

An excellent tretise, shevving 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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Cum priuilegio ad imprimen-  
dum 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 flux.
- Of the burning feuer.
- Of the quartayne.
- Of the quotidian ague.
- Of the catarrhus or revyme.
- Of the pluresies.

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



Haue recei-  
 ued youre let-  
 ters (ryght reue-  
 rende & my ve-  
 ry good Lord)  
 the .xxvi. daye  
 of May. 1558.  
 in vvhich, you  
 declare your a-  
 bondaūt good-

nes not only to me, in takyng my trauei-  
 les of my Prognosticatiō and Almanack  
 vvhiche I sent you, in the best parte: but  
 also to all men, vvhā you vvyshted thē  
 to cum forth as a vvarning to corect and

A 2

amende

THE EPISTLE

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

V Vherfore to shovv my dutie, and humble seruice vnto you at this tyme, I haue at youre requeste, deuised a treatyse; in vvhiche I haue touched the diseales, and maladies, vvhiche shall spring the yeare of. 1559. and. 1560. vwith the preseruatiō from them: and the curyng such as shalbe troubled vwith any of them.

And if I shall deserue any prayse, and laude of the commō people for my labour, I vwill 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

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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 pro-  
fit by my labour, to haue my medicines  
vvell made by the helpe of good and ler-  
nyd Apothecaries. And suche as may  
haue the lernyd doctours and maisters of  
Phylick, I vvyshe that they leue my  
booke, and folovv their counsel, not spa-  
ryng anye expence: For lyfe is more of  
value, thē mony, or treasure. (For I make  
my boke for ther cause vvhiche can not  
haue the lernyd vvith thē.) God  
sende your excellency, long  
life, bodely helth, and in-  
crease of honor. At Salō,  
in the prouince of  
Craux, the .xii. of  
August.

1558.

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A Regiment for  
the VVynter.



THE CAUSE I  
finde the cō  
stitution of  
the aire (frō  
the. xii. of  
December,  
1558. vntil  
the. xi. daye  
of March fo

lowving. 1559) to bring forth mu-  
che colde, rayning vweather, pesti-  
lentiall and stinking mystes, by rea-  
son of Saturne in the East, as I haue  
saide in my Prognostication: cau-  
sing Flegmatick humors to aboūd  
of vvhiche shall spring Catarrhus,  
Reumes, Head ache, Pestilentiall  
sicknes, and Sciatica, vvith Cou-  
ghinges,

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

A regi-

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☞ A Regiment for spring  
tyme.



Pringtyme beginne  
the .xi. day of March  
and ende the .xii. of  
Iune. During vvhich  
tyme the blud in the  
body shalbe corrup-  
tid, and ingender Feuers, both ter-  
tians intermitten, and continuall,  
vvith Carbūcles, Botches, Dysen-  
terie, 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:  
other vvays they shalbe in maruei-  
lous perill and daunger of death.  
ô dira cæli fata. Use exercise, but  
not so much as in the vvinter be not  
long fasting. Use thinges to make  
the

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the body loose, also suche as be so-  
uuer, drye, and colde.

¶ A Regiment for the  
Sommer.



Ommer begin the  
xii. of Iune and con-  
tinue vntill the. xiii  
of Septēber, in vvhich  
the space of time the  
body of man shalbe  
molestid greuouly vwith red col-  
ler ingenderid of the intollerable  
heate, causing Phrensie, Sinochus,  
and caufon agues, vvhich shal gre-  
uouly torment many young per-  
sons, also morbos epidimiales; pe-  
stilens, pthisis, and other vvhiche I  
vwill not name. Therefore absteine  
from vehement labor, vse thinges  
that be cold, svveet, and pleasaunt,  
and vvell smelling, of easy digestiō  
and

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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 vvhicke do coole and make the body moyste.

### ¶ A Regiment for Autumne.



Vt umne beginne 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 passionēs. 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

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fore because that nowve 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 drinckes, banqueting, 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, cherries, for they make cacochymie and il iuyse in the body, and vvynelines vvith colicke, and corrupte the meates if they be not eatẽ first at meate. It is good in the beginning of this quarter to purge, vomit,

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vomit, or let bloud, by thaduise of some learned Physition. Nowve I vwill beginne briefly to touche the infirmities vvhiche shall reigne this yeaere, beginning first vwith the contagious sicknes of pestilence.

