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near it, is excited, that also of its own accord discovereth it self.

If a man do prudently follow these Rules of recovering latent Ideas, as with *Ariadnes* thred, he will doubtless wind himself out of the Labyrinth of blind Oblivion, and with admirable facility recall to mind forgotten sentences, and vanished *Idea's*.

FINIS.

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A  
**TREATISE**

Of cherishing

*Natural Memory.*

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CHAP. I.

*Of such as debilitate Memory.*

**N**atural Memory is a faculty which every man hath naturally to apprehend and retain note-worthy things; if Memory be diligent in its Function, endeavour must be used to conserve it unprejudiced; if it be impaired, care must be taken to have it restored and erected: I will therefore first treat of the conser-

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vation of Natural Memory indamnified, afterward of the restauration thereof impaired.

Three things conduce to preserve Natural Memory in good Estate, viz. Declination of such things as debilitate Memory; use of such things as corroborate the same, and a well instituted method of living, whereby the Memorative faculty may be most preserved in vigor.

*Things that debilitate Memory are these.*

1. Unwholsome air that is infected with vapour of standing waters, Marshes, Woods, Prisons, Dunghils, Common Sewers, &c.

2. Aire shut up from penetration of Wind and Sun; for air not purified by Wind or Sun, engendereth a malign venomous quality, like standing water in Ponds and Lakes; therefore when you walk abroad, leave the Windows of your Chamber and Study open.

3. *Windie aire*, that is, agitated with violent winds.

4. *Aire* that procureth rain.

5 *Moist*

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5. *Moist aire*, such as discendeth a little before Sun set, and hovereth about the earth all night, and some part of the morning, especially in Maritime places. Go not forth before the rising Sun hath purified the aire by his Rayes, nor after Sun setting, when cloudy darknesse of night invadeth the aire.

6. *Aire* infected with smoke of strong sented combustibile things, as *Sea coales*, *Weeds*, *Turfe*, *Dung* and *Char-coales*, unlesse they be well kindled.

II. *Drinks*, *Broths*, and *Decoctions* made of unwholsome waters, offend the *Memory*, of which kinde is the water of *Ponds*, *Marshes*, of *Ice* and *Snow* dissolved, as also of *Muddie*, *Salt*, *Bitter*, and *ill smelling water*.

*Rain water*, especially falling in time of *Thunder*, or *Lightning* (because it is lightest) is chiefly commended for *Domestical uses*; but serveth only for present occasion, by reason of its speedy corruption: *Fountain* or *Spring Water* challengeth the next place, which devolveth from *Mountains*, through stony craggy clifts; to this succeedeth *River water*, when the channel

nel of the River is deep and gravelly; *Well-water* is ranked last, if it smell of Mudd; the Well must be cleansed and purged by casting in *Lyme*, and the bottome afterward covered with great store of *Chalk*, through which the water bubbling, is defecated and rendred more Salubrious. To conclude, the clearer, lighter, further distant from any taste or smell, colder in Summer, hotter in Winter water is, the more wholesome it is.

III. *Food hurteth the Memory.*

1. If it be crude, as raw flesh, un-boiled water, immature fruits, green hearbs, chiefly if they be of cold quality, &c.

2. If it be Vaporous, that is, replenish the head with grosse Vapors, as *thick drinks, strong wine, Beans, Pease, Garlicke, Onyons*, &c. but *Onyons* are more noxious then the rest, because they lose not their *Malignity* by *Decoction*, even then procuring the head-ach, offending the eyes by causing obstructions in the Optick nerves, dulling the Senses, and raising troublesome dreams.

3. If it be very moist, and engender phlegme, as *Milk, Chickens* before they  
are

are feathered, young *Piggs* &c. especially any food that hath a slimie taste.

4. If it digest slowly, as *Cheese, marrow, fat*, principally of *Fish, flesh of Cranes and Herons*, fruit included in shells, as *Wall-nuts, Small-nuts, Chest-nuts, Almonds*, &c.

5. Variety of dishes, diversity even of wholesome meats is evil, of Sauces worst of all, distracting the stomach by concocting food of several qualities.

Nevertheless healthfull persons may eat any meats, though they be esteemed somewhat hurtfull, when the appetite doth as it were long; For such victuals as the appetite doth greedily covet, the stomach doth earnestly embrace, quickly Concoct and Transmit to the lower parts, whence they offend lesse; however it is safer to eat such meats at Dinner, then at supper.

IV. All *Repletion of Drink or food* is hurtfull, chiefly of Bread; too much *Repletion dulleth wit*, and is a great enemy to the *Memorative faculty*. *Plato* saith, *The soul is diseased in a full fed body*. It is often seen by experience, that if a learned or wise man, accustomed to live sparingly through poverty, be  
exal.

