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W. BAILEY

A SHORT DISCOURSE
OF PEPPERS

N. P. 1588



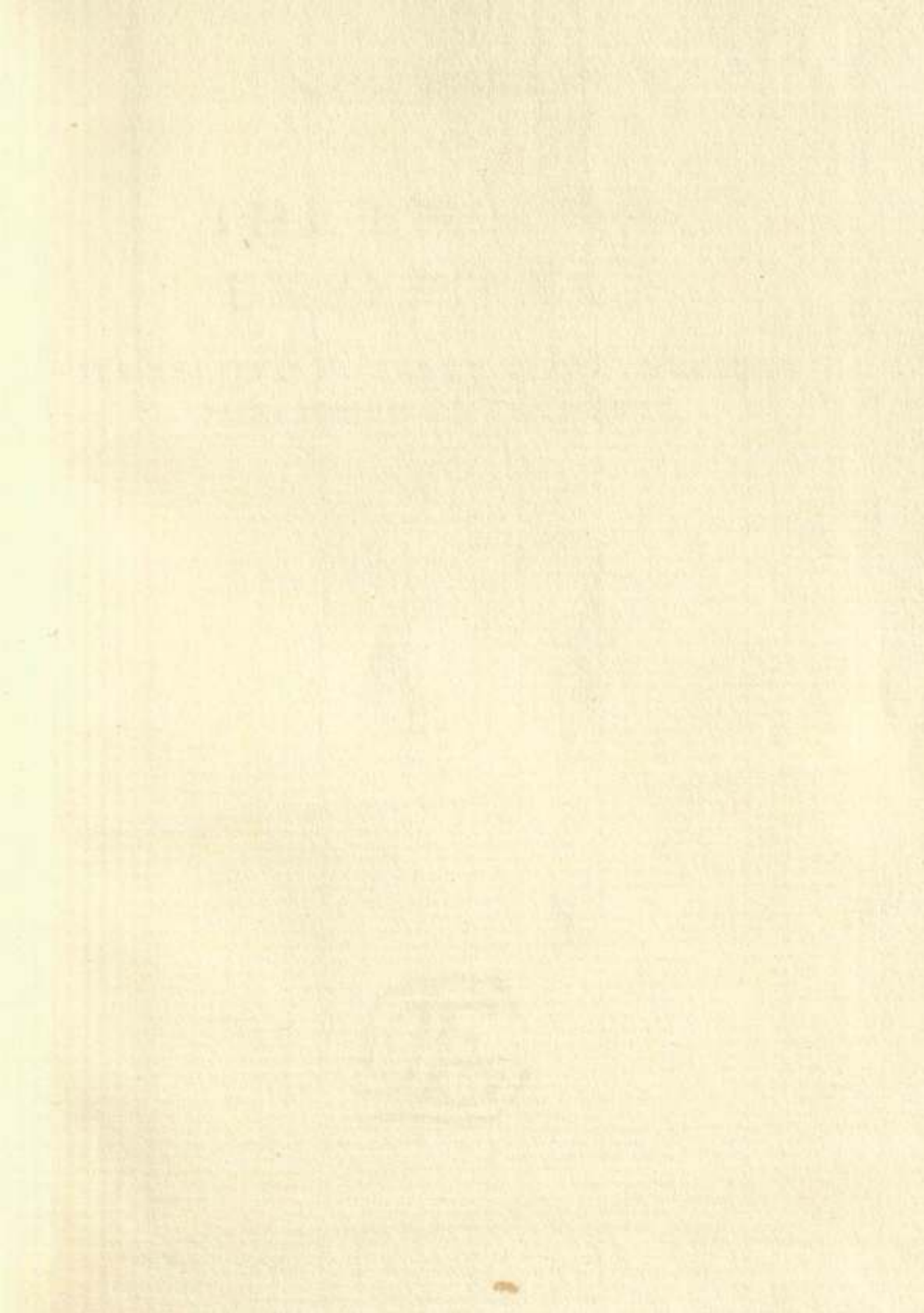
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A
Short Discourse of
the three kindes of
PEPPERS in common
vse, and certaine spe-
cial medicines made
of the same, tending
to the prefer-
uation of
health. *by W. B. A. S. S.*

1588

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To the right worshipful
Sir Robert Dudley Knight



AS in former yeeres at
this season I have been
alwaies careful to shew
my special affection to-
wards you by offering som present,
appertaining to the pre-
servatiō of your health:
so at this time, in token of a
good and prosperous newe yeere, (God grant you
many) I have emboldened my selfe to exhibite
unto you in our vulgar toong, this short
discourse of the three kindes of Peppers, and of
three medicines cōpounded of the same, greatly
commended by Galen in his books De sanitate
tuenda; which being used in right order, with
discretion, will undoubtedly bring three waies
commoditie to the continuance of your heath.
For it is certaine that most men in this our coun-
trei through our maner of feeding, do gather in

