

The Names.

The Chestnut tree bears the name of the nut, both in Greek and Latin. In High Dutch, *kastanibaum*; in French, *castaignier*; in English, Chestnut tree. The nut is called in Latin, *castanea*; in High Dutch, *kesten*; in Italian, *castagne*; in French, *chastaigne*; in Spanish, *morones*; in English, Chestnut. The greater nuts be named of the Italians, *marroni*; of the Frenchmen and of diverse base Almaines, *marons*.

The Horse Chestnut is called in Latin, *equina castanca*; in English, Horse Chestnut, for that the people of the East countries do with the fruit thereof, cure their horses of the cough, shortness of breath, and such like diseases.

The Temperature and Vertues.

Our common Chestnuts are very dry and binding, and be neither hot nor cold, but in a mean between both; yet have they in them a certain windiness, and by reason of this, unless the shell be first cut, they skip suddenly with a crack out of the fire whilst they be roasting.

Of all the Acorns, says Galen, the Chestnuts are the chiefest, and do only of all the wild fruits yield to the body commendable nourishment; but they slowly descend, they be hardly concocted, they make a thick blood, and ingender wind. They also stay the belly, especially if they be eaten raw.

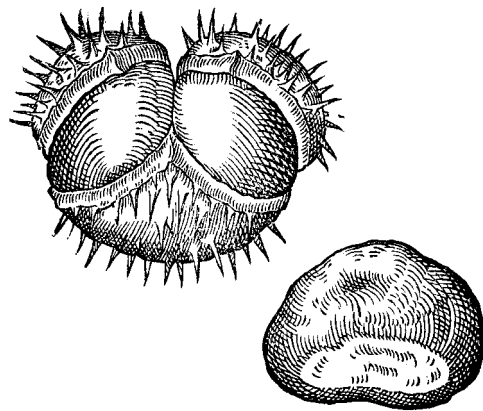
Some affirm that of raw Chestnuts dried, and afterwards turned into meal, there is made a kind of bread. Yet it must needs be that this should be dry and brittle, hardly concocted, and very slow in passing through the belly; but this bread may be good against the laske and bloody flix.

An Electuarie of the meal of Chestnuts and honey is very good against the cough and spitting of blood. The bark of the Chestnut tree boiled in wine and drunk, stops the laske, the bloody flix, and all other issues of blood.

castanea.
Chestnut tree.



castanea equinae fructus.



quinquefolium vulgare.
Common Cinkefoile.



Of Cinkefoile, or five finger Grasse.

The Description.

Common Cinkefoile has many long slender stalks lying spread upon the ground, out whereof grow leaves made of five longish snipt leaves fastened to one long foot-stalk. The flowers also grow upon the like foot-stalks, and are composed of five yellow leaves. The root is pretty large, of a reddish colour, and round; but dried, it becomes square.

The Place and Time.

They grow in low and moist meadows, upon banks, and by high way sides. These plants do flower from the beginning of May to the end of June.

The Names.

Cinkefoile is called in Latin, *quinquefolium*. The Apothecaries use the Greek name *pentaphyllon*, and sometimes the Latin name. There be very many bastard names, wherewith I will not trouble your ears. In Italian, *cinquefoglio*; in French, *quinte feuille*; in Spanish, *cinco en rama*; in English, Cinkefoile, Five finger Grasse, Five leaved grasse, and Sinkfield.

The Temperature and Vertues.

The roots of Cinkefoile do vehemently dry, and that in the third degree, but without biting; for they have very little apparent heat or sharpness.

The decoction of the roots of Cinkefoile drunk, cures the bloody flix, and all other fluxes of the belly, and stanches all excessive bleeding. The same held in the mouth, does mitigate the pain of the teeth, stays putrefaction and all putrefied ulcers of the mouth, and helps the inflammations of the almonds, throat, and all parts adjoining. The root boiled in vinegar is good against the shingles, appeases the rage of fretting sores, and cankerous ulcers.

It is reported that four branches hereof cures quartaine agues, three tertians, and one branch quotidian, which things are most vain and frivolous, as likewise many other such like which are found not only in Dioscorides, but also in other Authors, which we willingly withstand.