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exalted to some eminent degree of dignity or honour, and doth afterward indulge his appetite by eating and drinking immoderately, he becomes lesse learned and wise: The reason is by accessse of gross humours to the brain, the Notional Figures imprinted therein before, by degrees wear out and vanish, and new figures take no such deep impression, but are quickly erased through overmuch humidity of the brain. Fly therefore *Drunkennesse* and *Gluttony*, as the mortallest enemies of a good *Memory*.

V. *Sleep* offendeth *Memory*. If it be First, overmuch. Secondly, if taken in a windy place, or under *Lunar raies*. Thirdly, in the day, most of all with shoes on, or being miry. Fourthly, upon the back, for it preventeth expulsion of Excrements, at mouth and nostrils, their proper conveyances, and causeth their Conflux to the back, whence ariseth Obstructions. Fifthly, upon the belly, because it endamageth the eyes, being dangerously prejudicial to such as are molested with Rhumes in their eyes.

VI. *Venus*, 1. if it be immoderate.  
2. Upon

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2. upon a full stomach. 3. when the body is lesse moist, as at New Moon, in time of hunger: &c. 4. when sleep doth not follow, for it is requisite that the loosned members of the body, be refreshed by ensuing sleep. Persons very young or very ancient, of a frigid constitution, and all such as finde inconvenience after the act, must wholly abstain therefrom.

VII. Coldnesse of the hinder part of the head, of the neck, stomach, belly and feet.

VIII. Labour or exercise of body.  
1. Exceeding moderation, which exhausteth strength. 2. In windy or moist places. 3. On a full stomach, which replenisheth the head with crude Vapors, & augmenteth Choller.

IX. Idleness.

X. Perturbation of mind; as anxious care, fear, grief, too much bashfulness, covetous hope, Jealousie, &c.

XI. Filthy desires, as avarice, envy, thirst of revenge, lust, love of harlots, and the ardent Passion, *Love*.

XII. Rash answers.

XIII. Disorderly reading of Books, imitating Children in trivial Schools.

XIV.

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XIV. Night study.

XV. Wearing head-hair over long.

XVI. Dipping or washing the head in cold water.

XVII. Distraction of mind about several studies at one time, as if a School-master be intent at his private study, when his Schollers attend and repeat their lessons.

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## CHAP. II.

*Of things corroborating Memory.*

OF this kind are these that follow.  
1. Wholsome Air, that is clear, light, sweet, open, milde, speedily growing warm with the rising sun, and cold with his setting.

2. Sweet sents, for they comfort the heart, brain and mind, in some sort nourish the Spirits, and indue the brain with a tenacious quality, whereby it is more apt to retain *Idea's*. This is experimentally proved in hony composed of the breath of flowers, mingled with morning dew, the substance of hony being gummy.

3. Of

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3. Of meats.

First, All such as ingender good nutriment, that is, which procreat pure bloud, full of Spirits; such are Capons, Partridges, Pheasants, Weather, mutton, Goats flesh, and like meats as administer pure aliment to the Bodie.

Secondly, Brains of Partridges, Sparrows, Hares, Conies and Hens, which being dryer then the brains of other creatures, are thought to profit *Memory* very much; if *Wekerus* may be credited, brains of Hens frequently eaten, hath recovered diverse persons of the Phrensie.

Thirdly, These herbs used in sauces, *Bawm*, *Bugloss*, *Watercresses*, in commendation of which there is extant a Proverb, *Ede nasturtium*, Savorie, Beets, Penniroyall, Hysope, Tyme, Nigella, Rosemary flowers, *Cardus Benedictus*, these are not onely beneficial to exacute the *Memory*, but do also exhilerate the minde, and eaten last at supper, procure pleasant dreams.

4. Washing the feet once a moneth in water moderately heated, wherein *Bawm*, *Cammonill*, *Bay leaves*, and other  
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odoriferous hearbs have been boyl-  
ed.

V. Exercise.

1. If it be moderate, thereby un-  
profitable excrements are expelled, na-  
tural heat augmented, the motions of  
the Spirits rendred free, the body re-  
covers vigour, and the soul made  
more apt to perform its functions.

2. If it recreate the Spirits and all  
parts of the body exercised, also the  
Breast and Lungs by vociferation, such  
are shooting, bowling, hunting, haw-  
king, but stool-ball playing, is by *Gal-*  
*len* preferred before them all.

3. Such as is done upon an empty sto-  
mack.

4. In delightfull places, not subject  
to wind.

Exercise must be moderate at first,  
more vehement in the middle, more  
remiss at lattet end: Moreover let pre-  
paration precede exercise, by evacuati-  
on of the belly, bladder, & nostrils, &c.  
and extension of the members; in like  
manner after exercise, there is requi-  
red stretching of the members, mode-  
rate friction of the body with warm  
linnen, and cohibition of the Spirits.