the stomacke and in the first veines many crude and undigested humours, which do often occasion lacke of appetite, grosse windines, distentions in the sides, and many waies greenous paines; and sometimes unnaturall vomits: which crudities carried farther into the body, doo breede obstructions, tympanies, feuers, and other dangerous diseases. The due consideration hereof, may easily inferre how necessary to health in this our region the use of pepper is, and what commodity may accrew by convenient use of the three medicines made thereof. For first the medicine termed diatrion pipereon, by consent of all writers, hath facultie to warme the stomacke, to dry superfluous moisture, to further concoction, to discusse winde, to ripen crude humours, and is comended aboue all other medicaments, that in performing of these actions it doth no way overheate the liuer, nor distemper the bloud. The second medicine termed diaspoliticon, keepeth the belly loose, and doth carry by the stoole, crude, corrupt, and naughtie humours, cut grosse and thicke phlegme, keepeth cleane the belly and guts. The third medicine termed diacalaminthe, having more subtiltie in substance doth penetrate farther, and so doth concoct and expell not onely the crudities of the belly and of the first veines, but also doth digest, extenuate, discusse, and by urine carieth the excrements of the inner


ner veines, clenseth the bloud, and keepeth clean
the habite of the body by sweate and perspiration
through the skin. That in very truth Galen had
iust cause so greatly to commend these three
medicines as most conuenient to preserue health.
For I do not reade in all our authors of a more
conuenient meanes to continue health, than the
apte and due vse of these three medicines, which
in propulsing of diseases, and in reforming of the
state of the body, may be resembled to the tri-
umviri in the common-wealth of Rome. Where-
fore I remaine to the almightie a daily ora-
tor so to prosper the effects of these medicines,
that the same commodities may come vnto ~~you~~
you ~~~~~ which our authors do attri-
bute vnto them, that your yeeres
may be enlarged to ex-
treame age.

* *
*

Yo^r most humble seruant
W. B.

Walter
Barley

Of the Spice called *Pepper.*

 **H**A T kind of spice which of the Greeke authors is called *πίπερος*, the Latin writers do name *Piper*, and the apothecaries do terme the same as the Latinists. After the Arabike speech in Auicen it is read *Fulful*, in Serapio *Fulfel*. Garcia a physician to the viceroy of India, doth write, that the Arabians in these daies do call it *Fulfil*: and he addeth, that the greatest quantity of this spice is nowe brought into Europe, out of the prouince of Malauar: and that the same is in that countrie language named *Molonga*. We in English do call it pepper: and much vse of this spice with vs is, in making broths, and in conditing meates.

The kinds of Pepper.

HEer it is to be noted, that many herbs of our writers are termed by the name of pepper. For the herbe called in

Latin *Persicaria*, in English Culrage, is of some named water pepper. The seede also of the herbe called Chamelea, is knowen to the herbarians by the name of hil pepper. Likewise the herbe which we call Stonecrop, is also named mouse pepper. And som do cal diptander, herbe pepper, and some sauey pepperwort. So the latter writers shew many other herbs vnder the name of pepper, and vnder pepperwort. For they refer to pepper euery kind of herbe which doth bite the toong as pepper doth. And beside the three kindes of pepper, which are best knowen by that name, we do read in the latter writers of some other kinds vnder that name: and so we read of pepper out of Æthiopia, which is of the learned rather referred to that spice which is called Carpesium, than to any kind of pepper. But properly and in true speech, this word in Latin *Piper*, and in English pepper, is to be vnderstood of one of the three peppers in common vse, of which one is named white pepper, the other blacke pepper, the third long pepper. Of the which three kinds, and not of the other things falsly named peppers, that confection so greatly commended in cold affections of the stomack, called *Diatrion*

trion pipereon, is made, and kept in our Apothecaries shops. So that these three kindes of peppers most properly do deserue the name of pepper, and are so most conueniently called: and the other things are rather by similitude so termed, for yeelding some taste like pepper, and therefore neuer knowen by the name of pepper without some addition, as *Piper montanum*, *Piper murinum*, &c. So that when we do read in any author this word *Piper*, or in English pepper without addition, we must vnderstand the same of one of these three peppers.

The nauigations in these latter yeeres made by the Portingales into the east Indians, and by the Spaniards into the west Indians, hath made manifest to vs, how greatly the old authors, I meane Dioscorides, Galen, Plinie, Auicenna, Serapio, and other writers of the former time were deceiued in and about the historie of pepper. For first, all the ancient writers in their monuments haue deliuered to vs, that the three kindes of pepper in common vse are all three the fruit of one tree. For (say they) the pepper tree doth bear a long fruit, like vnto that which doth hang in hasell nut trees, and birch trees. And they

they affirme, that this long fruit is the first rudiment of the pepper, which is called long pepper : after that this fruit being more ripe is disclosed, they take the seeds contained in it to be the white pepper, & the blacke pepper: such graines which are not perfectly ripe, they supposed to be white pepper, and those which are perfectly ripe, to be blacke pepper. So they concluded, that these three kinds were all the fruit of one tree, and differed only in that one was not so ripe as the other. But by the navigations of the Portingals, and of the Spaniards into those countries, in which these pepper trees do growe, it is evident and well knowen, that the trees which do yeeld these three spices are diuers in kind. For the trauellers into those countries which haue seene the trees, and gathered the fruits, do witnes, that not one and the same tree, but diuers and different do beare these spices. And that the plants which do beare white pepper and blacke pepper are not trees of any bignes, but weake shrubs, which do clime vp by other trees, as an Iuie doth in this our countrie. And haue leaues like to the apple tree called *Malum Assyrium*, and do carrie their fruit in clusters, like the clusters

