

# Spadacrene Anglica eBook

## Spadacrene Anglica

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# Page 1

## BIBLIOGRAPHY OF “SPADACRENE ANGLICA.”

1626.

First Edition.

1649.

“Spadacrene Anglica,” the English Spaw, or The Glory of Knaresborough. Springing from Several famous Fountaines there adjacent, called the Vitrioll, Sulphurous, and dropping Wells: and also other Minerall Waters. Their nature, Physical use, Situation and many admirable Cures being exactly exprest in the subsequent Treatise of the learned Dr. Dean and the sedulous observations of the ingenious Michael Stanhope, Esquire. Wherein it is proved by Reason and Experience, that the Vitrioline Fountain is equall (and not inferior) to the Germaine Spaw. Aris[t]on men udor. Published (with other additions) by John Taylor, Apothecary in York, and there printed by Tho: Broad, *etc.*, 1649.

The important and felicitous letter of dedication in the first edition is discarded, and one of Taylor’s own composition, of a very different character is substituted for it. In it occurs the following, which is of bibliographical interest: “The importunate desire of my friends has forced me to reprint this little Treatise of Dr. Dean’s Spadacrene Anglica, which the vacillation of these distracted and ruinous times had almost lost and obliterated. To this of Dr. Dean’s I have added the Observations of Michael Stanhope, Esquire, which I have excerpted forth of his two books of the Spaw.”

1654.

“Spadacrene Anglica,” *etc.*, York, printed by Tho: Broad, *etc.*, 1654. The title is the same as the 1649 reprint, except for the fact that Taylor’s name does not appear on it. His dedication is also omitted.

1734.

Thomas Short, M.D., “The Natural, Experimental and Medicinal History of Mineral Waters.”

In this volume, there are summaries of Deane’s “Spadacrene Anglica”: Stanhope’s “Cures without Care”: and French’s “The Yorkshire Spaw,” *etc.*

1736.

“Spadacrene Anglica, or The English Spaw.” Being An Account of the Situation, Nature, Physical Use, and admirable Cures, performed by the Waters of Harrogate, and Parts



adjacent. By the late learned and eminent Physician, Dr. Dean of York, and also the Observations of the ingenious Dr. Stanhope. Wherein it is proved by Reason and Experience the vitrioline Fountain is equal to the German Spaw. To which are added Some Observations (Collected from modern Authors) of the Nature, Vertues and Manner of Using the Sweet and Sulphur Waters at Harrogate, Leeds, *etc.*, 1736.

1921.

The present edition, reprinted from the 1626 edition.

\* \* \* \* \*

[Footnote 1: "Encyclopaedia Britannica," 11th ed., 1910-11, vol. xiii, page 27.]

[Footnote 2: J. Aikin, "Biographical Memoirs of Medicine in Great Britain from the Revival of Literature to the time of Harvey," 1780. Wm. MacMichael, "Lives of British Physicians," 1830. T.J. Pettigrew, "Medical Portrait Gallery," 1838. G.T. Bettany, "Eminent Doctors, their Lives and their Works," 1885.]



## Page 2

[Footnote 3: Watson, J., "The History and Antiquities of the Parish of Halifax in Yorkshire," 1775.]

[Footnote 4: "The Register of Halifax," Part 1, 1910, page 205.]

[Footnote 5: "The Register of Halifax," Part 2, 1914, page 253, The Yorkshire Parish Register Society.]

[Footnote 6: Anthony A. Wood, "Athenae Oxoniensis," ed. Bliss, vol. ii, page 660. "Alumni Oxoniensis," arranged by Joseph Foster. Vol. 1, 1500-1714.]

[Footnote 7: Camidge, Wm., "Ye Olde Streete of Pavement," York, c. 1893.]

[Footnote 8: Davies, R., "Walks through the City of York," 1880, page 247.]

[Footnote 9: cf. "Spadacrene Anglica," page 125.]

[Footnote 10: "Spadacrene Anglica," page 92.]

[Footnote 11: "Pedigrees of the County Families of Yorkshire," Joseph Foster, 1874, Vol. 1 (West Riding).]

[Footnote 12: E. Hargrove, "The History of the Castle, Town, and Forest of Knaresbrough, with Harrogate and its medicinal Springs." 2nd. ed., 1775, page 45. I have not seen the 1769 ed.]

[Footnote 13: Thomas Short, M.D. "The Natural Experimental and Medicinal History of the Mineral Waters, etc." 1734, page 238.]

[Footnote 14: Grainge, W., "Memoir of the Life of Sir Wm. Slingsby." 1862. Page 16.]

[Footnote 15: "Athenae Oxoniensis," ed. by P. Bliss, 1815, vol. 2, 174, footnote by Rev. Joseph Hunter. Dictionary of Nat. Biography, 1886, vol. VI. "Dr. Timothy Bright, Some Troubles of an Elizabethan Rector," by Rev. H. Armstrong Hall, 1905, in vol. xv; and "The History of the Parish of Barwick in Elmet," by F.S. Colman, M.A., Rector, 1908, in vol. xvii of the Publications of the Thoresby Society. "William Shakespeare and Timothy Bright," by M. Levy, 1910. "Timothe Bright, Doctor of Physicke, A Memoir of the Father of Shorthand," 1911, by W.J. Carlton. His Will is published in "Yorkshire Archaeological Journal," 1902, vol 17.]

[Footnote 16: "A Treatise: wherein is declared the sufficiencie of English Medicines for the cure of all diseases cured with medicine," T.B. 1580.

"Hygieina, id est de sanitate tuenda, Medicinae Pars prima." 1581.



“Medicinae Therapeutiae pars: de dyscrasia corporis humani.” 1583.

“Therapeutica, hoc est de sanitate restituenda. Medicinae Pars altera.”

“In Physimam G.A. Scribonii Animadversiones.” 1584.

“A Treatise of Melancholie. Containing the causes thereof, & reasons of the strange effects it worketh in our mindes and bodies, with the phisicke, cure, and spirituall consolation for such as have therto adjoyned an afflicted conscience, *etc.*” 1586.

“Characterie, an Arte of shorte, swifte and secrete Writing by Character. Invented by Timothe Bright, Doctor of Physike.” 1588.

“An Abridgement of the Book of Acts and Monumentes of the Church.” 1589. Better known as “Foxe’s Book of the Martyrs.”]



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[Footnote 17: E. Hargrove, "The History of Knaresbrough." 2nd ed., 1775, page 45.]

[Footnote 18: W. Wheatear, "A Guide to and History of Harrogate," 1890, page 58.]

[Footnote 19: Thomas Short, M.D., "History of Mineral Water," 1734, page 243.]

[Illustration: *Tuewhit well the English Spaw fountain 1571*]

[Illustration: Original title page of Deane's manuscript.]

Spadacrene Anglica.

## OR, THE ENGLISH SPAWFOVNTAINE.

Being *A briefe treatise* of the acide, or tart Fountaine in the Forest of *Knaresborow*, in the West-Riding of *Yorkshire*.

As also a Relation of other medicinall Waters in the said Forest.