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Finally, your apparel close fitted,  
walk leisurely abroad, if the winde  
breath a gentle gale, otherwise within  
doors. Such persons as are of exceed-  
ing hot and dry Complexions, must  
abstain from laborious excercises, using  
such as are moderate and provoke sweat  
less.

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CHAP. III.

*Of a prescript order of life.*

**N**OW in the next place I will deli-  
ver some precepts or Rules of  
well ordered living, (chiefly regarding  
Students, for whose sakes this work  
was undertaken) in such sort that the  
*Memorative* faculty may be benefitted.  
The Rules are these.

*Rule 1. Divine assistance* is to be di-  
ligently and frequently implored in  
Prayer, to sanctifie our souls with Ce-  
lestial grace; for as the milde influen-  
ces of Celestial bodys immediatly  
transfused into our corporeal, contri-  
bute much to the good estate thereof:  
so Divine influences of grace, infused

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by God into our souls, recreate and restore them much more: And seeing divine irradiations are alwaies voluntary, there is doubtless no Rule more powerful or efficacious to procure the Lords good will towards us, then pious supplications-made to God in Christ, as *James* testifieth in his Epistle, 5. Chap. ver. 16, 17. nor is it imprudently said,

*Cedunt astra Deo, precibus Deus ipse suorum.*

The Stars give place to God, he to his peoples prayers.

*Rule 2.* Comb your head every day backward, to loosen excrements from the hair roots, let it be done fasting, so soon as you are ready in a morning. Combing the head (the stomach extended with meat) is very dammageable by alluring humors into the veins.

*Rule 3.* Excrements of the mouth are to be vacuated by spitting, of the lungs by hauking, of the nostrils by wiping as oft as there is a motion. It is more healthy to eject such superfluities by the mouth and nostrils, than

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than to lade the stomach with excrements of Gormandising: the brain also is much impaired by impure exhalations ascending from unclean stomachs.

*Rule 4.* Urine, Ordure, and Winde, must be exonerated at the first motion; many by retaining Urine, and other excrements, have been seized by dangerous and mortal diseases.

*Rule 5.* Wholly abstain from all Evacuations by virtue of Physick, as *Purges, Vomits, Blood-letting*, unless very urgent necessity compel you. *Phlebotomy* and *Purges*, as well as they do expel evil humours, exhaust the good and profitable, yea the Vital Spirits, whereby naturall virtue doth decay. Therefore *Plato* in *Timæo*, forbade the use of *Purgations*, when the cure of the body might be otherwise accomplished.

*Rule 6.* To eat twelve Raisons of the Sunne stoned, every morning, without drink, instead of breakfast, conserveth *Memory*, comforteth the stomach and Liver, diminisheth Phlegme, augmenteth blood, and preserveth youth,

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*Rule*

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*Rule 7.* Let your Supper be larger then Dinner, because the subsequent distance of time is longer; but such as are incumbered with nocturnal distillations, (as old men, and cold constitutions) must eat more plentifully at Dinner then Supper. At meals hot things are to precede before cold; things of easie digestion before things of hard; and liquid things before solid, for their better concoction in the stomach. All solid meat requireth long chewing: Drink must be swallowed leisurely by degrees: Beware of consuming much time in eating and drinking. Eating too slowly is as noxious as eating overfast. Conclude your meat with a piece of Bread, Coriander Confects, Marmelade of Quinces, dryed Pears, or the like. Lastly, let the quantity of Food be proportionable to the takers strength, not his appetite; for as *Varro* saith, *It is one thing to suffice a man, another thing to suffice humanity.*

*Rule 8.* Observe constant accustomed hours of eating: Nature coveteth to perform her office of concoction at certain limited hours, as is manifestly seen in fits of intermitting Feavers: Moreover after Supper drink not at all (ensuing sleep

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sleep will moisten sufficiently) nor between Dinner and Supper, unless you be very thirsty, or so accustomed by long use; yet such vicious customs are to be omitted by degrees.

*Rule 9.* Refrain from labor both of body and mind after meats, spend about an hour in delectable discourses with company sitting, standing or walking gently. Sitting near the fire after meat, doth much impede digestion, by revocation of the internal heat to the external parts: Likewise after Supper abstain as long from sleep, it being very obstructive to the brain to sleep upon a full stomach.

*Rule 10.* At bed-time shut all the Windows of your lodging, that no Wind may enter; and also the Window-shuts, least *Lunaries* penetrating the Window, molest you sleeping. Sleep under the Moon-beams causeth head-ach, though it doth not hurt such as are awake. Let your head and ears be covered; yet too much covering offendeth the head. When you go to bed, first lye down on your right side, your head onely so much elevated, as in height may equallize your left shoulder, your arms and thighs somewhat contracted; by such position of

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body, stomachical heat is encreased: when you are about to sleep, turn on your left side: Again, when you awake, turn on the right side, and extend your legs at full length: Let your sleep be equal to your waking, not in time, but proportion, lest the brain be too much exsiccated by watching, or moistned by sleeping.