sters of grapes of vine trees, which are alway greene vntill they wax ripe. And Garcia, who liued in these parts, writeth, that the plant which yeeldeth the white pepper, doth in kind differ from that which beareth the blacke pepper, and yet are so like, that no man can know the one from the other, but they which do dwell there. For (saith he) they do so differ, as the vine tree which beareth the white grape, doth differ from that which yeeldeth the red grape: and as we cannot know the difference of these vine trees, but when the grape is ripe, so we cannot discerne the plant which yeeldeth the white pepper, from that which beareth the blacke pepper: and yet (saith he) it is certaine, that the same tree, which bringeth foorth the blacke pepper, doth not yeeld the white pepper. He saith also, that the white pepper tree is not so common in these countries as the other is, and that the same is not to be seene, but in certaine places of Malauar and Malachæ. The same Garcia writeth, that the tree, of which long pepper is gathered, doth greatly differ from the other forenamed pepper trees: and that long pepper is a fruit depending of the tree in like sort, as we see things to hang

hang downe in our hasell nut trees, and in our birch trees: and that this fruit wil neuer yeeld either white or blacke pepper. By this discourse we do vnderstand, that the pepper tree is not like to the Iuniper tree, as Plinie writeth in his 12. booke. And Garcia also saith, that the roote of the pepper tree is very little. So that it is not like to ginger, as some beleued in Dioscorides time, nor like to the roote of Costus as Dioscorides writeth. And heerby also we are to vnderstand that the old saying is fabulous and vntrue, that pepper is made blacke with fire. For the marchants which brought the peppers, said, that serpents and venemous beasts did vse much to be vnder these pepper trees, and that they were driuen to fray away those serpents with making fires vnder the trees, before they durst gather the peppers, and so the pepper was made black by the fire. But now we learne by the histories penned by the latter writers, that all this is vntrue, and that blacke pepper is of that colour by his owne kinde, when it is ripe: and so that white pepper is of his owne kind, euen of that colour when it is ripe. As the red grape hath that colour naturally when it is ripe, and the white grape

grape keepeth his colour euen to his full ripenes . Wherefore those writers were much deceiued , which affirmed , that white and black pepper were of one tree : and that white pepper was the fruit not throughly ripe , and that blacke pepper was the same perfectly ripe . For (say they) as in our country , when we gather apples , all of the same tree are not of like ripenes , some not full ripe , some full ripe , some ouer ripe , and all are gathered at one time : so , say these men , when the marchants do gather pepper , some graines are throughly ripe , and they black and wrinkled , some not full ripe , and they whiter in colour , and smoothe not wrinkled . But it appeareth by that which they haue deliuered to vs , which haue scene and gathered both these kinds of peppers , that they are gathered of seuerall trees , and that ech doth perfectly ripe in his kind , and ech retaineth his colour : the white graine when it is ripe keepeth the white colour , and the blacke pepper when it is ripe keepeth his blacke colour : Euen as the white grape being ripe remaineth white , and the red grape red , and yet ech do come of seuerall vine trees different in kinde . So we are to thinke of these kinds of pepper , that ech
doth

doth come of his proper tree, and each full ripe retaineth his naturall colour: the white pepper his, and the blacke his colour, as doth evidently appeere by that which Garcia hath written in his first booke *De aromat. India.*

That the Greeke & ancient writers did erre in expressing the history of these peppers, it is no maruel: for in that their countries were far distant from the prouinces frō whence these peppers came, that they themselues could not search out a truth, but followed the report of marchants, which tell many vntruthes, they were easily deceiued, and so did set down in their bookes for verities many vntrue relations of the marchants.

But that the Arabians did commit the same errors, whose countrie was not far distant from the places where pepper doth grow, their grosse negligence in searching the true knowledge of simples, can not be excused, who would rather followe heerein that which was written by the Grecians, than themselues search out a truth.

Matthiolus in his commentaries vpon Dioscorides witneseth, that many pepper trees are set to be seene at Naples, and
at

at Venice, and diuers affirme, that these trees are planted in diuers places in Spain and in Portingall. But I could neuer vnderstand that any pepper tree was at any time brought into England. I haue often seene at Poole in Dorsetshire, and also in London, the whole clusters of pepper preserved in brine and in salt : these clusters are long and thin, not so thicke together as the clusters of grapes.

Long pepper is to be seene in euery shop : for the whole fruit is brought by the marchants gathered together like scales, rough & vneuen, biting the toung like the other peppers.

We do read of another kind of pepper brought out of the Indians, which the Portingals called *Piemento de Rabo*, in Latin *Piper caudatum*, and may be englished taile pepper. Clusius in his annotations in Garcia, seemeth to haue known this kind of pepper, and saith that it is like to the cubebs, and that it hangeth in clusters, is very spicie, and hath a little stalke or stem. This kind is not now brought : for the king of Portingall did forbid any to bring it, fearing least it might decay the price and sale of the other kindes.

Monardis also in his booke *De plantis Indie*,

India, maketh mention of another kind of long pepper, different from the common long pepper, and is much hotter than the common long pepper, and more pleasant to the taste than blacke pepper. Where the latter writers in the historie of pepper do diuide long pepper into the garden and wild, this kind written of by Monardis is supposed to be the wilde long pepper, and the common long pepper, the garden or domesticall.

