An excellent Tretise,

shevying suche perillous, and contagious infirmities, as shall insue. 1565. and. 1566. vvith the signes, causes, accidentes, and curatiõ, for the health of such as inhabit the. 7. 8. and. 9. climat. compiled by Maister Michael Nostrodamus, Doctor in Phisicke, and translated into Englysh at the desire of Laurentius Philotus, Tyl.

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Cum priuilegio ad imprimendum solum.

The Contentes of this Tretise.

The Epistle.
A Regiment for vvynter.
A Regiment for the Spring.
A Regiment for Sommer.
A Regiment for Autumne.
Of the Pestilence.
Of the bluddy flix.
Of the burning feuer.
Of the quartayne.
Of the quotidian ague.
Of the catarrhus or revvme.
Of the pluresies.

To the right excellent, noble, & vertuous Lord, my Lord Emanieu, Byshoppe of Macon, Pronotharie of the Apostolique Seat, etc Michel Nostrodamus, your humble, and obedient seruaunt, & oratour, vvisheth health & long life in Christ.

Haue receiued youre letters (ryght reverende & my very good Lord) the. xxvi. daye of May. 1558. in vvhich, you declare your abondaūt goodnes not only to me, in takyng my trauiles of my Prognosticatiō and Almanack vvhiche I sent you, in the best parte: but also to all men, vvhan you vvyshed thē to cum forth as a vvarning to corect and

amende their ill lyfe, and diſſembling trade. and vvhere as your excellency affirmith, that thinges forſeen may be alterid, or at the leeſt the malice of them mitigatid, and that the ſicknes and infirmities of this yeare folovvyng, be diuers in their kynde, dangerous, mortal, and vniuerſally reigning: for vvhiche men ſhall ſcant haue time to counſell vvith the lernyd doctors, and maiſters of Phiſicke.

VVherfore to ſhovv my dutie, and hũble ſeruice vnto you at this tyme, I haue at youre requeſte, deuiſed a treatyſe; in vvhiche I haue touched the diſeaſes, and maladies, vvhiche ſhall ſpring the yeare of. 1559. and. 1560. vvith the preſeruation from them: and the curyng ſuch as ſhalbe troubled vvith any of them. And if I ſhall deſerue any prayſe, and laude of the commõ people for my labour, I vvill they giue all that to youre honour, vvhiche are the only occaſion of this enterpriſe. And if there ſhall any fault be founde in this booke, let them ascribe

aſcribe that to the difficultie of the vvorke, and not to my negligence. Thus I leue to trouble your Lordſhyppe any longer, vvilling ſuche as vvill take profit by my labour, to haue my medicines vvell made by the helpe of good and lernyd Apothecaries. And ſuche as may haue the lernyd doctours and maiſters of Phyſick, I vvyſhe that they leue my booke, and folovv their counſel, not ſparyng anye expence: For lyfe is more of value, thẽ mony, or treaſure. (For I make my boke for ther cauſe vvhiche can not haue the lernyd vvith thẽ.) God ſende your excellency, long life, bodely helth, and increaſe of honor. At Salõ, in the prouince of Craux, the. xii. of Auguſt. 1558.

A Regiment for the VVynter.

BECAVSE I finde the cõstitucion of the aire (frõ the. xii. of December. 1558. vntil the. xi. daye of March folovvinge. 1559) to bring forth muche colde, rayning vveather, pestilentiall and stinking mystes, by reason of Saturne in the East, as I haue saide in my Prognostication: causing Flegmatick humors to aboũd of vvhiche shall spring Catarrhus, Reumes, Head ache, Pestilentiall sicknes, and Sciatica, vvith Cou-

ghinges, and ſuche like, ſo that many ſhall die therof, as vvell yonge as olde. Mors etiam ſaxis, marmoribuſq; venit. In ſo muche that fevve ſhalbe free from this calamitie, vvherfore to keepe the body in health it ſhalbe expediēt to eſchevv bathinge, ſluggiſhnes, long ſleepe, vſing euer before meate ſome kinde of exerciſe. And at time of dīner or ſupper, vſe more quantitie of meate then any other ſeaſon, and in meat vſe hot ſpicis, vvine & muſtard, for theis make the body hoate, ſtrengthen the principall partes of the body, and concocte the could fleame ingendrid by this perilous and intemperate ſeaſon of the yeare.

