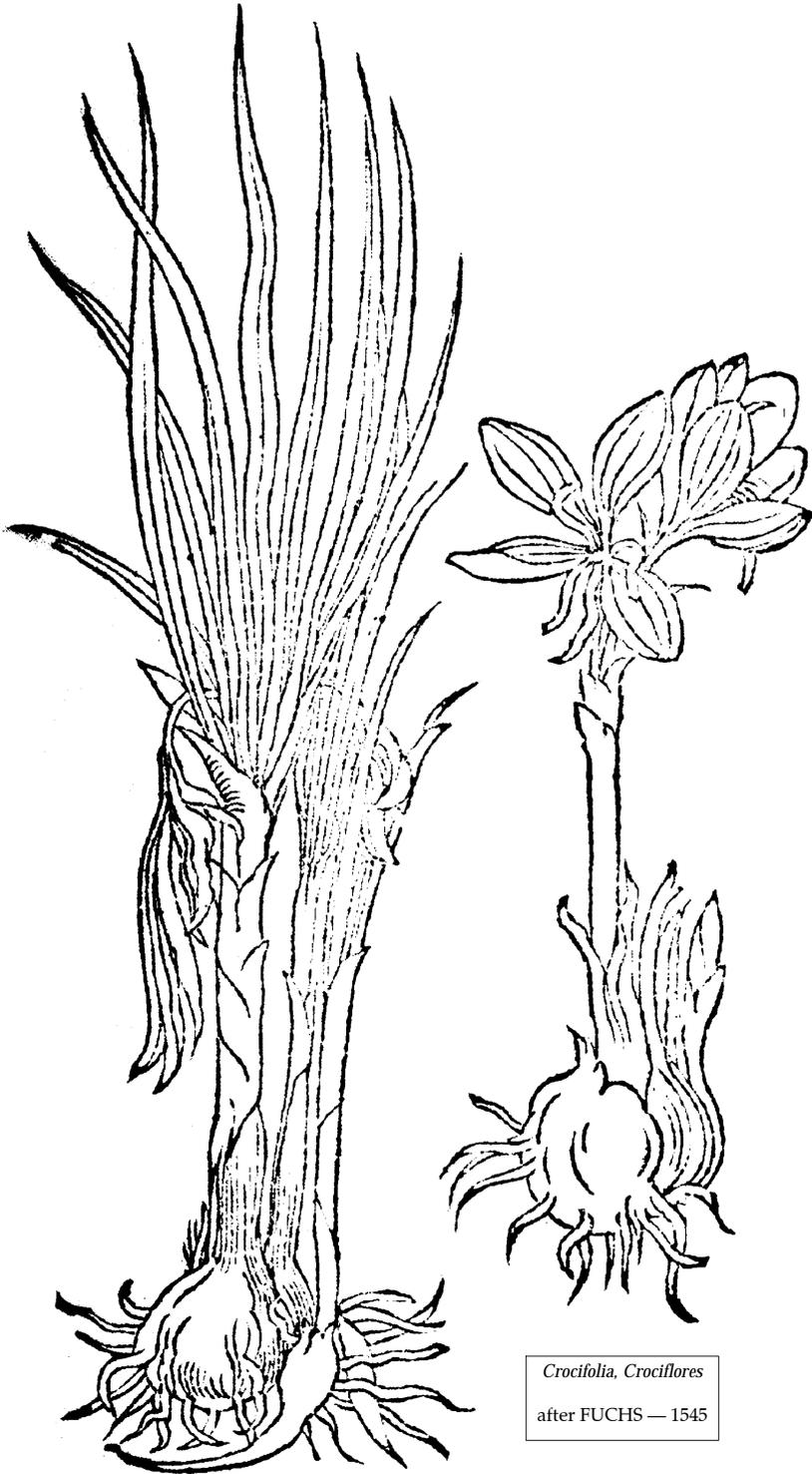
Lupus salictarius,
Hopffen.



Lupus salictarius
after FUCHS — 1545

Crocifolia.
Saffran bletter.

Crociflores. 249
Saffran blümen.



Crocifolia, Crociflores
after FUCHS — 1545

into a pessary it is an abortifacient. A decoction stops bowels, and taken as a drink it stops bloody vomiting, and dissolves painful urination and gaseousness. It is also called *sphagnon*, or *phasganon*, the Syrians call it *diaxylon*, and some, *erysisceptron*.

1-20. BRUON

SUGGESTED: *Lupus salictarius*, *Lupulus*,
Humulus [Fuchs, Brunfels], *Lupulus mas* [Bauhin],
Humulus lupulus [Linnaeus] — Hops

Splachnum and *Bryum* have been used to name various mosses in modern times [Loudon].

B*ryum* is sometimes called *splanchnon*. It is found on trees such as cedars, white poplars or oaks: the best grows on cedar, next is that which grows on white poplar. That which smells sweetest and is white is the best, but that which is black is the worst. *Bryum* is astringent. Used either hot or cold it is good in decoctions made for all those disorders requiring bathing around the vulva. It is mixed with ointments made for suppositories, with other ointments for the astringent quality in it, for the preparation of perfumes, and is put into medicines called *acopi* [to remove fatigue].

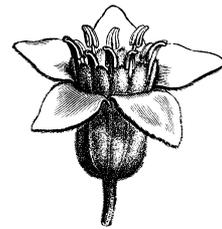
1-21. AGALLOCHON

SUGGESTED: *Aquilaria agallocha*, *Cynometra agallocha*,
Aloëxylon agallochum — Agallochum, Indian Aloe Tree,
Calambac Tree
Aquilaria malaccensis — Eagle-wood — Agallochum

fragrant resinous heartwood

A*gallochum* is a kind of wood like thiyne wood that is brought out of India and Arabia distinguished by spots of a sweet scent, somewhat astringent to the taste, with some bitterness, and bark like soft skin somewhat over-coloured.

When it is chewed and a decoction of it is gargled up and down in the mouth it causes sweet breath. The powder sprinkled on the whole body serves to deodorise it. It is used in perfumes instead of frankincense. One teaspoonful of the roots (taken in a drink) lessens moist



Aquilaria malaccensis
after FAGUET — 1888

disorders of the stomach, its weakness and heat. It is good taken as a drink with water for those who have pains of the rectum, for the liver, dysentery and griping.

1-22. NASKAPHTHON

UNKNOWN

nasceus — *nascor* — plants used by women

N*ascaphthum* some call *narcaphthon* and this is also brought out of India. It is a bark like the rind of the mulberry tree, used for a perfume for the sweet smell it has, and put into artificial perfumes. Taken as inhalations of fumes or smoke it is good for constriction of the vulva.

1-23. KANKAMON

SUGGESTED: *Amyris ambroisiaca*, *Protium icicaraba*,
Icica icicarabica — Gum Elemi Tree

C*ancamum* is the oozing of an Arabic tree resembling myrrh [1-77, 1-73, 4-116], poisonous to the taste, which they use as a perfume. They make a perfume with it for their cloths with myrrh and styrax. It is reported to be able to make fat bodies lean — a half teaspoonful taken as a drink with water or vinegar and honey for many consecutive days. It is given to the splenetic, epileptic and asthmatic. Taken with honey and water it brings down the menstrual flow, and it quickly takes off scars in the eyes and heals their moisture diluted in wine. For gums rotten from moisture and toothache it helps as nothing else can do.

1-24. KUPHI

Cyphi — a perfume

C*yphi* is the composition of a perfume welcome to the Gods. The priests in Egypt use it abundantly. It is also mixed with antidotes and it is given to the asthmatic in drinks. There are many ways that the manufacture of it is carried out, including the following. Take one litre of *cyprus* [1-124], the same amount of ripe juniper berries,

six kilos of stoned plump raisins of the sun, two and a half kilos of resin (cleaned again), a half kilo each of *calamus aromaticus* [1-2, 1-17, 1-114], *aspalathus* [1-19] and *juncus odoratus* [4-52, 1-16], twelve teaspoonfuls of myrrh [1-77, 1-73, 4-116], five litres of old wine and one kilo of honey. Having removed the stones from the raisins pound them and work them together with the wine and myrrh. Pound and sift the other things, mix them with these, and let them drink up the liquid for one day. Afterwards boil the honey until it comes to a glutinous consistency, mix the melted resin carefully with it, and then having pounded all the other things diligently together, put them into a clay jar.

1-25. KROKOS

SUGGESTED: *Croci flores et folia* [Fuchs], *Crocus sativus* [Bauhin], *Crocus sativus var officinalis* [Linnaeus]
— Saffron Crocus

Corycian *crocum* is the best for bodily use — new and well-coloured, having somewhat white tendrils, somewhat long, having all its parts hard to break, without fat, full, colouring the hands, not decayed or moist, alluring in scent and a little sharper; for that which is not such is either old or steeped. The next best after the Corycian comes from that tract of land near Lycia; and that from Olympus [a mountain] in Lycia; then that from Aegis Aetolia. But the Cyrenaican and that from Centuripinum are the weakest in strength of all in Sicily, all of them being cultivated like vegetables. Nevertheless, because it is full of juice and well coloured, they in Italy (dying thyme wood with it) do use this, and for this it is sold at a high rate. For medicine, that which was previously described is more effective. It is adulterated with a mixture of *crogomagma* [1-26] pounded or daubed with *sapa* [syrup of new wine], *lithargyrum* [5-102] or *plumbago* [5-100] pounded together with it to make it weigh more. All this is discerned by the dustiness that is found amongst it, and by the smell of the boiled down new wine it has.

It is digestive, softening, somewhat astringent and diuretic. It causes a good colour, and it is good taken as a drink with *passum* [raisin wine] against overindulgence.

It stops excessive discharges of the eyes applied with woman's milk. It is effective mixed with drinks that are taken internally, and with suppositories and poultices for the uterus and the perineum. It works against venereal diseases, and rubbed on it soothes inflammation that accompanies *erysipelas* [a skin inflammation], and it is good for inflammations of the ears. They say also that it will kill one if three teaspoonfuls are taken as a drink with water. In order to pound it smaller it must be dried in the sun in a hot ceramic jar, and it must often be quickly turned. The root of it (taken in a drink with *passum* [raisin wine]) causes an urge to urinate. It is also called *castor*, or *cynomorphos*, and the Magi call it *sanguis Herculis*.

1-26. KROKOMAGMA

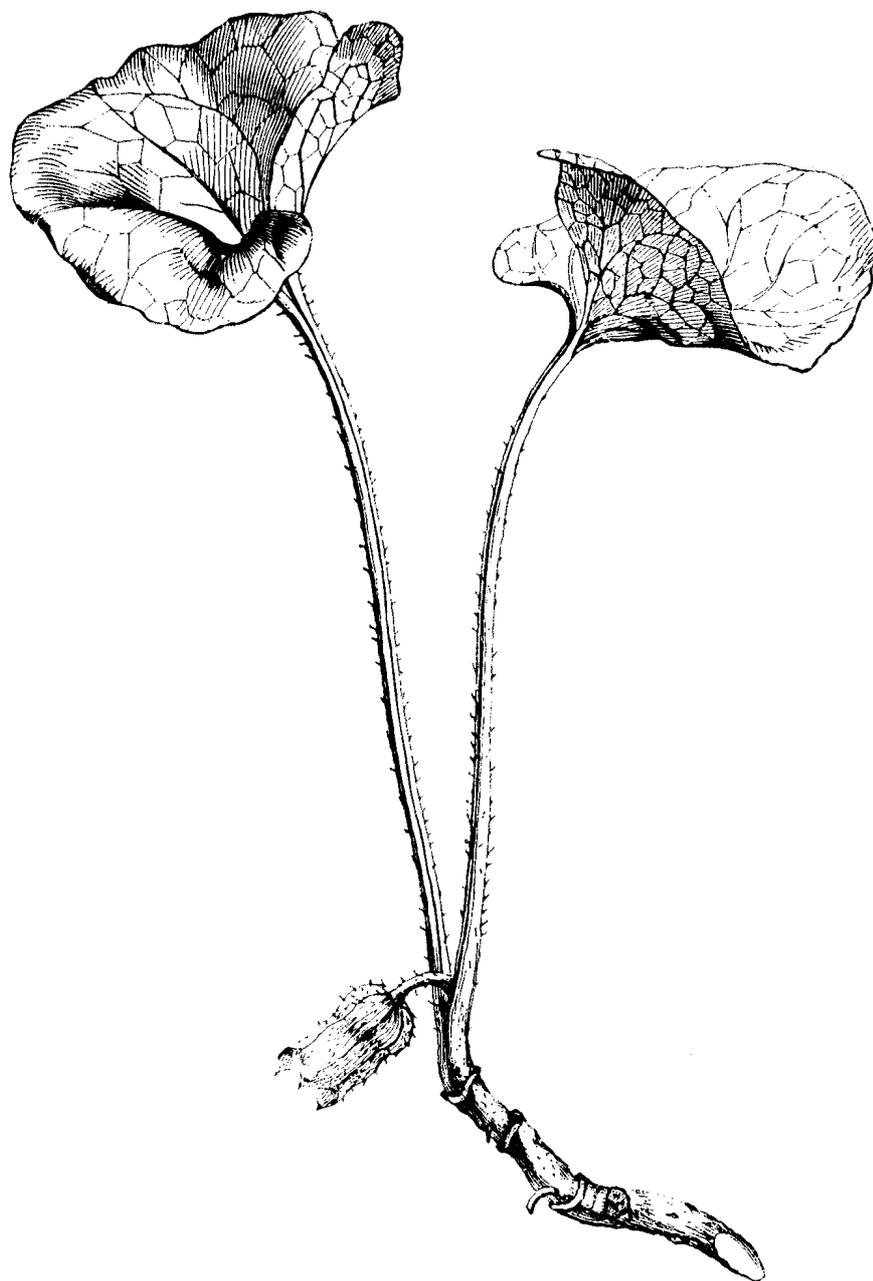
SUGGESTED: *Crocus sativus* var *officinalis* [Linnaeus]
— Saffron Oil Dregs

C*rocomagma* is made from oil of saffron, the aromatic part squeezed out and made into lozenges. The best is sweet-smelling, somewhat resembling the taste of myrrh [1-77, 1-73, 4-116], heavy and black, with no woodiness in it; and which sufficiently diluted is the colour of saffron — smooth, yellow underneath, strongly colouring the teeth and tongue and lasting many hours together, like that from Syria. It has the ability to clean and cleans away things which darken the pupils. It is diuretic, softening, digestive and warming. It somewhat resembles the strength of saffron for it is made from this.

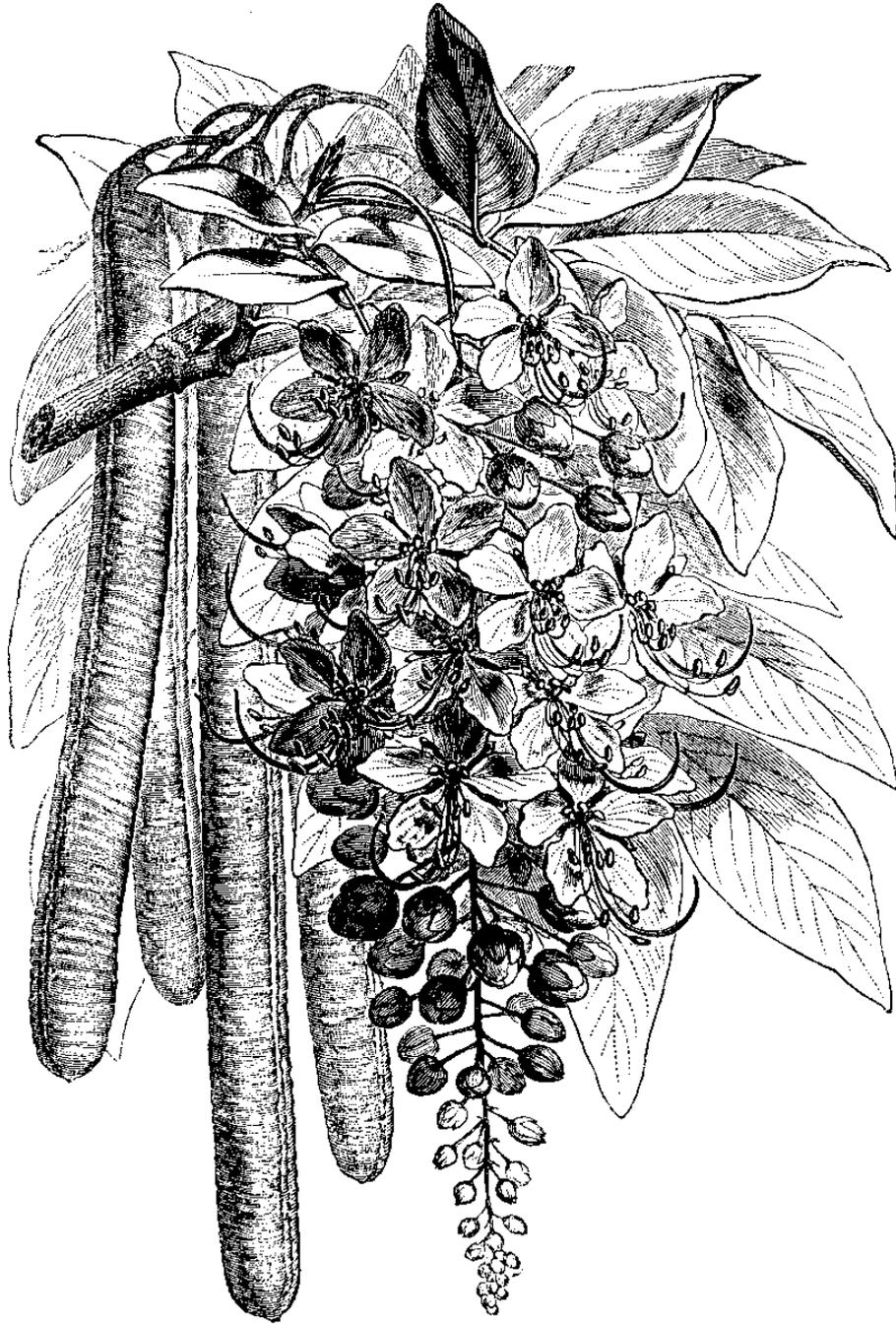
1-27. ELENION

SUGGESTED: *Elenium*, *Inula*, *Enula campania* [Fuchs],
Helenium vulgare [Bauhin], *Inula helenium* [Linnaeus],
Inula campana, *Aster helenium*, *Aster officinalis*
— Common Inula, Horse Elder, Elecampane

H*elenium* has narrow leaves like *verbascum* [4-104], only sharper and somewhat long. In some places it puts out no stalks at all. The root below is fragrant, great, somewhat sharp, from which for planting (as in lilies or arum) the most pleasant shoots are taken. It grows in hilly, shady and moist places. The root is dug up in the



Asarum europaeum
after FAGUET — 1888



Cassia fistula

after FAGUET — 1888

summer, cut and dried. A decoction (taken as a drink) induces the movement of urine and the menstrual flow. The root itself (taken in a syrup with honey) helps coughs, asthma, hernias, convulsions, gaseousness, and the bites of venomous creatures, being generally warming. The leaves boiled in wine are effectively applied to those who have sciatica. The root is good for the stomach preserved in *passum* [raisin wine]. The confectioners, drying it a little and afterwards boiling it, then steep it in cold water and put it into a decoction they keep in jars for use. Pounded and taken in a drink it is good for bloody excretions. It is also called *symphyton*, *persica*, *medica*, *orestion*, *nectarion*, *cleonia*, *rubus idaeus* or *verbascum idaeum*; the Romans call it *terminalium*, others, *inula campana*, and the Egyptians call it *lone*.

1-28. ELENION AIGUPTION

UNKNOWN

Crateuas mentions another *helenium* that grows in Egypt. It is a herb with branches a foot long spreading on the ground like *serpyllum* [3-46], its many leaves around the branches like those of *lenticule* [?lentil] but longer; the roots a pale colour, the thickness of the little finger, thin below but thicker above, with a black rind. It grows in places bordering on the sea and on hillocks and rocks. One root of it (taken in a drink with wine) is able to help those bitten by snakes.



Inula helenium

after THIEBAULT — 1888

OILS

1-29. ELAION OMOTRIBES

SUGGESTED: *Olea europaea*, *Olea sativa*, *Olea lanceifolia*
— New Oil from Unripe Olives

Oil from unripe olives is the best to use for health. The best is considered that which is new, not biting, with a sweet smell. This is also effective for the preparation of ointments. It is also good for the stomach because it is therapeutic for the bowels, and when held in the mouth it contracts loose gums, strengthens the teeth and represses sweating.

1-30. ELAION KOINON

SUGGESTED: *Olea europaea* — Old Olive Oil

That which is the oldest and most fat is the most fit for bodily uses. Commonly all oil is warming and softens flesh, keeping the body from being easily chilled with cold, making it more ready to perform actions. It is good for the digestive system, and has a softening strength, dulling the strength of ulcerating medicines in mixtures. It is given against poisons, taken immediately and vomited up again. A half-pint purges, taken as a drink with the same amount of barley water or with water. Six glassfuls (boiled with rue [3-52, 3-53, 4-98] and taken as a drink) are given effectively to those troubled with griping, and it expels worms. This is administered especially for obstruction of the intestines, but the older oil is more heating and violently dispersing. It is a good ointment to sharpen the eyesight. If there is no old oil at hand, new oil must be mixed as follows. Pour it out into the best jar at hand, and boil it until it is the thickness of honey. Then use it, for it is has an equal strength.

1-31. ELAION AGRIAS ELAIAS

SUGGESTED: *Olea sylvestris*, *Olea sylvestris* var *oleaster*
— Wild Olive Oil

Oil from the wild olive is more astringent and the second choice for good health. It is convenient instead of *rosaceum* [1-53] for headaches, and stops sweating and hair falling out [*alopecia*]. It cleans off dandruff, ulcers that penetrate the head, parasitic skin diseases, and psoriasis, and it keeps grey hair away for a long time from those who are rubbed with it daily.

1-32. ELAION LEUKON

To Whiten Oil

Oil is made white as follows. Taking oil which is a clear colour and not over a year old, pour it out into a new broad-mouthed ceramic jar. Let there be an amount of fifty pints. Afterwards, placing it in the sun, pour it back again with a spoon every day around noon, letting it fall down from on high, so that it may be altered by frequent rolling and beating, and foam. Then on the eighth day steep fifty teaspoonfuls of clean fenugreek in warm water, put it thus softened into the former oil without straining out the water. Also add the same weight of pinewood now (as fat as may be and cut into small pieces), and let eight more days pass. After this time stir the oil up and down again with a spoon. Finally, if it is white, pour it out into a new jar (first rinsed around with old wine) and store it, having first scattered in eleven teaspoonfuls of the corolla of *melilot* flowers [3-48] and the same amount of iris. If it is not (yet white) it must be set out again in the sun and treated until it becomes white.

1-33. ELAION SIKUONION

SUGGESTED: *Olea europaea*, *Olea sativa*, *Olea lancifolia*,
Sicyonium — Sicyonian Oil

We may prepare Sicyonian olive oil as follows. Pour out four and a half litres of new unripe olive oil

and the white oil [above] into a broad-mouthed kettle covered with tin, add two and a quarter litres of water, and boil it over a gentle fire stirring softly. When it has boiled up twice take it away from the fire, and having cooled it, skim off the oil with a spoon. Afterwards add other water, boil it again, and repeat the procedure, and then store it. This oil is mostly made in Sicyonia and is therefore called *sicyonium*. It is somewhat warming, suitable for fevers and affected nerves. Women use it to have a clean skin.

1-34. RUPOS

Grime from the baths

The scrapings which are taken up in public baths are able to heat, soften, and disperse fluids, and are good for splits in the perineum, and for rubbing on joints.

1-35. RUPOS PALAISTRA

Grime from the wrestling school

The dirt or filth from the wrestling school helps the joints, applied as a warm compress.

1-36. RUPOS GYMNASION

Grime from the gymnasium walls

The filth on the walls of the gymnasium (or that which is scraped off from statues) warms and dissolves *tubercles* [growths] that ripen only with difficulty, and it is helpful for abrasions, the removal of scaliness, and old ulcers.

1-37. ELAIOMELI

SUGGESTED: *Olea sylvestris*, *Olea sylvestris* var *oleaster*

— Wild Olive Oil

Elaeagnus angustifolia — Oleaster, Oil Tree,

Zakkoum Oil Plant

Elaeis guineensis — Oil Palm

Elaeomeli [Pliny] — *Olea europaea*

— Manna exuded from the branches of the Olive tree

Elaeoptene is the liquid part of a volatile oil, Stearoptene the solid part of a volatile oil, a camphor.

E*laeomeli* flows out of a certain stem and root of a plant growing in Palmyra, a region of Syria, more thick than honey and sweet in taste, which (taken as a drink of two cups to one half-pint of water) drives dyspepsia and bilious fluids out through the bowels. Those who take it become sluggish and deficient in virility, but this should not disturb us. They are to be kept awake and not allowed to be overcome by too deep a sleep.

Oil is also prepared from the fat of the young olive shoots, the old oil being best — thick, fat, not cloudy. It warms, and is effective rubbed on for those things that darken the pupils, and daubed on is good for leprosy and painful nerves.

1-38. KIKINON ELAION

SUGGESTED: *Ricinus* [Fuchs], *Ricinus vulgaris* [Bauhin],

Ricinis communis [Linnaeus] — Castor Oil Plant,

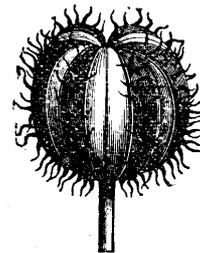
Palma Christi

[other usage] Croton Oil Plant, Purging Croton, Tiglium

— *Croton tiglium*, *Croton acutus*, *Croton jamalgota*, *Pavana*,

Tiglium officinalis

see 4-164



Ricinis communis

after FACUET — 1888

C*icinum* is prepared as follows. Take ripe *cicinum* seeds (as much as you think suitable) and dry them in the sun, scattering them along as they used to do grapes until the bark that closes them in when broken apart falls off; then gathering the flesh or pulp together put it into a mortar, and having pounded it carefully put it into a kettle with a tin cover that has water in it, and

placing fire underneath, make it boil. When you have removed all the moisture, take the kettle from the fire and collect the oil that swims on top with a spoon and bottle it. Because the Egyptians use it in great abundance they prepare it differently. After they have picked them they place the seeds into a mill and grind them carefully; then throwing the grinds into baskets they squeeze it out with a press. The seeds are in season or ripe when they are rid of the small bladders that enfold them.

This oil of *cicinum* is good for ulcers that penetrate the head, parasitical skin diseases, inflammation of the perineum, and obstructions and damage to the uterus, as well as scars *faedas* [from goring by horned animals], and earache. Mixed with plasters it makes them more effective. Taken as a drink it draws out watery matter through the bowels, and it also draws out worms.

1-39. ELAION AMYGDALINON

SUGGESTED: *Amagdalinum* — *Metopium* — Almond Oil
— *Prunus amygdalus* var *amara* — Bitter Almond

RAW SEED OF BITTER ALMOND IS POISONOUS.

A*magdalinum* oil or *metopium* is made as follows. Having picked and dried four quarts of bitter almonds beat them gently with a wooden pestle in a mortar until they are pulped. Pour on them one pint of hot water and let them absorb it for half an hour, from which time beat it strongly again. Then press it on a board, squeeze it out, and take that which sticks to your fingers into a spoon. Afterwards pour a half-pint of water into that which was squeezed out, and allow it to be absorbed, and repeat as before. Four quarts of seeds make one half-pint of oil. It is effective against womb pains, constriction, the womb turning around, and things that darken the same places, as well as headaches, ear problems, resonance, and tinnitus. It helps inflammation of the kidneys, illness *meientes* [urination], stones [urinary, kidney], asthma and splenitis. Furthermore it removes spots from the face, sunburn, and wrinkles on the skin mixed with honey, the root of lily and Cyprian rosewax. With wine it mends moisture of the pupils of the eye, and removes penetrative ulcers and dandruff.



Ricinus communis

after FAGUET — 1888

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Raphanus sativus.
Kettich.



Raphanus sativus
after FUCHS — 1545

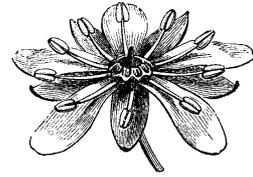
1-40. BALANINON ELAION

SUGGESTED: *Myrobalan citrina*, *Terminalia citrina*
— Hara Nut Tree

Quercus infectoria, *Quercus lusitanica* — Acorns from *Quercus*
species — Gall Oak, Dyer's Oak, Nut Gall Oak

Balanites aegyptica, *Xymenia aegyptica*
— Thorn Tree, Egyptian Balsam, Zachum Oil Tree

see 4-143, 4-160



Balanites aegyptica

after FAGUET — 1875

In the same way oil *balaninum* is prepared. It has strength to clean spots, freckles, down on the face, and darkening cataracts and it purges the intestines. It is bad for the stomach. Poured in with goose fat it is good for earache, ear resonance and tinnitus.

1-41. ELAION SESAMINON KAI KARUINON

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

Carya — *Juglans regia* — Walnuts
Nux pontica, *Nux avellana*, *Corylus avellana* [Linnaeus]
— Hazelnuts

Both *sesaminum* and *caryinum* oil which is made from *carya* kernels are prepared in the same way as those mentioned above. They have the same strength as *balaninum* [1-40].

1-42. UOSKUAMINON ELAION

SUGGESTED: *Hyoscyamus flavus* [Fuchs],
Hyoscyamus niger [Linnaeus] — Henbane, Hen Bell,
Hyoscyamus
Hyoscyamus albus — White Henbane,
Oil of Henbane

POISONOUS

H*yosciaminum* is prepared as follows. Take dry new white seed, and having pounded it steep it in hot water as was previously described in *amagdalinum* [1-39]. Then place it in the sun and mix it until it turns black and has a strong smell. Then, having strained it through a linen cloth and having squeezed it, store it. It is good for earaches, and is mixed with suppositories, having a softening quality.

1-43. KNIDELAION

SUGGESTED: *Gnidium*, *Cnidium*, *Daphne gnidium*,
Thymelaea hirsuta — Oil from Grains, Seeds of Gnidium,
Spurge Flax

see 4-173

G*nidium* is prepared in the same way from rubbings of grains [seeds] that have been pounded and pilled. Taken as a drink it is able to loosen the bowels.

1-44. KNIKELAION

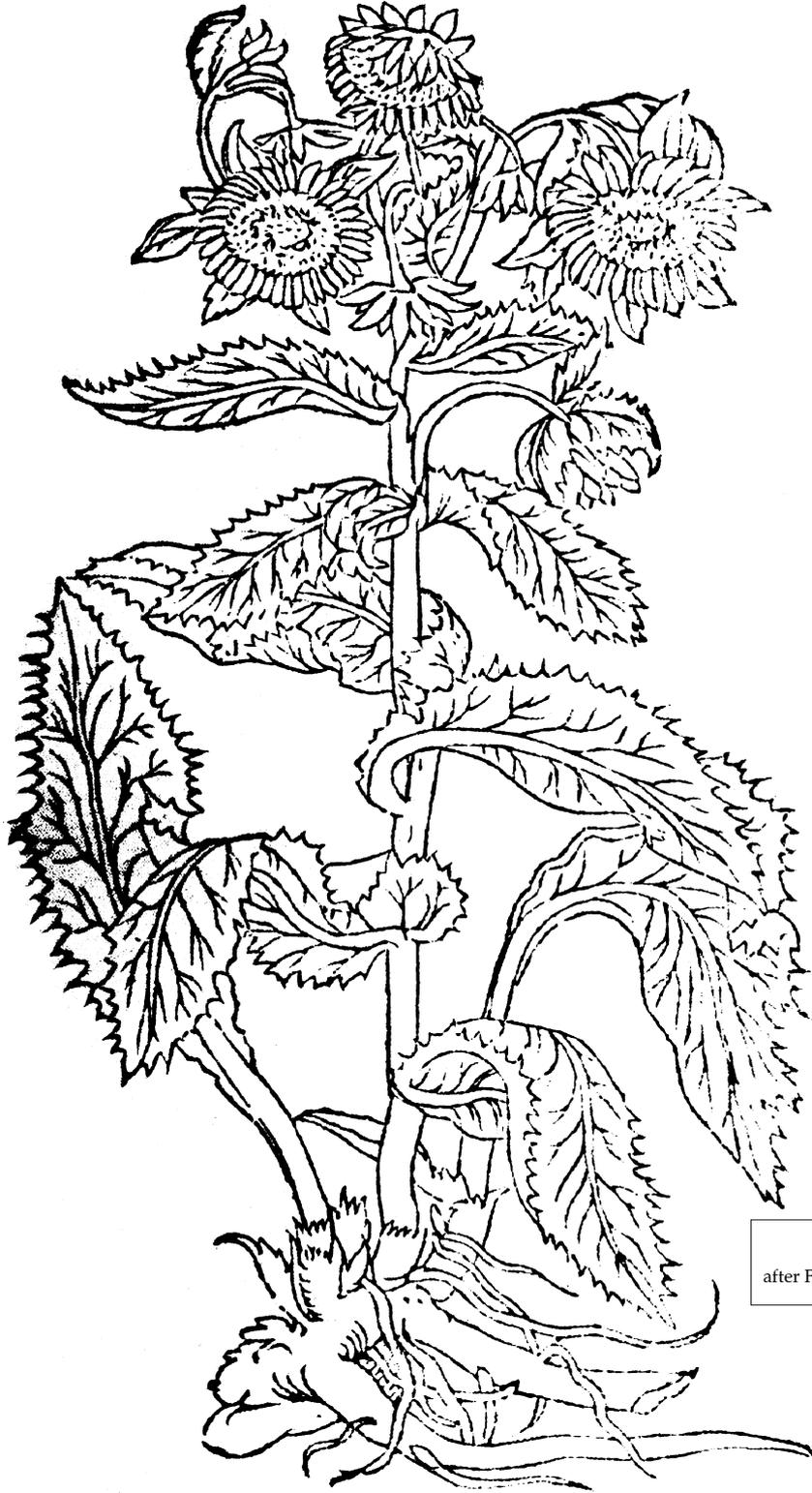
SUGGESTED: *Cartamus*, *Crocus hortensis* [Fuchs],
Carthamum officinarum, *Cnicus sativus* [Bauhin],
Carthamus tinctorius [Linnaeus] — Safflower, Saffron Thistle
[Mabberley]

see 4-119, 4-190

In the same way *cnicinum* is made which has the same uses as the oil from rubbed grain [above] but is somewhat weaker.

