An excellent tretise, shewyng suche perillous, and contagious infirmities, as shall insue. 1559. and 1566. with the signes, causes, accidentes, and curatio, 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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Imprinted at London by
Ihon Day, dwelling over
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Cum privilegio, ad imprimendum solum.
The Contentes of
this Tretis.

The Epistle.
A Regiment for vvynter.
A Regiment for the Spring.
A Regiment for Sommer.
A Regiment for Autumnne.
Of the Pestilence.
Of the bluddy flīx.
Of the burning feuer.
Of the quartayne.
Of the quotidian ague.
Of the catarrhus or révyme.
Of the pluresies.
To the right excellent, noble, & vertuous Lord, my Lord Emarius, Byshoppe of Macon, Pronotharie of the Apostolique Seat, etc. Michel Nostradamus, your humble, and obedient servaunt, & oratour, whose health & long life in Christ.

Hauue receiued your letters (as right received & my very good Lord) the xxvi. daye of May, 1558. in which, you declare your a bondaunt goodnes not only to me, in takyng my trauels of my Prognosticatio and Almanack whiche I sent you, in the best parte: but also to all men, when you vvysshed the to cum forth as a vwarning to correct and amende.
amende their ill lyfe, and dissembling trade, and yvhere as your excellency affirmed, that things forseen may be altemed, or at the leest the malice of them mistigatid, and that the sicknes and infirmities of this yeare folovvyng, be divers in their kynde, dangerous, mortal, and univerally reigning: for vvhiche men shal scant haue time to counsell vwith the lernyd doctors, and maisters of Phusiche.

V Vherfore to shovv my dutie, and hũble service vnto you at this tyme, I haue at youre requete, deuised a treatyse, in vvhiche I haue touched the deseases, and maladies, vvhiche shal spring the yeare of 1559, and 1560, vwith the preseruation from them: and the curyng such as shalbe troubled vwith any of them. And if I shal descryue any prayse, and laude of the commo people for my labour, I vvill they giue all that to youre honour, vvhiche are the only occasion of this enterprise. And if there shal any fault be founde in this booke, let them ascribe
The Epistle.

Ascribe that to the difficultie of the worke, and not to my negligence. Thus I leve to trouble your Lordshippe any longer, vvilling suche as vvill take profit by my labour, to haue my medicines vvell made by the helpe of good and ler nyd Apothecaries. And suche as may haue the ler nyd doctours and maisters of Physick, I vvyshe that they leve my booke, and folovv their counsel, not sparyng anye expence: For lyfe is more of value, the mony, or treasure. (For I make my booke for ther cause vvhiche can not haue the ler nyd vvith the.) God fende your excellency, long life, bodely helth, and increase of honor. At Salô, in the province of Craux, the xii. of August. 1558.
A T R E T I S E O F,

A Regiment for
the VVynter.

B E C A U S E I
finde the co
stitution of
the aire (frō
the, xii. of
December,
1 5 5 8. vntil
the, xi. daye
of March fo
lovving, 1 5 5 9) to bring forth mu-
che colde, rayning vweather, pes-
tilentiall and stinking mystes, by rea-
sion of Saturne in the East, as I haue
saide in my Prognostication: cau-
sing Flegmatick humors to aboud
of vvhicheshall spring Catarrhus,
Reumes, Head ache, Pestilential
sicknes, and Sciatica, vvith Cou-
ghinges,
A T R E T I S E O F

ginges, and suche like, so that ma-
ny shall die therof, as vvell yonge
as olde. Mors etiam faxis, mare
moribusq; venit. In so muche that
sevve shalbe free from this calami-
tie, vvhersore to keepe the body in
health it shalbe expediente to eschevy
bathinge, fluggischnes, long sleepe,
vslg euere before meate some kinde
of exercise. And at time of diner or
suppe, vsce more quantitie of meate
then any other seacon, and in meate
vsce hot spicis, vine & mustard, for
these make the body hoate, streg-
them the principall partes of the
body, and concocte the could
slame ingendrid by this
perilous and intem-
perate seacon of
the yeare.
A Regiment for spring tyme.

Pringtyme beginne the xi. day of March and ende the xii. of June. During which tyme the blud in the body shalbe corrupted, and ingendent Feuers, both tertians intermittant, and continuall, with Carbúcles, Botches, Dysenterie, Squinancy, Inflammations, etc. It shalbe very necessary therefor for all men (but especially fro. xvii. to. xl. yeres in age) to open a vaine, vomyt, or take purgation, whiche their myndes stande moste vnto: otherwys they shalbe in maruelous peril and daunger of death. ô dira caeli fata: Vse exercise, but not so much as in the vinter be not long fasting. Vse thynge to make the
A TRETISE OF

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

A Regiment for the Sommer.