BY *Edmund Deane*, D<sup>r</sup>. in Physicke, *Oxon*. dwelling in the City of *YORKE*.

*LONDON*, Printed for *John Grismand*: and are to be sold by *Richard Foster*, neere the Minster-gate in *Yorke*. 1626.

## THE EPISTLE

TO

THE PHYSITIANS OF *YORKE*.

*Though it was my fortune first of all to set a new edge on this businesse; yet my journeyes to this Fountaine have not been made without your good companies and association, nor the severall tryals had there, and at home, performed without your worthy helpes and assistance; nor this little Treatise begun without your instigations and incitements. Therefore I find none so fit and meet to patronize it, as your selves: being able out of your owne knowledge and observation to defend it against all malicious detractions. To extoll it above the\_ Germaine Spaw, may be thought in me either indiscretion, or too much partiality; but why I may not parallele them (being in natures and qualities so agreeable) nor I, nor you (I suppose) know any inducing, much lesse perswading argument. Wherefore being thus confident, I thought it no part of our duties, either to God, our King, or Country, to conceale so great a benefit, as may thereby arise and accrue not onely unto this whole Kingdome and his Majesties loving subjects, but also in time (after further notice taken of it) to other foraigne nations and*



*countries, who may perhaps with more benefit, lesse hazard and danger of their lives, spoiling and robbing, better partake of this our English Spaw Fountaine, then of those in Germanie.*

*It were to be wished, that those two famous Physitians, Dr. Hunton and Dr. Bright had beene yet living, to have given testimony of the great good hopes and expectation they conceived of it. The former of which did oftentimes request me to publish it to the world: and the other was resolved (in case hee had longer lived) to have done it himselfe. So carefull were they both to promote their countries good, and studious to procure the health of their Countrymen.*



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*I am as briefe and plaine, as possibly I may, to the end the Reader may not be wearied, nor the patient deluded; and, if for these causes I may seem to bee censured, yet I am well assured, that to your selves brevity and perspicuity cannot, but bee acceptable. So wishing you all happinesse, I shall ever rest and remaine*

From my house in *Yorke*, this 20th. of April, 1626.

Your assured friend,  
*Edm; Deane.*

The English Spaw.

\* \* \* \* \*

### CHAP. 1.

\_ =Of the situation of the Towne of\_ *Knaresborow.* =

*Gnaresbrugh* (commonly called *Knaresborow*) is a very ancient Market towne in the West-Riding of *Yorkeshire*, distant 14 miles from the City of *Yorke*; where the Pole is elevated 54 degrees, and 20 odde minutes. On the South-west part thereof is that faire, and goodly Fort, so much renowned, both for the pleasant situation, and remarkable strength, knowne by the name of *Knaresborow Castle*, seated on a most ragged and rough Rock; whence (as learned Mr. *Camden* saith) it is so named.

Both the Castle and the Towne are fenced on the South and West parts with the River *Nid*: which is beautified here with two faire Bridges of stone, which lead from the Towne into the Forest adjoining, as also unto a large empaled Park of his Majesties, called *Bilton-parke*, well stored with fallow Deere: part whereof is bordered with the said river.

The Towne it selfe standeth on a hill, having almost on every side an ascent to it; and about it are divers fruitfull valleyes well replenished with grasse, corne, and wood. The waters there are wholesome and cleare; the ayre dry and pure. In briefe, there is nothing wanting, that may fitly serve for a good and commodious habitation, and the content and entertainment of strangers.

Many things are very observable in this place, which because they rather do appertaine to the volumes of Geographers, & Antiquaries, then to the purpose intended in this little treatise, are here omitted.

### CHAP. 2.

\_ =Of the severall earths, stones, and mineralls found neere and about this place.= \_



Although there are in sundry places of this Kingdome as many, or moe severall kinds, and sorts of earths quarreyes of stone, minerals, and mines of mettalls, then in any other Realme whatsoever; notwithstanding no one place hath beene observed to have them either in such plentie, or variety in so small a distance, as this. For here is found not onely white and yellow marle, plaister, oker, rudd, or rubricke, free-stone, an hard greet-stone, a soft reddish stone, iron-stone, brimstone, vitreall, nitre, allum, lead, copper, (and without doubt diverse mixtures of these) but also many other mineralls might (perhaps) be found out by the diligent search and skilfull industrie of those, who would take paines to labour a little herein.



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All which do manifestly demonstrate, that nature hath stored this little territorie with a greater diversitie of hidden benefits, then great and spacious Countries otherwise abounding in outward native commodities, and that the fountaines, or springs of water hereabouts cannot otherwise then participate of their severall natures, and properties.

CHAP. 3.

\_ =Of the fountaines, of pure and simple waters neere, and about the Towne.= \_

As generally most parts of the West Riding of *Yorkshire* (especially the hilly and more mountaineous places thereof) are stored with fountaines and springs of cleare, limpide, and pure simple waters; so likewise the territorie hereabouts is not without plenty of them. Two whereof have gotten and purchased that reputation, as to be sainted: The one called by the name of Saint *Magnus*, or *Mugnus-Well*: th' other, that of Saint *Roberts*.

These, formerly for a yeere, or two, have beene in great request in these parts amongst the common sort, much sought unto by many, and great concourse of people have daily gathered and flocked to them both neere, and a farre off, as is most commonly seene, when any new thing is first found out. *Fama enim grescit eundo*, even unto incredible wonders and miracles, or rather fictions, and lyes. All which commeth to passe as wee may well suppose, through our overmuch English credulity, or (as I may better say) rather superstition. For to any such like Well, will swarme at first both yong and old (especially the female sexe, as ever more apt to bee deluded) halt, lame, blind, deafe, dumbe, yea, almost all, and that for all manner of maladies and diseases, both inward and outward.

But for as much, as these are springs of pure, and simple waters meere, without any mixture at all of minerals to make them become medicinable, it is verily thought, that the many & severall cures, which have bin attributed unto them in those times, when they were so frequented, were rather fained, and imaginary, then true, and reall; and that those, who then visited them, were desirous (either to uphold, and maintaine the credit, and reputation of their Saints, or else, to avoyd the scorne and derision of their owne delusion) to have others likewise deceived.

Time hath quite worne all their strength, and consumed all their vertues; so that nothing of worth now remaines with them, saving onely their bare names and titles: *Sic magna sua mole ruunt*.

Wherefore to omit these, as scarce worthy the mentioning; those are chiefly here to be described, which doe participate of minerall vertues, and faculties.

CHAP. 4.



\_ =Of five fountaines neare unto the town, which doe participate of minerall vertues. =\_

Out of the divers Fountaines springing hereabouts, five are worthy the observation of Physitians. The first whereof is very neare unto the river banke, over against the Castle, called by the name of the *Dropping-well*, for that it droppeth, distilleth, and trickleth downe from the hanging rocke above. The water whereof hath a certaine quality or property to turne any thing, that lieth in it, into a stony substance in a very short space.



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Three of the others (being all of them much of one, and the same nature) are termed by the country people thereabouts the *Stinking-wels*, in regard they have an ill, and fetide smell, consisting most of Sulphure-vive, or quicke brimstone. One of them, and that which hath the greatest current, or streame of water, is in *Bilton park*.