Elenium.
Alant.

135



Elenium
after FUCHS — 1545



Castanea vulgaris — Chestnut
after FAGUET — 1880

1-45. RAPHANELAION

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

R*aphaninum* is made from its own seed, as are the rest. It is good for those who by some sickness have got psoriasis, and it cleans away rough skin around the face. Those in Egypt use it, boiling it with their sauce.

1-46. MELANTHELAION

SUGGESTED: *Melanthium hortense primum*,
Schwartz Kommich [Fuchs], *Nigella sativa* [Linnaeus]
— Common Fennel Flower, Black Cumin

Melanthium alterum Damascenum vocatum,
Nigella hortensis altera [Fuchs], *Nigella angustifolia* [Bauhin],
Nigella damascena [Linnaeus] — Love in a Mist,
Devil in a Bush

Melanthium sylvestre, Cuminum sylvestre alterum [Fuchs],
Nigella arvensis [Linnaeus]

POISONOUS

M*elanthium* has the same uses, and is prepared like *raphaninum* [1-45].

1-47. SINAPELAION

SUGGESTED: *Napy, Sinapis primum genus* [Fuchs],
Sinapi hortense [Brunfels], *Brassica nigra*,
Sinapis sinapioides, Sinapis nigra — Black Mustard

Sinapis alba [Linnaeus], *Leucosinapis officinalis, Brassica alba*
— White Mustard, Salad Mustard, Cultivated Mustard,
Mustard Oil

S*inapinum* is prepared by grinding the mustard seed small and steeping it in warm water, then mixing the oil with it and straining it out together. It is good for diseases of a long duration, drawing out faulty fluids from far within.

1-48. MURSINELAION

SUGGESTED: *Myrtus communis* var *romana*
— Broad-leaved Myrtle

see 1-155, 4-146, 4-165b

M*yrsinum* oil is prepared as follows. Take the tender leaves of black myrtle (whether wild or planted), beat them, pressing out the juice, then mixing the same amount of unripe olive oil with the juice warm it over coals until it is boiled together, spooning up that which floats on top. An easier method of preparation is to boil the tenderest leaves (after they have been pounded) in water and oil, and to skim off the oil that swims on the top. Another way is (having laid the leaves in the sun) to steep them in oil. There are some thicken the oil first with *malicoria* (?), *cupressus* [1-102] and *juncus odoratus* [4-52, 1-16].

The most effective oil inclines towards bitterness in its taste, and is oily, green and transparent, and smells of myrtle. It is astringent and hardening; as a result it is effective mixed with medications for hardening. It is good for burns, penetrative ulcers in the head, dandruff, pimple eruptions, chapped skin, galls (?), joints, and joints loosening. It represses sweats, and is good for all things that need an astringent or thickening.

1-49. DAPHNELAION

SUGGESTED: Laurel Oil — *Laurus-Alexandrina* [Fuchs],
Daphne-Alexandrina [Brunfels], *Ruscus hypoglossum*
[Linnaeus], *Ruscus hippoglossum*, *Uvularia*, *Baslingua*
— Laurel of Caesar [Mabberley], Horse Tongue,
Double Tongue
Laurus nobilis — Sweet Bay, Laurel, Roman Laurel

L*aurinum* is made from overripe bay berries (which are ready to fall from the tree) boiled in water, because they send up a certain kind of fat from the husk enclosing them, which is squeezed out by hand and scooped up in spoons. Some first thicken oil of unripe olives with cypress, *juncus odoratus* [4-52, 1-16] and *calamus* [1-17], and after this (throwing in the tender leaves of bay) boil them together. There are some who add bay berries to

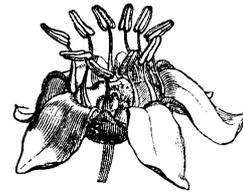
this until it smells enough of bay; some also mix in *styrax* [1-79] and myrrh [1-77, 1-73, 4-116]. The best bay for the manufacture of oil is mountainous and broad-leaved. The best oil of bay is new and greenish in colour — very bitter and sharp. It is warming and softening, opening blood vessels that were shut, and overcoming exhaustion. It is good for all infirmities around the tendons, earaches, and for those troubled with dripping mucus. It is an excellent ointment, as good as anything else for those with kidneys inflamed because of cold. Taken as a drink it is nauseating.

1-50. SCHINELAION

SUGGESTED: *Schinus molle*, *Pistacia lentiscus*,
Bursera gummifera, *Sideroxylon mastichodendron*
Mastic Tree, Pepper Tree, Herb Mastic, Oil of Mastic

Schinus molle is now an American genus; *Bursera gummifera* is now a West Indian tree [Loudon].

Terminthinus — [old English] Termenteyne
— Turpentine Tree — *Pistacia terebinthus*



Bursera gummifolia
after FAGUET — 1878

S*chininum* [*lentiscinum*] is made from ripe berries the same as oil of bay, and thickened before use. It heals parasitic skin diseases on beasts of burden and dogs [veterinary]. It is effective mixed with suppositories, remedies to remove fatigue, and medications for leprosy. It also stops sweating.

Terminthinos [1-91] is also made the same way. It cools and binds.

1-51. MASTICHELAION

SUGGESTED: *Schinus molle*, *Pistacia lentiscus*,
Bursera gummifera, *Sideroxylon mastichodendron*
— Mastic Tree, Pepper Tree, Herb Mastic, Oil of Mastic

M*astichinum* is made from mastic pounded into small pieces. It is good for disorders in the womb — gently warming, astringent, softening. It is also good laid on the stomach for hardened swellings, for the abdominal cavity and dysentery; and for cleaning away spots on the face, and causing a good colour. The best is compounded in the isle of Chios.

OINTMENTS

1-52. MURON SUNTHESIS

MEDICINAL OINTMENTS

Seeing that ointments also are effective for some diseases, either mixed with other medicines, dropped on, poured on, or smelled, we thought it logical to make this suggestion: that those who test them must determine whether the ointments smell exactly of those herbs from which the mixture is made. This method of judgement is the best. Yet this is not observed in some ointments because of the prevalence of stronger ingredients, as in *amaracinum* [1-68], *crocinum* [1-64] and *telinum* [1-57], as well as some others, which are tested by sampling them often.

1-53. RHODINON

SUGGESTED: *Rosa*, *Rosa hortensis et sylvestris* [Fuchs],
Rosa rubra [Bauhin], *Rosa gallica* [Linnaeus]
— Common Rose, French Rose — Oil of Roses

R*osaceum* oil is made as follows. Take five pounds eight ounces of *juncus odoratus* [4-52, 1-16] and twenty pounds five ounces of oil; bruise the *juncus* and steep it in water, then boil it, stirring it up and down. Strain it out into the twenty pounds five ounces of oil, put a thousand counted dry rose petals into it, and having rubbed your hands with honey stir the mixture up and down (every now and then squeezing the petals gently), then after leaving them for a night, press them out. When the dregs have sunk down, change the receiving jar, and store it in large bowls wiped with honey. Then throwing the strained roses in a small washing jar pour on them eight pounds and five ounces of the thickened oil and strain them out again, and this will be the second pressing; and if you will, for a third or fourth time pour oil in again on the roses, and strain them out again. A first, second, third and fourth oil are made. Each time rub the inside of the jars with honey. If you mean to make a second insertion put the same number of new dry rose

Ocimum maius.
Groß Basilien.

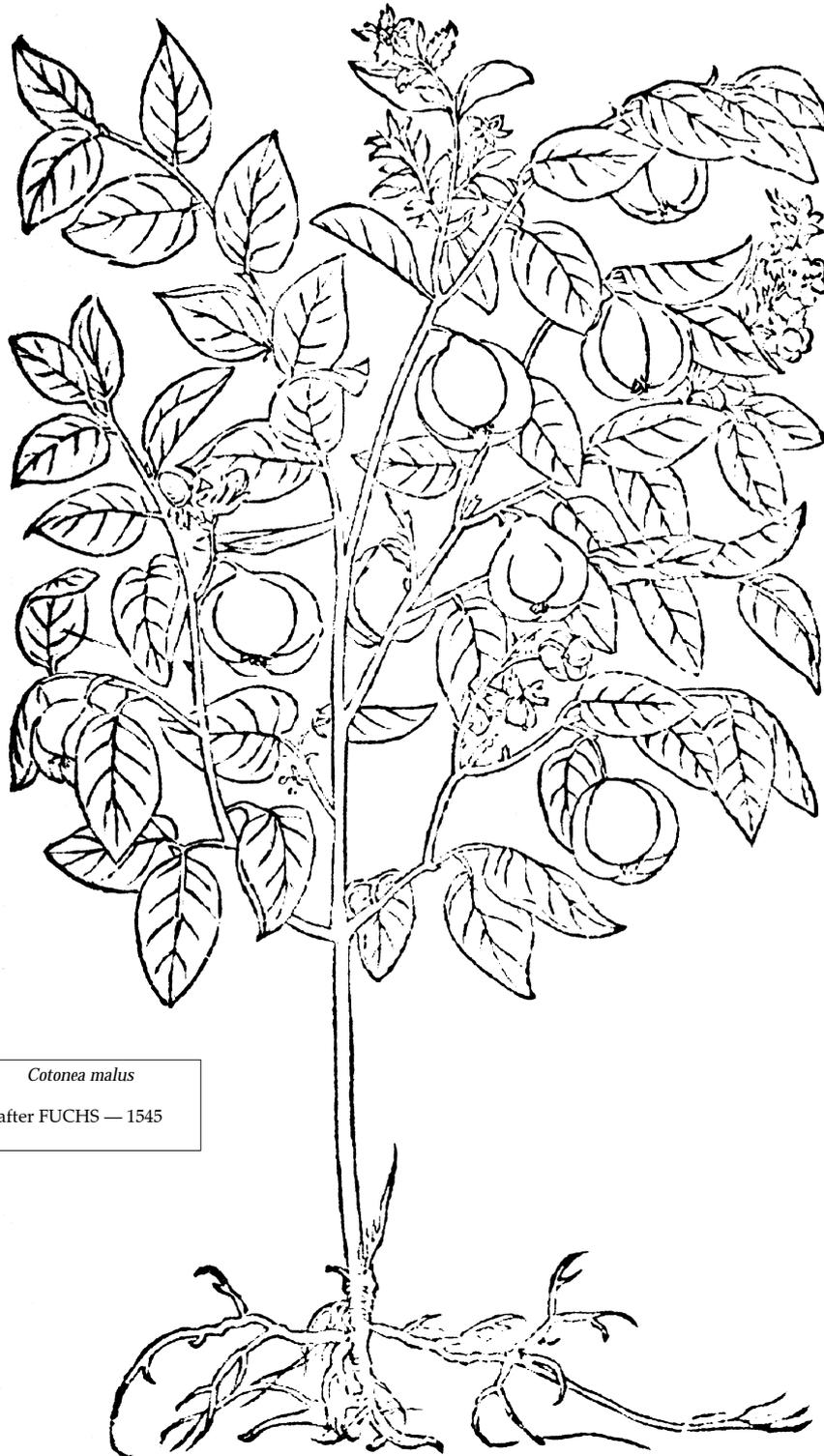
313



Ocimum maius
after FUCHS — 1545

Cotonea málus.
Kürtenbaum.

213



Cotonea malus
after FUCHS — 1545

petals into the oil that was first pressed out, and stirring it up and down with hands smeared with honey, press it out; and repeat in the same way the second, third and fourth time, pressing it out again; and as often as you do this put in fresh roses (paring off their stems) for this way it becomes stronger. The oil can take this addition of roses seven times, but by no means any farther. Also rub the press with honey. You ought to carefully separate the oil from the juice for if even a little of it is left in there it will corrupt the oil. Some use the roses alone, cut off their stems or whites, and infuse them by placing them in the sun, having the amount of half a pound of petals to one pint of oil, changing the petals every eight days, and leaving them in the sun for forty days, and then storing it. Some first thicken the oil by adding *calamus* [1-17] and *aspalathus* [1-19]. Some include *anchusa* [4-23 to 4-26] to give it a pleasant colour, and salt so that it does not spoil.

It is astringent and cooling, good for cleaning and mixing with poultices. Taken as a drink it loosens the bowels and cools a heated stomach. It fills up hollow boils, and makes soothing medications for malignancies. It is a rub for penetrative ulcers, catarrh in the head, and heated eruptions; and a lotion for headache as well as a mouth rinse for the start of a toothache. It is good rubbed on for eyelids that have grown hard, and it is good given as a suppository for *rosiones* [gnawing corrosion] or irritations of the intestines and the vulva.

1-54. ELATINON

SUGGESTED: *Elatinum*, *Ecballium elaterium*, *Ecballium agreste*, *Momordica elaterium*, *Elaterium officinale* — Oil of Cucumber, Squirting Cucumber

Having broken and bruised the *elaterium*, put it into a washing jar, and pour on it oil of unripe olives. Let it remain for three days, and then take it up into a basket and press it out. Use the same weight of each ingredient, then, having stored it in a clean jar, use it. It has the same uses as the *rosaceum* [1-53] but it does not soothe the bowels.

1-55. MELINON

SUGGESTED: *Cotonea malus*, *Cydonia* [Fuchs],
Mala cotonea minora [Bauhin], *Pyrus cydonia* [Linnaeus],
Cydonia oblonga, *Cydonia vulgaris* — Quince

Oil of *melinum* is prepared as follows. Having mixed together six pints of oil and ten pints of water, add three ounces of bruised *spatha* [1-150] or *elaterium* [4-155] and one ounce of *juncus odoratus* [4-52, 1-16], and after letting them lie together for a day, boil them. Afterwards, (having strained out the oil) put it into a broad-mouthed jar, lay over it a mat of reeds or some thin covering and place the fruit of *cydonia* on top of it, covering them with cloths. Allow them (to stand thus) for many days until the oil has extracted the strength from the quinces. Some cover the fruit with cloths for ten days so that the sweet smell may be kept in and not breathe out, afterwards they steep them in oil two days and two nights, and then press it out and bottle it. It is astringent and cooling — effective for scabies [itchy parasitical disease], ulcers, dandruff, chilblains and shingles [*herpes*]. Used as drops it is good for open disorders in the vulva, and given as a suppository it stops urinary urgency, and represses sweating. It is taken as a drink against vomiting from ingesting dried beetles [2-65], *bupressedes* [2-66] and *pinorum* [1-86]. The best is considered to smell like the fruit of *cydonia*.

1-56. OINANTHINON

SUGGESTED: *Cissus digitata* — Wild Grape, Sorrel Vine
Vitis labrusca — Wild Grapes

Oenanthemum. Having dried the sweet-smelling shoots or buds of the wild grape, put it into oil of unripe olives and stir it around, churn it upside down and leave it so for two days. Afterwards strain it out and store it. It is astringent, equivalent to *rosaceum* [1-53], except it neither loosens nor softens the bowels. That which carries the smell of the shoots or buds is the most approved of.



Prunus amygdalus
after FAGUET — 1888



Quercus robur
after FAGUET — 1880

1-57. TELINON

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

Take five pounds of fenugreek, nine pounds of oil, one pound of *calamus* [1-17] and two pounds of *cyprus* [1-124], steep the herbs in the oil for seven days stirring it up and down three times a day, and afterwards press it out and store it. There are some who use *cardamomum* [1-5] instead of *calamus* [1-17], and *opobalsamum* [1-18] instead of *cyprus*, and steep them together. Others first thicken the oil with these, and afterwards steep the fenugreek in there and strain it out. It is able to soften mature abscesses, and is especially good for hard lumps around the uterus, and for obstinate body cavities, dripped in when it becomes dry around those places, the moist fluids having been formerly evacuated. Administer it for inflammation in the perineum, and for the unproductive urge to evacuate. It cleans dandruff and penetrative ulcers in the head, and it is good for burns and chilblains. It gets off spots of sunburn with wax, and it is mixed with medicines made to clean the face. Choose that which is new, scours the hands, is bittersweet in taste and does not smell too much like fenugreek, for that is the best.

1-58. SAMPSUCHINON

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

Take an amount each of *serpyllum* [3-46], cassia, *abrotanum* [3-29], flowers of *sisymbrium* [2-155], leaves of myrtle [1-55, 4-146] and *sampsuchum* that by guess you shall think suitable, having respect for the strength of each. Beat all these together, and pour on them unripe olive oil but not enough to overwhelm the strength of those things which are steeped in it, and so leave it alone for four days. Afterwards strain it and take the same

amount of the same fresh herbs again and steep them for another four days to make it stronger. Choose *sampsuchum* that is a black, greenish colour, strongly scented and quite sharp. This oil is warming and sharp, reducing the intensity of symptoms. It is good for the closing up and distortions of the vulva, extracts the menstrual flow and afterbirth, is an abortifacient, and refreshes constriction of the vulva. It lessens pains of the abdomen and groin. It is best used with honey since it hardens places with excessive astringency, and rubbed on it disperses exhaustion. It is effectively mixed with poultices for tetanus and for other kinds of convulsions.

1-59. OKIMINON

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

Take twenty pounds of oil and eleven pounds eight ounces of basil in weight, take off the leaves, steep them in the oil for a night and a day, then press it out and bottle it. Then take the leaves out of the basket, pour in the same amount of oil on them again and press it out. This is called that which follows, for it does not allow a third steeping. Then take the same amount of new basil and steep it again as described in instructions about *rosaceum* [1-53]. Then pour in the oil from the first steeping, let the leaves lie and soak in there an equal time, and afterwards strain it out and bottle it. If you wish to steep it three or four times always put in new basil. It may also be made from unripe olives but the other way is best.

It does the same things as *sampsuchinum* [above] but not as effectively.

1-60. ABROTONINON

SUGGESTED: *Abrotonum foemina* [Fuchs], *Absinthium ponticum*
[Bauhin], *Artemisia pontica* [Linnaeus], *Abrotonum mas*
[Linnaeus], *Artemisia abrotanum*, *Abrotoninum*
— Southernwood — Oil of Southernwood

Abrotoninum is made as follows. Take eight pounds of the leaves of *abrotanum* [3-29] and eleven pounds



Lilium candidum
after FAGUET — 1888



Ambrosia maritima
after THIEBAULT — 1888

five ounces of the oil aromatized with the ingredients that go into *cyprinum* [see 1-65], and having steeped them in oil a day and a night, strain it out. If you wish to make it last a long time throw away the first leaves, put in other leaves, steep them too, and strain it out. It is warming and good for closing up or hardness in the vulva, and expelling the menstrual flow and afterbirth.

1-61. ANETHINON

SUGGESTED: *Anethum hortense* [Bauhin], *Anethum graveolens* [Linnaeus], *Peucedanum graveolens*, *Selinum athenum*, *Pastinaca athenum*, *Anethinum* — Dill, Oil of Dill

Steep eleven pounds and eight ounces of the flowers of *anethum* for one day in eight pounds nine ounces of oil, then squeeze it out by hand and store it. If you wish to make a second steeping add new flowers of *anethum*. It can soothe distress around the vulva and open it and is effective for hard lumps on the gums, warming and dissolving weariness, and is good for sores of the joints.

1-62. SUSINON

SUGGESTED: *Lilium*, *Lilium album* [Fuchs], *Lilium candidum* [Linnaeus] — Madonna Lily [other usage] *Crinum toxicarium*, *Crinum asiaticum* — White Lily, Lily Asphodel, Poison Bulb

see 3-116

POISONOUS

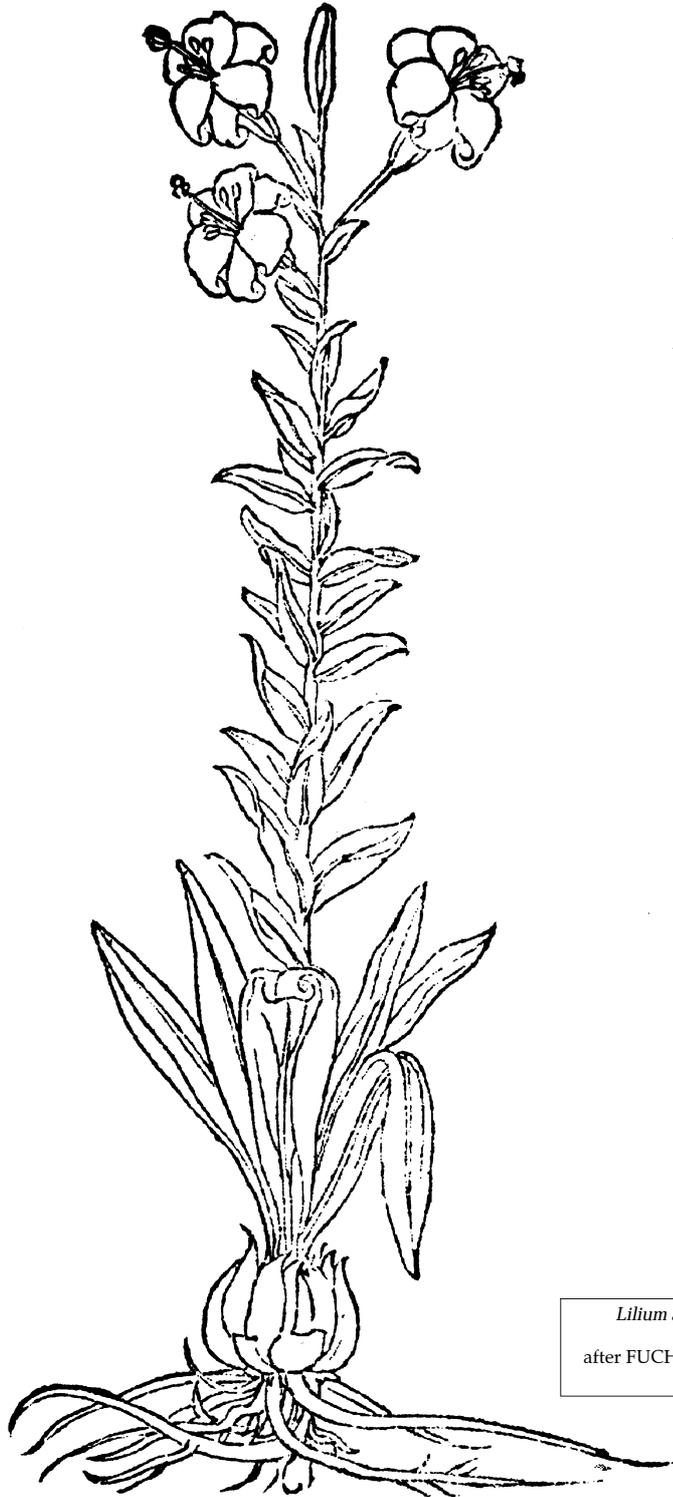
Susinum is also called *lilinum* or *liliaceum* and is made as follows. After you have mixed together nine pounds five ounces of oil, five pounds three ounces of *calamus* [1-17] and five ounces of myrrh [1-77, 1-73, 4-116] in fragrant wine, boil it, let the oil run through a strainer, pour it out again, and add three pounds six ounces of cardamom (bruised and steeped in rain water). Allow it to be sufficiently steeped together, then strain it out. Take three and a half pounds of this thickened oil and a thousand (counted) lilies, and having stripped off their leaves, put them in a broad but not deep jar. Pour in the oil, stir it around with your hands (that have been

previously rubbed with honey) and let it stand for a day and a night. The next morning pour it into a cupped strainer and presently (when it is strained) separate the oil on top from the water that is strained out with it, because it will not permit the water with it, like *rosaceum* [1-53], but when heated together it grows hot again and is spoiled. Pour it out again into other jars smeared with honey, first sprinkling a little salt in there and taking away the filth carefully as it gathers together. Take the strained aromatic stuff out of the basket, and placing it into a broad jar pour in on it again the same amount of the aromatised oil as at first. Put in ten teaspoons of bruised cardamom, stir it well with your hands, and after waiting a little strain it out, removing the filth off from that which runs out. Pour on the oil again a third time, repeat [the procedure] throwing in the cardamom and the salt with it, and press it out (first smearing your hands with honey). That which was the first strained out will be the best, the second the next after that, and the third the least. Then take another thousand lilies and strip off their leaves, lay them in order and pour on them the oil that was first strained out. Work methodically, doing the same things over again as you did at first, mingling cardamom [as before and afterwards straining it out]. Do the same the second and the third time, placing into it the cardamom, afterwards straining it out and repeating the procedure. As often as you steep fresh lilies in there, (by so much) you shall have the ointment stronger. Finally when it seems to you that you have enough, mix with every preparation seventy-two teaspoons of the best myrrh [1-77, 1-73, 4-116], ten teaspoons of crocus and seventy-five teaspoons of cinnamon. Some take the same amount of crocus and cinnamon (having pounded and sifted it), put it into a jar with water, and pour on it the ointment from the first pressing: afterwards (leaving it alone a little while) they put it into little dry jars (first smeared around with gum or myrrh and saffron and honey diluted with water). Do the very same things to the second and third pressings. Some make it with nothing else but oil *balaninum* [1-40, 4-160] or some other oil and lilies. The oil which is made in Phoenicia and in Egypt is thought to excel most, the best being that which smells [most] of lilies.

It is warming and softening — opening closures and inflammation around the vulva — and in general it is the

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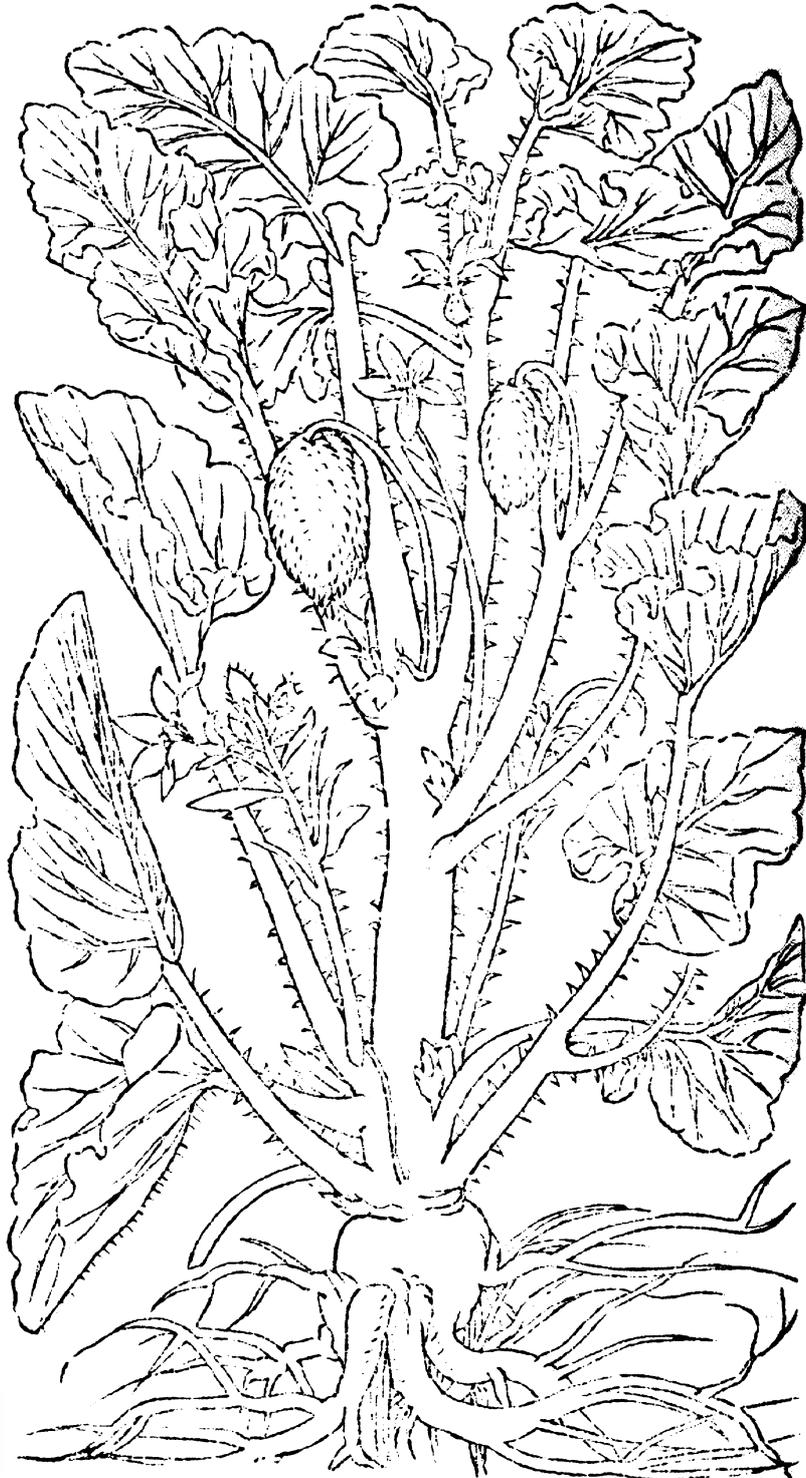
Lilium album.
Weiß Lilgen.



Lilium album
after FUCHS — 1545

405

Cucumer sylvestris.
Wilder Cucumer.



Cucumer sylvestris
after FUCHS — 1545

most effective of all for female ailments. It is also good for scaly scalp, varicose veins, dandruff, and *feruidae* [from fever] eruptions. It quickly alters *vibices* [marks from blood under the skin during a fever] and makes them the same colour as the rest of the skin. Generally it is very purifying. Taken as a drink it expels bile through the bowels, and induces the passage of urine; but it hurts the stomach and causes nausea.

1-63. NARCISSINON

SUGGESTED: *Narcissus odorus*, *Narcissus calathinus*,
Narcissus campornelli — Campernelle Jonquil
Narcissus pseudo-narcissus, *Narcissus sylvestris*
— Wild Narcissus, Daffodil, Lent Lily, Lent Rose
Narcissus poeticus, *Narcissinum* — Poet's Narcissus,
Pheasant's Eye — Oil of Narcissus

Oleum *narcissinum* is thickened as follows. Take thirty pounds five ounces of washed oil and six pounds of *aspalathum* [1-19] (pounded and steeped in water). Mix it with a third of the oil and boil it. Take out the *aspalathum* and put in five pounds eight ounces of *calamus* [1-17] and pounded sifted grains of myrrh [1-77, 1-73, 4-116] (steeped in old fragrant wine). Mix it and boil it and when it has boiled with these ingredients take it off. When it is cold strain out the oil, then take the oil and pour it out into a jar and add a large amount of narcissus flowers, stirring it up and down for two days. Then as we said in *susinum* [1-62], strain it out and repeatedly pour it out from one jar to another, as it is also quickly spoiled. It is good for damage in the vulva, softening hardness and closures around it. It causes headaches, however.

1-64. KROCINON

SUGGESTED: *Croci flores et folia* [Fuchs], *Crocus sativus*
[Bauhin], *Crocus sativus var officinalis* [Linnaeus], *Crocinum*
— Saffron Crocus — Oil of Crocus

POISONOUS

Intending to prepare *crocinum* you must first of all thicken the oil as was explained in *susinum* [1-62] with the very same weight and amount. Take therefore three

and a half pounds of the thickened oil of *susinum* [1-62], put in there eight teaspoons of crocus and stir it up and down often each day, doing this continuously for five days together. On the sixth day pour out the oil, separate it from the crocus, pour in again on the same crocus the same amount of new oil and stir it up and down for thirteen days. Then having poured it all back again, mix with it forty teaspoons of myrrh [1-77, 1-73, 4-116] (pounded and sifted), stir it around well in a mortar, and bottle it. Some use as much aromatised oil for *crocinum* as they do for *cyprinum* [1-65]. The best smells abundantly of crocus and this is fit for medicinal use, and the next best smells of myrrh. It is warming and sleep-inducing, thus it is often good for an unsound mind when [the head is] moistened with it (or if it is merely smelled) or if the nostrils are rubbed with it. It induces movement of pus, cleans boils, and is good for hardness in the uterus (and closure) and other ill afflictions there, with wax, crocus, marrow, and double the oil. It digests, softens, moistens and lessens. It is also good for glaucoma of the eyes rubbed on with water. This is the same as *butyrium*, *onychinum* and *styracinum* — differing only in name but having the same preparation and effect.

1-65. KUPRINON

SUGGESTED: *Lawsonia alba*, *Lawsonia inermis* *Cyprinum*
— Cyprus, Henna Shrub, Egyptian Privet — Oil of Cyprus

Take one part washed oil of unripe olives and a part and a half of rainwater. Pour out some of this into the oil and mix the other with the *aromata* [fragrant herbs] that are to be put in. Afterwards take five and a half pounds of *aspalathus* [1-19], six and a half pounds of *calamus*, one pound of myrrh [1-77, 1-73, 4-116], three pounds nine ounces of cardamom and nine pounds five ounces of oil. Having bruised and steeped the *aspalathus* throw it in the water, and boil it with the oil until it boils together. Then steep the myrrh in old fragrant wine, steep the bruised *calamus* together with the myrrh, and taking out the *aspalathus*, put in this mixture of *calamus*. When it has boiled together take down the kettle, strain out the oil and pour it on the bruised cardamom and that which was steeped in the rest of the water, and stir it



Crinum purpurescens
from ENGLER-PRANTL — 1897

Lilium purpureum.
Goldwurcz.

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Lilium purpureum
after FUCHS — 1545

around with a continuous splashing — not stopping until it is cold. Afterwards strain out the oil and put forty-six pounds eight ounces of *cyprus* [1-65] flowers into twenty-eight pounds of oil, allow them to be steeped, and strain them through a wicker basket. If you would have more of it place in again the same amount of new flowers, strain it out in same way again, and if you will you may steep it a third and a fourth time for in this way it is made more effective. Choose that which is good and which strongly impresses [the nostrils] with its sweet smell. Some also mingle cinnamon with it. It has a warming, softening quality, opening the mouths [of the blood vessels], good for disorders of the vulva and nerves and for pleurisy and fractures, both alone as well as mixed with a stiff ointment. It is also put into softening medicines made to help those troubled with stiff convulsions of the neck, as well as those troubled with angina, and for inflammation of the groin. It is also put into medicines against weariness.