Ommer begin the xii. of June and continue vntill the xiii. of September, in which space of time the body of man shalbe molestid greuously with red coller, ingenderid of the intollerable heate, causing Phrensie, Sinochus, and cauion agues, which shal greuously torment many young persons, also morbos epidimiales, pestilens, pthisis, and other which I vvil not name. Therefore absteine from vehement labor, vse things that be cold, suweet, and pleasaunt, and vwell smelling, of ealy digestião and
and eate little meate, Yea to drinke
cold vvater, vling boyld meates al
to gether, vvith bathing, vvashing
and keping the bodye cleane from
filthe both in the head, arme holes,
seate, and hole bodye, and vs al mea-
nes vvhiche do coole and make the
body moyste.

A Regiment for
Autumne.

Vtumne begine the
xiii. of Septeber and
ende the. xii. of De-
cember, and by cause
the nature of the ty-
me shalbe inæqualis
ac inordinata ac diuerfas infert pas-
siones. Therfore chiefly in this ty-
me ther must be mucho diligence
vsh , for there can be no perfite or-
der appointyd as is the other be-
fore
A T R E T I S E O F

fore, because that nowe it shalbe hote, nowe cold, nowe moist, nowe drye, yea and in some daye al thies shal happen. ô quanta inclementia cæli. They that shal haue learning in physicke, nowe let them haue compassion on the miseries that is lyke to fall by sicknes. Notwithstanding it is necessary to abstaine from excessive of meates and drinkes, bankeating, vvatching, lasciuous 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 ca-cochymie and il iyne in the body, and vvyndines vwith 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,
POPULAR SICKNES.

vomit, or let bloud, by thaduise of some learned Physitian. Novve I vwill beginne briefly to touche the infirmities vwhiche shall reigne this yeare, beginning first vwith the contagius sicknes of pestilence.

Of the Pestilence, vwith the cause vvereof it spring, and the order in this disease.

Considering that many as vvell in times paste as in oure late dayes, haue aboundingly vvery ten of this dreadful and perelous sicknes: Inede to speake little of it. Yet seing al men ether can not reade them, or els vnderstand them, I thought it were to set it forth for all mens health: in so muche as all men
A TRETISE OF men shalbe in daunger of so cruell an enemy. And firste, as touching the cause of it, there are divers, one is the sinnes and wickednes of the people for which God haue and do sende the pestilence for the reward of lynne. An other is taken of the sterres and costellacion. Nam ortus & occasus syderum, magnæ coniunctiones, luminum eclipses, mutatio nes magnas in corporib. nostris faciunt. The last is taken of the physi- losophers and phisicians, which is the inspiration and dravving in of the pestilentiaall and corrupte aire, into the body ful of ravve humors, and suche as are apte to receiue cor ruption. The next way to preserve the body from this infirmitie is to open a vayne or purge, to flee from the corrupte aire, to vse abstinence, moderat diet, exercise, also sleeeng long.
Popular Sicknes.

Long sleepe, of often eating and drinking vvhhan as nature require it not this make the body preparid to the pestilence. Also not to go abrode in the aire before the sunne haue shevvid, & vvhā you go abrode in the aire, eate some elestuary, or other alexipharmacū fastingas, Methridatum, treacle, bole armeni, and such like vvering also some pomeābers, vwell 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 ignorauntly they do, I referre that to the judgementes of such as are lernyd in phisicke. The signes hovve to knowve if thou art infecte with this sicknes, is not to be take of the urine, for that do often deceive the most expt therin, but thou shalt fele thy selfe one other unto much sleepe, or els
A TRETISE OP

eels that thou canst eat in any case
flepe vvith found imaginatiōs also
pricking and tingling in the fleshe,
cold vvithout, but inwardly extre
me hoat vvith drines, hedach, oftē
vomiting, and heauy cheare vvith
out 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 accord to hereto, nere to the
place vvhere the swelling apere (if
ther be any) el in the part vvher he
felith most grief, this ons being en-
did, geue the this potio to drinke.

P. Of the rootes of tormentill, di-
tanie, gentian, betony, setvval, of-
uerly one. 3. dragmes, of Bole arme-
nius, and terra sigillata, eche tvvoo
dragmes, of myrrhe and aloes hepaticke one ounce, of saffron half a
dragme, beate theis & make of the
a fine and subtil poudre, of vvhiche
let
A TREATISE OF

let the siche take in Scabies or Tumentill vwater, halfe a dragme, and so being in bedde, he must be made to sweet. v. or. vi. houres according to the strength of the pacient. And in all the time of his sweet, let him neither sleepe, eate, nor drinke. After the sweet endyd, let him be dried vvith vvarme, and clene clothes. And if he desire to eate, give him a little broth made of a chickin, or suche like, but no great quantitie. Let him keepe his chamber for certain dates after, and haue mery company, and masticke, v sing perfumes in his chamber vvith Masticke, Myrrhe, Oliban, Frakenfence, etc. If he have any carbuncles, or sores, because the Sur- giens haue the dailie practise of it, lvyl...
A T R E T I S E O F

Of the burning Feuer.

