

gummie of his owne nature, but the Indians because they see that our merchants note the best Turbith by the gumminesse, are wont before they gather the same, either to writhe or else lightly to bruse them, that the sap or liquor may issue out; which root being once hardned, they picke out from the rest to sell at a greater price. It is likewise made white, as the said Author sheweth, being dried in the sunne: for if it be dried in the shadow it waxeth blacke, which notwithstanding may be as good as the white which is dried in the Sunne.

Turbith Alexandrinum officinarum.

Turpetum, or Turbith of the shops.

¶ *The Place.*

It groweth by the sea side, but yet not so neere that the wash or water of the sea may come to it, but neere about, and that for two or three miles in vntilled grounds, rather moist than drie. It is found in Cambaya, Surrate, in the Ile Dion, Bazaim, and in places hard adjoining; also in Guzarate, where it groweth plentifully, from whence great abundance of it is brought into Persia, Arabia, Asia the lesse, and also into Portingale and other parts of Europe: but that is preferred which groweth in Cambaya.

¶ *The Names.*

It is called of the Arabians, Persians, and Turkes *Turbith*: and in Guzarata *Bacaman*: in the prouince Canara, in which is the city Goa, *Tignar*: likewise in Europe the learned call it diuersly, according to their seuerall fancies, which hath bred fundry controuersies, as it hath fallen out aswell in Hermodactyls, as in Turbith; the vse and possession of which we cannot seeme to want: but which plant is the true Turbith, we haue great cause to doubt. Some haue thought our *Tripolium maritimum*, described in the former chapter, to be Turbith: others haue suppo-

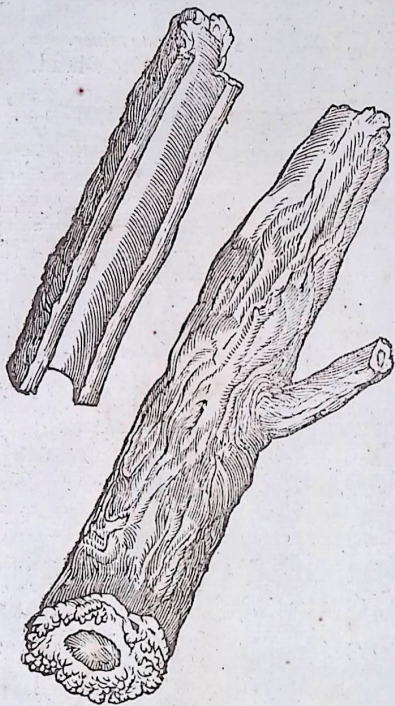
sed it to be one of the *Tithymales*, but which kinde they know not: *Guilandinus* saith, that the root of *Tithymalus myrsinitis* is the true Turbith, which caused *Lobelius* and *Pena* to plucke vp by the roots all the kindes of *Tithymales*, and drie them very curiously; which when they had beheld, and thoroughly tried, they found it nothing so. The Arabians and halfe Moores that dwell in the East parts haue giuen diuers names vnto this plant: and as their words are diuers, so haue they diuers significations; but this name Turbith they seeme to interpret to be any milky root which doth strongly purge flegme, as this plant doth. So that as men haue thought good, pleasing themselves, they haue made many and diuers confusions which haue troubled many excellent learned men to know what root is the true Turbith. But briefly to set downe my opinion, not varying from the iudgment of men which are of great experience; I thinke assuredly that the root of Scammony of Antioch is the true and vndoubted Turbith, one reason especially that moueth me so to thinke is, for that I haue taken vp the roots of Scammony which grew in my garden, and compared them with the roots of Turbith, between which I found little or no difference at all.

‡ Through all Spain (as *Clusius* in his notes vpon *Garcias* testifies) they vse the roots of *Tibasia* for Turbith which also haue been brought hither, and I keepe some of them by me, but they purge little or nothing at all being drie, though it may be the green root or juice may haue some purging faculty.

¶ *The Temperature and Vertues.*

The Indian physitions vse it to purge flegme, to which if there be no feuer they adde ginger, otherwise they giue it without in the broth of a chicken, and sometimes in faire water.

Mesues writeth, that Turbith is hot in the third degree; and that it voideth thicke rough flegme out of the stomacke, cheft, sinewes, and out of the furthestmost parts of the body: but (as he saith) it is slow in working, and troubleth and ouerturneth the stomacke: and therefore ginger, masticke, and other spices are to be mixed with it; also oile of sweet almondes, or almondes themselves, or sugar, least the body with the vse herof should pine and fall away. Others tem-



per it with Dates, sweet Almonds, and certaine other things, making thereof a composition (that the Apothecaries call an Eleſtuarie) which is named *διὰ σφιγμῶν*: common in ſhops, and in continuall uſe among expert Phyſitions.

C There is giuen at one time of this Turbith one dram (more or leſſe) two, at the moſt: but in the decoction, or in the infuſion three or foure.

CHAP. 95. Of Arrow-head, or Water-archer.

1 *Sagittaria maior.*
Great Arrow-head.



2 *Sagittaria minor.*
Small Arrow-head.



¶ The Description.

1 THE first kinde of Water-archer or Arrow-head, hath large and long leaues, in ſhape like the ſigne *Sagittarius*, or rather like a bearded broad Arrow head. Among which riſeth vp a fat and thicke ſtalke, two or three foot long, hauing at the top many prettie white floures, declining to a light carnation, compact of three ſmall leaues: which being paſt, there come after great rough knops or burres wherein is the ſeed. The root conſiſteth of many ſtrings.

2 The ſecond is like the firſt, and differeth in that this kinde hath ſmaller leaues and floures, and greater burres and roots.

3 The third kinde of Arrow-head hath leaues in ſhape like the broad Arrow-head, ſtanding vpon the ends of tender foot ſtalke a cubit long: among which riſe vp long naked ſmooth ſtalke of a greeniſh colour, from the middle whereof to the top doe grow floures like to the precedent. The root is ſmall and threddie.

¶ The Place.

Theſe herbes doe grow in the watrie ditches by Saint George his field neere vnto London; in the Tower ditch at London; in the ditches neere the wals of Oxford; by Chelmeſford in Eſſex, and many other places, as namely in the ditch neere the place of execution, called Saint Thomas Waterings, not far from London.

¶ The Time.

They floure in May and Iune.

¶ The