The latter writers in the historie of pepper, do write of another kind of pepper, which they call *Piper corniculatum*, some call it *Siliquastrum*, which may be englished, Codded pepper, because it beareth his graines in a cod or huske: and they describe this kinde to haue leaues like to the herbe called Nightshade, a square stalk of colour greene, full of ioints, white flowers, and after them cometh the cod, at the first greenish, and after red, with a perfect smoothnes and slikenes: within that cod are flat graines, whitish, yellow, more biting in taste than pepper. These cods are not alway of one forme: for in some of the plants they are greater and longer, in some lesser and shorter: and the lesser kind they call pepper of Brasilia:
the

the greater they call pepper of Calecut, named after the countries from whence they are brought. The herbarians of our time do witness, that this plant is set in diuers places in Italie, Spaine and Portingal: for that it is a goodly plant and faire to the eie, and the graines are vsed for pepper all the yere, and are thought to commend meates condited with them, better than common pepper. I did neuer see the plant, but the cods are common in the Apothecaries shops. It is supposed of many, that the olde Greeke authors haue not written any thing of this plant, but Actuarius seemeth to speake of this kinde of pepper, vnder the name of *Capsicum*. Amatus in his commentaries vpon Dioscorides affirmeth, that this kinde of pepper is that which Auicen in 2. tract. lib. 2. cap. 746. called *Zinziber caninum*. Thus much of the true historie of pepper, as well out of the old as latter writers.

How to choose pepper.

Dioscorides writing of three kinds of pepper, doth giue signes and notes to choose onely blacke pepper: for that as it seemeth in his time deceit was onely
B vsed

used in that kind of pepper. For Dioscorides writeth, that amongst blacke pepper are found certaine seedes or graines light, and emptie, which he calleth *Bresma*, and Plinie saith they are termed *Brechmasis*, which word doth sound, seeds vttered before their time. For (saith he) by vnseasonable time the graines sometimes do wither, and so are emptie, hauing in them no substance. But Garcia saith, that while he did dwel among the Indians, he inquired, & could not learne of any such name, yet acknowledgeth, that such graines like to pepper are often found amongst pepper, and are not easily knowen from pepper, but that they are light, and broken do yeeld no substance as pepper doth. Wherefore as in Dioscorides time, so rather in this our age, we ought to be diligent in the choise of pepper, and to haue some notes or signes to choose the good from the bad, and to know the best pepper. Dioscorides commendeth pepper when the graines are heauie, full, whole, not much wrinkled, new, not full of dust. And Galen in 4. *De sanit. tuend.* adddeth, which hath not a very thinne, nor yet a grosse and thicke skin.

Serapio praised white pepper, which
hath

hath a white colour, and the latter writers say, the whiter the better, which is smooth and not wrinkled. Galen in 4. *De sanit. tuend.* saith, that those grains are best, which are fullest and greatest.

Serapio alloweth of long pepper, which when it is broken, doth shew his substance compacted, and his graines thicke ioined together, which do bite the toong with sensible heate. Galen in the said booke *De sanit. tuend.* addeth, that long pepper must be whole, and not haue any holes in it, and not sophisticated. For (saith he) the marchants do bring two sorts counterfeited, the one is the bud of an herbe, the other is made in Alexandria by art. And in his booke *De theriaca ad Pisonem*, he telleth the maner of making of this counterfeit long pepper. They forme it (saith he) of the length & bignes of this pepper, and then cast to it the powder of the root of *Pyrethrum*, or of mustard seed, & so deceiue the taste. But these deceits are easily bewraied: for by taste you may discern the right pepper from the buds of that herb, which are in form like to long pepper, but not in taste: and so by tasting, you shal discern the one fró the other. For whosoever wil with diligence obserue the tast of pep-

per, he shall easily iudge that pleasant spices which it yeeldeth with the biting. And Galen sheweth how to discerne the counterfeited fró the right, by putting it into water. For the counterfeited will dissolve in water, and so the right and naturall will not dissolve. Wherefore he concludeth, that if it hath the true taste of pepper, and doth not dissolve in water, nor hath holes in it, then that is good pepper. All writers do make this for a signe of good long pepper, when it hath no holes: for in deed this pepper is moister than any other kinde, and therefore will sooner mould and waxe mustie than the other, and so will quickly be woorme eaten, and full of holes.

Of the temperament of Pepper.

Dioscorides and Galen do yeeld to all the kinds of pepper a faculty to heat and to drie, but neither of them do declare in what degree they do heate and drie. After that Auerrhois in *lib. Simplic.* had pronounced long pepper to be moister than the other: And that white pepper was not come to his ripenes, and that black pepper was full ripe: He concludeth
both

both kinds to be hot in the third degree, and as some say in the fourth degree. Auicenn in lib. 2. tract. 2. intreating of white and blacke pepper generally, affirmeth pepper to be hot and drie tending toward the fourth degree. And in the very next chapter handling of long pepper, he writeth that it is hot in the third degree, and drie in the second. Dioscorides doth not appoint the degrees of heat and drines to euery kind of pepper, yet handleth each very distinctly, saying, that long pepper doth more strongly bite: and bicause it is taken from the tree before it is ripe, therefore it remaineth a little bitter. Blacke pepper, bicause it is perfectly ripe, therefore it is well sauored, sharper than white pepper, & so more pleasing to the mouth, and more profitable to condite meates. The white pepper remaining a little bitter, is not so strong as the blacke. By this Dioscorides concludeth, that blacke pepper is the hottest, and best of all; next to it is long pepper, and that the weakest is the white pepper. Galen doth seeme heerin to dissent from Dioscorides. For Galen in 8. *simpl. med. facult.* doth put long pepper to be moister than the rest, bicause it is the yoong fruit, and therefore doth soone