1-66. IRINON

SUGGESTED: *Iris germanica* [Fuchs, Brunfels, Linnaeus],
Iris vulgaris Germanica sive sylvestris [Bauhin], *Irinum*
— German Iris, Blue Flower de Luce, Flowering Ring
— Iris Oil

POISONOUS

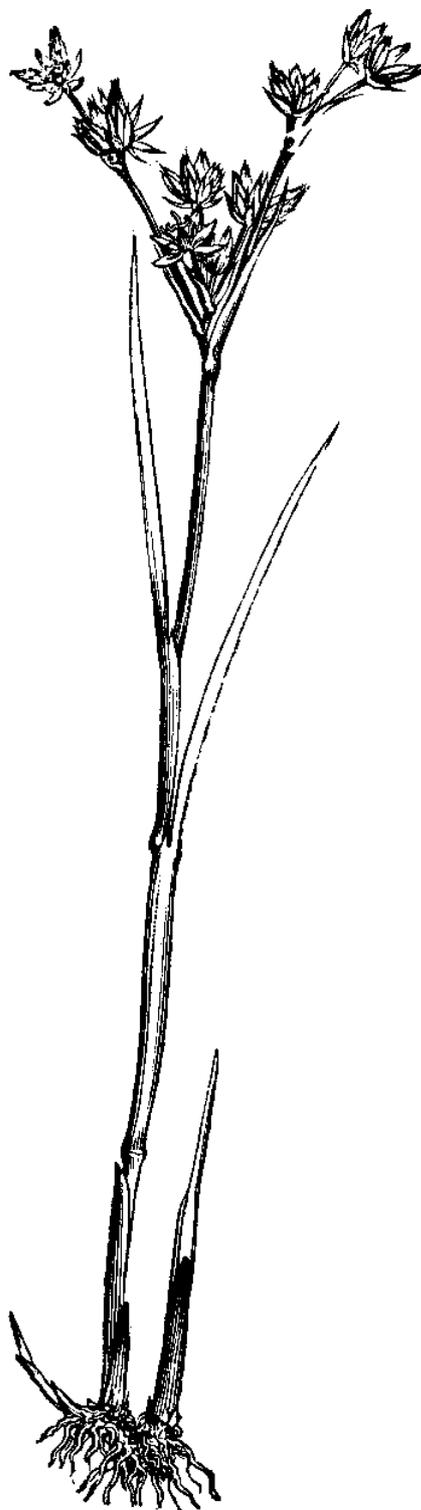
Take six pounds eight ounces of *spatha* or *elata* [1-150] (pounded as small as possible) and seventy three pounds five ounces of oil. Mix it with five pints of water, place it into a brass jar and boil it until it absorbs the smell of *spatha*; afterwards strain it out into a basin smeared with honey. From this aromatised oil the first *irinum* is prepared, the iris being steeped in the thickened oil as described below. Or else do the following. Take five pounds two ounces of *xylobalsamum* [1-18] and seventy pounds five ounces of oil, and having pounded them as above, boil them together. Afterwards take out the *xylobalsamum*, put in nine pounds ten ounces of bruised *calamus* [1-17] [as well as an equal weight of] grains of myrrh [1-77, 1-73, 4-116] steeped in old fragrant wine. Afterwards take fourteen pounds of this thickened and aromatised oil, steep the same weight of bruised iris in

there, leave it undisturbed for two days and two nights, and afterwards strain it out lustily and forcibly. If you would have it stronger add the same amount [of iris], steeping similarly the same amount a second and third time, then strain it out. The best by far smells of nothing else but only of iris, such as that made in Perga, Pamphylia and that made in Elis, Achaia. It is softening and warming, and it cleans crusted ulcers, decaying flesh and filth, and it is good for conditions around the vulva, and for inflammation and closures of it. It expels a birth and opens haemorrhoids. It is good for noises in the ears applied with vinegar, rue [3-52, 3-53, 4-98] and bitter almonds. For dripping mucus that has endured long the nostrils are rubbed with it, and also for fetid nasal polyps. A drink of a wine cupful purges the bowels, is good for suffering of the stomach, encourages urine, and is good for those who have difficulty vomiting, their fingers being rubbed with it [to put down the throat] or given with other things that cause vomiting. It is good rubbed on for angina or gargled with honey and water, and also for roughness of the arteries. It is given as an antidote to those who have taken a drink of hemlock, fungi or coriander.

1-67. GLEUCINON

SUGGESTED: *Gleucinum* — Syruped Pulp of Grapes in Oil,
Oil of Must

G*leucinum simplex* is prepared from oil of unripe olives, *schoinos* [rushes], *calamus* [1-17], Celtic nard [1-7], *spatha* [1-150], *aspalathus* [1-19], *melilot* [3-48], *costus* [1-15] and must. The *vinandea* [must] is laid in the jar that contains the *aromata* [fragrant herbs] with the wine and oil. It is stirred up and down twice every day for thirty days and then strained out and stored. It is warming, softening and relaxing; good for chills, sinewy diseases and disorders of the vulva. It is more effective than *acopon* [medicines to remove fatigue] being softening.



Juncus bulbosus
after FAGUET — 1888



Prunus amygdalus
after FAGUET — 1888

1-68. AMARAKINON

SUGGESTED: *Amaracinum* — *Parthenium*,
Cotula foetida [Fuchs], *Chamaemelum foetidum* [Bauhin],
Anthemis cotula [Linnaeus] — Mayweed [Mabberley]
[other usage] *Origanum amaracus* — Amaracus
Origanum dictamnus, *Dictamnus creticus*, *Amaracus dictamnus*
— Dittany of Crete

The best *amaracinum* is made in Cyzicum. It is made from the oils of unripe olives and *balaninum* [1-40, 4-160]; thickened with *xylobalsamum* [1-18], *schoenus* [4-52] and *calamus* [sweet flag] but sweetened with *amaracus* and *costus* [1-15], *amomum* [1-14], *nard* [1-6, 1-7, 1-8, 1-10], *carpobalsam* [fruit of *opalobalsamum*, 1-18] and myrrh [1-77, 1-73, 4-116]. Those who make it expensively include cinnamon. Honey and wine are used both for rubbing the jars and steeping the *aromata* [fragrant herbs] that have been pounded. It is warming, sleep-inducing, opening the blood vessels, softening, heating and diuretic — effective for decaying flesh, fistulas, and watery ruptures occurring after the help of surgery. It breaks cradle cap on all sides and *efferata* [growing outwards] ulcers, and it is good for difficult urination (the perineum or buttocks and anus rubbed with it), and it is also good rubbed on for inflammation of the same places, and for opening haemorrhoids. Applied to the uterus it induces passage of the menstrual flow, and dissolves hardness and *oedema* [water retention] in the vulva. It is good for hurt tendons and muscles, moistened and applied in thin pads of wool. There is also a kind of oil which naturally and of its own accord drops out of the rock, with a sweet smell and a certain heaviness. It is found in Arabia and Italy and is very effective for many uses. It is able to dry, open, and glue tendons together. It is good for scabs and ulcers, and it also lessens and subdues wind.

1-69. MEGALEION

SUGGESTED: *Megaliium* — *Parthenium*, *Cotula foetida* [Fuchs],
Chamaemelum foetidum [Bauhin], *Anthemis cotula* [Linnaeus]
— Mayweed [Mabberley]

That which is called *megaliium* used to be made but is no longer, yet for the completeness of the history it will not be out of place to speak something of it. The mixture of this is the same as *amaracinum* [1-68] but there is resin added to it so that it differs only in that. It is gently softening. Resin is mixed with the oils neither for preservation nor delight's sake but only to colour and thicken them. Turpentine is also mixed with it and boiled until it stops smelling. The method of boiling it is explained in the section on resin.

1-70. HEDYCHROON

SUGGESTED: *Hedychroon* — *Parthenium*, *Cotula foetida* [Fuchs],
Chamaemelum foetidum [Bauhin], *Anthemis cotula* [Linnaeus]
— Mayweed [Mabberley]

That which is called *hedychroon* and which is made in Co has the same strength and the same method of preparation as *amaracinum* [1-68] but it smells sweeter.

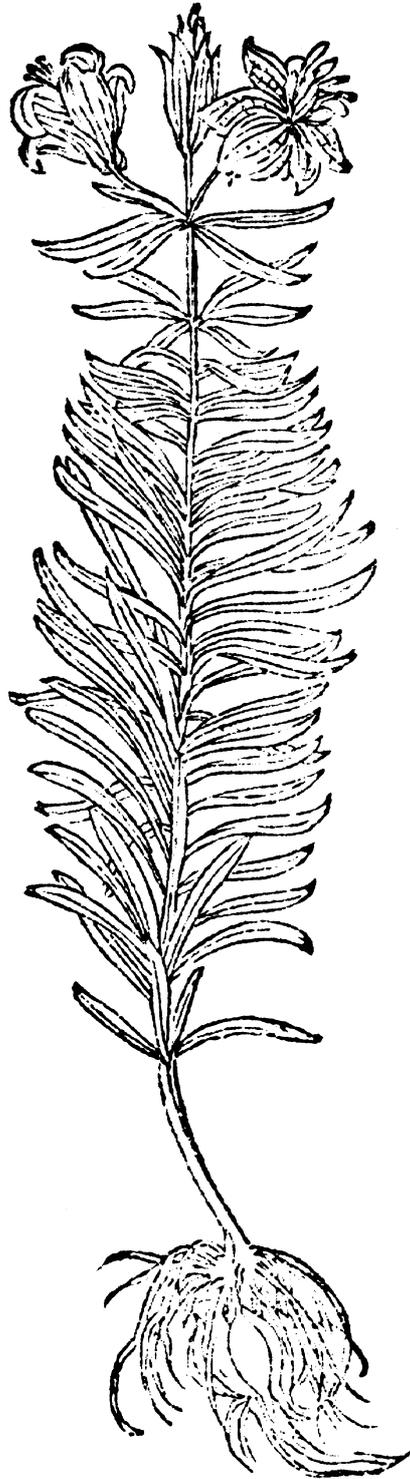
1-71. METOPION

SUGGESTED: *Ferula galbaniflua*, *Metopium* — Galbanum

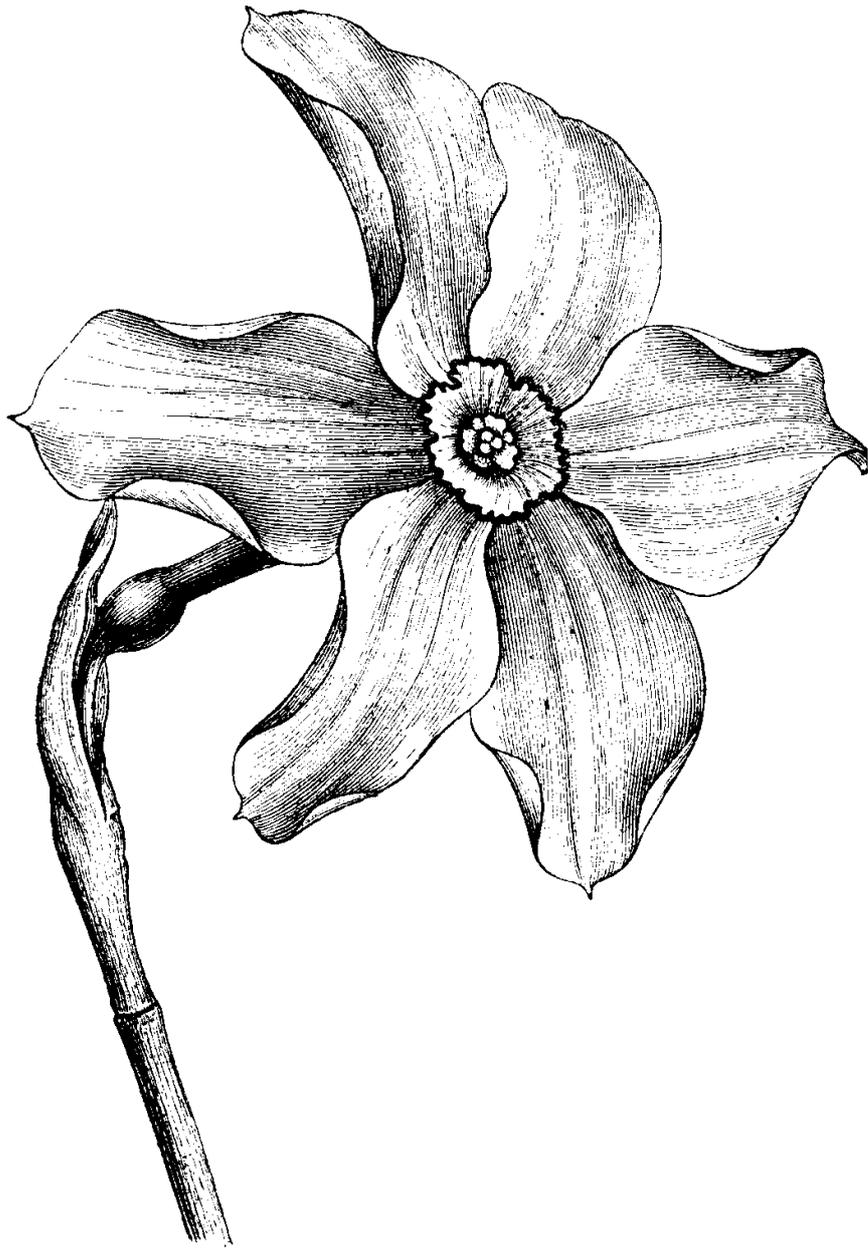
An ointment is prepared in Egypt which they call *metopium* because they mix *galbanum* with it, for the wood out of which *galbanum* is made they call *metopium*. A mixture is made of bitter almonds, oil of unripe olives and cardamom, *schoenus* [4-52], *calamus* [1-17], honey, wine, myrrh [1-77, 1-73, 4-116], seeds of *balsam* [1-18], *galbanum* and resin. The best smells strongly and is fat, resembling cardamom and myrrh rather than *galbanum*. It heats and burns considerably and it also opens the mouths of blood vessels. It draws and purges ulcers. It is effective applied with antiseptic plasters for strength, muscles that have been cut, and watery lungs. It is mixed with warm compresses and stiff ointments. It is good for

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Lilium rubens.
Rot oder Goldgilgen.



Lilium rubens
after FUCHS — 1545



Narcissus poeticus

after FAGUET — 1891

chills and reversed curved bodies in convulsions. It encourages sweat, opens closed blood vessels of the uterus and loosens hardness around it, and in general it has a softening quality.

1-72. MENDESION

SUGGESTED: *Mendesium* — Resin Compound

M*endesium* is made from *balanine* oil [1-40, 4-160], myrrh [1-77, 1-73, 4-116], cassia and resin. Some, after they have put in everything by weight, additionally put in a little cinnamon, but this is unnecessary because the things that are not pounded together do not yield their strength. It has similar properties to *metopium* [1-71] yet to a lower degree.

1-73. STACTE

SUGGESTED: *Commiphora abyssinica* — Coarse Myrrha
Commiphora myrrha — Myrrh Tree, Myrrha
Stacte — Oil of new Myrrh

see 1-77, 4-116

S*tacte* is the fat of new myrrh bruised with a little water and pressed out with an instrument. It has a very sweet smell, is precious, and by itself makes an ointment called *stacte*. The approved *stacte* is not mixed with oil and has a great deal of strength in a little amount, with a warming quality similar to myrrh and hot oils.

1-74. KINNAMOMINON

SUGGESTED: *Cinnamominum*, *Cinnamomum zeylanicum*
— Oil of Cinnamon

C*innamominum* is made from oil of *balanine* [1-40, 4-160] and thickened with *xylobalsamum* [1-18], *calamus* [1-17], *schoenus* [4-52], the sweetness of cinnamon, *carpo balsamum* [1-18], four times the quantity of myrrh [1-77, 1-73, 4-116] as cinnamon, and honey is mixed in to incorporate them. The best approved is not sharp, with a mild smell and with myrrh predominating,

thick and sweet-smelling, and with a very bitter taste. This has its thickness not from resin but from myrrh. For resin neither gives it bitterness nor a sweet smell. It is sharp, warming and bitter. Therefore it opens the mouths of blood vessels by warming, and it dissolves, dissipates, and draws forth all fluids and windiness, but it offends the head. It is good for diseases around the vulva with twice as much oil and wax and bone marrow, for this way it reduces much of its sharpness and becomes softening. Otherwise it burns and hardens more violently than all other thickened ointments. It is effective with cardamom for fistulas, decaying flesh, watery lungs, carbuncles [infected boils] and gangrene; and rubbed on for chills which recur, tremors, and those bitten by virulent beasts. It is to be applied with bruised green figs to those touched by scorpions or *phalangii* [harvest spiders].

1-75. NARDINON MURON

SUGGESTED: *Phu germanicum*, *Valeriana vulgaris*,
Phu vulgare [Fuchs], *Valeriana sylvestris major* [Bauhin],
Valeriana officinalis [Linnaeus], *Nardinum*
— Valerian [Mabberley] — Spikenard Ointment

N*ardinum* ointment is prepared various ways — either with the leaf of *malabathrum* [1-11] or without it. For the most part it is mixed with oil *balanine* [1-40, 4-160] or unripe olive oil, and to thicken the oil *juncus odoratus* [4-52, 1-16] is added, and to give it a sweet smell *costus* [1-15], *amomum* [1-14], *nardus* [1-6, 1-7, 1-8, 1-10] myrrh [1-77, 1-73, 4-116] and *balsamum* [1-18] are added. The best is thin, not sharp, with the sweet smell in it of dried *nardus* or *amomum*. It reduces the intensity of symptoms and purifies fluids with a sharp, cleansing, warming strength. It is moist and not thick like a stalk or stem, unless it has resin in it. Some with less value is made from unripe olive oil, *juncus odoratus*, *calamus* [1-17], *costus* and *nardus*.

1-76. MALABATHRINON

SUGGESTED: *Trapa bicornis* — Ling Nut
Trapa bispinosa — Singhara Nut
Trapa quadrispinosa — Water Chestnut species

Limnantheum indicum, *Nymphoides indica* — Water Snowflake
Callitriche palustris, *Callitriche verna*, *Callitriche platycarpa*
— Water Starwort

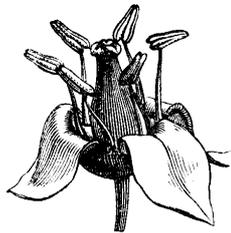
see 1-11

M*alabathrinum* or *foliatum* that is thickened like *Mnardinum* [1-75] has more myrrh, thus it is warming and equal to *crocinum* [1-64] or *amaracinum* [1-68].

1-77. IASMELAION

SUGGESTED: *Jasminum sambac*, *Nyctanthes arbor tristis*
[Bedevian] — Arabian Jasmine
Jasme — Oil of Jasmine

That which is called *jasme* is made among the Persians from the white flowers of jasmine — two ounces of which are placed into an Italian pint of sesame oil, then changed and softened again as described in the manufacture of *liliaceum* [1-62]. The use of this is entertained among the Persians at their banquets for the sweet scent that it yields. It is good for the whole body after bathing, for those who want warmth and relaxation. It has a heavy sweet smell, so that many do not willingly use it.



Bursera gummifolia
after FAGUET — 1878

GUMS from TREES

1-77. SMURNA

SUGGESTED: *Commiphora myrrha* — Myrrh Tree, Myrrha
Commiphora abyssinica — Coarse Myrrha

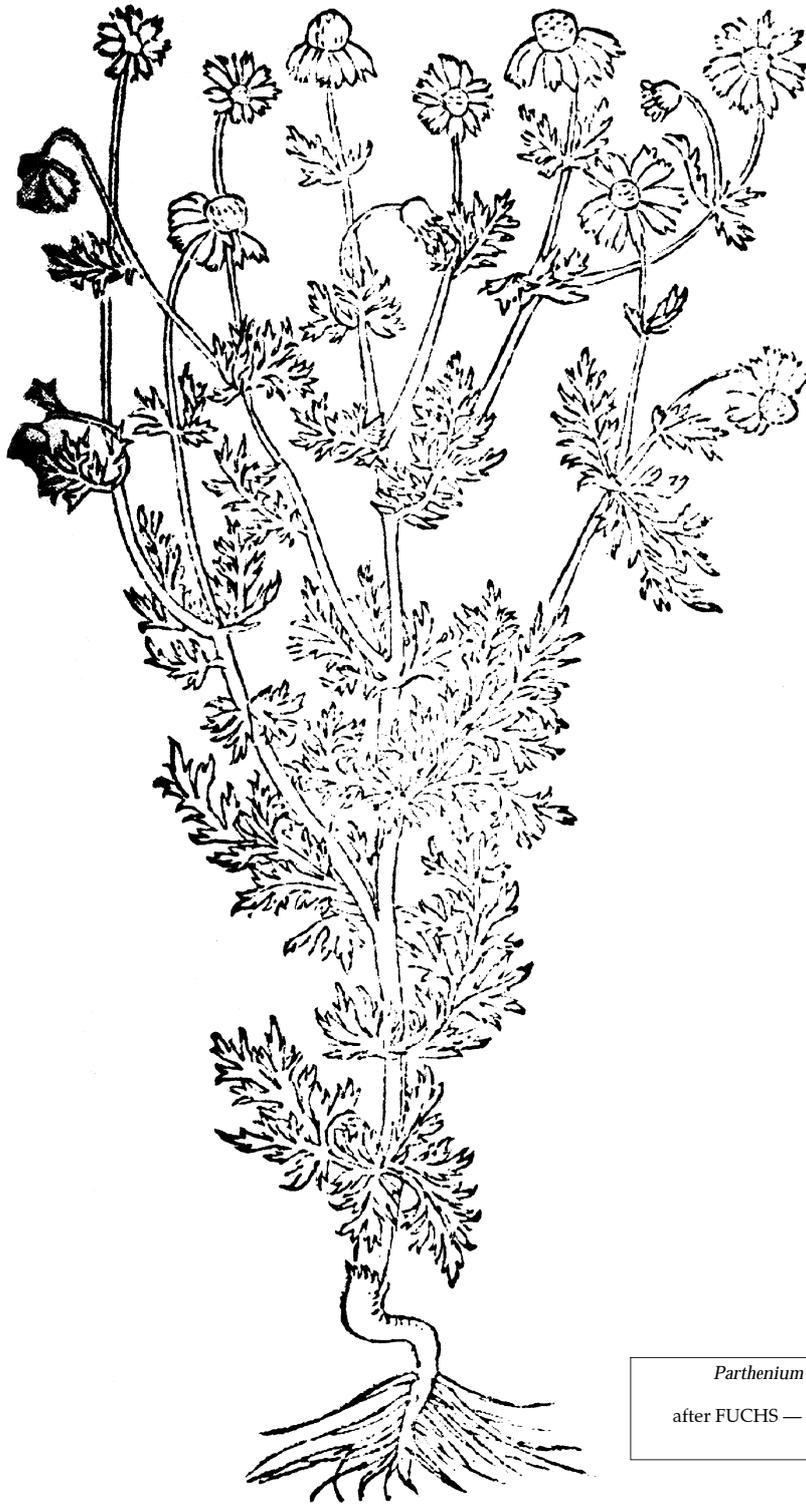
see 1-73

S*myrna* [myrrh] is the oozing of a tree (like the Egyptian [tree]) which grows in Arabia, an incision being made in the thorns, from which the gum drips down onto the mats spread underneath, but some congeals around the stock of the tree. Some of this is called *pediasimos* (as we should say, *campestris*) from which when pressed *stacte* [oil of new myrrh] is taken. Another called *gabirea* is more thick and grows in fruitful and fertile places. It also yields much *stacte*. Priority is given to that called *trogodytica* from the place that breeds it — a pale green, biting and transparent. Some is also gathered which is thinner, next in esteem to the primitive, soft like *bdellium*, with a poisonous smell as it were, growing in sunny places. There is another kind called *caucalis* which is smelly, black and dried. The worst of all is that which is called *ergasima* which is rough, with little fat, and sharp — resembling gum both in sight and strength. That called *aminea* is also not allowed. Fragrant and fat pressings are made from the fat gum; pressings neither fat nor good-smelling from the dry gum, weaker because they did not take in oil in their manufacture or forming. It is counterfeited by gum steeped in the water in which myrrh was infused and mixed. Choose that which is new, brittle, light, of the same colour throughout, and which when broken is smooth like a nail and in small pieces — bitter, sharp, fragrant and warming. That which is ponderous, weighs heavy and is the colour of pitch is useless.

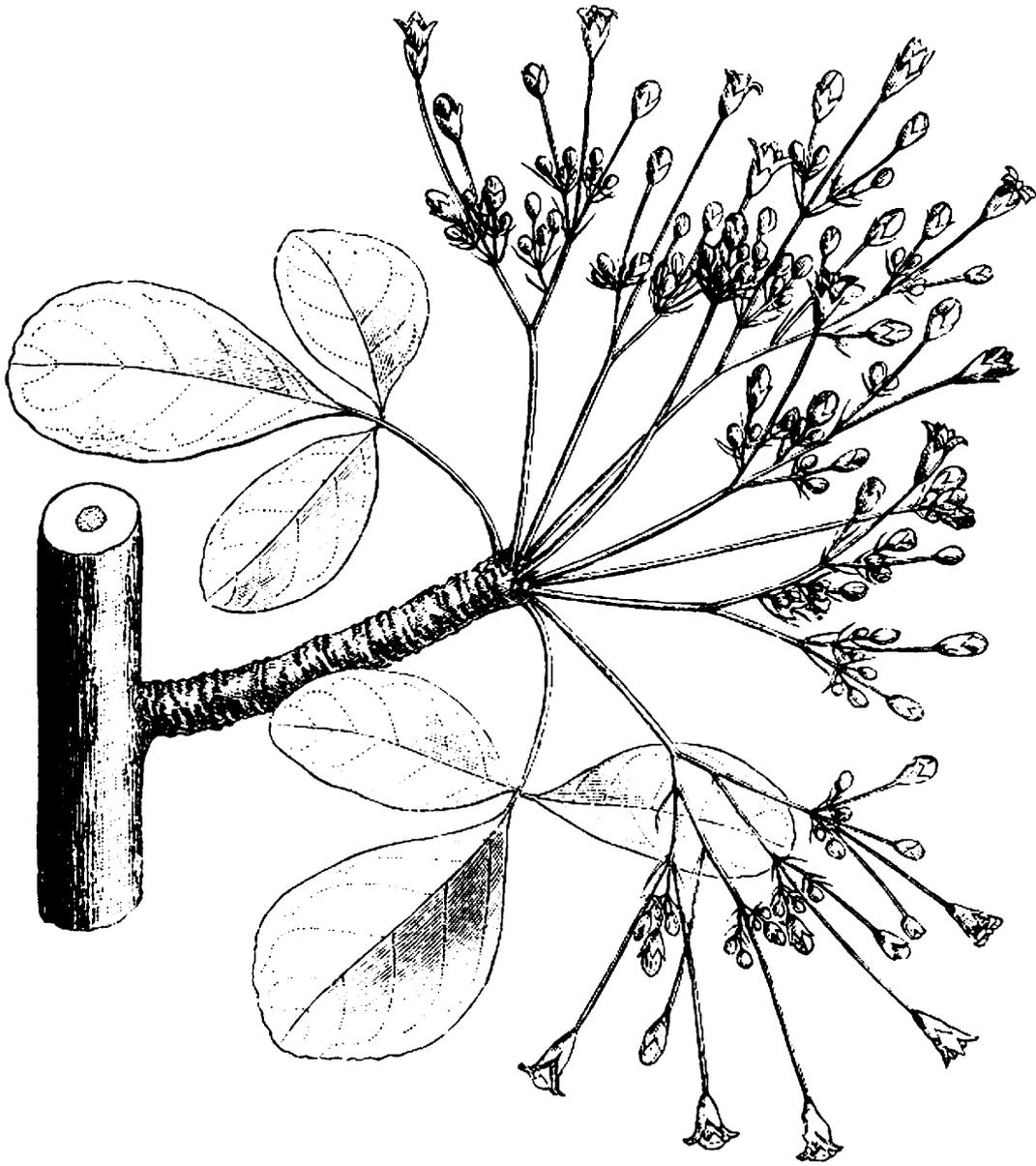
It is warming, rheum-closing, sleep-inducing, retaining, drying and astringent. It soothes and opens the closed vulva, and it expels the menstrual flow and birth speedily applied with wormwood [3-26], a dilution of lupins [2-132, 2-13] or juice from rue [3-52, 3-53, 4-98]. The amount of a bean is taken like a *catapotium* [pill], against a long-enduring cough, asthma, pains of the side and

Parthenium.
Brottendill.

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Parthenium
after FUCHS — 1545



Commiphora kataf
after TEGETMEYER — 1888

chest, looseness of the bowels and dysentery. It dissolves chills (in acute fevers, especially recurrent paroxysmic ones) the amount of a bean taken in a drink with pepper and water two hours before the fit. Put under the tongue and melted it helps both sharpness of the arteries and hoarseness of the voice. It kills worms and is chewed for stinking breath. For sores on the armpits it is rubbed on with liquid alum [5-123]. Used as a mouthwash with wine and oil it strengthens teeth and gums. Rubbed on with the flesh of a snail it cures broken ears and exposed bones, as well as pus in the ears and their inflammation with *meconium* [4-65], *castorium* [2-26] and *glaucium* [2-212, 3-100]. It is rubbed on varicose veins with cassia and honey. It cleans away impetigo [skin infection] with vinegar, and it stops hair falling out [*alopecia*] rubbed on with *ladanum* [1-128], wine and oil *myrsinum* [1-48]. Rubbed on the ear externally it alleviates long-enduring discharges. It fills up ulcers in the eyes, and it wears off white spots on the cornea and things which darken the pupils. It also smooths rough skin. A soot is also made of it (like soot of frankincense) effective for the same purposes, as we will show.

1-78. BOIOTIKE SMURNA

SUGGESTED: *Hipposelinum*, *Smyrniium olusatrum*,
Petroselinum alexandrinum — Alexanders, Black Lovage,
Horse Parsley, Boeotin Myrrh

see 1-77, 1-73, 3-78, 4-116

Boeotican myrrh comes out of the cut root of a certain plant growing in Boeotia. Choose that which resembles myrrh [1-77, 1-73, 4-116] in the sweet smell. It is softening, warming and dissolving. It is also effective mixed in inhalations of smoke or fumes.

1-79. STURAX

SUGGESTED: *Styrax officinale* — Styrax Tree
Styrax benzoin, *Benzoin officinale*, *Lithocarpus benzoin*
— Gum Benjamin Tree, Benzoe

Styrax is the oozing of a certain tree like a quince tree. The best is yellow, fat, full of resin, having white

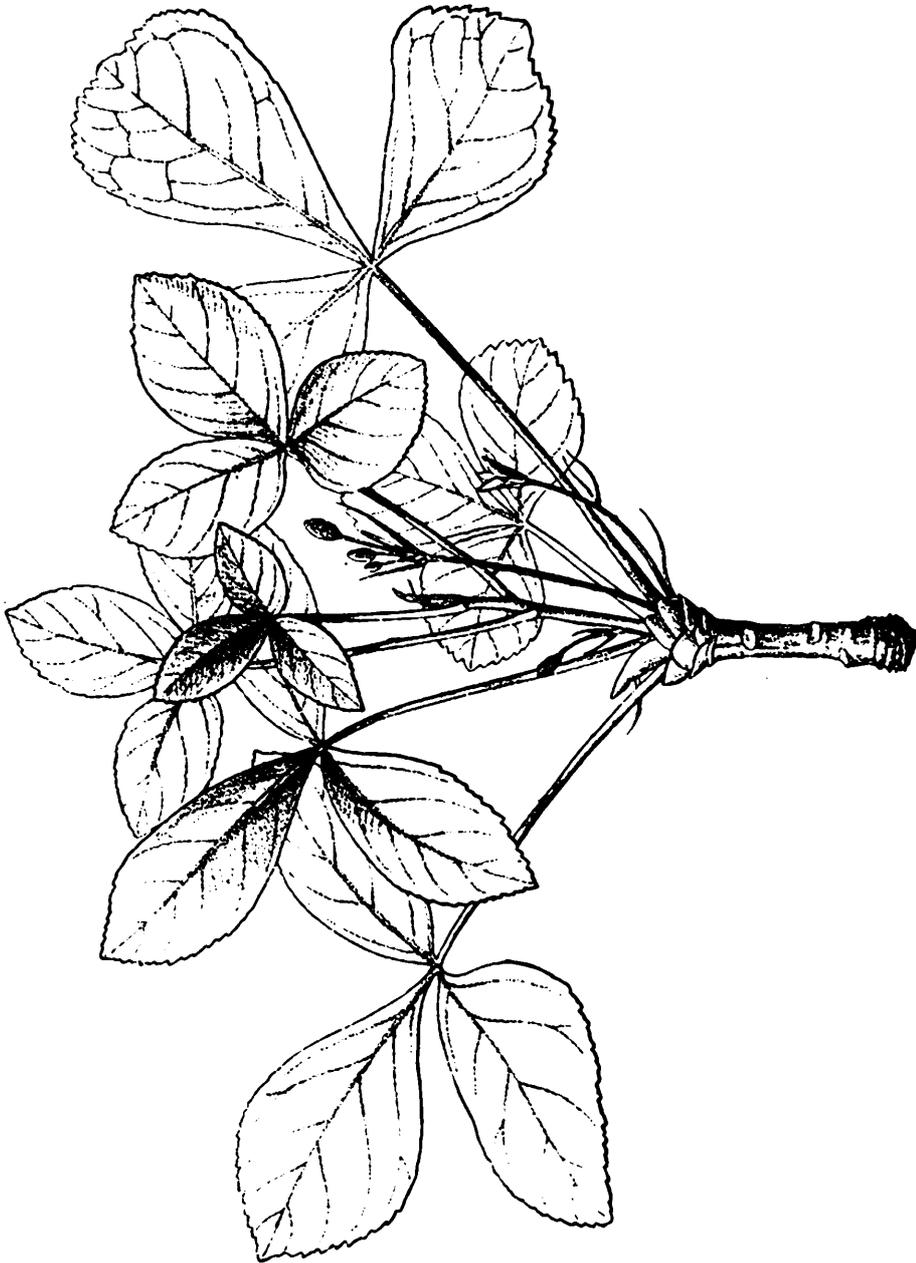
under the clots, which remains a long time in its sweet sauce, and which when it is softened releases a certain honeyish kind of moisture. The *gabalites*, *pissiadicus* and the *cilicius* are like this. That which is black, brittle and like bran (or encrusted) is worthless. An oozing like the gum is also found (transparent like myrrh [1-77, 1-73, 4-116]) but there is only a little that grows of this. They counterfeit it with powder from the same tree (made by the boring of worms) by mixing honey with it and the thick matter of iris and certain other things. Some also aromatise wax or tallow in the sharpest sun, work it together with *styrax*, and press it out into cold water through a colander with broad holes (making as it were little worms of it), and they sell it, calling it *vermiculatum* [now a name for gum of acacia thorns]. Those who are unskilful approve of it as authentic, not noticing the weak intensity of the smell, for that which is without deceit is very sharp.