A regi-

¶ A Regiment for ſpringtyme.

Pringtyme beginne the. xi. day of March and ende the. xii. of Iune. During vvhich tyme the blud in the body ſhalbe corruptid, and ingender Feuers, both tertians intermittent, and continuall, vvith Carbūcles, Botches, Dyſenterie, Squinancy, Inflāmations, etc. It ſhalbe very neceſſary therfore for all men (but eſpecially frō. xvii. to. xl. yeres in age) to open a vaine, vomyt, or take purgation, vvhiche their myndes ſtande moſte vnto: othervvays they ſhalbe in maruellous perill and daunger of death. ô dira cæli fata. Vſe exerciſe, but not ſo much as in the vvinter be not long faſting. Vſe thinges to make the

the body loose, also suche as be sovver, drye, and colde.

¶ A Regiment for the Sommer.

Ommer begin the xii. of Iune and continue vntill the. xiii of Septēber, in vvhiche space of time the body of man shalbe molestid greuously vvith red coller ingenderid of the intollerable heate, causing Phrensie, Sinochus, and causon agues, vvhich shal greuously torment many young persons, also morbos epidimiales, pestilens, pthisis, and other vvhiche I vvill not name. Therfore absteine from vehement labor, vse thinges that be cold, svveet, and pleasaunt, and vvell smelling, of easy digestiō and

and eate litle meate. Yea to drinke cold vvater, vsing boyld meates al to gether, vvith bathing, vvashing and keping the bodye cleane from filthe both in the head, arme holes, feate, and hole body, and vse al meanes vvhiche do coole and make the body moyste.

¶ A Regiment for Autumne.

Vtumne begine the xiii. of Septēber and ende the. xii. of December, and by cause the nature of the tyme shalbe inæqualis ac inordinata ac diuersas infert passiones. Therfor chiefly in this tyme ther must be muche diligence vsid, for there can be no perfit order appointyd as is the other before

fore becauſe that novve it ſhalbe hoat, novv cold, novv moyſt, novv drye, yea and in ſome daye al thies ſhal happen. ô quanta inclementia cæli. They that ſhall haue learning in phyſicke, novv let them haue cõpaſſion on the miſeries that is lyke to fall by ſicknes. Notvvithſtanding it is neceſſary to abſteine from exceſſe of meates and drinkes, banketing, vvatching, laſciuious chambering, vvhiche breede ravve and colde humors, and indigeſtid in the veines & hoole body, abſtain, or at the leaſt, vſe moderate eating of the frutes of this ſeaſon as apples, pears plumbes, cheries, for they make cacochymie and il iuyſe in the body, and vvyndines vvith colicke, and corrupte the meates if they be not eate firſt at meate. It is good in the beginning of this quarter to purge, vomit,

vomit, or let bloud, by thaduiſe of ſome learned Phyſition. Novve I vvill beginne briefly to touche the infirmities vvhiche ſhall reigne this yeare, beginning firſt vvith the contagius ſicknes of peſtilence.

¶ Of the Peſtilence, vvith the cauſe vverof it ſpring, and the order in this diſeaſe.

Onſidering that many as vvell in times paſte as in oure late dayes, haue aboundantly vvryten of this dreadful and perelous ſicknes: I nede to ſpeake litle of it. Yet ſeing al men ether can not reade them, or els vnderſtand them, I thought it mete to ſet it forth for all mens health: in ſo muche as all men

men ſhalbe in daunger of ſo cruell an enemy. And firſte, as touching the cauſe of it, there are diuers, one is the ſinnes and vvickednes of the people for vvhich God haue and do ſende the peſtilence for the revvard of ſynne. An other is taken of the ſterres and cõſtellation. Nam ortus & occaſus ſyderum, magnæ coniunctiones, luminum eclipſes, mutationes magnas in corporib. noſtris faciunt. The laſt is taken of the phyloſophers and phiſicians, vvhich is the inſpiration and dravving in of the peſtilentiall and corrupte aire, into the body ful of ravve humors, and ſuche as are apte to receiue corruption. The next vvay to preſerue the body from this infirmitie is to open a vayne or purge, to flee from the corrupt aire, to vſe abſtinence, moderat diet, exerciſe, alſo fleeng long