waxe woorme eaten. And after affirmeth, that white pepper is more sharpe and biting than the blacke, and giueth this reason of his assertion : for that blacke pepper is euer heated and dried with the sun by long tarrieng vpon the tree:for heerby many of his hot and fierie parts do breath out, the rather bicause pepper is of a thin substance, that his hot parts will quickly consume and breath out : and so he concludeth, that bicause white pepper is not so heated and dried by the sun, but doth retaine and keepe al his hote parts, therefore it is the hotter, more biting, and the best pepper, contrarie to Dioscorides assertion. Brassauolus Musa going about to reconcile this controuersie in Galen, by distinguishing of the Greeke word *λεπυρτι-
ον*. For in that white pepper hath plentie of moisture in it, therefore it biteth stronger, and leaueth the sharpe and biting qualitie to continue longer : and in that respect it may be said to be hotter than the blacke pepper, hauing little moisture, and that much extenuated by the heate of the sunne, doth bite quicklier, deeper, and sharper : but bicause the heate of his biting doth not so long continue, therefore it seemeth not so hot as the blacke,
and

and yet for that it biteth deeper, therefore Dioscorides writeth, that it is hotter and stronger than the blacke. And if to trie the truth heereof, a man will taste both kinds of pepper, surely he shall manifestly perceiue the difference of them both. And so in the one sense white pepper may be said to be hotter and more biting, as Galen writeth: and in the other sense blacke pepper may be thought to exceede the white as Dioscorides affirmeth. But where Dioscorides saith, that white pepper is weaker than long pepper and black pepper, bicause it not being full ripe is acerbi-ous or more tart: surely his argument is not perfect. For as he putteth white pepper not so ripe as blacke, so he maketh long pepper not so ripe as white pepper. And so it must follow after his opinion, that long pepper should be weaker than white, and white than blacke pepper. So Hippocrates is deceiued in his owne reasoning. But in that it is now certaine, that these kinds do not differ, that the one is riper than the other, but each is ripe and perfect in his kinde: these arguments of more or lesse ripenes, do take no place, and are of no efficacie: bicause that by taste it is euident, that white pepper doth

bite the toong more, and the biting doth continue longer : therefore we may iustly say that white pepper is the hotter. And for that Galen lib.9. *De composit. sec. loc.* in the medicine of Philo affirmeth, that white pepper is better for the stomacke than blacke pepper. And in 4. *De sanit. tuend.* he saith, that white pepper doth stréngthen the stomack aboue the other kinds. Surely the Friers writing vpon Mesue do truly counsell Apothecaries when pepper simply is read, to take white pepper.

Notwithstanding in some affects long pepper is to be preferred before the other kinds, as Galen witnesseth lib.4. *De sanit. tuend.* where he counselleth to giue long pepper to them which haue their sides blowen vp with wind, and which do turne all they eate to wind. For (saith he) long pepper doth dissolue the grosnes of wind, & casteth downe by the belly such matter which doth stay in the sides.

By this discourse it appeereth, that the Arabians did truly set white and blacke pepper in the vttermost point of the third degree of heate and drines, or in the beginning of the fourth degree. And Galen confirmeth the same when he doth write, that white and blacke pepper do strongly
heate

heate and drie.

And with good reasons the same Arabikes do set long pepper in the third degree of heate, and not beyond the second degree of drying. For in that by all writers consent this kind is moister than the other, therefore it cannot drie so much as the other : for the drying qualitie must needs be somewhat obtunded by the moisture which is in this kind. And therefore long pepper tasted doth not by and by bite strongly, but after it is a little chewed, and then the biting doth last longer. And we may heerby also gather, that long pepper is not so subtile of substance as the other kinds are.

Garcia writeth, that Emperikes amongst the Arabians & Persians do hold opinion, that pepper is cold : which opinion doth also preuaile amongst the common sort in this our countrie. For it is a common saying, that pepper is hot in the mouth, but cold in operation. But for as much as we do trie the qualitie of medicines by taste, these men do shew their ignorance, in calling that cold in operation, which is hot in the mouth.

The

*The temperament of Siliquastrum, or
Indian Pepper.*

THe Indian pepper called also Siliquastrum, is accounted hot and drie in the fourth degree, and therefore doth verie effectually breake wind, doth heat and strengthen the inward parts, and is verie good for the breast.

*The vertues and faculties of
Pepper.*

Dioscorides, Plinie, Auicenna, and Serapio do recite and number manie vertues and medicinal properties of these kindes of peppers, which I leaue the reader to peruse in their books. The cheefest vse of peppers is in cold affects of the stomacke, and of other parts which do serue for nutrition. For euery kind of pepper doth greatly helpe concoction, discusse wind, and doth occasion all grosse and slimie humors to discend sooner. And to this purpose many medicines deuised by physicians of these kinds of peppers are kept in Apothecaries shops, but amongst other Galen in his 4. booke *De sanit. tuend.* doth