The other two are in the sayd Forest; one is neare unto the towne; the other is further off, almost two miles from it, beyond a place called *Haregate head*, in a bottome on the right hand of it, as you goe, and almost in the side of a little brooke.

The fift, and last (for which I have principally undertaken to write this short Discourse) is an acide, or tart fountaine in the said Forest, commonly named by the vulgar sort, *Tuewhit-well*, and the *English Spaw*, by those of the better rank, in imitation of those two most famous acide fountaines at the *Spaw* in *Germany*, to wit, *Sauvenir*, and *Pouhon*: whereof the first (being the prime one) is halfe a league from the *Spa*, or *Spaw* village; the other is in the middle of the towne.

### CHAP. 5.

\_=A more particular recitall of the first foure Wells.=\_

I purpose to speake somewhat more in this place of the first foure Springs mentioned in the former Chapter, in regard the consideration of them may perhaps give some light to those, who shall hereafter search further into the secrets, which nature may seeme to afford in the Country hereabouts.

The first is the *Dropping-well*, knowne almost to all, who have travelled unto this place. The water whereof distilleth and trickleth downe from the hanging Rocke over it, not onely dropping wise, but also falling in many pretty little streames.

This water issueth at first out of the earth, not farre from the said hanging rocke, and running a while in one entire current, continueth so, till it commeth almost to the brim of the cragg; where being opposed by a damme (as it were artificiall) of certaine spongy stones, is afterwards divided into many smaller branches, and falleth from on high in manner aforesaid.

It is therefore very likely, that Mr. *Camden* in person did not see this Fountaine, but rather that hee had it by relation from others; or at least wise (if he did see it) that hee did not marke, and duly observe the originall springing up of the water, when in his *Britannia* he saith thus: *The waters thereof spring not up out of the veines of the earth, &c.*

Concerning the properties and qualities thereof, I have nothing more to write at this time (there being formerly little tryall had of it) saving that divers inhabitants thereabouts say,



and affirme, that it hath beene found to bee very effectuall in staying any flux of the body: which thing I easily beleeeve.

The other three are sulphureous fountaines, and cast forth a stinking smell a farre off, especially in the winter season, and when the weather is coldest. They are all noysome to smell to, and cold to touch, without any manifest, or actuall heat at all; by reason (as may most probably be thought) their mynes, and veines of brimstone, are not kindled under the earth; being (perhaps) hindred by the mixture of salt therewith.



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Those, who drinke of their waters, relate, they verily thinke there is gunpowder in them, and that now and then they vomit after drinking thereof.

The waters, as they runne along the earth, doe leave behind them on the grasse and leaves a gray slimy substance, which being set on fire, hath the right savour of common brimstone. They are much haunted with Pigeons, an argument of much salt in them; of which in the evaporation of the water by fire, wee found a good quantity remaining in the bottome of the vessell.

One thing further was worth observation; that white mettall (as silver) dipped into them, presently seemeth to resemble copper: which we first noted by putting a silver porrenger into one of these; unto which *Sir Francis Trapps* did first bring us. Which tincture these waters give by reason of their sulphur.

Touching their vertues, and effects, there may in generall the like properties be ascribed unto them, as are attributed unto other sulphureous Bathes actually cold, participating also of salt.

The vulgar sort drinke these waters (as they say) to expell reefe, and fellon; yea, many, who are much troubled with itches, scabs, morphewes, tetter, ring-wormes, and the like, are soone holpen, and cured by washing the parts ill affected therewith. Which thing they might much more conveniently, and more commodiously doe, if at that in *Bilton* parke were framed 2 capacious Bathes, the one cold, the other to be made hot, or warme, by art, for certaine knowne howers a day.

CHAP. 6.

\_ =A more particular description of the fift, or last fountaine, called the\_ English Spaw.=

This, being the principall subject of this whole Treatise, is in the said forest, about halfe a league, or a mile and a halfe west from the towne; from whence there is almost a continuall rising to it, but nothing so great, as the ascent is from the *Spaw* village to the *Sauvenir*. This here springeth out of a mountainous ground, and almost at the height of the ascent, at *Haregate-head*; having a great descent on both sides the ridge thereof; and the Country thereabouts somewhat resembleth that at the *Spaw* in *Germany*.

The first discoverer of it to have any medicinall quality (so far forth as I can learn) was one Mr. *William Slingsby*, a Gentleman of many good parts, of an ancient, and worthy Family neere thereby; who having travelled in his younger time, was throughly acquainted with the taste, use, and faculties of the two Spaw fountains.

In his latter time, about 55 yeeres agoe it was his good fortune to live for a little while at a grange house very neare to this fountaine, and afterwards in *Bilton Parke* all his life long. Who drinking of this water, found it in all things to agree with those at the *Spaw*.

Whereupon (greatly rejoycing at so good and fortunate an accident) he made some further triall and assay: That done,



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he caused the fountaine to be well, and artificially walled about, and paved at the bottome (as it is now at this day) with two faire stone flags, with a fit hole in the side thereof, for the free passage of the water through a little guttered stone. It is open at the top, and walled somewhat higher, then the earth, as well to keepe out filth, as Cattle for comming and approaching to it. It is foure-square, three foot wide, and the water within is about three quarters of a yard deepe.

First we caused it to be laded dry, as well to scoure it, as also to see the rising up of the water, which we found to spring up onely at the bottome at the chinke or cranny, betweene two stones, so left purposely for the springing up of the water at the bottome: Which as *Pliny* observeth in his 31 booke of his Naturall History and the third Chapter, is a signe above all of the goodnesse of a fountaine.

“And above all (saith he,) one thing would bee observed, and seene unto, that the source, which feedeth it, spring and boyle up directly from the bottome, and not issue forth at the sides: which also is a maine point that concerneth the perpetuity thereof, and whereby wee may collect, that it will hold still, and be never drawne drye.”

The streame of water, which passeth away by the hole in the side thereof, is much one, and about the proportion of the current of the *Sauvenir*.

The above named Gentleman did drinke the water of this Fountaine every yeare after all his life time, for helping his infirmities, and maintaining of his health, and would oftentimes say and averre, that it was much better, and did excell the tart fountains beyond the seas, as being more quicke and lively, and fuller of minerall spirits; effecting his operation more speedily, and sooner passing through the body.

Moreover Doctor *Timothy Bright* of happy memory, a learned Physitian, (while hee lived, my very kind friend, and familiar acquaintance) first gave the name of the *English Spaw* unto this Fountaine about thirty yeares since, or more. For he also formerly had spent some time at the *Spaw* in *Germany*; so that he was very able to compare those with this of ours. Nay, hee had futhermore so good an opinion, and so high a conceit of this, that hee did not onely direct, and advise others to it, but himselfe also (for most part) would use it in the Sommer season.