Mytting all other kynde of Feuers, I vwill speake of the cauſon or burnyng Feuer, because there is as great feare of it this year, as euery was the last two yeares past: as well in Englande, as in our clime, by certaine and fon dry constellations, in the Sommer season. Therefor suche as are vexid with this burning feuer, before althings let them be let bloud, yea ad animi, terè deliquii. Otherwise the great heatr shall not bee afvva-gid. Let them drinke prifanes, and could water, strovving their chambers with vine leaues, bovves of vvillovve, colde herbes, and suche lyke. And giue them to drinke fi-

rode
Popular sickness.

To use violets, roses, Nenuphar, yea and if you will, bathing shall be very profitable. So that all the cure of this disease, dooe consist in these two pointes, that is, in expelling the humor colerick abunding in the body, which is by letting blood, vomit, and sweating: and by extinguishing the great inflammatio of the liver, vaines, arteries, etc., which is done by drinking colde water, ptisanes, colde siropes, and Julepes, before mentionid. This done being vvere of sodain altering the body, thou shalt by Gods helpe come to thy perfect health.

B2 Ofthe
the quartaine shall not avay at the spring (as many suppose) but drive vntyl Sommer, et vix tunc finietur. therfor in the spring it shalbe good to purge melancholick, and phlegmatick humors, yea and vnto strog natures, to opē a vaine. They must absteyne from porke, biefe, salte meates, ravve frutes, gose, svvanne, erane, ducke, and all foules liuinge in maryshe placis. And vse meates light of concoction, with good wine vvhight and pleasaut, and finally all his diet must be, hovv to make his body hoat and moist. And to stee things that are colde and driye, asvvel out vvardly as to be iwwvardly re-ceiued.

B 3 Of the
A T R E T I S E O F
Of the Quar-
tayne.

If the enemies of A-
stronomy vil main-
tain their folly, and
arrogant opinions a-
gainst her, this were
sufficient argument
to overthrow them, in that they
do manifestly, see how the body of
man is alterid, and troubled divers
ways, by the influence of the heav-
unly creatures (I mean the pla-
nets, and fixid sterres,) as among o-
ther the quartaine is one, whose forse I suppose, was not of longe
time so generally known. Yea &
the heavens shall giue suche unse-
sonable weather, that the humors
rather shalbe more, and more sub-
ject to corruption: then to be alte-
rid to the health of the body, so that
A TRETISE OF

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

Of the pluresly and the cu-
ration therof.

Luresie, being Mor-
bus perpercut (and
therefore most daun-
gerous of any other
before rehearst ex-
cept the pestilence.) I
thynke it mere, nor litly to overpast
it, but also for thy velth sumvwhat
to make mention of it. This in-
firmite spring of muche and aboun-
dant bloud,flowying to the ribbes,
and ther inflammed. The signes of
it are shortsnes of breath; a sharpe,
A T R E T I S E O F

Of the quotidian
Ague.

Y mynde is rather to prescribe a good order of diet than a way of curation, in this and other agues which do long mo leste the body, because where time do servue, there may be remedy and counsell sought at the learned, but for their cause I write, which dwell farre from the masters of Phy sick in cuntrey troyves, and villages. The quotidian do inuade such, as be grosse, cold, and slugishe. And the fitte continevv from the beginning to thende, xvii, hours. The diet must be extenuats, et incisoria. Vsing at the beginning, clysters, after when the disease doe more increase, vs Oximelli, and thinges to prouoke
POPLAR SICKNES.

provokke vrine: as the roote of smallage, persely, fenell, floowerdeulce, and the iii. great seades vvhich are cold. &c. Also in this case it is good to vomite; and anointe the stomack fasting, with the oyle of vworme- vvoode, mastick, or petroleuin.

Of dysenteria or bloody Flux.

Dysenterie in Greke, may benamid in Lattine tormina; but vvith vs an ex-
ulceratio of the bovvels.