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



Onsidering that many as vvelk in times paste as in oure late dayes, haue abou- dantly vvryten of this dreadful and pe- relous 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 mucche as all  
men

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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 vvich God haue and do  
sende the pestilence for the revvard  
of synne . An other is taken of the  
sterres and cōstellation. Nam ortus  
& occasus syderum, magna coniu-  
ctiones, luminum eclipses, mutatio-  
nes magnas in corporib. nostris fa-  
ciunt. The last is taken of the phy-  
losophers and phisicians, vvich is  
the inspiration and dravving in of  
the pestilentiall and corrupte aire,  
into the body ful of rawve humors,  
and suche as are apte to receiue cor-  
ruption. The next vvay to preferue  
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



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long sleepe, of often eating and drinking vvhā as nature require it not this make the body preparid to the pestilēce. Also not to go abrode in the aire before the sunne haue shevvīd, & vvhā you go abrode in the aire, eate some electuary, or other alexipharmacū fastingas, Methridatum, treacle, bole armeni<sup>o</sup>, and such like, vvering also some pomeābers, 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 iudgements of such as are lernyd in phisicke. The signes hovve to knowe if thou art infecte vwith this sicknes, is not to be takē of the vrine, for that do often deceiue the most expt therin, but thou shalt fele thy self, p̄ne other vnto much slepe,  
or els

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els that thou canst eat in any case  
flepe vvith found imaginatiōs also  
pricking and tingling in the fleshe,  
cold vvithout, but in vvardly 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 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 en  
did, geue thē this potiō to drinke.  
**R.** Of the rootes of tormentill, di  
tanie, gentian, betony, setvval, of e  
uery onc. 3. dragmes, of Bole arme  
nius, and terra sigillata, eche tvvoo  
dragmes, of myrrhe and aloes hepa  
ticke one ounce, of saffron halfe a  
dragme, beate theis & make of thē  
a fine and subtil pouder, of vvhicke  
let

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let the sicke take in Scabies or Turmentill vwater, 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 vwith 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 vwith Masticke, Myrrhe, Oliban°, Frakenfence. etc.

If he haue any carbuncles, or fores, because the Surgians haue the dailie practise of it, I vil

omit it.

B Of the

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¶ Of the burning  
Feuer.



Mytting all other kynde of Feuers; I vwill speake of the caufon or burnyng Feuer, because there is as great feare of it this year, as euer vvas the last tyvo yeares past: as vvell in Englande, as in our clymate, by certaine and fon dry constellations, in the Sommer feason. Therefore fuche as are vexid vwith this burning feuer, before al thinges let them be let bloud, yea ad animi ferè deliquiū. Other vwise the great heate vwill not be afvva- gid. Let them drinke ptifanes, and could vwater, strouving theit cham bers vwith vine leaues, bowves of vvillovve, colde herbes, and fuche lyke. And giue them to drinke si-  
rope

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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 expel-  
ling the humor collerick abunding  
in the body, vvhiche is by lettinge  
bloud, vomyte, and svveating: and  
by extinguishing the great inflama-  
tiō of the liuer, vaines, arteries. etc.  
vvhiche is done by drinking colde  
vvater, ptifanes, colde siropes, and  
Iulepes, before mensionid. This  
done being vvare of sodain al-  
tering the body, thou shalt  
by gods helpe come  
to thy perfit  
health.

B 2 Of the

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the quartaine shall not avway at the spring (as many suppose) but driue vntyl Sommer, et vix tunc finietur. therfor in the spring it shall be good to purge melancholicke, and phlegmatick humors, yea and vnto strōg natures, to opē a vaine. They must absteyne from porke, biefe, salte meates, rauve frutes, gose, svvanne, crane, ducke, and all foules liuinge in maryshe placis. And vse meates light of concoction, vvith good vvine vvhigh 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, as vvell out vvardly as to be in- vvardly re- ceiued.

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



F the enemies of A-  
 stronomy vvil main-  
 tain their folish, and  
 arrogāt opinions a-  
 gainst hir, this vvare  
 sufficient argument  
 to ouerthrowve them , in that they  
 do manifestly , se hovv the body of  
 man is alterid, and troublid diuers  
 vvayes, by the influence of the hea-  
 uenly creatures ( I meane the pla-  
 nets, and fixid sterres,) as among o-  
 ther the quartaine is one, vvhole  
 forse I suppose , vvas nōt of longe  
 time so generally knowven. Yea &  
 the heauens shall giue suche vnse-  
 sonable vvether , that the humors  
 rather shalbe more , and more sub-  
 iect, to corruption : then to be alte-  
 rid to the health of the body, so that  
 the

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maisters, of phisick. For I can not,  
nor any man, set forth all the parti-  
cular 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 cu-  
ration therof.