Likewise Doctor *Anthony Hunton* lately of *Newarke* upon *Trent*, a Physitian of no lesse worth and happy memory, (to whom for his true love to mee, and kind respect of mee, I was very much beholden) would often expostulate with mee at our meetings, and with other Gentlemen of *Yorkeshire*, his patients, how it came to passe, that I, and the Physitians of *Yorke*, did not by publike writing make the fame and worth thereof better knowne to the world?



CHAP. 7.

=Of the difference of this Fountaine from those at the\_ Spaw, *to wit*, Sauvenir, and Pouhon.=

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This springeth almost at the top of the ascent (as formerly hath beene said) from a dry, and somewhat sandy earth: The water whereof running South-East, is very cleare, pure, full of life, and minerall exhalations.

We find it chiefly to consist of a vitrioline nature and quality, with a participation also of those other minerals, which are said to be in the *Sauvenir* fontaine; but in a more perfect, and exquisite mixture and temper (as wee deeme) and therefore to be supposed better and nobler, then it. The difference betweene them will be found to be onely *secundum majus & minus*, that is, according to more, or lesse, which maketh no difference in kind, but in degrees. This partaketh in greater measure of the qualities, and lesser of the substances of the minerals, then that doth; and for that cause it is of a more quicke and speedy operation; as also for the same reason, his tenuity of body, and fulnesse of minerall spirits therein contained, it cannot be so farre transported from its owne source, and spring, without losse, and diminution of his strength, and goodnesse. For being caried no further, then to the towne it selfe (though the glasse or vessell be closely stopt) it becommeth somewhat weaker: if as farre as to *Yorke*, much more: but if 20 or 30 miles further, it will then bee found to be of small force, or validity, as we have often observed.

Whereas contrariwise the water of the lower fontaine at the *Spaw*, called *Pouhon*, is frequently and usually caried and conveyed into other Countries farre off, and remote, as into *France, England, Scotland, Ireland*, divers parts of *Germany*, and some parts of *Italy*; yea, and that of *Sauvenir*, (which is the better fontaine, and whose water cannot be caried so farre away, as the other may) is oftentimes used nowadayes at *Paris*, the chiefe City of *France*.

But this of ours cannot be sent away any whit so farre off without losse and decay of his efficacy, and vertue; so ayrie, subtile, and piercing are its spirits, and minerall exhalations, that they soone passe, vanish, and flye away. Which thing wee have esteemed to be a principall good signe of the worthy properties of this rare Fontaine. So that this water, being newly taken up at the Well, and presently after drunke, cannot otherwise, but sooner passe by the Hypochondries and through the body, and cause a speedier effect, then those in *Germany* can. Whereby any one may easily collect, and gather, that this getteth his soveraign faculties better in its passage by and through the variety of minerals, included in the earth (which only afford unto it an halitious body) then those doe.

If then wee bee desirous to have this of ours become commodious either for preserving of our healths, or for altering any distemper, or curing any infirmity (for which it is proper and availeable) it ought chiefly to bee taken at the fontaine it selfe, before the minerall spirits bee dissipated.



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CHAP. 8.

\_ =That Vitriol is here more predominant, then any other minerall. = \_

We have sufficiently beene satisfied by experience and trialls, through what minerals this water doth passe: but to know in what proportion they are exactly mixed therewith, it is beyond humane invention to find out; nature having reserved this secret to her selfe alone. Neverthelesse it may very well be conjectured, that as in the frame, and composition of the most noble creature, Man (the lesser world) there is a temper of the foure elements rather *ad justitiam* (as Philosophers say) then *ad pondus*; so nature in the mixture of these minerals, hath likewise taken more of some, and lesse of others, as shee thought to be most fit, and expedient for the good and behoofe of mans health, and the recovery and restitution of it decayed; being indeed such a worke, as no Art is able to imitate.

That *Vitriolum* (otherwise called *Chalcanthum*) is here most predominant, there needs no other prooffe, then from the assay of the water it selfe; which both in the tart and inky smack thereof, joyned with a piercing and a pricking quality, and in the savour (which is somewhat a little vitrioline,) is altogether like unto the ancient *Spaw* waters; which according to the consent of all those, who have considered their naturall compositions, doe most of all, and chiefly participate of vitrioll.

Notwithstanding, for a more manifest, and fuller tryall hereof, put as much powder of galls, as will lye on two-pence, or three-pence, into a glasse full of this water newly taken up at the fountaine, you shall see it by and by turned into the right and perfect colour of Claret wine, that is fully ripe, cleare, and well fined, which may easily deceive the eye of the skilfullest Vintner.

This demonstration hath beene often made, not without the admiration of those, who first did see it. For the same quantity of galls mingled with so much common water, or any other fountaine water thereabouts, will not alter it any thing at all; unlesse to these you also adde Vitrioll, and then the colour will appeare to be of a blewish violet, somewhat inkish, not reddish, as in the former, which hath an exquisite and accurate conjunction of other minerall exhalations, besides the vitrioline. But this probation will not hold, if so be you make triall with the said water being caried farre from the well; by reason of the present dissipation of his spirits.

CHAP. 9.

\_ =Of the properties, and effects of Vitrioll, according to the ancient and moderne Writers. = \_

The qualities of Vitrioll, according to *Dioscorides*, *Galen*, *AEtius*, *Paulus Aegineta*, and *Oribasius*, are to heate and dry, to bind, to resist putrefaction, to give strength and



vigour to the interiour parts, to kill the flat wormes of the belly, to remedy venemous mushromes, to preserve flesh over moyst from corruption, consuming the moysture thereof by its heat, and constipating by his astriction the substance of it, and pressing forth the serous humidity.



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And according to *Matthiolus* in his Commentaries upon *Dioscorides*, it is very profitable against the plague and pestilence, and the chymicall oyle thereof is very availeable (as himselfe affirmeth to have sufficiently proved) against the stone and stopping of urine, and many other outward maladies and diseases, (*Andernaeus* and *Gesner* adde to these the Apoplexy) all which, for avoyding of prolixity, I doe here purposely omit.

Neither will I further trouble the Reader with the recitall of divers and sundry excellent remedies, and medicines, found out and made of it in these latter times, by the Spagyricke Physitians, and others: In so much that *Joseph Quercetanus*, one of those, is verily of opinion, that out of this one individuall minerall, well and exquisitely prepared, there might be made all manner of remedies and medicines sufficient for the storing and furnishing of a whole Apothecaries shop.

But it will (perhaps) be objected by some one or other in this manner: If vitrioll, which as most doe hold, is hote and dry in the third degree, or beginning of the fourth, nay, of a causticke quality, and nature (as *Discorides* is of opinion) should here be predominant, then the water of this fountaine must needs bee of great heat and acrimony; and so become not onely unprofitable, but also very hurtfull for mans use to be drunke, or inwardly taken.

To which objection (not to take any advantage of the answer, which many learned Physitians doe give, *viz.* that vitrioll is not hot, but cold) I say:

First, that although all medicinall waters doe participate of those mineralls, by which they doe passe, yet they have them but weakly (*viribus refractis*) especially when in their passages they touch, and meet with divers others minerals of opposite tempers and natures.