long ſleepe, of often eating and drinking vvhan as nature require it not this make the body preparid to the peſtilẽce. Alſo not to go abrode in the aire before the ſunne haue ſhevvid, & vvhã you go abrode in the aire, eate ſome electuary, or other alexipharmacũ faſtingas, Methridatum, treacle, bole armeni⁹, and ſuch like, vvering alſo ſome pomeãbers, vvell made to ſmell on, and not to eate meate and drinke in the morning, as ſom do, thinking therby to reſiſt the corrupt aire, but hovv ignorantly they do, I referre that to the iudgementes of ſuch as are lernyd in phiſicke. The ſignes hovve to knovve if thou art infecte vvith this ſicknes, is not to be takẽ of the vrine, for that do often deceiue the moſt expt therin, but thou ſhalt fele thy ſelf one other vnto much ſlepe, or els

els that thou canst eat in any case slepe vvith found imaginatiōs also pricking and tingling in the flesche, cold vvithout, but invvardly extreme hoat vvith drines, hedach, oftē vomiting, and heauy cheare vvithout a manifest cause. the cure of this sicknes is to open a vayne if the age of the pacient, strength, and time of the yeare agree hereto, nere to the place vvhere the svvelling apere (if ther be any) els in the part vvher he felith most grief, this ons being endid, geue thē this potiō to drinke.

℞. Of the rootes of tormentill, ditanie, gentian, betony, setvval, ofe-uery one. 3. dragmes, of Bole armenius, and terra sigillata, eche tvvoo dragmes, of myrrhe and aloes hepaticke one ounce, of saffron halfe a dragme, beate theis & make of thē a fine and subtil pouder, of vvhiche let

let the sicke take in Scabies or Turmentill vvater, halfe a dragme, and so being in bedde, he must be made to svveet. v. or. vi. houres according to the strength of the pacient. And in all the time of his svveet, let him nether sleepe, eate, nor drinke. After the svvet endyd, let him be dried vvith vvarme, and clene clothes. And if he desire to eate, giue him a litle broth made of a chickin, or suche like, but no great quantitie Let him keepe his chamber for certain daies after, and haue mery company, and musicke, vsing perfumes in his chamber vvith Mastecke, Myrrhe, Olibanº, Frākensence. etc.

If he haue any carbuncles, or sores, because the Surgians haue the dailie practise of it, I vvil omit it.

 Of the

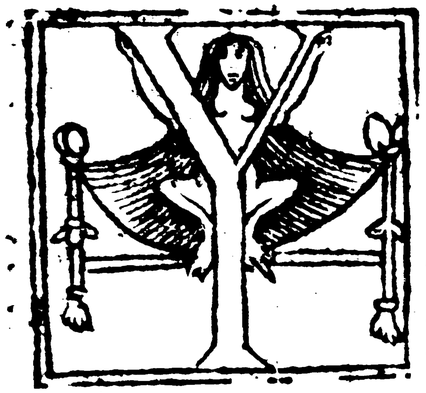
¶Of the burning Feuer.

Mytting all other kynde of Feuers, I vvill speake of the cauſon or burnyng Feuer, becauſe there is as great feare of it this year, as euer vvas the laſt tvvo yeares paſt: as vvell in Englande, as in our clymate, by certaine and ſondry conſtellations, in the Sommer ſeaſon. Therfore ſuche as are vexid vvith this burning feuer, before althinges let them be let bloud, yea ad animi ferè deliquiũ. Othervviſe the great heate vvill not be aſvvagid. Let them drinke priſanes, and could vvater, ſtrovving their chambers vvith vine leaues, bovves of vvillovve, colde herbes, and ſuche lyke. And giue them to drinke ſirope

rope of Violets, Roſes, Nenuphar, yea and if you vvil, bathing ſhall be very profitable. So that all the cure of this diſeaſe, dooe conſiſt in theis tvvo pointes, that is, in expelling the humor collerick abunding in the body, vvhiche is by lettinge bloud, vomyte, and ſvveating: and by extinguiſhing the great inflamatiõ of the liuer, vaines, arteries. etc. vvhiche is done by drinking colde vvater, ptiſanes, colde ſiropes, and Iulepes, before menſionid. This done being vvare of ſodain altering the body, thou ſhalt by gods helpe come to thy perfit health.