doth chiefly cōmend three sorts. And the medicine termed *Diatrion pipereon*, in that it is confected of the three kindes of pepper, beareth the bell, and is reputed in the first place. And then he commendeth the medicine called *Diacalaminthe* : & thirdly, that which is vsed vnder the name of *Diasspoliticon* : notwithstanding each of these medicines is not good to the selfesame affects, neither are they in like sort & times to be vsed. Touching *Diatrion pipereon*, it is famous for to help concoction, to discusse wind, and to do good against cold affects of the stomacke, and yet not to heate the liuer or the blood, wherin consisteth a singular propertie of this medicine. For it is agreed vpo by all authors, that the heat of this medicine is extinguished in the belly, and the first veines, & is not carried into the whole bodie, as the heat of the medicine called *Diacalaminthe* is; so termed, for that it receiueth the herbe called Calamint, as Gal. writeth in the said booke *De sanit. tuend. cap. 10.* where he affirmeth, that *Diatrion pipereon* is to be giuen when crude and slimy humors are in the stomack and first veines, yea both before and after meate. The vse of *Diacalaminthe* is, when we meane to warme further into the
bodie,

bodie, and haue an intent to cut & make thin grosse humors in the veines. For *Diacalaminte* doth thinne grosse and slimie things, breatheth out by the skin, prouoketh vrine, and the monethly sicknes in women. Therefore neither this medicine, neither *Diaspolticon* ought to be vsed after meate, bicause they two hasten distribution, and so do hinder concoction: whereby we may conclude, that the medicine *Diatrion pipereon* may with most safetie be vsed after meate to helpe concoction. And to this intent Galen doth counsell to haue in a readines this medicine prepared in two maner of waies: the one simple, as cōsisting of fewest things; the other more compound: the simplier is soonest concocted; the other by reason of the number of simples is harder to be digested. And therefore the simplier is best for them which do not well concoct their meate, and do finde some cold temperament in the stomacke and bellie, and so do gather much slimie flegme: and the other by reason of many simples in it, is harder to be altered of nature, and so doth remaine longer in the stomacke when it is taken. So Galen doth best cōmend the frequent vse of *Diatrion pipereon* to remoue crudities
in

in the stomacke and first veines. The other which is more compound, hath his best vse in fluxes from the head to the breast. In these our daies the medicine *Diatrion pipereon* is in vse, made in both waies. In compounding the simpler, our Apothecaries do follow Nicolaus Myrepicus, & so do make the medicine in maner as followeth: Taking of each of the three peppers one ounce, of

ginger,	} of each halfe an ounce.
thyme,	
anise seedes,	
persley seedes	

This description commeth nigh to the *Diatrion pipereon* of Galen. For there is no difference, but that Galen taketh of each kind of pepper fiftie drachmes, of ginger, thyme, anise seedes eight drachmes. Galen hath in his receit no persley at all: yet Galen admonisheth, that to 50. drachmes of each pepper, 16. drachmes of the other things may be added. And Galen willeth this medicine to be made with honie of Athens: in this our time it is compounded with suger. The other *Diatrion pipereon* more compound and medicinall is at this time made according to the description of Mesue, in maner as followeth.

Take

Take of the three kinds of

pepper

ʒ.6. ℥.ij.

ginger,

anise seedes,

ana. ʒ.ij. ℥.ij.

thyme

spikenard,

amomum

ana. ʒ.ij. ℥.ij.

cassia lignea,

asarum,

enula camp.

dried,

ana. ℥.ij.

persley seeds

seseli

saccharum albissimum q. s.

This is the same laborious confection set downe by Mesue, of which Galen maketh mention, lib.4.cap.11. *De sanit. tuend.* For Galen in that place doth recite by name euery simple: saue that Galen in stead of Amomum, mentioneth the seeds of ammios. And where our authors do differ in opinion, what is the right Amomum, and all writers do agree, that we haue the right ammi: I adiudge it better in these daies to put in this receit the seeds of ammi, according as Galen prescribeth, than amomum, as Mesue counselleth. So you haue both medicines in vse in our time made of three peppers, and
are

are to be sold in the Apothecaries shops,
vnder the name of *Diatrion pipereon*.

Diasspoliticon.

THE medicine called *Diasspoliticon* is most commended to loose the belly: this medicine is composed of cummine feedes, pepper, rue, and that kinde of salt called *Salnitre*. And Galen aduifeth to haue this medicine also prepared in two sorts. First to make it of the foresaid simples mixed in equall parts, and so by reason of that salt, it wil loose the belly more: the second way to put to equall parts of the other things, but onely halfe the proportion of that kinde of salt. So will the medicine remaine longer in the stomack, and better further concoction, more digest crude and rawe humors, and wil lesse make the bellie laxatiue.

Diacalaminthe.

Galen in his fourth booke *De sanitate tuend.* ca. 14. doth set downe the composition of the medicine called *Diacalaminthe*, in maner following.

Take

Take of calaminth,	}	of ech ℥.ij.
of organy, or organ-		
mint, called Pulegiū,		
of persley, which grow-		
eth in stonie places,	}	of ech ℥.iij
called Petroselinum,		
of the herbe called Se-		
feli,		
of persley seedes,		
of the tops of thyme,		
of leuage, ℥. 16.	}	of ech ℥. 48.
of pepper, ℥. 48.		

And Galen doth name the countries from which he counselleth to procure the simples, but in that they are not in these daies brought from those places, therefore it shall suffice to make choise of the best simples of this our countrie in confecting of this medicine : for this our countrie yeeldeth verie good of euerie sort.

In dispensing of this medicine, our Apothecaries do not follow this description of Galen, but their Apothecary booke confected by Nicolaus ; which composition doth differ from that of Galen in the doses of the simples, and that this of Nicolaus hath some mo simples than that of Galen.

pounde this and the other medicines, which he willeth to be scummed with great diligence: and if the quantity of honie be increased, the medicine saith he will be more pleasing. And he here setteth a ruie which the apothecaries are to follow in compounding of medicines, to make them so pleasant to the taste as they can, without weakning of their strength, or diminishing of their vertues. In these daies the most part of medicines are made vp with sugar in steade of honie, for sugar is more gratefull to the taste, and many can not well away with honie. And honie is sooner conuerted vnto choler than sugar.