*Rule 11.* Elect learned men well educated for Companions and Consorts, such as near as may be, whose conversation may render you better and more learned, not such as your society may improve. It is a notable argument we may be infected by the manners of those with whom we converse, seeing Education among Countrey Clowns, makes men rustical; among godly people, makes men pious; those who live with learned men, grow more learned; and they which are educated in Families of noble men, ill governed, are most commonly scoffers & drunkards. So powerful is the custom of those among whom we live, that it is of greater efficacy to form mens manners, then natural inclination it self; you cannot therefore be too curious in choice of your company.

*Rule*

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*Rule 12.* The mind must be constantly exercised in learning some sentences by heart (yea though there be no need) that the faculty of remembering may be quickned by use and practice; for as corporal vigor is continually augmented by labour and exercise, and diminished by sloth and neglect of labour, so the mind accustomed to diligent study of learning, gains strength, by ease and idleness is impaired: As frequent disputation rendereth Students skilful Logicians, and customary Preaching makes a man an eloquent Orator: So frequent practice of learning by heart, maketh Memory more prompt in operation. There is nothing saith *Ludovicus Vives*, doth more delight in pains and labour, then Memory, nor doth sooner corrupt and perish by idleness; therefore something must be learned every day (though there be no necessity) if it be onely but to prevent stupidity of Memory, which of all Diseases is most pernicious to it. Hence these two Versicles aptly represent a Rule.

*Sepe recordari medicamine fortius omni  
Solutus & artificem qui facit; usus erit.*

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Practice of Memory doth more conduce  
Then Medicine, Skill doth arise from use.

*Rule 13.* The aptest time for Study, is when the Stomach is empty, then purest spirits ascend from the heart to the brain. Hence *Aurora* is esteemed most grateful to the *Muses*; it is also convenient to repeat every night briefly what you have studied by day, which is reported to have been *Pythagoras* his custom. *It is a wonderful thing, and the reason not easily perceptible (saith Quintillian) how much firmness one night's interposition doth contribute to labour, whether quiet, mature, or concocted; so soon as sleep is shaken off, the same things are to be rehearsed again, which were meditated before sleep the evening last past, otherwise nocturnal lucubration doth yeild little benefit.*

*Rule 14.* Let no man devote himself to a Study or Profession for which he is unapt by Nature; whatsoever Science you advisedly make choice of, delight therein, employ all diligence in studying the same, accounting it greater glory to excel therein, then to be able trivially to dispute of many other Arts.

*Rule*

*Rule 15.* Addict your self to the skillfullest Master in that Profession you have chosen; give attention to him with deep admiration, as to one delivering Oracles; forsake him not till you participate of the profoundest mysteries of the profession. Many would have proved singular, had they not esteemed it a shame to be Schollars too long.

*Rule 16.* Read the choicest Authors, such as do not force their Books with trifles: Seeing we cannot be ignorant, that study exhausteth the Spirits, we must have a care of consuming them in reading unlearned Commentaries of illiterate men.

*Rule 17.* Covet not to read many Books, but to understand perfectly what you read. It doth not so much concern Bodily health, how much we eat, as how well we digest what we eat: So deliberate Reading is more advantagious then confused.

*Rule 18.* Follow the concisest method in study; for as in going a journey, he which taketh the shortest and plainest way is less defatigated at Evening, then he that diverteth to rough or by-ways; so it is in this case, the more succinct method

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thod we observe in learning any Science, the more and speedily we attain the same.

*Rule 19.* Apply not your self to solitary Study, if you can procure any Companions in the same, at least use frequent conference with others, of things pertaining to Discipline.

Mutual Discourse about profitable questions, will not onely promote your Studies much, but also bring promptness of tongue, rendering you more capable to speak publikely.

*Rule 20.* To conclude, if your mind be at any time disturbed with study, use a little relaxation. It is better study be intermitted, then the understanding overwhelmed.

*Arcus enim si nunquam cesses tendere, lentus erit,* as sung the Poet; A bow that is always bent, will stubborn grow. Recreations of the mind onely, are musick, disputes with merry facetious persons; beholding solemn spectacles, &c. Some scantling of time must be also allowed for daily exercise of body, but not in the morning, to be set apart for more solid Studies; rather in the afternoon, or a little before Supper, that the heat extract-

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ed externally, may have recourse before you take refection.

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#### CHAP. IV.

##### *Of restoring a debilitated Memory.*

**H**AVING premised Rules for conservation of Natural Memory in good estate, I will next prescribe some helps for the same debilitated.