Luresie, being Mor-  
bus perperacut<sup>s</sup> (and  
therfore moſte daun-  
gerous of any other  
before rehearſid ex-  
cept the peſtilence,) I  
thinke it mete, not litly to ouerpaffe  
it, but alſo for thy vvelth ſumvvhath  
to make mention of it. This infir-  
mitie ſpring of muche and aboun-  
dant bloud, flovyng to the ribbes,  
and ther inflammed. The ſignes of  
it are ſhortnes of breath, a ſharpe,  
and



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¶ Of the quotidian  
Ague.



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

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prouoke vrine: as the roote of sinage, persely, fenell, flouwerdeluce, 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 vvorme-voode, mastick, or petroleum.

¶ Of dysenteria or  
bloudy Fluxe.



Dysenterie in Greke, may be namid in Lattine tormina; but vvith vs an exulceratiō of the bowels. Of this disease there be foure sondry kindes, as Galene vvriteth. but I vvriting 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 mo-

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re nere in this case . The diseaſe is  
manifeſt of it ſelfe . for vvhā in the  
ſtole you perceiue yelovviſhe , or  
ſaffron color , oylifhe , and fatte , or  
bloody vvith fylmes (as it vvar per-  
chement vvete: they cal it excoria-  
tion of the guttes ) vvith invvarde  
griping , pricking , and extreme pain  
ſo that they cum , ad animi deliquiū  
great heat , and maruelous drines .

The vvaye to cure this ſicknes , is  
firſt to giue him mylke hoat from  
the covv , or els boylid , 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 vehemēt .) 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

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if you can not haue pure rayne vva-  
ter, and holosome, then take of foun-  
tayne vwater of the rock, and dippe  
in it a gadde of stele red hooe, and  
let him drinke it: for it is meruai-  
lously comfortable vnto the stop-  
ping of the fluxe. Or if his stomack  
can not suffer vwater, you may giue  
him vvine vsid as you do the vwater  
aforelaid. So that al the scope of cu-  
ring this malady is, per adstringen-  
tia, resiccãtia, vrinã mouentia. etc.  
medicines vvhiche in this case vve  
vse, are thies. The rootes of roscã-  
pine, holyoke, the leues of vvillov  
revv pontick, sanguis draconis, ter-  
ra sigillata, bolus armenius, mulbe-  
ries, ray sine curnel les, the huske of  
a pomegranate, the shels of sea crab-  
bes, beatē in pouder. etc. But if light  
thinges heipe not, then vvith all  
spede seke the helpe of the learyd  
maisters

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ouer, make a tvvilte, and applie it to your head, vvith theis thinges following, 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 of beetes, 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.

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ouer, make a tvvilte, and applie it to your head, vvith theis thinges following, 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 of beetes, 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.

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·sis: ether by heat, dissolving the humors containid in the head: or els by coldenes, of vvhich at this time I vvill touche the curatiō. Therfor it is very expedient, to auoyde all thinges vvhiche fill the head, vvith vapours, as to mucche drynking of vvynne, bathing, and vvashinge the head, vvith slepyng after meate, & kemberg the head also after meate, vvith great suppers, and late. Also ony ons, 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 leardy man, take some clyster, or other potion, vvhiche do expel the hurtfull humor. You may moreo-  
uer,

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boxing vvith scarification, to sucke sanious bloud and matter. Also em-  
plasters made of dill, camomyll, rosecampine. &c. boylid: not ne-  
glecting oyntmentes to rype the thing, vvith medicines to cause him voyde by spitting, the aforfaid corruption. Such is diadragacantes, diapenideon, pastilli pectorales, ecligma de pulmone vulpis, glicirrhize, saccharum violatum, &c. VVhiche diuers make mention of, in the cure of this disease.

### ¶ Of the Revvmes and Catarrhus.



Atarrhus cum vvhā  
as the humour fall  
from the brayne, in  
to the mouthe, and  
iavves. This maye  
spryng of tvvo cau-  
sis:



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and hard pulse, a great pricking vnder the ribbes, vehement payne, vvith a continual ague: vvhic although at the first he feele not, yet in the proceſſe he ſhall (if the vehemny of the other, dooe not make it the more ſufferable.) He muſt for the firſt .iii. daies vſe only a ptifane, after vvharde milke of almondes, or fine bread vvith the broth of a cock, or in the end of the ſicknes, to drink vvater, in vvhic cinamome is boillyd. And alſo eate ſkaled fiſhes of cleane, and pure vvaters. The cheſe 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 anguiſhe, and grieſe, you muſt vſe  
boxing

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sticke, lignum aloes, galla moscata,  
frankensence, baye berries, am-  
ber, muske, rosemary, cloues,  
cinamome, &c. vvhich be  
very medicinable in  
this behalfe.

FINIS.

ANNO CHRISTI.

1559.

Mense Martij.