Touching the maner of making these medicines, Galen doth admonish, that they are not to be compounded in one and like sort, for in some respects the simples are to be pounded finely, and serfed with a fine serfer. For saith he when things are finely beaten, they passe quickly into the whole body, things grosely powdered do stay longer in the belly, for the same cannot so easily passe through the little veines and small pores of the body. In which respect things grosely powdered do more loose the belly: when they are brought

brought into fine powder, they go sooner into the body, and prouoke sweate, and better mooue vrine, but do lesse mooue to stoole. Therefore in compounding of the medicines called *Diacalamintbe* Galens counsell is to bring all the simples into fine powder, that the same may the better passe into all parts of the body, for the vse of this medicine is, when we haue an intent to concoct and digest the crude and rawe humours in the inner veines and habite of the bodie, and so to euapore them by the pores of the skin, when we meane to prouoke sweate, vrine, and the courses of women, And therefore he will not haue this medicine often vsed after meate. In the medicine called *Diaspoliticõ*, al the simples must be pounded in grosse maner, for so the medicine will more loose the belly, and by staieng longer in the stomack, further concoction, if the things be finely powdered into dust: as the medicine will little or not at all make the belly laxatiue, so it will prouoke vrine and sweate, to the intention of this medicine.

The like manner is to be obserued in confecting of *Diatrion pipereon*, that if an intent be to haue the medicine stay in the stomacke and guts to warme those parts,

to digest crude humours in them, or to loose the belly, the simples must be pounded grossely: but if we haue a purpose to open obstructions, to warme the inner veines, to prouoke vrine or sweate: althings must be beaten into fine powder. By which discourse that question is easily answered, which some latter writers do moue about the beating of the kindes of pepper, whether the same ought to be beaten finely or grossly. For some do affirme that pepper is alwaies to be beaten grossly, for so it will remaine longer time in the stomacke, and will the lesse heate the liuer and the blood. Some other doo maintaine a contrary opinion, and that by Galen himselfe, who in the 5. booke *De sanit. tuend. cap. 8.* After meats which do bread stoppages in the body, take (saith he) the medicine called *Diacalamintbe*, and if you haue not it ready, take *Diatrion piperion*: and if that be not at hand, take white pepper beaten into fine powder, & diligently serfed, & mingle the same with the meate, and sprinkle it to your drinke. And in the same booke the 10. cap. Galen prescribeth a ptisane in which the dust or fine powder of white pepper is mingled. And in the 6. booke *De sanit. tuend. cap. 14.*

Galen

Galen giueth pepper alone, as finely powdered as may be. By these counsels of Galen, these men do conclude that pepper ought alway to be beaten into fine powder by Galens doctrine. Neuerthelesse, these men in mine opinion, do not with diligent care cōsider Galens intention in these and the like places, neither well haue marked the scope and cause why Galen in these places doth aduise to pound pepper into fine powder: for if they had well considered that Galen writeth: they might haue vnderstood, that he giueth pepper so finely beaten, to remoue the obstructions and stoppages, for so before he did admonish, that things beaten into thin powder passe into the body better, and sooner do remoue obstructions: and contrariwise, that which is grosly beaten, doth stay in the belly longer, and better warme those parts, better digest crude and rawe humors gathered in them, and do more effectually discusse wind: to these latter intents pepper is to be beaten grosly, especially in this our country, in which men commonly do feed vpon grosse and slimy meats, and so do heape in the parts of the belly and first veines, manie crude and grosse humors, that pepper ought in this

region to be beaten most grossly, that it may thereby be occasioned to stay the longer in the belly, so to warme the same the better, and the better to concoct and extenuate such grosse and crude humors, for the heat of this medicine (as Galen writeth) is founded in so subtil a substance, that the same is extinguished before it can come to the liuer: then if you shall beate the medicine finely, the heate wil so soone be exhausted and spent, that it will neither sufficiently warme the belly, neither in good sort concoct those crude and rawe humors. Wherefore I do thinke it verie needfull for our apothecaries to pownd pepper alway grossly in the medicine *Diatrion pipereon*. For if we shall need withall to open obstructions, we may prescribe the medicine called *Diacalaminte*, and so we may mingle it to *Diatrion pipereon*, or as occasion serueth giue it alone: wherefore I hold it best to follow Galen his precept, which is, that alway things be powdered finely and in subtill manner when our purpose is to remoue obstructions, or to digest, cut, and absterge crude, rawe, slimy, and grosse humors, which are in the inner veines and habite of the body, or meane to prouoke sweate or vrine; but if
our

our meaning be to increase heate in the parts of the belly, to concoct humors there, and in the first veines, or to make the bellie loose, then things are to be beaten in grosse powder.

The private properties of the medicine called Diaspoliticon.

THis medicine doth make the bellie loose, and bringeth out meate, which corrupteth in the stomacke, and is speciall good for them which haue a cold bellie, or declining to cold. For it maketh thinne grosse phlegme, and expelleth flatulent winde. See Galen in the fourth booke *De sanitate tuenda*.

The particular faculties and properties of Diatrion Pipereon.