Secondly I answer, that in all such medicinall fountaines, as this, simple water doth farre surpasse and exceed in quantity, whatsoever is therewith intermixed; by whose coldnesse it commeth to passe, that the contrary is scarce, or hardly perceived. For example, take one proportion of any boyling liquor to 100. or more, of the same cold, and you will hardly find in it any heat at all. Suppose then vitrioll to be hot in the third degree, it doth not therefore follow, that the water, which hath his vertue chiefly from it, should heat in the same degree. This is plainly manifest not onely in this fountaine, but also in all others, which have an acide taste, being indeed rather cold, then hot, for the reasons above mentioned.

CHAP. 10.

\_ =Of the effects, which this fountaine worketh, and produceth in those who drinke of it.=\_



Experience sheweth sufficiently, besides reason, that this water first, and in the beginning cooleth such, as use it: But being continued it heateth and dryeth; and this for the most part it doth in all, yet not alwayes. For (as we shall more fully declare afterwards) it effecteth cures of opposite, and quite contrary natures, by the second and third qualities, wherewith it is endowed, curing diseases both hot, cold, dry, and moist.



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Those waters (saith *Renodaeus*) which are replenished with a vitrioline quality, as those at the *Spaw*, doe presently heale, and (as it were) miraculously cure diseases, which are without all hope of recovery; having that notable power, and faculty from vitrioll; by the vertue and efficacy whereof, they passe through the meanders, turnings, and windings of all parts of the whole body. Whatsoever is hurtfull, or endammageth it, that they sweepe and carie away: what is profitable and commodious, they touch not, nor hurt; that, which is flaccid, and loose, they bind and fasten: that, which is fastened, and strictly tyed, they loose: what is too grosse and thicke, they incide, dissolve, attenuate, and expell.

More particularly, the water of this fountaine hath an incisive and abstersive faculty to cut, and loosen the viscous and clammy humours of the body, and to make meable the grosse: as also by its piercing and penetrating power, subtilty of parts, and by his deterging and desiccative qualities to open all the obstructions, or oppilations of the mesentery (from whence the seeds of most diseases doe arise and spring) liver, splen, kidneis, and other interiour parts, and (which is more to be noted and observed) to coole and contemperate their unnaturall heat, helping, and removing also all the griefes and infirmities depending thereupon.

Besides all this, it comforteth the stomacke by the astriction it hath from other minerals, especially iron, so that (without doubt) of a thousand, who shall use it discreetly and with good advice (their bodies first being well and orderly prepared by some learned and skilfull Physitian, according to the states thereof, and as their infirmities shall require) there will scarcely be any one found who shall not receive great profit thereby.

Moreover, it clenseth, and purifieth the whole masse of blood contained in the veynes, by purging it from the seresity peccant, and from cholericke, phlegmaticke, and melancholike humours; and that principally by urine, which passeth through the body very cleare, and in great quantity, leaving behind it the minerall forces, and vertues.

Their stooles, who drinke of it, are commonly of a blackish, or dark greene colour, partly because it emptieth the liver and splen from adult humours, and melancholy, or the sediment of blood: but more especially, because the mineralls intermixed doe produce and give such a tincture.

CHAP. 11.

\_=In what diseases the water of this Fountaine is most usefull and beneficiall.=\_

Over and besides the peculiar and specificall faculties, which this fountaine hath, it sheweth divers and sundry other manifest effects and qualities in evacuating the noxious humours of the body, for most part by urine especially when there is any obstruction about the kidneyes, ureters and bladder: Or by urine and stoole both, if the mesentery, liver, or splen, chance to bee obstructed. But, if the affect or griefe be in the

matrix or womb, then it clenseth that way according to the accustomed and usuall manner of women.



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In melancholike people it purgeth by provoking the haemorrhoides, and in cholericke by siege, or stoole. If it causeth either vomit or sweat, it is very seldome and rare.

See here a most admirable worke guided by the omnipotency and wisdom of the Almighty, that a naturall, cleare, and pure water, should produce so many and severall effects and operations, being all of them in a manner contrary one to another, which few medicines composed by art can easily performe without hurt and damage to the party. Wherefore being drunke with those cautions and circumstances necessarily required thereunto, it is to be preferred before many other remedies, as not onely procuring these evacuations; but also (which is more to be noted) staying them, when they grow to any excesse. For seeing that here are minerals contained both hot, cold, dry, aperitive, astringent, &c. there is none so simple but must needs thinke and grant, that it cannot otherwise bee but good and wholesome in grievances, and diseases, which in their owne natures are opposite.

But I may instance in some few, for which it is good and profitable, and therein observe some order and methode; It dryeth the over moist braine, and helpeth the evils proceeding therefrom, as rhumes, catarrhs, palsies, cramps, &c.

It is also good and availeable against inveterate headaches, migrims, turnings, and swimmings of the head and braine, dizzinesse, epilepsie, or falling sicknesse, and the like cold and moist diseases of the head.

It cheereth and reviveth the spirits, strengtheneth the stomacke, causeth a good and quicke appetite, and furthereth digestion.

It helpeth the blacke and yellow Jaundisse, and the evill, which is accompanied with strange feare and excessive sadnesse without any evident occasion, or necessary cause, called *Melancholia Hypochondriaca*. Likewise the cachexy, or evill habit of the body, and the dropsie in the beginning thereof, before it be too farre gone. For besides that it openeth obstructions, it expelleth the redundant water contained in the belly, and contemperateth the unnaturall heat of the liver.

It cooleth the kidneyes or reynes, and driveth forth sand, gravell, and stones out of them, and also hindreth the encrease or breeding of any new, by the concretion, and saudering of gravell, bred of a viscous and clammy humour, or substance. The same it performeth to the bladder, for which it is also very beneficiall, if it chance to have any evill disposition either in the cavity thereof, or in the necke of it, and shutting muscle called *Sphincter*, whereby the whole part or member is let and hindred in his office and function.

Moreover, if there chance to be any ulcer in the parts last specified, or any sore, or fistula in *perinaeo* through an impostume ill cured, this water is a good remedy for it, in regard of its clensing, cicatrizing and constringing power, and vertue; and for that cause

it is very proper and commodious for the acrimony and sharpnesse of urine, and against the stopping and suppression of urine, difficulty of making water, and the strangury.



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Although it is very available against the stone in the kidneys, and against the breeding, and increase of any new there; yea, and against little ones, that are loose in the bladder; yet notwithstanding it will afford little or small benefit to those, in whom it is grown to be very great and big in the bladder: Because nothing will then serve to break it, as *Brassavolus* saith, but a Smiths anvil and hammer. Nevertheless, if in this case incision be used, it will be very commodious both for mundifying and consolidating the wound, made for the extraction of it.

It shall not be needfull to speake much of the profit, which will ensue by the fit administration of it in the inveterat venereous Gonorrhoea, causing it to cease and stay totally, and correcting the distemper, and the evill ulcerous disposition of the seed vessels, & the vicine parts.