It is warming, softening and digestive. It cures coughs and dripping mucus, runny noses, hoarseness and loss of the voice. It is good for closures and hardness in the vulva, and taken as a drink and applied it dries out the menstrual flow. It gently softens the bowels if a little of it is swallowed down with *resin terminthos* [1-91]. It is also effective mixed with dispersing ointments or plasters and *acopon* [fatigue removers]. It is burned, roasted, scorched and made into a soot like *thus* [1-81] and this soot is good for the same things as *thus*. But the ointment *styracinum* [also referred to as oil of crocus] which is made from it in Syria warms and powerfully softens; but it causes pain, heaviness of the head and sleep.

1-80. BDELLION

SUGGESTED: *Bdellium africanum*, *Balsamodendrum africanum*, *Heudelotia africanum* — Bdellium Tree, Balsamodendron kua

Bdellium (which some call *madelcum* or *bolchum*) is the oozing of a Sarandean tree. The best-approved is bitter in taste, transparent, fat like bull's glue, fat in the inside of it and easily growing soft, without wood or other filth, with a very sweet smell when burnt, like *juncus odoratus* [4-52, 1-16]. There is another sort — filthy and black, in bigger pieces, rolled up into lumps —



Commiphora gallaensis
from ENGLER-PRANTL — 1897

Styrax officinalis
after FAGUET — 1892



brought out of India. It is also brought from a town called Petra, and this is dry, resinous, black and blue underneath, and next in strength to the first. It is counterfeited by mixing gum with it, but this is not as bitter to the taste, and when burnt and smoked it does not smell as sweet.

It is warming and softening, and diluted with the spittle of one fasting it dissolves hardness and swellings of the throat and watery ruptures. It opens the entrance to the vulva when applied and the smoke inhaled. It is an abortifacient and draws out moisture. Taken as a drink it breaks up stones [kidney, urinary] and it expels urine. It is effective given for coughs and poisonous creatures' bites. It is good for hernia, convulsions and pain of the side, and for the accumulated wind in those who have run. It is put into warm compresses which are good for hardness and the knots in the nerves. Bruised, it is worked together with wine or hot water is poured on it.

1-81. LIBANON THUS

SUGGESTED: *Boswellia carterii*, *Boswellia papyrifera*,
Boswellia floribunda, *Boswellia serrata*
— Gum from Frankincense, Olibanum Tree

Ferula rubricaulis — also used in incense

Thus (which is also called *thurifera*) grows in Arabia, the best of which is the *masculum* called *stagonias*, naturally round. This when not cut is white, and when broken fat within. Put on fire it burns straight. The Indian is both yellow-brown underneath and a pale yellow in colour. It is made round by art and industry. For cutting it into cubes and throwing them into jars of clay they roll them up and down so long in there until they take a round form. Such *thus* as this grows yellow in time and is called *atomum* or *syagrium*. Next to this is that from Arabia and that which grows in Amelum. It is also called *copiscum* [abundant] and it is smaller and more yellow. There is some called *amomites* which is otherwise white but when softened is yielding like mastic [1-51]. All *thus* is adulterated with resin of pine and gum, being artificially handled. Discerning this is easy. The gum when put into a fire does not flame out, and the resin evaporates into smoke, but the *thus* is kindled and by its scent proves

itself. It is able to warm and is an astringent to clean away things which darken the pupils, fill up the hollowness of ulcers and draw them to a scar, and to glue together bloody wounds; and it is able to suppress all excessive discharges of blood including that of the neural membrane. Pounded into small pieces and applied with linen dipped in milk it lessens malignant ulcers around the perineum and other parts. It takes away new warts and impetigo [skin infection] smeared on with vinegar and pitch. It cures ulcerous burns from fire and chilblains rubbed on with fat from a pig or goose. With saltpetre [potassium nitrate] it cures ulcers that penetrate the head. It is used with honey for hangnails and with pitch for bruises of the ears, and poured in with sweet wine for other sores of the ears. Rubbed on with fuller's earth [ammonium silicate] and *rosaceum* [1-53] it is good for women's breasts inflamed from the time of their giving birth. It is effective mixed with medicines made for the arteries and the bowels; and taken as a drink it helps those who spit blood. Taken as a drink by those who are healthy it brings madness, and taken as a drink in any great amount with wine, it kills. *Thus* is burnt in a clean ceramic jar and set on fire by a piece of it lighted by a candle until it is burnt. You must (after it is fully burnt) stop it with something until it is quenched, for so it will not be turned into ashes. Some also put a hollow brass jar around the pot with holes in the middle for receiving the soot, as we will show in the description of the soot of *thus*. Some place it into unfired jars, wrap it around with clay, and burn it in a furnace. It is also burnt in a new ceramic jar with hot burning coals until it no longer bubbles nor sends out any more fat or vapour, and that which is thoroughly burnt is easily broken.

1-82. PHLOIOS LIBANOU

SUGGESTED: *Boswellia carterii*, *Boswellia papyrifera*,
Boswellia floribunda, *Boswellia serrata* — Bark of Frankincense,
Olibanum Tree

The best bark of *thuris* [*thus*] is thick, fat, fragrant, new, smooth, and neither coarse nor thin. It is counterfeited by mixing it with the bark of *strobilinum* [fir cones, pine cones]. Fire will also betray these. For the

others when put into the fire do not kindle, but smoke without any sweet smell and are extinguished. But the bark of *thus* kindles and incense is made of it. It has the same properties as frankincense but is more effective and astringent. As a result, it is better (taken in a drink) for those who spit blood or are troubled with an excessive discharge from stomach or uterus; and as an astringent it is alternately a substitute. It is also good for scars on the eye, intestinal worms and filth, and applied it is effective for scabby inflammation of the eyes.

1-83. LIBANOU MANNA

SUGGESTED: *Boswellia carterii*, *Boswellia papyrifera*,
Boswellia floribunda, *Boswellia serrata*
 — Exudation of Frankincense, Olibanum Tree

Manna — an exudation

The approved manna of frankincense is white, clean and grainy. It has the same strength as frankincense but is somewhat grainy. Some adulterate it by mixing with it resin from the pine tree, sieved, and the flour used, or else bark of *thus* pounded. But fire tests all these for they do not burn the same way, neither with the same strength nor with the same clear airy smoke (as the other) but with a sooty and impure one, and the sweet smell has a certain kind of sour one mixed with it.

1-84. LIBANOU AITHALIE

SUGGESTED: *Boswellia serrata*, *Thus* — Soot of Frankincense,
 Spruce, Firs, Pines

Make soot of *thuris* as follows. Holding a grain of *thus* [frankincense] with a little pair of tongs to a lamp to set it alight, put it into a new hollow ceramic jar then cover it with a brass jar (hollow within, full of holes in the middle and carefully wiped very clean). Then put over on one side of it (or on both) little stones of four fingers in height to see whether the pieces burn or not, and that there may be a place where to put other grains under also before the first grain is quite out. Do this until you think that you have gathered enough soot. But always keep the outside of the brass cover moist with a sponge dipped in

cold water. For all the soot adheres faster to it when it is not too hot, which otherwise because of the lightness of it falls off and is mixed with the ashes of frankincense. Therefore, having scraped off the first soot do so again as often as you shall think suitable, and also take away the ashes separately from the *thus* that has been burnt. It has the ability to soothe inflammation of the eyes, repress discharges, clean ulcers, fill hollow sores, and repress diseases of the cornea.

1-85. LIGNUOS SKEUASIA

SUGGESTED: Soot of Myrrh — *Commiphora myrrha*
Resin — Spruce, Firs, Pines; Benzoin — *Styrax*

In the same way soot is made from myrrh [1-77, 1-73, 4-116], rosin and *styrax* [1-79] and these are good for the same purposes [as the above]. You can produce soot in the same way from other resins.

1-86. PITUS, PEUKE

SUGGESTED: *Pinus rigida*, *Peuce* [Pliny] — Pitch Pine
Pin, *Pinus*, *Pinus pinea*, *Pinus sativa* — Italian Stone Pine

P*itys* is a well-known tree. There is another similar tree called *peuce* which differs in shape. The bark of both of them is astringent. Pounded into small pieces and a poultice then made of it, it is good with sediment [of wine] and manna [exudation of trees] for chafing dermatitis, superficial ulcers and for burns. Taken with myrica wax ointment it brings boils to a scar in those with tender skin; and pounded into small pieces with blacking from a shoemaker it represses *serpentina* [?snakebite]. It expels the birth and afterbirth out of the uterus taken as inhalations (smoke, fumes); and taken as a drink it stops discharges of the intestines and encourages urine. Their leaves pounded into small pieces and made into a poultice lessen inflammation and keep wounds from being inflamed. Pounded into small pieces and boiled in vinegar they lessen toothache when [the teeth are] washed with the warm liquid. One teaspoon of the leaves (taken as a drink with water, or honey and water) is good for liver disorders. The bark from the cones and the split

leaves (taken in a drink) are good for the same purposes. A *toeda* [a piece of the heart of the tree] cut in small pieces in a decoction boiled with vinegar and held in to a tooth that suffers, lessens toothache. A paste is made from them suitable for preparations for enemas and suppositories. When they are burning a soot is taken, good to make writing ink, and good also to be put in medicines for the eyelids. It is also good for erosions at the corners of the eyes, weeping eyes and bald eyelids.

1-87. PITUIDES

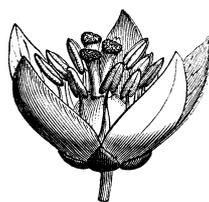
SUGGESTED: *Pinus rigida*, *Peuce* — Pitch Pine
Pinus mughus, *Pinus nigra*, *Pinus maritima* — Pineseeds, Pine

P*ityides* are the fruit of the pines [and of the *pinus picea*] found in the cones. They are astringent and somewhat warming. They help coughs and disorders of the chest taken either by themselves or with honey.

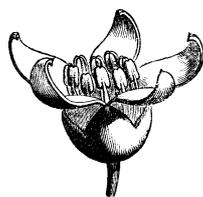
1-88. STROBILOI

SUGGESTED: *Pinus mughus*, *Pinus nigra*,
Pinus maritima, *Pinus pinea*, *Pinus rigida* — Pine Cones

Fir cones cleaned and eaten or taken in a drink with *passum* [raisin wine] and cucumber seed are diuretic, and dull irritations of the bladder and kidneys. They also lessen *rosiones* [gnawing corrosion] of the stomach. Taken with juice of purslane [4-169] they strengthen infirmity of the body, and dull the infection of fluids. Fir cones gathered whole from the trees, pounded while they are fresh, and boiled in *passum* [raisin wine] are good for old coughs and consumptive wasting if three cups of this liquid is taken every day.



Schinus molle
after FAGUET — 1878



Bursera obtusifolia
after FAGUET — 1878

1-89. SCHINOS

SUGGESTED: *Schinus molle*, *Pistacia lentiscus*,
Bursera gummifera, *Sideroxylon mastichodendron*, *Schinus*
— Mastic Tree, Pepper Tree, Herb Mastic

Schinus molle is now an American genus; *Bursera gummifera* is now a West Indian tree [Loudon].

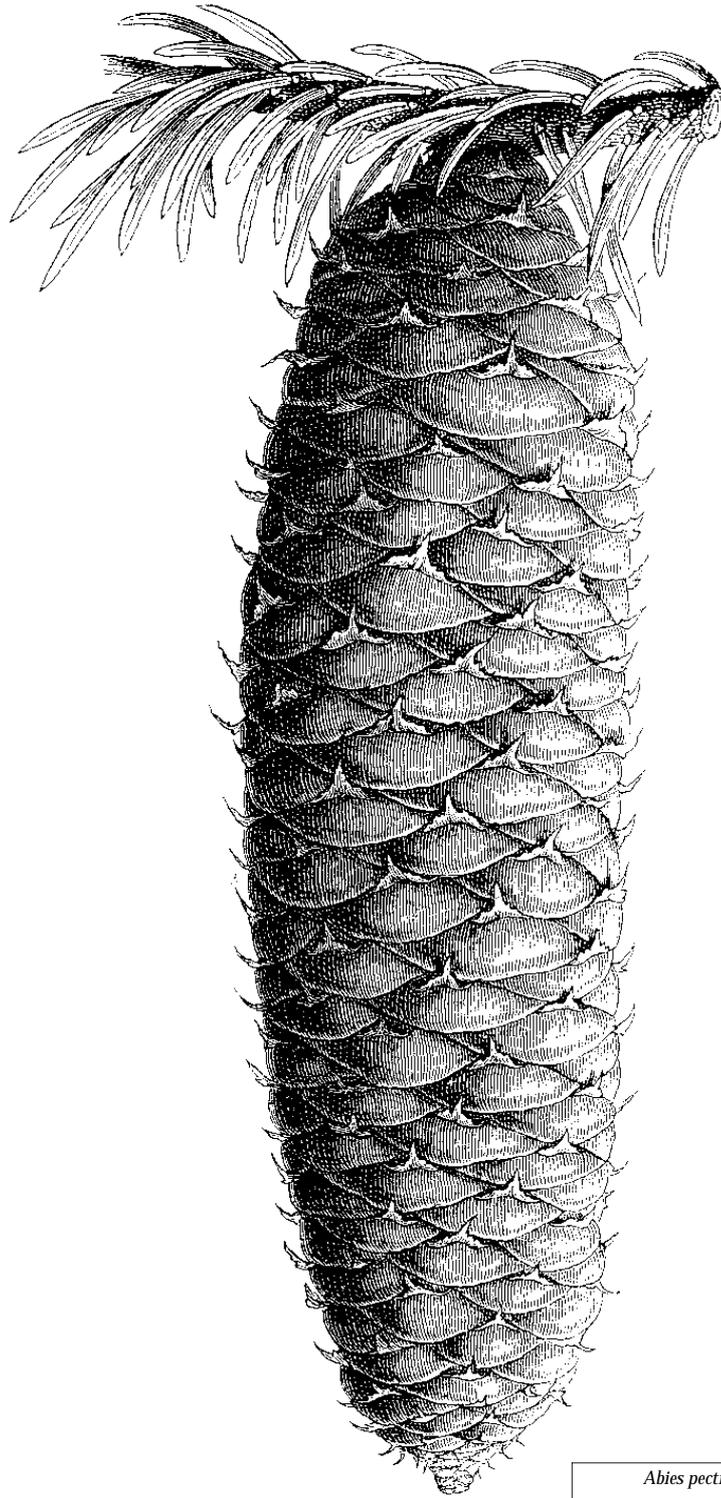
S*chinus* is a well-known tree that is wholly astringent in its fruit and leaves. The bark of the branches and root are of equal strength. A juice is made of the bark, root and leaves sufficiently boiled in water. Then (after they are boiled) the plant material is removed and the water boiled again to the consistency of honey. Being of an astringent nature it is good taken as a drink for throwing-up blood, discharges from the stomach, and dysentery, as well as for bloody eruptions from the uterus, and for prolapse of the uterus and perineum. Generally it may be used instead of *acacia* and *hypocistis* [1-127]. The juice strained out of the leaves performs the same functions, and a decoction of the leaves applied with hot cloths fills hollow cavities, consolidates broken bones, and stops discharge of fluids from the uterus. It is a remedy against gangrenous sores and is diuretic, and it settles unstable teeth that are washed with it. The green sprigs are rubbed on the teeth (instead of reed toothpicks) to clean them. An astringent oil is made from the fruit which is suitable for things which need an astringent.

1-90. SCHININE RETINE

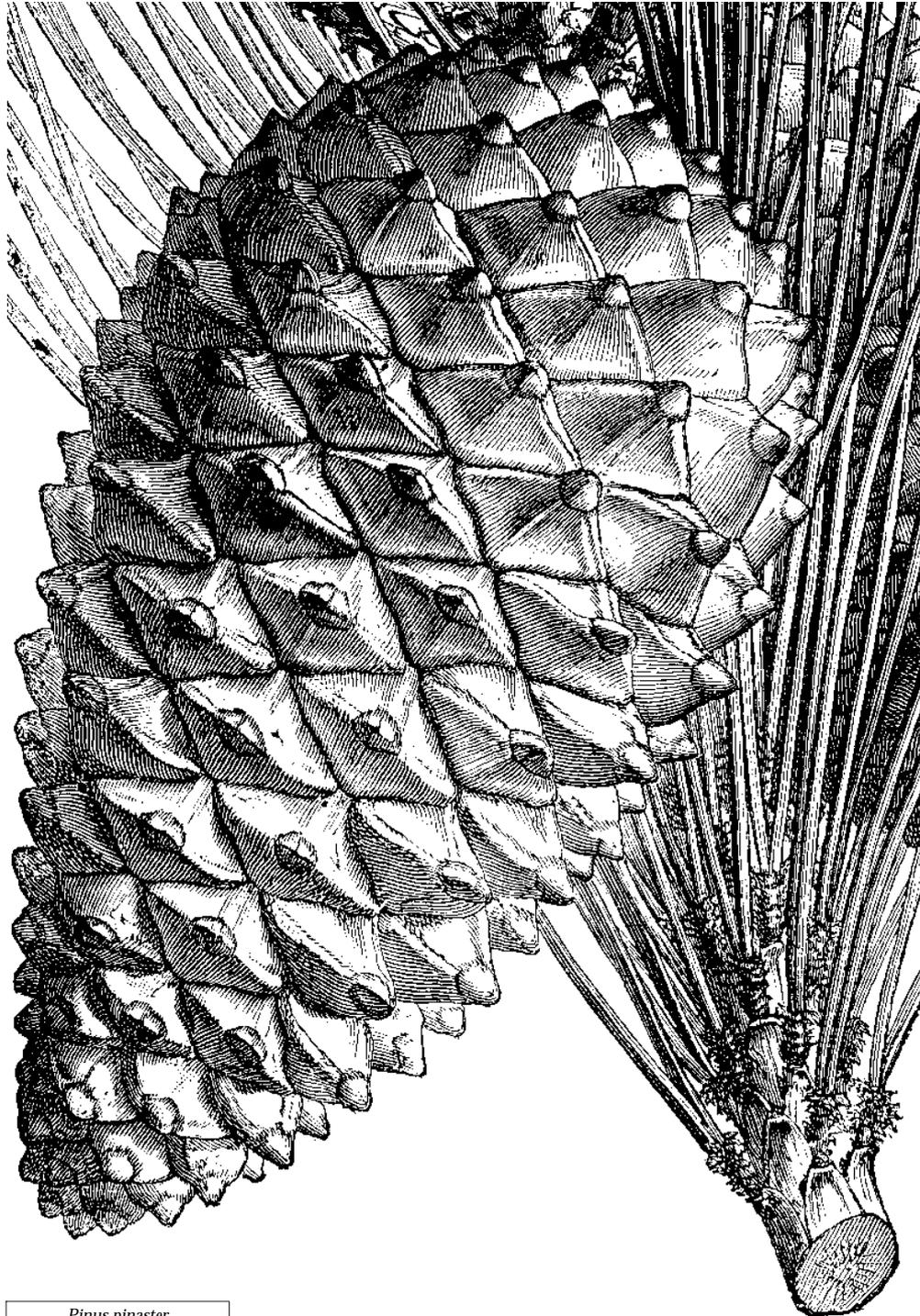
SUGGESTED: *Schinus molle*, *Pistacia lentiscus*,
Bursera gummifera, *Sideroxylon mastichodendron*, *Schinus*
— Mastic Tree, Pepper Tree, Herb Mastic

Schinus molle is now an American genus; *Bursera gummifera* is now a West Indian tree [Loudon].

A resin called *lentiscina* comes from *lentiscum*, and also some called mastic. Taken as a drink it is good for vomiting of blood and for an old cough. It is good for the stomach, causing belching. It is mixed with tooth powders and ointments for the face making it clearer. It prevents the eyelashes from falling out and thickens them, and when chewed it causes sweet breath and



Abies pectinata
after FAGUET — 1888



Pinus pinaster
after FAGUET — 1888

strengthens the gums. The best and most abundant grows in Chios and the choicest is that which is clear and similar in whiteness to Tyrrhenian wax — full, dry, crumbly and sweet-smelling — but that which is green is bad. It is adulterated by frankincense and resin of pine cones being mixed with it.

1-91. TERMINTHOS

SUGGESTED: *Terminthinus*, *Termenteyne* [old English],
Pistacia terebinthus — Turpentine Tree

see also 1-50, 5-39

T*erminthos* is a well-known tree the leaves, fruit and bark of which are astringent and good for the same things as *lentisk* [1-90], used and taken in the same way. The fruit is edible but hurts the stomach. It is diuretic and warming, excellent to act on venereal diseases. Taken in a drink with wine it is good against harvest spider bites. The resin is brought out of Arabia Petraea. It also grows in Judaea, Syria, Cyprus and Africa, and in the islands called Cyclades. The preferred resin is most clear, white, a glassy colour and inclining to an azure [blue], fragrant, and smells like *terminthos*. The resin from *terminthos* surpasses all other resins and after it is the *lentiscina* [1-90] then *pituine* [1-86] and *elaterium* [4-155]. After these are reckoned both *peucedanum* [3-92] and pine cones. Now all resin has a soothing, warming, dispersing, cleansing quality; good for coughs and consumption [wasting disease] taken in syrups (either by itself or with honey), purging what should be purged out of the chest. It is also diuretic, helps digestion, softens the intestines, and is good for retaining hair on the eyebrows. It is good for leprosy with rust from brass, blacking from a shoemaker and saltpetre [potassium nitrate]. For ears which run with filthy matter it is applied with oil and honey, and it is effective for itching genitals. It is mixed with plasters, warm compresses, and remedies to remove fatigue. Rubbed on or applied by itself it helps pains of the side.

1-92. RETINA ALLAS

SUGGESTED: *Pinus mughus*, *Pinus nigra*, *Pinus maritima*,
Pinus pinea, *Pinus rigida*, *Peuce* — Pitch Pine, Pine
Picea alba, *Pinus sylvestris*, *Abies pectinata*, *Picea excelsa*
— White Spruce, Silver Fir, Fir
Abies laryx, *Larix europa* — Larch
Cupressus sempervirens, *Cupressus funebris* — Cypress

Moist resin also comes out of the pine tree and the pitch tree brought from Gallia and Hetruria. Previously it was sometimes brought from Colophon from which it had its surname of *colophonia*, as well as from Galatia (which is near the Alps) which the inhabitants of that place in their proper tongue call the larch tree. This is particularly good (taken in a *linctus* [syrup] or alone) for lasting coughs. They are also different in colour for one is white, another of oil colour, and another looks like honey, such as that of the larch tree. Moist resin also comes out of the cypress tree, good for the same purposes. Of that which is dry there is some called *strobilina* [from pine cones], *elaterium* [4-155], *peucine* [1-86] and *pituine* [1-86]. Choose that which smells sweetest and is clear — neither too dry nor too moist, but like wax and brittle. Of these that of the pitch tree and fir tree excel, for they have a sweet smell and resemble frankincense in their odour. The best are brought out of Pityusa (an island which lies near Spain), but that from the pitch tree, *strobilus* [pine cones] and the cypress are of a meaner sort and are not the same in strength as the others, yet they are made use of for the same purposes. *Lentiscina* [1-90] matches *terminthos* [1-91] in strength.

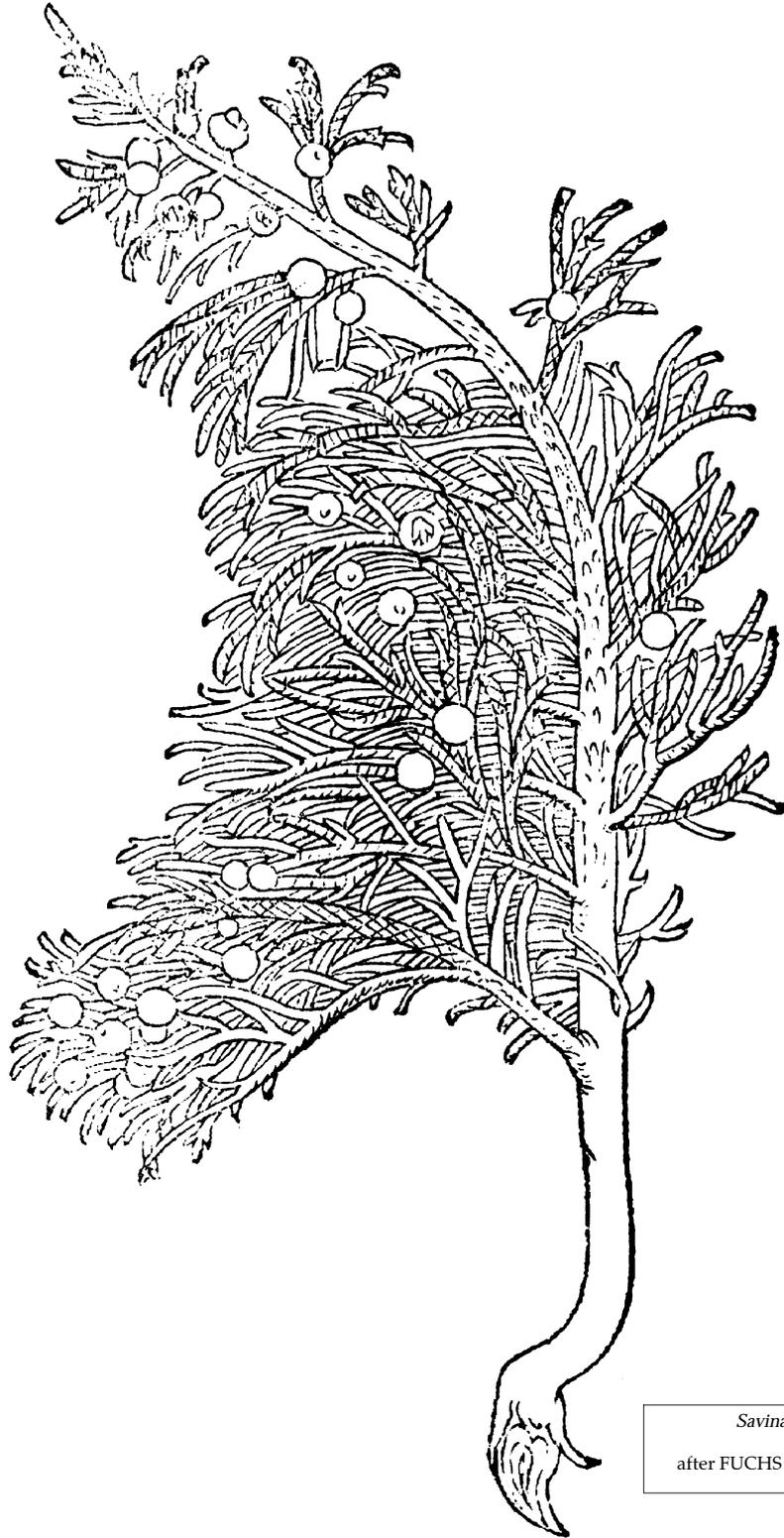
1-93. LIGNUOS RETINES

SUGGESTED: Soot from Resin

All liquid resin is burnt in a jar containing four times as much resin as the amount of the liquid that is to be poured into it. You must (when you have put four and a half litres of resin and two gallons of rain water into a jar) boil it over a coal fire gently, always stirring it until it is without any smell and brittle and dry, and as it were yields to the fingers. At last having cooled it, it must be

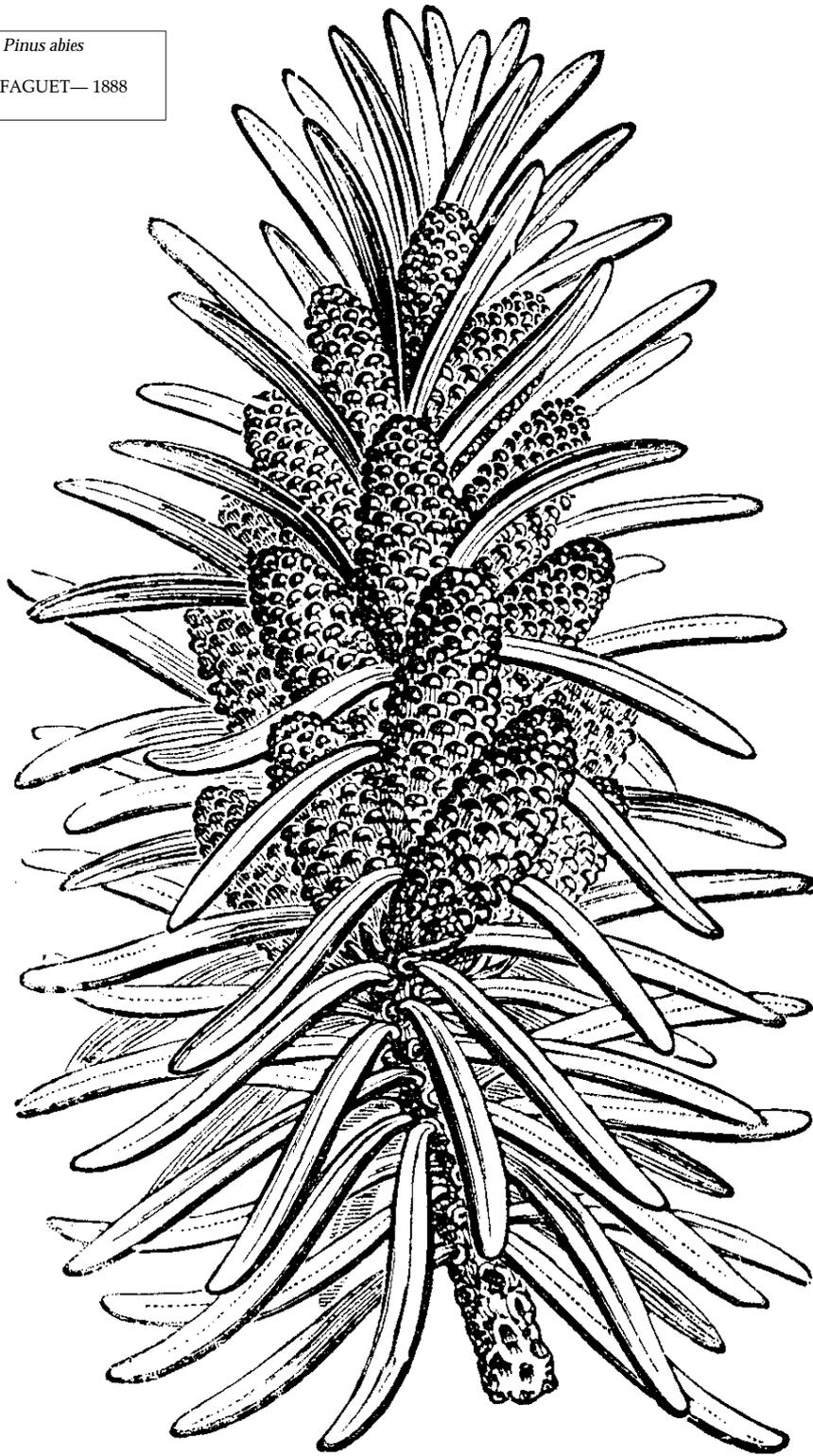
82

Saufna.
Seuenbaum.



Savina
after FUCHS — 1545

Pinus abies
after FAGUET—1888



put up in a bottle made without pitch, and so it becomes extraordinarily white, but first you must strain all the resin, melting it so that the filth may be separated from it. It is also burnt without water on coals — gently at first but more violently when it begins to thicken — then place many coals under and boil it without intermission for three days and three nights until the remains have the predicted properties. Then (as it is said) bottle and store it. It is enough to boil the dry resin for one whole day and then store it. When thus burnt these are good to give a sweet smell to warm compresses and remedies to remove fatigue, as well as to colour ointments. Soot is also taken from resins as well as *thus* [1-81] which is good mixed with medicines to make the eyelids pleasing, for gnawed-around eye corners, for the membranes of the eyelids, and for weeping eyes. Ink with which to write is also made from it.

1-94. PISSA UGRA

SUGGESTED: *Pinus mughus*, *Pinus nigra*, *Pinus maritima*,
Pinus pinea, *Pinus rigida*, *Peuce* — Pitch Pine

P*ix liquida* (also called *conum*) is gathered from the fattest wood of the pitch and pine trees. They reckon the best is glittering, smooth and clean. A wine cupful (taken with honey in a *linctus* [syrup]) is good in antidotes for poisoning, pulmonary consumption [wasting disease], purulent abnormal growths, coughs, asthma, and fluids that are difficult to cough up from the chest. It is good rubbed on with *rosaceum* [1-53] for inflammation of the tonsils and uvula, as well as for angina [spasmodic pains] and purulent [pus-filled] ears. For snakebite it is applied with salt (ground fine). Mixed with the same amount of wax it draws off pitted nails, and dissolves tubercles [growths] on the vulva and hardness on the perineum. Boiled with barley meal and the urine of a boy it breaks up tumours [possibly goitre]. Rubbed on with sulphur, pine bark or bran it stops snakebite ulcers. Mixed with manna of *thus* [1-81] and waxy ointments and rubbed on it heals twisting ulcers, and is good for split feet and a split perineum, and with honey it fills up ulcers and cleans them. With raisins of

the sun and honey it covers carbuncles [infected boils] [malignant skin tumours] and rotten ulcers with scars. It is also effective mixed with antiseptic plasters.