 Of the

¶ Of the Quartayne.



F the enemies of Astronomy vvil maintain their folish, and arrogāt opinions against hir, this vvare sufficient argument to ouerthrovve them, in that they do manifestly, se hovv the body of man is alterid, and troublid diuers vvayes, by the influence of the heauenly creatures (I meane the planets, and fixid sterres,) as among other the quartaine is one, vvhose forse I suppose, vvas not of longe time so generally knovven. Yea & the heauens shall giue suche vnsesonable vvether, that the humors rather shalbe more, and more subiect, to corruption: then to be alterid to the health of the body, so that the

the quartaine shall not avvay at the spring (as many suppose) but driue vntyl Sommer, et vix tunc finietur. therfor in the spring it shalbe good to purge melancholicke, and phlegmatick humors, yea and vnto strōg natures, to opē a vaine. They must absteyne from porke, biefe, salte meates, ravve frutes, gose, svvanne, crane, ducke, and all foules liuinge in maryshe placis. And vse meates light of concoction, vvith good vvine vvhight and pleasaunt, and finally all his diet must be, hovv to make his body, hoat and moyst.

And to flee thinges that are colde and drie, asvvel out vvardly as to be invvardly receiued.

¶Of the quotidian Ague.

Y mynde is rather to prescribe a good order of diet then a vvay of curation, in this and other agues vvhich do long molestе the body, because vvhere time do serue, there may be remedy and counsell sought at the learned, but for their cause I vvrite, vvhiche dvvell farre frō the maisters of Phyſick in cuntrey tovvnes, and villages. The quotidian do inuade such, as be grosse, cold, and slugishe. And the fitte continevv from the beginning to thende, xviii. houres. The diet must be extenuās, et incisoria. Vsing at the beginning, clysters, after vvhan the disease doe more increase, vse Oximell, and thinges to prouoke

prouoke vrine: as the roote of smalage, persely, fenell, flovverdeluce, and the. iiii. great seades vvhich are cold. &c. Also in this case it is good to vomite, and anointe the stomack fasting, vvith the oyle of vvormevvoode, mastick, or petroleum.

¶Of dysenteria or bloudy Flixe.

Ysenterie in Greke, may be namid in Lattine tormina, but vvith vs an exulceratiō of the bovvels. Of this disease there be foure sondry kindes, as Galene vvriteth. but I vvrighting to the vnlearned, vvil omitte them, mynding rather to make them vnderstande both it, and the remedies: then to make them cōning in Galens doctrine, although ther is nothing more better, or more

re nere in this case. The disease is manifest of it selfe. for vvhan in the stole you perceiue yelovvishe, or saffron color, oylishe, and fatte, or blody vvith fylmes (as it vvar perchement vvete: they cal it excoriation of the guttes) vvith invvarde griping, pricking, and extreme pain so that they cum, ad animi deliquiũ great heat, and maruelous drines. The vvaye to cure this sicknes, is first to giue him mylke hoat from the covv, or els boilid, for to drink, if so be he haue no ague. (But ifhe haue an ague, then it vvill corrupte in the stomacke, and make his ague the more vehemẽt.) Also you may giue him to eate boylid tenderlye, colevvortes, also plantayne, sorell, &c. vvith the yolkes of egges. Let his drinke be rayne vvater but not ronning out of leaden spoutes: and if you

if you can not haue pure rayne vvater, and holsome, then take of fountayne vvater of the rock, and dippe in it a gadde of stele red hoote, and let him drinke it: for it is meruailoussly comfortable vnto the stopping of the fluxe. Or if his stomack can not suffer vvater, you may giue him vvine vsid as you do the vvater aforelaid. So that al the scope of curing this malady is, per adstringentia, resiccãtia, vrinã mouentia. etc. medicines vvhiche in this case vve vse, are thies. The rootes of rosecãpine, holyoke, the leues of vvillovv revvpontick, sanguis draconis, terra sigillata, bolus armenius, mulberies, rayfine curnelles, the huske of a pomegranate, the shels offea crabbes, beatẽ in pouder. etc. But if light thinges helpe not, then vvith all spede seke the helpe of the learnyd maisters

maisters, of phisick. For I can not, nor any man, set forth all the particuler accidentes, that come in this sickenes, they be so variable, and therfore can not appointe any sure, and perfit remedie.