There are very few infirmities properly incident to women, which this water may not seeme to respect much. The use whereof, after the advice and councell had of the learned Physitian, for the well and orderly preparing their bodies, is singular good against the greene sicknesse, and also very commodious and behoovefull to procure their monthly evacuations, as also to stay their over much flowing; as well to correct, as to stay their white floods; as well to dry the wombe being too moist, as to heat it being too cold, through which causes and distempers conception (for the most part) is let and hindered in cold Northerne Countries, as *England*, and the like. For by the helpe of it these distempers are changed and altered, the superfluous humidities and mucosities are taken away, the part is corroborated, and the retentive vertue is strengthened.

This hath beene so much, and so often observed at the ancient *Spaw*, that it cannot otherwise, but be also verified at this in aftertimes, when it shall be frequented (as those have beene) with the company of Ladyes, and Gentlewomen: Divers whereof, having beene formerly barren for the space of ten, twelve yeares, or moe, and drinking of those waters for curing and helping some other infirmities, then for want of fruitfulness, have shortly conceived after their returne home to their husbands, beyond their hopes and expectations.

Besides all this, it is good for these women, who, though otherwise apt enough to conceive, yet by reason of the too much lubricity of their wombes, are prone to miscarry and abort, if before conception they shall use it with those cautions and directions requisite.

Also it respecteth very much the hard scirrhus and cancarous tumours, and the grievous soares, and dangerous ulcers of the matrix. All these excellent helpes and many moe it performeth to women with more speedy successe, if it be also received by injection. But here by the way, all such women, who are with child, are to be admonished, that they forbear to use it during that time.



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In children it killeth and expelleth the wormes of the guts and belly, and letteth and hindreth the breeding and new encrease of any moe.

I will here forbear to write any thing of the benefits which it affordeth against old and inveterate itches, morphewes, leprosiess, &c. in regard the other three sulphurous fountaines, before mentioned, doe more properly respect such like grievances. Neither will I now spend any more time in shewing what vertues it hath in the cure of the Indian, commonly called the French, or rather Spanish disease: because experience hath found out a more certaine and sure remedy against it.

CHAP. 12.

\_ =Of the necessity of preparing the body before the use of this water. = \_

It is not in most things the bare and naked knowledge or contemplation of them, that makes them profitable to us; but rather their right use, and oppertune and fit administration. Medicines are not said to be *Deorum manus*, that is, the hands of the Gods, (as *Herophilus* calleth them) or *Deorum dona*; that is, the gifts of the Gods (as *Hippocrates* beleevd) till they be fitly applyed and seasonably administered by the counsell and advice of the learned and skilfull Physitian, according to the true rules, and method of Art.

*Temporibus medicina valet, data tempore prosunt,  
Et data non apto tempore vina nocent.*

That is,

Medicines availe in their due times,  
And profit is got by drinking wines  
In timely sort; but in all reason  
They doe offend, drunke out of season.

Therefore to know th' originall mineralls, faculties, and vertues of this worthy acide fountaine, will bee to no end, or to small purpose for them, who understand not the right and true use, nor the fit and orderly administration of it. For not only Physicke or medicines, but also meats, and drinks taken disorderly, out of due time and without measure, bringeth oftentimes detriment to the partie; who otherwise might receive comfort and strength thereby: So likewise this water, if it be not drunke at a convenient time and season, in due fashion and propotion, yea, and that after preparatives and requisite purging and evacuation of the body, may easily hurt those, whose infirmities otherwise it doth principally respect. For medicines ought not to be taken rashly, and unadvisably, as most doe hand over head without any consideration of time, place, and other circumstances; as that ignorant man did, who getting the receipt of that medicine, wherewith formerly he had been cured, made triall of it againe long after for the same



infirmity without any helpe or good at all, whereat greatly marvailing, received this answer fro his Physitian: I confesse (said hee) it was the selfe same medicine, but because I did not give it, therefore it did you no good.

To the end therefore, that no occasion may hereafter be either given, or taken by the misgovernment, or overrashnesse of any in using it to calumniate and traduce the worth, and goodnesse of this fountaine, I will briefly here shew, what course is chiefly to be followed and observed by those who shall stand in need of it.



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First then, because very few men are thoroughly and sufficiently informed concerning the natures, and causes of their grievances, it will be necessary that every one should apply himself to some one, or other, who either out of his judgement, or experience, or both, may truly be able to give him counsell and good advice concerning the conveniency of this fountaine. And if he shall be avised to use it, then let the party (in the feare of God) addresse himselfe for his way to it, against the fit season of it, without making any long and tedious daies journeys, which cause lassitude, and wearinesse.

Then, being come to the place, he ought after a dayes rest, or two, to have his body wel prepared, & gently clensted with easie lenitives, or purgatives, both fit, and appropriate, as well to the habite and constitution thereof, as also for the disease it selfe, and as occasion shall require, according to the rule of method, which teacheth that universal or generall remedies ought ever to precede and goe before particulars. Now what these are in speciall, to fit every ones case in particular, it is impossible for me here, or any else to define precisely. *Ars non versatur circa individua*. We may see it true in mechanicall trades. No one shoemaker can fit all by one Last; nor any one taylor can suite all by one, and the selfe same measure.

Yet in regard it may perhaps bee expected that something should be said herein, I say, that in the beginning (if occasion serve) some easie Clyster may very fitly bee given, as well for emptying the lower intestines from their usuall excrements, as for carying away and clensting the mucose slimes contained therein. After that, it will be convenient to prepare the body by some Julep or Apozeme, or to give some lenitive medicine to free the first region of the body from excrements. For otherwise the water might peradventure convey some part of them, or other pecca{~COMBINING OVERLINE~}t matter, which it findeth in his passage either into the bladder, or to some other weake, and infirme member of the body, to the increase of that evill disposition which is to be removed, or else to the breeding of some other new infirmity.

*Object.* Some perhaps will here object and say, that the time of the yeere, in which this fountaine will be found to bee most usefull, will be the hottest season thereof; or (if you like to call it) the dog-daies, when it will be no fit time to purge at all.

*Answ.* 1. To this I answer and say: First, the purging medicines here required are not strong, and generous but gentle, mild and weake, such as are styled *Benedicta medicamenta*: which may with great safetie and profit bee given either then or at any other time of the yeere without any danger, or respect of any such like circumstance at all.



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2. Secondly I answer; Although this observation of the dog-dayes might perhaps be of some moment in hotter countries, as *Greece*, where *Hippocrates* lived, who first made mention of those dales: Yet in colder climates, as *England*, and such like Countries, they are of little or small force at all, and almost not to be regarded any whit, either in using mild & temperate purgatives, or almost in any other; or in blood-letting: though very many, or most doe erroneously say and thinke the contrary. So that (if there be cause) they may as well and safely then purge, as at any other time: Or, if occasion shall urge, as in plethorick bodies, and many other cases, a veine may safely (or rather most commodiously) be then opened and so much blood taken away, as the skilfull Physitian shall thinke in his discretion and wisdom to be needfull and requisite.

Let no man here think, that this is any strange position, or a new paradoxe (for the learned know the contrary) or that I am studious of innovation, but rather desirous to roote out an old and inveterate error, which in all probabilitie hath cost mee Englishmens lives, then would furnish a royall army, in neglecting those two greater helps or remedies, to wit, Purging, and Blood-letting in hot seasons of the yeare: which in all likelihood might have saved many of their lives, while expecting more temperate weather, they have beene summoned in the meane time, or *interim* by the messenger of pale death to appeare in an other world.