Imbecillity of Natural Memory proceedeth from too much heat, coldness; moisture, or dryness of the brain. Overmuch heat wasteth and consumeth animal spirits; too much coldness obstructeth motion of the Spirits lodged in the Cells of the Brain; superfluous dryness causeth such callosity, that the species cannot be imprinted: Redundant moisture doth erase and obliterate forms of things, as soon as they are imprinted. If there happen excess in two qualities (as if the Brain be hot and moist, cold and moist, hot and dry, or cold and dry) the Brain, and consequently memory is more infested. Therefore the whole business of curing debilitated memory, consisteth in augmen-

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augmentation or diminution of callidity and humidity of brain.

Weakness of memory ariseth from some small indisposition or Disease; if it be onely indisposed through bad dyet or disordered course of life, those precepts are to be observed which are assigned particularly to every man, according to his constitution in the sixt Chapter, not neglecting the general dyet before prescribed, and common rules of living delivered in the former Chapter, so far as is found agreeable to each mans Temperament.

That a man may better judge of his brains temperament, I have thought necessary briefly to enumerate the signs of the brains temperament, collected out of the works of learned Physicians. Although the temperaments of the brain as to degrees of quality, are almost innumerable, yet they are reduced to nine more general, the signs of which I will demonstrate in few words.

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## CHAP. V.

*How to discern the temperament of the BRAIN.*

**I**N the first place take the signes of a temperate Brain, which are these: The possessors thereof are not offended with heat, cold, moisture, or driness, procured from external causes; they also enjoy intire senses, most apt to learn all Discipline and good Arts, nor are they hastily precipitated into passions and perturbations of mind; their dreams are few and pleasant, sometimes they dream of flying, because their bodies, incumbred with no excrements, seem indued with very great levity and agility; sometimes they dream of Stars, and such like splendid things, the colour of such persons hair (if they live in temperate Regions) whiles they are children, is yellowish; when they are men, a deep yellow; then also the hair of their heads becomes curled, in age they wax hoary slowly, and are seldom bald. To conclude, they are moderate in all things, both in animal faculties, ( as pulse, respiration, sleep, &c.)  
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and in redundancies, as Excrements of the Ears, Nose, Mouth, and superfluities of other parts, all which in quantity and quality are found to be in mediocrity.

II. Signs of a hot Brain. When heat predominates, the Head is hot in feeling, the parts about the head are hot and ruddy, the eyes are red and quick in motion, the veins conspicuous, hair begins to grow upon the head presently after Nativity, and encrease apace; such as far exceed temperate persons in heat, have black curled hair on their heads, which in age doth shed, and cause baldness: Superfluities of their pallats, nostrils, eyes and ears are few, their sleep is short, and not deep; their heads are offended with hot meats, potions and odours, so much the more if these things be naturally hot: Pulse and Respiration is quicker then in persons possessed of a temperate Brain; they excel in memory, are agile in their actions, prone to wrath and venery, and enjoy perfect senses.

III. Signs of a cold Brain. If coldness predominate, the Head is cold in touch, scarcely any red doth appear in the face, and that in cold seasons converted to a bleak blewish hue, their eyes are weak,  
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their veins inconspicuous, their Pulse and Respiration more slow then in temperate persons, their hair grows not till some space after birth, thin, smooth, not shedding and turning hoary, without baldness; their head is seldom hurt by hot, but facily offended by cold causes, whence proceeds frequent distillations, rheums, stoppings, stuffings and pozes of the Nostrils; they are sleepy, timorous, slow to anger, less delirous of Venery; their memory is treacherous, mind stupid, and senses weak, especially their hearing; subject also to swimings of the Head, called *Vertigo*.

IV. Signs of a moist brain. In such in whom moisture doth abound, the head-hair is plain and copious, plenty of hair proceeding from moisture, as colour doth from heat, for which cause moist brains never wax bald; their hair also seemeth bedewed with an airy oily fat humour, if it arise from natural humidity of the brain, or else with a waterish thin humor, if procured by preternatural humidity of Brain: Moreover such people have dull wits, are slow in motion, retain faithfully in memory things lately past, but forget things acted long since;  
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their sense of smelling is weak, their other senses imperfect; they abound with Excrements expelled by the nose, mouth, eyes, &c. their sleep is long and deep; they dream sometimes they are in jeopardy, and unable to move themselves from the place, because bodies laden with superfluities are made sluggish.

V. Signs of a dry Brain. Dry Brains learn slowly, and do not easily forget; superfluities of Nostrils, Eyes and Palate are few, but Ear-wax much; their Eyes are hollow, the hair of their heads hard and curled, growing speedily bald.

VI. Signs of a hot and moist Brain. Such as partake of hot and moist brains, have hot heads, humours also find passage through the sutures of the Skull, they have a good colour in their faces, their eye-veins are conspicuous, head-hair copious, straight and yellowish; their senses somewhat dull, soon grow bald, prone to Venery, quicker in motion than temperate people, propense to anger, yet not cruel; cannot watch much, yet are they vigilant, oft see obscure Visions in Dreams, their Excrements are copious.