1-95. PISSELAION

SUGGESTED: *Pinus mughus*, *Pinus nigra*, *Pinus maritima*,
Pinus pinea, *Pinus rigida*, *Peuce* — Pitch Pine

P*icinum* is made from the watery matter of pitch which swims on top (like whey on milk that has been separated). This is taken away while boiling the pitch by laying clean wool over it which is made moist by the steam ascending up. It is squeezed out into a jar and this is done for as long as the pitch is boiling. It is available for the same purposes as liquid pitch. Applied as a poultice with barley meal it restores hair fallen out from *alopecia* [baldness]. Liquid pitch also cures the same, and rubbed on them it cures boils and scabs on cattle.

1-96. LIGNUOS UGRAS PISSES

SUGGESTED: *Pinus mughus*, *Pinus nigra*, *Pinus maritima*,
Pinus pinea, *Pinus rigida*, *Peuce* — Pitch Pine

Soot is made from moist pitch. Light a new lamp, put a portion of pitch into it and cover the lamp with a new ceramic jar made like a *clibinus* (above round and narrow and with a mouth below like ovens have) and let the lamp burn. When the first liquid pitch is used up put in more until you have made enough soot, and then use it. It is sharp and astringent and is used in medicines to make the eyelids pleasing, for rubbing, and when hair must be restored to eyelids that are filled with excessive watery fluids. It is good for weak, weeping, ulcerated eyes.

1-97. PISSA XERA

SUGGESTED: *Pinus mughus*, *Pinus nigra*, *Pinus maritima*,
Pinus pinea, *Pinus rigida*, *Peuce* — Pitch Pine

Dry pitch is made from decocted liquid pitch. It is also called *palimpissa* (that is, pitch boiled again). Some of this (called *boscas*) is sticky like birdlime, and another

sort is dry. The good dry pitch is pure, fat, smells good, and is golden underneath and resinous — such as the Lycian and Brutian which share the two natures of pitch and resin. It is warming and softening, removing pus, dispersing *tubercula* [nodules] and *pannus* [opaque thickening of cornea with veins], and filling up ulcers. It is effective mixed with wound medicines.

1-98. ZOPISSA

SUGGESTED: Resin scraped off ships — *Zopissa*

Some call the resin (which together with wax is scraped off ships) *zopissa*, and others call it *apochyma* as it is soluble because it was steeped in sea water. Some have called the resin of the pine tree by the same name.

1-99. ASPHALTOS

SUGGESTED: Bitumen — Asphalt — Mineral Pitch [1]

Judean bitumen is better than others. The best shines and is purple and heavy with a strong scent, but the black foul bitumen is worthless for it is adulterated with added pitch. It is found in Phoenicia, Sidon, Babylon and Zacynthus. It is also found (moist) swimming on wells in the country of the Agrigentines (Sicily) which they use for lamps instead of oil, and which they falsely call Sicilian oil, for it is a kind of moist bitumen.

1-100. PISSASPHALTOS

SUGGESTED: *Pissasphaltos* — Bitumen — Asphalt
— Mineral Pitch [2]

There is some called *pissasphaltos* found in Apollonia near Epidamnus, which is carried down from the Ceraunian mountains by the violence of the river and cast on the shore, growing into knobs which smell of pitch mixed with bitumen.

1-101. NAPHTHA

SUGGESTED: *Naptha* — Bitumen — Asphalt — Mineral Pitch
[3]

There is also some called *naptha*, which is strained Babylonian *asphaltus*, white in colour. Some is also found which is black. It attracts fire because it draws it to itself from a distance. It is good for bathing eyes and for white spots on the cornea.

Properties of *Asphaltos*

All bitumen is able to repress inflammation, close open cuts and sores, and disperse and soften, and is effective for congested vulvae and prolapse when applied, smelled, or the smoke inhaled. Furthermore, it reveals those troubled with epilepsy if the smoke is inhaled like [burning] *gagate* [jet] stone. Taken as a drink with wine and *castoreum* [2-26] it draws out the menstrual flow. It helps obstinate coughs, and those troubled with asthma and difficult breathing, also snakebites, hip pains and pains of the side. It is given to those troubled with colic as a *catapotium* [pill], and taken as a drink with vinegar it dissolves clots of blood. It is given melted with barley water as a suppository to those troubled with dysentery. It cures dripping mucus if inhaled. Wrapped around teeth it soothes toothache. Dry bitumen warmed with a continuous splashing (and so applied) retains hair. A plaster of it is applied mixed with barley meal, wax and saltpetre [potassium nitrate] to help those troubled with *podagra* [gout], arthritis and lethargy. *Pissasphaltos* can do as much as *pix* [organic pitch] and bitumen mixed together.

1-102. KUPARISSOS

SUGGESTED: *Cupressus sempervirens* — Cypress
Cupressus funebris — Mourning Cypress, Weeping Cypress,
Funereal Cypress

The leaves of cypress bind and cool. Taken as a drink with *passum* [raisin wine] and a little myrrh [1-77, 1-73, 4-116] they help frequent painful urination. Pills of it (bruised and taken as a drink with wine) are good for

bloody vomit, dysentery, excessive discharges from the bowels, asthma and coughs. A decoction of it does the same. Pounded with figs it soothes hardness, and cures polyps [protruding growths from mucus membrane] in the nostrils. Boiled with vinegar and pounded into small pieces with lupins [2-132] it draws off rotten nails. A poultice of it applied stops rupture of the intestines [hernia] and the leaves do the same. Pills of it (together with the filaments) placed smoking like a perfume [incense] are an insect repellent to drive away mosquitos. The leaves pounded into small pieces and applied as a poultice heal wounds. It also staunches blood. Pounded into small pieces with vinegar it dyes hair. It is applied as a poultice either by itself or with polenta for *erysipela* [streptococcal skin infection], *herpes* [viral skin infection], carbuncles [infected boils] [malignant skin tumours] and inflammation of the eyes. Mixed with a stiff ointment and applied it strengthens the stomach.

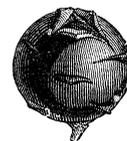
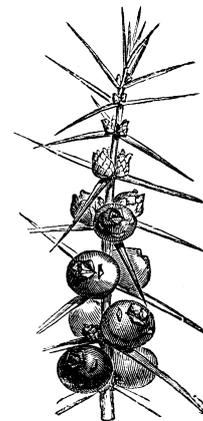
1-103. ARKEOTHOS MEGALE, ARKEOTHOS MIKRA

SUGGESTED: *Juniperus minor* [Fuchs, Brunfels]
Juniperus vulgaris fructifosa [Bauhin], *Juniperus excelsa*
— Greek Juniper
Arceuthinus [Latin], *Juniperus communis* — Juniper

POISONOUS — WOOD

Some juniper is bigger, some smaller. Either of the junipers [the bigger and the smaller] are sharp, diuretic and warming, and when burned the fumes drive away snakes. One type of the fruit (called the juniper berry) is the size of a hazelnut, the other equal to a bean — both round and fragrant, sweet, and a little bitter to chew. It is mildly warming and astringent, good for the stomach, good taken in drink for infirmities of the chest, coughs, gaseousness, griping, and the poisons of venomous creatures. It is also diuretic; as a result it is good for convulsions and hernia, and those who have congested or blocked wombs.

It has sharp leaves, as a result applied as a plaster and taken as a drink (or the juice taken with wine) they are good for those bitten by vipers. The bark (burned and rubbed on with water) removes leprosy, but the scraping



Juniperus communis
after FAGUET — 1880

or dust of the wood (swallowed down) kills. There is a great juniper too, which some call *cypressus sylvestris*, some *mnesitheus*, some *acatera*, and the Romans *juniperus*, and it is known to most like cypress growing for the most part in rough places and near the sea. It has the same properties as the former. The lesser juniper some call *archeuthis*, some, *mnesitheus*, others, *acatalis*, the Africans *zuorinsipet*, the Egyptians *libium*, the Romans *juniperus*, and the Gauls *jupicellusum*.

1-104. BRATHUS

SUGGESTED: *Sabina* [Fuchs], *Sabina folio tamarasci Dioscoridis* [Bauhin], *Brathys*, *Brathus* [Latin], *Juniperus sabina* [Linnaeus], *Herba sabina* — Savin, Sabin

There are two kinds of savin. One has leaves like cypress, but is more prickly with a strong smell, and sharp with a hot nature. The tree is short and extends itself mostly in breadth. Some use the leaves for perfume. The other kind has leaves like *myrica* [1-116]. Applied as a poultice the leaves of either of them close *stomas* [openings] and alleviate inflammation. Similarly, applied as a plaster with honey, they take away all blackness and foulness, and they break up carbuncles [infected boils]. Taken as a drink with wine (as well as applied or by inhalation) they draw out blood through the urine, and drive out the birth. They are mixed with hot ointments and in particular with *gleucinum* [1-67]. Some call it *barathrum*, some *baryton*, and the Romans call it *herba sabina*.

1-105. KEDROS, KEDROS MIKRA

SUGGESTED: *Cedrus libani*, *Cedrus libanotica*, *Pinus cedrus*, *Abies cedrus*, *Larix cedrus* — Cedar of Lebanon

Cedar deodara, *Larix deodara*, *Pina deodara* — Deodar, Himalayan Cedar, Indian Cedar

POISONOUS

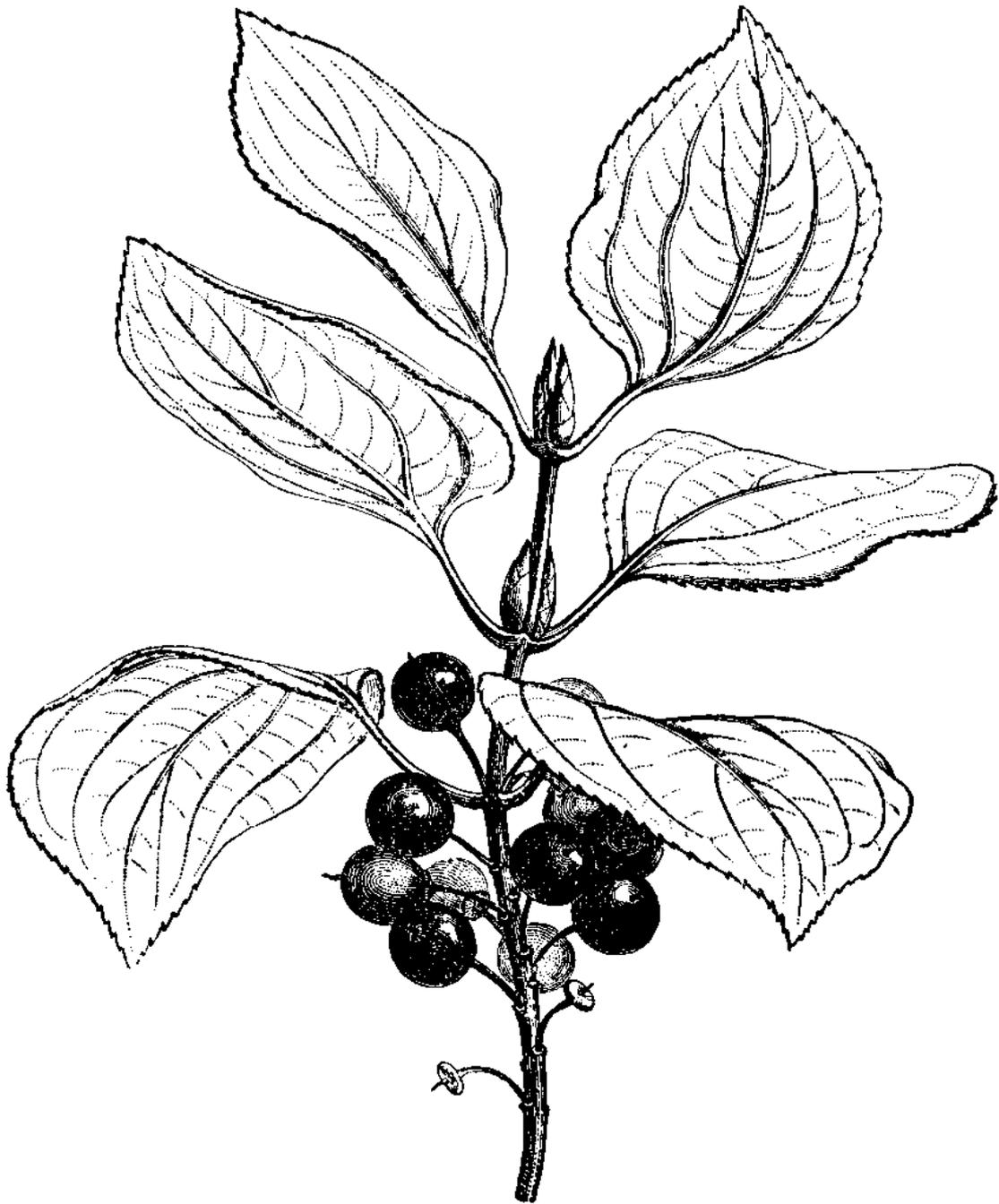
The cedar is a great tree from which *cedria* [oil of cedar] is gathered. It has fruit like the cypress but much bigger. There is another tree called cedar which is less

Daphnoides vulgare.
Zeilant.

129



Daphnoides vulgare
after FUCHS — 1545



Rhamnus cathartica

after THIEBAULT — 1872

prickly than juniper, bearing round fruit as big as myrtle berries. The best *cedria* is thick and very clear with a strong scent; poured out it falls by drops and is not diffused. It is able to decay living bodies and is a preservative of dead ones; as a result some have called it the life of the dead. It corrupts cloths and skin because it heats and dries extraordinarily. It is also good for eye medicines, clearing the sight when rubbed on. It takes away white spots and scars on the cornea. Dropped in with vinegar it kills worms in the ears; infused with a decoction of hyssop [3-30] it quietens their noise and hissing. Dropped into the cavities of teeth it breaks the tooth but stops the pain. It does the same used as a mouthwash with vinegar. Rubbed around the genitals before sexual union it causes sterility. Those who are troubled with angina are rubbed with it, and it helps inflammation of pus-filled tonsils. Rubbed on it kills lice and nits. A plaster of it applied with salt helps the bite of the horned viper. It helps for poison of the sea hare [2-20] taken in a drink with *passum* [raisin wine], and it helps elephantiasis [skin disease]. As much as a wine cupful of *linctus* [syrup] of it sipped (or the ointment applied) also purges ulcers of the lungs and cures them. Taken as a suppository it also kills *ascaridae* [threadworms] and other worms, and it extracts the birth [abortifacient]. An oil is made of the moisture which is separated from the *cedria* [oil of cedar] by a fleece laid over it during boiling (as we have said in the chapter on pitch) good for the same purposes as *cedria*. Particularly the oil, strongly rubbed in, cures scabs on beasts, dogs and oxen; and when applied it kills *ricinos* [lice], and heals ulcers on those which came from shearing. The soot of it is gathered like that of pitch, and it has the same strength. The fruit of cedar is called cedrides. It is warming and bad for the stomach but helps coughs, convulsions, hernia and slow painful urination. Taken as a drink with pepper (pounded into small pieces), it dries out the menstrual flow, and it is taken in wine against the poison of sea hare [2-20]. Used with deer fat or bone marrow it repels snakes if the body is rubbed with it. It is also mixed in antidotes.

1-106. DAPHNE

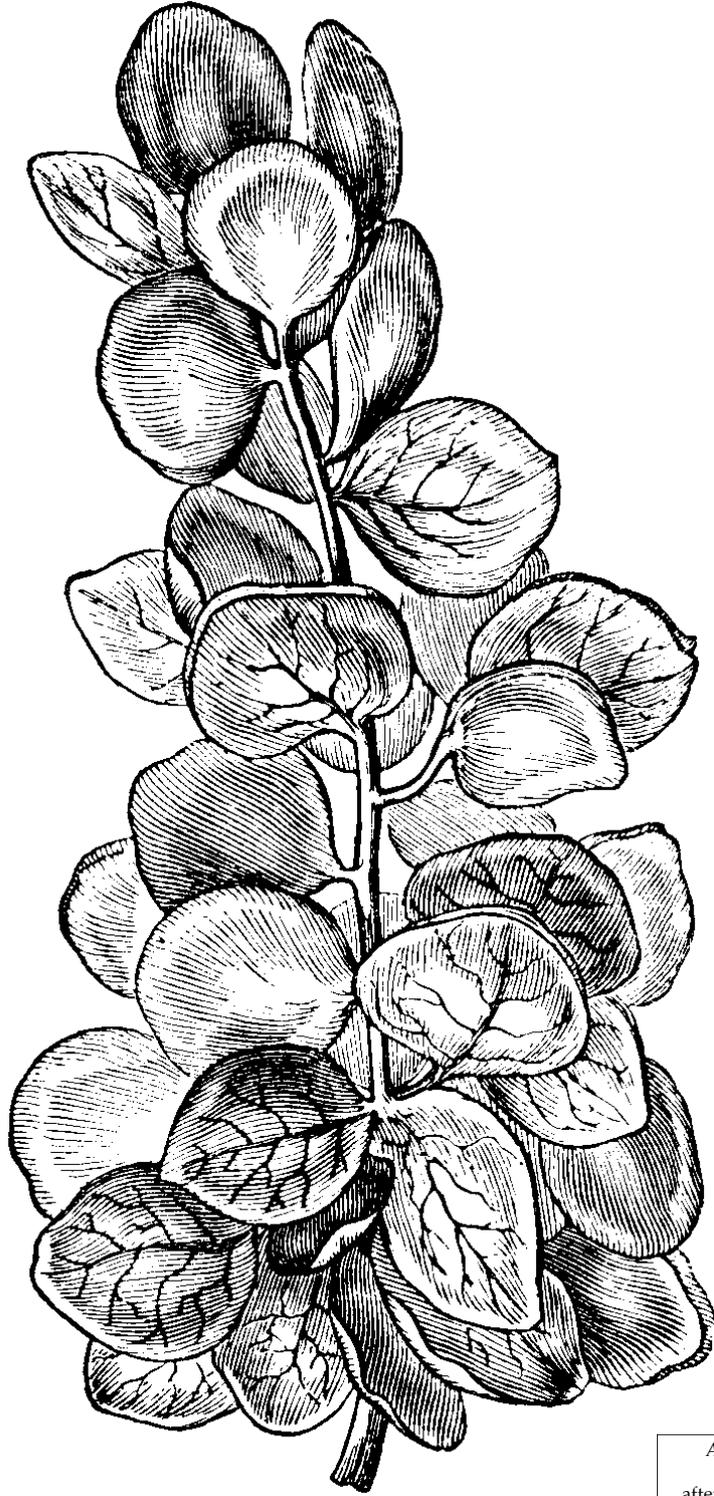
SUGGESTED: *Laurus-Alexandrina* [Fuchs], *Daphne-Alexandrina* [Brunfels], *Ruscus hypoglossum* [Linnaeus], *Ruscus hippoglossum*, *Uvularia*, *Baslingua* — Laurel of Caesar [Mabberley], Horse Tongue, Double Tongue
Laurus nobilis — Sweet Bay, Laurel, Roman Laurel

Some *daphne* [*laurus*] is found with a smaller leaf, some a broader. Both are warming and softening, as a result a decoction of them is good as a hip bath for disorders of the vulva and bladder. The green leaves are somewhat astringent. Pounded into small pieces and applied they are good for wasp and bee stings. Applied with barley flour and bread they are able to lessen any inflammation. Taken as a drink they make the stomach tender and provoke vomit, but the bay berries heat more than the leaves. They are good therefore taken in a *linctus* [syrup] (after they are pounded into small pieces) with honey or *passum* [raisin wine] for consumption [wasting disease], asthma and dripping mucus around the chest. They are also taken as a drink with wine against scorpion stings, and they remove *vitilignes* [form of leprosy]. The juice of the berries helps earache and hardness of hearing dropped into the ears with old wine and *rosaceum* [1-53]. It is mixed with recipes for medicines to remove fatigue, with hot ointments, and with those which disperse. The bark of the root breaks stones [kidney, urinary], is an abortifacient, and is good for liver disorders — half a teaspoon taken as a drink with fragrant wine. It is also called *danaben*, *stephanos* (as we should say a crown), *daphnos*, *mythracice*, *mithrios*, or *hypoglossion*.

1-107. PLATANOS

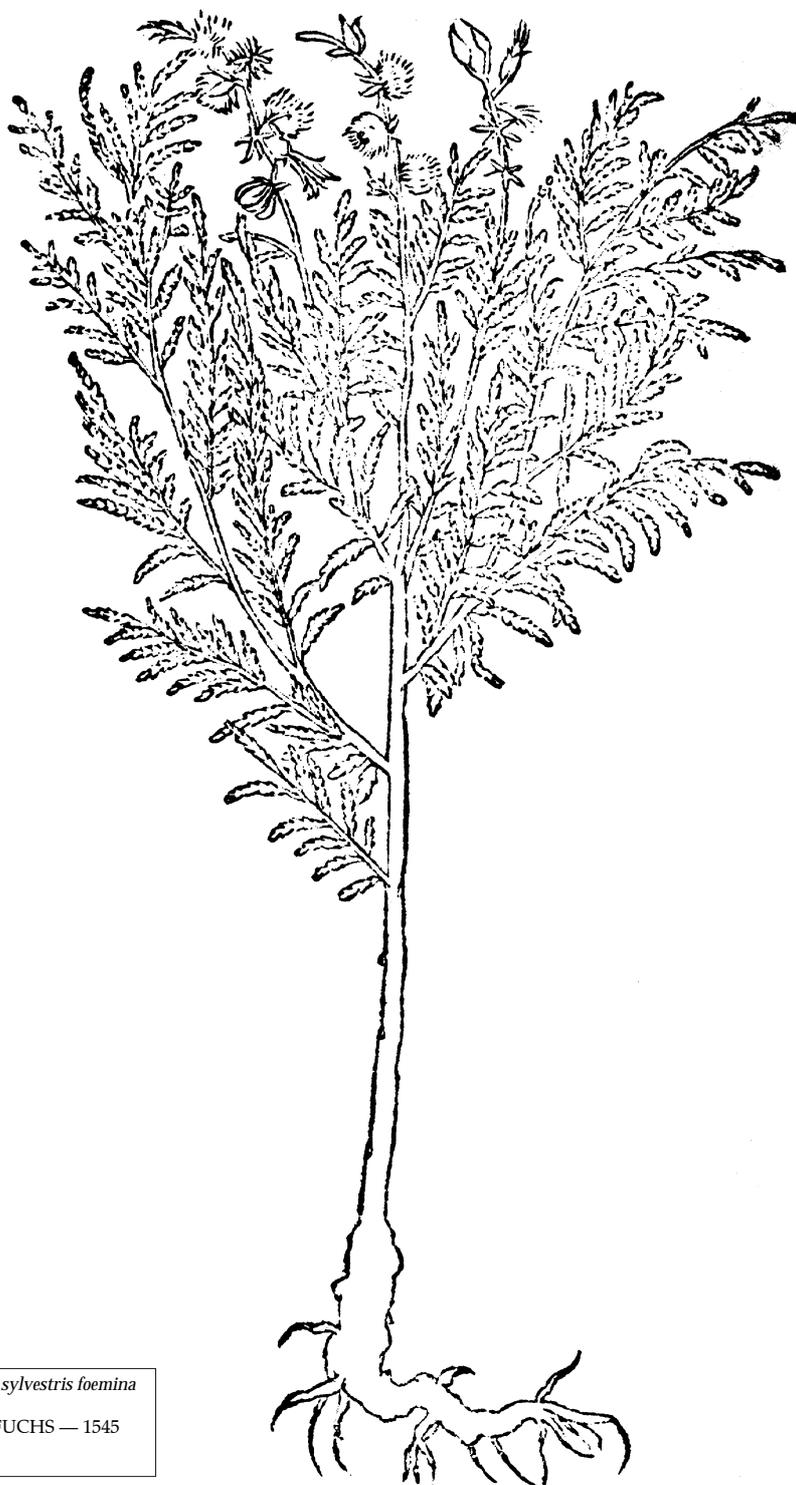
SUGGESTED: *Platanus orientalis* — Oriental Plane

The tender leaves of *platanus* (boiled in wine and applied as a poultice) stop discharges of the eyes, and alleviate oedema and inflammation. The bark (boiled in vinegar) is a lotion for toothache. The green filaments (taken as a drink with wine) help those bitten by snakes. Used in animal fat they cure burns. The down of the leaves and filaments hurts the hearing and sight.



Atriplex hortensis
after FAGUET — 1880

292 *Tamarix sylvestris foemina*,
Tamarisck weibele.



Tamarix sylvestris foemina
after FUCHS — 1545

1-108. MELIA

SUGGESTED: *Melia azadirachta*, *Melia indica*, *Azadirachta indica*
— Persian Lilac, Pride of India, Indian Lilac

? POISONOUS

M*elia* is a well-known tree, the leaves of which (and their juice) taken as a drink with wine (and applied as a poultice) help those bitten by vipers. The bark burned and rubbed on with water removes leprosy; but the thin membranous scales of the wood (taken in a drink) are reported to be deadly.

1-109. LEUKE

SUGGESTED: *Leucadendron argenteum*, *Myrtus leucadendron*
— Silver Tree
Melaleuca leucadendron, *Melaleuca cajputi* — Punk Tree,
Cajeput Oil Tree

One ounce of the bark of the *leuke* tree (taken as a drink) helps sciatica [pains in hips; sciatic nerves] and slow painful urination. Taken as a drink with a mule's kidney it is reported to take away conception [abortifacient]; and the leaves of it taken in a drink with wine (after the menstrual flow) are said to do the same. The lukewarm juice of the leaves is good dropped in the ears for earache. The filaments which put out at the first sprouting of the leaves, bruised small and rubbed on with honey, cure moisture of the eyes. Some say that the bark of the white and the black *leuke*, cut into pieces of a small size and scattered (or as it were sown) in beds that are dunged, brings forth edible mushrooms at any time of the year.

1-110. MAKER

SUGGESTED: *Myristica moschata* — Nutmeg Tree, Mace

bark is a yellow-saffron colour

Macer is a bark brought out of Barbary, a pale yellow, thick and according to the taste very astringent. It is taken as a drink for spitting-up blood, dysentery, and excessive discharges of the bowels.

1-111. PTELEA

UNKNOWN

[modern usage] *Ptelea trifoliata* — Hop Tree, Shrubby Trefoil, Wafer Ash [exotic]

The leaves, branches and bark of *ptelea* are all astringent. The leaves, pounded into small pieces with vinegar and so applied, are good for leprosy and heal wounds; but especially the bark, if it is wrapped around like a bandage, for it is flexible like a girdle. An *owner* [uncia - ounce] of the thicker bark (taken in a drink with wine or cold water) expels phlegm. A decoction of the leaves or bark of the roots, applied with hot cloths, consolidates by drawing a *callum* [hard skin] over the fracture of a bone sooner. The moisture which is found in the bladders [undeveloped fruit] at their first sprouting clears the face when rubbed on it. The same moisture, dried, is formed into little creatures like gnats. The newly-emerged leaves are used for sauce like vegetables.

1-112. SAPROTES XYLON

SUGGESTED: Dry Rot

The rotten stuff like meal which is gathered out of old wood and stocks of trees cleans ulcers and brings them to scar when it is laid on them. It also stops *serpentia* [snakebite] kneaded together with the same amount of anise [3-65] and wine, as well as pounded into small pieces, put into linen and applied.

142

Erice.
Seyden.



Erice
after FUCHS — 1545

Chenopodium bonus-henricus
after FAGUET — 1892



1-113. AIGEIROS

SUGGESTED: *Aegiceras majus*— River Mangrove

ALSO: *Astragalus aegiceras*

see 4-62

The leaves of *aigeiros* applied with vinegar help gouty pains, and its resin is mixed with softening medicines. The seed (taken as a drink with vinegar) is good for epilepsy. It is also reported that the oozing which trickles down from them near the river Padus grows hard and becomes amber, called *chrysophorum* by some. This yields a sweet smell when rubbed and looks like gold. Ground finely and taken as a drink it stops excessive discharges of the stomach and bowels.

1-114. KALAMOS NASTOS, SURIGGIOS, DONAX, PHRAGMITES

SUGGESTED: *Dendrocalamus strictus* — Male Bamboo

Donax arundinaceus, *Arundo donax* — Giant Reed, Bamboo,
Bamboo Reed, Cane

Bambusa arundinacea — Common Bamboo

Phragmites communis, *Arundo phragmites*, *Arundo vulgaris*
— Common Reed, Dutch Reed

Calamus rotang — Rattan Cane, Chair-bottom Cane

Syringia vulgaris — Common Lilac, Pipe Tree

One kind of *calamus* from which arrows are made is called *nastos*, the other is the female from which bindings are made for the *tibia* [pipe or flute]. Another is called *syringias* — with much flesh [or pith], very knotty, fit for writing books [paper]. Another is thick and hollow, growing around rivers, called *donax* and *cypria* by some. Another is called *phragmites* — thin, inclined to whiteness, known to all — whose root (bruised, crumbled and applied either by itself or with bulbus [2-200]) draws out splinters and thorns. It soothes limbs that are out of joint, and pains of the loins [digestive or procreative, lower torso] with vinegar. The green leaves (pounded and applied) heal *erysipela* [streptococcal skin infection] and other inflammations. The bark (burned and applied with vinegar) cures alopecia [baldness]. The

paniculae flos [flowers] of the *calami* [reeds] falling into the ears cause deafness. The *harundo* [reed] called *cypria* has a similar effectiveness.

1-115. PAPUROS

SUGGESTED: *Cyperus papyrus*, *Papyrus antiquorum* — Papyrus, Nile Papyrus, Paper Reed

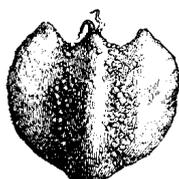
Papyrus from which paper is made is known to everyone. It has particular use in medicine for opening the mouth of *fistulas* [tubular ulcers]. It is prepared (steeped in some liquid) and a linen thread tied around it until it is dry. Straightened and put in the *fistula* it is filled with moisture, and upon swelling it opens the *fistula*. The root is somewhat nourishing. As a result the Egyptians chew it, suck out the juice, and spit out that which they have chewed. They also use it instead of wood. Papyrus, burnt until it turns it into ashes, restrains erosive ulcers in the mouth and other places, but burnt paper does this better.

1-116. MURIKE, MURRIS

SUGGESTED: *Tamarix*, *Tamarix sylvestris*,
Tamarix sylvestris foemina [Fuchs],
Tamarix fructiosa folio crassiove sive Germanica [Bauhin]
Tamarix articulata, *Tamarix germanica* [Linnaeus],
Tamarix myrica, *Tamarix gallica*, *Myricaria germanica*
 — Tamarisk

[other usage] Sweet Gale — *Myrica gale*

Murra, *murrha*, *myrrha* - a substance from which precious vases and other vessels are made.



Myrica gale
 after FAGUET — 1880

M*yrica* or *myrris* is a well-known tree, growing in marshy grounds and standing waters, with a fruit as a flower, of a mossy consistency. Some of it is planted in gardens in Egypt — in other things like the wild, but it bears fruit like a gall [excrescence on oak trees], unequally astringent to the taste, and used instead of galls in medicines for the mouth, eyes and spitting of blood. It is given in drink to women troubled with colic, those who have a flowing-forth from the vulva or sickness of the



Paliurus aculeatus
from
ENGLER-PRANTL — 1897



Cistus creticus
after FAGUET — 1875

head, and for those bitten by *phalangii* [harvest spiders]. Applied as a poultice it stops oedema. The bark does the same things, as well as the fruit. A decoction of the leaves (taken as a drink with wine) melts the spleen, and gargled in the mouth it helps toothache. For hip baths it is good for women troubled with a discharge of fluids from the vulva, and a heated rub of it is good for those with lice and nits. Ash from the wood (applied) stops flows from the uterus. There are some who make cups from the wood which they use for those troubled with spleen (as though the drink given them from such cups should do them good).

1-117. EREIKA

SUGGESTED: *Erica* [Fuchs], *Erica vulgaris glabra* [Bauhin],
Calluna vulgaris [in Sprague] — Heath

E*rica* is a shrubby tree like *myrica* [1-116] (but a great deal smaller) the flowers of which the bees use, but they make honey with it that is not good. The leaves and flowers applied as a poultice heal snakebites.

1-118. AKAKALIS

UNKNOWN

A*cacalis* is the fruit of a shrub growing in Egypt, similar to the fruit of the *myrica* [1-116]. A dilution of it is mixed with eye medicines which are good for sharpening the sight.

1-119. RAMNOS TRISSUS

SUGGESTED: *Uva-crispa* [Fuchs], *Grossularia simpliciflora*,
Spinosa sylvestris [Bauhin], *Ribes uva-crispa* [Linnaeus],
Ribes grossularia [Mabberley] — Gooseberry

[other usage] Common Buckthorn, Purging Buckthorn
— *Rhamnus catharticus*

R*hamnus* is a shrub (growing around hedges) with upright stems and sharp thorns like *oxyacantha*, and the leaves are small, somewhat long, thick and soft. There

is another besides this that is paler, and a third having darker and broader leaves, a little inclined to red; with long stems of five feet and more, thorny, with its hairs less strong and stiff. The fruit of it is broad, white and thin, shaped like a little pouch or whorl. The leaves of all of them are effective rubbed on for *erysipelas* [inflammatory skin disease] and *herpes* [viral skin infection]. It is said that the branches laid in gates or windows drive away the enchantments of witches. [If anyone picks up *rhamnus* while the moon is decreasing and holds it, it is effective against poison and mischief; and it is good for beasts to carry it around them; and for it to be put around ships; and it is good against headaches; and against devils and their assaults.]

It is also called *persephonion*, or *leucacantha*, the Romans call it *spina alba*, some, *spina cerualis*, and the Africans call it *atadin*.