¶ Of the pluresy and the curation therof.

PLuresie, being Morbus per peracut' (and therfore moste daungerous of any other before rehearsid except the pestilence,) I thinke it mete, not litly to ouerpasse it, but also for thy vvelth sumvvhat to make mention of it. This infirmitie spring of muche and abountdant bloud, flovvyng to the ribbes, and ther inflammed. The signes of it are shortnes of breath, a sharpe, and

and hard pulse, a great pricking vnder the ribbes, vehement payne, vvith a continual ague: vvhiche although at the first he feele not, yet in the processe he shall (if the vehemy of the other, dooe not make it the more sufferable.) He must for the first. iii. daies vse only a ptisane, aftervvarde milke of almondes, or fine bread vvith the broth of a cock, or in the end of the sicknes, to drink vvater, in vvhich cinamome is boil lyd. And also eate skaled fyshes of cleane, and pure vvaters. The chefe practised remedy in this our time, is presently to let bloud, on that parte the payne is. Nam natura ibi molitur euacuationem. The vaines in this case, is the lyuer vayne, or vayne of the splene called lienaria, if at the seuenth daye he feale great anguyshe, and griefe, you must vse boxing

boxing vvith ſcarification, to ſucke ſanious bloud and matter. Alſo emplaſters made of dill, camomylle, roſecampine. &c. boylid: not neglecting oyntmentes to rype the thing, vvith medicines to cauſe him voyde by ſpitting, the aforſaid corruption. Such is diadragacanthes, diapenideon, paſtilli pectorales, ecligma de pulmone vulpis, glicirrhize, ſaccharum violatium, &c. VVhiche diuers make mention of, in the cure of this diſeaſe.

¶ Of the Revvmes and Catarrhus.

Catarrhus cum vvhã as the humour fall from the brayne, in to the mouthe, and iavves. This maye ſpryng of tvvo cauſis:

ſis: ether by heat, diſſoling the humors conteinid in the head: or els by coldenes, of vvhich at this time I vvill touche the curatiõ. Therfor it is very expedient, to auoyde all thinges vvhiche fill the head, vvith vapours, as to muche drynking of vvyne, bathing, and vvaſhinge the head, vvith ſlepyng after meate, & kembing the head alſo after meate, vvith great ſuppers, and late. Alſo onyons, garlycke, muſtard, radiſhe rotes: and al ravve herbes, and frutes, be augmenters of this miſchief. Therfor (abſtaining the thinges aboue mentionid) it ſhalbe profitable to anoynte the head vvith oyle of lylies, revve, dill, and almondes. Alſo you may by the aduiſe of ſom learnyd man, take ſome clyſter, or other potion, vvhiche do expel the hurtfull humor. You may moreouer,

ouer, make a tvvilte, and applie it to your head, vvith theis thingesfo lovving, made in pouder ℞. of the floures of betony, melilote,, and camomyll; the leaues of roses dried, laurel, penereal, and orage, of euery one halfe an handful, of cinamome, and cloues, one dragme: of nutmegs a dragme, and an halfe; of macis half a dragme: bring all thies in to pouder, and make of them a tvvilte, according to vse and art. It is also very good to purge the head by sternutation, and nesing, vvith the iuse of ofbeetes, or cole vvortes, loking to vvard the sonne, or such like thing. moreouer it is very pfitable to dry the brayne, vvith odoriferous bals, and pomeambres: and also vvith fumes made on the coles, holding his head ouer it fasting in the morning. You may in this case, vse mastick,

sticke, lignum aloes, galla moscata, frankensence, baye beries, amber, muske, rosemary, cloues, cinamome, &c. vvhich be very medicinable in this behalfe.

FINIS.

ANNO CHRISTI.

1559.

Mense Martij.