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VII. Signs of a hot dry Brain. They which are possessed of a hot dry Brain, are slender of Body, yet their joints and muscles firmly knit together; they have great Veins, perfect Senses, compleat nimble motion, a strong loud sounding Voice, hard brown Skins, their Head-hair grows speedily, being black and curled, but sheds speedily; their bodies are very hairy, they excel in wit and memory, are inconstant in their Opinions; their sleep is light and short, dreaming most commonly of fiery things; they are little eaters, have few excrements, and are audacious, proud, liberal, temeracious, and prone to Venery.

VIII. Signs of a cold moist brain. Such as are indued with cold humid brains, have dull senses, weak pulse, slow motion, heads replenished with superfluities, rendering them obnoxious to Rhumes and Poses; their sleep is much, great and profound; they dream of water and watery meteors, as snow, rain, hail, &c. seldom become bald, are not long angry; finally, they abound with superfluous humours.

XIX. Signs of a cold dry Brain. Such as partake of a cold dry brain, enjoy sound intire senses in youth, which presently

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sently begin to decline, they soon grow old and hoary; the Veins of their Eyes are inconspicuous, little annoyed with excrements, but easily prejudiced by cold causes; they often dream of smoake, mysts and great darkness: If cold predominate over dryness, they grow bald more slowly; if dryness exceed cold, more speedily; Respiration and Pulse is more slow and rare, they participate of small quantity of Blood; have somewhat hard bodies; to conclude, they are not quickly pacified being angry.

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CHAP. VI.

*Of Dyet properly convenient to every temperament.*

**H**AVING exposed to your view the signs of the Brain's temperament, Order requires I should in the next place specify a particular Dyet for every temperament, onely omitting the first kind, compounded of an equal Commixtion of the four qualities. for whosoever is possessed of such a temperament of Brain, or nearly related thereto, enjoyeth a good memory, and therefore needeth no  
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Physical Precepts; the chief business incumbent on such a blessed Estate, is to preserve it, by shunning all things pernicious to the memorative faculty, and using those profitable things before prescribed.

II. If the Brain suffer through excessive heat, endeavour must be used to qualify the same; persons so infested must abstain from all things augmenting or exciting heat; such are most Aromatical Spices, as, *Pepper, Ginger, Cloves, &c.* All sorts of Wine and strong Drink; Garlicke, &c. violent exercises must be eschewed, and hot Solar beams, especially at noon and after meat, as also study after Supper; let such persons eat cold sower fruits after meals, smell often to things of a cold scent, as are *Violets, Roses, Saunders, natural Camphire, Rose-water, Wood-bine Flowers, Mullein, &c.* recreate their Spirits sometimes in Gardens, where Flowers and odoriferous Herbs breath a fragrant smell, walking in the shade: So soon as they are ready in a morning, let them wash their faces in cold water, dipping their eyes open therein, that the water may soak and refrigerate their eyes; in like manner at E-

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vening towards Bed-time; let them anoint their temples, and two uppermost Spondyle, with Oyle of Roses, which doth diminish the heat of the Brain, and also procure sleep, which hot brains want not a little.

III. If the Brain be over-cold, it must be tempered by abstinence from things of a refrigerative nature, and use of hot things; persons afflicted with a cold Brain, must desist from using all things which cool the Brain, as Lettice, Musk-Melons, Brown-bread, Brains of living Creatures that are humide, as of Calves, Pigs, &c. unripe fruits, green herbs, un-boiled water, &c. Let them decline the Moon and Northerly Winds, eat hot vitu-als, use these Aromatical Spices, being very profitable, Pepper, Cloves, Cinna-mon, Mace, Nutmegs, Ginger, Juniper-Berries, Ivory-shavings, &c.

Hot Odours comfort the Brain, exhaled from Balm, Mint, Galangal, Rosemary, Lignum Aloes, Oranges, Amber, Musk, &c. Moreover Green Ginger eaten fasting twice or thrice a Week, in quantity of a small Nut, doth much commo-date a cold Brain. Likewise Wine of good colour, taste, and Odour taken

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moderately. It is expedient once a month to wash the hinder part of the head and neck toward bed time, with hot water, wherein Balme, Cammonsile, Sage, Bay-leaves, Hyssope, Fennel, Sweet-Marjerome, &c. have been decocted; Lastly, Unction of the nape of the neck, and two uppermost spondyles with tepid oyl of Dill or Rue, admini-stereth great benefit to a cold Memo-rie.