1-120. ALIMOS

SUGGESTED: *Atriplex halimus*, *Chenopodium halimus*

— Sea Purslane, Sea Orach

see 2-145

H*alimus* is a hedge-shrub like *rhamnus* [above] — somewhat white, without filaments. The leaves almost resemble those of the olive tree, yet they are broader and more tender. It grows in maritime places and hedges. The leaves are boiled like vegetables with meat. One teaspoon of the root (taken as a drink with honey and water) alleviates convulsions, hernias and griping, and causes an abundance of milk [in breastfeeding]. It is also called *damassonium*, *erymon*, *britannica*, *rabdion*, a sort of little twig, *basilion*, or a sort of *regia*. The Magi call it *mercurii basis*, or *sapsis*, some, *osiridis diadema*, others, *heliostephanon*, a sort of corona of the sun or *sacer caulis*. Pythagoras calls it *anthenoron*, the Egyptians, *asontiri*, some, *asphe*, *asealuri*, or *asariphen*, the Romans, *albuscus*, and some, *ampelucia*.



Cytinus hypocistis
after FAGUET — 1888



Zizyphus jujuba
from ENGLER-PRANTL — 1897

1-121. PALIOUROS

SUGGESTED: *Paliurus aculeatus*, *Paliurus australis*,
Paliurus spina-Christi, *Rhamnus paliurus* — Christ's Thorn,
Jerusalem Thorn, Garland Thorn

P*aliurus* is a well-known shrub, prickly and strong. The fat seed is found blackened with fungus. Taken in a drink it helps coughs, breaks stones [urinary] in the bladder, and is good for the stings of snakes. The leaves and root are therefore astringent; a decoction of them (taken as a drink) regulates the bowels, draws out urine, and is good against poison and the bites of venomous beasts. The root pounded into small pieces and applied as a plaster dissolves all new *tubercula* [nodules] and *oedema*.

1-122. OXUAKANTHA

SUGGESTED: *Oxyacantha*, *Berberis* [Fuchs],
Berberis dumetorum [Bauhin], *Berberis vulgaris* [Linnaeus]
— Barberry
[other usage] Lac Sumach — *Rhus oxyacantha*
Hawthorn, White Thorn, May Bush, Quick
— *Crataegus oxyacantha*

O*xyacantha* is a tree like a wild pear tree, but smaller and very prickly. It bears a fruit like myrtle — full, red, easily broken — with a kernel within, and a deep root divided into many parts.

Taken in a drink or eaten, the fruit stops stomach outflows and the flows of women. The root bruised small and applied draws out splinters and thorns. It is said that the root is able to cause abortions, the stomach being touched gently with it or rubbed with it. It is also called *pyrina*, or *pytyanthe*.

1-123. KUNOSBATON

SUGGESTED: *Rubus caninus*, *Cynobatus*, *Rosa canina*
— Dog Rose, Hiprose, Canker Flower, Dog Briar

C*ynobatus* [dogs' bush] (also called *oxyacantha*) is a shrub much bigger than a common bush — almost the size of a tree. It bears leaves a great deal broader than

myrtle, and has strong hairs around the sprigs, white flowers, and somewhat long fruit like the kernel of the olive. When this is ripe it grows red and the stuff within is downy. The dried fruit stops discharges from the intestines (the downy stuff of it is taken out for this is worthless for the arteries). It is made hot in wine and taken as a drink.

1-124. KUPROS

SUGGESTED: *Cyprus*, *Cypre*, *Lawsonia inermis*, *Lawsonia alba*
— Henna, Egyptian Privet

C*yprus* is a tree with leaves on the sprigs like the olive, but broader, softer and greener; the flowers white and mossy with a sweet smell, and the seed black like the fruit of *sambucus* [4-174]. The best grows in Ascalon and Canopus. The leaves are astringent, as a result they are chewed to help ulcers in the mouth, and applied as a poultice they cure all other hot inflammations and carbuncles [malignant tumours]. A decoction of them is used as a warm pack for those burnt by fire. The leaves, pounded into small pieces, are steeped in the juice of *struthium* [2-193] and rubbed on to dye the hair yellow. The flowers (pounded into small pieces and applied the forehead with vinegar) cause headaches to cease. The ointment *cyprinum* [1-65] that is prepared from it becomes heating and softens the tendons. It has a sweet smell which it adds to hot medicines when it is mixed with them.

1-123. PHILLUREA

SUGGESTED: *Phillyrea latifolia* — Mock Privet, Jasmine Box

P*hillurea* is a tree like *cyprus* [1-124] in size. Its leaves are like those of the olive tree but broader and darker. It has fruit like the *lentisk* [1-90] — black, somewhat sweet, lying in bunches like grapes. It grows in rough places. The leaves are astringent like those of the wild olive [1-37], effective for things that need astringency especially ulcers in the mouth, either chewed or the sores washed with a decoction of it. Taken as a drink it draws out urine and the menstrual flow.

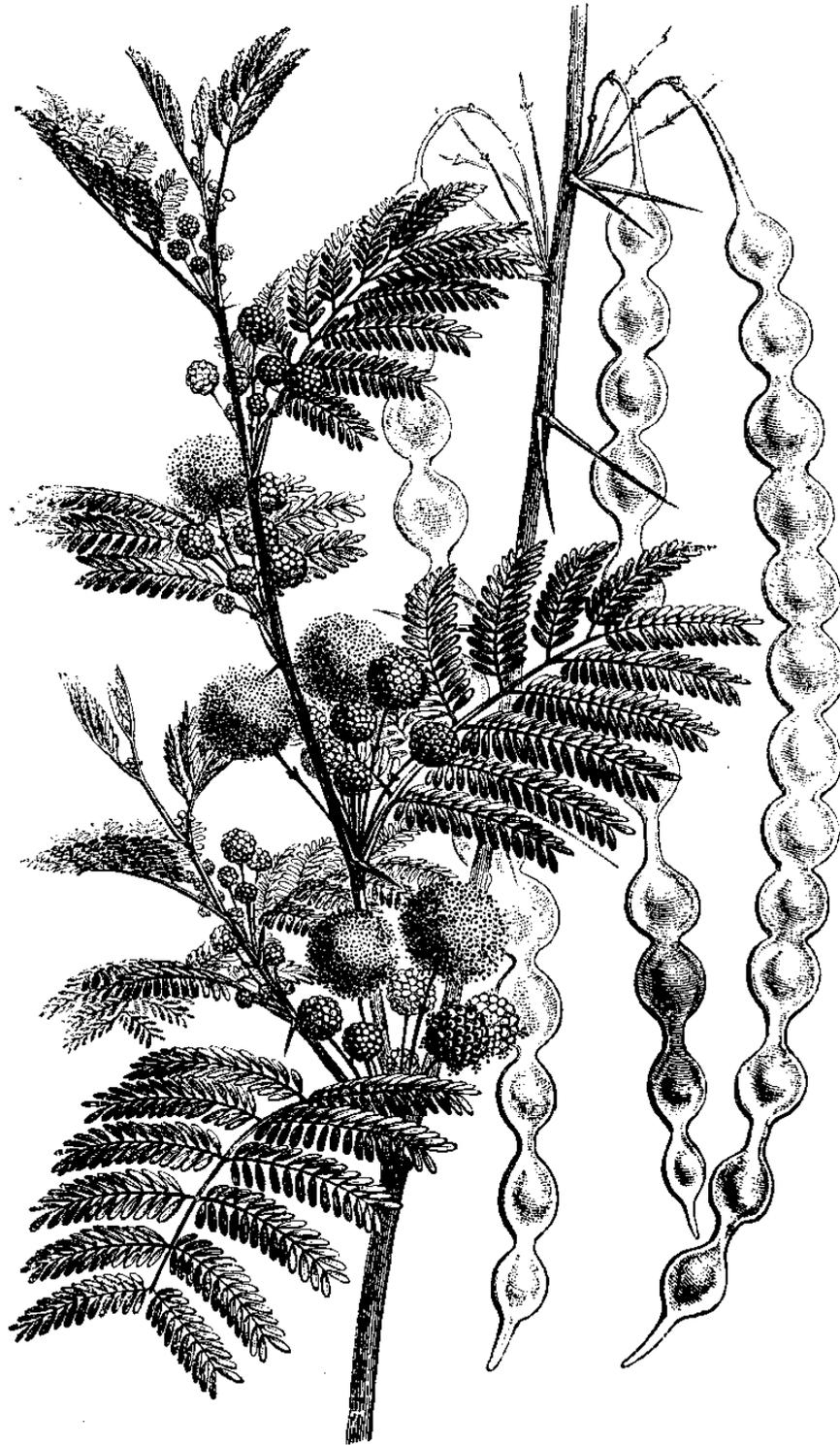
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**Tertium salicis genus,
Klein Weiden.**



Tertium salicis genus

after FUCHS — 1545



Acacia arabica

after THIEBAULT — 1872

1-126. KUSTOS ARREN, KUSTOS THELUS

SUGGESTED: *Cistus ellipticus*, *Helianthemum chamaecistus*,
Helianthemum vulgare — Common Rockrose, Sunrose
Cistus creticus, *Cistus vulgaris*, *Cistus polymorphus*
— Cretan Rockrose

C*istus* (also called *cistharon* or *cissaron*) is a shrub which grows in rocky places. It has many low branches full of round, black, rough leaves. The flowers of the male are like the pomegranate, but the female are white. It has an astringent quality; as a result the flowers (pounded into small pieces and taken as a drink twice a day in sharp wine) are good for dysentery. Applied as a poultice by themselves they stop gangrenous ulceration of the cheeks, and with a stiff ointment they heal burns and old ulcers.

1-127. UPOKUSTIS, UPOKISTIS ETERA

SUGGESTED: *Cytinus hypocistis* — Hypocistis
parasitic plant — contains gallic acid

Hypocistis grows around the roots of the *cistus* [rock roses] like *cytinus* on the pomegranate. Some of it is yellow, some green, some white. It is juiced like acacia, but some dry and break it, then steep and boil it, and do other things to it in the same way as *lycium* [1-132]. It is similar in strength to acacia, yet more astringent and drying — good for those troubled with colic, dysentery, blood-spitting, or women's excessive discharges — taken either as a drink or infused. It is called *robethrum*, or *cytinus* by some. The Africans call it *phyllesade*.

1-128. LADANON

SUGGESTED: *Ladanum*, *Labdanum*, *Cistus ladaniferus*,
Cistus creticus — Gum Cistus, Ladanum Resin Tree
Cistus ledon — Many-flavoured Gum Cistus

There is also another kind of *cistus*, called *ledum* by some. It is a shrub growing in the same way as *cistus*,

but it has longer, darker leaves, acquiring some fat in the spring. The strength of the leaves is astringent, doing all the things that cistus does. That which we call *ladanum* is made from this plant. The he-goats and she-goats feed on the leaves of it and evidently carry away the fat from them on their beards and thighs because it has a viscous nature. This is taken off, strained, fashioned into little balls and stored. Some draw little cords across the shrubs, take off the greasy matter that adheres to them and shape it. The best has a sweet smell, is somewhat green, easily softened, fat, without sand — not foul and resinous such as that growing in Cyprus — but the Arabic and Libyan has less value.

It is astringent, warming and softening, and opens closely-touching [blood] vessels. It prevents hair falling out [*alopecia*] mixed with wine, myrrh [1-77, 1-73, 4-116] and oil of myrtle. Rubbed on with wine it makes scars look more handsome. It cures earache dropped in the ears with honey water or *rosaceum* [1-53]. The smoke is inhaled to expel the afterbirth, and mixed in a pessary it cures hard lumps in the womb. It is effective in pain-relievers, cough medicines and warm compresses. Taken as a drink with old wine it stops discharges of the bowels, and it is also diuretic.

1-129. EBENOS

SUGGESTED: *Diospyros ebenum* — Ceylon Ebony
Ebenus cretica, *Anthyllis cretica* — Cretan Silver Bush

The Ethiopian *ebenus* [ebony] is best — black, without veins, as smooth as a horn that has been polished — which shows thick [close or compact] when broken, biting to the taste and gently astringent. Laid on coals and burnt like incense it yields a sweet smell without smoke. That which is new when put on fire is quickly kindled because of its fat, and it turns somewhat yellow on a whetstone. There is another (called Indian) with streaks of white and yellow running between as well as many spots. But the former is better. Some sell the wood of sesame and acanthus (because they are somewhat similar) as *ebenus*. They are known by this: — they are hollow like a sponge, and are formed into small pieces inclining to a purple colour with nothing biting in the



Vitex agnus-castus
after
BOCQUILLON — 1897



Salix fragilis
after THIEBAULT — 1891

taste nor sweet-smelling when burnt. *Ebenus* cleans away things which darken the pupils of the eyes, and it is good for old discharges and pustules. If anyone makes a grinding pad of it, and uses it to rub eye salves or suppositories on they will work better. It is made into eye medicines: the scrapings or dust from it steeped in Chian [from Scios in the Aegean sea] wine for a day and a night, then carefully pounded and converted into eye salves or suppositories. Some beat it first, then sift it and proceed in the same way. Some use water instead of wine. It is also burnt in a new ceramic jar until it becomes coals, and is then washed like burnt lead [5-96]. This is good for itching eyes and dry inflammation of the eyes.

1-130. RHODON

SUGGESTED: *Rosa*, *Rosa hortensis et sylvestris* [Fuchs],
Rosa rubra [Bauhin], *Rosa gallica* [Linnaeus]
— Common Rose, French Rose

R*odon* [roses] cool and are astringent, and dried roses are more astringent. The juice must be pressed out of them whilst they are still young, first cutting off that which is called the nail (which is the white that is in the petal), and the rest must be pounded and pounded in the shade in a mortar until it becomes thick, and then put in jars for eye salves or suppositories. The leaves are also dried in the shade. They must be turned over now and then least otherwise they putrefy or grow mouldy. Dried roses (boiled in wine and strained) are good for headaches, as well as the eyes, ears and gums, and pain of the perineum, intestine, rectum and vulva, applied with a feather or washed with the liquid. The same (without straining) bruised, boiled and applied, are good for inflammation of the area below the ribs, moistness of the stomach and *erysipela* [streptococcal skin infection]. Roses (dried and pounded into small pieces) are sprinkled on the thighs. They are put in compositions called *antherae* [medicines extracted from flowers] and in wound antidotes. They are burnt for medicines to make the eyelids look pleasing. The part of the flower that is found in the middle of the roses (dried and sprinkled on) is good for gum discharges. The heads [hips] (taken in a drink) stop loose intestines and blood-spitting.

1-131. RHODIDES

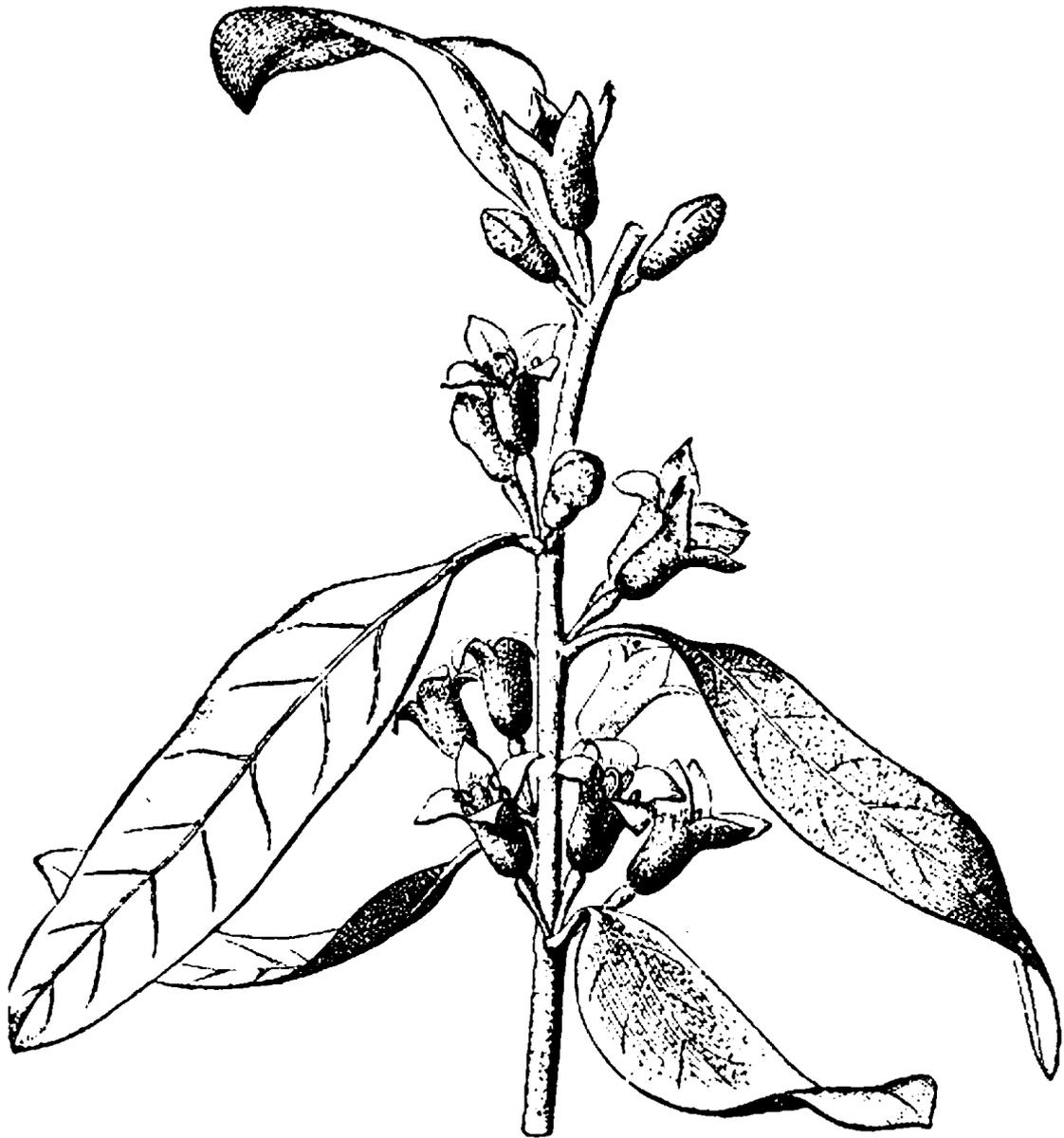
SUGGESTED: *Rhodides*, *Rosa*, *Rosa hortensis*, *Rosa sylvestris* [Fuchs], *Rosa rubra* [Bauhin], *Rosa gallica* [Linnaeus]
— Pomanders of Roses, Common Rose, French Rose

Pomanders of roses (which they call *rhodides*) are made in the following way. Take forty teaspoonfuls of fresh roses (which are beginning to fade) before they have absorbed any moisture, ten teaspoonfuls of Indian nard [1-6] and six teaspoonfuls of myrrh [1-77, 1-73, 4-116]. These are pounded into small pieces and made into little balls the size of half a teaspoonful, dried in the shade, and stored in a jar made without pitch, tightly corked all around. Some also add two teaspoons of *costus* [1-15] and as much Illyrian iris, also mixing in Chian [from Scios in the Aegean sea] wine with honey. This is used around women's necks instead of necklaces, dulling the unsavoury smell of sweat. They use the same (pounded into small pieces) in medicines made to repress sweat, and in ointments to rub on after bathing; and when they have dried on the skin they are washed off with cold water.

1-132. LUKION

SUGGESTED: *Lycium europaeum* — European Box Thorn
Lycium lanceolatum, *Rhamnus infectorius* [Matthiolum]
— Spear-leaved Box Thorn

Lycium (also called *pyxacantha*) is a thorny tree with stems of three feet or longer around which the leaves grow thickly, similar to box. It has a black fruit similar to pepper — bitter, thick, smooth; a pale bark also similar when moistened, and many winding and woody roots. It grows abundantly in Cappadocia, Lycia and many other places. It loves rough places. The juice is drawn out of the leaves and shrubby stuff, pounded together and steeped for many days. Then it is boiled, the woody matter of it removed, and the liquid boiled again until it becomes the consistency of honey. It is counterfeited by the sediment of oil being mixed with it when boiled, or the juice of wormwood [3-26], or an ox gall. The froth which swims on top during boiling is taken off and bottled for eye



Elaeagnus angustifolius

after FAGUET — 1887

Oxyacantha,
Versich.

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Oxyacantha
after FUCHS — 1545

medicines, but the rest is used for other purposes. Similarly, juice is made from the fruit pressed out and left in the sun. The best *lycium* takes fire and as it is quenched has a red foam. It is outwardly black but when it is cut yellow, without a stinking smell, astringent with bitterness, the colour of saffron — such as the Indian which is better than the rest and more effective. It is astringent and removes things that darken the pupils. It heals scabs on the eyelids, their itching and old discharges. Rubbed on it is good for pus-filled ears, tonsils, ulcerous gums, chapped lips, cracks in the perineum, and *affritus* [chafing] of the perineum. It is good for those troubled with colic and dysentery either taken as a drink or given as a suppository. It is given in water to those who spit-up blood, and those troubled with coughs, and is swallowed down like pills or taken as a drink with water for one bitten by a mad dog. It makes hair look yellow. It heals hangnails, whitlows, shingles and putrefying ulcers. It stops the menstrual flows of women. It helps those bitten by mad beasts, taken as a drink with milk or swallowed down like pills.

It is said that the Indian *lycium* is made of a shrub called *lonchitis* [3-161, 3-162]. But it is a kind of thorn that has many upright stems, three feet long or more, growing out of the bottom, thicker than the bush, the broken bark looking red but the leaves similar to those of the olive tree. Boiled in vinegar and taken as a drink it is said to cure inflammation of the spleen and sickness of the head, and to expel women's flows. Given raw (pounded into small pieces) and taken in a drink it is said to have a similar effect. One half-wineglass of the seed (taken in drink) purges out watery matter, and is an antidote against deadly medicines.

1-133. AKAKIA

SUGGESTED: *Acacia*, *Akakia*, *Acacia senegal*, *Acacia arabica*,
Acacia nilotica, *Mimosa arabica*, *Acacia gummifera*,
Mimosa gummifera, *Acacia stenocarpia* — Gum Arabic
Acacia catechu, *Mimosa catechu*, *Mimosa catechoides*
— Black Cutch, Kutch [Catcho or Kat 16th century]

A*caria* grows in Egypt. It is a thornbush with many branches, growing almost to the size of a tree. It does

not grow upright; it has a white flower, and the fruit lies in pods like lupin [2-132]. From this a juice is pressed out and dried in the shade. It looks black if it is made of the ripe fruit, but a pale yellow if it is made of the unripe. Choose that which is a little yellow, sweet-smelling, as far as is fit in acacia. Some juice the leaves together with the fruit. There is also a gum that comes out of this thorn which is astringent and cooling. The juice is good for eye diseases, *erysipela* [streptococcal skin infection], creeping sores, chilblains, *pterygium* [membrane on eye], ulcers of the mouth, and falling [sunken] eyes. It stops the flows of women as well as prolapse of the vulva. It is therapeutic for the bowels taken as a drink or a suppository, and it dyes hair black. Pounded with water it is a wash for eye diseases. That which coalesces is then poured out (until the water remains clean) and is made up into little balls. It is burnt in an unfired clay jar in a furnace until the jar itself is thoroughly burned. It is burnt on coals, the fire kept kindled with bellows. A decoction of the thorns closes together loose joints applied with hot cloths. The gum of the thorns is the best — which is *vermiculatum* — resembling glass, transparent, not woody; next to this is the white gum; but that which is resinous and foul is useless. It is able to close pores and dull the strength of sharp medicines with which it is mixed. Daubed on with an egg it does not allow burns to break out into pustules.

Another acacia grows in Cappadocia and Pontus, similar to the Egyptian but a great deal smaller, growing low and being more tender, surrounded crosswise with filaments, and having leaves similar to rue [3-52, 3-53]. In the autumn it bears seed somewhat smaller than lentil, in pods joined together each containing three or four seeds apiece. The juice of this (drawn out of the whole plant) is therapeutic for the bowels, but is of less strength and useless in eye medicines.

1-134. AMORGE

SUGGESTED: *Amurca* — Sediment of Olive Oil

A*murca* is the sediment of oil which has been pressed out and boiled in a jar made of Cyprian brass until it is the consistency of honey. It is therapeutic for the bowels, and rubbed on with wine, vinegar, or honeyed



Quercus pedicularis
after FAGUET — 1881



Myrtus communis
after FAGUET — 1880

wine is as effective as *lycium* [1-132] for toothaches and wounds. It is mixed with medicines that are good for the eyes and for closing pores. Growing old it becomes better. Taken as an infusion it is good for the perineum, the genitals, and ulcerated vulvas. It extracts spoiled teeth, boiled to the consistency of honey with unripe olive oil and smeared around them. It heals scabs on beasts [veterinary] rubbed on with a decoction of lupins [2-132] and *chamaeleon* [3-10, 3-11]. Used without boiling and new in a warm pack it assists those troubled with gout in their feet and joints. Put onto a fleece and applied on those who have dropsy it represses the swelling.

1-135. AGNOS

SUGGESTED: *Vitex agnus-castus* — Agnus Castus, Hemp Tree, Chaste-tree

Agnus [*vitex*] is a shrub almost as high as a tree bearing long sprigs, growing near and in watery fields and in rough and uneven places. It is hard to break and the leaves are similar to those of the olive tree yet more tender and bigger. Some of them bear white flowers inclining to purple, others purple flowers; and the seed is like that of pepper. It is warming and astringent and the fruit (taken as a drink) helps those stung by snakes, the splenetic, and those with dropsy. A teaspoonful (taken as a drink in wine) brings down milk [breastfeeding] and expels the menstrual flow. It destroys generation [birth control] and is rubbed on the head bringing on a deep sleep. A decoction of the herb and seed is good as a hip bath for disorders and inflammation around the womb. The seed (taken in a drink with *pulegium* [3-36], or the smoke inhaled or applied) causes purgation. It dissolves headaches applied as a poultice, and is gently poured on the lethargic and mentally ill with vinegar and oil. The leaves either smoked and inhaled or scattered around drive away venomous creatures, and applied as a poultice they help those stung by such beasts. Applied with butter and vine leaves they soothe hardness of the testes [old English: ovaries]. The seeds smeared on with water lessen cracks in the perineum, and with the leaves it heals dislocated joints and wounds. It is thought to be a preventative for chafing and blisters if anyone (as he

travels) holds a rod of it in his hand. It is called *agnus* because in the sacrifices to Ceres the chaste matrons used it for sprinkling under them; and it is called *lygos* (that is, *vimen*) because of the difficulty of breaking the stems. It is also called *agonon* (as we should say, unfruitful or barren), or *lygon*, a sort of *vimen* [producing long flexible shoots], *amictomiaenon*, or *tridactylon*; the Magi call it *semnon*, a sort of *venerandum* [to be respected]; it is also called *sanguis ibis*, the Egyptians call it *sum*, the Romans, *salix marina*, others call it *piper agreste*, and some, *ligusticum*.

1-136. ITEA

SUGGESTED: *Primum salicis genus, Alterum salicis genus* [Fuchs],
Salix purpurea, Salix vitellina, Salix repens [Linnaeus]
— Creeping Willow [Mabberley]
[other usage] *Itea ilicifolia, Itea virginica, Itea riparia*

I*tea* is a tree known to all whose fruit, leaves, bark and juice are astringent. The leaves pounded into small pieces and taken in a drink with a little pepper and wine help those troubled with *iliaca passio* [painful intestinal obstruction]. Taken by themselves with water they cause inconception [birth control]. The fruit (taken in a drink) is good for those who spit blood, and the bark does the same. Burnt and steeped in vinegar it takes away calluses and corns, rubbed on them. The juice from the leaves and bark warmed with *rosaceum* [1-53] in a cup of *malum punicum* [pomegranate] helps sores in the ears, and a decoction of them is an excellent warm pack for gout. It also cleans away scurf [eczema]. A juice is taken from it at the time of its flowering, the bark being cut, for it is found coalesced within. It has the ability to clean away things that darken the pupils.



Punica granatum
after FAGUET — 1880



Prunus cerasus
after FAGUET — 1888

1-137. AGRIELAIA

SUGGESTED: *Olea europaea* var *oleaster* — Wild Olive
Elaeagnus angustifolia— Oleaster, Oil Tree,
 Zakkoum Oil Plant
Elaeis guineensis — Oil Palm
Cotinus coggyria, *Rhus cotinus* — Venetian Sumach,
 Smoke Tree

The wild olive tree (also called *cotinon* or the Ethiopian olive tree) has leaves of an astringent nature which — pounded into small pieces and so applied — are able to restrain *erysipela* [streptococcal skin infection], shingles [*herpes*], *epinyctis* [pustules which appear only at night], carbuncles [malignant tumours], gangrenous ulceration, hangnails and whitlows; and (applied with honey) to take away scabs. They clean foul ulcers and dispel pain and inflammation. Applied with honey they retain skin that was torn on the head. They also heal ulcers in the mouth and *apthae* [thrush in children or candidiasis] when chewed. Their juice and a decoction of them does the same. The juice applied stops eruption of the blood, the flows of women, *staphylomata* [inflammatory protrusion of the cornea] in the eyes, and pustules [pus under skin], as well as ulcers and old dripping fluids. As a result put into eye salves they are good for ulcers of the eyelids. To extract the juice you must beat the leaves into small pieces and pour in wine or water, then strain it out, and having dried it in the sun, make it up into little balls. That which is strained out with wine is far stronger and fitter to be kept in store than that which is strained out with water. It is good for ulcerous ears that are full of discharges. The leaves smeared on with barley meal are good for *coeliac* [intestinal complaints]. The leaves (and this serves instead of *spodium*, calcined powder) are burnt together with the flowers in an unfired clay jar the mouth of which must be well sealed until the jar is thoroughly baked. Afterwards they are quenched with wine, then kneaded together again with wine and burnt in the same way. Afterwards they are washed like *cerussa* [white lead ore] and made up into balls. It seems that burnt like this it comes nothing short of *spodium* [calcined powder] for eye medicines; as a result it is to be considered of equal strength.

1-138. ELAIA

SUGGESTED: *Olea europaea* — Olive

The leaves of the cultivated olive are good for the same purposes but have less strength — as a result they are better for eye medicines because of their mildness. The moisture which comes out of the burnt green wood (rubbed on) heals dandruff, parasitic skin diseases and *lichen* [papular skin disease]. The fruit applied as a poultice heals dandruff and gangrenous ulceration of the cheeks. That which is within the kernel pulls off scabby nails used with animal fat and corn meal.

1-139. ELAIA KOLUMBADES

SUGGESTED: *Olea europaea* — Pickled Olives, Olive

Pickled olives pounded into small pieces and applied as a poultice will not allow burns to grow into blisters, and they clean foul ulcers. The liquid of the brine used as a mouthwash strengthens gums and loose teeth. The olive which is pale yellow and new is worthless for the intestines but good for the stomach. That which is black and ripe is easily spoiled and bad for the stomach, as well as hurtful to the eyes and a cause of headaches. Roasted and applied as a poultice it prevents gangrenous ulceration, and emarginates [removes the edge of] carbuncles [infected boils] [malignant skin tumours].

1-140. AGRIELAIA ELAION

SUGGESTED: *Olea europaea* var *oleaster* — Wild Olive

The oil of the wild olive is a mouth rinse for moist rotten gums, and it settles loose teeth. A warm pack of it warmed and used as a mouthwash is a suitable medicine for rheumatic gums, but wool dipped into the oil must be placed around the gums with an instrument until they look white.



Ceratonia siliqua

after THIEBAULT — 1888



Aegle marmelos
from ENGLER-PRANTL — 1897

1-141. DAKRUON ELAIAS AITHIOPIKES

SUGGESTED: *Olea europaea* var *oleaster* — Wild Olive
Elaeagnus angustifolia — Oleaster, Oil Tree,
 Zakkoum Oil Plant
Elaeis guineensis — Oil Palm
Cotinus coggyria, *Rhus cotinus* — Venetian Sumach,
 Smoke Tree

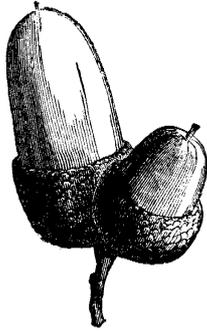
The third pressing of olive oil is also called tree oil.

The oozing of the Ethiopian olive tree in a way resembles scammony. It is a deep yellow consisting of little drops of a biting nature. That which is similar to gum and ammoniacal — blackish, and not biting to the taste — is useless. The olive tree and wild olive tree bear such a gum as this. It is good for moisture of the sight, and rubbed on it cleans scars and white spots on the cornea of the eyes. It induces the movement of urine and the menstrual flow, and it is effective for toothache put into the cavities. It is categorised among medicines that are destructive, it expels the birth, and cures impetigo [skin infection] and *lepra* [old use — psoriasis]. The wild olive tree is also called the Ethiopian olive tree.

1-142. DRUS

SUGGESTED: *Quercus cum longo pediculo* [Bauhin],
Quercus robur [Linnaeus], *Quercus pedunculata*,
Quercus sessiflora — Oak

Each part of the oak is astringent, but the film which lies between the bark and the stock (similar to that under the cup of the acorn) is most therapeutic for the bowels. A decoction of this is given for *coeliac* [intestinal complaints], dysentery, and to blood-spitters, and pounded into small pieces it is put into suppositories for women troubled with excessive discharges of the womb.



Quercus robur
after FAGUET — 1880

1-143. BALANOI

SUGGESTED: *Quercus robur*, *Quercus pedunculata*,
Quercus sessiflora, *Quercus aegilops*, *Quercus cerris*,
Quercus coccifera — Acorns, Oak

Quercus ilex, *Quercus ballota* — Holly Oak

Quercus infectoria, *Quercus lusitanica* — Gall Oak, Dyer's Oak,
Nut Gall Oak

Acorns produce the same effects as they are also diuretic. Eaten as meat they cause headaches and are wind-inducing, but also help poisonous bites. A decoction of them and their bark (taken as a drink with cows' milk) helps poisoning. The unripe ones pounded into small pieces and applied as a poultice relieve inflammation. With salted swines' grease they are good for malignant calluses and injurious ulcers. Those of the *ilex* [holly oak — *Quercus ilex*] have greater strength than those of the oak.