Of this disease there be foure son-dry kindes, as Galene vvriteth. but I vvrighting to the vnlearned, vvil omitte them, mynding rather to make them understande both it, and the remedies: then to make them co-
ning in Galens doctrine, although ther is nothing more better,or mo-

B 4 remete
A T R E T I S E O F

Re nere in this case. The disease is manifest of it selve, for whan in the stote you perceiue yelovvishe, or saffron color, oylyshe, and fatte, or blody vvith fylmes (as it vvar per- chement vvet: they cal it excoriation of the guttes) vvith invvarde griping, pricking, and extreme pain so that they cum, ad animi deliquit, great heat, and maruelous drines. The vvaye to cure this sicknes, is first to give him mylke hoat from the couv, or els boilid, for to drink, if so be he haue no ague. (But if he haue an ague, then it vvill corrupte in the stomacke, and make his ague the more vehemét.) Also you may giue him to eate bôylid 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 foun-
tayne vvater of the rock, and dippe in it a gadde of stelē red hoote, and let him drinke it: for it is meruai-
iously comfortable vnto the stop-
ping of the fluxe. Or if his stomack
can not suffer vvater, you may giue
him vvine vsid as you do the vvater
aforeclaide. So that al the scope of cu-
ring this malady is, per adstringen-
tia, reliccätia, vrina mouentia, etc.
medicines vvhiche in this case vve
vse, are thies. The rootes of rosecā-
pine, holly oke, the leues of vvillovv
revvponrick, sanguis draconis, ter-
ra sigillata, bolus armenius, mulbe-
ries, ray fine curnelles, the huske of
a pomegranate, the shels of sea crab-
bes, beatē in poudre, etc. But if flight
thingses helpe not, then vvith all
spede seke the helpe of the learnyd
maistres
A T R E T I S E O F

ouer, make a twhilte, and applie it to your head, vvith theis thinges so lovvving, made in poudre B. of the floures of betony, melilote, and carommyll, the leaues of roses dried, laurel, penereal, and orage, of every 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 poudre, and make of them a twhilte, according to vse and art. It is also very good to purge the head by stennentation, and nesing, vvith the iuse of of beetes, or cole vvortes, loking to vvard the sonne, or such like thing. moreover it is very pritable 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 ma-

ftick.
A TRETISE OF

ouer, make a tvvilte, and applie it to your head, vvith theis thinges so lovving, made in pouder B. of the flowres of betony, melilote, and camomyl, the leaues of roses dried, laurul, 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 osbeetes, or cole vvorites, looking to vvard the sonne, or such like thing. moreover 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 ma-stick.
POPUlAR SICKNES.

Sis: ether by heat, dissolving the humors containid in the head: or els by coldenes, of which at this time I vvill touche the curatio. Therfor it is very expedient, to auoyde all thinges vvhhich fill the head, vvith vapours, as to muche drynkng of vvyne, bathing, and vvashing e the head, vvith bepyng after meate, & kembing the head also after meate, vvith great suppers, and late. Also ony ons, garlycke, mustard, radische, rotes: and al ravve herbes, and fru- tes, be augmenters of this mischiefe. Therfor (abstaining the things a- bove mentionid) it thalbe profita- ble to anoynte the head vvith syde of lylies, revve, dill, and almonds. Also you may by the advise of some learyd man, take some clyster, or other potion, vvhhich do expel the hurtfull humor. You may moreo- uer,
A T R E T I S E O F

bowing vwith scarification, to sucke
sanious bloud and matter. Also em-
plasters made of dill, camomylle,
rosecampine. &c. boylid: not ne-
glecting oyntmentes to rype the
thing, vwith medicines to cause him
voyde by spitting, the aforesaid cor-
rupction. Such is diadragacanthes,
diapenideon, pastilli pectorales, e-
cligma de pulmone vulpis, glicir-
rhize, saccharum violatum, &c.

VWhiche diuers make mention of,
in the cure of this disease.

Of the Revvymes and
Catarrhus.

Atarrhus cum vyhā
as the humour fall
from the brayne, in
to the mouthe, and
iavves. This may e
spryng of tvvo cau-
phis:
POpULAR SICKNES.

and hard pulse, a great pricking under the ribbes, vehement payne, with a continual ague: which although at the first he seele not, yet in the process he shall (if the vehemeny of the other, doe not make it the more sufferable.) He must for the first. iii. daines vs only aptisane, afterwarde milke of almondes, or fine bread with the broth of a cock, or in the end of the sicknes, to drink vwater, in which cinamome is boyl yd. And also eate skaled fisches of cleane, and pure vwateres. The chefe practised remedy in this our time, is presently to let bloud, on that parte the paynes is. Nam natura ibi molitur evacuationem. The vaines in this case, is the lyuer vayne, or vayne of the spleene called lienaria, if at the seuenth daye he seale great anguysh, he, and griesse, you must vs boxing
POPOULAR SICKNES.
Sticke, lignum aloes, gallamoscata, frankensence, baye beries, amber, muske, rosemary, cloues, cinamome, &c. which be very medicinable in this behalfe.

FINIS.

ANNO CHRISTI.
1599.
Mense Martij.