4. If the brain abound with superfluous humors, care must be taken to consume them, and reduce the brain to its due temper. Let moist brains therefore abstain from all humid and Phlegmatick things, as Broths, Pottage, Milk, Swines flesh, especially Pigge, young Lambs, Chickens before they are plumed, Musk-Melons, &c. Let them refrain from use of Garlick, Onions, Strong Drinks, and all other things which replenish the brain with gross Vapors; and be carefull their food be free from all viscosity, lest through augmentation of Phlegmatical matter in the brain by stymie meat, they render themselves obnoxious to Apoplexies, Lethargies, or Palsies. Let their meat be well season-

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ed with salt, for that doth very much exiccate and cut Phlegmatick humors, and rarifies the Spirits, being best of all sauces for moist brains. Let them shun Southern winds, and all things replenishing the head with humors. Chewing of Mastick with Ginger and Pellitory of *Spain*, doth mightily purge the head of Phlegmatick superfluities; the same effect is procured by Sage held some space in the mouth: it is also salutiferous to swallow a grain of the purest white Frankincense. Tobacco (so called from the Isle *Tobacque*) temperately taken, is beneficial for moist brains, chiefly when the head is repleat with more then usual superfluities, but too frequent use thereof decays Radical moisture, augmenting Rhumes and distillations by accident; for as a Well (the more it is exhausted with buckets) doth more abound with water, so the head frequently evacuated by smoke of Tobacco, is dayly replenished with greater abundance of humors. Juycce of *Citrons* taken fasting is much more excellent to digest Phlegmatick matter, then Tobacco, which I think, no man that makes

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makes experience will deny.

5. If the brain be too dry, it must be lenified with moistners, such people must abstain from salt meats, and all drying things, and avoid the east wind, Let them eat moist and succulent things, as Rear Eggs, Capons, Pheasants, Mountain Birds, Kidds flesh, new Cheese unsalted, fresh water fish caught in gravelly places, Milk, Broth, Cherries, Prunes, Pomegranats, Figgs, Melons, Succory, Endive, Lettice, and like things, small drink, if they drink wine at any time, let it be allayed with water, and eschew all violent motion; if their bodies be coltive, let them rather use cooling moistening Clysters, than Purgations.

So much for the four simple qualities annoying the Brain, which things well observed, I may be more brief in the other four temperaments, as consisting of these compounded; for if the Brain be infested with two peccant qualities, as too hot and moist, or too hot and dry, in such compound temperaments, such things as we have exhibited to mitigate either quality, are to be used, so far as one doth not im-

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pede the alteration of another. If of two qualities, one is more predominant than the other, and more affect the Brain, we must proportionally more oppose the stronger; but to return to our purpose, and say something of compound temperaments, as well as of simple.

6. He which hath a Brain too hot and moist, must fly all moistening and heating things, refreshing himself with cold and dry things; for such the North wind is good, the South wind hurtfull: cold dry odours are most fit for them, as *Saunders*, *Rosewood*, *Eglantine*, &c. *Lotions* made of cooling drying herbs decocted; unctions with cooling drying oyls, as oyl of *Myrtleberries*, of *Camomil flowers*, oyl of *Hony*, oyl of *Roses*.

7. Brains hot and dry in excess, must decline hot and dry things, and recover themselves with cooling moistners, avoiding the East wind: Let them be most commonly bare headed, and choose their habitations (if they may) in a cold moist Region, near some river; let their lodging-Chamber be a low room, paved with Tyles.

Towards

Towards sleep let them anoynt their heads with oyl of *Violets*, or of *Water-Lillies*; cold moist scents are most advantageous for them, as of *Mullein*, *Nightsbade*, *Roses*, *Violets*, *Water-Lillies*, *Willow leaves*, &c.

8. Persons afflicted with brains too cold and moist, (to which distemper most Students are incident) have a very weak *Memorative faculty*, for of the four primary qualities, *Humidity* and *Frigidity*, are most noxious to *Memory*, but *Frigidity* most of all; yet the Brain is more facily and speedily cured of these distempers, than of the others, because the Brain (of the seven principall Members) is naturally moist, cold, and humid, so that hot and dry things applyed to qualifie its intemperateness, are less dangerous. To those things which are severally delivered before for help of cold moist Brains, these things may be added, all hot and dry things, as *Aromatical spices*, *Nutmegs*, *Ginger*, *Cynnamon*, *Powder of Euphorbium*, *Zedoarie*, &c. Of *Herbs*, *Balme*, *Marjerome*, *Water-creesses*, *Hysope*, *Tyme*, *Piony*, *Elecampane*, &c. In *Conserves*. Of food,