1-144. PHEGOS, PRINOS

SUGGESTED: *Fagus sylvatica* — Common Beech,
European Beech Tree

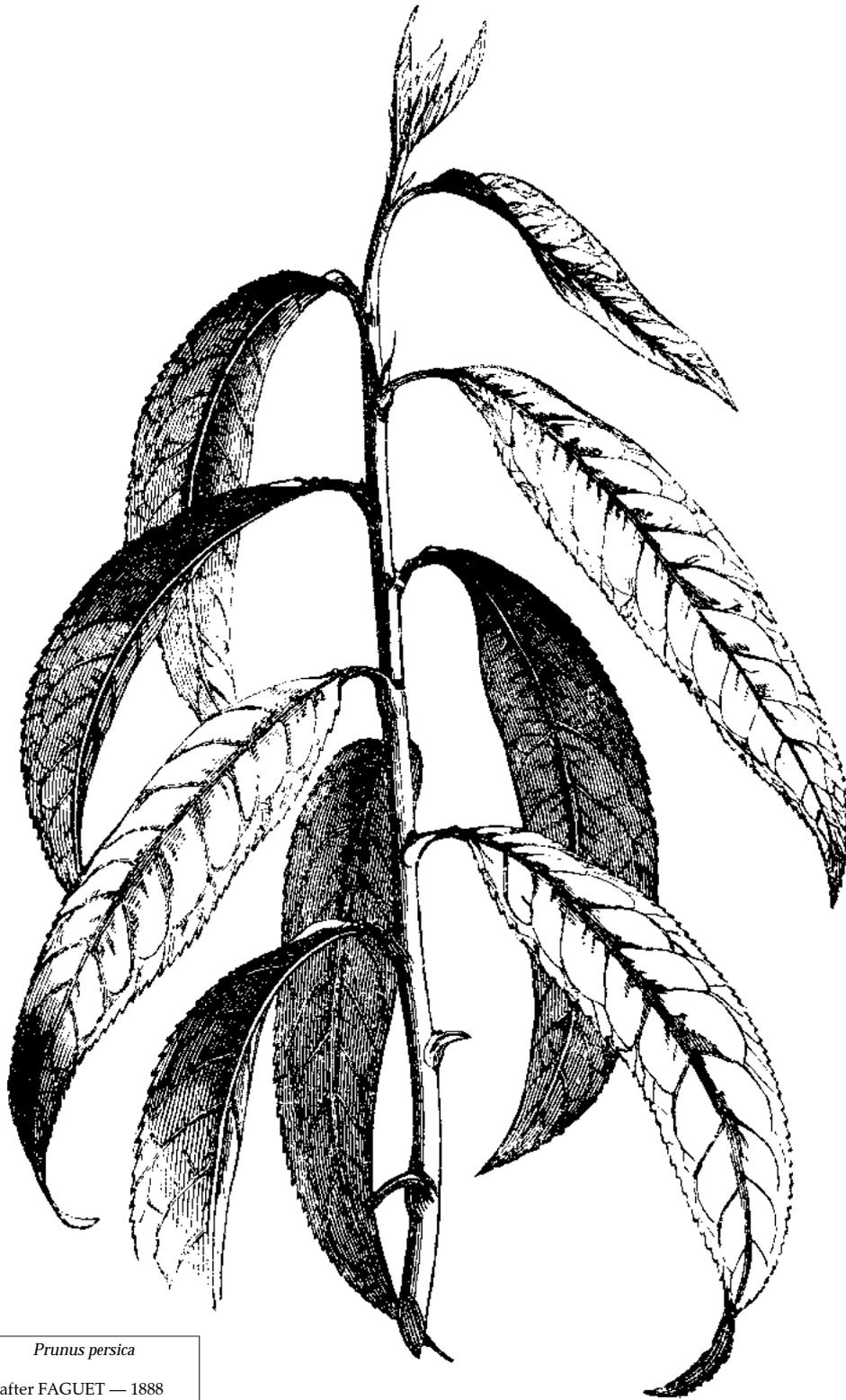
[Pliny] *Prinus*, *Quercus ballota* — Holm Oak,
Great Scarlet Oak

The *fagus* of Virgil was the *Quercus aesculus* [Loudon].

F*agus* and *pinus*, both a kind of oak, have similar effects, and the bark of the root of *pinus* boiled in water until it becomes tender and rotten and applied for a whole night dyes the hair black. It is first made clean with Cimolian earth [5-176]. The leaves of all of them bruised and pounded into small pieces help oedema, and strengthen feeble parts.



Pyrus communis
after FAGUET — 1888



Prunus persica
after FAGUET — 1888

FRUIT from TREES

1-145. KASTANA

SUGGESTED: *Castanea* [Fuchs], *Castanea sylvestris* [Bauhin],
Fagus castanea [Linnaeus], *Castanea sativa*, *Castanea vesca*,
Castanea vulgaris — Chestnut, Sweet Chestnut

The Sardinian nuts (also called *lopima*, *castana*, *mota* or Jupiter's acorns) being astringent also have the same effects [as other astringents], and especially the loose skins between the flesh and the shell. The flesh is good for those who drink *epheumerum* [4-85] [antidote].

1-146. KEKIDES

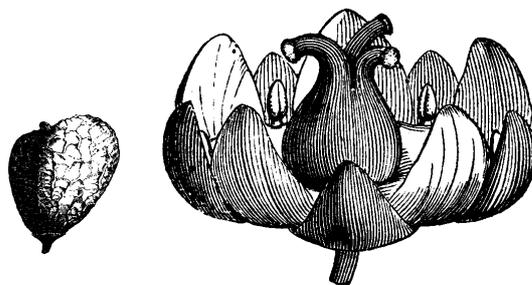
SUGGESTED: *Quercus lusitanica*, *Quercus infectoria*
— Dyer's Oak, Gall Oak, Nut Gall Oak

Cecides [*galla*] is a fruit of the oak, of which some is called *omphacitis*. It is little, knobby, heavy and without a hole. Some is smooth and light and has a hole in it, but the *omphacitis* ought to be chosen as it is the most effective. Either of them is strongly astringent. Pounded into small pieces they stop abnormal growths of the flesh, and stop discharges of the gums and the middle ear, as well as ulcers of the mouth. That which is in the middle of them put into the cavities of teeth eases the pain. Laid on hot coals until they are set on fire and quenched with wine, vinegar, or brine made with vinegar they are able to staunch blood. A decoction of them is good in hip baths for a prolapsed uterus and for discharges. They make the hair black steeped in vinegar or water. They are good for *coeliac* [intestinal complaints] and dysentery pounded into small pieces and rubbed on, or taken as a drink with wine or water, and also mixed with sauce, or first boiled whole in water (with which you must boil something else too, of things that are good for people). Generally where there is need of an astringent, or to stop or dry, you ought to make use of them.

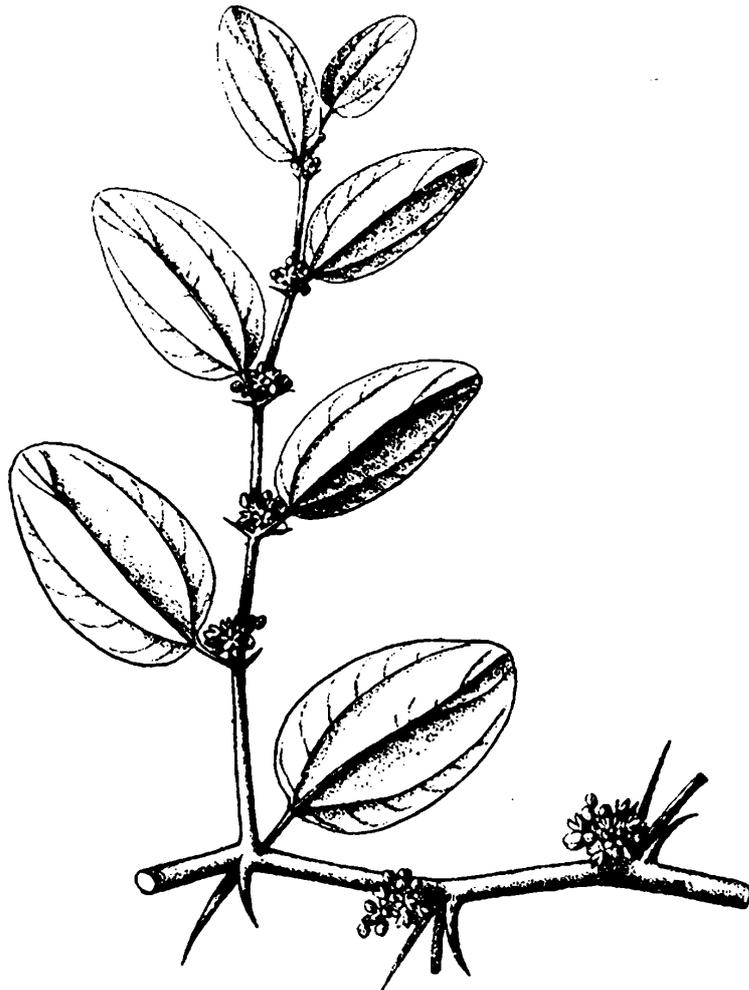
1-147. ROUS

SUGGESTED: *Rhus coriaria* — Tanning Sumach

R*hus* (which is sprinkled among sauces and also called *Rerythrum*) is the fruit of *rhus coriaria*, which is called this because tanners use it for thickening their hides. It is a little tree which grows on rocks — two feet high, the leaves somewhat long and red, jagged all around. The fruit is like little bunches of grapes — thick, the size of that of *terminthos* [1-91], and somewhat broad. That which encloses the fruit is very useful. The leaves are astringent and good for the same purposes as acacia. A decoction dyes the hair black, and is a suppository for dysentery. It is a liquid medicine, hip bath, and an instillation for discharges of the ears. The leaves applied as a poultice with vinegar or honey stop *pterygium* [membrane on the eye] and gangrene. The juice of the dried leaves boiled with water to the consistency of honey are as useful for as many things as *lycium* [1-132]. The fruit does the same things (being food) in mixing it with meat for *coeliac* [intestinal complaints] and dysentery. Applied as a plaster with water it prevents inflammation of fractures, desquamation or skin peeling, and blueness of wounds. It cleans rough tongues with honey. It prevents the excessive discharges called whites [*leucorrhoea* — a mucosal vaginal discharge] and cures haemorrhoids, applied with oak coals pounded into small pieces. The boiled liquid of this fruit gathers a cream that is better for these purposes than the fruit itself. It also leaves a gum which is put into the cavities of teeth to take away their pain.



Rhus coriaria
after FAGUET — 1878



Zizyphus spina-christi
from
ENGLER-PRANTL — 1897



Prunus mahaleb
after FAGUET — 1888

FRUIT TREES

1-148. PHOINIX

SUGGESTED: *Poma*, *Phoenix dactylifera* — Dates, Date Palm
Phoenix sylvestris — Wild Palm

The palm tree grows in Egypt. The fruit is gathered in the autumn, the ripening time being half over. It is similar to the Arabic *myrobalan* [1-40, 4-160] and it is called *poma*. It is a green colour, and similar to *cydonium* [1-160] in smell, but if it is left alone until it comes to the full ripeness it becomes dates. It is sour and astringent and is taken in a drink with hard wine for discharges from tooth sockets and the menstrual flows of women. It stops haemorrhoids and glues wounds together if it is rubbed on. Fresh dates are more astringent than dried. They cause headaches and if eaten in too great an abundance with meat they inebriate. Dried dates eaten with meat are good for blood-spitting, the stomach, and dysentery. It is pounded into small pieces with *cydonium* [1-160] and the waxy ointment *oenanthinum* [from vine shoots or blossoms] and rubbed on for disorders of the bladder. The *caryotae* [pips, seeds] heal roughness of the arteries if eaten.

1-149. PHOINIKES THEBAIKAI

SUGGESTED: *Hyphaene thebaica*, *Hyphaene coccifera*,
Coccifera thebaica, *Corypha thebaica*, *Douma thebaica*
— Doum Palm, Gingerbread Tree

A drink of a decoction of the Thebaean palm relieves a fever's burning heat, and taken with old honey water it restores the strength. Eaten with meat it does the same. A wine is also made of it that has the same strength as the fruit. A decoction taken as a drink alone (and gargled up and down as well) is strongly astringent. The seeds of the dates are burnt in a new ceramic jar like all others are, then quenched and washed in wine. They serve well instead of *spodium* [calcined powder] to make the eyelids pleasing, and if they are not sufficiently burnt they must be burnt again. They are astringent and close

the pores, also being good for pustules in the eyes and *staphylomata* [inflammatory protrusion of the cornea]; and for dripping fluids of the eyelids (some nard [1-6, 1-7, 1-8, 1-10] being mixed with them). With wine they stop abnormal growths of the flesh and bring ulcers to a scar. The best seeds come out of Egypt from the low-growing palms.

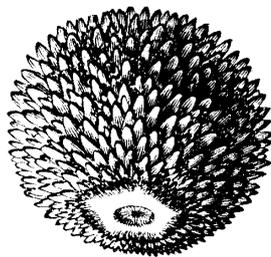
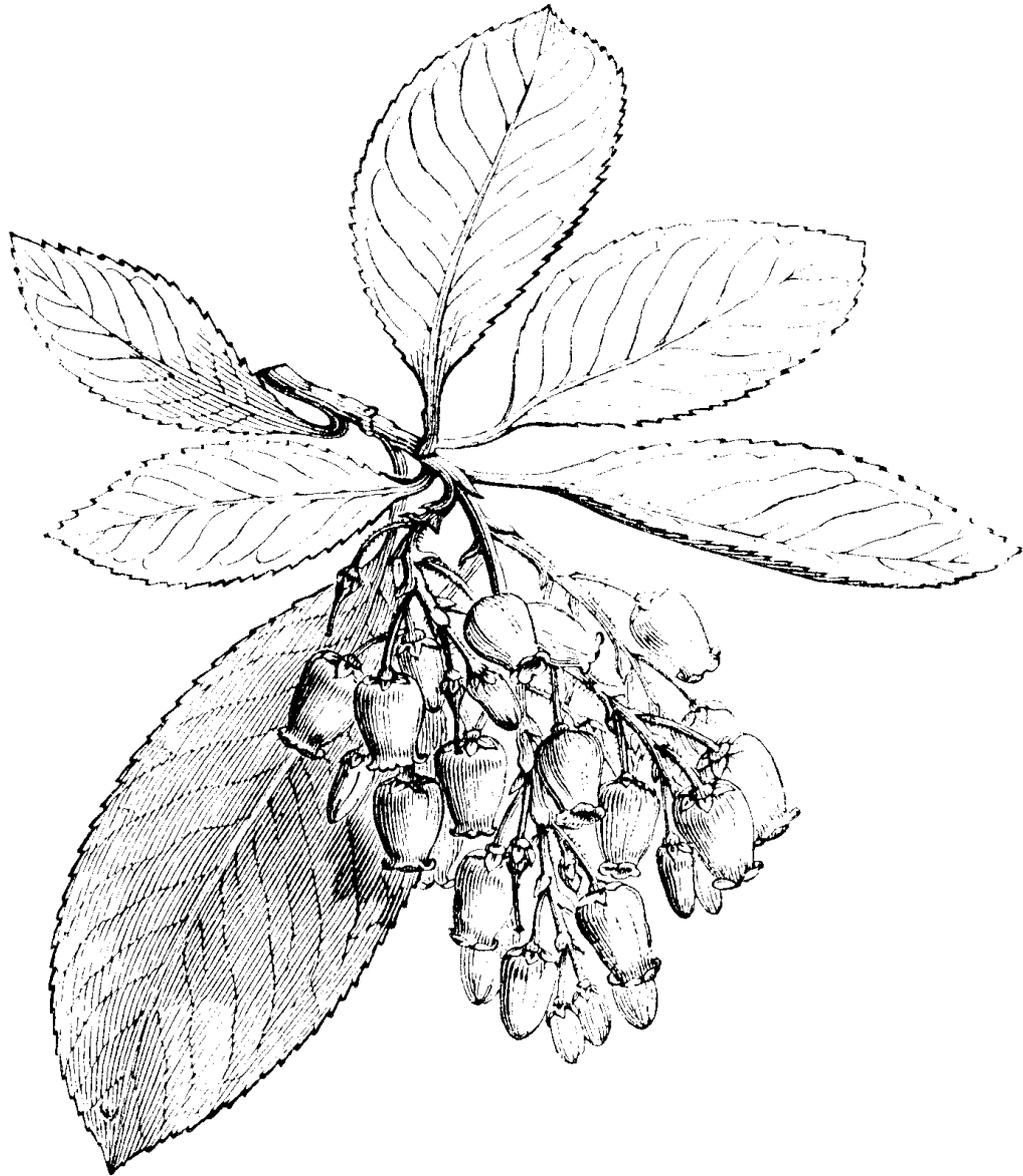
1-150. PHOINIX ELATE

SUGGESTED: *Palma, Elate, Spatha, Phoenix dactylifera*
— Palm, Coverings of Date Fruits, Date Palm

Borassus flabellifer — Palmyra Palm, Tal Palm,
Great Fan Palm

yields wine and sugar

P*alma* which is also called *elate* or *spatha* is the enclosure [or cup] of the fruit of the date trees as yet flourishing. The dealers in unguents [ointments] use it for thickening their ointments. The best is sweet-smelling, astringent, heavy, enclosed, having that within it fat. It is astringent for stopping feeding ulcers, and it draws loose joints together if it is pounded into small pieces and mixed together with warm compresses and poultices. It is good for the thoracic area [heart], a stomach that is out of tune, and disorders of the liver, mixed with poultices suitable for this purpose. A decoction of it dyes the hair black if it is rubbed on it repeatedly. Given in drink it is good for inflammation in the kidneys, and disorders of the bladder and the bowels. It stops discharges of the intestines and a womb troubled with an excessive discharge. Boiled whilst it is tender and applied with rosin and wax for twenty days together it cures *psoriasis*. The fruit which is contained inside is called *elate* or *borassus* and that is also astringent and produces the same effects as *spatha* [above], except that it is not so good in ointments. The white marrow of the stalk (eaten while it is new, or else boiled) is good for the same things as *borassus*.



Arbutus unedo
after FAGUET — 1892

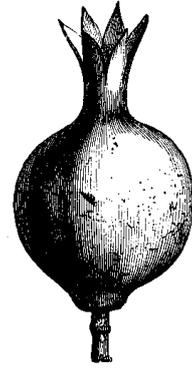


Pistacia vera
after FAGUET — 1878

1-151. RHOA

SUGGESTED: *Punica granatum* — Carthaginian Apple,
Pomegranate

All sorts of pomegranates have a pleasant taste and are good for the stomach, yet they do not nourish. Of these the sweetest are best for the stomach, producing some heat around the stomach, and are flatulent as a result unsuitable for those with acute fever. That which is sharp helps a burning stomach, is more contractive and more diuretic, but tastes unpleasant to the mouth and is astringent. That which tastes similar to wine has a middle strength. The kernel of the sharp one (dried in the sun then sprinkled on meat and boiled together with it) stops discharges of the intestines and excessive discharges from the stomach. Steeped in rain water and taken as a drink it helps blood-spitters, and is good in hip baths for dysentery and the fluids of childbirth. The juice of the kernels (pressed out, then boiled and mixed with honey) is good for ulcers in the mouth, genitals and perineum; also for *pterygium* [membranes, webs] between the fingers, gangrenous ulcers, abnormal growths in ulcers, earache, and sores in the nostrils. This helps especially if the juice is pressed out of the grains of sharp pomegranates.



Punica granatum
after FAGUET — 1880

1-152. KUTINOI

SUGGESTED: *Cytini*, *Punica granatum*
— calyx of Pomegranate Flowers

The flowers of this (which are also called *cytini*) are astringent, drying and restringent, and agglutinate bloody wounds, being good for the same purposes as pomegranates. A decoction makes a mouth rinse for moist flagging gums and loose teeth, and it is put into poultices as a glue for teeth which are broken, [to repair the damage]. Some relate that whoever swallows down three *cytini* (though ever so little) shall not be troubled with eye sores all that year. They are juiced like *hypocistis* [1-127].

1-153. SIDIA

SUGGESTED: *Sidia*, *Punica granatum* — Pomegranate Rinds

The rinds of pomegranate (also called *sidia*) are also astringent and good for the same purposes as *cytini* [pomegranate flowers]. A decoction of the roots expels and kills worms hidden in the intestines.

1-154. BALAUSTION

SUGGESTED: *Balaustion* [Bedevian], *Punica protopunica* [Mabberley] — Wild Pomegranate Tree

B*alaustium* is the flower of wild pomegranate of which there are many kinds — some white, some red and some a rosy colour. It is similar to *cytini* and is juiced in the same way as *hypocistis*. It is astringent and good for the same purposes as *hypocistis* and *cytini* [flowers of pomegranate].

1-155. MURSINE

SUGGESTED: *Myrtus communis* var *romana*
— Broad-leaved Myrtle
[other usage] *Myrsine africana* — African Myrsine

see 4-146

The cultivated black myrtle is more effective for bodily uses than the white, and that which grows on the hills is the best, yet it has the weakest fruit. The herb and fruit are astringent. Both the green and dried fruit are given to eat to those who spit blood, and to those troubled with erosions of the bladder. The juice of green myrtle pressed out has the same effect, being good for the stomach and diuretic. It is good with wine for the bites of harvest spiders and one stung by a scorpion. A decoction of the fruit dyes the hair. Boiled with wine and applied as a poultice it heals ulcers that arise in the extremities of the body. Applied with flour of meal it lessens inflammation in the eyes. It is rubbed on for ulcers in the inner angle of the eye. The wine that is made from the fruit, pressed and boiled a little (for that which is not quickly grows sour)



Juglans regia

after FAGUET — 1892



Morus alba
after FAGUET — 1880

and taken as a drink beforehand, prevents [the effects of] excessive indulgence, and is good for the same things as the fruit. In hip baths it is good for prolapse of the vulva and perineum, and for women troubled with excessive menstrual flows from the vulva. It cleans dandruff, scaly eruptions of the hairy scalp and rashes such as measles, and it prevents hair falling out.

It is mixed with gentle plasters (which they call *liparas*) as is the oil that is made from the leaves. Similarly a decoction of the leaves is good for bathing joints that are loosened, and joints which grow together with difficulty. For fractures that grow together with difficulty it is effective applied with hot cloths. It cleans *vitilignes* [form of leprosy]. It is dropped in to cure ears full of discharge, and is used for blackening the hair, and the juice does the same. The leaves themselves pounded into small pieces and applied as a poultice with water are good for the moisture of ulcers, all places subject to excessive discharges, and for *coeliac* [intestinal complaints]. Oil of unripe olives or a little *rosaceum* [1-53] and wine mixed together [with this] are good for shingles [*herpes*], *erysipelas* [febrile disease with skin inflammation], inflammation of the *testium* [old use: ovaries], *epinyctis* [pustules which appear only at night] and joints. The dry leaves pounded into small pieces are effective scattered on *paronychiae* [whitlows], *pterygium* [membranes, webs], and on armpits and thighs that are moist, and it prevents sweats from *cardiandi* [disease of the heart]. Burnt or else used raw with stiff ointment they heal burns, *pterygium* [membranes, webs] and *paronychiae* [whitlows]. The leaves are juiced by pouring old wine or rain water on them and straining it out. It must be used newly-made for when old it putrefies and loses its strength.

1-156. MURTIDANON

SUGGESTED: *Myrtidanum* — Fungal growth on Myrtle

M*yrtidanum* is that which grows on myrtle — unequal and standing out, similar to a wart and the same colour, similar to hands clasping around the body of the myrtle. It is more therapeutic for the bowels than myrtle. Bruised and mixed with hard wine and made into pellets, it is dried in the shade and put in jars to

store. It is more effective than the fruit and leaves. It is mixed with stiff ointments, suppositories, baths, poultices, and anywhere there is need of an astringent.

1-157. KERASIA

SUGGESTED: *Cerasus* [Fuchs], *Prunus cerasus*, *Cerasus vulgaris*,
Cerasus acida, *Cerasus caproniana* — Cherry
Cerasus avium, *Prunus avium* [Linnaeus] — Sour Cherry,
Gean Cherry, Hedge Berry

Cerasia that are eaten when fresh are good for the intestines, and dried they stop discharges of the bowels. The gum from *cerasia* heals an old cough taken with diluted wine. It causes a good colour, sharpness of sight and appetite. Taken in a drink with wine it is good for those troubled with kidney stones.

1-158. KERATIA

SUGGESTED: *Ceratonia siliqua* — Carob Tree, Locust Tree,
St John's Bread

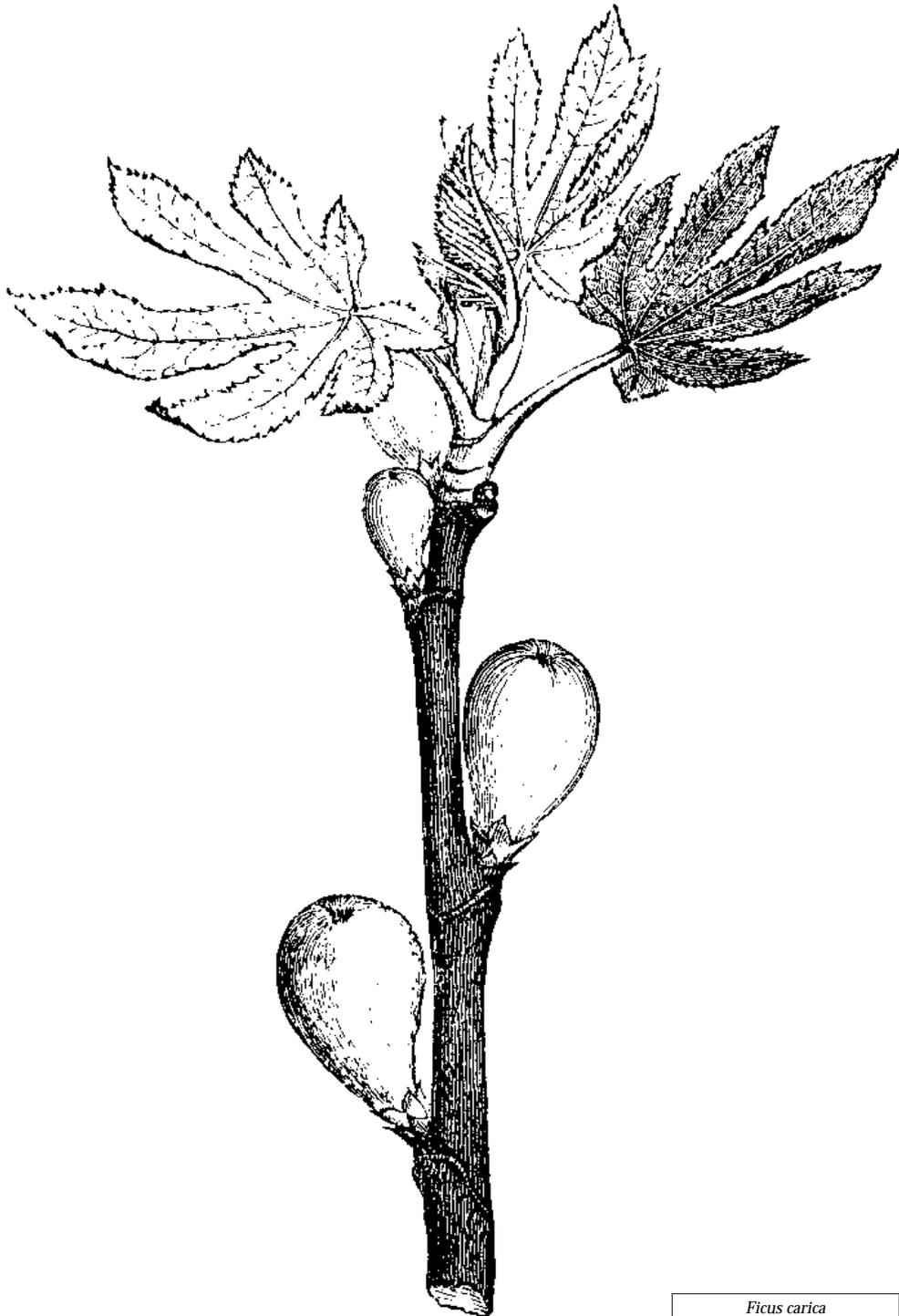
The pods (taken while they are fresh) are bad for the stomach and loosen the intestines, but dried they stop discharges of the bowels. They are also better for the stomach and diuretic, especially combined with the remains left after pressing out grapes.

1-159. MELEA

SUGGESTED: *Cotonea malus*, *Cydonia* [Fuchs],
Mala cotonea minima [Bauhin], *Pyrus cydonia* [Linnaeus],
Cydonia oblonga, *Cydonia vulgaris* — Quince

Malus communis, *Malus sylvestris*, *Pomus*, *Pyrus malus* — Apple

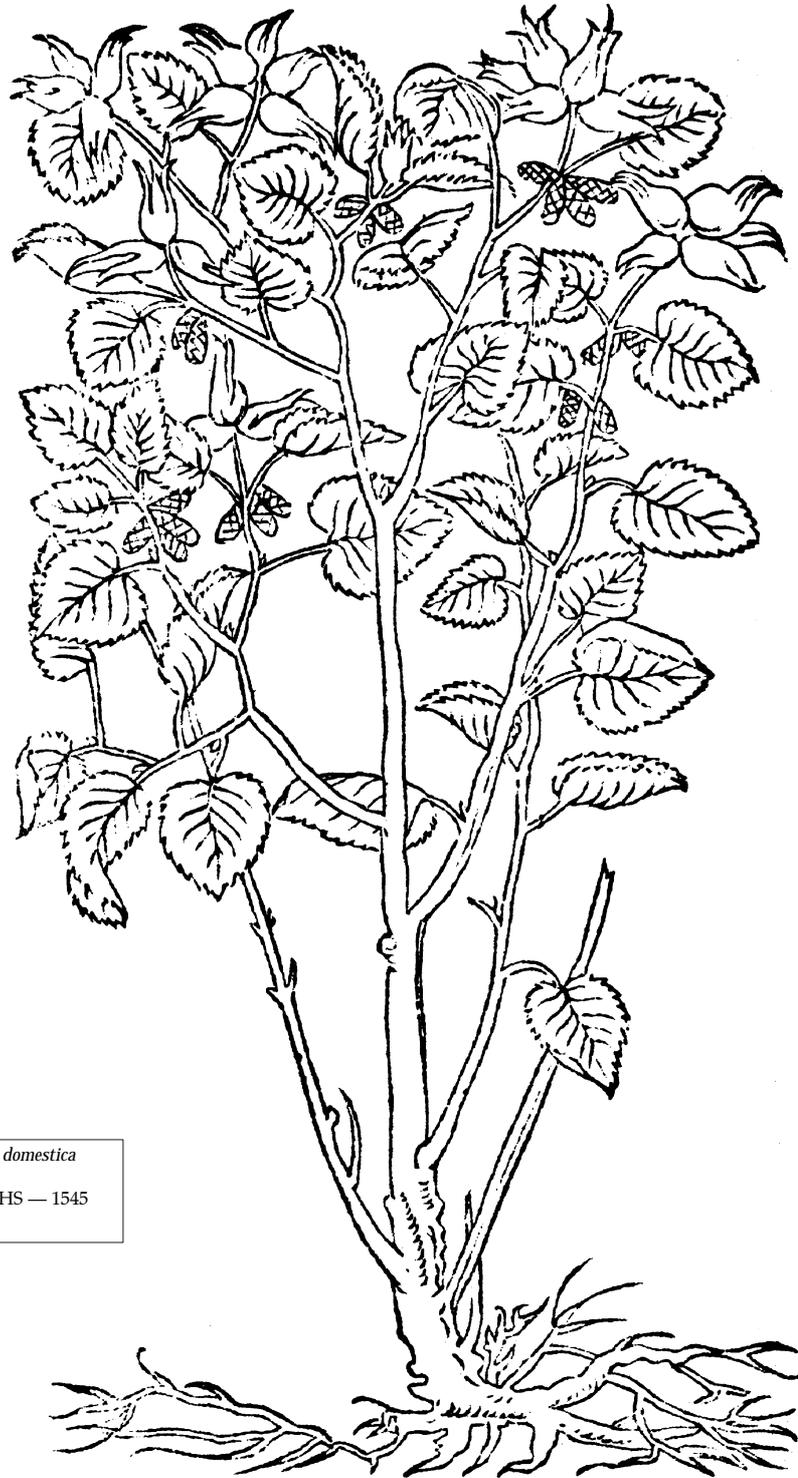
The leaves, blossoms and sprigs of all sorts of *melea* trees are astringent, especially those of the quince tree. The unripe fruit is astringent, but if ripe it is not so. Those apples which are ripe in the springtime encourage bile, are hurtful to all that is sinewy, and are flatulent.



Ficus carica
after FAGUET — 1880

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Auellana domestica,
Rot Kuffz.



Auellana domestica
after FUCHS — 1545

1-160. KUDONIA

SUGGESTED: *Cotonea malus*, *Cydonia* [Fuchs],
Mala cotonea minora [Bauhin], *Pyrus cydonia* [Linnaeus],
Cydonia oblonga, *Cydonia vulgaris* — Quince



Cydonia vulgaris
 after FAGUET — 1888

C*ydonia* are good for the stomach and diuretic. If they are roasted they become milder and good for intestinal complaints and dysentery. Raw quinces are especially good for those who spit up purulent matter and for biliousness. The water in which these have been steeped is good as a drink for those troubled with excessive discharges from the stomach or bowels. The juice of the raw ones is taken and is good for *orthopnoea* [form of asthma], and a decoction is good in warm packs for prolapse of the perineum and vulva. In honey (or those preserved in honey) they are diuretic but the honey takes their strength and becomes astringent. Boiled with honey they are good for the stomach and pleasant to taste but less astringent. The same raw fruit is put into plasters to stop the bowels, as well as for churning and burning in the stomach, inflamed breasts, spleens that have grown hard, and for joints. Furthermore after they are well pounded and pressed a wine is made from them, and so that it may keep longer there is mixed with it one unit of honey to sixteen units of juice or else it would go sour. This is good for all the things previously specified. An ointment is made of these called *melinum* which we use when we need an astringent oil. You must choose out the right quinces — small and round and with a good scent; but those which are called *struthia* [ostrich-like] and are big are less effective. The dried blossoms as well as the fresh are suitable in plasters made for things that need an astringent, and besides this they are good (taken in a drink of wine) for inflammation of the eyes, bloody vomiting, tooth sockets that discharge fluids, and attacks *mensium* [monthly, menstrual problems].