Wherefore let all those who are yet living, bee admonished hereafter by their examples, not obstinately and wilfully to eschue and shunne these two remedies in hot seasons, and in the time of the Dog-dayes, (much lesse all other manner of physick helps) not once knowing so much as why, or wherefore, and without any reason at all, following blind and superstitious tradition, and error, haply first broched by some unworthy and ignorant Physitian, not rightly understanding *Hippocrates* his saving in all likelihood, or at least wise misapplying it. Which hath so prevailed in these times, that it hath not onely worne out the use of purging, but also of all other physicke for that season, because most people by the name of physicke understanding purging onely, and nothing else. As though the art and science of Physicke was nothing else, but to give a potion or purge. Then we rightly and truly might say, *Filia devoravit matrem*.

But for as much as most people are altogether ignorant of the true ground or reason, from whence this so dangerous an error concerning the Dog-dayes did first spring and arise, give me leave a little to goe on with this my digression, for their better instruction, and satisfaction: and I will briefly, and in a few lines shew the case, and the mistake somewhat more plainly.



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*Hippocrates* in his fourth booke of Aphorismes, the fift, hath these words: *Sub canicula, & ante caniculam difficiles sunt purgationes*. That is, under the canicular, or dog-star, and before the dog-star, purgations are painfull and difficill. This is all that is there said of them, or brought against them for that season, or time of the yeare. A great stumbling-blocke against which many have dashed their feet, and knockt their shinnes, and a fearfull scar-crow, whereat too many have nicely boggled. Here you doe not find or see purging medicines to bee then prohibited, or forbidden to be given at all (much lesse all other physicke) but onely said to be difficill in their working: partly because (as all expositors agree) nature is then somewhat enfeebled by the great heat of the weather; partly because the humours being then, as it were, accended are more chaffed by the heat of the purging medicines; partly, and lastly, because two contrary motions seeme then to be at one and the same time, which may offend nature; as the great heat of the weather leading the humours of the body outwardly to the circumference thereof, and the medicine drawing them inwardly to the center. All which circumstances in our cold region are little, or nothing at all (as formerly hath beene mentioned) to be regarded. For as *Jacobus Hollerius*, a French Physitian, much honoured for his great learning and judgement, hath very well observed in his Comment upon this Aphorisme; *Hippocrates* speaketh here onely of those purging medicines, which are strong, and vehement, or hot and fiery; and that this precept is to take place in most hot Regions, but not in these cold Countries, as *France, England*, and the like.

Over and beside all this, those churlish hot purging medicines, which were then in frequent use in *Hippocrates* his time, and some hundred of yeares after, are now for most part obsolete, and quite growne out of use, seldom brought in practice by Physitians in these dayes; because we have within these last six hundred yeares great choice and variety of more mild, benigne, and gentle purgatives found out by the Arabian Physitians, which were altogether unknowne unto the ancients, to wit, *Hippocrates, Dioscorides, Galen, &c.* which have little heat, and acrimony, many whereof are temperate, and divers cooling, which may most safely be given either in the hottest times and seasons of the yeare, or in the hottest diseases. Let us adde to these the like familiar and gentle purging medicines more lately, yea, almost daily newly found out since the better discoveries of the East and West Indies. So that henceforth let no man feare to take either easie purgatives, or other inward Physicke, in the time of the canicular, or dog-dayes.



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The same *Hollerius* goeth on in the exposition and interpretation of the said Aphorisme, and confidently saith: *Over & besides that we have benigne medicines which we may then use, as Cassia, &c.* Wee know and finde by experience no time here with us more wholsome and more temperat (especially when the Etesian, or Easterly, winds do blow) then the Canicular dayes: so that, wee finde by observation, that those diseases which are bred in the moneths of June and July, doe end in August, and in the Canicular dayes. Wherefore, if a disease happen in those dayes, we feare not to open a veyne divers times, and often, as also to prescribe more strong purging medicines.

Wherefore away henceforth with the scrupulous conceit, and too nice feare of the Dogge-dayes, and let their supposed danger be had no more in remembrance among us. And if any will yet remaine obstinate, and still refuse to have their beames pulled out of their eyes, let them still be blinde in the middest of the cleare Sun-shine, and groape on after darkness; and let all learned Physitians rather pittie their follies, then envy their wits.

CHAP. 13.

\_=At what time of the yeare, and at what houre of the day it is most fit and meet to drinke this water.=\_

To speake in generall tearmes, it is a fit time to drinke it, when the ayre is pure, cleare, hot and dry: for then the water is more tart, and more easily digested, then at other times. On the contrary, it is best to forbear, when the ayre is cold, moist, darke, dull and misty: for then it is more feeble, and harder to be concocted.

But more specially, the most proper season to undertake this our English Spaw dyet, will be from the middest or latter end of June to the middle of September, or longer, according as the season of the yeare shall fall out to be hot and dry, or otherwise.

Not that in the Spring-time, and in Winter it is not also good, but for that the ayre being more pure in Sommer, the water also must needs be of greater force and power. Notwithstanding it may sometime so happen in Sommer, that by reason of some extraordinary falling of raine, there may be a cessation from it for a day or two. Or if it chance to have rained over night, it will then be fit and necessary to refraine from drinking of it, untill the raine bee passed away againe: or else (which I like better) the fountaine laded dry, and filled againe, which may well be done in an hower, or two at most.

Touching the time of the day, when it is best to drinke this water, questionlesse the most convenient hower will be in the morning, when the party is empty, and fasting, about seaven alocke: Nature having first discharged her selfe of daily excrements both by stoole and urine, and the concoctions perfected. This time is likewise fittest for

exercise, which is a great good help, and furtherance for the better distribution of the water, whereby it doth produce its effects more speedily.



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CHAP. 14.

\_ =Of the manner of drinking this water, and the quantitie thereof. = \_

Those who desire the benefit of this Fountaine, ought to goe to it somewhat early in the morning, &, if they be able and strong of body, they may doe very well to walke to it on foot, or at least wise some part of the way. Such, as have weake and feeble leggs may ride on horsebacke, or be caryed in coaches, or borne in chaires. As for those, whose infirmities cause them to keepe their beds, or chambers, they may drinke the water in their lodgings, it being speedily brought to them in a vessell or glasse well stopt.

It is not my meaning or purpose to describe here particularly, what quantitie of it is fit and meet for every one to drinke; for this is part of the taske and office, which belongeth to the Physitian, who shall be of counsell with the Patient in preparing and well ordering of him; who is to consider all the severall circumstances, as well of the maladie or disease it selfe, as of his habite and constitution, &c. Neverthelesse I may advise, that at the first it be moderately taken, increasing the quantitie daily by degrees, untill they shall come at last to the full height of the proportion appointed, and thought to be meet and necessary. There they are then to stay, and so to continue at that quantitie, so long as it shall be needfull. For example, the first morning may happely be 16 or 18 ounces, and so on by degrees to 20. 30. 40. 50. 60. or moe, in people, who are of good and strong constitutions. Towards the ending, the abatement ought likewise to be made by degrees, as the increment was formerly made by little and little.