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Food, Sparrows, Partridges, Turtles, Larkes, Pheasants, Capons, Weather-Mutton, and Goats-flesh, &c. Sack drunk temperately. Also Conval Lillies distilled with strong wine, the quantity of a spoonfull drunk, is singular against all infirmities of head or Brain, proceeding from a Frigid or humid cause, doth Vivifie the *Memory* and *Sences*, and exhilarate the heart: Conserve of Rosemary flowers is of like virtue. After meat it is good to eat Conserve of Quinces, Anniseeds, or Cinnamon in Confects, or Coriander seeds boyled in vinegar, and afterward Confected. Heating drying Oodours yield much comfort, such as is exhaled from *Lignum Aloos*, *Syrax*, *Muske*, *Civet*, *Ladanum*, *Betony*, *Nigella*, *Rosemary*, *Lavendar*, &c. It is also very profitable to anoynt the Temples once a moneth with *Partridges Gall*, till it penetrate. *Frication* of the head in a morning fasting with course clothes perfumed with *Frankincense*, as also much and frequent *Exercise*, is very beneficial. Moist humours may be sometimes expelled from the head by *sneefing powders*, amongst which *Nutmegs*

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*megs* challenge the first place; *Betony* rubbed to powder, and snuffed up into the Nostrils, provoketh sneefing without any offence, but is onely to be used the stomake being empty. Oyl of *Tyles*, or *Oleum Philosophorum* (as some call it) tepified, and anoynted on the hinder part of the head, and uppermost rack-bone, doth wonderfully restore *Memory*, decayed by a cold or humid cause. To conclude, all cold moist food and sauces, are hurtfull, no lesse noxious is moist air, and cold morning, evening, or Nocturnal seasons, especially to lie out all night in the open air.

9. Such as are oppressed with too much coldnesse and dryness of Brain (to which qualities most aged men are subjected) must eat frequently a little at a time, nourishing themselves with *humective* dyet, such as heateth moderately, as *Beare Eggs*, *New butter*, *sweet Almonds*, *Filbirds*, *Pine-apple-kernels*, *Chestnuts*, *Pistachioes*. All nourishing meats, and sweet things, as *Lyquorice*, *Hony*, *Sugar*, *Raisins*, *Conserve of Borage* and *Buglosse*, *Cytron peel Preserved*. Strong sweet wine, as *Miskadine*, *Ipoctas*,

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*cras*, drunk temperately is most restorative for old folks, and cold and sickly persons, more efficaciously Gold (made almost red hot in the fire) quenched therein, doth marvellously restore and exhilarate the heart. Concerning this matter, *Roger' Bacon*, a famous Philosopher, in his Treatise of old age, hath this story; *An ancient husbandman* (saith he) *wearied with plowing, and thirsty with his hot labour, drank water of a Cytron colour, and after he had greedily swallowed the same, was changed both in completion and strength like one of thirty years of age, possessing more excellent d'scretion, memory and understanding, than ever he enjoyed before, from which time he lived eighty years in the Kings Court.* *Bacon* who reciteth this thought; that water or liquor received its yellow Tincture from Gold, as he there testifieth. Moreover to anoynt the hinder part of the head, neck, stomake, belly, feet, (and other parts of the body, if you please) with *Oyl of Lillies or Cammomil*, is very beneficial. The answer of *Potlio* doth notably instruct us how profitable *Wine* and *Oyl* are to conserve health,

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health, who having attained to the age of an hundred years, and asked by the Emperour *Augustus* (as *Pliny* relateth) *by what means he had preserved vigour both of minde and body to that age?* replied, *By wine within, and oyl without.* Baths made of Decoctions of hot and moist hearbs are most usefull, as also hot Odours, but all things moist and cold are to be avoided. The convenientest time of Studie for old men, is when their brain is moderately warmed with wine, or meats of good nutriment; then the *Idea's* of Notions do as it were bubble and erect themselves, whereby Invention is exacuated; for *Phantasia* pertaking of corporeal quality, is excited by meat and Drink. It is usually seen at first sitting down of Guests to a banquet, deep silence occupieth them all, but after their brains are tepified with Spirits of Wine and good meat, their Fancies are elevated, and all the company begins to prate.

This may suffice for recovery of debilitated *Memories*, when no disease is contracted.

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CHAP. VII.  
*Of Diseases of the Brain.*

**I**F *Memory* be so far impaired, some disease ensueth, recourse must be had to *Physick* as to the last refuge, wherein nothing is to be undertaken without a *Physitians* advice; for though there be many medicines found in approved Authors, whereby a very much decayed and languishing *Memory* may be restored, yet it is unsafe to rely wholly upon such written directions: so long as *Memory* doth prosperously discharge its Office, according to the innate temperament of the Brain; yea though declining somewhat from temperatenesse, there must be a totall abstinence from *Physick*, because Nature often accustomed to *Physicall* remedies, will alwaies expect them, when interrupted, and so become remisse in undergoing its charge; so true is that common *Proverb*,

*Natura*

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*Natura sonos frustra medicina fatigat.*

In health, they do abuse  
Nature, who *Physick* use.

But now it is high time to contract  
sails, and put this work into a Harbor,  
concluding with *Horace*,

*Vive, vale, si quid novisti rectius istis,  
Candidus imperti; si non, his utere me-  
cum.*

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FINIS.

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