D*iatrion pipereon* is of great efficacie and doth much good in all colde diseases of the stomacke, in sower belkes, in quartaine feauers, in palsies, in euill affected liuers, in them which haue their bellies blowen vp with winde.

Diatrion pipereon confected after the description of Mesues, is chiefly commended

ded in fluxes, from the head to the breast, good generally to the coldnes of the cheste, and to coughes, which do proceed of a colde cause.

That the excellent and rare vertues of this medicine called *Diatrion pipereon*, might the better be known, I thought good in this place to remember the reader what is written in the booke intituled *Secretorum*, which booke is ascribed to Galen, in which booke we reade in this maner.

A certaine friend of mine being about the age of 70. yeeres, complained of a coldnes in all the parts of the bodie, in-somuch that his memorie failed him, and he had paine in his ioints, and then I made for him this medicine called *Diatrion pipereon*, and it was a wonder to see how he recouered in the space of a fortnight. And I made triall in many which were sicke of diseases of the bladder, of the heade, and of the iointes, occasioned by colde and crude humors: and it is found speciall good in a cough of cold phlegme, in weakenes of the stomacke. For it breake-th grosse winde, digesteth meat, prouo-keth

keth appetite , resolueth crude humours, strengtheneth the stomacke euerie way, restoreth memory, cleareth the voice, putteth backe grey heares , remedieth the goute which commeth of a colde cause : And in generall whosoever aged doth vse much this medicine, he shall not need any other helpe to preferue his health.

The private properties of the medicine called Diacalaminte.

IT cutteth grosse and slimy humors, and occasioneth the same to be clenfed by the skin by sweate, prouoketh vrine, and the monthly courses in women, as Galen witnesseth in the 4. booke *De sanit. tuend.* it is good for them which do abhor meat, for the vse of it prouoketh appetite, it remedieth the shortnes of breath, and helpeth them which finde a coldnes in their stomacks, and which haue their sides and bellies blowen vp with winde, as Mesue writeth.

The maner and particular vse of the foresaid medicines.

WHen many crude and rawe humors do abounde in the bellie
and

and first veines, that in that respect it will not be safetie to giue a purgatiue medicine, then is the cheefest vse of *Diasspoliticon*, for it then giuen will safely stir nature to expell those humors by the siege. So in other cases when so euer the belly is drie, and doth not hir dutie, then it is expedient to giue *Diasspoliticon*.

*The vse of Diatrion pipercon, and of Diacalaminthe : out of Galen. 4.
De sanit. tuend.*

WHen many raw and vndigested humors are gathered in and about the first veines, the same are to be cut and digested, and in so dooing speciall care is to be had lest the same be carried farther into the bodie. In this case *Diatrion pipercon* simple, is with most securitie giuen. And it is not enough to giue it once or twise euery day, but it must be taken often, in the morning before meate, & after meat, & when they go to bed, a spoonfull at a time, and so to yonger folke and which haue lesse need, the lesser quantity: to elder and to them which haue more need, the bigger quantity, so to the mean,
the

the meaner quantitie is to be proportioned.

When crude humors are heaped in the inner veines, and in the habit of the body, the same are to be concocted, and also to be expelled by breathing the same thorough the pores of the skin, and to these intents there is not a more conuenient medicine knowen than *Diacalaminte*, for it hath propertie to extenuate thicke, and slimy things, and then mooueth the same to be expelled by breathing out at the skin, and by vrine. And this medicine is not vnpleasant to be taken, if a good proportion of honie be boiled with it, but where some do not like of sweet things, and do abhor honie, to such you must put the lesse honie, yet oftentimes euen in this case it is good to boile good store of honie, so you boile it well, for then the medicine will not be ouersweet, and the honie well boiled doth lesse offend the stomack. And the vse of this medicine is in the morning after frictiō, before exercise, & before bathing. And you may vse this medicine dry in powder without honie in steede of salt for sauce to your meate, and you may put of it in a Ptisane in steede of pepper.

This medicine is vsed not onely dry in
steede

steede of salt, but also when honie is mixed, for euen so it may be vsed with meate, and so is it pleasing to the taste. But neither this, neither any other medicine which hath strong facultie to further distribution, is to be taken after meate. For at that time nature goeth about concoction of meate taken, and not to distribute the same, therefore immediately after meate, endeuor must be to further concoctiō by giuing *Diatrion pipereon* simple, or to put some pepper powdered into your drinke.

If such crudities hap to be not onely in the belly and first veines, but also in all other veines, yea in the fleshie parts of the bodie: in this case at the beginning of the cure, it is best to vse *Diatrion pipereon*, adding so much of the seeds of persley growing in a drie & stonie ground, as is put of anise seedes, thyme, and ginger, and after the first day, or rather after the seconde day, you may put a little of *Diacalaminth*, and then in a while after mingle both, I meane *Diatrion pipereon*, and *Diacalaminth*, in equall parts, and in proceffe of time increase the *Diacalaminte*, so at the latter end of the cure, you may vse *Diacalaminth* alone. So it is to be concluded in this, as
in

in all maner of diets, when the effects are equall, the medicines to cure, are equally to be mixed, yet so that at the first greatest care be had of the crudities in the first veines, and at the latter end, of those crudities, which are in the other veines and habit of the bodie, in the middle time both are equally according to the effect to be mingled. Thus far Galen in his 4. booke *De sanitate tuenda.*

FINIS.