Here by the way every one must be admonished to take notice, that it is not always best to drinke most, lest they chance to oppresse and overcharge Nature, that would rather be content with lesse. It will therefore be more safe, to take it rather somewhat sparingly, though for a longer time, then liberally and for a short time. But, indeed the truest and justest proportion of it, is ever to be made and esteemed, by the good and laudable concoction of it, and by the due and orderly voiding of it againe.

It will not be here amisse to adde this one observation further; That it is better to drinke this water once a day, then twice, and that in the mornings, after that the Sunne hath dried up & consumed the vapors retained through the coldnesse of the night, &c. as is formerly declared. After drinking it, it will be needfull to abstaine from meat & other drinke for the space of three or foure dayes. [hours?]

But if any one, who hath a good stomacke, shall be desirous to take it twice a day; or if any shall bee necessarily compelled so to doe for some urgent cause, by the approbation of his Physitian, let him dine somewhat sparingly, and drinke it not againe, untill five houres after dinner be past, or not untill the concoction of meat and drinke in the stomacke be perfected: Observing likewise, that hee content himselfe in the afternoones with almost halfe the quantity he useth to take in the mornings.



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CHAP. 15.

\_=Of the manner of dyet to be observed by those who shall use this water.=\_

The regiment of life in meats and drinks, ought chiefly to consist in the right and moderate use of those, which are of light and easie digestion, and of good and wholesome nourishment, breeding laudable juice. Therefore all those are to be avoyded, which beget crude and ill humours. There ought furthermore speciall notice to be taken, that great diversity of meats and dishes at one meale is very hurtfull, as also much condiments, sauces, spice, fat, &c. in their dressing and cookery.

I commend hens, capons, pullets, chickens, partridge, phesants, turkies, and generally all such small birds, as live in woods, hedges, and mountaines. Likewise I doe approve of veale, mutton, kid, lambe, rabbets, young hare or leverits, &c. All which (for the most part) are rather to be roasted then boyled. Neverthelesse those, who are affected with any dry distemper, or those, who otherwise are so accustomed to feed, may have their meats sodden; but the plainer dressing, the better.

I discommend all salt meats, beefe, bacon, porke, larde, and larded meats, hare, venison, tripes, and the entrailes of beasts, puddings made with blood, pig, goose, swan, teale, mallard, and such like; and in generall all water-fowle, as being of hard digestion and ill nutriment.

Amongst the severall kinds of fishes, trouts, pearches, loaches, and for most part, all scaly fish of brookes, and fresh rivers may well bee permitted. Moreover smelts, soales, dabs, whittings, sturbuts, gurnets, and all such other, as are well knowne not to be ill, or unwholesome to feed on. All which may be altered with mint, hyssope, anise, &c. Also cre-fishes, crab-fish, lobsters, and the like, may bee permitted.

Cunger, salmon, eeles, lampries, herrings, salt-ling, all salt-fish, sturgeon, anchovies, oysters, cockles, muscles, and the like shell-fish are to be disallowed.

White-meats, as milke, cruds, creame, old cheese, custards, white-pots, pudding-pyes, and other like milke-meats, (except sweet butter and new creame cheese) are to be forbidden. Soft and reer egges we doe not prohibit.

Raisons with almonds, bisket-bread, marchpane-stuffe, suckets, and the like, are not here forbidden to be eaten.

Let their bread be made of wheat, very well wrought, fermented or leavened; and let their drinke be beere well boyled and brewed: and let it bee stale, or old enough, but in no wise tart, sharp, or sower: And above all let them forbear to mixe the water of the fountaine with their drinke at meales: for that may cause many inconveniences to follow, and ensue.



Let me advise them to eschew apples, peares, plumbs, codlings, gooseberries, and all such like sommer fruits, either raw, in tarts, or other wise: Also pease, and all other pulse; all cold sallets, and raw hearbs; onions, leekes, chives, cabbage or coleworts, pompons, cucumbers, and the like.



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In stead of cheese at the end of meales, it will not bee amisse to eate citron, or lemon pils condited, or else fenell, anise, coriander comfits, or biskets and carawayes, as well for to discusse and expell wind, as to shut and close the stomacke, for the better furthering the digestion of meats and drinkes. And for that purpose, it would bee much better, if the Physitian, who is of counsell, should appoint and ordaine some fit and proper Tragea in grosse powder mixed with sugar, or else made into little cakes or morsels. Likewise marmalade of quinces, either simple or compound, (such as the Physitians do often prescribe to their patients) may be used very commodiously.

After dinner they ought to use no violent exercise, neither ought they to sit still, sadly, heavy, and musing, nor to slumber, and sleepe; but rather to stirre a little, and to raise up the spirits for an houre or two, by some fit recreation. After supper they may take a walke into the fields, or Castle yard.

*CHAP. 16.*

*\_ =Of the Symtomes or accidents, which may now and then chance to happen to some one or other in the use of this water. =\_*

Although those who are of good and strong constitutions, observing the aforementioned direction, doe seldome or never receive any harme, or detriment by drinking this water: notwithstanding it may sometime so fall forth, that some of the weaker sort may perhaps observe some little, or small inconvenience thereby, as retention of it in the body: inflation of the bellie: costivenesse, and the like. Wherefore to gratifie those, a word [or] two of every one shall suffice.

First then, for to cause a more ready and speedy passage of it by urine, it will not be amisse to counsell the partie after his returne to his lodging to goe to his naked bed for an houre or two, that thereby warmnesse, and naturall heat may be brought into each part of the body, the passages more opened, and nature by that meanes made more fit and apt for the expulsion of it. During which time it will be very requisite to apply hot cloathes to the stomack: but not so as to provoke sweat. Or else, to cause it to voyd and evacuate either by urine, stoole, or sweat, exercise will be a good helpe and furtherance: if the party be fit for it. But if neither of these will prevaile, then a sharp glyster ought to be administered.

The inflation or swelling of the belly hapneth principally to those, who have feeble and weake stomacks; who may do very wel to eate anise, fenell, or coriander comfits at the fountaine betweene every draught, and to walke a little after; or else some carminative Lozenges, made with grosse powders, spices and seeds for breaking of wind: or what other thing the learned Physitian shall deeme to be most fit and proper in his wisdom, and judgment. But if the inflation chance to be very great, then a carminative glyster must be ordained.



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Such as shall be very costive may doe well to eat moistning meats, and to use mollifying hearbes, raisons stoned, corants, damascene prunes, butter, or the yolkes of egges, and the like in their broths, or pottage. If these will not be sufficient, then let a day be spared from drinking the water, and let the party take some lenitive medicine, as laxative corants, or some such like thing: whereof the Physitian hath ever great choice and variety, wherewith he can fit directly every one his case; to whom present recourse ever ought to be had, when any of these, or the like accidents doe happen, as likewise in all other cases of waight and moment.

**FINIS.**