1-161. MELIMELA

SUGGESTED: *Melimela* — Honey Apples, Must Apples,
Cider Apples

M*elimela* soften the intestines and drive living creatures from there [worms]. They are bad for the stomach and cause a burning heat. They are called *glycymela* by some — as we should say, sweet apples.

1-162. MELA EPEIROTIKA

SUGGESTED: *Pyrus pumila*, *Pyrus praecox* — Apple

epirot — one who dwells inland

The fruit of *epirotica* (which the Latins call *orbiculata*) are good for the stomach and astringent in the intestines, encouraging urine [diuretic], yet less effective than quinces.

1-163. AGRIOMELA

SUGGESTED: *Pyrus malus* var *sylvestris* — Crab Apples,
Wild Apples

Wild apples are similar to spring apples and are astringent, but for those things which need an astringent you must use those which are least ripe.

1-164. PERSICA MELA

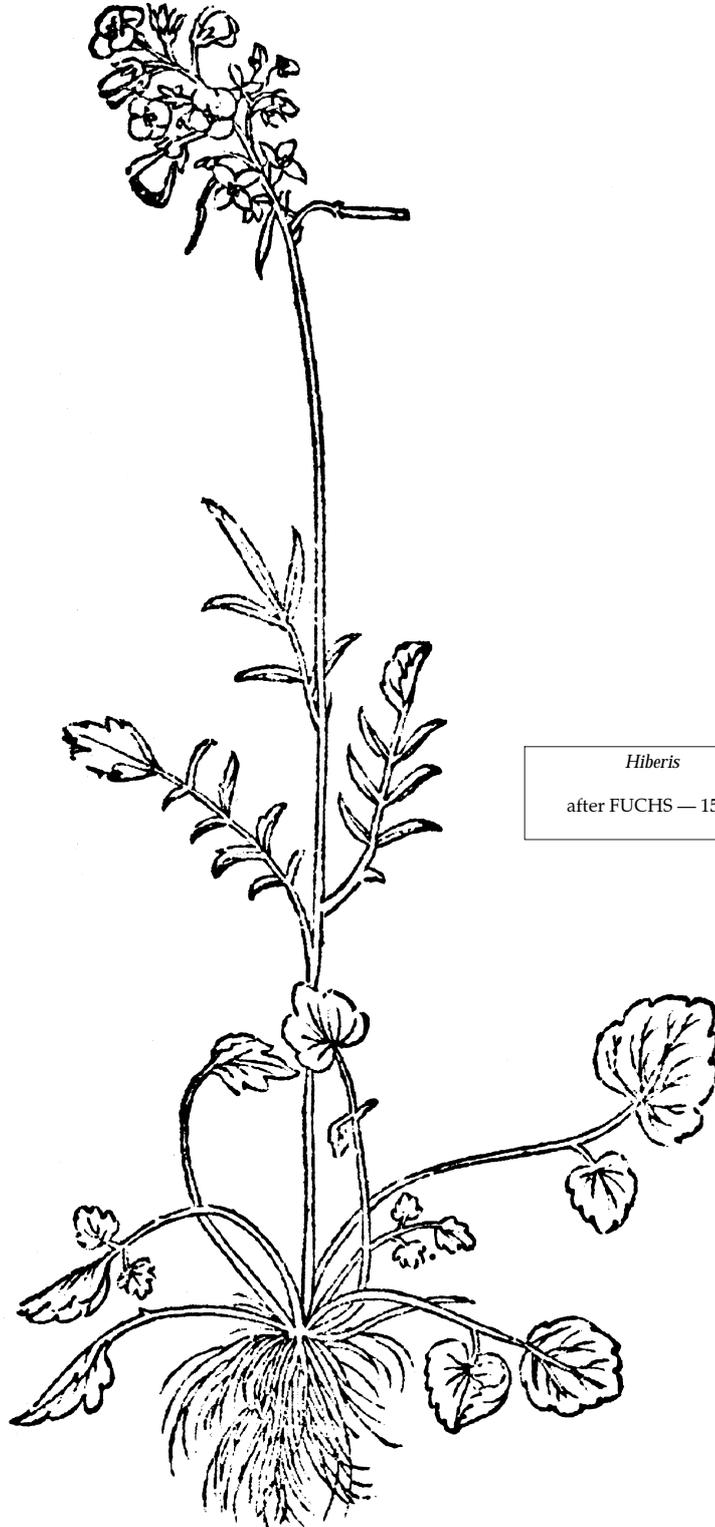
SUGGESTED: *Persica* [Fuchs], *Persica molli carne* [Bauhin]
Persica malus, *Prunus persica*, *Persica vulgaris*,
Amygdalus persica [Linnaeus] — Peach

Persica mela — Persian fruit

The fruit of *persica* are good for the stomach and for the intestines too if ripe, but the unripe are astringent in the intestines. Dried they are more astringent, and a decoction of them dried and taken stops a stomach and intestines troubled with excessive discharges.

Hiberis.
Gauchblum.

185



Hiberis
after FUCHS — 1545



Capparis tomentosa
from ENGLER-PRANTL — 1897

1-165. ARMENIACA

SUGGESTED: *Prunus armenaica*, *Armenaica vulgaris*

— Apricot Tree

ALSO: *Prunus pseudoarmenaica*

The smaller which are called Armenian and in Latin *praecoqua* [premature - ripe before their time] are better for the stomach than the ripe [above].

1-166. MEDIKA

SUGGESTED: *Citrus medica* var *limonum* — Lemon

Citrus medica var *cedrata* — Citron, Adam's Apple,
Cedrat Tree

Those which are called Median, Persian, or *cedromela* and in the Latin *citria*, are known to all for it is a tree that bears fruit throughout the whole year one under another. The fruit itself is somewhat long, wrinkled, resembling gold in colour, smelling sweet with heaviness, with seed similar to a pear. Taken as a drink in wine it is able to resist poisons and *subducere* [to draw off] bowels. A decoction or the juice is a mouth rinse for sweet breath. It is especially eaten by women [as a remedy] against their lusting [anaphrodisiac]. The leaves are thought to preserve cloths from from being motheaten if they are put into the chests where the cloths are.

1-167. APION

SUGGESTED: *Pirum*, *Pyrum*, *Puroi* [Pliny], *Pyrus communis*

— Cultivated Pear Tree

There are many kinds of pears and they are all astringent and therefore fit to put into repellent poultices. A decoction of the dried ones (or if they are taken raw) stops discharges of the intestines, but if they are eaten they hurt those who eat them while fasting.

1-168. ACHRAS

SUGGESTED: *Pyrus communis* var *achras* — Achras, Wild Pear

A*chras* is a kind of wild pear which takes long to ripen. It is more astringent than the pear, as a result it is good for the same purposes. The leaves of it are also astringent. Ash from the wood effectively helps those suffocated from eating mushrooms [antidote]. There are some who say that if anyone boils wild pears together with mushrooms they become harmless.

1-169. MESPILON

SUGGESTED: *Pyrus chamaemespilus* — Bastard Quince
Mespilus germanica, *Pyrus germanica* — Medlar Tree

M*espilus* (which is called *aronia* by some) is a prickly tree similar in leaves to the *oxyacantha*, bearing a sweet fruit similar to a little apple with three stones within, from which it is also called *tricoccus* (as we should say, threefold seed-endowed). It is long in ripening and if eaten is astringent, good for the stomach, and therapeutic for the bowels.

1-170. MESPILON ETERON

SUGGESTED: *Mespilus azarolus*, *Crataegus azarolus*
— Azarole Tree, Neapolitan Medlar

There is another kind of *mespilus* growing in Italy also called *epimelis* or *setanium*. It is a tree similar to an apple tree even in the leaves for it is not smaller. This also has a round edible fruit with a broad navel, somewhat astringent and slow to ripen.

1-171. LOTOS

SUGGESTED: *Diospyros lotus* — False Lotier, Date Plum
Zizyphus lotus, *Rhamnus lotus* — Jujube Tree, Lotus Tree,
Wild Jujube, Lotus Jujube
Zizyphus sativa, *Zizyphus vulgaris*, *Zizyphus jujuba*,
Rhamnus zizyphus — Jujube Tree, Zizyphus, Indian Jujube

The lotus tree has a stock of good growth and it bears fruit bigger than pepper — sweet, edible, good for the stomach, astringent in the bowels. A decoction of the scrapings or sawdust of the wood (taken as a drink or suppository) helps dysentery and women troubled with their menstrual discharges. It also dyes the hair yellow, and stops loose bowels.

1-172. KRANIA

SUGGESTED: *Cornus mas*, *Cornus mascula* — Cornelian Cherry,
Cornel, Dogwood

has wax-coloured fruit

Cranus is a strong tree that bears fruit similar to the olive — somewhat long, green at first but when ripe it grows yellow or the colour of wax.

It is edible and astringent, good for excessive discharges of the intestines and dysentery whether mixed with *sapa* [syruped new wine] or eaten with meat. They are preserved in a pickle like olives. The moisture from the green leaves is burnt and this is good rubbed on for *lichen* [skin disease with red pustules].

1-173. OUA

SUGGESTED: *Sorbum ovatum* [Fuchs], *Sorbus sativa* [Bauhin],
Sorbus domestica [Linnaeus], *Pyrus sorbus* — Service Tree

Uva which are a yellowish colour and not yet ripe, first cut apart and dried in the sun, are astringent for the bowels, ground up and eaten as a meal. It is eaten instead of polenta, and a decoction of them (taken as a drink) does the same.

1-174. KOKKUMELIA

SUGGESTED: *Coccymelum* [Pliny], *Prunus sativa* [Fuchs],
Prunus domestica [Linnaeus], *Prunus divaricata* — Prune Tree,
Plum Tree

Prunus sylvestris [Fuchs, Bauhin],
Prunus silvaticus, *Prunus spinosa* [Linnaeus]
— Wild Prune Tree

C*occymelia* is a known tree whose fruit is edible and bad for the stomach, softening the bowels, especially fruit of those from Syria and those growing in Damascus. Dried, it is good for the stomach and therapeutic for the bowels. A decoction of the leaves (used or prepared in wine and gargled) stops the excessive discharge that falls on the *uva* [uvula], *gingiva* [gums] and tonsils. The fruit of wild plums dried when it is ripe does the same. Boiled with *sapa* [syruped new wine] it becomes better for the stomach and more astringent to the bowels. The gum of the plum tree closes open cuts and sores, and taken as a drink with wine breaks kidney stones. Rubbed on with vinegar it heals *lichen* [papular skin disease] on children.

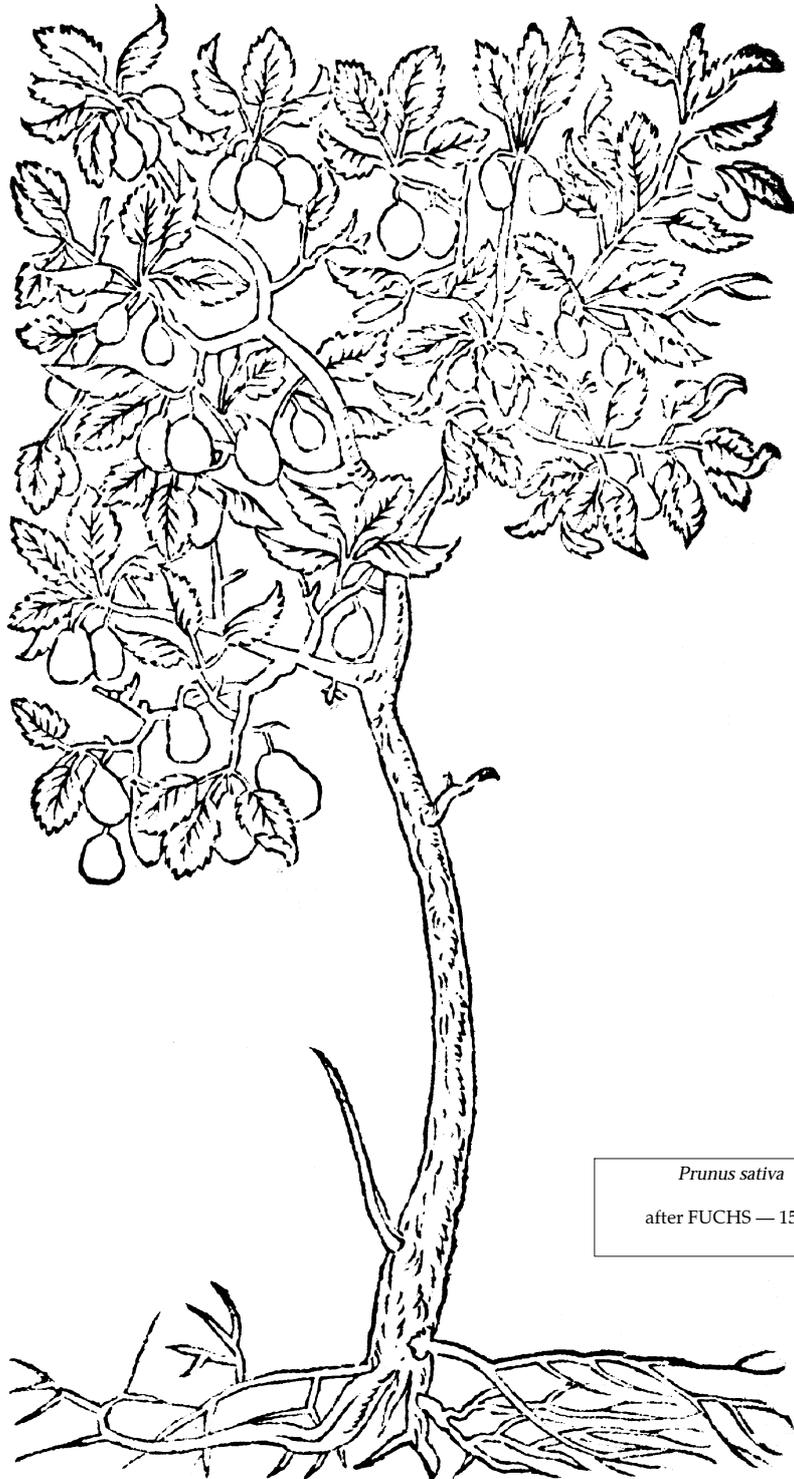
1-175. KOMAROS

SUGGESTED: *Comaron*, *Comarus* [Latin], *Arbutus andrachne*,
Arbutus unedo— Fruit of Arbutus Tree, Strawberry Tree,
Cane Apples

C*omarus* is a tree similar to the *cotoneae* [1-160] fruit tree with a thin leaf, bearing fruit called *memacyla*, the size more or less of a prune, with no kernel. When ripe it is somewhat a yellowish or reddish colour, chaff. When eaten it is bad for the stomach and causes headaches.

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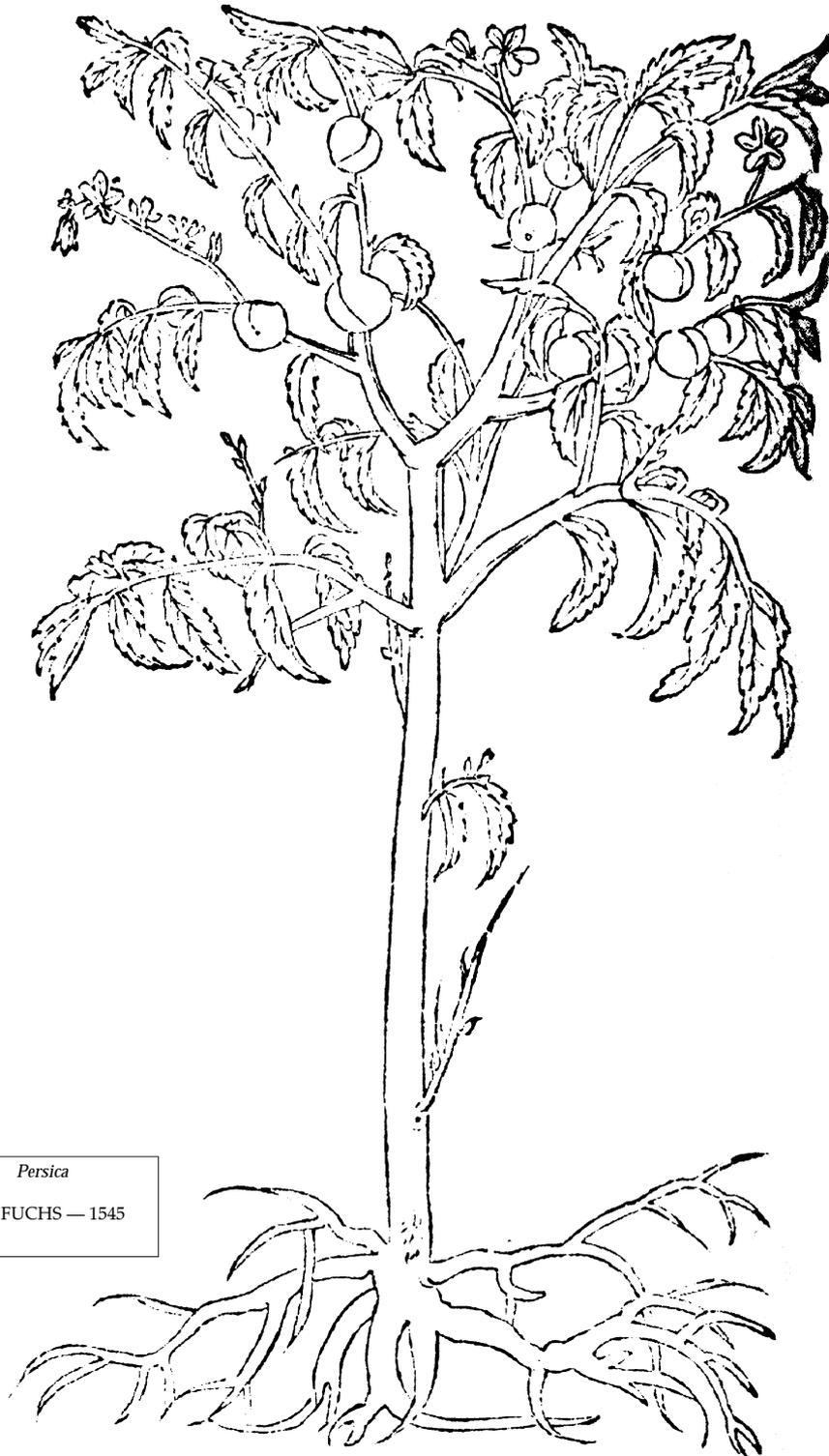
Prunus fatiua.
Pflaumenbaum.



Prunus sativa
after FUCHS — 1545

344

Persica.
Pfersichbaum.



Persica

after FUCHS — 1545

1-176. AMUGDALE

SUGGESTED: *Prunus amygdalus* var *amara*, *Amygdalus amara*

— Bitter Almond

Prunus amygdalus var *dulcis*, *Prunus communis*,

Amygdalus communis — Sweet Almond

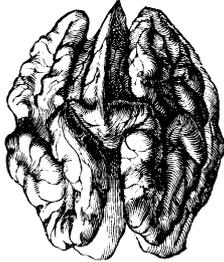
RAW BITTER ALMOND SEED IS POISONOUS

The root of the bitter almond tree bruised and boiled takes away spots on the face caused by sunburn, as well as the almonds themselves, applied as a poultice. Applied to the forehead or temples with vinegar and *rosaceum* [1-53] they drive out the menstrual flow and help headaches. They are good with wine for *epinyctides* [pustules which appear at night], rotten ulcers, and shingles [*herpes*], and with honey for dog bites. Almonds if eaten take away pains and soften the bowels, cause sleep and are diuretic. They are good for bloody vomit taken with *amyl* [starch] and mint. They are good for inflamed kidneys and pneumonia taken as a drink with water or as a *linctus* [syrup] with *resina terminthos* [1-91]. Taken with *passum* [raisin wine] they help those troubled with painful urination and urinary stones. They help diseased livers, coughs, and inflation of the colon, the amount of a nut of the *avellana* [hazel] taken in a *linctus* [syrup] with milk and honey. They keep away drunkenness if five to seven of them are taken before indulging. It kills foxes when they eat it with something else. The gum of the tree is astringent and heats, and is taken in drink as a remedy for bloody vomit. Rubbed on with vinegar it takes away *impetigo* [skin infection] on the surface of the skin. Taken in a drink with diluted wine it cures old coughs, and it is good taken in a drink with *passum* [raisin wine] for those troubled with urinary stones. The sweet edible almond has a great deal less strength than the bitter, yet that also reduces symptoms and is diuretic. Green almonds eaten with their shells heal moistness of the stomach.

1-177. PISTAKIA

SUGGESTED: *Pistacia vera*, *Pistacia officinarum*,
Pistacia reticulata — Pistachio

P*istacia* grow in Syria and are similar to pine nuts. They are good for the stomach chewed or else pounded into small pieces. Taken as a drink in wine they help those bitten by snakes.



Juglans regia
after FAGUET — 1892

1-178. KARUA BASILIKA

SUGGESTED: *Juglans* [Fuchs], *Juglans regia* [Linnaeus]
— Walnut

native to Persia, recommended by Pliny as a vermifuge [Loudon]

C*arya basilika* which some call *persica* are hard to digest when eaten, hurt the stomach, produce bile, breed headaches and are worthless for those who have a cough, but good to make one vomit if eaten while fasting. They are antidotes against poisons eaten before or after, or with figs and rue [3-52, 3-53, 4-98]. Eaten in a great quantity they expel broadworms. They are laid on inflamed breasts, suppurations and dislocations with a little honey and rue. With onions and salt and honey they are good for those bitten by dogs or bitten by men. Burnt together with their calyx and applied to the navel they lessen griping. The *putamen* [seed vessels - woody part] burnt and pounded in oil and wine and rubbed on the heads of children is good to make the hair pleasing and fills up *alopecia* [baldness]. The kernel within is burnt, pounded into small pieces, and applied with wine to stop the menstrual flow. The kernels of old *caryae* chewed and then applied as a poultice cure gangrene, carbuncles [infected boils] [malignant skin tumours], *aegilopses* [ulcer or fistula in the inner angle of the eye] and *alopecias* [baldness] out of hand. An oil is made of them bruised and pressed out. The green [or new ones] are sweeter and less hurtful to the stomach. As a result they are mixed with garlic to take away the tartness of it. They take away black and blue spots when applied.

1-179. KARUA PONTIKA

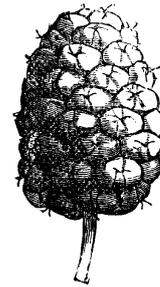
SUGGESTED: *Avellana domestica*, *Avellana-nux sylvestris*, *Corylus* [Fuchs], *Corylus sativa*, *Corylus sylvestris* [Bauhin], *Corylus maxima* [in Sprague], *Nux avellana*, *Corylus avellana* [Linnaeus], *Nux pontica* [Loudon] — Common Hazel

C*arya Pontica* (also called *leptocarya* [small *carya*]) are worthless for the stomach, yet pounded into small pieces and taken as a drink with honey and water they cure old coughs. Roasted and eaten with a little pepper they digest dripping fluids; and burnt whole, pounded into small pieces with goose grease or bear grease, and rubbed on they restore hair that has fallen out from *alopecia* [baldness]. Some say that the shells burnt and pounded into small pieces together with oil make the pupils of gray-eyed children black if the forepart of the head is moistened with it.

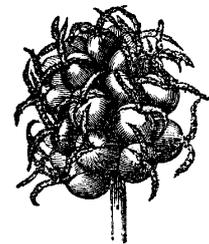
1-180. MOREA

SUGGESTED: *Morus nigra* — Mulberry
Morinda umbellata, *Morus indica* — Indian Mulberry
 [other usage] *Morea sisrinchium* [Loudon] — Spanish Nut

M*orus* or *sycaminus* is a well-known tree. Its fruit makes the intestines soluble. It is easily spoiled and bad for the stomach and the juice is the same. Boiled in a brass jar or left in the sun it is made more astringent. A little honey mixed with it makes it good for the discharge of fluids, for gangrenous ulceration of the cheeks, and for inflamed tonsils. The strength of it is increased if *alumen* [5-123] in small pieces, galls [oak], myrrh [1-77, 1-73, 4-116] and crocus are mixed with it as well as the fruit of *myrica* [1-116], iris and frankincense. Unripe mulberries dried and pounded are mixed with sauces or *rhus* [1-147] and they help *coeliac* [intestinal complaints]. The bark from the root boiled in water and taken as a drink loosens the bowels, expels broadworms from the intestines, and is an antidote for those who have taken *aconitum* [4-77, 4-78] as a drink. The leaves pounded into small pieces and applied with oil heal burns. Boiled with rain water, wine and black fig leaves they dye the hair. A wine cupful of juice from the leaves (taken as a



Morus nigra
after FAGUET — 1880



Morus alba
after FAGUET — 1880

drink) helps those bitten by harvest spiders. A decoction of the bark and leaves is a good rinse for toothache. It is milked at harvest time, the roots dug around and cut-in. The next day there will be found some coalesced gum which is good for toothache, dissolves swellings, and purges the bowels. There seem to be some wild mulberries similar to (the fruit) of the bramble but more astringent, the juice is less spoiled and good in warm packs for inflammation, healing ulcerated jaws, and to fill up wounds with flesh. They grow in shady and cold places.

1-181. SUKOMORON

SUGGESTED: *Sycomorus antiquorum*, *Ficus sycomorus*
— Sycamore Fig, Sycamore, Mulberry Fig
[other usage] *Sycamore* [old English], *Acer pseudoplatanus*
— Maple, Bastard Sycamore, Sycamore Maple, Mock Plane

Sycamine — old English for Mulberry [see above]

S*ycomorum* is also called *sycaminum* and the fruit is called *sycomorum* because of the faintness of its taste. It is a great tree similar to a fig tree — very full of juice, the leaves similar to the mulberry tree. It bears fruit twice or four times a year, not from the highest (boughs) as on the fig tree, but from the stock, similar to the wild fig — sweeter than green figs but without grains, and not growing ripe unless it is scratched with a nail or with iron. It grows abundantly in Caria and Rhodes and places not very fertile for wheat. It helps in time of scarcity of corn [famine] by continually bearing fruit. The fruit is good for the bowels, yields little nourishment, and is bad for the stomach. The tree is milked at the beginning of spring before it brings forth fruit, the outside of the bark being broken with a stone, for if it is broken deeper in it sends nothing forth. The oozing from it is gathered in a sponge or fleece, then dried, formed (into little balls), and stored in newly-made jars. This juice is softening, closes open cuts and sores from wounds, and dissolves growths that ripen with difficulty. It is taken in a drink and also rubbed on against the bites of snakes, spleens that have grown hard, pains, and a cold stomach. This juice is quickly spoiled with worms.

1-182. SUKON EN KUPRO

UNKNOWN

A tree grows in Cyprus that differs from these. It is an elm [?ash] yet it has leaves similar to *sycamine* [1-180] and fruit the size of prunes and sweeter. In all other things it is similar to those mentioned above.

1-183. SUKA

SUGGESTED: *Ficus sativa* [Fuchs], *Ficus communis* [Bauhin],
Ficus carica [Linnaeus] — Fig

Ripe new *sycas* are bad for the stomach and loosen the intestines but the looseness that comes from them is easily stopped. They bring out pimples and sweat, quench thirst, and extinguish heat. The dried ones are nourishing and warming, cause thirst, and are good for the bowels. They are useless for discharges of the stomach and intestines, but good for the throat, arteries, bladder and kidneys, those who have a poor colour from a long illness, as well as asthma, epilepsy and dropsy. Boiled with hyssop [3-30] and taken as a drink they clean away things in the chest. They are good for old coughs and long-lasting disorders of the lungs; and pounded together with saltpetre [potassium nitrate] and *cnicus* [4-119, 4-190] and eaten, they soften the bowels. A decoction of them is good for inflammation around the arteries and tonsils, used in a gargle. They are mixed in poultices with barley meal, fenugreek or barley water for women's warm packs. Boiled with rue [3-52, 3-53, 4-98] they are a suppository for griping. Boiled and afterwards pounded into small pieces and applied, they dissolve hard lumps and soften parotid tumours, boils and inflammatory tumours. They ripen *pannus* [opaque thickening of cornea with veins] more effectively with iris, saltpetre [potassium nitrate] or quicklime [calcium oxide — lime which has been burned but not yet slaked with water]. Pounded raw with the things previously specified they do the same. With pomegranate rind they clean away *pterygium* [membrane on the eye], and with *calcanthum* [limestone] they cure difficult, curable and malignant discharges in the *tibiae* [hollow bones, marrow,

not only the tibia]. Boiled in wine and mixed with wormwood [3-26] and barley meal they are good for dropsy applied as a poultice. Burnt and put into a wax ointment they cure chilblains. The raw ones pounded into small pieces mixed with moist mustard and put into the ears, cure noises and ringing in them. The (milky) juice of both the wild and cultivated figs coagulates milk like rennet, and dissolves coagulated milk like vinegar. Taken as a drink with almonds that have been pounded into small pieces it is able to make bodies break out into boils, to open pores, loosen the bowels and relax the womb. It expels the menstrual flow applied with the yolk of an egg or Tyrrhenian [Etruscan] wax. It is good put into poultices made for gout together with fenugreek flowers and vinegar. With polenta it cleans leprosy, *lichen* [papular skin disease], spots made by the heat of the sun, *vitiliginis* [form of leprosy], parasitical skin diseases, and running sores on the head. Dropped on the sores it helps those stung by scorpions, and strikes of poisonous beasts, and those bitten by dogs. Taken on wool and put into the cavities of teeth it helps toothache. It takes away *formicosam* [anthill-shaped] warts if it is rubbed on the flesh with animal fat.

1-184. SUKE AGRIA

SUGGESTED: *Ficus carica* var *sylvestris* — Wild Fig Tree
Ficus variegata, *Ficus amboinensis*, *Ficus racemosa*,
Caprificus amboinensis — Getah Fig Tree, Wild Fig

The juice of the tender leaves of the wild *syca* tree does the same things. When they are great with child (not yet fruiting) and the eye (bud) has not put out, they are pounded and pressed out, and the juice is dried in the shade and stored. Both the liquid and juice are taken for the strength they have to raise [fill] ulcers. The sprigs of this tree boiled with beef makes it boil quicker. They make milk more loosening if they are used to stir it with during boiling instead of a *spatha* [1-150].

1-185. OLUNTHOI

SUGGESTED: *Ficus carica* — Unripe Figs

Olyntha (some of which are called *erinei*) boiled and applied as a poultice soften all nodules, scrofulous tumours [glandular swelling] and goitres. Applied raw with saltpetre [potassium nitrate] and meal they take away *formicosam* [anthill-shaped] warts and warty abnormal growths. The leaves can do the same. Applied as a poultice with vinegar and salt they heal running ulcers on the head, dandruff and *epinycti* [pustules which appear only at night]. Fig-like scabrous cheeks are rubbed with these. *Vitiliginous* [form of leprosy] white areas are plastered with the leaves or branches of the black fig. They are good also with honey for the bites of dogs, and the ulcers called *favi* by the Latins but by the Greeks *ceria* [honeycombed ulcers]. *Grossi* [unripe figs] with the leaves of wild poppy draw out (broken) bones, and they dissolve boils [inflammatory tumours] with wax. Applied with *ervum* [2-129, 2-131] and wine they are good against the bites of rodents, spiders, centipedes and millipedes.

1-186. KONIA SUKES

SUGGESTED: *Ficus carica* var *sylvestris* — Wild Fig Tree
Ficus variegata, *Ficus amboinensis*, *Ficus racemosa*,
Caprificus amboinensis — Getah Fig Tree, Wild Fig
Ficus carica — Fig

Lye is made from ashes of the burnt branches of the wild and cultivated *syc*a trees. You must steep the ashes long and often. It is good both for caustic medicines and gangrenous parts, for it cleans and removes things which are superfluous. It must be used by moistening a sponge in it often and immediately applying it. Give it to some as a suppository for dysentery, old discharges, and hollow, undermining, great ulcers. For it cleans, heals, covers in flesh and closes together, similar to plasters made for bloody wounds. It is given for clotting blood together and against dripping fluids, hernia and convulsions, newly strained-out with a wine cupful of water and a little oil mixed in. By itself it helps *coeliac* [intestinal] complaints and dysentery, the amount of a

wine cupful given. It is a convenient ointment with oil for those troubled with sores of the tendons, and convulsions that cause sweats. It is taken as an antidote in a drink for those who have swallowed gypsum [hydrous calcium sulphate — plaster of Paris] and for the bites of harvest spiders. The other sorts of lye have the same effects (especially that of the oak) and they are all astringent.

1-187. PERSEA

SUGGESTED: *Persea*, *Mimusops schimperi*
— Egyptian Lebekbaum [Bedevian]

P*ersea* is a tree which grows in Egypt, especially in Thebes. It bears fruit fit to eat and good for the stomach, on which the spiders called *cranocolopta* are found. The dry leaves pounded into small pieces and applied are able to stop blood breaking out. Some have reported that this tree when it grew in Persis was deadly, but when transported into Egypt it was altered and became good to eat.

1-188. IBERIS

SUGGESTED: *Nasturtium agreste* [Fuchs], *Hiberis* [Brunfels],
Nasturtium pratense [Bauhin], *Cardamine praetensis* [Linnaeus]
Cardamine amara — Bitter Cress, Large Bitter Cress
[other usage] Candytuft — *Iberis numidica*
Clown Mustard, Bitter Candytuft — *Iberis amara*

I*beris* or *cardamantica* has leaves similar to *nasturtium* [2-185], more flourishing in the spring, the length of it as much as a foot or somewhat smaller. It grows in untilled places. In the summer it puts out a milky flower and then it is more effective. It has two roots similar to *nasturtium* — warming and caustic. They are good for those diseased with *sciatica* if a poultice similar to a plaster is made of it with salted lard of a sow (and so applied and let lie) for four hours. Afterward let the patient be put into a bath and rubbed on the places affected with oil and wine dipped in wool.

